

# Newton Senior Center Programs

## Week of March 14<sup>th</sup>-March 18<sup>th</sup>, 2022

### Monday, March 14

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)  
**\*Special Program\*** 10:00 a.m. Light Bright Workshop with Second Nature Arts (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  
12:00 p.m. Seated Strength & Balance (Zoom)  
1:00 p.m. Mah Jongg Open Play (Dining Room)

### Tuesday, March 15

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)  
**\*Special Program\*** 1:30 p.m. Low Vision: New Technologies (Zoom)  
1:30 p.m. Swing Band (Function Room)  
2:30 p.m. Caregiver Support Group (Zoom)  
6:30 p.m. Newton LGBTQ Café (Zoom)

### Wednesday, March 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)  
11:00 a.m. Zumba Gold (Zoom)  
**\*Special Series\*** 11:00 a.m. Healthy Living Discussion Group: How to Get a Good Night's Sleep (Library Lounge)  
11:45 a.m. Lunch (Dining Room)- reserve 48 hours in advance  
12:00 p.m.- Seated Strength & Balance (Function Room and Zoom)  
**\*Special Event\*** 2:00 p.m. Memory Café: Live Music with Howie Newman (Function Room)

### Thursday, March 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)  
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)  
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)  
**\*Special Series\*** 2:00 p.m. A Series on Mindfulness: Living with Wisdom (Zoom)

### Friday, March 18

9:00 a.m. Billiards Open Play (Game Room)  
9:30 a.m. Advanced Tai Chi (Function 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 and outside)  
**\*Special Program\*** 2:00 p.m. Persian Glory and Islamic Revolution with Barry Pell (Zoom)

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