



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 9-10AM & 10-11AM

Mat Yoga Fridays 9:15am -10:15am

Come and play Bingo:
Wednesdays & Fridays 10:30pm - 3:00pm

Coffee and Conversation, Daily at 8:15am

Age Strong Advocacy, call the center for an appointment.

Walking club restarts on Wednesdays at 10am with the
Boston Police Department

**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.**

