

# Newton Senior Center Programs

## Week of September 27<sup>th</sup>-October 1<sup>st</sup>

### Monday, September 27

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)  
10:30 a.m. Parkinson's Support Group (Art 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)  
7:00 p.m. Living and Aging in Newton Series, Part 1: "Six Steps to Managing Alzheimer's Disease & Dementia" with author Dr. Andrew Budson

### Tuesday September 28

10:00 a.m. Introduction to Watercolor Painting (Art 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  
1:30 p.m. Swing Band (Function Room)  
**SPECIAL EVENT!** 2:00 p.m. The Life and Songs of Dinah Shore with Frank King (Zoom)  
2:30 p.m. Caregiver Support Group (Tent)

### Wednesday, September 29

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!** 1:30 p.m. Preserve Your Garden Tomatoes with Therapy Gardens (Tent)

### Thursday, September 30

9:15 a.m. Mindful Meditation (Function Room)  
9:30 a.m. Ceramics Workshop Session I (Art 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  
12:00 p.m. Ceramics Workshop Session II (Art Room)  
1:00 p.m. Mah Jongg Open Play (Dining Room)  
1:00 p.m. Theatre Workshop (Function Room)  
1:00 p.m. Yoga (Zoom) – **no class today**  
**SPECIAL EVENT!** 2:00 p.m. Introduction to Mindfulness with Neil Motenko (Zoom)

### Friday, October 1

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. Zumba Gold (Zoom)  
11:45 a.m. Lunch (Dining Room) - reserve 48 hours in advance  
1:00 p.m. Chess Open Play (Cafe)

You can reach the Newton Senior Center by calling: 617-796-1660.