

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

June 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>To all celebrating a birthday in June Happy Birthday!!</i></p> 	<p><u>Lunch Pick-Up</u> <u>Monday-Friday</u> <u>11:30am-2:30pm</u> <u>First Come First Served</u></p>	<p><u>Taxi Coupons</u> <u>The first Tuesday of every month</u> <u>10am-11am</u></p>	<p>1. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>Bagua</u> (hybrid) 10:00am -11:00am <u>Just Breath</u> 11:15-11:30am <u>Trivia</u> 11:45am-12:45pm <u>Veil Dancing</u> (in-house) 1:00pm-2:30pm</p>	<p>2. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>United Creative Crafting</u> (in-house) 9:30am-12:00pm <u>Spanish Summer Reading Program</u> 10:15am-11:00am Class Closed <u>Reading Zen</u> 12:30-2:30pm <u>Art with Antonio</u> 12:30pm-2:00pm *offered virtual In house <u>Players Club</u> card games, dominoes, etc. 2:15pm - 3:30pm</p>
<p>5. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>Gentle Touch</u> in-house 9:35am-10:30am <u>Chair Yoga</u> with Erwins (hybrid) 10:45am- 11:45am <u>Just Breathe</u> (hybrid) 11:50am-12:05pm <u>Reading Zen</u> 12:30-2:30pm <u>Art w/ Antonio</u> 12:30pm-1:30pm *offered virtually in-house <u>Players Club</u> 1:30pm-3:00pm (In-house)</p>	<p>6. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>Taxi Coupons</u> 10am-11am <u>Low Cardio</u> (hybrid) 10:00am-11:00am <u>Just Breathe</u> 11:10am-11:25am (hybrid) <u>Tufts University</u> <u>Bone Health Presentation</u> (hybrid) 11:30am-12:15pm <u>Bingocize</u> 12:30pm-1:30pm <u>Cognitive Care</u> 2:00-3:00pm</p>	<p>7. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>The Stillness In Me</u> with Joe 10:00am-11:00am <u>The Power Of Release</u> with Ayana 11:15am-12:15pm <u>Bingo</u> (hybrid) 12:30-1:45pm <u>Social Time</u> 2:00pm-3:00pm</p>	<p>8. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>Bagua</u> (hybrid) 10:00am -11:00am <u>Line Dancing</u> (in-house) 11:15am-12:45pm <u>Japanese Taiko Drumming</u> (in-house) 1:00pm-2:45pm</p>	<p>9. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>United Creative Crafting</u> (in-house) 9:30am-12:00pm <u>Spanish Summer Reading Program</u> 10:15am-11:00am Class Closed <u>Reading Zen</u> 12:30-2:30pm <u>Art with Antonio</u> 12:30-2:00pm *offered virtually In-house <u>Players Club</u> card games, dominoes, etc. 2:15pm - 3:30pm</p>
<p>12. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>Gentle Touch</u> in-house 9:35am-10:30am <u>Chair Yoga</u> with Erwins (hybrid) 10:45am- 11:45am <u>Just Breathe</u> (hybrid) 11:50am-12:05pm <u>Reading Zen</u> 12:30-2:30pm <u>Art w/ Antonio</u> 12:30pm-1:30pm *offered virtually in-house <u>Players Club</u> 1:30pm-3:00pm (In-house)</p>	<p>13. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>Low Cardio</u> (hybrid) 10:00am-11:00am <u>Just Breathe</u> 11:10-11:25am (hybrid) <u>Boston Medical</u> <u>Suicide Prevention Presentation</u> 11:30am-12:20pm(hybrid) <u>Bingocize</u> 12:30pm-1:30pm <u>Cognitive Care</u> 2:00-3:00pm</p>	<p>14. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>The Stillness In Me</u> with Joe 10:00am-11:00am <u>The Power Of Release</u> with Ayana 11:15am-12:15pm <u>Bingo</u> (hybrid) 12:30pm-1:45pm <u>Social Time</u> 2:00pm-3:00pm</p>	<p>15. