



Michelle Wu, Mayor

**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**

| <b>January 2026</b>  |   |  |  |   |
|--|---|--|--|---|
| <b>*1 asterisk for in-house program</b>  |   |  |  |   |
| <b>** 2 asterisks for hybrid program</b>   |   |  |  |   |
| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
| <p><b>To all celebrating a birthday in January!</b></p>    | <p><b>Taxi Coupons</b> will be available for purchase January 6th 10:00 am-11:00 am</p>   | <p><b>Ethos Cafe Lunch</b><br/> <b>Pre-Registration Required.</b> Pick-Up First Come First Serve Mon-Fri 11:30 am- 2:30pm</p>  | <p><b>Age Strong</b><br/> <b>RSVP Paperwork</b><br/> <b>Pick-Up January 7th.</b> 10:30am-11:00am</p>   | <p><b>2) *Morning Movement</b><br/> 9am-10am<br/> <b>*United Crafting</b><br/> 9:30am-1:30pm<br/> <b>*Creative Portraits</b><br/> 11:30am-1:30pm<br/> <b>*Ethos Lunch Cafe</b><br/> 12pm-1pm<br/> <b>*Tech Support</b><br/> 1:30pm-2:30pm<br/> <b>*Players Club</b> 1:30-3:30pm</p>   |
| <p><b>5) *Morning Movement</b><br/> 9am-10am<br/> <b>*Mix &amp; Mingle</b> 10:00 -10:45am<br/> <b>**Yoga &amp; Wellness</b><br/> 11:15am-12:15pm<br/> <b>*Ethos Lunch Cafe</b> 12:00-1:00pm<br/> <b>Power Of Release</b> 12:30-1:30pm<br/> <b>*Tech Support</b> 11:30am-1:30pm<br/> <b>*Players Club</b> 12:30pm-3:00pm</p>  | <p><b>6) * Morning Movement</b><br/> 9am-10am<br/> <b>**Low Cardio</b> 10am-11am<br/> <b>Taxi Coupon Pick-Up</b><br/> 10am-11am<br/> <b>Medicare Enrollment</b><br/> 11:30am-12:30pm<br/> <b>*Tech Support</b><br/> 12:30am-1:30pm<br/> <b>*Ethos Lunch Cafe</b> 12pm-1pm<br/> <b>*Chair Bingo</b> 1pm-2pm<br/> <b>* Players Club</b> 2:30pm-3:30pm</p> | <p><b>7) *Morning Movement</b><br/> 9am-10am<br/> <b>**Bagua</b> 10am-11am<br/> <b>RSVP Pick-up</b> 10:30 -11:00 am<br/> 11:30am-12:30pm<br/> <b>*Tech Support</b><br/> 11:30am-1:30pm<br/> <b>*Ethos Lunch Cafe</b> 12-1:00pm<br/> <b>** Bingo</b> 1:30 -2:45pm<br/> <b>*Afternoon Wind Down</b><br/> 3-3:30pm</p>  | <p><b>8) * Morning Movement</b><br/> 9am-10am<br/> <b>**The Stillness In Me</b><br/> 10am -11am<br/> <b>*Tech Support</b><br/> 11:30am-1:30pm<br/> <b>*Trivia</b><br/> 11:45am-12:15pm<br/> <b>*Ethos Lunch Cafe</b><br/> 12:00pm-1:00pm<br/> <b>*Domino Smackdown</b><br/> 2:00pm-3:00pm</p>        | <p><b>9) *Morning Movement</b><br/> 9am-10am<br/> <b>*United Crafting</b><br/> 9:30am-1:30pm<br/> <b>*Creative Portraits</b><br/> 11:30am-1:30pm<br/> <b>*Ethos Lunch Cafe</b><br/> 12pm-1pm<br/> <b>*Tech Support</b><br/> 1:30pm-2:30pm<br/> <b>* Players Club</b> 1:30-3:30pm</p>  |
| <p><b>12) *Morning Movement</b><br/> 9am-10am<br/> <b>*Mix &amp; Minale</b> 10:00 -10:45am<br/> <b>**Yoga &amp; Wellness</b><br/> 11:15am-12:15pm<br/> <b>*Ethos Lunch Cafe</b> 12:00-1:00pm<br/> <b>Power Of Release</b> 12:30-1:30pm<br/> <b>*Tech Support</b> 11:30am-1:30pm<br/> <b>*Players Club</b> 12:30pm-3:00pm</p> | <p><b>13) * Morning Movement</b><br/> 9am-10am<br/> <b>**Low Cardio</b> 10am-11am<br/> <b>*Rebuilding Together</b><br/> 11:30am-12:30pm<br/> <b>*Tech Support</b><br/> 12:30am-1:30pm<br/> <b>*Ethos Lunch Cafe</b> 12pm-1pm<br/> <b>*Memory Cafe</b> 1-2pm<br/> <b>* Players Club</b> 2:30pm-3:30pm</p>  | <p><b>14) *Morning Movement</b><br/> 9am-10am<br/> <b>**Bagua</b> 10-11am<br/> <b>**Cognitive Care</b><br/> 11:30am-12:30pm<br/> <b>*Tech Support</b><br/> 11:30am-1:30pm<br/> <b>*Ethos Lunch Cafe</b> 12-1:00pm<br/> <b>** Bingo</b> 1:30pm -2:45pm<br/> <b>*Afternoon Wind Down</b><br/> 3pm-3:30pm</p>   | <p><b>15) * Morning Movement</b><br/> 9am-10am<br/> <b>**The Stillness In Me</b><br/> 10:00am-11:00am<br/> <b>*Tech Support</b><br/> 11:30am-1:30pm<br/> <b>*Trivia</b><br/> 11:15am-12:15pm<br/> <b>*Ethos Lunch Cafe</b><br/> 12:00pm-1:00pm<br/> <b>*Domino Smackdown</b><br/> 2:00pm-3:00pm</p>  | <p><b>16) *Morning Movement</b><br/> 9am-10am<br/> <b>*United Crafting</b><br/> 9:30am-1:30pm<br/> <b>*Creative Portraits</b><br/> 11:30am-1:30pm<br/> <b>*Ethos Lunch Cafe</b><br/> 12pm-1pm<br/> <b>*Tech Support</b><br/> 1:30pm-2:30pm<br/> <b>* Players Club</b> 1:30-3:30pm</p> |
