

# Newton Senior Center Programs

## Week of September 26<sup>th</sup> to 29<sup>th</sup>, 2022

### Monday, September 26

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. **Beginner's Tai Chi** (Function Room) *- just show up; \$5 suggested donation*  
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*

### Tuesday, September 27

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 28

9:00 a.m. **Billiards Open Play** (Game Room) *-just show up*  
9:00-11:30 a.m. **Pastel Color Sketch Demonstration** (Dining Room) *-just show up*  
9:30 a.m. **Chamber Ensemble** (Function Room) *-just show up*  
10:00 a.m. **Acrylic Painting class** (Art Room) *-pre-registration required*  
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 29

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) *-just show up*  
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*

### Friday, September 30

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*  
12:30 p.m. **Ice Cream Social and Concert with the Steve Rudolph Trio** (Dining Room) *- just show up. Ice Cream served 12:30-12:55 p.m.; Concert 1:00-2:00 p.m.*  
1:00 p.m. **LaBlast** (Tent- note room change) *- just show up; \$5 suggested donation*

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