



## Newton Center for Active Living

Monday March9, 2026

<b>Time</b>	<b>Event/Activity Name</b>	<b>Room/Area Name</b>
9:00 AM to 10:00 AM	Create a Life Transition Binder Series	Multipurpose Room;
9:00 AM to 10:00 AM	Muscle Movement Balance- Mondays	Gymnasium;
9:30 AM to 10:30 AM	Ballet Dance	Fitness Room;
9:30 AM to 12:00 PM	Billiards Organized Play	Game Room;
10:30 AM to 11:30 AM	Intergenerational Music and Movement Little Beats	Multipurpose Room;
10:30 AM to 11:30 AM	Zumba Gold with Cecilia- Mondays	Gymnasium;
10:30 AM to 12:30 PM	Introduction to Mosaics Series- MAKE-UP DATE FOR WINTER MINI SERIES	Art Room;
11:00 AM to 12:00 PM	Mat Yoga- Mondays	Fitness Room;
11:00 AM to 12:30 PM	Words to Leave Behind Writing Class Series	Activity Room #3;
11:00 AM to 4:00 PM	Low Vision Tech Tutoring with MABVI-training	Activity Room #1;
12:00 PM to 1:00 PM	Beginner Tai Chi- Mondays	Gymnasium;
12:30 PM to 1:30 PM	Seated Strength & Balance- Mondays	Fitness Room;
1:00 PM to 3:00 PM	Introduction to Clay Series	Art Room;
1:30 PM to 2:30 PM	Line Dancing	Gymnasium;
2:00 PM to 4:00 PM	Chess Organized Play	Activity Room #3;
2:00 PM to 4:00 PM	Chair Massage	Fitness Room;
4:30 PM to 5:30 PM	Non-Fiction Book Club- 1929 by Andrew Ross Sorkin	Activity Room #3;
6:00 PM to 7:30 PM	LGBTQIA Plus Social Group	Activity Room #3;