

## Newton Senior Center Programs

### Week of February 13<sup>th</sup> through 17<sup>th</sup>, 2023

#### Monday, February 13

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 **cancelled today**~~

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. **Small Steps to Heart Health** (Zoom)-  
*register via the link in the e-newsletter or call Ilana (617-796-1670) for Meeting ID and Passcode*

#### Tuesday, February 14

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*

12:00 p.m. **Valentine's Day Visit with Newton Police** (Brigham House - Program Room, 20 Hartford Street) - *RSVP with the Front Desk, 617-796-1675*

1:00 p.m. **A Vintage Valentine's Day** (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 15

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*

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

## Newton Senior Center Programs

### Week of February 13<sup>th</sup> through 17<sup>th</sup>, 2023

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 16

9:00 a.m. **Mindful Meditation** (Zoom) -*just show up (link in e-newsletter); \$5 suggested donation*  
10:30 a.m. **Bereavement Support Group** (Brigham House- Conference Room, 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*  
11:30 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.- **MetroWest Legal Clinic** (Brigham House- Conference Room, 20 Hartford Street) -*register for the waiting list with Program Coordinator, 617-796-1670*

4:00 p.m. **Live Travel Presentation: "Carnivale" in Brazil** (Zoom) -*register with the Program Coordinator, iseidmann@newtonma.gov*

#### Friday, February 17

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 Gymnasium, 90 Lincoln Street) – *register with the Case Manager, 617-796-1672*  
3:00 p.m. **Folk Sing-Along** (Zoom) – *just show up (link in e-newsletter)*

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