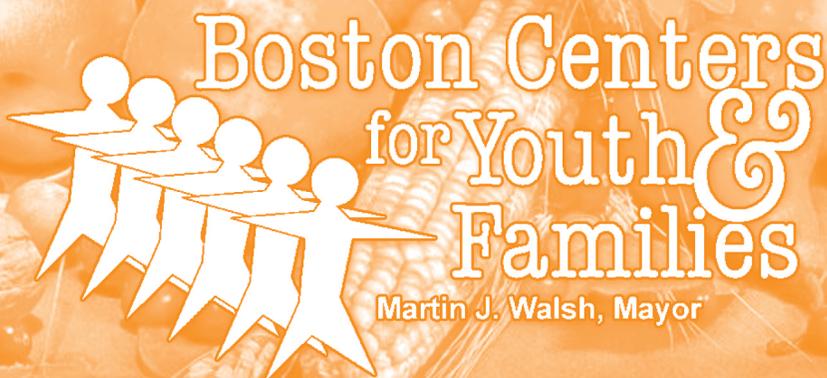


BCYF Roche Family Community Center

Fall Program
Guide
2016



Boston Centers
for Youth &
Families

Martin J. Walsh, Mayor

Who We Are

The West Roxbury Community Centers (WRCC) BCYF Roche Family Community Center is a not-for-profit community based organization for the residents of our community.

Governed by the West Roxbury Community Centers Council and in partnership with the Boston Centers for Youth & Families (BCYF), WRCC's continued mission is to reach all residents of its community and provide quality arts, character, education and sports programs.

In January 2006, the WRCC and Facility Management Corporation reopened the Jim Roche Community Ice Arena, a Massachusetts Department of Conservation and Recreation Skating Rink. The Roche Arena provides high quality, affordable skating programming for all ages and abilities within the community.

Fall/Winter Schedule Highlights

August 31	Registration for City of Boston residents <u>only</u> 5:00pm-7pm at back entrance
September 7	Registration begins for non-residents @ 9am
September 12	Session I begins
October 1 & 15	Girls House League Tryouts
October 8 & 22	Boys House League Tryouts
October 31	Session II begins
November 12	House League begins
November 16	Thanksgiving Lunch for Seniors
December 14	Holiday Lunch for Seniors

West Roxbury Community Centers Council

West Roxbury Community Centers Council is a not for profit 501(c) 3. Our members raise funds for the programs at the site. Interested in joining our board? Join us on the 4th Thursday of each month at 7pm. We welcome your thoughts.

Any program questions or concerns please contact us by e-mailing rochecc@cityof-boston.gov

Membership at WRCC

How to become a Member

To become a member of the West Roxbury Community Centers, come to 1716 Centre Street and pay the annual membership fee. Membership is renewable each September. Payment by check, money order or credit card. **No cash accepted.**

Membership Privileges

This brochure details programs offered for the 2016 Fall/Winter sessions. Most activities have a small fee. Free activities and privileges are offered for community members of all ages. WRCC Members are able to skate during public skating hours @ Roche Arena for free. Must present current membership card for free admission at rink.

Membership	City of Boston Residents	Non-residents
Family	\$40	\$80
Individual	\$25	\$50
Senior (55+)	\$10	\$20
Student / Teen (Grade 6 -12)	\$5	\$10

Registration

Register for programs at our 1716 Centre Street location during our regular business hours. Registration for our Fall/Winter 2016 programs begins on Wednesday, August 31st at 5pm for **City of Boston residents ONLY**. Proof of residency may be required at time of registration. Registration for Non-residents will begin on Wednesday, September 7th at 9am. **One registration per family/member on August 31**. Unless otherwise stated in the program description, WRCC membership is required. Please call 617-635-5066 with questions on membership or programs. The Center reserves the right to cancel programs due to insufficient registration. **Registration by mail will not be accepted**. Enrollment in Session 1 does not guarantee enrollment in Session 2. Members may register for both sessions at time of registration. Space is limited for all classes.

Registration Policy

1. Memberships are non-refundable.
2. There are no refunds given after registration is taken for a program.
3. Credits/transfers will not be issued after the 1st week of a session.
4. If the program you register for is cancelled, or if there is a Center-initiated schedule change, we will refund your full fee.
5. Due to limited space on teen trips once a registration is accepted by WRCC, no refunds, credits, or transfers/substitutions will be given if a teen does not attend.

BCYF Roche Family Community Center

A George Robert White Trust Facility

617-635-5066 • 1716 Centre Street • rochecc@cityofboston.gov

Parking in the rear of the building is limited to marked spaces only. Any vehicles parked illegally in the lot or in the driveway will be towed at the owner's expense. Parking in the middle of the lot is prohibited.

