

Newton Senior Center Programs

Week of September 12th to 16th, 2022

Monday, September 12

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) – *just show up*

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*

1:00 p.m. **Rhumba! Samba! Tango! Mambo!** (Zoom)-*register on Zoom*

Tuesday, September 13

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*

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, September 14

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

9:00 a.m. **Charcoal Tonal Sketch Demonstration** (Art Room) -*just show up*

9:30 a.m. **Chamber Ensemble** (Function 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*

1:00 p.m.- **Dance Aerobics** (Function Room) -*just show up; \$5 suggested donation*

Thursday, September 15

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*

10:00 a.m.-1:00 p.m. **MetroWest Legal Clinic** (Telephone) -*pre-registration required*

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. **Bridge Open Play** (open play only) (Game Room) -*just show up*

2:00 p.m. **Elder Fraud program** (Function Room)-*just show up*

Friday, September 16

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; \$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*

1:00 p.m. **Commodity Foods program** (Tent) – *register with the Case Manager*

1:30 p.m. **The Top 5 Patriotic Songs** (Zoom) – *register on Zoom*

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