



BCYF Ohrenberger Senior Program

October 2018

The Senior Center is open Monday, Tuesday and Wednesday from 9:00 am – 1:00 pm.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Senior Program Begins! Light Breakfast TAI CHI CLUB 9:30am-10:30am Fitness Class 11:30 -12:30	Light Breakfast Computer Lab Magazine Swap *Interest list	Light Breakfast Computer Lab open	Computer lab 10am - 12noon		
7	8	9	10	11	12	13
	HOLIDAY CENTER CLOSED	Light Breakfast SHINE – Medicare workshop presented by ETHOS LUNCH	Light Breakfast Computer Lab	Computer lab 10am - 12noon		
14	15	16	17	18	19	20
	TAI CHI CLUB 9:30am-10:30am FLU SHOTS 11 am Fitness Class 11:30-12:30 LUNCH	Light Breakfast Elderly Commission Advocate 10 – 1 pm Computer lab open MAGAZINE SWAP LUNCH	Light Breakfast Computer lab	Computer lab 10am - 12noon	Tech Goes Home 12:00 – 2:00 pm	
21	22	23	24	25	26	27
	Light Breakfast TAI CHI CLUB 9:30am-10:30am Fitness Class 11:30-12:30 LUNCH	Light Breakfast Computer Lab Chair Yoga 11:30 – 12:30 LUNCH	Light Breakfast Computer Lab	Computer lab 10am - 12noon	Tech Goes Home 12:00 – 2:00 pm	
28	29	30	31			
	Light Breakfast Fitness Class 11:30-12:30 LUNCH	Light Breakfast Computer Lab Chair Yoga 11:30 – 12:30 Arts & Crafts 10:00 – 11:30 am LUNCH	Light Breakfast Computer Lab	LUNCH is provided every Monday & Tuesday by ETHOS Please call to reserve a lunch 617-635-5183		

BCYF Ohrenberger Community Center is located at: 175 West Boundary Road, West Roxbury 617-635-5183

Sign up for: *"Tech Goes Home"* workshops by calling the center. Pre-registration is required.