

Newton Senior Center Programs

Week of June 27th-July 1st, 2022

Monday, June 27

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

Tuesday, June 28

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
7:30 p.m. Council on Aging meeting (Zoom)

Wednesday, June 29

9:00 a.m. Billiards Open Play (Game 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)
Special program 2:30 p.m. CPR for Seniors (Function Room) -- *pre-registration is required*

Thursday, June 30

9:00 a.m. Mindful Meditation (Zoom)
9:30 a.m. Ceramics Workshop- Session 1 (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
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)
Special Program 2:00 p.m. Introducing Newton History (Zoom)
3:00 p.m. Folk Sing-Along (Courtyard)

Friday, July 1

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.