



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

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