

## Newton Senior Center Programs

### Week of August 15<sup>th</sup> to August 19<sup>th</sup>, 2022

#### Monday, August 15

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 Summer BBQ** (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. **Real ID Information Session with the RMV** (Function Room) -*just show up*

#### Tuesday, August 16

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*  
10:30 a.m.- **Farmer's Market Giveaway** (Dining Room) - *register with the Case Manager*  
11:45 a.m. **Springwell Lunch** (Dining Room) - *reserve 48 hours in advance by calling 617-796-1668*  
12:30 p.m. **Ice Cream Social & Piano Concert with Santon** (Dining Room) – *Ice Cream will be served 12:30-12:55. The concert will be held from 1:00-2:00 p.m.*  
1:00 p.m. **Ceramics Open Studio** (Art Room) – *for enrolled students only*  
2:30 p.m. **Caregiver Support Group** (Zoom) -*register with the Case Manager*

#### Wednesday, August 17

9:00 a.m. **Billiards Open Play** (Game 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) -*just show up; \$5 suggested donation*

#### Thursday, August 18

9:00 a.m. **Mindful Meditation** (Zoom) -*just show up; \$5 suggested donation*  
10:00 a.m.-1:00 p.m. **MetroWest Legal Clinic** (Telephone) -*register with the Program Coordinator*  
10:30 a.m.- **Muscle, Movement, & Balance** (Function Room) -*just show up; \$5 suggested donation*  
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*  
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. **Death Cafe** (Function Room) -*just show up*

#### Friday, August 19

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*  
10:00 a.m. **Health Maintenance Clinic** (Library Lounge) – *just show up*  
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*  
1:00 p.m. **Commodity Foods pick-up** (Tent) -*register with the Case Manager*

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