

Newton Senior Center Programs

Week of September 5th to September 9th, 2022

Monday, September 5

The Newton Senior Center is closed for Labor Day. All programs, on-site, off-site, and on Zoom, are cancelled. NewMo is not running today.

Tuesday, September 6

10:00 a.m. **Zumba Gold** (Zoom) -*just show up; \$5 suggested donation*

~~10:30 a.m. **Muscle Movement and Balance** (Function Room) -*just show up; \$5 suggested donation*~~ **Cancelled due to Primary Election Day**

11:30 a.m. **Minis with a Mission** (Tent) – *just show up; the horses will be here between 11:30 a.m. and 12:30 p.m.*

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*~~ **Cancelled due to Primary Election Day**

2:30 p.m. **Caregiver Support Group** (Library Lounge) – *register with the Case Manager*

Wednesday, September 7

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

9:00 a.m. **Drawing and Sketching Studio Make-Up Class** (Dining 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, September 8

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

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

10:00 a.m. **Zumba Gold** (Zoom) -*just show up*

10:30 a.m. **Muscle Movement and 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*

12:00 p.m. **Ceramics Session 2** (Art Room) -*pre-registration required*

12:00 p.m. **Theatre Workshop** (Function Room) -*pre-registration requested*

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. **A Poetry Excursion** (Function Room) -*pre-registration requested*

Friday, September 9

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. **LaBlast** (Function Room) - *just show up; \$5 suggested donation*

2:00 p.m. **Clutter Support Group** (Zoom) – *join on Zoom*

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