Hours of Operation

Monday- Friday 8:00 am – 9:00 pm
Saturday 9:00 am – 5:00 pm

Jim Roche Community Ice Arena

617-323-9512

1275 VFW Parkway

Parking available in lot next to the arena

Public Skating

Monday – Friday @ 12noon – 1:50pm

Friday evenings @ 8-9:50pm with DJ

Saturday afternoons @ 2-3:50pm

Sunday afternoons @ 2-3:50pm

\$5.00 admission – all ages / \$4.00 rental skates

WRCC Members will be able to skate during public skating hours for free.

Must present current membership card for free admission.

Schedules available at arena, online @ www.fmcicesports.com or call 888-64-RINKS

Senior Skate

Wednesdays @ 11 – 11:50am

Free admission for seniors ages 65 & up

2016 Holidays

BCYF Roche Center will be closed in observance of the following holidays:

Labor Day	September 5
Columbus Day	October 10
Veterans Day	November 11
Thanksgiving	November 24
Christmas	December 26

Preschool Programs

Toddler Time

Fee: \$35 per seven-week session

This parent and child class is teacher directed with activities such as tumbling, free play and rhythmic activities appropriate for your toddler's development.

Session 1 begins the week of September 12, 2016

Code	Session	Age	Day	Time
TT1	1	Crawling 1.5	Tuesday	9:00 – 9:45 am
TT2	1	Crawling – 3	Wednesday	9:00 – 9:45 am
TT3	1	Crawling – 1.5	Thursday	9:00 – 9:45 am
TT4	1	1.5- 2.5	Tuesday	9:45-10:30am
TT5	1	1.5- 2.5	Wednesday	9:45-10:30am
TT6	1	1.5- 2.5	Thursday	9:45-10:30am
TT7	1	2.5- 3	Tuesday	10:30-11:15am
TT8	1	2.5- 3	Wednesday	10:30-11:15am
TT9	1	2.5- 3	Thursday	10:30-11:15am

Session 2 begins the week of October 31, 2016

Code	Session	Age	Day	Time
TT10	2	Crawling – 1.5	Tuesday	9:00 – 9:45 am
TT11	2	Crawling – 3	Wednesday	9:00 – 9:45 am
TT12	2	Crawling – 1.5	Thursday	9:00 – 9:45 am
TT13	2	1.5- 2.5	Tuesday	9:45-10:30am
TT14	2	1.5- 2.5	Wednesday	9:45-10:30am
TT15	2	1.5- 2.5	Thursday	9:45-10:30am
TT16	2	2.5- 3	Tuesday	10:30-11:15am
TT17	2	2.5- 3	Wednesday	10:30-11:15am
TT18	2	2.5- 3	Thursday	10:30-11:15am

Instructor: Amy Trueblood

Sticky Fingers

Fee: \$35 per seven-week session

This parent and child class is teacher directed with activities such as crafts, play dough, sand play, chalk, etc. Come on in and get messy! **Limit 12 per class.**

Session 1 begins the week of September 12, 2016

Code	Session	Age	Day	Time
SF1	1	18 months – 2.5	Tuesday	9:00 – 9:45 am
SF2	1	18 months – 2.5	Wednesday	9:00 – 9:45 am
SF3	1	18 months - 2.5	Thursday	9:00 – 9:45 am
SF4	1	2.5-3.5	Tuesday	9:45-10:30am
SF5	1	2.5-3.5	Wednesday	9:45-10:30am
SF6	1	2.5-3.5	Thursday	9:45-10:30am
SF7	1	2.5-3.5	Tuesday	10:30-11:15am
SF8	1	2.5-3.5	Wednesday	10:30-11:15am
SF9	1	2.5-3.5	Thursday	10:30-11:15am

Session 2 begins the week of October 31, 2016

Code	Session	Age	Day	Time
SF10	2	18 months – 2.5	Tuesday	9:00 – 9:45 am
SF11	2	18 months – 2.5	Wednesday	9:00 – 9:45 am
SF12	2	18 months – 2.5	Thursday	9:00 – 9:45 am
SF13	2	2.5-3.5	Tuesday	9:45-10:30am
SF14	2	2.5-3.5	Wednesday	9:45-10:30am
SF15	2	2.5-3.5	Thursday	9:45-10:30am
SF16	2	2.5-3.5	Tuesday	10:30-11:15am
SF17	2	2.5-3.5	Wednesday	10:30-11:15am
SF18	2	2.5-3.5	Thursday	10:30-11:15am

Instructor: Donna Forgione

Creative Movement and Dance

Fee: \$35 per seven-week session

Preschoolers love to move! This class will include interactive songs and dance, movement games and stories, and basic locomotive skills such as skipping, hopping and galloping. No special attire is necessary. **Participant must be able to separate from parent and follow instructions.**

Session 1 begins September 12, 2016

Code	Session	Age	Day	Time
CD1	1	3-5	Monday	10:15 -11am

Session 2 begins October 31, 2016

Code	Session	Age	Day	Time
CD2	2	3-5	Monday	10:15 -11am

Instructor: Valerie Maio

Sports, Games & More...

