

# Newton Senior Center Programs

## Week of August 1<sup>st</sup> to August 5th, 2022

### Monday, August 1

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) – *closed class until Labor Day*  
10:00 a.m. **Zumba Gold** (Zoom) -*just show up; \$5 suggested donation*  
10:30 a.m. **Summer Theatre Workshop** (Library Lounge) - *pre-registration required*  
11:00 a.m. **Advanced Tai Chi** (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** (Zoom) -*just show up; \$5 suggested donation*  
1:00 p.m. **Mah Jongg Play** (pre-formed groups only) (Dining Room) -*just show up*  
2:00 p.m. **How to Be Your Own Healthcare Advocate** (Zoom) -*register on Zoom*

### Tuesday, August 2

10:00 a.m. **Watercolor Painting Workshop** (Art Room) - *pre-registration required*  
10:00 a.m. **Zumba Gold** (Zoom) -*just show up; \$5 suggested donation*  
10:30 a.m.- **Muscle, Movement, & Balance** (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*  
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. **The History of Theatre in Boston** (Zoom) - *register on Zoom*  
2:30 p.m. **Caregiver Support Group** (Library Lounge) - *register with the Case Manager*

### Wednesday, August 3

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*

### Thursday, August 4

9:00 a.m. **Mindful Meditation** (Function Room) -*just show up; \$5 suggested donation*  
9:30 a.m. **Ceramics Workshop- Session 1** (Art Room) -*pre-registration required*  
10:00 a.m.-12:00 p.m. **Office Hours with the Office of Jake Auchincloss** (Library Lounge) *request an appointment with the Program Coordinator*  
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*  
2:00 p.m. **Haiku Poetry Series** (Tent; rain/heat location Function Room) -*pre-registration required*

### Friday, August 5

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*  
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.