

# Newton Senior Center Programs

## Week of January 31<sup>st</sup>-February 4<sup>th</sup>

### Monday, January 31st

9:00 a.m. Billiards Open Play (Game Room)  
9:00 a.m. Drawing Open Studio (Dining 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, February 1st

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

### Wednesday, February 2nd

9:00 a.m. Billiards Open Play (Game Room)  
9:30 a.m. Chamber Ensemble (Function Room)  
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)  
**\*Special program\*** 7:00 p.m. You and Your Financial Future: Demystifying Emerging Markets (Zoom)

### Thursday, February 3rd

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 and Zoom)  
**\*Special Program\*** 10:30 a.m. Winter Soup Give-Away (Dining 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 (**moved to Function Room for duration of tax season**)  
1:00 p.m. Yoga (Zoom)

### Friday, February 4th

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

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