

Newton Senior Center Programs

Week of October 18th-October 22nd

Monday, October 18

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 19

9:30 a.m. Mah Jongg Workshop (Library Lounge)
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
12:30 p.m. LGBTQ Group (Zoom)
1:00 p.m. Ceramics Open Studio (for enrolled students)
1:00 p.m. Bingo (Dining Room)
1:30 p.m. Swing Band (Function Room)
7:00 p.m. Living and Aging in Newton Series, Part 2: "How to Be a Dementia Friend" with Emily Kuhl

Wednesday, October 20

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)
2:00 p.m. Memory Café with guitarist and flutist Sue Kranz (Tent)

Thursday, October 21

9:00 a.m. Mindful Meditation (Zoom)
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. Bereavement Support Group (Library Lounge)
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 22

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. 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)

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

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