

**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**

**JULY 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 July!</b></p> 	<p>1) * <u>Morning Movement</u> 9:00am-10:00am  **<u>Low Cardio</u> 10:00am-11:00am  * <u>Ethos Lunch Cafe</u> 12:00-1:00pm  <u>Mix &amp; Mingle</u> 1:00pm- 2:00pm  * <u>Players Club</u> 2:30-pm-3:30pm</p>	<p>2) * <u>Morning Movement</u> 9:00am-10:00am  **<u>Bagua</u> 10am-11:am  **<u>Cognitive Care</u> 11:30am-12:30pm  * <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> 3:00pm-3:30pm</p>	<p>3) * <u>Morning Movement</u> 9:00am-10:00am  **<u>The Stillness In Me</u> 10:00am-11:00am  * <u>Taxi Coupon</u> 10am-11am  * <u>Chair Bingo</u> 11:15am-12:15pm  * <u>Cyber Security Awareness</u> 11:30am-1:00pm  * <u>Ethos Lunch Cafe</u> 12-1:00pm  * <u>Domino Smackdown</u> 2-3pm</p>	<p>4) <b>HOLIDAY INDEPENDANCE DAY 4th of JULY</b>   <b>SENIOR CENTER CLOSED</b></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> 12:00pm--1:00pm  * <u>Beginners Computer</u> 11:30am-1:00pm  * <u>Players Club</u> 12:30pm-3:00pm</p>	<p>8) * <u>Morning Movement</u> 9:00am-10:00am  **<u>Low Cardio</u> 10:00am-11:00am  * <u>Taxi Coupon</u> 10am-11am  * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm  * <u>Players Club</u> 2:30-pm-3:30pm</p>	<p>9) * <u>Morning Movement</u> 9:00am-10:00am  **<u>Bagua</u> 10am-11:am  **<u>Cognitive Care</u> 11:30am-12:30pm  * <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> 3:00pm-3:30pm</p>	<p>10) * <u>Morning Movement</u> 9:00am-10:00am  **<u>The Stillness In Me</u> 10:00am-11:00am  * <u>Chair Bingo</u> 11:15am-12:15pm  * <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> 1:30pm-3:30pm</p>
<p>14) * <u>Morning Movement</u> 9:00am-10:00am  * <u>Mix &amp; Mingle</u> 10:00a-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>Ethos Lunch Cafe</u> 12pm-1:00pm  <u>Players Club</u> 2:30pm-3:30pm</p>	<p>16) * <u>Morning Movement</u> 9:00am-10:00am  **<u>Bagua</u> 10-11:00 am  **<u>Cognitive Care</u> 11:30am-12:30pm  * <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> 3:00pm-3:30pm</p>	<p>17) * <u>Morning Movement</u> 9:00am-10:00am  **<u>The Stillness In Me</u> 10:00am-11:00am  * <u>Chair Bingo</u> 11:15am-12:15pm  * <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>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> 1:30pm:3:30pm</p>
<p>21) * <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-1:30  * <u>Boston Festival Orchestra</u> 1:00pm-2:00pm  * <u>Players Club</u> 2:00-3:30pm</p>	<p>22) * <u>Morning Movement</u> 9:00am-10:00am  **<u>Low Cardio</u> 10:00am-11:00am  * <u>Beginners Computer</u> 11:30-12:30pm  <u>Blue Cross Medicare Supplement or Medicare Advantage Plan</u> 11:30am-12:30pm  * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm  <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>Cognitive Care</u> 11:30am-12:30pm  * <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> 3:00pm-3:30pm</p>	<p>24) * <u>Morning Movement</u> 9:00am-10:00am  **<u>The Stillness In Me</u> 10:00am-11:00am  * <u>Chair Bingo</u> 11:15am-12:15pm  * <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> 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>Beginners Computer</u> 11:30-12:30  * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm  <u>Mass General Presentation (virtual)</u> (functioning with neuropathy) 1:00pm-2:00pm  <u>Players Club</u> 2:00pm-3:30pm</p>	<p>30) * <u>Morning Movement</u> 9:00am-10:00am  **<u>Bagua</u> 10am-11 am  **<u>Cognitive Care</u> 11:30am-12:30pm  * <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> 3:00pm3:30pm</p>	<p>31) * <u>Morning Movement</u> 9:00am-10:00am  **<u>The Stillness In Me</u> 10:00am-11:00am  * <u>Chair Bingo</u> 11:15am-12:15pm  * <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>Taxi Coupons will be available for purchase <u>July 3rd</u> the first Thursday of the month. 10:00 am-11:00 am  *****  <u>Ethos Cafe Pre-Registration Required Lunch Pick-Up</u>  <u>First Come First Serve</u>  <u>Mon-Fri 11:30 am- 2:30 pm</u>  *****  <u>Age Strong Property Tax Work-Off Program Paperwork Pick-up</u>  <u>10:30am-11:00am Monday July 7th</u></p>

## July 2025 Google Program Link

Google Meeting Link for hybrid programs Video link: <https://meet.google.com/iwc-ntbm-oie>

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

- \* Morning Movement
- \* Computers
- \* United Crafting
- \* Domino Smackdown
- \* Game Show Classic
- \* Afternoon Wind Down
- \* Cognitive Care
- \* 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
- \*\* Bingo
- \*\* Trivia
- \*\* Chair Bingo

## JULY 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 Breathe:** 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 (functioning with Neuropathy).). **Blue Cross Blue Shield Exploring Medicare Advantage Plans:** Have you ever wondered about the Medicare Advantage plans advertised on TV? Join us. A Blue Shield of Massachusetts representative unravels the options.

**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).