

## Newton Senior Center Programs

Week of March 27<sup>th</sup> through March 31<sup>st</sup>, 2023

### Monday, March 27

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*

10:30 a.m. **Parkinson's Support Group** (Brigham House - Conference Room – 20 Hartford Street OR Zoom) *- just show up; or, call Front Desk (617-796-1675) for Meeting ID and Passcode*

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. **Hearing Screening** (Brigham House - Conference Room– 20 Hartford Street) *- Call Front Desk (617-76-1675) to be added to the waiting list*

12:00 p.m. **Seated Strength & Balance** (Zoom) *- just show up (link in e-newsletter); \$5 suggested donation*

12:50 to 2:50 p.m. **Chair massage** (Hyde Community Center Gymnasium, 90 Lincoln

Street) *- appointment only; this program is filled*

1:00 p.m. **Mah Jongg Play** (pre-formed groups only) (Brigham House- Conference Room and Program Room, 20 Hartford Street) *-just show up*

### Tuesday, March 28

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*

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*~~ **cancelled today**

### Wednesday, March 29

9:00 a.m. **Tai Chi Practice** (Hyde Community Center Gymnasium—90 Lincoln Street) *just show up*

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

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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*

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 30

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*

3:00 p.m. **Folk Sing-Along** (Zoom) *-just show up (link in e-newsletter); or, call Front Desk (617-796-1675) for Meeting ID and Passcode*

### Friday, March 31

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*

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