

# Newton Senior Center Programs

## Week of January 24<sup>th</sup>-January 28<sup>th</sup>

### Monday, January 24<sup>th</sup>

9:00 a.m. Billiards Open Play (Game Room)  
9:00 a.m. Drawing Open Studio (Dining 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 25<sup>th</sup>

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.**  
**\*Special Program\*** 2:00 p.m. Dementia Friends training (Zoom)  
7:30 p.m. Council on Aging meeting (Zoom)

### Wednesday, January 26<sup>th</sup>

9:00 a.m. Billiards Open Play (Game Room)  
**9:30 a.m. Chamber Ensemble (Function Room) CANCELLED THROUGH JANUARY.**  
10:00 a.m. Acrylic Painting Workshop (Art Room and Zoom)  
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)

### Thursday, January 27<sup>th</sup>

9:00 a.m. Mindful Meditation (Zoom)  
9:30 a.m. Ceramics Workshop Session I (Art Room)  
9:30 a.m. Men's Club (Zoom)  
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  
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 28<sup>th</sup>

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)  
3:00 p.m. Folk Sing-Along (Zoom)

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