

Newton Senior Center Programs

Week of January 3rd to January 7th

Monday, January 3rd

9:00 a.m. Billiards Open Play (Game Room)
9:00 a.m. Drawing Open Studio (Dining 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 (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, January 4th

10:00 a.m. Drama on the Page—Not the Stage (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)
2:30 p.m. Caregiver Support Group (Library Lounge)

Wednesday, January 5th

9:00 a.m. Billiards Open Play (Game Room)
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 and Zoom)
Special Event 12:30 p.m. Light Bright art program (Zoom)

Thursday, January 6th

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. Yoga (Zoom)

Friday, January 7th

9:00 a.m. Billiards Open Play (Game Room)
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. Concert with violinist Ilana Zaks (Dining Room)

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