

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* Program Hours of Operation 10:00am-3:30pm

JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2) HOLIDAY</p> <p>New Years Day Senior Center Closed No Programs Will Take Place</p>	<p>3) Bagua (hybrid) 10:00-11:00am Just Breathe (hybrid, self-care) 11:15am-11:30am Netflix Series (hybrid) 11:45pm – 12:45pm (Treason episode 1) Jeopardy (hybrid) 1:00-2:00pm</p>	<p>4) The Stillness In Me with Joe (hybrid) 10:00am-11:00am The Stillness In Me Power Of Release with Ayana (hybrid) 11:15am-12:15pm Bingo (hybrid) 12:30pm-1:45pm</p>	<p>5) Low Cardio (hybrid) 10:00am -11:00am Just Breathe (hybrid, self-care) 11:30am-11:45am Spanish Club (virtual) 1:00pm-2:00pm Class Closed Veil Dancing (in-house) 1:00pm– 3:00pm In-house</p>	<p>6) Jewelry Club (in-house) 10:00am-11:00am Estamos Hablando con Ayana (virtual) 10:15am-10:30am Just Breathe (hybrid) 11:15am-11:30am Art with Antonio 12:00pm-2:00pm *offered virtually in-house Players Club card games, dominoes (in-house) 2:15pm - 3:30pm</p>
<p>9) Morning Stride (hybrid) 10:00am-10:30am Chair Yoga with Erwins (hybrid) 10:30am– 11:30am Just Breathe (hybrid, self-care) 11:45am-12:00pm Art w/ Antonio 12:15pm-1:15pm *offered virtually in-house Pokeno 1:30pm-3:00pm (In-house)</p>	<p>10) Bagua (hybrid) 10:00am-11:00am Memory Café (hybrid) 11:15am-12:15pm Just Breathe 12:30pm- 12:45pm (hybrid, self-care) Netflix Series (hybrid) 1:15pm-2:15pm (Treason episode 2)</p>	<p>11) The Stillness In Me with Joe (hybrid) 10:00am-11:00am The Stillness In Me Power Of Release with Ayana (hybrid) 11:15am-12:15pm Bingo (hybrid) 12:30pm-1:45pm</p>	<p>12) Low Cardio (hybrid) 10:00am -11:00am Just Breathe (hybrid, self-care) 11:30pm-11:45pm Spanish Club (virtual) 1:00pm-2:00pm Class Closed Veil Dancing (in-house) 1:00pm– 3:00pm In-house</p>	<p>13) Jewelry Club (in-house)10:00am-11:00am Estamos Hablando con Ayana (virtual) 10:15am-10:30am Just Breathe (hybrid) 11:15am-11:30am Art with Antonio 12:00pm-2:00pm *offered virtually in-house Players Club card games, dominoes (in-house)2:15pm - 3:30pm</p>
<p>16) Morning Stride (hybrid) 10:00am-10:30am Chair Yoga with Erwins (hybrid) 10:30am– 11:30am Just Breathe (hybrid self-care) 11:45am-12:00pm Art w/ Antonio 12:15pm-1:15pm *offered virtually in-house Pokeno 1:30pm-3:00pm (In-house)</p>	<p>17) Bagua (hybrid) 10:00am-11:00am Just Breathe (hybrid, self-care) 11:15am-11:30am Netflix Series (hybrid) 11:45am -12:45pm (Treason episode 3) Bingocize 1:00pm-2:00pm *offered virtually in-house</p>	<p>18) The Stillness In Me with Joe (hybrid) 10:00am-11:00am The Stillness In Me Power Of Release with Ayana (hybrid) 11:15am-12:15pm Bingo (hybrid) 12:30pm-1:45pm</p>	<p>19) Low Cardio (hybrid) 10:00am -11:00am Veil Dancing (in-house) 11:00am– 12:30pm Spanish Club (virtual) 1:00pm-2:00pm Class Closed Bingocize (virtual) 1:00pm-2:00pm *offered virtually in-house</p>	<p>20) Jewelry Club (in-house) 10:00am-11:00am Estamos Hablando con Ayana (virtual) 10:15am-10:30am Just Breathe (hybrid) 11:15am-11:30am Art w/ Antonio 12:00pm-2:00pm *offered virtually in-house Players Club cards, dominoes (In-house) 2:15pm- 3:30pm MFA Tour 2:00pm-3:00pm *offered virtually in-house</p>
<p>23) Morning Stride (hybrid) 9:00am-9:30am Chair Yoga with Erwins (hybrid) 10:30am– 11:30am Just Breathe (hybrid self-care) 11:45am-12:00pm Art w/ Antonio 12:15pm-1:15pm *offered virtually in-house Pokeno 1:30pm-3:00pm (In-house)</p>	<p>24) Bagua (hybrid) 10:00am-11:00am Just Breathe (hybrid, self-care) 11:15am-11:30am Netflix Series (hybrid) 11:45am -12:45pm (Treason episode 4) Bingocize 1:00pm-2:00pm *offered virtually in-house</p>	<p>25) The Stillness In Me with Joe (hybrid) 10:00am-11:00am The Stillness In Me Power Of Release with Ayana (hybrid) 11:15am-12:15pm Bingo (hybrid) 12:30pm-1:45pm Age Strong Senior Advocate 1:00pm-3:00pm (In-house)</p>	<p>26) Low Cardio (hybrid) 10:00am -11:00am Veil Dancing in-house 11:00am– 12:30pm Spanish Club (virtual) 1:00pm-2:00pm Class Closed Bingocize (virtual) 1:00pm-2:00pm *offered virtually in-house</p>	<p>27) Jewelry Club (in-house) 10:00am-11:00am Estamos Hablando con Ayana (virtual) 10:15am-10:30am Just Breathe (hybrid) 11:15am-11:30am Art w/ Antonio 12:00pm-2:00pm *offered virtually in-house Players Club cards, dominoes (In-house) 2:15pm - 3:30pm</p>
<p>30) Morning Stride (hybrid) 9:30am-10:00am Chair Yoga with Erwins (hybrid) 10:30am– 11:30am Just Breathe (hybrid self-care) 11:45am-12:00pm Art w/ Antonio 12:15pm-1:15pm *offered virtually in-house Pokeno (in-house)1:30-3:00pm</p>	<p>31) Bagua (hybrid) 10:00am-11:00am Just Breathe (hybrid, self-care) 11:15am-11:30am Netflix Series (hybrid) 11:45am -12:45pm (Treason episode 5) Bingocize 1:00pm-2:00pm *offered virtually in-house</p>	<p>To all celebrating a birthday in JANUARY</p> 	<p>Taxi Coupons the first Tuesday of every month 10:00am-11:00am Lunch Pick – Up Monday –Friday 11:30am – 2:30pm First Come First Served Age Strong Senior Advocate The 4th Wednesday of the month.</p>	