



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

MARCH 2026

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|--|--|---|--|---|--|--|--|--|--|
| <p>2) *Morning Movement 9am-10am * Mix & Minale 10:00 -10:45 am **Yoga & Wellness 11:15am-12:15pm *Ethos Lunch Cafe 12:00-1:00pm Power Of Release 12:30-1:30pm *Tech Support 9:30am-1:30pm *Players Club 12:30pm-3:00pm</p> | | <p>3) * Morning Movement 9am-10am **Low Cardio 10am-11am Taxi Coupon Pick-Up 10am-11am *Ethos Music Trivia 11:30am-12:30pm *Tech Support 9:30am-1:30pm * Ethos Lunch Cafe 12pm-1pm *Ethos Nutrition Presentation 1pm-2pm * Players Club 2:30pm-3:30pm</p> | | <p>4) *Morning Movement 9am-10am **Baqua 10am-11am RSVP Pick-up 10:30 -11:00 am *Rebuilding Together Boston (home renovation) 11:00am-12:00pm *Tech Support 9:30am-1:30pm *Ethos Lunch Cafe 12-1:00pm ** Bingo 1:30pm -2:45pm *Afternoon Wind Down 3:00pm-3:30pm</p> | | <p>5) * Morning Movement 9am-10am **The Stillness In Me 10am -11am *Tech Support 9:30am-1:30pm *Trivia 11:45am-12:15pm *Ethos Lunch Cafe 12:00pm-1:00pm *Domino Smackdown 2:00pm-3:00pm</p> | | <p>6) *Morning Movement 9am-10am *United Crafting 9:30am-1:30pm *Creative Portraits 11:30am-1:30pm *Ethos Lunch Cafe 12pm-1pm *Tech Support 9:30am-1:30pm * Players Club 1:30-3:30pm</p> | |
| <p>9) *Morning Movement 9am-10am * Mix & Minale 10:00 -10:45 am **Yoga & Wellness 11:15-12:15pm *Ethos Lunch Cafe 12:00-1:00pm Power Of Release 12:30-1:30pm *Tech Support 9:30am-1:30pm *Active Ailey Aging Dance Program (Class Full No Seats Available) 1:00pm-2:00pm *Players Club 2pm- 3:30pm</p> | | <p>10) * Morning Movement 9am-10am **Low Cardio 10am-11am *Memory Cafe 11:30am-12:30pm *Tech Support 9:30am-1:30pm * Ethos Lunch Cafe 12pm-1pm *Chair Bingo 1pm-2pm * Players Club 2:30pm-3:30pm</p> | | <p>11) *Morning Movement 9am-10am **Baqua 10am-11am **Cognitive Care 11:30am-12:30pm *Tech Support 9:30am-1:30pm *Ethos Lunch Cafe 12-1:00pm ** Bingo 1:30 -2:45 pm *Afternoon Wind Down 3:00pm-3:30pm</p> | | <p>12) * Morning Movement 9am-10am **The Stillness In Me 10am -11am *Tech Support 9:30am-1:30pm *Trivia 11:45am-12:15pm *Ethos Lunch Cafe 12:00pm-1:00pm *Domino Smackdown 2:00pm-3:00pm</p> | | <p>13) *Morning Movement 9am-10am *United Crafting 9:30am-1:30pm *Creative Portraits 11:30am-1:30pm *Ethos Lunch Cafe 12pm-1pm *Tech Support 9:30am-1:30pm * Players Club 1:30-3:30pm</p> | |
| <p>16) *Morning Movement 9am-10am * Mix & Minale 10:00 -10:45 am **Yoga & Wellness 11:15am-12:15pm *Ethos Lunch Cafe 12:00-1:00pm Power Of Release 12:30-1:30pm *Tech Support 9:30am-1:30pm *Players Club 12:30pm-3:00pm</p> | | <p>17) * Morning Movement 9am-10am **Low Cardio 10am-11am *Tech Support 9:30am-1:30pm * Ethos Lunch Cafe 12pm-1pm *Chair Bingo 1pm-2pm * Players Club 2:30pm-3:30pm</p> | | <p>18) *Morning Movement 9am-10am **Baqua 10-11am **Cognitive Care 11:30am-12:30pm *Tech Support 9:30am-1:30pm *Ethos Lunch Cafe 12-1:00pm ** Bingo 1:30pm -2:45pm *Afternoon Wind Down 3:00pm-3:30pm</p> | | <p>19) * Morning Movement 9am-10am **The Stillness In Me 10:00am-11:00am *Tech Support 9:30-1:30pm *Trivia 11:15am-12:15pm *Ethos Lunch Cafe 12:00-1pm *Domino Smackdown 2:00pm-3:00pm</p> | | <p>20) *Morning Movement 9am-10am *United Crafting 9:30am-1:30pm *Creative Portraits 11:30am-1:30pm *Ethos Lunch Cafe 12pm-1pm *Tech Support 9:30-1:30 * Players Club 1:30-3:30</p> | |
