

Newton Senior Center Programs

Week of March 13th through 17th, 2023

Monday, March 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 free class** (Brigham House-Program Room, 20 Hartford Street) -*registration 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*

2:00 p.m. **Creating a Life Transition Binder** (Zoom) -*register via the link in the e-newsletter or call the Front Desk (617-796-1675) for Meeting ID and Passcode*

Tuesday, March 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*

10:00 a.m. **Nostalgia Therapy Workshop** (Brigham House- Conference Room, 20 Hartford Street) - *register by calling Angela at 617-796-1663*

~~10:30 a.m. **Muscle Movement and Balance** (Hyde Community Center Gymnasium, 90 Lincoln Street) - *just show up; \$5 suggested donation*~~ - **cancelled due to Newton's Special Election today**

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. **A Series on Mindfulness** (Zoom) - *register via the link in the e-newsletter or call the Front Desk (617-796-1675) for Meeting ID and Passcode*

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

Wednesday, March 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*

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

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Week of March 13th through 17th, 2023

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*

1:00 p.m. **Canasta Play** (Brigham House- Program Room, 20 Hartford Street) - *RSVP with Front Desk (617-796-1675) or just show up*

Thursday, March 16

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) - *just show up*

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. **Memory Café featuring the Retro Polatin Duo** (Newton Free Library- 330 Homer Street) - *RSVP with Front Desk (617-796-1675)*

Friday, March 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*

10:00 a.m. **Book Club** (Zoom) – *register via the link in the e-newsletter or call the Front Desk (617-796-1675) for Meeting ID and Passcode*

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)*

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