

# Newton Senior Center Programs

## Week of September 20<sup>th</sup>-September 24<sup>th</sup>

### Monday, September 20

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)

### Tuesday September 21

10:00 a.m. Introduction to Watercolor Painting (Art Room)  
**CANCELLED** 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)  
2:30 p.m. Caregiver Support Group (Zoom)

### Wednesday, September 22

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)  
10:00 a.m. Beginner & Intermediate Acrylic Painting (Art 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)  
**SPECIAL EVENT!**  
2:00 p.m. Beatles & Beyond Concert (Tent)

### Thursday, September 23

9:15 a.m. Mindful Meditation (Function Room)  
9:30 a.m. Men's Club (Tent)  
9:30 a.m. Ceramics Workshop Session I (Art Room)  
10:00 a.m.-1:00 p.m. MetroWest Legal Clinic (Zoom)  
10:30 a.m.- Muscle, Movement, & Balance (Function Room)  
10:30 a.m. Bereavement Support Group (Library Lounge)  
11:00 a.m. Zumba Gold (Zoom)  
11:45 a.m. Lunch (Dining Room) - reserve 48 hours in advance  
12:00 p.m. Ceramics Workshop Session II (Art Room)  
12:45 p.m. Mah Jongg Workshop (Tent)  
1:00 p.m. Mah Jongg Open Play (Dining Room)  
1:00 p.m. Yoga (Zoom)

### Friday, September 24

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)  
10:00 a.m. Mosaics Workshop (Art Room)  
11:00 a.m. Beginner's Tai Chi (Hyde Community Center)  
11:00 a.m. Folk Sing-Along (Tent)  
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 (Cafe)  
**SPECIAL EVENT!**  
1:30 p.m. How to Make Half-Sour Pickles (Tent)