

Newton Senior Center Programs

Week of October 24th to 28th, 2022

Monday, October 24

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 (see e-newsletter for link); \$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 (see e-newsletter for link); \$5 suggested donation
12:30 p.m. **Fall Desserts Food Demonstration** (Tent; rain location Dining Room)- *RSVP to Program Coordinator*
1:00 p.m. **Mah Jongg Play** (pre-formed groups only) (Dining Room) -just show up
1:30 p.m. **The Ukraine War and Vladimir Putin: Consequences Expected and Unintended: What's Next?** (Function Room)- just show up

Tuesday, October 25

10:00 a.m. **Zumba Gold** (Zoom) -just show up (see e-newsletter for link); \$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
1:30 p.m. **Swing Band** (Function Room) – just show up

Wednesday, October 26

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 27

9:00 a.m. **Mindful Meditation** (Zoom) -just show up (see e-newsletter for link); \$5 suggested donation
9:30 a.m. **Men's Club** (Dining Room)- just show up
10:00 a.m. **Zumba Gold** (Zoom) -just show up (see e-newsletter for link); \$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
12:00 p.m. **Theatre Workshop** (Function Room) -just show up
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 Game Room) -just show up
2:00 p.m. **Bridge Open Play** (open play only) (Game Room) - just show up
2:00 p.m. **Hearing, Hearing Loss, and Effects on Communication** (Function Room)- just show up

Friday, October 28

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

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