



# BCYF Grove Hall Senior Center

51 Geneva Ave. Dor. MA 02121

For Program Information call 617-635-1487

Schedule Subject to Change \* Membership & Programs Free of Charge\* Hours of Operation 10am-6pm

## MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><u>Memory Café</u> 11am-1:00pm</p> <p><u>Caribbean Flow</u> (African Drum Class) 1:00pm-3:00pm</p> <p><u>Caribbean Moves</u> 3:00-4:00pm</p> <p><u>Tech Café</u> 4:00pm-5:00pm</p>	<p>3</p> <p><u>Tai Chi</u> 10:30am-11:30am</p> <p><u>Aqua Aerobics</u> 11:30-1:30</p> <p><u>UMass Focus Group</u> (Chronic Pain Management) 11:30am-1:30pm</p> <p><u>Line Dancing</u> 2:30-3:30</p> <p><u>Japanese Drumming</u> 3:30pm-5:30pm</p>	<p>4</p> <p><u>Jewelry Making Club</u> 10:00am-12:00pm</p> <p><u>Low Cardio</u> 1:00pm - 2:00pm</p> <p><u>Game Time</u> 2:00pm-5:00pm</p>	<p>5</p> <p><u>Social Tea Time</u> 10:00am-11:00am</p> <p><u>BU Presentation</u> (Cognitive Brain Research) 11:30am-12:30pm</p> <p><u>Gentle Chair Yoga</u> 12:30-1:30</p> <p><u>Bingo</u> 3:30pm-5:30pm</p>	<p>6</p> <p><u>Crochet &amp; Quilting</u> 10:30am-1:00pm</p> <p><u>Bagua</u> 1:30pm-2:30pm</p> <p><u>Movie Matinee</u> 2:30-5:00pm</p>
<p>9</p> <p><u>Meditation</u> 11am-12:00pm</p> <p><u>Caribbean Moves</u> 12:00-1:00pm</p> <p><u>Caribbean Flow</u> (African Drum Class) 1:00pm-3:00pm</p> <p><u>Tech Café</u> 4:00pm-5:00pm</p>	<p>10</p> <p><u>Tai Chi</u> 10:30am-11:30am</p> <p><u>Senior Voices</u> ( Sign Making) 12:00pm-2:00pm</p> <p><u>Aqua Aerobics</u> 11:30am-1:30pm</p> <p><u>Line Dancing</u> 2:30-3:30</p> <p><u>Japanese Drumming</u> 3:30pm-5:30pm</p> <p><u>Boston Transportation Mtg.</u> 6:00pm-8:00pm</p>	<p>11</p> <p><u>Jewelry Making Club</u> 10:00am-12:00pm</p> <p><u>Low Cardio</u> 1:00pm - 2:00pm</p> <p><u>Game Time</u> 2:00-5:00</p>	<p>12</p> <p><u>Social Tea Time</u> 10:00am-11:00am</p> <p><u>Spanish Club</u> 11:30-12:30pm</p> <p><u>Gentle Chair Yoga</u> 12:30pm-1:30pm</p> <p><u>Bingo</u> 3:30pm-5:30pm</p> <p><u>Project RIGHT &amp; Grove Hall Safe Neighborhood Initiative Comm. Meeting</u> 6:00-9:00</p>	<p>13</p> <p><u>Crochet &amp; Quilting</u> 10:30am-1:00pm</p> <p><u>Bagua</u> 1:30pm-2:30pm</p> <p><u>Movie Matinee</u> 2:30pm-5:00pm</p> <p><u>Fair Foods</u> 3:00pm-5:00pm</p>
