

Newton Senior Center Programs

Week of May 16th-May 20th, 2022

Monday, May 16

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 17

10:30 a.m. Who Is "Us?" (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
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)
6:30 p.m. Steering Clear at 60+: Strategies for Driving
Safely as we Age (Zoom)

Wednesday, May 18

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)
11:00 a.m. Healthy Living Discussion Group (Library
Lounge)
12:00 p.m.- Seated Strength & Balance (Function Room
and Zoom)
1:00 p.m. Zumba Gold with Jo (Function Room)
1:30 p.m. A Matter of Balance Workshop (Library
Lounge)

Thursday, May 19

9:00 a.m. Mindful Meditation (Zoom)
9:30 a.m. Ceramics Workshop Session I (Art Room)
10:00 a.m.-1:00 p.m. MetroWest Legal Clinic
(Telephone)
10:30 a.m.- Muscle, Movement, & Balance (Function
Room)
10:30 a.m. Bereavement Support Group (Library
Lounge)
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)
2:00 p.m. Mindfulness Series (Zoom)
3:00 p.m. Folk Sing-Along (Tent; rain location is Zoom)

Friday, May 20

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)
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
1:00 p.m. Zumba Toning with Yachun (Function Room)
1:00 p.m. Commodity Foods (Tent)

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