Fee: \$35 per seven-week session

This fun filled class for your preschooler will engage him/her in various activities including organized sports, free play and simple physical activities for motor development/coordination. **Participants must be able to separate from parents and follow directions.**

Limit 12 per class.

Session 1 begins the week of September 12, 2016

Code	Session	Age	Day	Time
SG1	1	3-4	Monday	9:30 -10:15am
SG2	1	3-4	Monday	10:15-11:00am
SG3	1	3-4	Friday	9:30 -10:15am
SG4	1	3-4	Friday	10:15-11:00am

Session 2 begins the week of October 31, 2016

Code	Session	Age	Day	Time
SG5	2	3-4	Monday	9:30 -10:15am
SG6	2	3-4	Monday	10:15-11:00am
SG7	2	3-4	Friday	9:30 -10:15am
SG8	2	3-4	Friday	10:15-11:00am

Instructor: Donna Barassi

The Boston Basics Adult Workshop Series

Fee: Free

Join us for this 3 session series focused on ways to turn everyday moments into learning moments for your child! Become part of the Boston Basics community to help all our children grow happy and smart! Topics include Maximize Love, Manage Stress Strategies, Count, Group and Compare Strategies, Explore through Movement and Play Strategies and Read and Discuss Stories Strategies. Light dinner will be provided! Get a sitter and join us!

Code	Topic	Date	Day	Time
BB1	Maximize Love and Sing, Talk Play	9/22/16	Thursday	6-7:30 pm
BB2	Count, Group and Compare and Explore through Movement and Play	10/13/16	Thursday	6-7:30 pm
BB3	Read and Discuss Stories	11/10/16	Thursday	6-7:30 pm

Each 1.5 hour workshop is intended for parents and guardians of children from birth to age 3, as well as anyone else who cares for young children.

Youth Programs

Pee Wee Basketball

Fee: \$30 per seven-week session

This class enables participants to practice basic drills and increase their ability through repetition. No games, just skill building.

All participants must wear appropriate athletic attire for class.

Session 1 begins the week of September 12, 2016

Code	Session	Age	Day	Time
PWB1	1	5-6	Wednesday	3:30-4:15pm
PWB2	1	5-6	Thursday	4:15-5:00pm
PWB3	1	7-8	Wednesday	4:15-5:00pm
PWB4	1	7-8	Thursday	3:30-4:15pm

Session 2 begins the week of October 31, 2016

Code	Session	Age	Day	Time
PWB5	2	5-6	Wednesday	3:30-4:15pm
PWB6	2	5-6	Thursday	4:15-5:00pm
PWB7	2	7-8	Wednesday	4:15-5:00pm
PWB8	2	7-8	Thursday	3:30-4:15pm

Wide World of Sports

Fee: \$30 per seven-week session

Participate in a variety of recreational sports including floor hockey, whiffle ball, soccer, basketball and more!

Session 1 begins the week of September 12, 2016

Code	Session	Ages	Day	Time
WW1	1	6-8	Friday	3:30-4:15pm
WW2	1	8-10	Friday	4:15-5:00pm

Session 2 begins the week of October 31, 2016

Code	Session	Ages	Day	Time
WW3	2	6-8	Friday	3:30-4:15pm
WW4	2	8-10	Friday	4:15-5:00pm

Youth Karate

Fee: \$45 per seven-week session

This entry level Karate class is an excellent tool for your child to build self-confidence, learn discipline, and improve coordination in a safe fun-filled environment.

Limit 15 per class.

Session 1 begins the week of September 12, 2016

Code	Session	Ages	Day	Time
YK1	1	4-8	Monday	5:30-6:15pm
YK2	2	4-8	Wednesday	5:15-6:00pm

Session 2 begins the week of October 31, 2016

Code	Session	Ages	Day	Time
YK3	2	4-8	Monday	5:30-6:15pm
YK4	2	4-8	Wednesday	5:15-6:00pm

Instructor: Ari Cassarino

WRCC Art Workshop

Fee: \$60 per seven-week session

"Mrs. C" our art teacher from summer camp teaches a series of exciting classes that explore unusual techniques using unique materials. Each week young artists will create a new project. Students will use clay, create sculptures, paint and create collages. Each artist's creativity will be encouraged and celebrated!

