



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

Mothers Association Lunch will be held on the 8th of the
month at 11:30-2:00 pm

Enjoy the One Woman Show & Tea Party on the 22nd at
11:30-2:00 pm

Come and join us for Danny Ryan's BBQ party on Thursday
the 29th from 11:30 to 3:00 pm

**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.**

