

# Newton Senior Center Programs

## Week of February 14th-February 18th

### Monday, February 14

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  
12:00 p.m. Seated Strength & Balance (Zoom)  
1:00 p.m. Mah Jongg Open Play (Dining Room)  
**\*Special Program\*** 1:00 p.m. Valentine's Day Concert (Function Room and Zoom)

### Tuesday, February 15

**\*Special Program\*** 10:00 a.m. Sleep Apnea 101 (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  
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 (Zoom)

### Wednesday, February 16

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. Memory Café: Haiku for a Winter Afternoon (Function Room and Zoom)

### Thursday, February 17

9:00 a.m. Mindful Meditation (Zoom)  
9:30 a.m. Ceramics Workshop Session I (Art Room)  
10:00 a.m.-1:00 p.m. MetroWest Legal Clinic (Telephone and Zoom)  
10:30 a.m.- Muscle, Movement, & Balance (Function Room and Zoom)  
10:30 a.m. Bereavement Support Group (Library Lounge 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)  
**\*Special Program\*** 2:00 p.m. Zoom: A Series on Mindfulness, part 2 (Zoom)  
6:30 p.m.- NewCAL Meeting (Zoom)

### Friday, February 18

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. Commodity Foods pick-up (Dining Room)

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