<p>16</p> <p><u>Meditation</u> 11am-12:00pm</p> <p><u>Caribbean Moves</u> 12:00-1:00pm</p> <p><u>Caribbean Flow</u> (African Drum Class) 1:00pm-3:00pm</p> <p><u>Tech Café</u> 4:00pm-5:00pm</p> <p><u>Community. Paint Night</u> 5:30-9:00</p>	<p>17</p> <p><u>Tai Chi</u> 10:30am-11:30am</p> <p><u>Aqua Aerobics</u> 11:30am-1:30pm</p> <p><u>Project RIGHT Senior Mtg.</u> 11:00am-1:00pm</p> <p><u>Line Dancing</u> 2:30-3:30pm</p> <p><u>Japanese Drumming</u> 3:30pm-5:30pm</p>	<p>18</p> <p><u>Jewelry Making Club</u> 10:00am-12:00pm</p> <p><u>Low Cardio</u> 1:00pm-2:00pm</p> <p><u>Game Time</u> 2:00pm-5:00pm</p>	<p>19</p> <p><u>Social Tea Time</u> 10:00am-11:00am</p> <p><u>Love Your Block Mini Grant Workshop Presentation</u> 12:30-1pm</p> <p><u>Table Discussion</u> 1-2pm</p> <p><u>Gentle Chair Yoga</u> 2:00am-3:00am</p> <p><u>Bingo</u> 3:30pm-5:30pm</p>	<p>20</p> <p><u>Crochet &amp; Quilting</u> 10:30am-1:00pm</p> <p><u>Bagua</u> 1:30pm-2:30pm</p> <p><u>Movie Matinee</u> 2:30pm-5:00pm</p>
<p>23</p> <p><u>Meditation</u> 11:00am-12:00pm</p> <p><u>Caribbean Moves</u> 12:00-1:00pm</p> <p><u>Caribbean Flow</u> (African Drum Class) 1:00pm-3:00pm</p> <p><u>Tech Café</u> 4:00-5:00pm</p>	<p>24</p> <p><u>Tai Chi</u> 10:30am-11:30am</p> <p><u>Mothers for Justice</u> 11:30am-1:30pm</p> <p><u>Aqua Aerobics</u> 11:30-1:30</p> <p><u>Line Dancing</u> 2:30-3:30</p> <p><u>Japanese Drumming</u> 3:30pm-5:30pm</p>	<p>25</p> <p><u>Jewelry Making Club</u> 10:00am-12:00pm</p> <p><u>Low Cardio</u> 1:00pm-2:00pm</p> <p><u>Game Time</u> 2:00-5:00pm</p>	<p>26</p> <p><u>Social Tea Time</u> 10:00am-11:00am</p> <p><u>Breaking Bread</u> 11:30am-12:30pm</p> <p><u>Gentle Chair Yoga</u> 12:30pm-1:30pm</p> <p><u>Spanish</u> 1:30pm-2:30pm</p> <p><u>Bingo</u> 3:30pm-5:30pm</p>	<p>27</p> <p><u>Crochet &amp; Quilting</u> 10:30am-1:00pm</p> <p><u>Bagua</u> 1:30pm-2:30pm</p> <p><u>Movie Matinee</u> 2:30pm-5:00pm</p> <p><u>Fair Foods</u> 3:00pm-5:00pm</p>
<p>30</p> <p><u>Meditation</u> 10:15am-11:00am</p> <p><u>Caribean Moves</u> 11:00-12:00</p> <p><u>Caribbean Flow</u> (African Drum Class) 1:00pm-3:00pm</p> <p><u>Tech Café</u> 4:00-5:00pm</p>	<p>31</p> <p><u>Tai Chi</u> 10:30am-11:30am</p> <p><u>Domino Tournament</u> 12:00pm-1:00pm</p> <p><u>Because We Care</u> 1pm-2pm</p> <p><u>Aqua Aerobics</u> 11:30-1:30</p> <p><u>Line Dancing</u> 2:30-3:30pm</p> <p><u>Japanese Drum</u> 3:30-5:30pm</p>	<p>To all of our members celebrating a birthday in the month of March</p> <p><b>HAPPY BIRTHDAY!!!</b></p>		<p><u>Fair Foods</u> <u>\$2.00 Bags</u> 13<sup>th</sup> 27<sup>th</sup> 3:00pm-5:00pm</p>

