

Newton Senior Center Programs

Week of August 22nd to August 26th, 2022

Monday, August 22

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*
1:00 p.m. **Mah Jongg Play** (pre-formed groups only) (Dining Room) -*just show up*
2:00 p.m. **CPR for Seniors** (Function Room) -*register with the Program Coordinator*

Tuesday, August 23

10:00 a.m. **Zumba Gold** (Zoom) -*just show up; \$5 suggested donation*
10:30 a.m.- **Muscle, Movement, & Balance (Kris subbing)** (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*

Wednesday, August 24

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 25

9:00 a.m. **Mindful Meditation** (Zoom) -*just show up; \$5 suggested donation*
9:30 a.m. **Men's Club** (Dining Room) -*just show up*
9:30 a.m. **Ceramics Session 1** (Art Room) -*pre-registration required*
~~10:30 a.m. **Muscle Movement and Balance** – **cancelled today**~~
11:00 a.m. **Zumba Gold** (Zoom) -*just show up*
11:30 a.m. **Folk Sing-Along** (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. **Ceramics 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*

Friday, August 26

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. **How to Maximize Your Bone Health** (Dining Room) – *just show up*

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