

Newton Senior Center Programs

Week of October 17th to October 21st, 2022

Monday, October 17

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
11:00 a.m. **Medicare Options During Open Enrollment** (Zoom OR In-Person at the Needham Council on Aging)- just show up on Zoom or attend in Needham by calling 781-455-7555
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 18

10:00 a.m. **Zumba Gold** (Zoom) -just show up; \$5 suggested donation
10:30 a.m.-12:30 p.m. **Office Hours with the Office of Congressman Auchincloss** (Library Lounge) -make an appointment with the Program Coordinator
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
1:30 p.m. **Swing Band** (Function Room) – just show up
2:30 p.m. **Caregiver Support Group** (Zoom) – register with the Case Manager

Wednesday, October 19

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 20

9:00 a.m. **Mindful Meditation** (Zoom) -just show up; \$5 suggested donation
10:00 a.m. **Zumba Gold** (Zoom) -just show up
10:00 a.m.-1:00 p.m. **MetroWest Legal Clinic** (Telephone) - make an appointment with the Program Coordinator
10:30 a.m. **Muscle Movement and Balance** (Function Room) -just show up; \$5 suggested donation
10:30 a.m. **Bereavement Support Group** (Library Lounge)- 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
12:30 p.m. **Ice Cream Social & Concert with Accordionist Sonny Barbato** (Dining Room) -just show up; ice cream will be served 12:30-12:55 and the concert will be held from 1:00-2:00
1:00 p.m. **Mah Jongg Open Play** (open play only) (Game 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 21

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

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