

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

*1 asterisk for in-house program

MARCH 2024

** 2 asterisks for hybrid program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To all celebrating a birthday in March 2024 Happy Birthday!!</p> 	<p><u>Lunch Pick-Up</u> First Come First Serve Monday-Friday 11:30 am- 2:30 pm</p>	<p><u>Taxi Coupons</u> The first Tuesday of every month 10:00 am- 11:00 am</p>		<p>1) <u>*Morning Movement w/Raul</u> 9:00am-10:00am <u>*United Creative Crafting</u> 9:30am-1:30pm <u>*Art with Mimi</u> 11:30am-1:30pm <u>*Beginners Computer Class</u> 1:30pm-2:30 pm <u>* Players Club</u> (card games, dominoes, etc). 1:30pm-3:30pm</p>
<p>4) <u>*Morning Movement w/Raul</u> 9:00am-10:00am <u>*Refreshing Connections</u> 10:00am-10:45am <u>**Yoga & Wellness</u> 10:45 –12:00 pm <u>*Beginners Computer Class</u> 11:30am-1:00pm <u>*Players Club</u> 12:30pm-1:30pm</p>	<p>5) <u>*Morning Movement w/Raul</u> 9:00am-10:00am <u>**Low Cardio</u> 10:00-11:00 <u>*Movie Matinee</u> (Cowboys & Aliens) 11:30am- 1:30pm <u>* Taxi Coupons</u> 10:00am-11:00am <u>*Beginners Computer Class</u> 11:30am-1:00pm <u>* Tech Cafe</u> 2 -3 pm <u>Afternoon Wind Down</u> 2:45 pm-3:30 pm</p>	<p>6) <u>*Morning Movement w/Raul</u> 9:00am-10:00am <u>**Bagua</u> 10:00-11:00 am <u>*Lets Dance (for beginners) with Yanni</u> 11:30am-12:30pm <u>*Beginners Computer Class</u> 11:30am-1:00 pm <u>** Bingo</u> 1:30 pm -2:30 pm <u>Afternoon Wind Down</u> 2:30pm-3:30pm</p>	<p>7) <u>*Morning Movement w/Raul</u> 9:00am-10:00am <u>**The Stillness In Me</u> with Joe 10:00am-11:00am <u>**Just Breath</u> 11:15-11:30 <u>*Cognitive Care</u> 11:45 pm-12:45 pm <u>*Beginners Computer Class</u> 11:30am-1:00 pm <u>*Domino Smackdown</u> 1:00pm-3:00pm</p>	<p>8) <u>*Morning Movement w/Raul</u> 9:00am-10:00am <u>*United Creative Crafting</u> 9:30am-1:30pm <u>*Art with Mimi</u> 11:30am-1:30pm <u>*Beginners Computer Class</u> 1:30pm-2:30 pm <u>* Players Club</u> (card games, dominoes, etc) 1:30pm-3:30pm</p>
<p>11) <u>*Morning Movement w/Raul</u> 9:00am-10:00am <u>*Refreshing Connections</u> 10:00am-10:45am <u>**Yoga & Wellness</u> 10:45 –12:00 pm <u>*Beginners Computer Class</u> 11:30am-1:00pm <u>*The Power of Release</u> 12:30PM- 1:30PM <u>*Players Club</u> 12:30pm-3:00pm</p>	<p>12) <u>*Morning Movement w/Raul</u> 9:00am-10:00am <u>**Low Cardio</u> 10:00am-11:00am <u>**Just Breath</u> 11:15am-11:30am <u>*Beginners Computer Class</u> 11:30am-1:00 pm <u>**Memory Cafe</u> 11:30am-12:30pm <u>* Family Feud</u> 1:00pm - 2:00pm <u>* Tech Cafe</u> 2:00pm-3:00pm</p>	<p>13) <u>*Morning Movement w/Raul</u> 9:00am-10:00am <u>**Bagua</u> 10:00-11:00 am <u>*Lets Dance (for beginners) with Yanni</u> 11:30am-12:30 pm <u>*Beginners Computer Class</u> 11:30am-1:00 pm <u>** Bingo</u> 1:30 pm -2:30 pm <u>Afternoon Wind Down</u> 2:30pm-3:30pm</p>	<p>14) <u>*Morning Movement w/Raul</u> 9:00am-10:00am <u>**The Stillness In Me</u> with Joe 10:00am-11:00am <u>**Just Breath</u> 11:15-11:30 <u>*Cognitive Care</u> 11:45 pm-12:45 pm <u>*Beginners Computer Class</u> 11:30am-1:00 pm <u>*Domino Smackdown</u> 1:00pm-3:00pm</p>	<p>15) <u>*Morning Movement w/Raul</u> 9:00am-10:00am <u>*United Creative Crafting</u> 9:30am-1:30pm <u>*Art with Mimi</u> 11:30am-1:30pm <u>*Beginners Computer Class</u> 1:30pm-2:30 pm <u>* Players Club</u> (card games, dominoes, etc) 1:30pm:3:30pm</p>
