



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**

JULY 2026

**** 2 asterisks for hybrid program**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For those celebrating a birthday in July 	<u>Age Strong</u> <u>Taxi Coupons</u> Available for purchase first Tuesday of every month 10:00am-11:00am <u>Ethos in person cafe</u> Pre-Registration Required. members only, no take home option available. Mon-Fri 11:30 am- 1:00pm	1) <u>*Morning Movement</u> 9am-10am **Bagua 10am-11am **Cognitive Care 11:30am-12:30pm *Tech Support 9:30am-1:30pm *Ethos Lunch Cafe 12pm-1:00pm **Bingo 1:30pm -2:45 pm *Afternoon Wind Down 3:00pm-3:30pm	2) <u>*Morning Movement</u> 9am-10am **The Stillness In Me 10:00am -11:00am *Tech Support 9:30am-1:30pm *Movie Matinee 11:30am-1:30pm *Ethos Lunch Cafe 12:00pm-1:00pm *Domino Smackdown 2:00pm-3:00pm	3) SENIOR CENTER CLOSED Independence Day
6) <u>*Morning Movement</u> 9:00am-10:00am *Mix & Mingle 10:00 am-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	7) <u>*Morning Movement</u> 9:00am-10:00am **Low Cardio 10am-11am Taxi Coupon 10am-11am *Tech Support 9:30am-1:30pm *Ethos Lunch Cafe 12:00pm-1:00pm *Boston Senior Home Care Options Presentation 1:00pm-2:30pm *Players Club 2:00pm-3:30pm	8) <u>*Morning Movement</u> 9am-10am **Bagua 10am-11am **Cognitive Care 11:30am-12:30pm *Tech Support 9:30am-1:30pm *Ethos Lunch Cafe 12pm-1:00pm **Bingo 1:30pm -2:45pm *Afternoon Wind Down 3:00pm-3:30pm	9) <u>*Morning Movement</u> 9am-10am **The Stillness In Me 10:00am -11:00am *Tech Support 9:30am-1:30pm *Movie Matinee 11:30am-1:30pm *Ethos Lunch Cafe 12:00pm-1:00pm *Domino Smackdown 2:00pm-3:00pm	10) <u>*Morning Movement</u> 9:00am-10:00am *United Crafting 9:30am-1:30pm *Creative Portraits 11:30am-1:30pm *Ethos Lunch Cafe 12:00pm-1:00pm *Tech Support 9:30am-1:30pm *Players Club 1:30pm-3:30pm
13) <u>*Morning Movement</u> 9am-10am *Mix & Mingle 10:00am -10:45am **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	14) <u>*Morning Movement</u> 9:00am-10:00am **Low Cardio 10:00am-11:00am *Memory Cafe 11:30am-12:30pm *Tech Support 9:30am-1:30pm Financial Literacy Education Campaign 1:00pm-2:00pm *Ethos Lunch Cafe 12pm-1pm *Players Club 2:30-3:30pm	15) <u>*Morning Movement</u> 9:00am-10:00am **Bagua 10am-11am **Cognitive Care 11:30am-12:30pm *Tech Support 9:30am-1:30pm *Ethos Lunch Cafe 12pm-1:00pm **Bingo 1:30pm -2:45pm *Afternoon Wind Down 3:00pm-3:30pm	16) <u>*Morning Movement</u> 9:00am-10:00am **The Stillness In Me 10:00am-11:00am *Movie Matinee 11:30am-1:30pm *Tech Support 9:30am-1:30pm *Ethos Lunch Cafe 12:00pm-1:00pm *Domino Smackdown 2:00pm-3:00pm	17) <u>*Morning Movement</u> 9:00am-10:00am *United Crafting 9:30am-1:30pm *Creative Portraits 11:30am-1:30pm *Ethos Lunch Cafe 12:00pm-1:00pm *Tech Support 9:30am-1:30pm *Players Club 1:30pm-3:30pm
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JULY 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

JULY 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. **MGH HABIT-** presents “Mindfulness for Everyday Wellbeing”. This presentation will give members pointers about strategies to help maintain mental and physical wellness. **Literations Presentation:** Empowering young minds. The presenter will provide information on how to become a reading volunteer for young children.

Extra: **Taxi Coupons:** Taxi coupon distribution normally takes place the first Tuesday of the month, from 10-11am. The 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-1:00pm).