

This week at NewBridge

NEWBRIDGE ON THE CHARLES



Programs for August 28th – September 3rd

Sunday, August 28

2:00 "To Rome with Love": Theater/Channel 918
7:00 "To Rome with Love": Theater/Channel 918

Monday, August 29

8:30-12:00 Supervised Exercise: Fitness Center
9:00 Aqua Aerobics: Swimming Pool
9:10 Zumba Gold: Aerobic Studio
11:00-12:45: Bus Departs for Shopping at the Dedham Mall (TJMAXX, Stop & Shop, Job Lot)
11:30 Bus Departs for Orchard Cove Bridge Match
1:00-3:00 Supervised Exercise: Fitness Center
1:15 Fit and Flexible: Aerobics Studio
2:00 *Three Dangerous Women Part III* Presented by Gary Hylander: Great Meadow Hall
7:30 "To Rome With Love": Theater/Channel 918

Tuesday, August 30

8:30 Zumba Gold: Aerobics Studio
10:00-11:30 Coffee Connection: Club Room
10:00 11:00 Yoga Meditation and Gentle Stretch (Chair Yoga): Aerobics Studio
10:00 – 12:00 One on One Sessions with WizeGuides: Library Reading Room (sign up at 4-9218)
11:30 Bus Departs for Lunch at *The Inn at Bay Point* (sign up at 4-9218)
1:00 Supervised Swim: Pool
1:00 NewBridge Chorus: Gallery
2:00 "Difret":Theater
2:15 Better Balance: Aerobics Studio
7:00 Minyan: Interfaith Chapel
7:30 *Compose with Percussion!* Presented by Musician Leo Ciaramitano: Great Meadow Hall
7:30 "Difret": Theater/Channel 918

Wednesday, August 31

8:30-12:00 Supervised Exercise: Fitness Center
9:00-10:45 Bus Departs for Shopping at the Needham Plaza
9:10 Yoga Stretch: Aerobics Studio
11:00 Torah Study with Rabbi Judi: Interfaith Chapel
11:15 Tai Chi: Aerobics Studio



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Wednesday, August 31

1:00-3:00 Supervised Exercise: Fitness Center
1:15 Tai Chi: Aerobics Studio
2:00 "At Middleton": Theater/Channel 918
7:15-8:15 *Jazz Standards and Classical Music* Featuring Pianist Sunny Lee: Piano outside Centro
7:30 "At Middleton": Theater/Channel 918

Thursday, September 1

9:00 Zumba Gold: Aerobics Studio
11:00 Fit and Flexible: Aerobics Studio
11:30 New York Times Crossword Puzzle: Theater (open to all)
2:00 Community Meeting: Great Meadow Hall
4:00 Conversations about Aging and Loss with Rabbi Judi: Interfaith Chapel
7:30 *Manifest Destiny and the Conquest of a Continent*
Presented by Historian Paolo Di Gregorio: Great Meadow Hall
7:30 "The Concert": Theater/Channel 918

Friday, September 2

8:30 -12:00 Supervised Exercise: Fitness Center
9:15 Walking Group: Meet at the Fitness Center
10:15 Current Events Discussion Group: Great Meadow Hall
10:30 Aqua Aerobics: Swimming Pool
11:00-12:45 Bus Departs for Shopping at the Dedham Plaza (Star Market, Whole Foods)
1:00 Intermediate Bridge: Card Room
1:00-2:00 Supervised Exercise: Fitness Center
2:00 Matter of Balance - Fit for Your Life: Aerobics Studio
2:00 "The Concert": Theater
5:00 Shabbat Service: Synagogue
7:30 "The Concert": Theater/Channel 918

Saturday, September 3

10:00-11:30 Shabbat Morning Service: Long Term Care 2nd Floor South Lounge
10:20 and 12:50 Bus Departs for Legacy Place
2:00 "Being Flynn": Theater/Channel 918
7:30 "Being Flynn": Theater/Channel 918
7:30 Wolverine Jazz Group with Clarinetist John Clark: Great Meadow Hall