




**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**

NOVEMBER 2024

*1 asterisk for in-house program

** 2 asterisks for hybrid program

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p><i>To all celebrating a birthday in November 2024!</i></p> 	<p><i>Taxi Coupons will be available for purchase November 5th the first Tuesday of the month.</i> 10:00AM-11:00AM</p>	<p><i>Lunch Pick-Up First Come First Serve Mon-Fri</i> 11:30 am- 2:30 pm</p>	<p>ELECTION DAY NOVEMBER 5, 2024 YOUR VOTE COUNTS!</p> 	<p>1) *Morning Movement 9:00am-10:00am *United Crafting 9:30am-1:30pm *Creative Portraits 11:30am-1:30pm *Beginners Computer Class 1:30pm-2:30 pm *Players Club (card games, dominoes,etc). 1:30pm-3:30pm</p>
<p>4) *Morning Movement 9:00am-10:00am *Mix & Mingle 10:00am-10:45am **Yoga & Wellness 11:15am-12:15pm *Power of Release 12:30pm-1:30 pm *Players Club 12:30pm-3:00pm</p>	<p>5) *Morning Movement 9:00am-10:00am *Taxi Coupon 10am-11am **Low Cardio 10:00am-11:00am *Beginners Computer Class 11:30am-1:30pm **Trivia 1:00pm-2:00pm *Afternoon Wind Down 2:30pm-3:30pm</p>	<p>6) *Morning Movement 9:00am-10:00am **Bagua 10am-11:am **Rediscovering the MBTA Mobility Center 11:30am-12:30pm *Beginners Computer 11:30am-1:30pm **Bingo 1:30 pm -2:45 pm *Afternoon Wind Down 3:00 pm-3:30 pm</p>	<p>7) *Morning Movement 9:00am-10:00am **The Stillness In Me 10:00am-11:00am *Cyber Security Awareness 11:30am-1:00pm *Mix & Mingle 11:30am-1:00pm *Domino Smackdown 1:00pm-3:00pm</p>	<p>8) *Morning Movement 9:00am-10:00am *United Crafting 9:30am-1:30pm *Creative Portraits 11:30am-1:30pm *Beginners Computer Class 1:30pm-2:30 pm *Players Club (card games, dominoes,etc) 1:30pm-3:30pm</p>
<p>11) HOLIDAY VETERANS DAY SENIOR CENTER CLOSED</p>	<p>12) *Morning Movement 9:00am-10:00am **Low Cardio 10:00am-11:00am **Memory Cafe 11:30 am-12:30 pm *Memory Screening 12:30pm-2:30pm *Beginners Computer Class 11:30am-1:00pm **Medicare/Shine Presentation 1:00pm-2:00pm</p>	<p>13) *Morning Movement 9:00am-10:00am **Bagua 10am-11 am **Cognitive Care 11:30am-12:30pm *Beginners Computer 11:30am-1:00 pm **Bingo 1:30 pm -2:45 pm *Afternoon Wind Down 3:00 pm-3:30 pm</p>	<p>14) *Morning Movement 9:00am-10:00am **The Stillness In Me 10:00am-11:00am *Cyber Security Awareness 11:30 pm-1:00 pm *Mix & Mingle 11:30am-1:00pm *Domino Smackdown 1:00pm -3:00pm</p>	<p>15) *Age Strong Pilot Project Launch (Media Release) 9:30am-12:00pm *Creative Portraits 11:30am-1:30pm *Players Club (card games, dominoes,etc) 1:30pm-3:30pm</p>
<p>18) *Morning Movement 9:00am-10:00am Gather Health 9:00am-10:00am *Coffee Hour with Councilor Worrell 10am-11am **Yoga & Wellness 11:15am-12:15pm *Power of Release 12:30pm-1:30 pm *Players Club 12:30pm-3:00pm</p>	<p>19) *Morning Movement 9:00am-10:00am **Low Cardio 10:00am-11:00am *Eversource Presentation 11:30am-12:30pm **MGH Productive Aging Tips (OBGYN Presentation) 1:00pm-2:00pm *Afternoon Wind Down 2:00pm-3:30pm</p>	<p>20) *Morning Movement 9am-10am **Bagua 10am-11 am **Cognitive Care 11:30am-12:30 pm *Beginners Computer 11:30am-1:00 pm **Bingo 1:30 -2:45 pm *Afternoon Wind Down 3:00pm-3:30pm</p>	<p>21) *Morning Movement 9:00am-10:00am **The Stillness In Me 10:00am-11:00am *Cyber Security Awareness 11:30pm-1:00 pm *Mix & Mingle 11:30am-1:00pm *Domino Smackdown 1:00pm-3:00pm</p>	<p>22) *Morning Movement 9:00am-10:00am *United Crafting 9:30am-1:30pm *Creative Portraits 11:30am-1:30pm *Beginners Computer Class 1:30pm-2:30pm *Players Club (card games, dominoes,etc) 1:30pm-3:30pm</p>
<p>25) *Morning Movement 9:00am-10:00am *Mix & Mingle 10:00am-10:45am **Yoga & Wellness 11:15am-12:15pm *Beginners Computer Class 11:30am-1:00pm *Power of Release 12:30pm-1:30pm *Players Club 12:30pm-3:00pm</p>	<p>26) *Morning Movement 9:00am-10:00am **Low Cardio 10:00am-11:00am *Movie Matinee (Last Holiday) 11:30am - 2:00pm *Afternoon Wind Down 2:00pm-3:30pm</p>	<p>27) *Morning Movement 9am-10am **Bagua 10am-11 am *Mix & Mingle 11:30am-12:30 pm *Beginners Computer 11:30am-1:00 pm **Bingo 1:30pm -2:45pm *Afternoon Wind Down 3:00pm-3:30pm</p>	<p>28) HOLIDAY THANKSGIVING DAY SENIOR CENTER CLOSED</p> 	<p>29) *Morning Movement 9:00am-10:00am *United Crafting 9:30am-1:30pm *Creative Portraits 11:30am-1:30pm *Beginners Computer Class 1:30pm-2:30pm *Players Club (card games, dominoes,etc) 1:30pm-3:30pm</p>

