

# 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 9:30am-3:30pm

## MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1) <u><b>Gentle Touch</b></u> (self-message) in-house 9:45am-10:30am <u><b>Chair Yoga</b></u> with Erwins (hybrid) 10:45am– 11:45am <u><b>Just Breathe</b></u> (hybrid) 11:50am-12:05pm <u><b>Art w/ Antonio</b></u> 12:30-1:30pm *offered virtually in-house <u><b>Players Club</b></u> 1:30-3:00pm (In-house)</p>	<p>2) <u><b>Low Cardio</b></u> (hybrid) 10:00am-11:00am <u><b>Dementia Presentation</b></u> 11:30am-12:15am <u><b>Bingocize</b></u> 12:30-1:30pm (hybrid) <u><b>Rebuilding Together</b></u> <u><b>Presentation</b></u> 2:00-3:00pm In-house</p>	<p>3) <u><b>The Stillness In Me</b></u> with Joe 10:00-11:00am <u><b>Just Breath</b></u> 11:15-11:30pm <u><b>Social Time</b></u> 11:30-12:30pm <u><b>Bingo</b></u> (hybrid) 12:30-1:45pm <u><b>Caribbean Fitness Freestyle</b></u> 2pm-3pm(In-house)</p>	<p>4) <u><b>Bagua</b></u> (hybrid) 10:00am -11:00am <u><b>Line Dancing</b></u> (in-house) 11:15am-12:45pm <u><b>Veil Dancing</b></u> (in-house) 1:00pm-3:00pm</p>	<p>5) <u><b>United Creative</b></u> <u><b>Crafting</b></u> (in-house) 9:30am-11:20am <u><b>Art with Antonio</b></u> 12pm-2:00pm *offered virtually In house <u><b>Players Club</b></u> card games, dominoes, etc. 2:15pm - 3:30pm</p>
<p>8) <u><b>Gentle Touch</b></u> (self-message) in-house 9:45am-10:30am <u><b>Chair Yoga</b></u> with Erwins (hybrid) 10:45am– 11:45am <u><b>Just Breathe</b></u> (hybrid) 11:50am-12:05pm <u><b>Art w/ Antonio</b></u> 12:30-1:30pm *offered virtually in-house <u><b>Players Club</b></u> 1:30-3:00pm (In-house)</p>	<p>9) <u><b>Low Cardio</b></u> (hybrid) 10:00am-11:00am <u><b>Players Club</b></u> <u><b>visit with</b></u> <u><b>City Counselor Brian Worrell</b></u> 11:00am-12:30pm <u><b>Bingocize</b></u> 12:30-1:30pm <u><b>Jeopardy</b></u> 2:00-3:00pm</p>	<p>10) <u><b>The Stillness In Me</b></u> with Joe 10:00-11:00am <u><b>The Stillness In Me</b></u> <u><b>Power Of Release</b></u> with Ayana 11:15-12:15pm <u><b>Bingo</b></u> (hybrid) 12:30-1:45pm <u><b>Caribbean Fitness Freestyle</b></u> 2pm-3pm(In-house)</p>	<p>11) <u><b>Bagua</b></u> (hybrid) 10:00am -11:00am <u><b>Line Dancing</b></u> (in-house) 11:15am-12:45pm <u><b>Spanish Club</b></u> (virtual) 1:00pm-2:00pm <u><b>Class Closed</b></u> <u><b>Veil Dancing</b></u> (in-house) 1:00pm-3:00pm</p>	<p>12) <u><b>United Creative</b></u> <u><b>Crafting</b></u> (in-house) 9:30am-11:20am <u><b>Estamos Hablando con</b></u> <u><b>Ayana</b></u> (virtual) 10:15am-10:30am <u><b>Art with Antonio</b></u> 12-2:00pm *offered virtually In-house <u><b>Players Club</b></u> card games, dominoes, etc. 2:15pm - 3:30pm</p>
<p>15) <u><b>Gentle Touch</b></u> (self-message) in-house 9:45am-10:30am <u><b>Chair Yoga</b></u> with Erwins (hybrid) 10:45am– 11:45am <u><b>Just Breathe</b></u> (hybrid) 11:50am-12:05pm <u><b>Art w/ Antonio</b></u> 12:30-1:30pm *offered virtually in-house <u><b>Players Club</b></u> 1:30-3:00pm (In-house)</p>	<p>16) <u><b>Low Cardio</b></u> (hybrid) 10:00am-11:00am <u><b>Just Breathe</b></u> 11:10-11:25am (hybrid) <u><b>Memory Café</b></u> 11:30-12:20pm <u><b>Bingocize</b></u> 12:30pm-1:30pm <u><b>Jeopardy</b></u> 2pm-3pm</p>	<p>17) <u><b>The