



Newton Center for Active Living

Monday May11, 2026

Time	Event/Activity Name	Room/Area Name
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	Muscle Movement Balance- Mondays	Gymnasium;
9:30 AM to 12:30 PM	Billiards Organized Play	Game Room;
9:30 AM to 10:30 AM	Ballet Dance	Fitness Room;
10:30 AM to 11:30 AM	Music and Movement ages 0-5 with caregiver	Multipurpose Room;
10:30 AM to 11:30 AM	Zumba Gold with Cecilia- Mondays	Gymnasium;
10:30 AM to 12:30 PM	Mosaics Series	Art Room;
11:00 AM to 12:00 PM	Mat Yoga- Mondays	Fitness Room;
11:00 AM to 4:00 PM	Low Vision Tech Tutoring with MABVI-training	Activity Room #1;
12:00 PM to 2:00 PM	Ongoing Series - Dine-In Indian Lunch	Multipurpose Room;
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;
1:30 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- Apocalypse by Lizzie Wade	Activity Room #3;
5:30 PM to 7:00 PM	Monday Streaming TV Shows	Multipurpose Room;
6:00 PM to 7:30 PM	LGBTQIA Plus Social Group- Word Games	Activity Room #3;