

Newton Senior Center Programs

Week of April 17th through 21st, 2023

Monday, April 17

The Newton Senior Center is closed for Patriot's Day/Marathon Monday. All programs (both in-person and Zoom) are cancelled.

Tuesday, April 18

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. **A Series on Mindfulness** (Zoom)-
register via link in the e-newsletter

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 Emily at 617-796-1672

Wednesday, April 19

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*

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 20

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. **Bereavement Support Group** (Brigham House, 20 Hartford Street)- *just show up*

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. **Become A Dementia Friend** (Hyde Community Center, 90 Lincoln Street)- *register with Angela at 617-796-1663*

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

Newton Senior Center Programs

Week of April 17th through 21st, 2023

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. **Folk Sing-Along (Zoom)**-*Call the Front Desk (671-796-1675) for Meeting ID and Passcode*

Friday, April 21

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, 20 Hartford Street)- *just show up*

10:30 a.m. **Book Club** (Zoom)- *Register via the link in the e-newsletter*

10:30 a.m. **“Reading King Lear” literature class** (Newton City Hall- Room 205, 1000 Commonwealth Avenue) -*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- Program 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*

1:00 p.m. **Commodity Foods program** (Hyde Community Center Gymnasium, 90 Lincoln Street) – *register with Emily at 617-796-1672*

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