

Newton Senior Center Programs

Week of May 30th-June 3rd, 2022

Monday, May 30

We are closed in honor of Memorial Day. All programs (in-person and Zoom) are cancelled. NewMo is not running.

Tuesday, May 31

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)

Wednesday, June 1

9:00 a.m. Billiards Open Play (Game Room)
10:00 a.m. Acrylic Painting workshop (Art Room)
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, June 2

9:00 a.m. Mindful Meditation (**Function Room**)
Will meet in-person on the 1st Thursday of every month
9:30 a.m. Ceramics Workshop Session I (Art Room)
1:30 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)
Special Event 12:30 to 2:00 p.m. Ice Cream Social and Concert with Ilana Zaks (Dining Room) – *just show up!*

Friday, June 3

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)
11:45 a.m. Springwell Lunch (Dining Room) - reserve 48 hours in advance
1:00 p.m. Zumba Toning with Yachun (Function Room)

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