

Newton Senior Center Programs

Week of August 8th to August 12th, 2022

Monday, August 8

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*
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*
12:30 p.m. **Summer Desserts Demonstration & Tasting** (Tent) -*register with the Program Coordinator*
1:00 p.m. **Mah Jongg Play** (pre-formed groups only) (Dining Room) -*just show up*

Tuesday, August 9

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 Life and Career of Stephen Foster** (Zoom) - *register on Zoom*

Wednesday, August 10

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 11

9:00 a.m. **Mindful Meditation** (Zoom) -*just show up; \$5 suggested donation*
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*
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. **Great Art Borrows from Great Art: West Side Story** (Zoom) -*register on Zoom*

Friday, August 12

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.