

BCYF Grove Hall Senior Center
51 Geneva Ave. Dor. MA 02121

For Program Information call 617-635-1484* Membership & Programs Free of Charge*
Program Hours of Operation 9:00am-3:30pm
Schedule Is Subject to Change

FEBRUARY 2024

*1 asterisk for in-house program

** 2 asterisks for hybrid program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To all celebrating a birthday in February 2024 Happy Birthday!!</p> 	<p align="center">Lunch Pick-Up First Come First Serve Monday-Friday 11:30 am- 2:30 pm</p>	<p align="center">Taxi Coupons The first Tuesday of every month 10:00 am- 11:00 am</p>	<p>1) * Morning Movement w/Raul 9:00am-10:00am ** The Stillness In Me with Joe 10:00am-11:00am ** Just Breath 11:15-11:30 * Cognitive Care 11:45 pm-12:45 pm * Beginners Computer Class 11:30am-1:00 pm * Domino Smackdown 1:00pm-3:00pm</p>	<p>2) * Morning Movement w/Raul 9:00am-10:00am * United Creative Crafting 9:30am-1:30pm * Art with Mimi 11:30am-1:30pm * Beginners Computer Class 1:30pm-2:30 pm * Players Club (card games, dominoes,etc). 1:30pm-3:30pm</p>
<p>5) * Morning Movement w/Raul 9:00am-10:00am * Refreshing Connections 10:00am-10:45am ** Yoga & Wellness (with Nahdra) 10:45 –12:00 pm * Beginners Computer Class 11:30am-1:00pm * Players Club 12:30pm-3:00pm</p>	<p>6) * Morning Movement w/Raul 9:00am-10:00am ** Low Cardio 10:00-11:00 * Taxi Coupons 11:00am-12:00pm * Mass. College of Pharmacy Presentation *(COPD/Inhaler) 11:15am - 12:30pm * Beginners Computer Class 11:30am-1:00pm ** Trivia 1:00pm-2:00pm * Afternoon Wind Down 2:30pm-3:30pm</p>	<p>7) * Morning Movement w/Raul 9:00am-10:00am ** Bagua 10:00-11:00 am * Lets Dance (for beginners) with Yanni 11:30am-12:30pm * Beginners Computer Class 11:30am-1:00 pm ** Bingo 1:30 pm -2:30 pm * Afternoon Wind Down 2:30pm-3:30pm</p>	<p>8) * Morning Movement w/Raul 9:00am-10:00am ** The Stillness In Me with Joe 10:00am-11:00am ** Just Breath 11:15-11:30 * Cognitive Care 11:45 pm-12:45 pm * Beginners Computer Class 11:30am-1:00 pm * Domino Smackdown 1:00pm-3:00pm</p>	<p>9) * Morning Movement w/Raul 9:00am-10:00am * United Creative Crafting 9:30am-1:30pm * Art with Mimi 11:30am-1:30pm * Beginners Computer Class 1:30pm-2:30 pm * Players Club (card games, dominoes,etc) 1:30pm-3:30pm</p>
<p>12) * Morning Movement w/Raul 9:00am-10:00am * Refreshing Connections 10:00am-10:45am ** Yoga & Wellness (with Nahdra) 10:45 –12:00 pm * Beginners Computer Class 11:30am-1:00pm * The Power of Release 12:30PM- 1:30PM * Players Club 12:30pm-3:00pm</p>	<p>13) * Morning Movement w/Raul 9:00am-10:00am ** Low Cardio 10:00am-11:00am ** Just Breath 11:15am-11:30am * Beginners Computer Class 11:30am-1:00 pm * Memory Cafe 11:30am-12:30pm * Sheriff Dept. Presentation 1:00pm-2:00pm</p>	<p>14) * Morning Movement w/Raul 9:00am-10:00am ** Bagua 10:00-11:00 am * Lets Dance (for beginners) with Yanni 11:30am-12:30 pm * Beginners Computer Class 11:30am-1:00 pm ** Bingo 1:30 pm -2:30 pm * Afternoon Wind Down 2:30pm-3:30pm</p>	<p>15) * Morning Movement w/Raul 9:00am-10:00am ** The Stillness In Me with Joe 10:00am-11:00am ** Just Breath 11:15-11:30 * Cognitive Care 11:45 pm-12:45 pm * Beginners Computer Class 11:30am-1:00 pm * Domino Smackdown 1:00pm-3:00pm</p>	<p>16) * Morning Movement w/Raul 9:00am-10:00am * United Creative Crafting 9:30am-1:30pm * Art with Mimi 11:30am-1:30pm * Beginners Computer Class 1:30pm-2:30 pm * Players Club (card games, dominoes,etc) 1:30pm:3:30pm</p>
<p>19) HOLIDAY PRESIDENT'S DAY NO SENIOR PROGRAMS</p>	<p>20) * Morning Movement w/Raul 9:00am-10:00am ** Low Cardio 10:00am-11:00am * Mass College of Pharmacy Presentation (Depression/Anxiety) 11:15am-12:30pm * Beginners Computer Class 11:30am-1:00 pm * Movie Matinee 1pm-3pm</p>	<p>21) * Morning Movement w/Raul 9:00am-10:00am ** Bagua 10:00-11:00 am * Lets Dance (for beginners) with Yanni 11:30am-12:30 pm * Beginners Computer Class 11:30am-1:00 pm ** Bingo 1:30 pm -2:30 pm * Afternoon Wind Down 2:30pm-3:30pm</p>	<p>22) * Morning Movement w/Raul 9:00am-10:00am ** The Stillness In Me with Joe 10:00am-11:00am ** Just Breath 11:15-11:30 * Cognitive Care 11:45 pm-12:45 pm * Beginners Computer Class 11:30am-1:00 pm * Domino Smackdown 1:00pm-3:00pm</p>	<p>23) * Morning Movement w/Raul 9:00am-10:00am * United Creative Crafting 9:30am-1:30pm * Art with Mimi 11:30am-1:30pm * Beginners Computer Class 1:30pm-2:30 pm * Players Club (card games, dominoes,etc) 1:30:pm-3:30pm</p>
<p>26) * Morning Movement w/Raul 9:00am-10:00am * Refreshing Connections 10:00am-10:45am ** Yoga & Wellness (with Nahdra) 10:45 -12:00 pm * Beginners Computer Class 11:30am-1:00pm * The Power of Release 12:30PM- 1:30PM * Players Club 12:30pm-3:00pm</p>	<p>27) * Morning Movement w/Raul 9:00am-10:00am ** Low Cardio 10:00am-11:00am ** Just Breath 11:10am-11:25am * Beginners Computer Class for Seniors 11:30am-1:00 pm ** MFA 11:30am-12:30pm * Alzheimer's Presentation (10 Warning Signs) 1:00 pm -3:00 pm</p>	<p>28) * Morning Movement w/Raul 9:00am-10:00am ** Bagua 10:00-11:00 am * Lets Dance (for beginners) with Yanni 11:30am-12:30 pm * Beginners Computer Class 11:30am:1:00 pm ** Bingo 1:30 pm -2:30 pm * Afternoon Wind Down 2:30pm-3:30pm</p>	<p>29) * Morning Movement w/Raul 9:00am-10:00am ** The Stillness In Me with Joe 10:00am-11:00am ** Just Breath 11:15-11:30 * Cognitive Care 11:45 pm-12:45 pm * Beginners Computer Class 11:30am-1:00 pm * Domino Smackdown 1:00pm-3:00pm</p>	