Stillness In Me</b></u> with Joe 10:00-11:00am <u><b>The Stillness In Me</b></u> <u><b>Power Of Release</b></u> with Ayana 11:15-12:15pm <u><b>Bingo</b></u> (hybrid) 12:30-1:45pm <u><b>Caribbean Fitness Freestyle</b></u> 2pm-3pm(In-house)</p>	<p>18) <u><b>Bagua</b></u> (hybrid) 10:00am -11:00am <u><b>Line Dancing</b></u> (in-house) 11:15am-12:45pm <u><b>Spanish Club</b></u> (virtual) 1:00pm-2:00pm <u><b>Class Closed</b></u> <u><b>Veil Dancing</b></u> (in-house) 1:00pm-3:00pm <u><b>Museum of Fine Arts</b></u> <u><b>Free Tour (must RSVP)</b></u> 2:00pm</p>	<p>19) <u><b>United Creative</b></u> <u><b>Crafting</b></u> (in-house) 9:30am-11:20am <u><b>Estamos Hablando con</b></u> <u><b>Ayana</b></u> (virtual) 10:15am-10:30am <u><b>Art with Antonio</b></u> 12:-2:00pm *offered virtually In-house <u><b>Players Club</b></u> card games, dominoes, etc. 2:15pm - 3:30pm</p>
<p>22) <u><b>Gentle Touch</b></u> (self-message) in-house 9:45am-10:30am <u><b>Chair Yoga</b></u> with Erwins (hybrid) 10:45am– 11:45am <u><b>Just Breathe</b></u> (hybrid) 11:50am-12:05pm <u><b>Art w/ Antonio</b></u> 12:30-1:30pm *offered virtually in-house <u><b>Players Club</b></u> 1:30pm-3:00pm (In-house)</p>	<p>23) <u><b>Low Cardio</b></u> (hybrid) 10:00am-11:00am <u><b>St.Joseph Presentation</b></u> 11:30-11:45am <u><b>Bingocize</b></u> 12:30-1:30pm <u><b>Jeopardy</b></u> 2:00- 3:00pm</p>	<p>24) <u><b>The Stillness In Me</b></u> with Joe 10:00-11:00am <u><b>The Stillness In Me</b></u> <u><b>Power Of Release</b></u> with Ayana 11:15-12:15pm <u><b>Bingo</b></u> (hybrid) 12:30-1:45pm <u><b>Caribbean Fitness Freestyle</b></u> 2pm-3pm(In-house)</p>	<p>25) <u><b>Bagua</b></u> (hybrid) 10:00am -11:00am <u><b>Line Dancing</b></u> (in-house) 11:15am-12:45pm <u><b>Spanish Club</b></u> (virtual) 1:00pm-2:00pm <u><b>Class Closed</b></u> <u><b>Veil Dancing</b></u> (in-house) 1:00pm-3:00pm</p>	<p>26) <u><b>United Creative</b></u> <u><b>Crafting</b></u> (in-house) 9:30am-11:20am <u><b>Estamos Hablando con</b></u> <u><b>Ayana</b></u> (virtual) 10:15am-10:30am <u><b>Art with Antonio</b></u> 12-2:00pm *offered virtually In-house <u><b>Players Club</b></u> card games, dominoes, etc. 2:15pm - 3:30pm</p>
<p>29)  <u><b>HOLIDAY</b></u> <u><b>MEMORIAL DAY</b></u> <b>SENIOR CENTER CLOSE</b> <b>NO PROGRAMS WILL TAKE</b> <b>PLACE</b></p>	<p>30) <u><b>Low Cardio</b></u> (hybrid) 10:00am-11:00am <u><b>City of Boston Transportation</b></u> <u><b>Dept.Presentation</b></u> <i>Blue Hill Ave Transportation</i> <i>Action Plan</i> 11:30-12:15pm <u><b>Bingocize</b></u> 12:30- 1:30pm <u><b>Jeopardy</b></u> 2pm-3pm</p>	<p>31) <u><b>The Stillness In Me</b></u> with Joe 10:00-11:00am <u><b>The Stillness In Me</b></u> <u><b>Power Of Release</b></u> with Ayana 11:15-12:15pm <u><b>Bingo</b></u> (hybrid) 12:30-1:45pm <u><b>Chatty Wednesday</b></u> <u><b>@ Grove Hall Library</b></u> <i>(coffee, tea, conversation)</i> 2pm-3pm (In-house)</p>	<p><i>To all celebrating a birthday in</i> <i>May</i> <i>Happy Birthday!!</i></p> 	<p><u><b>Lunch Pick-Up</b></u> <u><b>Monday-Friday</b></u> <u><b>11:30am-2:30pm</b></u> <u><b>First Come First Served</b></u></p> <p><u><b>Taxi Coupons</b></u> <u><b>The first Tuesday of</b></u> <u><b>every month</b></u> <u><b>10am-11am</b></u></p>

