



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

JUNE 2026

** 2 asterisks for hybrid program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) * <u>Morning Movement</u> 9:00am-10:00am * <u>Mix & Mingle</u> 10:00 am-10:45 am ** <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	2) * <u>Morning Movement</u> 9:00am-10:00am ** <u>Low Cardio</u> 10am-11am * <u>Taxi Coupon</u> 10am-11am * <u>Ethos Options Counseling Presentation</u> 11:30am-12:30pm * <u>Tech Support</u> 9:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12pm-1pm * <u>Trivia-</u> 1:00pm-2:00pm * <u>Players Club-</u> 2:00pm-3:30pm	3) * <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 -2:45 pm * <u>Afternoon Wind Down</u> 3:00pm-3:30pm	4) * <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>Movie Matinee</u> 11:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm * <u>Domino Smackdown</u> 2:00pm-3:00pm	5) * <u>Morning Movement</u> 9:00am-10:00am * <u>United Crafting</u> 9:30am-1:30pm * <u>Creative Portraits</u> 11:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm * <u>Tech Support</u> 9:30am-1:30pm * <u>Players Club</u> 1:30pm-3:30pm
8) * <u>Morning Movement</u> 9:00am-10:00am * <u>Mix & Mingle</u> 10:00 am-10:45 am ** <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	9) * <u>Morning Movement</u> 9:00am-10:00am ** <u>Low Cardio</u> 10am-11am * <u>Taxi Coupon</u> 10am-11am * <u>Tech Support</u> 9:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12pm-1pm * <u>MediGrowth</u> * <u>Insurance Presentation/Bingo</u> 1:00pm-2:30pm * <u>Players Club</u> 2:00pm-3:30pm	10) * <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 -2:45 pm * <u>Afternoon Wind Down</u> 3:00pm-3:30pm	11) * <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>Movie Matinee</u> 11:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm * <u>Domino Smackdown</u> 2:00pm-3:00pm	12) * <u>Morning Movement</u> 9:00am-10:00am * <u>United Crafting</u> 9:30am-1:30pm * <u>Creative Portraits</u> 11:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm * <u>Tech Support</u> 9:30am-1:30pm * <u>Players Club</u> 1:30pm-3:30pm
15) * <u>Morning Movement</u> 9am-10am * <u>Mix & Mingle</u> 10:00am -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>BPHC Blood Pressure Screening</u> 1-3pm * <u>Tech Support</u> 9:30am-1:30pm * <u>Players Club</u> 12:30pm-3:00pm	16) * <u>Morning Movement</u> 9:00am-10:00am ** <u>Low Cardio</u> 10am-11:00am * <u>Gather Health Craft</u> 11:30am-12:30pm * <u>Tech Support</u> 9:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12pm-1pm * <u>Players Club</u> 2:30-3:30pm	17) * <u>Morning Movement</u> 9:00am-10:00am ** <u>Bagua</u> 10:00am-11:00am ** <u>EVERSOURCE Presentation</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	18) * <u>Morning Movement</u> 9:00am-10:00am ** <u>The Stillness In Me</u> 10:00am-11:00am * <u>Tech Support</u> 9:30am-1:30pm * <u>MGH HABIT Presentation</u> Mindfulness for Everyday Wellbeing- 11:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm * <u>Domino Smackdown</u> 2:00pm-3:00pm	19) SENIOR CENTER CLOSED JUNETEENTH DAY
22) * <u>Morning Movement</u> 9am-10am * <u>Mix & Mingle</u> 10:00am -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	23) * <u>Morning Movement</u> 9:00am-1:00am ** <u>Low Cardio</u> 10:00-11:00am * <u>Tech Support</u> 9:30am-12:30pm * <u>BPD Scam Presentation</u> 1-2:00pm * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm * <u>Players Club</u> 2:30pm-3:30pm	24) * <u>Morning Movement</u> 9:00am-10:00am ** <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	25) * <u>Morning Movement</u> 9:00am-10:00am ** <u>The Stillness In Me</u> 10:00am-11:00 am * <u>Tech Support</u> 9:30am-1:30pm * <u>Movie Matinee</u> 11:30am-1:30pm * <u>Ethos Lunch Cafe</u> 12:00pm-1:00pm * <u>Domino Smackdown</u> 2:00pm-3:00pm	26) * <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> 12:00pm-1:00pm * <u>Tech Support</u> 9:30am -1:30pm * <u>Players Club</u> 1:30pm-3:30pm
29) * <u>Morning Movement</u> 9am-10am * <u>Mix & Mingle</u> 10:00am -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	30) * <u>Morning Movement</u> 9:00am-10:00am ** <u>Low Cardio</u> 10am-11am * <u>Tech Support</u> 9:30-12:30pm * <u>Alzheimer's Association</u> Dementia Related Behaviors 11:30am-12:30pm * <u>Ethos Lunch Cafe</u> 12pm-1pm * <u>Players Club</u> 2:30pm-3:30pm	Ethos in person cafe Pre-Registration Required. members only, no take home option available. Mon-Fri 11:30 am- 1:00pm	Age Strong Taxi Coupons Available for purchase first Tuesday of every month 10:00am-11:00am	For those celebrating a birthday in June

JUNE 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

JUNE 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.

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 Options Counseling- Option Counselors advise people who are soon to be discharged from a hospital or rehab facility; have been admitted to a long-term care facility following a hospital stay; are facing admission to or residing in a nursing facility; or can remain in the community if a family caregiver receives needed assistance. An Options Counselor can help you develop your own personal long-term care plan and connect you to options and supports that help you remain in the community. MediGrowth Presentation/ Bingo- A representative from MediGrowth LLC will present extra benefits offered to those who qualify for MassHealth. Blood Screening Clinic- Boston Public Health Commission will host a two hour clinic from 1-3pm. Gather Health Craft- A representative from Gather Health will present about services offered and lead a small craft activity. Eversource Presentation- A representative from Eversource and from the COB will meet with seniors to explain: third party rates and how to find them, how to apply for medical necessity programs, and help apply for payment plans if need be. Please bring your most recent bill and a form of identification, to ensure being helped. MGH HABIT- presents "Mindfulness for Everyday Wellbeing". This presentation will give members pointers about strategies to help maintain mental and physical wellness. Alzheimer's Presentation- "Dementia Related Behaviors". This presentation will explain and provide support for how to engage and respond to common dementia related behaviors.

Extra: Taxi Coupons: Taxi coupon distribution normally price for purchase is up to 4 books a month (at five dollars Monday-Friday (11:30am-1:00pm).

takes place the first Tuesday of the month, from 10-11am. The each). Ethos Lunch Cafe: Members will receive a hot lunch

