

Newton Senior Center Programs

Week of May 9th-May 13th, 2022

Monday, May 9

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. Springwell 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 10

10:30 a.m.- Muscle, Movement, & Balance (Function Room)
11:00 a.m. Zumba Gold (Zoom)
11:45 a.m. Springwell 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, May 11

9:00 a.m. Billiards Open Play (Game Room)
10:00 a.m. Acrylic Painting Workshop (Art Room and Zoom)
11:00 a.m. Zumba Gold (Zoom)
12:00 p.m.- Seated Strength & Balance (Function Room and Zoom)
Special Workshop 1:30 p.m. A Matter of Balance Workshop (Library Lounge)
Special Program 2:00 p.m. How Improvement Contractor Pitfalls, and How to Avoid Them (Function Room)
Special Program 7:00 p.m. You and Your Financial Future: Socially Responsible Investing (Zoom)

Thursday, May 12

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. Springwell 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) CANCELLED TODAY
Special Event 12:30 p.m. Ice Cream Social (12:30-1:00) and Magic Show with Jack Ryan (1:00-2:00) (Function Room)

Friday, May 13

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. Springwell Lunch (Dining Room) - reserve 48 hours in advance
2:00 p.m. Clutter Support Group (Zoom)

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