

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**

MAY 2025

**** 2 asterisks for hybrid program**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To all celebrating a birthday in May!</p> 	<p>Age Strong Property Tax Work-Off Program Paperwork Pick-up 10:30am-11:00am May 5th ***** Taxi Coupons will be available for purchase May 6th the first Tuesday of the month. 10:00 am-11:00 am</p>	<p>Ethos Lunch Cafe Pick-Up First Come First Serve Pre-Registration Required Mon-Fri 11:30 am- 2:30 pm *****</p>	<p>1) *Morning Movement 9:00am-10:00am **The Stillness In Me 10:00am-11:00am *Mix & Minale 11am-12pm *Cyber Security Awareness 11:30am-1:00pm *Ethos Lunch Cafe 12-1:00pm *Domino Smackdown 2-3pm</p>	<p>2) *Morning Movement 9:00am-10:00am *United Crafting 9:30am-1:30pm *Ethos Lunch Cafe 12:00pm-1:00pm *Creative Portraits 11:30am-1:30pm *Players Club 1:30pm-3:30pm</p>
<p>5) *Morning Movement 9:00am-10:00am *Mix & Mingle 10:00 -10:45am **Yoga & Wellness 11:15am –12:15pm *Ethos Lunch Cafe 12-1:00pm *Beginners Computer 11:30am-1:00pm *Power of Release 12:30pm-1:30pm *Players Club 12:30-3:00pm</p>	<p>6) *Morning Movement 9:00am-10:00am **Low Cardio 10:00am-11:00am *Taxi Coupon 10am-11am *Just Breath 11:30pm-11:45pm *Ethos Lunch Cafe 12-1:00pm **Advance Care Planning (Wills & Trusts) 1:00pm- 2:00pm *Players Club 2:30-3:30pm</p>	<p>7) *Morning Movement 9:00am-10:00am **Bagua 10am-11:am *Just Breath 11:30-11:45am *Ethos Lunch Cafe 12:00pm-1:00pm *Beginners Computer 11:30am-1:30pm ** Bingo 1:30 -2:45pm Afternoon Wind Down 3:00 pm-3:30 pm</p>	<p>8) *Morning Movement 9:00am-10:00am **The Stillness In Me 10:00am-11:00am *Mix & Minale 11am-12pm *Cyber Security Awareness 11:30am-1:00pm *Ethos Lunch Cafe 12:00pm-1:00pm *Domino Smackdown 2:00pm-3:00pm</p>	<p>9) *Morning Movement 9:00am-10:00am *United Crafting 9:30am-1:30pm *Ethos Lunch Cafe 12:00pm-1:00pm *Creative Portraits 11:30am-1:30pm *Beginners Computer 1:30pm-2:30pm *Players Club 1:30pm-3:30pm</p>
<p>12) *Morning Movement 9:00am-10:00am *Mix & Mingle 10:00-10:45am **Yoga & Wellness 11:15am –12:15pm *Ethos Lunch Cafe 12--1:00pm *Beginners Computer 11:30am-1:00pm *Power of Release 12:30pm-1:30pm *Players Club 12:30-3:00pm</p>	<p>13) *Morning Movement 9:00am-10:00am **Low Cardio 10:00am-11:00am *Beginners Computer 11:30am-1:00pm *Just Breath 11:30am-11:45am *Ethos Lunch Cafe 12-1:00pm Harvard College the Inspire Study (Cancer Screening Presentation) 11:30-12:30pm Players Club 1:30pm-3:30pm</p>	<p>14) *Morning Movement 9:00am-10:00am **Bagua 10-11:00 am *Just Breath 11:30-11:45pm *Ethos Lunch Cafe 12:00pm-1:00pm *Beginners Computer 11:30am-1:00 pm ** Bingo 1:30 - 2:45pm *Afternoon Wind Down 3:00 pm-3:30 pm</p>	<p>15) *Morning Movement 9:00am-10:00am **The Stillness In Me 10:00am-11:00am *Mix & Mingle 11am-12pm *Cyber Security Awareness 11:30pm-1:00pm *Ethos Lunch Cafe 12:00pm-1:00pm *Domino Smackdown 2:00pm -3:00pm</p>	<p>16) *Morning Movement 9:00am-10:00am *United Crafting 9:30am-1:30pm *Ethos Lunch Cafe 12:00pm-1:00pm *Creative Portraits 11:30am-1:30pm *Beginners Computer 1:30pm-2:30 pm *Players Club 1:30pm:3:30pm</p>
