

Newton Senior Center Programs

Week of January 9th through January 13th, 2023

Monday, January 9

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. **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, January 10

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. **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*

Wednesday, January 11

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. **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

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

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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*

Thursday, January 12

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

10:00 a.m. to 12:00 p.m. **MetroWest Legal Clinic** (Brigham House- Conference Room, 20 Hartford Street)- *register with the Program Coordinator, 617-796-1670*

10:00 a.m. **The City of David tour** (Zoom)- *register with the Program Coordinator, 617-796-1670*

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. **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 - Program Room, 20 Hartford Street) *-just show up*

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

3:00 p.m. **Folk Sing-Along** (Zoom)- *Zoom link in e-newsletter or call Program Coordinator (617-796-1670) for Meeting ID and Passcode*

Friday, January 13

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. **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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