



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 9:30-10AM & 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, from
9am to 11am

Forever Young Program on Wednesdays at 11:30-1:30
with Parks Department & BPD

Who Dunit Murder Mystery Dinner Show
Contact Center for more information

382 MAIN STREET,
CHARLESTOWN, MA
02129

MONDAY THROUGH FRIDAY,
8AM TO 4PM

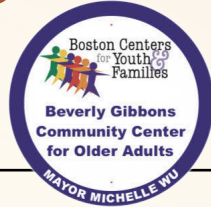
PHONE: 617-635-5175

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.



April



		<p>Wednesday 1</p> <p>Advocacy Support 8-2 pm Crocheting with Marisa 8:30-10am BPD Walk the Beat 10-11am Bingo 10:30-12pm & 12:30-3:30pm Forever Young Program (Cornhole) 11:30-1:30am Eden St. Park</p>	<p>Thursday 2</p> <p>Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Chair+ Cardio Dance 9-10am Chair Yoga 10-11am Friendship Club 11:30-2:30pm</p>	<p>Friday 3</p> <p>Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Card Games 9-10:15am Bingo No Machine 10-12pm & 12:30-3:30pm</p>
<p>Monday 6</p> <p>Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Tech Help 9-11 am Ethos Lunch 12-12:45pm Pokeno 11-2 pm</p>	<p>Tuesday 7</p> <p>Coffee & Conversation 8-10 am Cardio Exercise 10-10:40am & 11:30-12:15pm Line Dancing 10:40-11: 05pm Book Club 12:40-1:40pm The Lager Queen of Minnesota</p>	<p>Wednesday 8</p> <p>Coffee & Conversation 8-10 am Crocheting with Marisa 8:30-10am BPD Walk the Beat 10-11am Bingo 10:30-12pm & 12:30-3:30pm Forever Young Program (Cornhole) 11:30-1:30pm Eden St. Park</p>	<p>Thursday 9</p> <p>Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Chair+ Cardio Dance 9-10am Chair Yoga 10-11am Cathy Retirement Party 1-3 pm</p>	<p>Friday 10</p> <p>Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Card Games 9-10:15am Chair Yoga with Michelle 9-10am Bingo 10-12 & 12:30-3:30pm Ethos Lunch 12-12:45 pm</p>
<p>Monday 13</p> <p>Coffee & Conversation 8-10 am Tech Help 9-11 am Dice Game (LCR) 11-2 pm Ethos Lunch 12-12:45 pm</p>	<p>Tuesday 14</p> <p>Cardio Exercise 10-10:40am & 11:30-12:15pm Arts & Crafts with Sophia 12:30-1:30pm at the Health Center (15 Tufts St) (Space is limited) See Laurie</p>	<p>Wednesday 15</p> <p>Crocheting with Marisa 8:30-10am BPD Walk the Beat 10-11am Bingo 10:30-12pm & 12:30-3:30pm Forever Young Program (Cornhole) 11:30-1:30pm Eden St. Park</p>	<p>Thursday 16</p> <p>Coffee & Conversation 8-10 am Chair+ Cardio Dance 9-10am Chair Yoga 10-11am Lunch & Learn (Health Center) Topic TBD 11:45-2:30pm</p>	<p>Friday 17</p> <p>Coffee & Conversation 8-10 am Card Games 9-10:15am Chair Yoga with Michelle 9-10am Bingo 10-12pm & 12:30-3:30pm Ethos Lunch 12-12:45 pm</p>
	<p>Tuesday 21</p> <p>Coffee & Conversation 8-10 am Cardio Exercise Only 11:30 Class 11:30-12:15pm Line Dancing 10:40-11:05am</p>	<p>Wednesday 22</p> <p>Crocheting with Marisa 8:30-10am BPD Walk the Beat 10-11am Bingo 10:30-12 & 12:30-3:30pm Girls Sports Initiative Medford High School Field 11:15-1:15pm</p>	<p>Thursday 23</p> <p>Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Chair+ Cardio Dance 9-10am Chair Yoga 10-11am Bingo @ North End 11-3:30pm</p>	<p>Friday 24</p> <p>Card Games 9-10:15 am Chair Yoga with Michelle 9-10am Bingo 10-12pm & 12:30-3:30pm Ethos Lunch 12-12:45 pm</p>
<p>Monday 27</p> <p>Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Tech Help 9-11 am Screw Your Neighbor 11-2 pm Ethos Lunch 12-12:45pm</p>	<p>Tuesday 28</p> <p>Coffee & Conversation 8-10 am Cardio Exercise 10-10:40am & 11:30-12:15pm Trip to visit All Saints Way & Lunch Bring money for Regina Pizza leave at 12:30-3:30 PM</p>	<p>Wednesday 29</p> <p>Advocacy Support 8-2 pm Crocheting with Marisa 8:30-10am BPD Walk the Beat 10-11am Bingo 10:30-12pm & 12:30-3:30 Forever Young Program (Cornhole) 11:30-1:30pm Eden St. Park</p>	<p>Thursday 30</p> <p>Chair+ Cardio Dance 9-10am Chair Yoga 10-11am Bon Voyage Forever Dinner Murder Mystery Contact Laurie for Sign up 617-635-5175 Be at center by 3:30pm Event until 6:30pm</p>	