



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

***1 asterisk for in-house program**

February 2026

**** 2 asterisks for hybrid program**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| <p>2) * <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> 9:30am-1:30pm * <u>Players Club</u> 12:30pm-3:00pm</p> | <p>3) * <u>Morning Movement</u> 9am-10am ** <u>Low Cardio</u> 10am-11am <u>Taxi Coupon Pick-Up</u> 10am-11am <u>Codman Sq. NDC</u> (Estate Planning) 11:30am-12:30pm * <u>Tech Support</u> 9:30am-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>4) * <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> 9:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12-1:00pm ** <u>Bingo</u> 1:30 -2:45pm * <u>Afternoon Wind Down</u> 3:00pm-3:30pm</p> | <p>5) * <u>Morning Movement</u> 9am-10am ** <u>The Stillness In Me</u> 10am -11am * <u>Tech Support</u> 9:30am-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>6) * <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> 9:30am-1:30pm * <u>Players Club</u> 1:30-3:30pm</p> |
| <p>9) * <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> 9:30am-1:30pm * <u>Players Club</u> 12:30pm-3:00pm</p> | <p>10) * <u>Morning Movement</u> 9am-10am ** <u>Low Cardio</u> 10am-11am * <u>Memory Cafe</u> 11:30am-12:30pm * <u>Tech Support</u> 9:30am-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>11) * <u>Morning Movement</u> 9am-10am ** <u>Bagua</u> 10am-11am ** <u>Cognitive Care</u> 11:30am-12:30pm * <u>Tech Support</u> 9:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12-1:00pm ** <u>Bingo</u> 1:30 -2:45pm * <u>Afternoon Wind Down</u> 3:00pm-3:30pm</p> | <p>12) * <u>Morning Movement</u> 9am-10am ** <u>The Stillness In Me</u> 10am -11am * <u>Tech Support</u> 9:30am-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>13) * <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> 9:30am-1:30pm * <u>Players Club</u> 1:30-3:30pm</p> |
| <p>16) HOLIDAY Presidents Day Senior Center Closed</p> | <p>17) * <u>Morning Movement</u> 9am-10am ** <u>Low Cardio</u> 10am-11am * <u>Reminiscing Romance</u> (Karaoke) * <u>Tech Support</u> 9:30am-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>18) * <u>Morning Movement</u> 9am-10am ** <u>Bagua</u> 10-11am ** <u>Cognitive Care</u> 11:30am-12:30pm * <u>Tech Support</u> 9:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12-1:00pm ** <u>Bingo</u> 1:30pm -2:45pm * <u>Afternoon Wind Down</u> 3:00pm-3:30pm</p> | <p>19) * <u>Morning Movement</u> 9am-10am ** <u>The Stillness In Me</u> 10:00am-11:00am * <u>Tech Support</u> 9:30am-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>20) * <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> 9:30am-1:30pm * <u>Players Club</u> 1:30-3:30pm</p> |
| <p>23) <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> 9:30am-1:30pm * <u>Players Club</u> 12:30pm-3:00pm</p> | <p>24) * <u>Morning Movement</u> 9am-10am ** <u>Low Cardio</u> 10am-11am * <u>Tech Support</u> 9:30am-12:30pm <u>MGH Presentation</u> (Cancer Survivorship) 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>25) * <u>Morning Movement</u> 9am-10am ** <u>Bagua</u> 10am -11am ** <u>Cognitive Care</u> 11:30am-12:30pm * <u>Tech Support</u> 9:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12 -1:00 pm ** <u>Bingo</u> 1:30pm -2:45pm * <u>Afternoon Wind Down</u> 3:00pm-3:30pm</p> | <p>26) * <u>Morning Movement</u> 9am-10am ** <u>The Stillness In Me</u> 10:00am-11:00 am * <u>Tech Support</u> 9:30am-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>27) * <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> 9:30am -1:30pm * <u>Players Club</u> 1:30-3:30pm</p> |
| <p>To all celebrating a birthday in February !</p> | <p><u>Taxi Coupons</u> will be available for purchase February 3rd 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><u>Age Strong</u> RSVP Paperwork Pick-Up February 4th. 10:30am-11:00am</p> | |



February 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 Café

February 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.

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. Reminiscing Romance: Members will have fun going down memory lane karaoke singing to their favorite love songs.

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. Codman Square NDC: Presenters will explain estate planning. Mass. General: A virtual presentation on cancer survivorship.

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).