

# Newton Senior Center Programs

## Week of February 7<sup>th</sup>-February 11<sup>th</sup>

### Monday, February 7

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, February 8

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)

### Wednesday, February 9

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\*** 2:00 p.m. Get Rid of That Pain in the Neck (Function Room AND Zoom)

### Thursday, February 10

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)  
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 (Function Room for duration of tax season)  
**1:00 p.m. Yoga (Zoom) CANCELLED TODAY.**

### Friday, February 11

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  
2:00 p.m. Clutter Support Group (Zoom)

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