Session 1 begins the week of September 12, 2016

Code	Session	Ages	Day	Time
CRAFT 1	1	5-6	Tuesday	3:45-4:30pm
CRAFT 2	1	7-12	Tuesday	4:45-5:30pm

Session 2 begins the week of October 31, 2016

Code	Session	Ages	Day	Time
CRAFT 3	2	5-6	Tuesday	3:45-4:30pm
CRAFT 4	2	7-12	Tuesday	4:45-5:30pm

Instructor: Joanne Clamage

Pee Wee Drama

Fee: \$35 per seven-week session

In this lively 45-minute class the younger set will put their dramatic talents to work. We'll act out old and new stories and make up a few of our own! Classes will encourage listening, control, cooperation, and using their imagination. But most of all it's FUN!!

Session 1 begins the week of September 12, 2016

Code	Session	Ages	Day	Time
PWD1	1	4-6	Friday	3:30-4:15pm
PWD2	1	6-8	Friday	4:15-5:00pm

Session 2 begins the week of October 31, 2016

Code	Session	Ages	Day	Time
PWD3	2	4-6	Friday	3:30-4:15pm
PWD4	2	6-8	Friday	4:15-5:00pm

Instructor: Bill Jacob

Children ages 4-7 who wish to participate in the play in the spring must either have been in the play before or have taken a Pee Wee Drama class within the last two years.

Act it Out!

Fee: \$35 per seven-week session

Explore the creative process through movement activities, improvisation and dramatization. Develop self-expression and communication skills.

Session 1 begins the week of September 12, 2016

Code	Session	Ages	Day	Time
AO1	1	9& Up	Friday	5:00 -5:45pm

Session 2 begins the week of October 31, 2016

Code	Session	Ages	Day	Time
AO2	2	9& Up	Friday	5:00 -5:45pm

Instructor: Bill Jacob

Adaptive Skate Program at Roche Arena Ages 3 - 18 years

Fee: Free

Join us at Jim Roche Community Ice Arena for adaptive skating program for children with special needs Wednesdays beginning September 23, 2016 through November 23, 2016. Call 617-635-5066 for more information.

Code	Session	Ages	Day	Time
SKATE	1	3-18	Wednesdays	4pm-5 pm

WRCC House League

Boys & Girls Basketball Leagues Grades 3 - 6

Fee: \$80.00

Sign up now for the 21st season of WRCC's Boys/Girls House League!! This program consists of team concepts and competitive games. Teams will be determined by grade and scrimmage evaluations. Each team will practice once a week and play on the weekend. Attendance at weekly practice is mandatory. Coaches are needed to assist with the league, if you are interested in coaching please email richard.burton@boston.gov or michael.t.kelly@boston.gov

Scrimmage evaluations for the Boys & Girls will be held on Saturdays beginning in October at the BCYF Roche Center. Players must attend **one** of the Saturdays to be evaluated before he/she will be assigned to a team. **Games will be played on the weekends beginning in November.**

TRYOUT SCHEDULE

Code	Grades	Dates	Day	Time
GHL1	3&4	October 1	Saturday	10:00-12pm
"	3&4	October 15	Saturday	1:00-3pm
GHL2	5&6	October 1	Saturday	1:00-3pm
"	5&6	October 15	Saturday	10:00-12pm
BHL1	3&4	October 8	Saturday	10:00-12pm
"	3&4	October 22	Saturday	1:00-3pm
BHL2	5&6	October 8	Saturday	1:00-3pm
"	5&6	October 22	Saturday	10:00-12pm

House League Practice Schedule

Each division will have a set night for practices. See below.

Grades	Code	Practice Night
Girls 3&4	GHL1	Monday
Boys 5&6	BHL2	Tuesday
Boys 3&4	BHL1	Wednesday
Girls 5&6	GHL2	Thursday

* Players must register for the House League by September 17th in order to be ensured a slot on a team.

Look on the House League Web Site for more information: www.leaguelineup.com/wrcc

Boys' Teen Basketball League

Fee: \$80.00

Sign up now for the WRCC Teen House League! Teens will play at the BCYF Roche Center on Friday nights. Pre-registration for the league is required as space is limited to 6 teams. Players must register by September 24th in order to be ensured a slot on a team.

Games will begin in December.

Code	Grades	Day	Time
BTL	7-9	Friday	6:00-9:00pm

Coaches Meetings

Coaches are needed for all our leagues. Experience is not required, as the WRCC staff will be working with all practices. If you are interested in coaching let us know by emailing richard.burton@boston.gov or michael.t.kelly@boston.gov. All coaches must complete a CORI and SORI check on Wednesday, October 26 5 - 7 pm.

