

Newton Senior Center Programs

Week of May 23rd-May 27th, 2022

Monday, May 23

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

Tuesday, May 24

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)
Special Event 1:30 p.m. Swing Band Patriotic Songs Concert (Function Room)
7:30 p.m. Council on Aging meeting (Zoom)

Wednesday, May 25

9:00 a.m. Billiards Open Play (Game 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 (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 26

9:00 a.m. Mindful Meditation (Zoom)
9:30 a.m. Ceramics Workshop Session I (Art Room)
9:30 a.m. Men's Club (Dining Room)
10:30 a.m. Healthy Cooking Series (Dining 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 Play (Dining Room)
1:00 p.m. French Conversation Group (Library Lounge)
1:00 p.m. Yoga (Zoom)
Special Event 2:00 p.m. The Swinging Sixties: Women Singers Find Their Voice with the Retro Polatin Duo (Function Room)

Friday, May 27

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

Reminder:

We are closed on Monday, May 30th in honor of Memorial Day.

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