

Newton Senior Center Programs

Week of November 29th-December 3rd

Monday, November 29

9:00 a.m. Billiards Open Play (Game Room)
9:00 a.m. Drawing Open Studio (Dining Room)
9:30 a.m. Mah Jongg Workshop (Library Lounge)
9:30 a.m. Beginner's Tai Chi (Function Room)
10:30 a.m. Parkinson's Support Group (Zoom)
11:00 a.m. Advanced Tai Chi (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. Seated Strength & Balance (Zoom)
1:00 p.m. Mah Jongg Open Play (Dining Room)

Tuesday November 30

10:00 a.m.- Watercolor Workshop (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. Home for the Holidays with Frank King (Zoom)

Wednesday, December 1

9:00 a.m. Billiards Open Play (Game Room)
9:30 a.m. Chamber Ensemble (Function Room)
10:00 a.m. Acrylics Workshop (Art Room)
11:00 a.m. Zumba Gold (Zoom) CANCELLED
11:45 a.m. Lunch (Dining Room)- reserve 48 hours in advance
12:00 p.m.- Seated Strength & Balance (Function Room and Zoom)

Thursday, December 2

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, December 3

9:00 a.m. Billiards Open Play (Game Room)
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)
Special Event 1:30 p.m. Winter Soup Making Workshop (Dining Room)
2:00 p.m. Introduction to Pool Workshop (Game Room)

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