

Newton Senior Center Programs

Week of July 11th-July 15th, 2022

Monday, July 11

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

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

9:30 a.m. **Tai Chi Beginner Skills (Function Room) NO CLASS TODAY**

10:30 a.m. **Summer Theatre Workshop** (Library Lounge) -*pre-registration required*

11:00 a.m. **Advanced Tai Chi (Function Room) CANCELLED TODAY**

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*

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

1:00 p.m. **Mah Jongg Play** (pre-formed groups only) (Dining Room) -*just show up*

2:30 p.m. **Life and Music of the Mills Brothers, with Frank King** (Zoom) -*register on Zoom *Special Program**

Tuesday, July 12

10:00 a.m. **Watercolor Painting Workshop** (Art Room) -*pre-registration required*

10:30 a.m. **Who Is "Us?"** (Library Lounge) -*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*

2:00 p.m. **Beyond the Will: Estate Planning and More, the 2022 MA Elder Law Education Program** (Zoom) - *register on Zoom *Special Program**

Wednesday, July 13

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

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

11:00 a.m. **Zumba Gold** with Diane (Function Room)- *just show up*

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*

Thursday, July 14

9:00 a.m. **Mindful Meditation** (Zoom) -*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*

3:00 p.m. **Walking Tour of Bruges, Belgium with Beeyonder** (Zoom) -*pre-registration required (email Program Coordinator for Zoom link) *Special Program**

Friday, July 15

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

9:30 a.m. **Advanced Tai Chi (Function Room) CANCELLED TODAY**

10:00 a.m. **Health Maintenance Clinic** (Library Lounge) -*just show up*

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*

1:00 p.m. **Commodity Food program** (Tent) -*pre-registration required*

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