

Newton Senior Center Programs

Week of September 13th-September 17th

Monday, September 13

9:00 a.m. Billiards Open Play (Game Room)
9:15 a.m. Drawing Open Studio (Tent)
9:30 a.m. Beginner's Tai Chi (Function Room)
11:00 a.m. Zumba Gold (Hyde Community Center)
11:45 a.m. Lunch (Dining Room) - reserve 48 hours in advance
1:00 p.m. Seated Strength & Balance (Zoom)
1:00 p.m. Mah Jongg Open Play (Dining Room)
2:30 p.m. Dementia Friends Training (Function Room)

Tuesday September 14

10:30 a.m.- *CANCELLED 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. *CANCELLED Swing Band (Function Room)*
2:00 p.m. Estate Planning 101 (Zoom)

Wednesday, September 15

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)
11:00 a.m. Folk Sing-Along (Tent)
11:45 a.m. Lunch (Dining Room)- reserve 48 hours in advance

12:00 p.m.- Seated Strength & Balance (Function Room)
2:00 p.m. African Drumming Memory Café (Tent)

Thursday, September 16

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
1:00 p.m. Mah Jongg Open Play (Dining Room)
1:00 p.m. *CANCELLED Yoga (Zoom)*

Friday, September 17

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)
4:00 p.m. Parking Lot Zumba Gold Pop-Up (Newton Senior Center Parking Lot)