

**BCYF Grove Hall Senior Center**  
**51 Geneva Ave. Dor. MA 02121**  
 For Program Information call 617-635-1484 or 86 or 87  
 \*Membership & Programs Free of Charge\*

**Program Hours of Operation 9:00am-3:30pm**

**Schedule Is Subject to Change**

**\*1 asterisk for in-house program** **APRIL 2025** **\*\* 2 asterisks for hybrid program**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>To all celebrating a birthday in April!</b></p> 	<p>1) * <u>Morning Movement</u> 9:00am-10:00am                      ** <u>Low Cardio</u> 10:00am-11:00am                      * <u>Taxi Coupon</u> 10am-11am                      * <u>Just Breath</u> 11:30pm-11:45pm                      * <u>Ethos Lunch Cafe</u> 12-1:00pm                      ** <u>MA Senior Medicare Patrol Program</u> 1:00pm- 2:00pm                      * <u>Players Club</u> 2:30-3:30pm</p>	<p>2) * <u>Morning Movement</u> 9:00am-10:00am                      ** <u>Bagua</u> 10am-11 am                      * <u>Just Breath</u> 11:30-11:45am                      * <u>Beginners Computer</u> 11:30am-1:30pm                      * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm                      ** <u>Bingo</u> 1:30pm--2:45pm                      * <u>Afternoon Wind Down</u> 3:00pm-3:30pm</p>	<p>3) * <u>Morning Movement</u> 9:00am-10:00am                      ** <u>The Stillness In Me</u> 10:00am-11:00am                      * <u>Game Show Classic</u> <u>The Newlywed Game</u> 11am-12pm                      * <u>Cyber Security Awareness</u> 11:30am-1:00pm                      * <u>Ethos Lunch Cafe</u> 12-1:00pm                      * <u>Domino Smackdown</u> 2:00pm-3:00pm</p>	<p>4) * <u>Morning Movement</u> 9:00am-10:00am                      * <u>United Crafting</u> 9:30am-1:30pm                      * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm                      * <u>Creative Portraits</u> 11:30am-1:30pm                      * <u>Players Club</u> (card games, dominoes,etc) 1:30pm-3:30pm</p>
<p>7) * <u>Morning Movement</u> 9:00am-10:00am                      * <u>Mix &amp; Mingle</u> 10:00 -10:45am                      ** <u>Yoga &amp; Wellness</u> 11:15am -12:15pm                      * <u>Ethos Lunch Cafe</u> 12-1:00pm                      * <u>Beginners Computer</u> 11:30am-1:00pm                      * <u>Power of Release</u> 12:30pm-1:30pm                      * <u>Players Club</u> 12:30-3:00pm</p>	<p>8) * <u>Morning Movement</u> 9:00am-10:00am                      ** <u>Low Cardio</u> 10:00am-11:00am                      * <u>Beginners Computer</u> 11:30am-1:00pm                      * <u>Just Breath</u> 11:30am-11:45pm                      * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm                      * <u>Afternoon Wind Down</u> <u>Players Club</u> 1:30pm-3:30pm</p>	<p>9) * <u>Morning Movement</u> 9:00am-10:00am                      ** <u>Bagua</u> 10am-11:am                      * <u>Just Breath</u> 11:30-11:45am                      * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm                      * <u>Beginners Computer</u> 11:30am-1:30pm                      ** <u>Bingo</u> 1:30 -2:45pm *                      * <u>Afternoon Wind Down</u> 3:00 pm-3:30 pm</p>	<p>10) * <u>Morning Movement</u> 9:00am-10:00am                      ** <u>The Stillness In Me</u> 10:00am-11:00am                      * <u>Game Show Classic</u> <u>Hollywood Squares</u> 11am-12pm                      * <u>Cyber Security Awareness</u> 11:30am-1:00pm                      * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm                      * <u>Domino Smackdown</u> 2:00pm-3:00pm</p>	<p>11) * <u>Morning Movement</u> 9:00am-10:00am                      * <u>United Crafting</u> 9:30am-1:30pm                      * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm                      * <u>Creative Portraits</u> 11:30am-1:30pm                      * <u>Beginners Computer</u> 1:30pm-2:30pm                      * <u>Players Club</u> (card games, dominoes,etc) 1:30pm-3:30pm</p>
<p>14) * <u>Morning Movement</u> 9:00am-10:00am                      * <u>Mix &amp; Mingle</u> 10:00-10:45am                      ** <u>Yoga &amp; Wellness</u> 11:15am -12:15pm                      * <u>Ethos Lunch Cafe</u> 12--1:00pm                      * <u>Beginners Computer</u> 11:30am-1:00pm                      * <u>Power of Release</u> 12:30pm-1:30pm                      * <u>Players Club</u> 12:30-3:00pm</p>	<p>15) * <u>Morning Movement</u> 9:00am-10:00am                      ** <u>Low Cardio</u> 10:00am-11:00am                      * <u>Beginners Computer</u> 11:30am-1:00pm                      * <u>Just Breath</u> 11:30am-11:45am                      * <u>Ethos Lunch Cafe</u> 12:00am-1:00pm                      * <u>Afternoon Wind Down</u> <u>Players Club</u> 1:30pm-3:30pm</p>	<p>16) * <u>Morning Movement</u> 9:00am-10:00am                      ** <u>Bagua</u> 10-11:00 am                      * <u>Just Breath</u> 11:30-11:45pm                      * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm                      * <u>Beginners Computer</u> 11:30am-1:00 pm                      ** <u>Bingo</u> 1:30 -2:45pm                      * <u>Afternoon Wind Down</u> 3:00 pm-3:30 pm</p>	<p>17) * <u>Morning Movement</u> 9:00am-10:00am                      ** <u>The Stillness In Me</u> 10:00am-11:00am                      * <u>Game Show Classic</u> <u>Family Feud</u> 11am-12pm                      * <u>Cyber Security Awareness</u> 11:30pm-1:00pm                      * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm                      * <u>Domino Smackdown</u> 2:00pm -3:00pm</p>	<p>18) * <u>Morning Movement</u> 9:00am-10:00am                      * <u>United Crafting</u> 9:30am-1:30pm                      * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm                      * <u>Creative Portraits</u> 11:30am-1:30pm                      * <u>Beginners Computer</u> 1:30pm-2:30 pm                      * <u>Players Club</u> (card games, dominoes,etc) 1:30pm:3:30pm</p>
<p>21)  <b>HOLIDAY PATRIOTS DAY SENIOR CENTER CLOSED</b></p>	<p>22) * <u>Morning Movement</u> 9:00am-10:00am                      ** <u>Low Cardio</u> 10:00am-11:00am                      ** <u>Just Breath</u> 11:15am-11:30am                      * <u>Beginners Computer</u> 11:30-12:30                      * <u>Ethos Lunch Cafe</u> 12-1:00pm                      * <u>Afternoon Wind Down</u> <u>Players Club</u> 2:00pm-3:30pm</p>	<p>23) * <u>Morning Movement</u> 9:00am-10:00am                      ** <u>Bagua</u> 10am-11 am                      * <u>Just Breath</u> 11:30-11:45am                      * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm                      * <u>Beginners Computer</u> 11:30am-1:00 pm                      ** <u>Bingo</u> 1:30 - 2:45pm                      * <u>Afternoon Wind Down</u> 3:00 pm-3:30 pm</p>	<p>24) * <u>Morning Movement</u> 9:00am-10:00am                      ** <u>The Stillness In Me</u> 10:00am-11:00am                      * <u>Game Show Classic</u> <u>25,000 Pyramid</u> 11am-12pm                      * <u>Cyber Security Awareness</u> 11:30 pm-1:00 pm                      * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm                      * <u>Domino Smackdown</u> 2:00pm -3:00pm</p>	<p>25) * <u>Morning Movement</u> 9:00am-10:00am                      * <u>United Crafting</u> 9:30am-1:30pm                      * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm                      * <u>Creative Portraits</u> 11:30am-1:30pm                      * <u>Beginners Computer</u> 1:30pm-2:30pm                      * <u>Players Club</u> (card games, dominoes,etc) 1:30-3:30pm</p>
<p>28) * <u>Morning Movement</u> 9:00am-10:00am                      * <u>Mix &amp; Mingle</u> 10:00 -10:45am                      ** <u>Yoga &amp; Wellness</u> 11:15am -12:15pm                      * <u>Ethos Lunch Cafe</u> 12-1:00pm                      * <u>Beginners Computer</u> 11:30am-1:00pm                      * <u>Power of Release</u> 12:30pm-1:30pm                      * <u>Players Club</u> 12:30-3:00pm</p>	<p>29) * <u>Morning Movement</u> 9:00am-10:00am                      ** <u>Low Cardio</u> 10:00am-11:00am                      ** <u>Just Breath</u> 11:15am-11:30am                      * <u>Beginners Computer</u> 11:30-12:30                      * <u>Ethos Lunch Cafe</u> 12-1:00pm                      * <u>Mass General Presentation (Low Back Pain &amp; Posture)</u> 1:00pm-2:00pm                      * <u>Afternoon Wind Down</u> <u>Players Club</u> 2:00pm-3:30pm</p>	<p><b>Age Strong Property Tax Work-Off Program Paperwork Pick-up 10:30am-11:00am April 7th</b></p>	<p><b>Ethos Lunch Cafe Pick-Up First Come First Serve Pre-Registration Required Mon-Fri 11:30 am- 2:30 pm *****</b></p>	<p><b>Taxi Coupons will be available for purchase April 1st the first Tuesday of the month. 10:00 am-11:00 am</b></p>

