

Newton Senior Center Programs

Week of October 4th-October 8th

Monday, October 4

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 October 5

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
1:00 p.m. Ceramics Open Studio (for enrolled students)
1:30 p.m. Swing Band (Function Room)
SPECIAL EVENT! 2:00 p.m. Gullah Geechee: African Communities on the Barrier Islands of the American South, with Barry Pell (Zoom)

Wednesday, October 6

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)

Thursday, October 7

9:00 a.m. Mindful Meditation (Zoom)
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. French Conversation Group (Library Lounge)
1:00 p.m. Theatre Workshop (Function Room)
1:00 p.m. Yoga (Zoom)

Friday, October 8

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

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