



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

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 26th from 9am to 11am

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

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

MONDAY THROUGH FRIDAY,
8AM TO 4PM

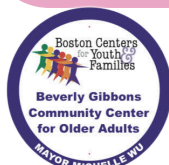
PHONE: 617-635-5175

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.



2026 January



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



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

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

Tuesday 6
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

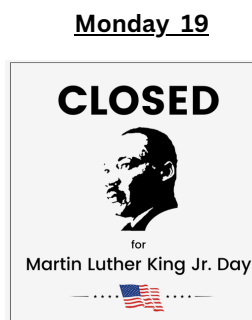
Monday 12
Advocacy Support
8-2 pm
Coffee & Conversation
8-10 am
LCR Dice Game
11-2pm
Ethos Lunch
12-12:45 pm

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



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