

Newton Senior Center Programs

Week of January 16th through January 20th, 2023

Monday, January 16

The Newton Senior Center is closed in honor of Martin Luther King, Jr. Day. All programs are cancelled.

Tuesday, January 17

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*

11:30 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*

2:30 p.m. **Caregiver Support Group** (Zoom)- *register with the Case Manager*

Wednesday, January 18

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*

11:30 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 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 19

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*

10:30 a.m. **Bereavement Support Group** (Brigham House- Conference Room, 20 Hartford Street)

11:30 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*

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

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1:00 p.m. **French Conversation Group**

(Brigham House- Conference Room, 20
Hartford Street) -*just show up*

2:00 p.m. **Winter and Woo Concert** (Newton
Free Library- 330 Homer Street)- *just show
up*

6:30 p.m. **NewCAL Community Meeting**
(Zoom) – register via link in e-newsletter

Friday, January 20

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*

10:00 a.m. **Health Maintenance Clinic**
(Brigham House- Conference Room 20
Hartford Street)- *just show up*

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

11:30 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*

1:00 p.m. **Commodity Foods program** (Hyde
Community Center, 90 Lincoln Street) –
register with the Case Manager

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