



# BCYF BEVERLY GIBBONS COMMUNITY CENTER FOR OLDER ADULTS

# NOVEMBER

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

YOGA WITH MICHELLE  
FRIDAYS 9AM-10AM

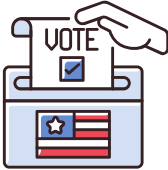
AGE STRONG ADVOCACY (BY APPOINTMENT)  
CONTACT MEAGHAN  
(617) 635-5175



**382 MAIN STREET, CHARLESTOWN, MA 02129**

**MONDAY THROUGH FRIDAY – 8AM TO 4PM**

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

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| Monday 2<br><br><b>Coffee &amp; Conversation</b><br>(8-10)<br><b>Chair Tai Chi</b> (9:45-10:15)<br><b>Dice (LCR)</b> (10:30-2)<br><b>Ethos Lunch</b> (12-12:45)  | Tuesday 3<br><br><b>ELECTION DAY</b><br><b>GIBBONS CENTER</b><br><b>CLOSED</b><br><br>                                                           | Wednesday 4<br><br><b>Coffee &amp; Conversation</b> (8-10)<br><b>Crochet w/ Katie</b> (8:30-10)<br><b>Card Games</b> (9-10:15)<br><b>BPD Walk the Beat</b> (10-11)<br><b>ABC Forever Young Bocce/Archery</b> (11:30-2:00)<br><b>Bingo</b> (10-12) & (12:30-3:30)<br><b>Ethos Lunch</b> (12-12:45) | Thursday 5<br><br><b>Coffee &amp; Conversation</b><br>(8-10)<br><b>Chair + Cardio Dance</b><br>(9:30-10)<br><b>Yoga</b> (10-11am)<br><b>Arts &amp; Crafts with Keighan</b> (11:30-1:30)<br><b>Gibbons Garden Info-session</b> (2-3pm) | Friday 6<br><br><b>Coffee &amp; Conversation</b><br>(8-10)<br><b>Card Games</b> (9-10:15)<br><b>Yoga with Michelle</b> (9-10)<br><b>Bingo</b> (10-12) & (12:30-3:30)<br><b>Ethos Lunch</b> (12-12:45)     |
| Monday 9<br><br><b>Coffee &amp; Conversation</b><br>(8-10)<br><b>Chair Tai Chi</b> (9:45-10:15)<br><b>Pokeno</b> (10:30-2)<br><b>Ethos Lunch</b> (12-12:45)      | Tuesday 10<br><br><b>Coffee &amp; Conversation</b><br>(8-10)<br><b>Cardio Exercise</b><br>(10-10:40) (11:30-12:15)<br><b>Line Dancing</b> (10:40-11:05)<br><b>Book Club</b> (12:45-1:45)<br><b>Men's Group- Hockey Game</b> (7pm) | Wednesday 11<br><br><b>CLOSED</b><br><b>VETERANS DAY</b><br><br>                                                                                                                                                 | Thursday 12<br><br><b>Coffee &amp; Conversation</b><br>(8-10)<br><b>Chair + Cardio Dance</b><br>(9:30-10)<br><b>Yoga</b> (10-11am)<br><b>Lunch &amp; Learn (Health Center)</b><br>Topic: Fire Safety<br>(11:45-2:00)                  | Friday 13<br><br><b>Coffee &amp; Conversation</b><br>(8-10)<br><b>Card Games</b> (9-10:15)<br><b>Yoga with Michelle</b> (9-10)<br><b>Bingo</b> (10-12) & (12:30-3:30)<br><b>Ethos Lunch</b> (12-12:45)    |
| Monday 16<br><br><b>Coffee &amp; Conversation</b><br>(8-10)<br><b>Chair Tai Chi</b> (9:45-10:15)<br><b>Dice (LCR)</b> (10:30-2)<br><b>Ethos Lunch</b> (12-12:45) | Tuesday 17<br><br><b>Coffee &amp; Conversation</b><br>(8-10)<br><b>Cardio Exercise</b><br>(10-10:40) (11:30-12:15)<br><b>Line Dancing</b> (10:40-11:05)<br><b>Intro to Mahjong</b> (12:30-2:30)<br><b>North End Bingo</b> (11-4)  | Wednesday 18<br><br><b>Coffee &amp; Conversation</b><br>(8-10)<br><b>Crochet w/ Katie</b> (8:30-10)<br><b>Card Games</b> (9-10:15)<br><b>BPD Walk the Beat</b> (10-11)<br><b>Bingo</b> (10-12) & (12:30-3:30)<br><b>Ethos Lunch</b> (12-12:45)                                                    | Thursday 19<br><br><b>Coffee &amp; Conversation</b> (8-10)<br><br><b>Friendsgiving Pot Luck</b> (11:30-2:30)<br>*BRING YOUR SIDE DISHES*                                                                                              | Friday 20<br><br><b>Coffee &amp; Conversation</b><br>(8-10)<br><b>Card Games</b> (9-10:15)<br><b>Yoga with Michelle</b> (9-10)<br><b>Bingo</b> (10-12) & (12:30-3:30)<br><b>Ethos Lunch</b> (12-12:45)    |
| Monday 23<br><br><b>Coffee &amp; Conversation</b><br>(8-10)<br><b>Chair Tai Chi</b> (9:45-10:15)<br><b>Pokeno</b> (10:30-2)<br><b>Ethos Lunch</b> (12-12:45)     | Tuesday 24<br><br><b>Coffee &amp; Conversation</b><br>(8-10)<br><b>Cardio Exercise</b><br>(10-10:40) (11:30-12:15)<br><b>Line Dancing</b> (10:40-11:05)<br><b>"Slice of Life" Writing Group</b> (12:30-2)                         | Wednesday 25<br><br><b>Coffee &amp; Conversation</b><br>(8-10)<br><b>Crochet w/ Katie</b> (8:30-10)<br><b>Card Games</b> (9-10:15)<br><b>BPD Walk the Beat</b> (10-11)<br><b>Bingo</b> (10-12) & (12:30-3:30)<br><b>Ethos Lunch</b> (12-12:45)                                                    | Thursday 26<br><br><b>CLOSED</b><br><b>THANKSGIVING</b><br><br>                                                                                  | Friday 27<br><br><b>Coffee &amp; Conversation</b><br>(8-10)<br><b>Tech Support w/ Serge</b> (8-11)<br><b>Card Games</b> (9-10:15)<br><b>Bingo</b> (10-12) & (12:30-3:30)<br><b>Ethos Lunch</b> (12-12:45) |
| Monday 30<br><br><b>Coffee &amp; Conversation</b><br>(8-10)<br><b>Chair Tai Chi</b> (9:45-10:15)<br><b>Dice (LCR)</b> (10:30-2)<br><b>Ethos Lunch</b> (12-12:45) |                                                                                                                                               |                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                       |                                                                                                                                                                                                           |