



# BCYF BEVERLY GIBBONS COMMUNITY CENTER

For Older Adults



## ACTIVITIES

Lunch provided by Ethos:  
Mondays, Wednesdays, and Fridays 12pm

Computer/Technology Class with Steadfast Solutions:  
Mondays 9am-11am

Exercise Class Low-impact Senior Aerobics by Omnigym:  
Tuesdays 10am - 11am and 11:30am-12:30pm

Chair Yoga with weights and meditation:  
Thursdays 10am

Come and play Bingo:  
Wednesdays & Fridays 12:30pm - 3:00pm

Come and join the newly founded Monday Men's Club. They meet on the first Mondays at 12pm and will have lunch provided.

Trip to Walmart will be on May 6th at 9am. Speak to Laurie for more information.

Walking Club hosted by the Boston Police Department will be on Wednesdays at 10am. We will meet at the station: 20 Vine St, Boston, MA 02129

Spring BBQ hosted by BGCC, Charlestown friends of the Elderly, State Representative Daniel Ryan on May 23rd at 11:30am to 3pm

382 MAIN STREET,  
CHARLESTOWN, MA  
02129

MONDAY THROUGH FRIDAY,  
8AM TO 4PM

PHONE: 617-635-5175

FAX: 617-635-5647

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.





# May 5/2024

MON	TUE	WED	THU	FRI	SAT	SUN
		<b>1</b> Walking Club 10am Lunch 12pm Bingo 12:30-3pm	<b>2</b> Chair Yoga 9-10am 10-11ap Arts and Crafts 12-3pm	<b>5</b> Lunch 12pm Bingo 12:30-3pm	<b>1</b>	<b>5</b> 
<b>6</b> Tech Help 9-11am Monday Men 12-3pm	<b>7</b> Exercise 10-11am 11:30am- 12:30pm	<b>8</b> Walking Club 10am Lunch 12pm Bingo 12:30-3pm	<b>9</b> Chair Yoga 9-10am 10-11ap Friendship Club 12-1pm	<b>10</b> Lunch 12pm Bingo 12:30-3pm	<b>11</b>	<b>12</b> 
<b>15</b> Tech Help 9-11am Open Card Club 12-3pm	<b>14</b> Exercise 10-11am 11:30am- 12:30pm	<b>15</b> Walking Club 10am Lunch 12pm Bingo 12:30-3pm	<b>16</b> Chair Yoga 9-10am 10-11ap Arts and Crafts 12-3pm	<b>17</b> Lunch 12pm Bingo 12:30-3pm	<b>18</b>	<b>19</b>
<b>20</b> Tech Help 9-11am Open Card Club 12-3pm	<b>21</b> Exercise 10-11am 11:30am- 12:30pm	<b>22</b> Walking Club 10am Lunch 12pm Bingo 12:30-3pm	<b>25</b> Chair Yoga 9-10am 10-11am Community Barbecue 11:30am-3pm	<b>24</b> Lunch 12pm Bingo 12:30-3pm	<b>25</b>	<b>26</b>
<b>27</b> 	<b>28</b> Exercise 10-11am 11:30am- 12:30pm	<b>29</b> Walking Club 10am Lunch 12pm Bingo 12:30-3pm	<b>50</b> Chair Yoga 9-10am 10-11ap Game Day 12-3pm	<b>51</b> Lunch 12pm Bingo 12:30-3pm		