

Newton Senior Center Programs

Week of October 25th-October 29th

Monday, October 25

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)-
INSTRUCTOR AWAY; PRACTICE ONLY
10:30 a.m. Parkinson's Support Group (Zoom)
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)
SPECIAL EVENT 2:00 p.m. Delvena Theatre
Company presents, 'Lizzie Borden and the 40
Whacks' (Function Room)

Tuesday October 26

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
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)
7:30 p.m. Council on Aging meeting (Zoom)

Wednesday, October 27

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)
11:45 a.m. Lunch (Dining Room)- reserve 48 hours
in advance

12:00 p.m.- Seated Strength & Balance (Function
Room)

Thursday, October 28

9:00 a.m. Mindful Meditation (Zoom)
9:30 a.m. Ceramics Workshop Session I (Art Room)
9:30 a.m. Men's Club (Tent)
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 (Café)
1:00 p.m. Theatre Workshop (Function Room)
1:00 p.m. Yoga (Zoom)
2:00 p.m. Introduction to Mindfulness with Neil
(Zoom)

Friday, October 29

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 (Cafe)
SPECIAL EVENT 1:00 p.m. Leo the Police Puppy
visits the Newton Senior Center (Tent)
2:00 p.m. Introduction to Pool Workshop (Game
Room)

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

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