

Newton Senior Center Programs

Week of December 19th through December 23rd, 2022

Monday, December 19

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*

10:30 a.m. **Parkinson's Support Group** (Brigham House- 20 Hartford Street AND Zoom) *just show up; or, register via link in e-newsletter*

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*

Tuesday, December 20

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 Holiday Concert** (War Memorial at Newton City Hall, 1000 Commonwealth Avenue) *- just show up*

Wednesday, December 21

9:00 a.m. **Tai Chi Practice** (Hyde Community Center Gymnasium—90 Lincoln Street) *just show up*

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*

10:00 a.m. **Beginner & Intermediate Acrylic Painting** (Zoom)- *this session is closed*

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*

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

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Thursday, December 22

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

9:30 a.m. **Men's Club – guest speaker on preventive cardiology** (Brigham House- 20 Hartford Street)- *just show up*

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*

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*

3:00 p.m. **Holiday Sing-Along** (Zoom)- *Zoom link in e-newsletter; or, contact Program Coordinator for Meeting ID and passcode*

Friday, December 23

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

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

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