



BCYF Nazzaro Center Senior Calendar

SUN	MON	TUES	WED	THURS	FRI	SAT
		1 11am: Senior Social Hour 11:30am: Cold Lunch Provided by Ethos 1pm: Senior Bingo	2 10:30am: Senior Dance Fitness	3 10:30am: Senior Yoga 11am: Senior Social Hour 11:30am: Cold Lunch Provided by Ethos 1pm: Senior Bingo 6:30pm-7:30pm: Age Strong: Bota Fogo Dance Fitness (Christopher Columbus Waterfront Park)	4 	
6	7	8 11am: Senior Social Hour 11:30am: Cold Lunch Provided by Ethos 1pm: Senior Bingo	9 10:30am: Senior Dance Fitness	10 10:30am: Senior Yoga 11am: Senior Social Hour 11:30am: Cold Lunch Provided by Ethos 1pm: Senior Bingo 6:30pm-7:30pm: Age Strong: Bota Fogo Dance Fitness (Christopher Columbus Waterfront Park)	11 10:30am: Senior Live Better in Your Body 12pm Lunch & Learn (New Health)	12
13	14 12pm Lecture: Food Health and Alzheimer's (Presentation by Boston University)	15 11am: Senior Social Hour 11:30am: Cold Lunch Provided by Ethos 1pm: Senior Bingo	16 10:30am: Senior Dance Fitness	17 10:30am: Senior Yoga 11am: Senior Social Hour 11:30am: Cold Lunch Provided by Ethos 1pm: Senior Bingo 6:30pm-7:30pm: Age Strong: Bota Fogo Dance Fitness (Christopher Columbus Waterfront Park)	18 10:30am: Senior Live Better in Your Body	19
20	21	22 11am: Senior Social Hour 11:30am: Cold Lunch Provided by Ethos 1pm: Senior Bingo	23 10:30am: Senior Dance Fitness	24 10:30am: Senior Yoga 11am: Senior Social Hour 11:30am: Cold Lunch Provided by Ethos 1pm: Senior Bingo 6:30pm-7:30pm: Age Strong: Bota Fogo Dance Fitness (Christopher Columbus Waterfront Park)	25 10:30am: Senior Live Better in Your Body	26
27	28	29 11am: Senior Social Hour 11:30am: Cold Lunch Provided by Ethos 1pm: Senior Bingo	30 10:30am: Senior Dance Fitness	31 10:30am: Senior Yoga 11am: Senior Social Hour 11:30am: Cold Lunch Provided by Ethos 1pm: Senior Bingo 6:30pm-7:30pm: Age Strong: Bota Fogo Dance Fitness (Christopher Columbus Waterfront Park)	Looking ahead:	