



# BCYF BEVERLY GIBBONS COMMUNITY CENTER

For Older Adults



## ACTIVITIES

**Lunch provided by Ethos:  
Mondays, Wednesdays, and Fridays 12pm**

**Exercise Class Low-impact Aerobics 10 + 11:30pm**

**Chair Yoga with weights and meditation:  
THURSDAYS 9-10AM & 10-11AM**

**Come and play Bingo:  
Wednesdays & Fridays 10:30pm - 3:00pm**

**382 MAIN STREET,  
CHARLESTOWN, MA  
02129**

MONDAY THROUGH FRIDAY,  
8AM TO 4PM

PHONE: 617-635-5175

FAX: 617-635-5647

**BCYF Gibbons Center is a senior center featuring a multi- purpose community room. BCYF's network of community centers offer a wide range of diverse features and programs that are as unique as the neighborhoods they serve.**

**Coffee and Conversation, Daily at 8:15am**

**Age Strong Advocacy, call the center for an appointment.**

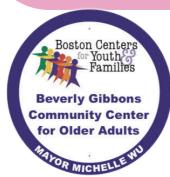
**Tech Help with Serge will start back up on Monday, January 26<sup>th</sup> from 9am to 11am**

**Walking club continues on Wednesdays at 10am with the Boston Police Department**



# 2026

# January



Ethos Lunch on  
Mondays,  
Wednesdays, and  
Fridays. \$2.00  
Donation

Thursday 1

**CLOSED FOR  
New  
Year's  
Day**

Friday 2

Advocacy Support  
8-2 pm  
Coffee & Conversation  
8-10 am  
**Card Games 9-10:15**  
Bingo 10-12 &  
12:30-3:30 pm  
Ethos Lunch  
12-12:45 pm

Tuesday 6

**Monday 5**  
Advocacy Support  
8-2 pm  
Coffee & Conversation  
8-10 am  
**Pokeno 11-2 pm**  
Ethos Lunch  
12-12:45 pm

Advocacy Support  
8-2 pm  
Coffee & Conversation  
8-10 am  
**Cardio Exercise**  
10-10:40 & 11:30-12:15  
Line Dancing  
10:40-11:05 am  
**Book Club 12:40-1:40**  
"A Gentleman in  
Moscow" Amor Towles

Wednesday 7

**Crocheting with  
Marisa 8:30-10 am**  
Coffee & Conversation  
8-10 am  
**Card Games 9-10:15**  
Bingo 10:30:12 &  
12:30-3:30 pm  
**Forever Young  
Program**  
**Carter Playground  
Bubble**  
**11:15-1:15 pm**  
Ethos Lunch  
12-12:45 pm

Thursday 8

Advocacy Support  
8-2 pm  
Coffee & Conversation  
8-10 am  
**Yoga 9-10 & 10-11 am**  
Friendship Club  
11-1 pm  
**Lunch & Learn Health  
Center**  
**Topic TBD 11:45-2 pm**

Friday 9

Advocacy Support  
8-2 pm  
Coffee & Conversation  
8-10 am  
**Card Games 9-10:15**  
**Yoga with mats  
9:15-10 AM**  
Bingo 10-12 &  
12:30-3:30 pm  
Ethos Lunch  
12-12:45 pm

Monday 12

Advocacy Support  
8-2 pm  
Coffee & Conversation  
8-10 am  
**LCR Dice Game  
11-2pm**  
Ethos Lunch  
12-12:45 pm

Tuesday 13

Advocacy Support 8-2  
pm  
Coffee & Conversation  
8-10 am  
**Cardio Exercise**  
10-10:40 & 11:30-12:15  
Line Dancing  
10:40-11:05 am

Wednesday 14

**Crocheting with Marisa  
8:30-10 am**  
Card Games 9-10:15  
Bingo 10:30-12 &  
12:30-3:30 pm  
**Forever Young  
Program**  
**Carter Playground  
Bubble**  
**11:15-1:15 pm**  
Ethos Lunch  
12-12:45 pm

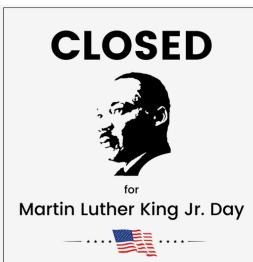
Thursday 15

Advocacy Support  
8-2 pm  
Coffee & Conversation  
8-10 am  
**Yoga 9-10 & 10-11 am**  
Friendship Club  
11-1 pm

Friday 16

Advocacy Support  
8-2 pm  
Coffee & Conversation  
8-10 am  
**Yoga with mats  
9:15-10 AM**  
Card Games 9-10:15  
Bingo 10-12 &  
12:30-3:30 pm  
Ethos Lunch  
12-12:45 pm

Monday 19



Tuesday 20

Advocacy Support  
8-2 pm  
Coffee & Conversation  
8-10 am  
**Cardio Exercise**  
10-10:40 & 11:30-12:15  
Line Dancing  
10:40-11:05 am  
**North End Bingo  
11-3:30 pm**

Wednesday 21

**Crocheting with Marisa  
8:30-10 am**  
Card Games 9-10:15  
Bingo 10:30-12 &  
12:30-3:30 pm  
**Forever Young  
Program**  
**Carter Playground  
Bubble**  
**11:15-1:15 pm**  
Ethos Lunch  
12-12:45 pm

Thursday 22

Advocacy Support  
8-2 pm  
Coffee & Conversation  
8-10 am  
**Yoga 9-10 & 10-11am**  
Friendship Club  
11-1 pm

Friday 23

Advocacy Support  
8-2 pm  
Coffee & Conversation  
8-10 am  
**Card Games 9-10:15**  
Bingo 10-12 &  
12:30-3:30 pm  
Ethos Lunch  
12-12:45 pm

Monday 26

Coffee & Conversation  
8-10 am  
**Tech Help 9-11 am**  
**Screw your neighbor  
11-2 pm**  
Ethos Lunch  
12-12:45 pm

Tuesday 27

Advocacy Support  
8-2 pm  
Coffee & Conversation  
8-10 am  
**Cardio Exercise**  
10-10:40 & 11:30-12:15  
Line Dancing  
10:40-11:05 am

Wednesday 28

**Crocheting with Marisa  
8:30-10 am**  
Card Games 9-10:15  
Bingo 10:30-12  
& 12:30-3:30 pm  
**Forever Young  
Program**  
**Carter Playground  
Bubble**  
**11:15-1:15 pm**

Thursday 29

Advocacy Support  
8-2 pm  
Coffee & Conversation  
8-10 am  
**Yoga 9-10 & 10-11 am**  
Friendship Club  
11-1 pm

Friday 30

Advocacy Support  
8-2 pm  
Coffee & Conversation  
8-10 am  
Card Games 9-10:15  
**Yoga with mats  
9:15-10 AM**  
Bingo 10-12  
& 12:30-3:30 pm  
Ethos Lunch  
12-12:45 pm