



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**

January 2026

**** 2 asterisks for hybrid program**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To all celebrating a birthday in January!</p> 	<p><u>Taxi Coupons</u> will be available for purchase January 6th 10:00 am-11:00 am</p>	<p><u>Ethos Cafe Lunch</u> Pre-Registration Required. Pick-Up First Come First Serve Mon-Fri 11:30 am- 2:30pm</p>	<p>Age Strong RSVP Paperwork Pick-Up January 7th. 10:30am-11:00am</p>	<p>2) *<u>Morning Movement</u> 9am-10am *<u>United Crafting</u> 9:30am-1:30pm *<u>Creative Portraits</u> 11:30am-1:30pm *<u>Ethos Lunch Cafe</u> 12pm-1pm *<u>Tech Support</u> 1:30pm-2:30pm * <u>Players Club</u> 1:30-3:30pm</p>
<p>5) *<u>Morning Movement</u> 9am-10am * <u>Mix & Mingle</u> 10:00 -10:45am ** <u>Yoga & Wellness</u> 11:15am-12:15pm *<u>Ethos Lunch Cafe</u> 12:00-1:00pm <u>Power Of Release</u> 12:30-1:30pm *<u>Tech Support</u> 11:30am-1:30pm * <u>Players Club</u> 12:30pm-3:00pm</p>	<p>6) * <u>Morning Movement</u> 9am-10am ** <u>Low Cardio</u> 10am-11am <u>Taxi Coupon Pick-Up</u> 10am-11am <u>Medicare Enrollment</u> 11:30am-12:30pm *<u>Tech Support</u> 12:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12pm-1pm *<u>Chair Bingo</u> 1pm-2pm * <u>Players Club</u> 2:30pm-3:30pm</p>	<p>7) * <u>Morning Movement</u> 9am-10am ** <u>Bagua</u> 10am-11am <u>RSVP Pick-up</u> 10:30 -11:00 am ** <u>Cognitive Care</u> 11:30am-12:30pm *<u>Tech Support</u> 11:30am-1:30pm *<u>Ethos Lunch Cafe</u> 12-1:00pm ** <u>Bingo</u> 1:30 -2:45pm *<u>Afternoon Wind Down</u> 3-3:30pm</p>	<p>8) * <u>Morning Movement</u> 9am-10am ** <u>The Stillness In Me</u> 10am -11am *<u>Tech Support</u> 11:30am-1:30pm *<u>Trivia</u> 11:45am-12:15pm *<u>Ethos Lunch Cafe</u> 12:00pm-1:00pm *<u>Domino Smackdown</u> 2:00pm-3:00pm</p>	<p>9) *<u>Morning Movement</u> 9am-10am *<u>United Crafting</u> 9:30am-1:30pm *<u>Creative Portraits</u> 11:30am-1:30pm *<u>Ethos Lunch Cafe</u> 12pm-1pm *<u>Tech Support</u> 1:30pm-2:30pm * <u>Players Club</u> 1:30-3:30pm</p>
<p>12) *<u>Morning Movement</u> 9am-10am * <u>Mix & Mingle</u> 10:00 -10:45am ** <u>Yoga & Wellness</u> 11:15am-12:15pm *<u>Ethos Lunch Cafe</u> 12:00-1:00pm <u>Power Of Release</u> 12:30-1:30pm *<u>Tech Support</u> 11:30am-1:30pm * <u>Players Club</u> 12:30pm-3:00pm</p>	<p>13) * <u>Morning Movement</u> 9am-10am ** <u>Low Cardio</u> 10am-11am *<u>Rebuilding Together</u> 11:30am-12:30pm *<u>Tech Support</u> 12:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12pm-1pm *<u>Memory Cafe</u> 1-2pm * <u>Players Club</u> 2:30pm-3:30pm</p>	<p>14) *<u>Morning Movement</u> 9am-10am ** <u>Bagua</u> 10-11am ** <u>Cognitive Care</u> 11:30am-12:30pm *<u>Tech Support</u> 11:30am-1:30pm *<u>Ethos Lunch Cafe</u> 12-1:00pm ** <u>Bingo</u> 1:30pm -2:45pm *<u>Afternoon Wind Down</u> 3pm-3:30pm</p>	<p>15) * <u>Morning Movement</u> 9am-10am ** <u>The Stillness In Me</u> 10:00am-11:00am *<u>Tech Support</u> 11:30am-1:30pm *<u>Trivia</u> 11:15am-12:15pm *<u>Ethos Lunch Cafe</u> 12:00pm-1:00pm *<u>Domino Smackdown</u> 2:00pm-3:00pm</p>	<p>16) *<u>Morning Movement</u> 9am-10am *<u>United Crafting</u> 9:30am-1:30pm *<u>Creative Portraits</u> 11:30am-1:30pm *<u>Ethos Lunch Cafe</u> 12pm-1pm *<u>Tech Support</u> 1:30pm-2:30pm * <u>Players Club</u> 1:30-3:30pm</p>
<p>19) <u>HOLIDAY</u> Martin Luther King Jr.'s Birthday Senior Center Closed</p>	<p>20) * <u>Morning Movement</u> 9am-10am ** <u>Low Cardio</u> 10am-11am *<u>Tech Support</u> 11:30am-12:30pm * <u>Ethos Lunch Cafe</u> 12pm-1pm *<u>Chair Bingo</u> 1pm-2pm * <u>Players Club</u> 2:30pm-3:30pm</p>	<p>21) *<u>Morning Movement</u> 9am-10am ** <u>Bagua</u> 10am -11am ** <u>Cognitive Care</u> 11:30am-12:30pm *<u>Tech Support</u> 11:30am-1:30pm *<u>Ethos Lunch Cafe</u> 12 -1:00 pm ** <u>Bingo</u> 1:30pm -2:45pm *<u>Afternoon Wind Down</u> 3pm-3:30pm</p>	<p>22) * <u>Morning Movement</u> 9am-10am ** <u>The Stillness In Me</u> 10:00am-11:00 am *<u>Tech Support</u> 11:30am-1:30pm *<u>Trivia</u> 11:45am-12:15pm *<u>Ethos Lunch Cafe</u> 12:00pm-1:00pm *<u>Domino Smackdown</u> 2:00pm-3:00pm</p>	<p>23) *<u>Morning Movement</u> 9am-10am *<u>United Crafting</u> 9:30am-1:30pm *<u>Creative Portraits</u> 11:30am-1:30pm *<u>Ethos Lunch Cafe</u> 12pm-1pm *<u>Tech Support</u> 1:30-2:30pm * <u>Players Club</u> 1:30-3:30pm</p>
<p>26) *<u>Morning Movement</u> 9am-10am * <u>Mix & Mingle</u> 10 -10:45am ** <u>Yoga & Wellness</u> 11:15am-12:15pm *<u>Ethos Lunch Cafe</u> 12:00-1:00pm <u>Power Of Release</u> 12:30-1:30pm *<u>Tech Support</u> 11:30am-1:30pm * <u>Players Club</u> 12:30-3:00pm</p>	<p>27) * <u>Morning Movement</u> 9am-10am ** <u>Low Cardio</u> 10am-11am <u>Ethos Music Trivia</u> 11:30am-12:30pm *<u>Tech Support</u> 11:30am-12:30pm * <u>Ethos Lunch Cafe</u> 12pm-1pm *<u>Chair Bingo</u> 1pm-2pm * <u>Players Club</u> 2:30pm -3:30pm</p>	<p>28) *<u>Morning Movement</u> 9am-10am ** <u>Bagua</u> 10am-11am *<u>Alzheimer's Assn. Present</u> <u>(communicating effectively)</u> 11:30am-12:30pm *<u>Tech Support</u> 11:30am-1:30pm *<u>Ethos Lunch Cafe</u> 12:00pm-1:00pm ** <u>Bingo</u> 1:30pm - -2:45pm *<u>Afternoon Wind Down</u> 3pm -3:30pm</p>	<p>29) * <u>Morning Movement</u> 9am-10am ** <u>The Stillness In Me</u> 10:00am-11:00am *<u>Tech Support</u> 11:30am-1:30pm *<u>Trivia</u> 11:45am-12:15pm *<u>Ethos Lunch Cafe</u> 12:00pm-1:00pm *<u>Domino Smackdown</u> 2:00pm-3:00pm</p>	<p>30) *<u>Morning Movement</u> 9am-10am *<u>United Crafting</u> 9:30am-1:30pm *<u>Creative Portraits</u> 11:30am-1:30pm *<u>Ethos Lunch Cafe</u> 12pm-1pm *<u>Tech Support</u> 1:30-2:30pm * <u>Players Club</u> 1:30-3:30pm</p>