<p>18) <u>*Morning Movement w/Raul</u> 9:00am-10:00am <u>*Refreshing Connections</u> 10:00am-10:45am <u>**Yoga & Wellness</u> 10:45 –12:00 pm <u>*Beginners Computer Class</u> 11:30am-1:00pm <u>*The Power of Release</u> 12:30PM- 1:30PM <u>*Players Club</u> 12:30pm-3:00pm</p>	<p>19) <u>*Morning Movement w/Raul</u> 9:00am-10:00am <u>**Low Cardio</u> 10:00am-11:00am <u>*Ethos</u> (lunch & learn presentation) 11:30am-12:30pm <u>*Beginners Computer Class</u> 11:30am-1:00 pm <u>**Museum of Fine Arts (virtual tour)</u> 1pm-2pm <u>* Tech Cafe</u> 2:00pm-3:00pm</p>	<p>20) <u>*Morning Movement w/Raul</u> 9:00am-10:00am <u>**Bagua</u> 10:00-11:00 am <u>*Lets Dance (for beginners) with Yanni</u> 11:30am-12:30 pm <u>*Beginners Computer Class</u> 11:30am-1:00 pm <u>** Bingo</u> 1:30 pm -2:30 pm <u>Afternoon Wind Down</u> 2:30pm-3:30pm</p>	<p>21) <u>*Morning Movement w/Raul</u> 9:00am-10:00am <u>**The Stillness In Me</u> with Joe 10:00am-11:00am <u>**Just Breath</u> 11:15-11:30 <u>*Cognitive Care</u> 11:45 pm-12:45 pm <u>*Beginners Computer Class</u> 11:30am-1:00 pm <u>*Domino Smackdown</u> 1:00pm-3:00pm</p>	<p>22) <u>*Morning Movement w/Raul</u> 9:00am-10:00am <u>*United Creative Crafting</u> 9:30am-1:30pm <u>*Art with Mimi</u> 11:30am-1:30pm <u>*Beginners Computer Class</u> 1:30pm-2:30 pm <u>* Players Club</u> (card games, dominoes, etc) 1:30:pm-3:30pm</p>
<p>25) <u>*Morning Movement w/Raul</u> 9:00am-10:00am <u>*Refreshing Connections</u> 10:00am-10:45am <u>**Yoga & Wellness</u> 10:45 -12:00 pm <u>*Beginners Computer Class</u> 11:30am-1:00pm <u>*The Power of Release</u> 12:30PM- 1:30PM <u>*Players Club</u> 12:30pm-3:00pm</p>	<p>26) <u>*Morning Movement w/Raul</u> 9:00am-10:00am <u>**Low Cardio</u> 10:00am-11:00am <u>**Just Breath</u> 11:10am-11:25am <u>*Beginners Computer Class for Seniors</u> 11:30am-1:00 pm <u>*Councillor Worell</u> (coffee hour) 11:30am-12:30pm <u>**Alzheimer's Presentation (Understanding Alzheimer & Dementia)</u> 1:00 pm -2:00 pm <u>* Tech Cafe</u> 2:00pm-3:00pm</p>	<p>27) <u>*Morning Movement w/Raul</u> 9:00am-10:00am <u>**Bagua</u> 10:00-11:00 am <u>*Lets Dance (for beginners) with Yanni</u> 11:30am-12:30 pm <u>*Beginners Computer Class</u> 11:30am-1:00 pm <u>** Bingo</u> 1:30 pm -2:30 pm <u>Afternoon Wind Down</u> 2:30pm-3:30pm</p>	<p>28) <u>*Morning Movement w/Raul</u> 9:00am-10:00am <u>**The Stillness In Me</u> with Joe 10:00am-11:00am <u>**Just Breath</u> 11:15-11:30 <u>*Cognitive Care</u> 11:45 pm-12:45 pm <u>*Beginners Computer Class</u> 11:30am-1:00 pm <u>*Domino Smackdown</u> 1:00pm-3:00pm</p>	<p>29) <u>*Morning Movement w/Raul</u> 9:00am-10:00am <u>*United Creative Crafting</u> 9:30am-1:30pm <u>*Art with Mimi</u> 11:30am-1:30pm <u>*Beginners Computer Class</u> 1:30pm-2:30 pm <u>* Players Club</u> (card games, dominoes, etc) 1:30:pm-3:30pm</p>