



BCYF BEVERLY GIBBONS COMMUNITY CENTER

For Older Adults



ACTIVITIES

Lunch provided by Ethos:
Mondays, Wednesdays, and Fridays 12pm

Computer/Technology Class with Steadfast Solutions: Mondays 9am-11am

Exercise Class Low-impact Senior Aerobics by Omnigym: Tuesdays 10am - 11am and 11:30am-12:30pm

Chair Yoga with weights and meditation:
Thursdays 10am

Come and play Bingo:
Wednesdays & Fridays 12:30pm - 3:00pm

Come and join the newly founded Men's Club.
They meet on Mondays at 12pm and will have lunch provided.

**382 MAIN STREET,
CHARLESTOWN, MA
02129**

**MONDAY THROUGH FRIDAY,
8AM TO 4PM**

PHONE: 617-635-5175

FAX: 617-635-5647

BCYF Gibbons Center is a senior center featuring a multi- purpose community room. BCYF's network of community centers offer a wide range of diverse features and programs that are as unique as the neighborhoods they serve.



FEBRUARY 2024



SUN	MON	TUE	WED	THU	FRI	SAT
4	5 Tech Help 9am -11am Men's Club/Lunch 12pm - 3pm	6 Exercise 10am -11am 11:30am -12:30pm	7 Lunch 12pm Bingo 12:30pm - 3pm	8 Chair Yoga 9am -10am 10am - 11am Game Day 12pm - 3pm	9 Valentine's Day Luncheon/Bingo 12pm - 3pm	10
11	12 Tech Help 9am -11am Men's Club/Lunch 12pm - 3pm	13 Exercise 10am -11am 11:30am -12:30pm	14 Lunch 12pm Bingo 12:30pm - 3pm <i>Happy Valentine's Day</i>	15 Chair Yoga 9am -10am 10am - 11am Game Day 12pm - 3pm	16 Lunch 12pm Bingo 12:30pm - 3pm	17
18 	19  We will be CLOSED on PRESIDENT'S DAY	20 Exercise 10am -11am 11:30am -12:30pm	21 Lunch 12pm Bingo 12:30pm - 3pm	22 Chair Yoga 9am -10am 10am - 11am Arts and Crafts 12pm - 3pm	23 Lunch 12pm Bingo 12:30pm - 3pm	24
25	26 Tech Help 9am -11am Men's Club/Lunch 12pm - 3pm	27 Exercise 10am -11am 11:30am -12:30pm	28 Lunch 12pm Bingo 12:30pm - 3pm	29 Chair Yoga 9am -10am 10am - 11am Friendship Club 12pm - 1pm	Lunch 12pm Bingo 12:30pm - 3pm	