



BCYF BEVERLY GIBBONS COMMUNITY CENTER FOR OLDER ADULTS



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.



WEEKLY ACTIVITIES

COFFEE AND CONVERSATION, DAILY AT 8:15AM

LUNCH PROVIDED BY ETHOS:
MONDAYS, WEDNESDAYS, AND FRIDAYS 12PM

CHAIR TAI CHI
MONDAYS 9:30-10:00

POKENO AND DICE GAMES
MONDAYS 10:30-2PM

CARDIO AND LINE DANCING
TUESDAYS 10-10:40, 10:40-11:05, 11:30-12:15PM

COME AND PLAY BINGO:
WEDNESDAYS & FRIDAYS 10:30PM - 3:00PM

CHAIR DANCE AND YOGA
THURSDAYS 9:30-10, 10-11:30AM

AGE STRONG ADVOCACY (BY APPOINTMENT)
FIRST & LAST TUESDAYS 12:30-2PM
CALL CENTER TO SCHEDULE



382 MAIN STREET, CHARLESTOWN, MA 02129
MONDAY THROUGH FRIDAY – 8AM TO 4PM
PHONE: 617-635-5175 – FAX: 617-635-5647

Monday 3 Coffee & Conversation (8-10) Chair Tai Chi (9:30-10) Pokeno (10:30-2) Ethos Lunch (12-12:45)	Tuesday 4 Coffee & Conversation (8-10) Cardio Exercise (10-10:40) (11:30-12:15) Line Dancing (10:40-11:05) Book Club (12:45-1:45) Age Strong Advocacy - *See Meaghan* (12:30-2pm - appointment needed)	Wednesday 5 Coffee & Conversation (8-10) Crochet w/ Katie (8:30-10) Card Games (9-10:15) Bingo (10-12) & (12:30-3:30) Ethos Lunch (12-12:45)	Thursday 6 Coffee & Conversation (8-10) Chair + Cardio Dance (9:30-10) Yoga (10-11am) Friendship Club (11-1)	Friday 7 Coffee & Conversation (8-10) Card Games (9-10:15) Bingo (10-12) & (12:30-3:30) Ethos Lunch (12-12:45)
Monday 10 Coffee & Conversation (8-10) Chair Tai Chi (9:30-10) Dice (LCR) (10:30-2) Ethos Lunch (12-12:45)	Tuesday 11 Coffee & Conversation (8-10) Cardio Exercise (10-10:40) (11:30-12:15) Line Dancing (10:40-11:05)	Wednesday 12 Coffee & Conversation (8-10) Crochet w/ Katie (8:30-10) Card Games (9-10:15) Bingo (10-12) & (12:30-3:30) Ethos Lunch (12-12:45)	Thursday 13 Coffee & Conversation (8-10) Chair + Cardio Dance (9:30-10) Yoga (10-11am) Lunch & Learn (NEW Health) Topic -Music Therapy (11:45-2:00)	Friday 14 Coffee & Conversation (8-10) Card Games (9-10:15) Bingo (10-12) & (12:30-3:30) Ethos Lunch (12-12:45)
Monday 17 Coffee & Conversation (8-10) Chair Tai Chi (9:30-10) Pokeno (10:30-2) Ethos Lunch (12-12:45)	Tuesday 18 Coffee & Conversation (8-10) Cardio Exercise (10-10:40) (11:30-12:15) Line Dancing (10:40-11:05)	Wednesday 19 Coffee & Conversation (8-10) Crochet w/ Katie (8:30-10) Card Games (9-10:15) Bingo (10-12) & (12:30-3:30) Ethos Lunch (12-12:45)	Thursday 20 Coffee & Conversation (8-10) Chair + Cardio Dance (9:30-10) Yoga (10-11am) Crafts w/Keighan (Paint a Plate) (11:30am-1pm)	Friday 21 Coffee & Conversation (8-10) Card Games (9-10:15) Bingo (10-12) & (12:30-3:30) Ethos Lunch (12-12:45)
Monday 24 Coffee & Conversation (8-10) Chair Tai Chi (9:30-10) Dice (LCR) (10:30-2) Ethos Lunch (12-12:45)	Tuesday 25 Coffee & Conversation (8-10) Cardio Exercise (10-10:40) (11:30-12:15) Line Dancing (10:40-11:05) Age Strong Advocacy - *See Meaghan* (12:30-2pm - appointment needed)	Wednesday 26 Coffee & Conversation (8-10) Crochet w/ Katie (8:30-10) Card Games (9-10:15) Bingo (10-12) & (12:30-3:30) Ethos Lunch (12-12:45)	Thursday 27 Coffee & Conversation (8-10) Chair + Cardio Dance (9:30-10) Yoga (10-11am) Friendship Club (11am-1pm)	Friday 28 Coffee & Conversation (8-10) Card Games (9-10:15) Bingo (10-12) & (12:30-3:30) Ethos Lunch (12-12:45)
Monday 31 Coffee & Conversation (8-10) Chair Tai Chi (9:30-10) Pokeno (10:30-2) Ethos Lunch (12-12:45)				

