

Newton Senior Center Programs

Week of March 20th through 24th, 2023

Monday, March 20

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*

11:30 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. **How to Prevent Scams & Fraud** (Zoom) *-just show up; link in e-newsletter or call Front Desk at 617-796-1675 for Meeting ID and Passcode)*

Tuesday, March 21

9:00 a.m. **Spanish Conversation Group** (Zoom)- *just show up (link in e-newsletter)*

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

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*

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. **Beginner Line Dance Class** (Hyde Community Center Gymnasium, 90 Lincoln Street) *-register with the Front Desk at 617-796-1675*

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 at 617-796-1662*

3:00 p.m. **Newton South High School Sinfionetta concert** (War Memorial at Newton City Hall, 1000 Commonwealth Avenue) *-just show up*

Wednesday, March 22

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*

Newton Senior Center Programs

Week of March 20th through 24th, 2023

10:00 a.m. **Mandarin Conversation Group** (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*

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 23

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

9:30 a.m. **Men's Club** (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*

Friday, March 24

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*

10:30 a.m. **“Reading King Lear” literature class** (Brigham House- Program Room, 20 Hartford Street) *-registration is closed*

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- **Conference Room**, 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*

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