[January 2026 Google Program Link](#)

[Google Meeting Link for hybrid programs](#)

Video link:<https://meet.google.com/iwc-ntbm-oie>

[*1 asterisk for in-house program](#)

[** 2 asterisks for hybrid program](#)

* **Morning Movement** * **Presentations**
* **Tech Support** * **Creative Portraits**
* **United Crafting** * **Players Club**
* **Domino Smackdown** * **Power of Release**
* **Mix & Mingle** * **Cognitive Care**

* **Afternoon Wind Down**

** **Yoga**
** **Low Cardio** ** **Bingo**
** **Bagua** ** **Trivia**
** **The Stillness in Me** ** **Chair Bingo**
** **Memory Cafe**

[January 2026 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. [Let's Dance](#): A beginner friendly program that encourages movement to different genres of music. Each week older adults will either learn new steps or spend time moving with one another.

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. [Memory Café](#): A safe space for seniors living with dementia to interact, laugh, find support, share concerns, and socialize with other members without fear of feeling out of place.

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. [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. [Chair Bingo](#): A type of bingo game that features seated stretches and simple movement that must be completed in order to mark your game card. [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/Presentations: [Tech Support](#): In-House program only. Members are able to bring their personal laptop, Chromebook or phones to receive help with questions they may have on technology. [Medicare Enrollment](#): Ernest Wise is a medicare specialist working in the Suffolk and Bristol county area. His goal is to educate and provide Medicare Beneficiaries with information about their benefits. [Rebuilding Together Boston](#): organizes and collaborates with skilled and unskilled workers, tradespeople, volunteers, and other community members and non-profit organizations to meet the urgent needs of our communities through: preserving affordable housing, stabilizing neighborhoods, providing safety, security, and independence to our neighbors, and reducing housing instability and homelessness. [Ethos Music Tricia](#): is time set aside for members to enjoy a warm meal, socialize with one another, and have an opportunity to discuss with Ethos nutrition activity coordinator about their opinion of the Ethos lunches. [Communicating Effectively](#) hosted by the Alzheimer's Association, this presentation teaches how dementia affects communication, including tips for communicating well with family, friends and healthcare professionals.

Extra: [Taxi Coupons](#): Taxi coupon distribution normally takes place the first Tuesday of the month, from 10-11am. Price for purchase is 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).