

Newton Senior Center Programs

Week of October 3rd to October 7th, 2022

Monday, October 3

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

10:30 a.m. **Parkinson's Support Group** (Art Room AND Zoom) -register on Zoom; or, just show up in-person

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, October 4

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

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

Wednesday, October 5

9:00 a.m. **Billiards Open Play** (Game 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, October 6

9:00 a.m. **Mindful Meditation** (Function Room) -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, October 7

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 to 12:00 p.m. **Senior Flu Clinic** (War Memorial Auditorium at City Hall, 1000 Commonwealth Avenue) – 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. **LaBlast** (Tent- note room change) - just show up; \$5 suggested donation

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