

# Newton Senior Center Programs

## Week of September 6<sup>th</sup>-September 10<sup>th</sup>

### Monday, September 6

Labor Day: Newton Senior Center is closed.  
All programs are cancelled. NewMo is not running.

1:00 p.m. Mah Jongg Open Play (Dining Room)

1:00 p.m. Yoga (Zoom)

2:00 p.m. Focus Group for Older Adults on Zoning Redesign (Zoom)

### Tuesday September 7

10:30 a.m.- Muscle, Movement, & Balance (Function Room)

11:00 a.m. Zumba Gold (Zoom)

11:45 a.m. Lunch (Dining Room) - reserve 48 hours in advance

1:30 p.m. Swing Band (Function Room)

### Friday, September 10

9:00 a.m. Billiards Open Play (Game Room)

9:00 a.m. Tai Chi Practice (Tent)

9:30 a.m. Advanced Tai Chi (Function Room)

11:00 a.m. Beginner's Tai Chi (Hyde Community Center)

11:00 a.m. Zumba Gold (Zoom)

11:45 a.m. Lunch (Dining Room) - reserve 48 hours in advance

1:00 p.m. Chess Open Play (Conference Room)

2:00 p.m. Clutter Support Group (Zoom)

### Wednesday, September 8

9:00 a.m. Billiards Open Play (Game Room)

9:00 a.m. Tai Chi Practice (Tent)

9:30 a.m. Chamber Ensemble (Function Room)

11:00 a.m. Zumba Gold (Zoom)

11:45 a.m. Lunch (Dining Room)- reserve 48 hours in advance

12:00 p.m.- Seated Strength & Balance (Function Room)

### Thursday, September 9

9:15 a.m. Mindful Meditation (Function Room)

10:30 a.m.- Muscle, Movement, & Balance (Function Room)

11:00 a.m. Zumba Gold (Zoom)

11:45 a.m. Lunch (Dining Room) - reserve 48 hours in advance

12:45 p.m. Mah Jongg Workshop (Tent)