

Subject: Newton at Home July Monthly Newsletter
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From: Newton at Home (sent by Newton at Home
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To: chosiad@rcn.com



July Programs & Events

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Dear Members, Volunteers & Friends of Newton at Home,

We hope you enjoy this new monthly communication! It is a picture of what we have coming up for the Month of July.

You can still view the monthly calendar and print it from the Newton at Home website at: newtonathome.org, and we will continue to send the weekly email to you as a reminder of the upcoming week's slate of events and programs. We endeavor to plan events and programs that you find interesting, valuable and worthwhile. Please communicate with us if you have any suggestions or comments for future programming.

Looking forward to being together out and about this summer.

Aileen Murphy

Program Coordinator, Newton at Home



Calling All Recipes for a Newton at Home Cookbook

Newton at Home is putting together a special cookbook with recipes from Newton at Home members, volunteers, staff and friends of Newton at Home.

Please email
programcoord@newtonathome.org or call (617)
795-2560 to submit a recipe, ask for assistance
or if you have any questions.



Singing Group Fridays on July 8, 15 & 22 3:00 - 4:00 P.M.

We sing songs of the 40's and 50's , as well as some Broadway tunes and folk songs while accompanied and led by Hanni Myers on a Steinway Grand Piano.

[Click here for more information](#)



Tai Chi Thursdays on July 14, 28 3:30 P.M. - 4:00 P.M.

Newton at Home members are invited to participate in the Scandinavian Living Center's Tai Chi sessions for good balance and movement. Meets every other Thursday in the Nordic Hall at the Scandinavian Living Center.

[Click here for more information](#)



Summertime Cooking Class
Thursday July 7
11:30 A.M. - 2:00 P.M.

Carole Noveck, back by popular demand to run a summer cooking class, will teach and guide you to prepare summer meals and then sit down together to enjoy the delicious summer fare you just prepared.

[Click here for more information](#)



Scrabble
Friday, July 8
10:30 A.M. - 12 Noon

Enjoy a morning of playing the ever-popular game of Scrabble with other Newton at Home members.

[Click here for more information](#)



Health & Wellness Event
Historic Newton Walks
Sunday, July 10
2:00 - 3:00 P.M.

Historic Newton Walks is sponsoring a walk called "Farm to Campus" @ Boston College.

This tour, led by BC History professor James O'Toole, traces connections between the school and its Newton neighbors.

[Click here for more information](#)



**Health & Wellness Event
Outdoor Gentle Yoga
Monday, July 11
10:45 - 11:45 A.M.**

Instructor will lead the group in yoga exercises designed specifically for older adults. Exercises include stretching, balancing, and breathing after a warm-up. Meet under the shade of the large tree opposite the entrance to The Scandinavian Living Center.

[Click here for more information](#)



**Health & Wellness Event
Kayaking/Canoeing
Wednesday, July 13
10:30 A.M. - 12 Noon**

Stay cool this summer and kayak or canoe on the Charles River at **Boating In Boston**, next to the Newton Marriott.

[Click here for more information](#)



**Guided Pond Boat Trip @ Hale
Reservation in Westwood, MA
Thursday, July 14
4:00 - 6:00 P.M.**

Shirley Sutton will provide an interpretive tour of Noanet Pond in Westwood. Dinner at a local restaurant.

[Click here for more information](#)



Dining Club
Tuesday, July 19
12:00 Noon - 2:00 P.M.

The Dining Club is one of Newton at Home's most popular group that meets once a month at a local restaurant for great food and even better conversation during lunchtime. The Dining Club in July will meet at **Wellesley College Club** in Wellesley.

[Click here for more information](#)



Knitting Club
Wednesday, July 20
10:30 A.M. - 12 Noon

Novice to experienced knitters are all welcome at the Newton at Home Knitting Club. Debby Weiss, who leads this group, will have yarn, needles and patterns for those wanting to get started. We hope to see you there for some knitting and chatting.

[Click here for more information](#)



History Club
Thursday, July 21
10:30 A.M. - 12 Noon

Are you interested in History? Would you be interested in being part of a group that meets on a regular basis to talk about local history and visit local historical museums & libraries? Come be a part of experiencing local history.

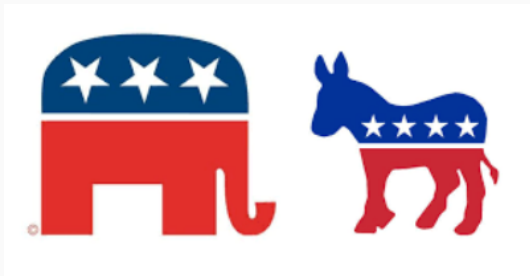
[Click here for more information](#)



Boston Harbor Cruise & Picnic
Tuesday, July 26
11:00 A.M. - 5:00 P.M.

Meet at Scandinavian Living Center and carpool to Boston Harbor. Harbor cruise and picnic at historical Georges Island. Transportation, boat ride & picnic lunch included in price.

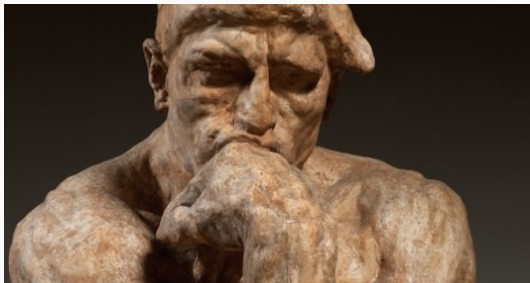
[Click here for more information](#)



Political Group
Thursday, July 28
3:00 - 4:30 P.M.

Political group meets every 4 weeks to discuss the election, the candidates, and related issues. Previous meetings were marked by both spirited and enlightening discussions. We are blessed with a knowledgeable and delightful group.

[Click here for more information](#)



Special Event for August
Peabody Essex Museum & Rodin
Exhibit Guided Tour
Wednesday, August 31
9:30 A.M. - 3:30 P.M.

Come & join other Newton at Home members to take a coach bus up to the PEM to see the Rodin exhibit and time to visit the rest of this beautiful museum.

[Click here for more information](#)



**If you would like to register for these events, call Newton at Home
(617) 795-2560 or email programcoord@newtonathome.org.
When you register, let us know if you need a ride.**

**Stay tuned to the Newton at Home weekly emails you currently receive
for any updates and changes to the monthly calendar.**



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