

# Newton Senior Center Programs

## Week of April 18<sup>th</sup>-April 22<sup>nd</sup>, 2022

### Monday, April 18

The Newton Senior Center is closed for Patriot's Day.  
All classes on-site, off-site, and on Zoom, are cancelled.  
NewMo is not running.

### Tuesday, April 19

10:30 a.m.- Muscle, Movement, & Balance (Function Room)  
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)  
2:30 p.m. Caregiver Support Group (Zoom)

### Wednesday, April 20

9:00 a.m. Billiards Open Play (Game Room)  
9:30 a.m. Chamber Ensemble (Function Room)  
11:00 a.m. Zumba Gold (Zoom)  
11:00 a.m. Healthy Living Discussion Group (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 Program\*** 2:00 p.m. Memory Café: Moving to Music with Donna Newman-Bluestein

### Thursday, April 21

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)  
1:00 – 4:00 p.m. MetroWest Legal Clinic (Telephone)  
2:00 p.m. Mindfulness with Neil (Zoom)

### Friday, April 22

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)  
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

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