

Newton Senior Center Programs

Week of July 25th-July 29th, 2022

Monday, July 25

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*

10:30 a.m. **Parkinson's Support Group** (Art Room AND Zoom) -*just show up (in-person) or register on Zoom*

11:00 a.m. **Advanced Tai Chi** (Function Room) – *just show up; \$5 suggested donation*

11:00 a.m. **Zumba Gold** (Zoom) -*just show up; \$5 suggested donation*

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; \$5 suggested donation*

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

1:00 p.m. **Turtles of New England with Joy Marzlof, featuring live turtles** (Function Room) -*just show up*
Special Program

Tuesday, July 26

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

10:30 a.m.- **Muscle, Movement, & Balance** (Function Room) -*just show up; \$5 suggested donation*

11:00 a.m. **Zumba Gold** (Zoom) -*just show up; \$5 suggested donation*

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. **Planning 4 Our Future: Climate Change Workshop with Liora Silkes, City of Newton's Energy Coach** (Zoom) -*register on Zoom*

Wednesday, July 27

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

11:00 a.m. **Zumba Gold** (Function Room)- *just show up; \$5 suggested donation*

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; \$5 suggested donation*

7:00 p.m. **Why Is Lung Cancer Screening Important?** (Zoom) -*register on Zoom*

Thursday, July 28

9:00 a.m. **Mindful Meditation** (Zoom) -*just show up; \$5 suggested donation*

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

9:30 a.m. **Men's Club** (Dining Room) -*just show up*

10:30 a.m.- **Muscle, Movement, & Balance** (Function Room) -*just show up; \$5 suggested donation*

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*

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; \$5 suggested donation*

2:00 p.m. **Haiku Poetry Series** (Tent; rain/heat location Function Room) -*pre-registration required*

Friday, July 29

9:00 a.m. **Billiards Open Play** (Game Room) -*just show up*
9:30 a.m. **Advanced Tai Chi** (Function Room) – *just show up; \$5 suggested donation*

11:00 a.m. **Beginner's Tai Chi** (Hyde Community Center) – *just show up; \$5 suggested donation*

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

12:00 p.m. **Folk Sing-Along** (Tent) – *just show up*

1:00 p.m. **Zumba Gold Toning** (Function Room) -*just show up; \$5 suggested donation*

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