| <p><b>19) <u>HOLIDAY</u></b><br/> <b>Martin Luther King Jr.'s Birthday</b><br/> <b>Senior Center Closed</b></p>  | <p><b>20) * Morning Movement</b><br/> 9am-10am<br/> <b>**Low Cardio</b> 10am-11am<br/> <b>*Tech Support</b><br/> 11:30am-12:30pm<br/> <b>*Ethos Lunch Cafe</b> 12pm-1pm<br/> <b>*Chair Bingo</b> 1pm-2pm<br/> <b>* Players Club</b> 2:30pm-3:30pm</p>   | <p><b>21) *Morning Movement</b><br/> 9am-10am<br/> <b>**Bagua</b> 10am -11am<br/> <b>**Cognitive Care</b><br/> 11:30am-12:30pm<br/> <b>*Tech Support</b><br/> 11:30am-1:30pm<br/> <b>*Ethos Lunch Cafe</b> 12 -1:00 pm<br/> <b>** Bingo</b> 1:30pm -2:45pm<br/> <b>*Afternoon Wind Down</b><br/> 3pm-3:30pm</p>  | <p><b>22) * Morning Movement</b><br/> 9am-10am<br/> <b>**The Stillness In Me</b><br/> 10:00am-11:00 am<br/> <b>*Tech Support</b><br/> 11:30am-1:30pm<br/> <b>*Trivia</b><br/> 11:45am-12:15pm<br/> <b>*Ethos Lunch Cafe</b><br/> 12:00pm-1:00pm<br/> <b>*Domino Smackdown</b><br/> 2:00pm-3:00pm</p> | <p><b>23) *Morning Movement</b><br/> 9am-10am<br/> <b>*United Crafting</b><br/> 9:30am-1:30pm<br/> <b>*Creative Portraits</b><br/> 11:30am-1:30pm<br/> <b>*Ethos Lunch Cafe</b><br/> 12pm-1pm<br/> <b>*Tech Support</b><br/> 1:30-2:30pm<br/> <b>* Players Club</b> 1:30-3:30pm</p>   |
| <p><b>26) *Morning Movement</b><br/> 9am-10am<br/> <b>*Mix &amp; Mingle</b> 10 -10:45am<br/> <b>**Yoga &amp; Wellness</b><br/> 11:15am-12:15pm<br/> <b>*Ethos Lunch Cafe</b> 12:00-1:00pm<br/> <b>Power Of Release</b> 12:30-1:30pm<br/> <b>*Tech Support</b> 11:30am-1:30pm<br/> <b>*Players Club</b> 12:30-3:00pm</p>      | <p><b>27) * Morning Movement</b><br/> 9am-10am<br/> <b>**Low Cardio</b> 10am-11am<br/> <b>Ethos Music Trivia</b><br/> 11:30am-12:30pm<br/> <b>*Tech Support</b><br/> 11:30am-12:30pm<br/> <b>*Ethos Lunch Cafe</b> 12pm-1pm<br/> <b>*Chair Bingo</b> 1pm-2pm<br/> <b>* Players Club</b> 2:30pm -3:30pm</p>  | <p><b>28) *Morning Movement</b><br/> 9am-10am<br/> <b>**Bagua</b> 10am-11am<br/> <b>*Alzheimer's Assn. Present (communicating effectively)</b><br/> 11:30am-12:30pm<br/> <b>*Tech Support</b><br/> 11:30am-1:30pm<br/> <b>*Ethos Lunch Cafe</b><br/> 12:00pm-1:00pm<br/> <b>** Bingo</b> 1:30pm - 2:45pm<br/> <b>*Afternoon Wind Down</b><br/> 3pm -3:30pm</p> | <p><b>29) * Morning Movement</b><br/> 9am-10am<br/> <b>**The Stillness In Me</b><br/> 10:00am-11:00am<br/> <b>*Tech Support</b><br/> 11:30am-1:30pm<br/> <b>*Trivia</b><br/> 11:45am-12:15pm<br/> <b>*Ethos Lunch Cafe</b><br/> 12:00pm-1:00pm<br/> <b>*Domino Smackdown</b><br/> 2:00pm-3:00pm</p>  | <p><b>30) *Morning Movement</b><br/> 9am-10am<br/> <b>*United Crafting</b><br/> 9:30am-1:30pm<br/> <b>*Creative Portraits</b><br/> 11:30am-1:30pm<br/> <b>*Ethos Lunch Cafe</b><br/> 12pm-1pm<br/> <b>*Tech Support</b><br/> 1:30-2:30pm<br/> <b>* Players Club</b> 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](https://meet.google.com/iwc-ntbm-oie)

\*1 asterisk for in-house program

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

\*\* 2 asterisks for hybrid program

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

## 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).