

Newton Senior Center Programs

Week of June 6th-June 10th, 2022

Monday, June 6

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 Play (**pre-formed groups only**) (Dining Room)

Tuesday, June 7

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 (Library Lounge)

Wednesday, June 8

9:00 a.m. Billiards Open Play (Game 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)
Special Program 2:00 p.m. The Life and Movies of Steven Spielberg, with Debi Block (Zoom)

Thursday, June 9

9:00 a.m. Mindful Meditation (Zoom)
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. Mah Jongg Open Play (**open play only**) (Dining Room)
1:00 p.m. French Conversation Group (Library Lounge or Courtyard)
1:00 p.m. Yoga (Zoom)

Friday, June 10

9:00 a.m. Billiards Open Play (Game Room)
9:30 a.m. Advanced Tai Chi (Function Room) CANCELLED TODAY
11:00 a.m. Beginner's Tai Chi (Hyde Community Center) CANCELLED TODAY
11:45 a.m. Springwell Lunch (Dining Room) - reserve 48 hours in advance
1:00 p.m. Zumba Gold Toning with Yachun (Function Room)
Special Event 12:30 to 2:00 p.m. Ice Cream Social and Concert with the Steve Rudolph Trio (Dining Room) – *just show up!*
2:00 p.m. Clutter Support Group (Zoom)

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