## April 2025 Google Program Link

Google Meeting Link for hybrid programs Video link: [meet.google.com/gur-rmhe-qfh](https://meet.google.com/gur-rmhe-qfh)

### \*1 asterisk for in-house program

- \* Morning Movement
- \* Computers
- \* United Crafting
- \* Domino Smackdown
- \* Game Show Classic
- \* Afternoon Wind Down
- \* Presentations
- \* Creative Portraits
- \* Players Club
- \* Power of Release
- \* Just Breathe
- \* Mix & Mingle

### \*\* 2 asterisks for hybrid program

- \*\* Yoga
- \*\* Low Cardio
- \*\* Bagua
- \*\* The Stillness in Me
- \*\* Memory Cafe
- \*\* Cognitive Care
- \*\* Bingo
- \*\* Trivia

## APRIL 2025 Program 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.. **Just Breath:** A fifteen minute meditation to rejuvenate the mind and body. **Player's Club:** Social time for seniors to interact with one another, while playing Pokeno, Dominoes, Spades, etc..

**Hybrid Bingo:** This is a socializing activity for seniors offered virtually and In-House. **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. **Game Show Classic** This program will reintroduce classic game shows that entertained our members back in the days.

**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. **Mass General Hospital :** A presentation on physical therapy tips (low back pain & posture).. **Mass**

**Senior Medicare Patrol Program:** Works in partnership with mainstream government, non- governmental, and "grassroots" community-based organizations across the state to raise awareness about protecting, detecting, and reporting healthcare errors, fraud, and abuse.

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

**Ethos Lunch Cafe** Members will receive a hot lunch Monday-Friday (11:30am-2:30pm).