

Newton Senior Center Programs

Week of October 10th to October 14th, 2022

Monday, October 10

The Newton Senior Center is closed in honor of Indigenous Peoples Day. All programs, both in-person and on Zoom, are cancelled.

Tuesday, October 11

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*

11:00 a.m. **Kenyan Cultural Experience** (Zoom) -*register with the Program Coordinator*

11:45 a.m. **Springwell Lunch** (Dining Room) - *reserve 48 hours in advance by calling 617-796-1668*

1:30 p.m. **Swing Band** (Function Room) – *just show up*

Wednesday, October 12

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

9:00 a.m. **Drawing/Sketching Studio Make-up Class** (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, October 13

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

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*

11:30 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. **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 14

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*

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

2:00 p.m. **Clutter Support Group** (Zoom) – *just show up*

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