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>Bagua</u> (hybrid) 10:00am -11:00am <u>Line Dancing</u> (in-house) 11:15am-12:45pm <u>Japanese Taiko Drumming</u> (in-house) 1:00pm-2:45pm</p>	<p>16. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>United Creative Crafting</u> (in-house) 9:30am-12:00pm <u>Spanish Summer Reading Program</u> 10:15am-11:00am Class Closed <u>Reading Zen</u> 12:30-2:30pm <u>Art with Antonio</u> 12:30-2:00pm *offered virtually In-house <u>Museum of Fine Arts</u> virtual tour 2:00pm-3:00pm <u>Players Club</u> card games, dominoes, etc. 2:15pm - 3:30pm</p>
<p>19. <u>HOLIDAY</u> <u>JUNETEENTH</u> <u>SENIOR CENTER CLOSED</u> <u>NO PROGRHAMS WILL TAKE PLACE</u></p>	<p>20. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>Low Cardio</u> (hybrid) 10:00am-11:00am <u>Just Breath</u> 11:10am-11:25am <u>Memory Café</u> 11:30am-12:15pm <u>Bingocize</u> 12:30pm-1:30pm <u>Cognitive Care</u> 2:00- 3:00pm</p>	<p>21. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>The Stillness In Me</u> with Joe 10:00am-11:00am <u>The Power Of Release</u> with Ayana 11:15-12:15pm <u>Bingo</u> (hybrid) 12:30-1:45pm <u>Social Time</u> 2:00pm-3:00pm</p>	<p>22. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>Bagua</u> (hybrid) 10:00am -11:00am <u>Line Dancing</u> (in-house) 11:15am-12:45pm <u>Japanese Taiko Drumming</u> (in-house) 1:00pm-2:45pm</p>	<p>23. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>United Creative Crafting</u> (in-house) 9:30am-12:00pm <u>Spanish Summer Reading Program</u> 10:15am-11:00am Class Closed <u>Reading Zen</u> 12:30-2:30pm <u>Art with Antonio</u> 12:30pm- 2pm *offered virtually In-house <u>Players Club</u> card games, dominoes, etc. 2:15pm - 3:30pm</p>
<p>26. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>Gentle Touch</u> in-house 9:35am-10:30am <u>Chair Yoga</u> with Erwins (hybrid) 10:45am- 11:45am <u>Just Breathe</u> (hybrid) 11:50am-12:05pm <u>Reading Zen</u> 12:30-2:30pm <u>Art w/ Antonio</u> 12:30pm-1:30pm *offered virtually in-house <u>Players Club</u> 1:30pm-3:00pm (In-house)</p>	<p>27. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>Low Cardio</u> (hybrid) 10:00am-11:00am <u>Just Breath</u> 11:10am-11:25am <u>Mothers for Justice</u> 11:30am-12:15pm <u>Cognitive Care</u> 2:00-3:00pm</p>	<p>28. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>The Stillness In Me</u> with Joe 10:00am-11:00am <u>The Power Of Release</u> with Ayana 11:15-12:15pm <u>Bingo</u> (hybrid) 12:30pm -1:45pm <u>Social Time</u> 2:00-3:00pm</p>	<p>29. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>Bagua</u> (hybrid) 10:00am -11:00am <u>Line Dancing</u> (in-house) 11:15am-12:45pm <u>Japanese Taiko Drumming</u> (in-house) 1:00pm-2:45pm</p>	<p>30. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>United Creative Crafting</u> (in-house) 9:30am-12:00pm <u>Spanish Summer Reading Program</u> 10:15am-11:00am Class Closed <u>Reading Zen</u> 12:30-2:30pm <u>Art with Antonio</u> 12:30pm-2:00pm *offered virtually In-house <u>Players Club</u> card games ,dominoes, etc. 2:15pm - 3:30pm</p>

