

Newton Senior Center Programs

Week of July 18th-July 22nd, 2022

Monday, July 18

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) – *pre-registration required*

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

11:00 a.m. **Advanced Tai Chi** (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*

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*

2:00 p.m. **How to Choose a Nursing Home** (Zoom) - *register on Zoom *Special Program**

Tuesday, July 19

10:00 a.m. **Watercolor Painting Workshop** (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*

2:00 p.m. **Saudi Arabia at the Crossroads, with Barry Pell** (Zoom) -*register on Zoom *Special Program**

2:30 p.m.- **Caregiver Support Group** (Zoom)) -*register with the Case Manager*

Wednesday, July 20

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

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

11:00 a.m. **Healthy Living Discussion Group** (Tent)- *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) -*just show up*

Thursday, July 21

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

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

10:00 a.m.-1:00 p.m. **MetroWest Legal Clinic** (Telephone) -*pre-registration required*

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

10:30 a.m. **Bereavement Support Group** (Library Lounge) -*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*

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

12:30-2:00 p.m. **Ice Cream Social and Concert** (Dining Room) -*just show up; ice cream will be served 12:30-12:55*
Special Program

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*

2:00 p.m. **Haiku Poetry Series** (Tent; rain location Library Lounge) -*pre-registration required*

Friday, July 22

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

9:30 a.m. **Advanced Tai Chi** (Function Room) – *just show up*

11:00 a.m. **Beginner's Tai Chi** (Hyde Community Center) – *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. **Zumba Gold Toning** (Function Room) -*just show up*

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