



Newton Center for Active Living

Friday May8, 2026

Time	Event/Activity Name	Room/Area Name
7:00 AM to 4:00 PM	Ping Pong Open Play Friday	Activity Room #2;
9:00 AM to 10:00 AM	Zumba Gold with Cecilia- Fridays	Gymnasium;
9:30 AM to 12:00 PM	Mahjong Organized Play	Activity Room #3;
9:30 AM to 12:30 PM	Billiards Organized Play	Game Room;
9:30 AM to 10:30 AM	Advanced Tai Chi- Fridays	Fitness Room;
9:30 AM to 12:00 PM	Tech Tutor Gerry- Windows-Android	Activity Room #1;
10:00 AM to 12:00 PM	Ceramics Open Studio for Registered Students	Art Room;
10:00 AM to 12:00 PM	Cooper Cafe	Multipurpose 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	Gymnasium;
12:30 PM to 1:30 PM	Intermediate Tai Chi- Fridays	Fitness Room;
1:00 PM to 2:00 PM	Beginner Pool Lessons Series	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;
2:00 PM to 4:00 PM	Table Tennis- Ping Pong Organized Play	Fitness Room;
3:00 PM to 4:00 PM	Mat Pilates	Gymnasium;