

# Newton Senior Center Programs

## Week of June 20<sup>th</sup>-June 24<sup>th</sup>, 2022

### Monday, June 20

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

### Tuesday, June 21

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) Cancelled today**  
2:30 p.m. Caregiver Support Group (Zoom)

### Wednesday, June 22

9:00 a.m. Billiards Open Play (Game Room)  
9:00 a.m. Drawing Open Studio make-up class (Dining Room)  
10:00 a.m. Collage Workshop (Art Room and 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, June 23

9:00 a.m. Mindful Meditation (Zoom)  
9:30 a.m. Men's Club (Dining Room)  
9:30 a.m. Ceramics Workshop- Session 1 (Art Room)  
10:30 a.m.- Muscle, Movement, & Balance (Function Room)  
10:30 a.m. Benchmark Healthy Cooking Series (Dining 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 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 24

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 Gold with Diane – sub (Function Room)

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