Grades	Date	Time
3&4	November 3	6:30 pm
5&6	November 3	7:00pm

House League Co-ed Skills Clinic

Fee: \$30 per seven-week session

Come down and work on your skills before the House League begins. This one session clinic will have you prepared for evaluations and ready to play. The clinics will begin on Wednesday, September 14th at the BCYF Roche Center.

Code	Session	Grade	Day	Time
SC1	1	3-4	Wednesday	6:00 -6:45 pm
SC2	1	5-6	Wednesday	6:45-7:30 pm

Teen Co-ed Basketball Skills Clinic

Fee: \$35 per seven-week session

Looking to improve your basketball skills before school tryouts or simply want to take your game to the next level? Join us every week before the season begins as we focus on advanced drills and conditioning. Each session will consist of 30 minutes of drills, 30 minutes of pickup and 15 minutes of conditioning.

Session 1 begins the week of September 12, 2016

Code	Session	Grades	Day	Time
SKILLS	1	7 - 10	Tuesday	6:00 -7:15pm

Teen Center on Centre (T.C.O.C.) Program Grades 6 – up

WRCC's Teen Center on Centre(T.C.O.C.) is for youth in Grades 6 - up.

Our Youth Workers are eager to meet and work with the teens of the Parkway area. Included in the yearly membership fee is access to our drop-in center where teens can use the computers and do some homework. If you have any questions or suggestions for programming, they are welcomed. Please feel free to contact our Youth Workers: Jenny at jenny.saetang@boston.gov or Ryan at ryan.urso@boston.gov

Teen Center Drop In

Mondays -Thursdays 2:30-6pm

Fridays Times may vary due to trips

This is a chance for the teens to come together with friends and have the opportunity to make new friends in a relaxed environment. Get your homework done or simply come down and hang out. **Membership is all you need to take part in this program.**

Friday Night Field Trips and Half Day Program

Please keep an eye on the West Roxbury Bulletin and Teen Center Info Board for all upcoming trips and programs. If interested, you may also add your name to our email updates by emailing jenny.saetang@boston.gov Pre-registration is required as space is limited. The price may change depending on enrollment. Participants must be at the BCYF Roche Center ½ hour before the scheduled time. Ask to be put on our email list for updates!! Due to the limited number of slots for teen trips, once registration is accepted by WRCC no refunds, credits, or transfers/substitutions will be given if a teen does not attend. Must fill out permission slips for all trips.

6th Grade Nights

Fee: \$5 per teen

Join us the first Friday of each month for a night just for 6th graders! Open Gym, Dodgeball and more! While the older kids are at the dance let's have some fun of our own!! Pizza and drinks included. Don't miss out, register early space is limited. Select Fridays from 6-8pm.

Code	Date	Grade	Cost
6GN1	TBA*	6	\$5
6GN2	TBA*	6	\$5
6GN3	TBA*	6	\$5

* To coincide with Holy Name Dance schedule

SCREEEMFEST!!!

Fee: \$40 per teen (price subject to change)

Join us...if you dare...for Canobie Lake Park's SCREEEMFEST!!!! This trip is sure to include many rides, shows, games and scares!

Code	Grade	Date	Time
SCREAM	6&Up	10/14/16	4pm-11pm

ISEE is over BLOWOUT!!!

Fee: \$10 per teen

Come celebrate the end of ISEE! Studying is over and so is the stress! Come let off some steam and celebrate with a DJ and a dance party! **Free shirts to the first 50 registered.**

Code	Grade	Date	Time
ISEE	6	11/18/16	6pm-8pm

Girls' Teen Yoga

Fee: Free

Girlvana Yoga is an initiative to get teen girls practicing yoga and meditation. Over the course of 7 weeks, girls will be immersed in yoga and mindfulness practices, coupled with self-discovery, journaling, crafts, mentorship and so much more.

Open to girls 12-18.

No yoga experience necessary. Please bring your own mat.

Session 1 begins the week of September 12, 2016

Code	Session	Ages	Day	Time
TY1	1	12-18	Thursday	5:00-6:00pm

Session 2 begins the week of October 31, 2016

Code	Session	Ages	Day	Time
TY2	2	12-18	Thursday	5:00-6:00pm

Instructor: Kate Buckley

Girls' Nights at the BCYF Roche Center

Join us for girls only time at the BCYF Roche Center.

Don't miss out on these special girls only events.

