

Newton Senior Center Programs

Week of January 17th to January 21st

Monday, January 17th

The Newton Senior Center is closed in honor of Martin Luther King, Jr. Day. All programs on-site, off-site, and on Zoom, are cancelled.

Tuesday, January 18th

10:00 a.m. Drama on the Page—Not the Stage (Art Room)

10:30 a.m.- Muscle, Movement, & Balance (Function Room and Zoom)

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) **CANCELLED THROUGH JANUARY.**

2:30 p.m. Caregiver Support Group (Zoom)

Wednesday, January 19th

9:00 a.m. Billiards Open Play (Game Room)

9:30 a.m. Chamber Ensemble (Function Room) **CANCELLED THROUGH JANUARY.**

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 2:00 p.m. Welcome to Medicare (Zoom)

Thursday, January 20th

9:00 a.m. Mindful Meditation (Zoom)

9:30 a.m. Ceramics Workshop Session I (Art Room)

10:00 a.m.- MetroWest Legal Clinic (Telephone/Zoom)

10:30 a.m.- Muscle, Movement, & Balance (Function Room and Zoom)

10:30 a.m. Bereavement Support Group (Library Lounge)

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)

Special Program 2:00 p.m. Mindfulness Series with Neil (Zoom)

Friday, January 21st

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)

10:00 a.m. Health Maintenance Clinic (Library Lounge)

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)

1:00 p.m. Commodity Foods pick-up (Dining Room)

Special Event 2:00 p.m. MBTA Travel Training for Seniors (Zoom)

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