NOVEMBER 2024 Zoom Program Links

Zoom Meeting ID #S:

1. Exercise Classes (Yoga; Low Cardio; Bagua; The Stillness in Me) 884-8391-4078
<https://us02web.zoom.us/j/88483914078>
2. GHSC Programs (Presentations; Trivia; Cognitive Care) 862-2920-1837
<https://us02web.zoom.us/j/86229201837>
3. GHSC Bingo 879-1582-0531
<https://us02web.zoom.us/j/87915820531>

November 2024 Synopsis

Exercise Classes: ***Morning Movement:*** Walking with a buddy to start your day off right. ***Yoga & Wellness w/ Nahdra:*** This class uses chairs to move through poses both seated and standing while emphasizing on muscular balance. ***Low Cardio Exercise:*** Non-weight bearing exercise that helps develop better flexibility, breathing, and strengthens muscles. ***Bagua:*** Cousin to Tai Chi, also a form of meditation in motion.

Wellness Sessions: ***The Power of Release:*** This program was created to provide a safe, intimate space for seniors to be able to come together and work on releasing emotions through conversation, journaling, and support from one another.

The Stillness in Me: This class will be practicing complete quieting of the mind, releasing built up physical tension and distress.

Cognitive Care: Each week, seniors will participate in meaningful activity that challenges their mind.

Art Classes: ***United Crafting:*** Seniors enjoy time with one another, while socializing and creating art pieces to wear or give to loved ones. During this time, seniors can sew, crochet, knit, or make jewelry.

Creative Portraits: This art class focuses on the process of creating art. Seniors with no experience are encouraged to participate. Members will create acrylic art pieces, and charcoal drawings.

Enrichment Classes: ***Mix & Mingle:*** This program is encouraging new members to connect with one another by engaging in conversation In-House. Members will be able to catch up, share experiences, and create new friendships..

Player's Club: Social time for seniors to interact with one another, while playing Pokeno, Dominoes, Spades, etc. ***Memory Café:*** A safe space for seniors living with dementia to interact, laugh, find support, share concerns, and socialize with other members without fear of feeling out of place. ***Hybrid Bingo:*** This is a socializing activity for seniors offered virtually and In-House.

Trivia: a trivia game or competition where the competitors are asked questions about interesting but unimportant facts in many subjects

Domino Smackdown: Social time for seniors to interact with one another, while playing Dominoes. ***Afternoon Wind Down:*** Social time for seniors to interact with one another. ***Movie Matinee:*** A comedy starring Queen Latifah as Georgia, a humble department store assistant who is told that she has a rare brain condition and only has a few weeks to live.

Education: ***Beginners Computer Class:*** Similar to Tech Café, members are able to bring their personal laptop or Chromebook to receive help with questions they may have. ***Cyber Security Awareness:*** In-House program only. Seniors will learn how to access the web, hacker awareness, lessons on phishing and mobile device security. ***MGH Productive Aging Tips:*** MGH OBGYN department will do a presentation on how to prevent

infections such as urinary tract (UTI), yeast infections (VVC) and many others. ***Rediscovering the MBTA Mobility Center:*** The training consists of instructions about how to use the MBTA system, including safety, trip planning, asking for help, how to read maps and schedules, and accessibility information. We'll also include time to help any interested attendee apply for a reduced fare pass. ***Ethos Shine AEP:*** A representative from Serving Health Information Needs of Everyone (Shine) will host an informational session about the Annual Enrollment Period. ***Eversource Presentation:*** A representative will come in to explain the City of Boston's Community Choice electricity (BCCE program). Please bring your latest electricity bill.

Coffee Hour: Opportunity for seniors to discuss concerns about their community. ***Gather Health:*** A presentation on services they are providing.

Extra: ***Taxi Coupons:*** First Tuesday of the month, (10am-11am), you can buy up to 4 books a month (at five dollars each).