Code	Event	Date	Grade	Cost
GNR1	Paint Night	9/23/16	6 & Up	\$35
GNR2	Mani / Pedi Night	10/21/16	6 & Up	\$35
GNR3	Holiday Shopping Trip	12/16/16	6 & Up	\$5

Boys' Nights at the BCYF Roche Center

Join us on select Fall Friday Nights for an evening just for Grades 6-9. We may be staying at the BCYF Roche Center for fun and games or heading out on a Field Trip.

Don't miss out!

Code	Event	Date	Grade	Cost
BNR1	Movie Night	9/23/16	6 & Up	\$15
BNR2	Xbox Tournament	10/21/16	6 & Up	\$10
BNR3	Paint Night	12/9/16	6 & Up	\$35

College Prep Seminar

Fee: Free

In collaboration with Boston University, we are bringing a FREE seminar for our high school members in their Sophomore, Junior or Senior year! Parents are welcome to attend with or without their student. Pre-registration is required. To register, please e-mail jenny.saetang@boston.gov

Code	Ages	Date	Time
COLLEGE	Teen	10/12/16	6:30pm-8pm

Helping Others – Community Service Opportunities

If you are interested in community service hours, we will be volunteering our time to various organizations throughout the year. Please e-mail jenny.saetang@boston.gov to be added to our e-mail list.

Adult Programs

Morning Yoga

Fee: \$60 per seven-week session

Beginning Hatha Yoga. Learn deep breathing techniques to enhance flexibility and help in relaxation. Basic standing postures taught to develop strength, balance and coordination. Floor work and a short meditation session will complete this morning session.

Students must preregister for each session.

Session 1 begins the week of September 12, 2016

Code	Session	Ages	Day	Time
MY1	1	Adult	Thursday	9:00-10:15am

Session 2 begins the week of October 31, 2016

Code	Session	Ages	Day	Time
MY2	2	Adult	Thursday	9:00-10:15am

Instructor: JoAnn Arone

Beginning Yoga For Adults

Fee: \$60 per seven-week session

No previous yoga experience required, just a willingness to step onto the mat and be open to the many benefits that yoga has to offer. Learn the fundamentals of breath-work, movement and alignment that are the foundation of asana practice. Class ends with relaxation and a short meditation. **Students must preregister for each session.**

Session 1 begins the week of September 12, 2016

Code	Session	Ages	Day	Time
BY1	1	Adult	Tuesday	6:00-7:15pm

Session 2 begins the week of October 31, 2016

Code	Session	Ages	Day	Time
BY2	2	Adult	Tuesday	6:00-7:15pm

Instructor: Ines Hudson

Yoga for Adults

Fee: \$60 per seven-week session

Practicing Hatha Yoga to exercise every part of your body and improve your health, suppleness and peace of mind. Each class will consist of a physical workout followed by relaxation and meditation. **Students must preregister for each session.**

Session 1 begins the week of September 12, 2016

Code	Session	Ages	Day	Time
AY1	1	Adult	Monday	6:30-7:45pm
AY2	1	Adult	Wednesday	6:00-7:15pm

Session 2 begins the week of October 31, 2016

Code	Session	Ages	Day	Time
AY3	2	Adult	Monday	6:30-7:45pm
AY4	2	Adult	Wednesday	6:00-7:15pm

Instructor: Ines Hudson

Meditation For Beginners

Fee: \$60 per seven-week session

A class geared to introducing newcomers to the practice of meditation. Participants will learn how to: interiorize and focus mind, increase energy and vitality, use breathing techniques to improve concentration and utilize the power of the mind for optimal well-being. Leave feeling clear, calm and energized.

Students must preregister for each session.

Session 1 begins the week of September 12, 2016

Code	Session	Ages	Day	Time
MED1	1	Adult	Friday	11:30-12:30pm

Session 2 begins the week of October 31, 2016

Code	Session	Ages	Day	Time
MED2	2	Adult	Friday	11:30-12:30pm

Instructor: Ines Hudson

Adult Programs

Saturday Kripalu Yoga

Fee: \$60 per seven week session

Classes begin with warm up movements and breath awareness to prepare you for yoga postures. The heart of each class is a sequence of postures combined with mindful breathwork that stretch, strengthen, and balance your body. Each class ends with deep relaxation through body scanning and meditation.

This class is for all levels.

Session 1 begins September 12, 2016

Code	Session	Ages	Day	Time
SATY1	1	Adult	Saturday	10:45 am - noon

Session 2 begins October 31, 2016

Code	Session	Ages	Day	Time
SATY2	2	Adult	Saturday	10:45 am -noon

Instructor: Lisa Connor

Zumba

Fee: \$60 per seven-week session

Zumba is a high energy dance fitness class. It fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away.

