

Newton Senior Center Programs

Week of October 31st to November 4th, 2022

Monday, October 31

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*

10:30 a.m. **Parkinson's Support Group** (Zoom) -*register on Zoom (see e-newsletter for link)*

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*

1:00 p.m. **Mah Jongg Play** (pre-formed groups only) (Dining Room) -*just show up*

2:00 p.m. **Creating an Ethical Will** (Function Room) - *just show up*

Tuesday, November 1

9:00 a.m. **Spanish Conversation Group** (Zoom) -*just show up (see e-newsletter for link)*

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*

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

Wednesday, November 2

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

9:30 a.m. **Chamber Ensemble** (Function Room) -*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.- **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, November 3

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

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*

Friday, November 4

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.