

Newton Senior Center Programs

Week of April 10th through 14th, 2023

Monday, April 10

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*
1:30 p.m. **Afro-Latin Drumming Series** (Hyde Community Center, 90 Lincoln Street)- *Register with the Front Desk at 617-796-1675*

Tuesday, April 11

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*
2:00 p.m. **LGBTQ Café** (Zoom)- *Register with the Volunteer Coordinator at 617-796-1674*
2:00 p.m. **Memory Café with guest artists Joel Light and Dan Moore** (Newton Free Library, 330 Homer Street) - *RSVP with the Front Desk at 617-796-1675*

Wednesday, April 12

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.

Newton Senior Center Programs

Week of April 10th through 14th, 2023

10:00 a.m. **Mandarin Conversation Group** (Brigham House, 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*

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, April 13

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

10:00 a.m. to 12:00 p.m. **MetroWest Legal Clinic** (Brigham House, 20 Hartford Street)- *register with Ilana at 617-796-1670*

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. **Making Cents of Caregiving Costs with AARP** (Zoom)- *register via link in e-newsletter or call Front Desk (617-796-1675) for Meeting ID and Passcode*

Friday, April 14

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*

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

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