



BCYF BEVERLY GIBBONS COMMUNITY CENTER FOR OLDER ADULTS

SEPTEMBER 2026

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

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

SEATED TAI CHI
MONDAYS 9:45-10:15AM

POKENO AND DICE GAMES
MONDAYS 10:30-2PM

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

BPD WALK THE BEAT
WEDNESDAYS 10AM

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)
CALL CENTER TO SCHEDULE



382 MAIN STREET, CHARLESTOWN, MA 02129

MONDAY THROUGH FRIDAY – 8AM TO 4PM

PHONE: 617-635-5175 – – FAX: 617-635-5647



	Tuesday 1 ELECTION DAY GIBBONS CENTER CLOSED 	Wednesday 2 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 3 Coffee & Conversation (8-10) Chair + Cardio Dance (9:30-10) Yoga (10-11am) Lunch & Learn (Health Center) Topic: Medicare (11:45-2:00)	Friday 4 Coffee & Conversation (8-10) Card Games (9-10:15) Bingo (10-12) & (12:30-3:30) Ethos Lunch (12-12:45)
Monday 7 CLOSED FOR LABOR DAY	Tuesday 8 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)	Wednesday 9 Coffee & Conversation (8-10) Crochet w/ Katie (8:30-10) Card Games (9-10:15) BPD Walk the Beat (10-11) Bingo (10-12) & (12:30-3:30) Ethos Lunch (12-12:45)	Thursday 10 Coffee & Conversation (8-10) Chair + Cardio Dance (9:30-10) Yoga (10-11am) Ethos Nutrition Jeopardy (11:30-1:30)	Friday 11 Coffee & Conversation (8-10) Card Games (9-10:15) Bingo (10-12) & (12:30-3:30) Ethos Lunch (12-12:45)
Monday 14 Coffee & Conversation (8-10) Chair Tai Chi (9:45-10:15) Pokeno (10:30-2) Ethos Lunch (12-12:45)	Tuesday 15 Coffee & Conversation (8-10) Cardio Exercise (10-10:40) (11:30-12:15) Line Dancing (10:40-11:05)	Wednesday 16 Coffee & Conversation (8-10) Crochet w/ Katie (8:30-10) Card Games (9-10:15) BPD Walk the Beat (10-11) Bingo (10-12) & (12:30-3:30) Ethos Lunch (12-12:45)	Thursday 17 Coffee & Conversation (8-10) Chair + Cardio Dance (9:30-10) Yoga (10-11am)	Friday 18 Coffee & Conversation (8-10) Card Games (9-10:15) Bingo (10-12) & (12:30-3:30) Ethos Lunch (12-12:45)
Monday 21 Coffee & Conversation (8-10) Chair Tai Chi (9:45-10:15) Dice (LCR) (10:30-2) Ethos Lunch (12-12:45)	Tuesday 22 Coffee & Conversation (8-10) Cardio Exercise (10-10:40) (11:30-12:15) Line Dancing (10:40-11:05)	Wednesday 23 Coffee & Conversation (8-10) Crochet w/ Katie (8:30-10) Card Games (9-10:15) BPD Walk the Beat (10-11) Bingo (10-12) & (12:30-3:30) Ethos Lunch (12-12:45)	Thursday 24 Coffee & Conversation (8-10) Chair + Cardio Dance (9:30-10) Yoga (10-11am) North End Bingo (11-3:30)	Friday 25 Coffee & Conversation (8-10) Card Games (9-10:15) Bingo (10-12) & (12:30-3:30) Ethos Lunch (12-12:45)
Monday 28 Coffee & Conversation (8-10) Chair Tai Chi (9:45-10:15) Pokeno (10:30-2) Walmart Trip (10:30-1pm) Ethos Lunch (12-12:45)	Tuesday 29 Coffee & Conversation (8-10) Cardio Exercise (10-10:40) (11:30-12:15) Line Dancing (10:40-11:05) "Slice of Life" Writing Group (12-2)	Wednesday 30 Coffee & Conversation (8-10) Crochet w/ Katie (8:30-10) Card Games (9-10:15) BPD Walk the Beat (10-11) Bingo (10-12) & (12:30-3:30) Ethos Lunch (12-12:45)	2026 SEPTEMBER	