

## Newton Senior Center Programs

Week of April 24<sup>th</sup> through 28<sup>th</sup>, 2023

### Monday, April 24

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. **Mosaics Workshop** (Brigham House- Program Room, 20 Hartford Street)- *register with Ilana at 617-796-1670*

10:30 a.m. **Parkinson's Support Group** (Brigham House- Conference Room, 20 Hartford Street OR Zoom)- *just show up; or, register via link in e-newsletter*

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 Screenings** (Brigham House- Conference Room, 20 Hartford Street)- *register with Ilana at 617-796-1670*

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. **Massage with Aaron** (Hyde Community Center Gymnasium, 90 Lincoln Street) – *register with the Front Desk*

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, April 25

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*

11:00 a.m. to 1:00 p.m. **Office Hours with the Office of Congressman Auchincloss** (Brigham House-Conference Room, 20 Hartford Street)- *register with Ilana at 617-796-1670*

11:30 a.m. **Springwell Lunch** (Brigham House- 20 Hartford Street) - *reserve 48 hours in advance by calling 617-796-1668*

12:30 p.m. **Senior Tech Help Series class: Getting Started with Videoconferencing** (Hyde Community Center Gymnasium, 90 Lincoln Street)- *RSVP 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. **Cupcakes & Conversation with the Director** (Brigham House- Program Room, 20 Hartford Street)- *RSVP with the Front Desk at 617-796-1675*

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

## Newton Senior Center Programs

Week of April 24<sup>th</sup> through 28<sup>th</sup>, 2023

### Wednesday, April 26

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. **Mandarin Conversation Group** (Brigham House-Conference 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 27

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. **Travel Tour: The Great Wall of China** (Zoom)- *Register with Ilana at*

[iseidmann@newtonma.gov](mailto:iseidmann@newtonma.gov)

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. **Newton Senior Center Concert Series: The Eleuthera Trio** (Newton Free Library- Druker Auditorium, 330 Homer Street)- *RSVP with the Front Desk at 617-796-1675*

### Friday, April 28

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** (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- 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.