

Newton Senior Center Programs

Week of March 7th-March 11th, 2022

Monday, March 7

9:00 a.m. Billiards Open Play (Game Room)
9:00 a.m. Drawing Open Studio (Dining Room)
9:30 a.m. Tai Chi Beginner Skills (Function 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 Event 1:30 p.m. Winter Soup Making Workshop: The Health Benefits of Bone and Veggie Broth- with Therapy Gardens (Function Room)

Tuesday, March 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 (Art Room)
1:30 p.m. Swing Band (Function Room)

Wednesday, March 9

9:00 a.m. Billiards Open Play (Game Room)
9:30 a.m. Chamber Ensemble (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 (Function Room and Zoom)
Special Program 2:00 p.m. The History of Feminism in Music with John Clark (Zoom)

Thursday, March 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)
Special Program 11:00 a.m. Issues in Health with the Newton Health Department: Hearing and Vision Loss in Seniors (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)
12:30 p.m. Mah Jongg Workshop with Martha Tomanelli (Function Room)
1:00 p.m. Mah Jongg Open Play (Dining Room)
1:00 p.m. French Conversation Group (Café- note room change)
1:00 p.m. Yoga (Zoom)

Friday, March 11

9:00 a.m. Billiards Open Play (Game Room)
9:30 a.m. Advanced Tai Chi (Function 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
Special Event 1:30 p.m. Robotics 101 with TSC Robotics (Function Room)
2:00 p.m. Clutter Support Group (Zoom)

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