| <p>23) Morning Movement 9am-10am * Mix & Minale 10:00 -10:45 am **Yoga & Wellness 11:15am-12:15pm *Ethos Lunch Cafe 12:00-1:00pm Power Of Release 12:30-1:30pm *Tech Support 9:30am-1:30pm *Players Club 12:30pm-3:00pm</p> | | <p>24) * Morning Movement 9am-10am **Low Cardio 10am-11am *Tech Support 9:30am-12:30pm HABIT - MGH (strategies for better thinking) 11:15am-12:00pm * Ethos Lunch Cafe 12pm-1pm *Chair Bingo 1pm-2pm * Players Club 2:30pm-3:30pm</p> | | <p>25) *Morning Movement 9am-10am **Baqua 10am -11am **Cognitive Care 11:30am-12:30pm *Tech Support 9:30am-1:30pm *Ethos Lunch Cafe 12 -1:00 pm ** Bingo 1:30pm -2:45pm *Afternoon Wind Down 3:00pm-3:30pm</p> | | <p>26) * Morning Movement 9am-10am **The Stillness In Me 10:00am-11:00 am *Tech Support 9:30am-1:30pm *Trivia 11:45am-12:15pm *Ethos Lunch Cafe 12:00pm-1:00pm *Domino Smackdown 2:00-3:00</p> | | <p>27) *Morning Movement 9am-10am *United Crafting 9:30am-1:30pm *Creative Portraits 11:30am-1:30pm *Ethos Lunch Cafe 12pm-1pm *Tech Support 9:30am -1:30pm * Players Club 1:30-3:30pm</p> | |
| <p>30) Morning Movement 9am-10am * Mix & Minale 10:00 -10:45 am **Yoga & Wellness 11:15am-12:15pm *Ethos Lunch Cafe 12:00-1:00pm Power Of Release 12:30-1:30pm *Tech Support 9:30am-1:30pm *Players Club 12:30pm-3:00pm</p> | | <p>31) * Morning Movement 9am-10am **Low Cardio 10am-11am *Tech Support 9:30am-12:30pm Trivia 11:30am-12:30pm * Ethos Lunch Cafe 12pm-1pm *Chair Bingo 1pm-2pm * Players Club 2:30pm-3:30pm</p> | | <p align="center">Ethos Cafe (Lunch) Pre-Registration Required. First Come First Serve Mon-Fri 11:30 am- 2:30pm</p> | | <p align="center">Age Strong RSVP Paperwork Pick-Up February 4th. 10:30am-11:00am</p> | | <p align="center">To all celebrating a birthday in March!</p>  | |

*1 asterisk for in-house program

** 2 asterisks for hybrid program

[March 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

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

** 2 asterisks for hybrid program

- ** Yoga
- ** Low Cardio
- ** Bagua
- ** The Stillness in Me
- ** Memory Cafe
- ** Bingo
- ** Trivia
- ** Chair Bingo

[March 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. **Ethos Music Trivia and Nutrition Presentation:** Presenters will explain how important it is for seniors to eat healthy, while playing music trivia. **Mass. General Presentation (HABIT) :** A presentation on strategies for better thinking. **Alvin Ailey:** Two former performers of the Alvin Ailey dance company will teach 15-20 of our members a specific chair/low impact dance routine. This is a new initiative aimed at connecting the community with the Alvin Ailey company. **Unfortunately, the class is full and we are no longer accepting RSVP.**

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).