



# May

| Sunday            | Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday  |
|-------------------|--|--|---|--|---|---|
| <b>05/31/2026</b> | <b>06/01/2026</b>  | <b>06/02/2026</b>  | <b>06/03/2026</b>   | <b>06/04/2026</b>  | <b>06/05/2026</b>   | <b>06/06/2026</b>   |
|                   | 9:00 AM: Muscle Movement Balance- Mondays<br>9:30 AM: Ballet Dance<br>9:30 AM: Low Vision Support Group<br>10:00 AM: Music and Movement ages 0-5 with caregiver<br>10:30 AM: Zumba Gold with Cecilia- Mondays<br>10:30 AM: Mosaics Series<br>11:00 AM: Mat Yoga- Mondays<br>12:00 PM: Beginner Tai Chi- Mondays<br>12:00 PM: Dine-In Vegetarian Indian Lunch Ongoing Series<br>12:30 PM: Seated Strength & Balance- Mondays<br>1:00 PM: Introduction to Clay Series<br>1:30 PM: Line Dancing<br>2:00 PM: Chair Massage- May 18 Makeup Date (DO NOT REGISTER)<br>2:00 PM: Chess Organized Play<br>4:30 PM: JULIE NORSTRAND SUBBING- Widows and Widowers Support Group<br>4:30 PM: Monday Musicals- Waitress the Musical | 9:00 AM: Muscle Movement Balance- Tuesdays<br>9:30 AM: CAROLE RODENSTEIN SUBBING- ChairOne Seated Dance<br>9:30 AM: Spanish Conversation Group<br>10:30 AM: CAROLE RODENSTEIN SUBBING- LaBlast Dance Fitness- Tuesdays<br>10:30 AM: Special Event- Food Safety 101 with Public Health Nurse<br>11:00 AM: Greek Conversation Group<br>12:00 PM: Chair Yoga- Tuesdays<br>12:00 PM: Intermediate Clay Series<br>12:30 PM: German Conversation Group<br>12:30 PM: Advanced Tai Chi- Tuesdays<br>12:30 PM: Hearing Screenings<br>1:30 PM: Music Makers Band<br>2:00 PM: Intermediate Tai Chi- Tuesdays<br>2:00 PM: Bridge Organized Play<br>3:00 PM: Tong Ren- Tuesdays<br>3:00 PM: Veterans Office Hours | 9:00 AM: Drawing Studio- Wednesdays<br>9:30 AM: Tai Chi Practice<br>9:30 AM: Short Story Discussion Group- "A Rose For Emily" by William Faulkner<br>9:30 AM: Basketball Organized Play for Older Adults<br>9:30 AM: Mahjong Organized Play<br>10:00 AM: Cooper Cafe<br>11:00 AM: Nia Dance<br>12:00 PM: Seated Strength & Balance- Wednesdays<br>12:30 PM: Dance Aerobics<br>12:30 PM: Author Talk- Steve Grossberg - Your Creative Brain and AI<br>12:30 PM: Tech Tutor Cary-Mac-iPad-iPhone-Windows<br>12:30 PM: Tech Tutor Lena-Windows-Android-iPhone-iPad<br>1:00 PM: Billiards Skills and Drills<br>1:30 PM: Movie Screening and Director Q and A- In the Whale<br>2:00 PM: Organized Parlor Games<br>6:00 PM: POSE Streaming and Discussion | 9:00 AM: Chair Yoga- Thursdays<br>9:30 AM: Barre- Thursdays<br>9:30 AM: Mindful Meditation<br>10:00 AM: Cooper Cafe<br>10:00 AM: Newton Senior Pool Team<br>10:30 AM: Muscle Movement Balance- Thursdays<br>11:00 AM: Mat Yoga - Thursdays<br>12:00 PM: Zumba Gold - Carole<br>12:30 PM: French Conversation Group<br>12:30 PM: Rumikub and Canasta Organized Play<br>1:30 PM: Special Event- Like Water for Chocolate<br>2:00 PM: French Literature and Culture Conversation Group<br>2:30 PM: Seated Zumba Dance<br>6:00 PM: Optimizing your Retirement Finances Series<br>6:00 PM: Evening Mat Yoga<br>6:00 PM: Evening Special Event- Medicare 101 | 9:00 AM: Zumba Gold with Cecilia- Fridays<br>9:30 AM: Advanced Tai Chi- Fridays<br>9:30 AM: Mahjong Organized Play<br>10:00 AM: Cooper Cafe<br>10:00 AM: Ceramics Open Studio for Registered Students<br>10:30 AM: Beginner Tai Chi- Fridays<br>11:00 AM: Mat Yoga- Fridays<br>12:00 PM: Chair Pilates<br>12:30 PM: Intermediate Tai Chi- Fridays<br>1:30 PM: CAROLE RODENSTEIN SUBBING- LaBlast Dance Fitness- Fridays<br>1:30 PM: Introduction to Digital Technology Series<br>1:30 PM: Fiber Arts Club<br>3:00 PM: Mat Pilates | 9:00 AM: Drawing Studio- Saturdays<br>12:30 PM: Saturday Scrabble |