

Newton Senior Center Programs

Week of April 11th- April 15th, 2022

Monday, April 11

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 Program 2:00 p.m. Dementia Friends Training (Function Room)

Tuesday, April 12

10:30 a.m.- Muscle, Movement, & Balance (Function Room)
11:00 a.m. Zumba Gold (Zoom)
Special Program 11:00 a.m. Art in Bloom with the Museum of Fine Arts (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, April 13

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)- reserve 48 hours in advance
12:00 p.m.- Seated Strength & Balance (Function Room and Zoom)
Special Program 2:30 p.m. Rodgers & Hammerstein, The Concert with Michael Goodwin (Zoom)

Thursday, April 14

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)
11:45 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 (Library Lounge)
1:00 p.m. Yoga (Zoom)
Special Event 1:30 p.m. Dance Caliente performance (Function Room)

Friday, April 15

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)
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

Saturday, April 16

8:00 a.m.-12:00 p.m. Shredding Day (Rumford Avenue Recycling Depot)

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