

Newton Senior Center Programs

Week of January 2nd through January 6th, 2023

Monday, January 2

The Newton Senior Center is closed in observance of New Year's Day.

Tuesday, January 3

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 CANCELLED today

2:30 p.m. **Caregiver Support Group** (Brigham House- 20 Hartford Street) - *register with Emily, 617-796-1672*

Wednesday, January 4

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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Week of January 2nd through January 6th, 2023

Thursday, January 5

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*

11:45 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. **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, January 6

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

9:30 a.m. **Advanced Tai Chi** CANCELLED today

10:45 a.m. **Beginner's Tai Chi** CANCELLED today

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*

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