

## Newton Senior Center Programs

### Week of February 6<sup>th</sup> through February 10<sup>th</sup>, 2023

#### Monday, February 6

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*

9:30 a.m. **Mosaics Workshop** (Brigham House-Program Room, 20 Hartford Street) - *registration is closed*

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*

11:30 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** (Zoom) *- just show up (link in e-newsletter); \$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*

1:30 p.m. **Coming Out of the Winter Blues: A Blueprint to Focusing on your Health** (Hyde Community Center, 90 Lincoln Street) *-RSVP with the Front Desk, 617-796-1675*

2:30 p.m. **Caregiver Support Group** (Brigham House- Conference Room, 20 Hartford Street) *-Register with the Case Manager at 617-796-1672*

#### Tuesday, February 7

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*

1:00 p.m. **Installing and Registering Applications ("Apps") on your Smartphone** (Hyde Community Center, 90 Lincoln Street) - *RSVP with the Front Desk, 617-796-1675*

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

#### Wednesday, February 8

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-

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

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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, February 9

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*

11:30 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*

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

2:00 p.m. **Senior Job Search Workshop** (Zoom) -*register via link in e-newsletter; or, call Front Desk at 617-796-1675 for Meeting ID and Passcode*

#### Friday, February 10

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*

11:30 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*

2:00 p.m. **Declutter Support Group** (Zoom) - *Join via link in e-newsletter; or, call Front Desk at 617-796-1675 for Meeting ID and Passcode*

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