OFFICIAL NEWSLETTER
Winter 2023-2024

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 Men's Club. They meet on Mondays at 12pm and will have lunch provided.

Walking Club hosted by the Boston Police Department will be starting Wednesday, March 13th at 10am. We will meet at the station: 20 Vine St, Boston, MA 02129

The Saint Patrick's Luncheon will be on Friday, March 15th at 11am. It will be at The Bunker Hill Knights of Columbus, 545 Medford Street, Charlestown, MA 02129

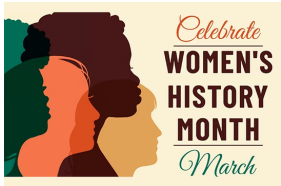
382 MAIN STREET, CHARLESTOWN, MA 02129

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.

Boston Centers for Youth & Families
Beverly Gibbons Community Center for Older Adults
MAYOR MICHELLE WU

MARCH 2024

SUN	MON	TUE	WED	THU	FRI	SAT
31					1 Lunch 12pm Binggo 12:30-3pm	2
3	4 Tech Help 9-11am Men's Club 12-3pm	5 Closed for	6 Lunch 12pm Binggo 12:30-3pm	7 Chair Yoga 9-10am 10-11ap Scam Protection 1-2pm	8 Lunch 12pm Binggo 12:30-3pm	9
10	11 Tech Help 9-11am Men's Club 12-3pm	12 Exercise 10-11am 11:30am-12:30pm	13 Lunch 12pm Bingo 12:30-3pm Walking Club 10am	14 Chair Yoga 9-10am 10-11am Friendship club 12-1pm	15 Saint Patricks Luncheon 11am-3pm @ KofC	16
17	18 Tech Help 9-11am Men's Club 12-3pm	19 Exercise 10-11am 11:30am-12:30pm	20 Lunch 12pm Bingo 12:30-3pm Walking Club 10am	21 Chair Yoga 9-10am 10-11am Arts and Crafts 12-3pm	22 Lunch 12pm Binggo 12:30-3pm	23
24	25 Tech Help 9-11am Men's Club 12-3pm	26 Exercise 10-11am 11:30am-12:30pm	27 Lunch 12pm Bingo 12:30-3pm Walking Club 10am	28 Chair Yoga 9-10am 10-11am Game Day 12-3pm	29 Lunch 12pm Binggo 12:30-3pm	30