Students must preregister for each session.

Session 1 begins the week of September 12, 2016

Code	Session	Ages	Day	Time
ZUM1	1	Adult	Wednesday	7:30-8:30pm

Session 2 begins the week of October 31, 2016

Code	Session	Ages	Day	Time
ZUM2	2	Adult	Wednesday	7:30-8:30pm

Instructor: Kelly Maher

Knitting for Adults

Fee: \$50 per seven-week session

Come learn how to knit and purl for beginners.

Session 1 begins the week of September 12, 2016

Code	Session	Ages	Day	Time
KN1	1	Adult	Tuesday	6:30-8:30pm

Session 2 begins the week of October 31, 2016

Code	Session	Ages	Day	Time
KN2	2	Adult	Tuesday	6:30-8:30pm

Instructor: Jean Shaw

Ladies' Night with Sip, Dip & Dabble

Fee: \$40 per person

Come down to the BCYF Roche Center and join us as we welcome the staff from Sip, Dip & Dabble for a night to show our artistic side! Everyone will create and bring home a 16x20 canvas painted exclusively by them!

Code	Ages	Date	Time
PAINTA	Adult	9/29/16	6:00-8:00pm

Wreath Making Class

Fee: \$40 per person

Bring some friends and join us for our wreath making classes!

Everyone will accessorize and take home their very own seasonal wreath.

Light snacks and refreshments will be provided!

Code	Ages	Date	Time
WREATH1	Adult	Thursday, 10/6/16	7:00-8:30pm
WREATH2	Adult	Thursday, 12/1/16	7:00-8:30pm

Bridge Group

Join us for a great game of bridge with new or old friends!

Wednesdays 10:30am

Mahjong Group

Join us for a great game of Mahjong with new or old friends!

Thursdays 1:00pm

Foxwoods Trip

Fee: \$25

Bus departs from the BCYF Roche Community Center, 1716 Centre Street promptly at 7:45am.

Code	Day/Date
FOX1	Monday, 10/3/2016
FOX2	Monday, 11/7/16

Senior Programs

Line Dancing for Seniors

Enjoy your next party or wedding to the fullest. Join us in the dance studio for line dancing instruction that includes oldies, Hully Gully, the Greek Dance, Amos Moses, Watermelon Crawl, Achy Breaky, Boot Scootin' Boogie and many more!

Wear comfortable clothing and sneakers. Registration not required.

Every Monday – In the Dance Studio

11:15-12:15pm

Instructor: Nancy DiDuca

Yoga for Seniors

Fee: \$35 per seven-week session

Chair Exercise program for men and women incorporating stretching, breathing, strengthening exercises, and relaxation techniques.

Wear comfortable clothing. **Students must preregister for each session.**

Session 1 begins the week of September 12, 2016

Code	Session	Ages	Day	Time
SY1	1	Senior	Tuesday	10:30-11:30am
SY2	1	Senior	Wednesday	1:00-2:00pm
SY3	1	Senior	Thursday	10:30-11:30am

Session 2 begins the week of October 31, 2016

Code	Session	Ages	Day	Time
SY4	2	Senior	Tuesday	10:30-11:30am
SY5	2	Senior	Wednesday	1:00-2:00pm
SY6	2	Senior	Thursday	10:30-11:30am

Instructor: JoAnn Arone

A Matter of Balance Workshop for Seniors

Fee: Free 8 week session beginning on September 12

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance: Managing Concerns About Falls is an 8-week long program designed to reduce the fear of falling and increase activity levels among older adults. Beth Bryant, MPH, the Injury Prevention Coordinator at Brigham and Women's Hospital will work with you to make changes to reduce your risk of falls and increase physical activity.

Code	Session	Ages	Day	Time
BAL	1	Senior	Monday	11:00 -12:30 pm

Senior Programs

Pickleball @ BCYF Roche Center

Fee: Free beginning on September 14

Wednesday 1-3pm

Join us for a pick up Pickleball game at the BCYF Roche Center gym. Pickleball is a fun game that is played with a perforated plastic baseball (similar to a whiffleball) and wood paddles. It is easy for beginners to learn but can develop into a quick, fast-paced, competitive game for experienced players. We have all the equipment, just come by and give it a try.

Senior Book Club

Join us on the 2nd Thursday of the month at 11:30am. The next meeting is September 8th and the book will be *The Wright Brothers* by David McCullough

2nd Thursday of the month 11:30am

Café on Centre

A sense of community and friendship is vital to living a fulfilled, healthy life; and so is a hot meal. Ethos invites those aged 60 and older to come dine with friends, both old and new, at the BCYF Roche Community Center Café every Friday from 10:30am – 2:30pm. A donation of \$2.00 per meal is suggested, but not required. For a reservation and more information, call Ethos at 617-522-6700.

