

Newton Senior Center Programs

Week of March 28th-April 1st, 2022

Monday, March 28

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 Workshop
(Function Room)
10:30 a.m. Parkinson's Support Group (Art
Room and Zoom)
11:00 a.m. Advanced Tai Chi (Function Room)
11:00 a.m. Zumba Gold (Zoom)
11:45 a.m. Lunch (Dining Room)
12:00 p.m. Seated Strength & Balance (Zoom)
1:00 p.m. Mah Jongg Open Play (Dining Room)

Tuesday, March 29

10:30 a.m. Muscle, Movement, & Balance
(Function Room)
11:00 a.m. Zumba Gold (Zoom)
11:45 a.m. Lunch (Dining Room)
1:00 p.m. Ceramics Open Studio (Art Room)
1:30 p.m. Swing Band (Function Room)
Special program 3:00 p.m. Newton South
High School Sinfonietta Concert (Dining Room)

Wednesday, March 30

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)
11:45 a.m. Lunch (Dining Room)
12:00 p.m. Seated Strength & Balance (Function
Room and Zoom)
Special program 2:00 p.m. Scams and Fraud
with the Better Business Bureau (Function
Room and Zoom)

Thursday, March 31

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)
11:00 a.m. Zumba Gold (Zoom)
11:45 a.m. Lunch (Dining Room)
12:00 p.m. Ceramics Workshop Session II (Art
Room)
12:30 p.m. Mah Jongg Workshop with Martha
(Function Room)
1:00 p.m. Mah Jongg Open Play (Dining Room)
1:00 p.m. French Conversation Group (Library
Lounge)
1:00 p.m. Yoga (Zoom)

Friday, April 1

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)
Special program 2:00 p.m. Doris Day: Her Life
and Music with Frank King (Zoom)
Special program 4:00 p.m. Zumba Gold
"Good-Bye" Pop-Up Class (Parking Lot)