

Newton Senior Center Programs

Week of December 5th through December 9th, 2022

Monday, December 5

9:00 a.m. **Billiards Open Play** (Brigham House- Game Room, 20 Hartford Street) -*just show up*

9:00 a.m. **Chair Yoga** (Hyde Community Center Gymnasium, 90 Lincoln Street) -*just show up; \$5 suggested donation*

9:00 a.m. **Drawing Studio** (War Memorial at Newton City Hall, 1000 Commonwealth Avenue) -*just show up*

10:00 a.m. **Zumba Gold** (Zoom) -*just show up (link in e-newsletter); \$5 suggested donation*

10:15 a.m. **Beginner's Tai Chi** (Hyde Community Center Gymnasium, 90 Lincoln Street) – *just show up; \$5 suggested donation*

11:30 a.m. **Advanced Tai Chi** (Hyde Community Center Gymnasium, 90 Lincoln Street) – *just show up; \$5 suggested donation*

11:45 a.m. **Grab and Go Springwell Lunch** (Brigham House- 20 Hartford Street) - *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) (Brigham House- Conference Room and Program Room, 20 Hartford Street) -*just show up*

2:00 p.m. **India: Tradition and Modernity Collide on the Subcontinent** (Zoom) -*register on Zoom (link in e-newsletter)*

Tuesday, December 6

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

10:00 a.m. **Zumba Gold** (Zoom) - *just show up (link in e-newsletter); \$5 suggested donation*

10:30 a.m. **Muscle Movement and Balance** (Hyde Community Center Gymnasium, 90 Lincoln Street) -*just show up; \$5 suggested donation*

11:45 a.m. **Grab and Go Springwell Lunch** (Brigham House- 20 Hartford Street) - *reserve 48 hours in advance by calling 617-796-1668*

1:30 p.m. **Swing Band** (War Memorial at Newton City Hall, 1000 Commonwealth Avenue) – *just show up*

2:30 p.m. **Caregiver Support Group** (Brigham House- Conference Room, 20 Hartford Street) register with the Social Worker

Wednesday, December 7

9:00 a.m. **Billiards Open Play** (Brigham House- Game Room, 20 Hartford Street) -*just show up*

10:00 a.m. **Chair Yoga** (Hyde Community Center Gymnasium, 90 Lincoln Street) -*just show up; \$5 suggested donation*

11:45 a.m. **Grab and Go Springwell Lunch** (Brigham House- 20 Hartford Street) - *reserve 48 hours in advance by calling 617-796-1668*

12:00 p.m.- **Seated Strength & Balance** (Hyde Community Center Gymnasium, 90 Lincoln Street) -*just show up; \$5 suggested donation*

1:00 p.m.- **Dance Aerobics** (Hyde Community Center Gymnasium, 90 Lincoln Street) -*just show up; \$5 suggested donation*

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

Newton Senior Center Programs

Week of December 5th through December 9th, 2022

Thursday, December 8

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

10:00 a.m. **Zumba Gold** (Zoom) - *just show up (link in e-newsletter); \$5 suggested donation*

10:30 a.m. **Muscle Movement and Balance** (Hyde Community Center Gymnasium, 90 Lincoln Street) -*just show up; \$5 suggested donation*

11:00 a.m. **Holiday Walking Tour of Edinburgh** (Zoom) -*this program is filled*

11:45 a.m. **Grab and Go Springwell Lunch** (Brigham House- 20 Hartford Street) - *reserve 48 hours in advance by calling 617-796-1668*

12:00 p.m. **Theatre Workshop** (Hyde Community Center Gymnasium, 90 Lincoln Street) -*just show up*

1:00 p.m. **Mah Jongg Open Play** (open play only) (Brigham House - Conference Room, 20 Hartford Street) -*just show up*

1:00 p.m. **French Conversation Group** (Brigham House- Program Room, 20 Hartford Street) -*just show up*

Friday, December 9

9:00 a.m. **Billiards Open Play** (Brigham House - Game Room, 20 Hartford Street) -*just show up*

9:30 a.m. **Advanced Tai Chi** (Hyde Community Center Gymnasium, 90 Lincoln Street) – *just show up; \$5 suggested donation*

10:45 a.m. **Beginner's Tai Chi** (Hyde Community Center Gymnasium, 90 Lincoln Street) – *just show up; \$5 suggested donation*

11:45 a.m. **Grab and Go Springwell Lunch** (Brigham House- 20 Hartford Street) - *reserve 48 hours in advance by calling 617-796-1668*

1:00 p.m. **LaBlast** (Hyde Community Center Gymnasium, 90 Lincoln Street) - *just show up; \$5 suggested donation*

2:00 p.m. **Declutter Support Group** (Zoom) - *just show up (link in e-newsletter)*

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