

Newton Senior Center Programs

Week of July 4th-July 8th, 2022

Monday, July 4

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

Tuesday, July 5

10:30 a.m. **Who Is "Us?"** (Art Room) – *pre-registration required*

10:30 a.m.- **Muscle, Movement, & Balance** (Function Room) – *just show up*

11:00 a.m. **Zumba Gold** (Zoom) - *just show up*

11:45 a.m. **Springwell Lunch** (Dining Room) - *reserve 48 hours in advance by calling 617-796-1668*

1:00 p.m. **Ceramics Open Studio** (Art Room) – *for enrolled students only*

1:30 p.m. **Swing Band** (Function Room) - *just show up*

Caregiver Support Group is cancelled today.

Wednesday, July 6

9:00 a.m. **Billiards Open Play** (Game Room) - *just show up*

9:00 a.m. **Drawing Open Studio make-up class** (Dining Room) - *just show up*

10:00 a.m. **Collage Workshop** (Art Room and Zoom) *pre-registration required*

11:45 a.m. **Springwell Lunch** (Dining Room) - *reserve 48 hours in advance by calling 617-796-1668*

12:00 p.m.- **Seated Strength & Balance** (Function Room and Zoom) - *just show up*

Zumba Gold is cancelled today.

Thursday, July 7

9:00 a.m. **Mindful Meditation** (Function Room)- *note that the group is meeting in-person today; just show up*

9:30 a.m. **Ceramics Workshop- Session 1** (Art Room) - *pre-registration required*

10:30 a.m.- **Muscle, Movement, & Balance** (Function Room) -*just show up*

11:00 a.m. **Zumba Gold** (Zoom) -*just show up*

1:45 a.m. **Springwell Lunch** (Dining Room)- *reserve 48 hours in advance by calling 617-796-1668*

12:00 p.m. **Ceramics Workshop- Session 2** (Art Room) - *pre-registration required*

1:00 p.m. **Mah Jongg Open Play** (open play only) (Dining Room) -*just show up*

1:00 p.m. **French Conversation Group** (Tent; rain location Library Lounge)-*just show up*

1:00 p.m. **Yoga** (Zoom) -*just show up*

Friday, July 8

9:00 a.m. **Billiards Open Play** (Game Room) -*just show up*

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 by calling 617-796-1668*

1:00 p.m. **Zumba Gold Toning** (Function Room) -*just show up*

2:00 p.m. **Clutter Support Group** (Zoom) -*just show up*

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