

Newton Senior Center Programs

Week of November 1st-November 5th

Monday, November 1

9:00 a.m. Billiards Open Play (Game Room)
9:00 a.m. Drawing Open Studio (Art Room)
9:30 a.m. Beginner's Tai Chi (Function Room)
11:00 a.m. Advanced 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)
2:00 p.m. Dementia Friends Training (Zoom)

Tuesday November 2- Election Day

9:30 a.m. Mah Jongg Workshop (Library Lounge)
10:00 a.m.- Watercolor Workshop (Art Room)
10:30 a.m.- Muscle, Movement, & Balance (Function Room) *CANCELLED*
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) *CANCELLED*
1:30 p.m. Swing Band (Function Room) *CANCELLED*
2:30 p.m. Caregiver Support Group (Library Lounge)

Wednesday, November 3

9:00 a.m. Billiards Open Play (Game Room)
9:00 a.m. Tai Chi Practice (Courtyard)
9:30 a.m. Chamber Ensemble (Function Room)
10:00 a.m. Acrylics Workshop (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, November 4

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, November 5

9:00 a.m. Billiards Open Play (Game Room)
9:00 a.m. Tai Chi Practice (Courtyard)
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)
2:00 p.m. Introduction to Pool Workshop (Game Room)

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