



## Newton Center for Active Living

Thursday April 23, 2026

<b>Time</b>	<b>Event/Activity Name</b>	<b>Room/Area Name</b>
7:00 AM to 8:00 PM	Ping Pong Open Play-Mon-Thurs- reservation only	Activity Room #2;
9:00 AM to 10:00 AM	Chair Yoga- Thursdays	Gymnasium;
9:30 AM to 10:30 AM	Mens Club Social Group	Activity Room #1;
9:30 AM to 10:30 AM	Mindful Meditation	Activity Room #3;
9:30 AM to 11:30 AM	Japanese Ink Painting Series	Art Room;
10:30 AM to 11:30 AM	Muscle Movement Balance- Thursdays	Gymnasium;
11:00 AM to 12:00 PM	Mat Yoga - Thursdays	Fitness Room;
11:00 AM to 12:00 PM	Welcome to Retirement Discussion Group	Activity Room #1;
12:00 PM to 1:00 PM	Zumba Gold - Carole	Gymnasium;
12:30 PM to 1:30 PM	Ageless Grace Chair Exercise Series	Fitness Room;
12:30 PM to 3:30 PM	Rumikub and Canasta Organized Play	Activity Room #3;
12:30 PM to 1:30 PM	French Conversation Group	Activity Room #1;
1:30 PM to 2:30 PM	Special Event- Concert with Eleuthera Trio- Air B and B	Multipurpose Room;
2:00 PM to 3:00 PM	Seated Zumba Dance	Fitness Room;
2:00 PM to 4:00 PM	Tech Tutor Tom- Windows- iPad-iPhone- Apple watch	Activity Room #1;
2:00 PM to 4:00 PM	Tech Tutor Martin-Mac-iOs-Apple watch	Activity Room #1;
6:00 PM to 7:00 PM	Evening Special Event- Accessible Architecture Part 4	Multipurpose Room;
7:00 PM to 8:00 PM	Evening Mat Yoga	Fitness Room;