

# Newton Senior Center Programs

## Week of May 2<sup>nd</sup>-May 6<sup>th</sup>, 2022

### Monday, May 2

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)

### Tuesday, May 3

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)  
**\*Special program\*** 2:00 p.m. Independent Lifestyle Design (Zoom)  
2:30 p.m. Caregiver Support Group (Library Lounge)

### Wednesday, May 4

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)  
**\*Special event\*** 10:15 a.m. Chamber Ensemble Spring Concert (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 (Function Room and Zoom)  
**\*Special Workshop\*** 1:30 p.m. A Matter of Balance Workshop (Library Lounge)

### Thursday, May 5

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)  
**\*Special event\*** 11:30 a.m. Heart to Home Lunch (Dining Room) – pre-registration was required; this event is waiting-list only  
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, May 6

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. Micro-Adventures in Massachusetts with Alison O' Leary (Function Room)

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