

# Newton Senior Center Programs

## Week of April 25<sup>th</sup>-April 29<sup>th</sup>, 2022

### Monday, April 25

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)  
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) - reserve 48 hours in advance  
12:00 p.m. Seated Strength & Balance (Zoom)  
1:00 p.m. Mah Jongg Open Play (Dining Room)

### Tuesday, April 26

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)  
7:30 p.m. Council on Aging meeting (Zoom)

### Wednesday, April 27

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 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.- Seated Strength & Balance (Function Room and Zoom)

### Thursday, April 28

9:00 a.m. Mindful Meditation (Zoom)  
9:30 a.m. Men's Club (Dining Room)  
9:30 a.m. Ceramics Workshop Session I (Art Room)  
10:30 a.m.- Muscle, Movement, & Balance (Function Room)  
10:30 a.m. Healthy Cooking class/lunch give-away (Dining Room)  
10:30 a.m. Bereavement Support Group (Library Lounge)  
11:00 a.m. Folk Sing-Along (Courtyard; rain location is Zoom)  
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)

### Friday, April 29

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  
**\*Special Event\*** 2:00 p.m. Delvena Theatre Company presents, "Julie Child: Bon Appetite!" (Function Room)

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