<p>19) *Morning Movement 9:00am-10:00am *Mix & Mingle 10:00-10:45am **Yoga & Wellness 11:15am –12:15pm *Ethos Lunch Cafe 12--1:00pm *Beginners Computer 11:30am-1:00pm *Power of Release 12:30pm-1:30pm *Players Club 12:30-3:00pm</p>	<p>20) *Morning Movement 9:00am-10:00am **Low Cardio 10:00am-11:00am *Beginners Computer 11:30-12:30 *Ethos Lunch Cafe 12:00pm-1:00pm North Eastern (Mind Music Imaging Concert) 11:30am-12:30pm Players Club 2:00pm-3:30pm</p>	<p>21) *Morning Movement 9:00am-10:00am **Bagua 10am-11 am *Just Breath 11:30-11:45am *Ethos Lunch Cafe 12:00pm-1:00pm Beginners Computer 11:30am-1:00 pm ** Bingo 1:30 - 2:45pm *Afternoon Wind Down 3:00 pm-3:30 pm</p>	<p>22) Senior Center programs cancelled for the day ***** City Hearing for seniors & veterans 10:00am-1:00pm</p>	<p>23) *Morning Movement 9:00am-10:00am *United Crafting 9:30am-1:30pm *Ethos Lunch Cafe 12:00pm-1:00pm *Creative Portraits 11:30am-1:30pm *Beginners Computer 1:30pm-2:30pm *Players Club 1:30-3:30pm</p>
<p>26) HOLIDAY MEMORIAL DAY SENIOR CENTER CLOSED</p>	<p>27) *Morning Movement 9:00am-10:00am **Low Cardio 10:00am-11:00am **Just Breath 11:15am-11:30am *Beginners Computer 11:30-12:30 *Ethos Lunch Cafe 12-1:00pm *Mass General Presentation (Fall Risk and Balance) 1:00pm-2:00pm Players Club 2:00pm-3:30pm</p>	<p>28) *Morning Movement 9:00am-10:00am **Bagua 10am-11 am *Just Breath 11:30-11:45am *Ethos Lunch Cafe 12:00pm-1:00pm Beginners Computer 11:30am-1:00 pm ** Bingo 1:30 - 2:45pm *Afternoon Wind Down 3:00 pm-3:30 pm</p>	<p>29) *Morning Movement 9:00am-10:00am **The Stillness In Me 10:00am-11:00am *Mix & Minale 11am-12pm *Cyber Security Awareness 11:30 pm-1:00 pm *Ethos Lunch Cafe 12:00pm-1:00pm *Domino Smackdown 2:00pm -3:00pm</p>	<p>30) *Morning Movement 9:00am-10:00am *United Crafting 9:30am-1:30pm *Ethos Lunch Cafe 12:00pm-1:00pm *Creative Portraits 11:30am-1:30pm *Beginners Computer 1:30pm-2:30pm *Players Club 1:30-3:30pm</p>

MAY 2025 Google Program Link

Google Meeting Link for hybrid programs Video link: meet.google.com/gur-rmhe-qfh

*1 asterisk for in-house program

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

** 2 asterisks for hybrid program

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

MAY 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.

Education: Beginners Computer Class: Similar to Tech Café, members are able to bring their personal laptop, Chromebook or phones 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 (fall risk & balance).

Advance Care Planning: Smith Integrated Care Services will be hosting an event called the “Conversation Project. The “Conversation Project” is designed to encourage fun and meaningful discussions among people about their wishes and what matters most with their end-of-life care. Come join us for what we expect to be a wonderful event. Everyone who attends can receive up to \$90 in gift cards for participating in research activities, and complimentary refreshments will be provided to all players. Anyone can play. If you like to participate you must RSVP with the GHSC.

American Lung Cancer Screening Initiative (ALCSI) is conducting the **INSPIRE study**. A nationwide research initiative focused on improving lung cancer screening guidelines for black women with a smoking history. Ultimately, the goal is to identify **new solutions for earlier detection** and improve access to life-saving screenings for high-risk individuals.

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).