



## Newton Center for Active Living

Friday March 6, 2026

<b>Time</b>	<b>Event/Activity Name</b>	<b>Room/Area Name</b>
9:00 AM to 10:00 AM	Zumba Gold with Cecilia- Fridays	Gymnasium;
9:30 AM to 10:30 AM	Advanced Tai Chi- Fridays	Fitness Room;
9:30 AM to 12:00 PM	Home Energy Help	Activity Room #1;
9:30 AM to 12:00 PM	Billiards Organized Play	Game Room;
9:30 AM to 12:00 PM	Mah Jongg Organized Play	Activity Room #3;
10:00 AM to 12:00 PM	Ceramics Open Studio	Art Room;
10:30 AM to 11:30 AM	Beginner Tai Chi- Fridays	Gymnasium;
11:00 AM to 12:00 PM	Mat Yoga- Fridays	Fitness Room;
12:00 PM to 1:00 PM	Chair Pilates- CANCELLED TODAY	Gymnasium;
12:30 PM to 2:00 PM	Lifetime Learning Literature Series	Activity Room #1;
12:30 PM to 1:30 PM	Intermediate Tai Chi- Fridays	Fitness Room;
1:00 PM to 2:00 PM	Beginner Pool Lessons	Game Room;
1:30 PM to 2:30 PM	LaBlast Dance Fitness- Fridays	Gymnasium;
1:30 PM to 2:30 PM	Introduction to Digital Technology Series	Multipurpose Room;
1:30 PM to 4:00 PM	Fiber Arts Club (Substitute- Debbie T.)	Art Room;
2:00 PM to 5:00 PM	Table Tennis Organized Play	Fitness Room;
3:00 PM to 4:00 PM	Mat Pilates- CANCELLED TODAY	Gymnasium;