

Newton Senior Center Programs

Week of June 13th-June 17th, 2022

Monday, June 13

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. Summer Theatre Workshop (Library Lounge)
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 14

10:30 a.m. **Who Is "Us?" (Art Room) – NO CLASS TODAY**
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 15

9:00 a.m. Billiards Open Play (Game Room)
10:00 a.m. Collage Workshop (Art Room)
11:00 a.m. Healthy Living Discussion Group (Library Lounge or Courtyard- weather-dependent)
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 Event 6:30 p.m. *All the Lonely People* film screening and director Q & A (West Newton Cinema)

Thursday, June 16

9:00 a.m. Mindful Meditation (Zoom)
9:30 a.m. Ceramics Workshop- Session 1 (Art Room)
10:00 a.m.-1:00 p.m. MetroWest Legal Clinic (Zoom/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 2 (Art Room)
1:00 p.m. Mah Jongg Open Play (**open play only**) (Dining Room)
1:00 p.m. French Conversation Group (Library Lounge or Courtyard- weather-dependent)
1:00 p.m. Yoga (Zoom)

Friday, June 17

9:00 a.m. Billiards Open Play (Game Room)
9:30 a.m. Advanced Tai Chi (Function Room)
9:30 a.m. Mah Jongg Workshop (Library Lounge)
10:00 a.m. Health Maintenance Clinic (**Conference Room- note room change today**)
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 Gold with Diane – sub (Function Room)
1:00 p.m. Commodity Foods Program (Courtyard)

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