WRCC Special Wednesday Luncheons*

Fee: \$5

Lunch will be served at noon.

Members must register in person at BCYF Roche Center. Space is limited.

Thanksgiving Day Luncheon - November 16

Holiday Luncheon - December 14

***Must be current member of WRCC to register for Special Wednesday Luncheons.**

Foxwoods Trip

Fee: \$25

Bus departs from the BCYF Roche Community Center, 1716 Centre Street promptly at 7:45am.

Code	Day/Date
FOX1	Monday, 10/3/2016
FOX2	Monday, 11/7/16

Remember When Program

The National Fire Protection Association developed Remembering When, a fire and fall prevention program, to address the growing rates of burns and falls in older adults. This program consists of a one-time, interactive presentation and home site safety evaluations that participants can sign up for during the presentation. Beth Bryant, who also runs the A Matter of Balance fall prevention course, will give the presentation while graduate students from Tufts University Occupational Therapy School will provide the home site safety evaluations. They will be able to help participants identify areas of their home that should be modified to make them safer and to answer any questions that participants may have about safety and aging in the home.

Code	Date	Ages	Day	Time
REM	10/19/16	Senior	Wednesday	10:30 am

BCYF Roche Center Agreement/Waiver

The application is factual and complete to the best of my ability.

I hereby waive and release any and all rights, causes of action, and claims for damages I may have against the City of Boston, Boston Centers for Youth & Families, and any and all other associated individuals or organizations, for any and all personal injuries or property damage resulting from my participation in Boston Center for Youth & Families Programs.

I, the undersigned parent or guardian of _____, a minor, hereby consent to his/her Boston Center for Youth & Families membership and waive and release any and all rights, causes of action and claims for damages I may have against the City of Boston, Boston Centers for Youth & Families, and any and all other associated individuals or organizations, arising out of any and all personal injuries or property damage which I may now or hereafter have as the parent or guardian of said minor(s), and also all rights, causes of action, and claims which said minor has or may acquire resulting from his/her participation in the program.

I give consent to me/my child(ren) to be administered first aid and to be treated by an emergency medical technician-paramedic, nurse or physician. Any follow up medical attention may be given at a local hospital and transportation to a Boston hospital is authorized. I give my consent for photographs, audiotapes and video records of me/my child(ren) to be used by Boston Centers for Youth & Families for publicity purposes. I also agree to allow Boston Centers for Youth & Families to use photographs, audiotapes, video records or other work produced by the member for publicity purposes.

I understand that transportation is not provided and it is my responsibility to arrange transportation to and from Boston Centers for Youth & Families Community Centers.

Failure to comply with these rules and expectations can lead to termination of membership.

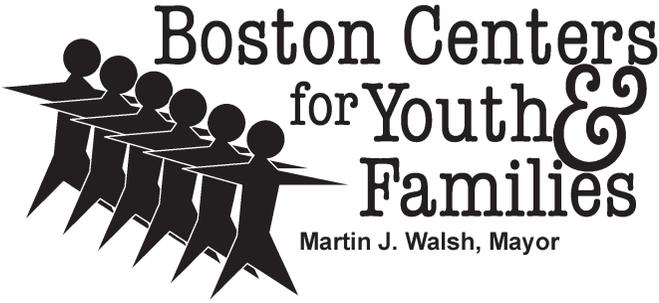
Signature of Member

Date

Signature of Parent/Guardian *(if member is under 18 years old)*

Date

BCYF Roche Center Program Registration Form



The mission of Boston Centers for Youth & Families is to enhance the quality of life for Boston residents by partnering with community center councils, agencies, and businesses to support children, youth, individuals and families through a wide range of comprehensive programs and services according to neighborhood needs.

Please fill out form completely. Membership renewable each September. Please notify WRCC of any changes in address, email or phone number. Checks/Money Order or Credit Card accepted.

Please make check/money order payable to WRCC.

Member Name: _____

Phone Number: _____ **Email:** _____

Membership *(please check one):*

- New Member
 Renew Membership
 Other BCYF Site
 NAME: _____

City of Boston Resident

- Family \$40
 Individual \$25
 Senior (55+) \$10
 Student (Grade 6-12) \$5

Out of City

- Family \$80
 Individual \$50
 Senior (55+) \$20
 Student (Grade 6-12) \$10

<u>Member Name</u>	<u>Program Code</u>	<u>Amount Due</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Total Due: _____

For Office Use Only: Payment Method:

Check # _____
 Credit Card
 WRCC Credit