

BCYF Grove Hall Senior Center
51 Geneva Ave. Dor. MA 02121

For Program Information call 617-635-1484* Membership & Programs Free of Charge*
Program Hours of Operation 9:00am-3:30pm
Schedule Is Subject to Change

JUNE 2024

*1 asterisk for in-house program

** 2 asterisks for hybrid program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3) * Morning Movement w/Raul 9:00am-10:00am * Refreshing Connections 10:00am-10:45am ** Yoga & Wellness 11:00am -12:00 pm * Beginners Computer Class 11:30am-1:00pm * Power of Release 12:30-1:30 pm * Players Club 12:30pm-3:00pm</p>	<p>4) * Morning Movement w/Raul 9:00am-10:00am ** Low Cardio 10:00-11:00 * Beginners Computer Class 11:30am-1:00pm * Movie Matinee (Mother of the Bride) 11:30-1:30pm * Jeopardy 2:00pm-3 :00pm</p>	<p>5) * Morning Movement w/Raul 9:00am-10:00am ** Bagua 10:00-11:00 am ** Cognitive Care 11:30am-12:30pm * Beginners Computer Class 11:30am-1:00 pm ** Bingo 1:30 pm -2:30 pm * Afternoon Wind Down 2:45 pm-3:30 pm</p>	<p>6) * Morning Movement w/Raul 9:00am-10:00am ** The Stillness In Me with Joe 10:00am-11:00am ** Just Breath 11:15-11:30 * Lets Dance (for beginners) with Yanni 11:45 pm-12:45 pm * Beginners Computer Class 11:30am-1:00 pm * Domino Smackdown 1:00pm-3:00pm</p>	<p>7) * Morning Movement w/Raul 9:00am-10:00am * United Creative Crafting 9:30am-1:30pm * Art with Mimi 11:30am-1:30pm Blue Hill Ave Table 1pm-3pm * Beginners Computer Class 1:30pm-2:30 pm * Players Club (card games, dominoes, etc). 1:30pm-3:30pm</p>
<p>10) * Morning Movement w/Raul 9:00am-10:00am * Refreshing Connections 10:00am-10:45am ** Yoga & Wellness 11:00am -12:00 pm * Beginners Computer Class 11:30am-1:00pm * Power of Release 12:30-1:30 pm * Players Club 12:30pm-3:00pm</p>	<p>11) * Morning Movement w/Raul 9:00am-10:00am ** Low Cardio 10:00-11:00 * Beginners Computer Class 11:30am-1:00pm ** Memory Cafe 11:30-12:30pm * Karaoke - 1:00pm-2 :00pm * Afternoon Wind Down 2:00 pm-3:30 pm</p>	<p>12) * Morning Movement w/Raul 9:00am-10:00am ** Bagua 10:00-11:00 am ** Cognitive Care 11:30am-12:30pm * Beginners Computer Class 11:30am-1:00 pm ** Bingo 1:00 pm -2:00 pm Laurel Ridge Presentation 2:30pm-3:30pm</p>	<p>13) * Morning Movement w/Raul 9:00am-10:00am ** The Stillness In Me with Joe 10:00am-11:00am ** Just Breath 11:15-11:30 * Lets Dance (for beginners) with Yanni 11:45 pm-12:45 pm * Beginners Computer Class 11:30am-1:00 pm * Domino Smackdown 1:00pm-3:00pm</p>	<p>14) * Morning Movement w/Raul 9:00am-10:00am * United Creative Crafting 9:30am-1:30pm * Art with Mimi 11:30am-1:30pm * Beginners Computer Class 1:30pm-2:30 pm * Players Club (card games, dominoes, etc) 1:30pm-3:30pm</p>
<p>17) * Morning Movement w/Raul 9:00am-10:00am * Refreshing Connections 10:00am-10:45am ** Yoga & Wellness 11:00am -12:00 pm * Beginners Computer Class 11:30am-1:00pm * Power of Release 12:30-1:30 pm * Players Club 12:30pm-3:00pm</p>	<p>18) * Morning Movement w/Raul 9:00am-10:00am ** Low Cardio 10:00am-11:00am * Beginners Computer Class 11:30am-1:00pm ** Juneteenth Trivia 11:30am-12:30pm * Movie Matinee 1:00pm - 3:00pm * Afternoon Wind Down 2:00 pm-3:30 pm</p>	<p align="center">JUNETEENTH HOLIDAY Senior Center Closed No Programs</p>	<p>20) * Morning Movement w/Raul 9:00am-10:00am ** The Stillness In Me with Joe 10:00am-11:00am ** Just Breath 11:15-11:30 * Beginners Computer Class 11:30am-1:00pm * Lets Dance (for beginners) with Yanni 11:45am-12:45 ** Harvard Medical Pain Management Presentation 1:00pm-2:00pm * Domino Smackdown 1-3pm</p>	<p>21) * Morning Movement w/Raul 9:00am-10:00am * United Creative Crafting 9:30am-1:30pm * Art with Mimi 11:30am-1:30pm * Players Club (card games, dominoes, etc) 1:30pm:3:30pm</p>
<p>24) * Morning Movement w/Raul 9:00am-10:00am * Refreshing Connections 10:00am-10:45am ** Yoga & Wellness 11:00am -12:00 pm * Beginners Computer C lass 11:30am-1:00pm * Power of Release 12:30-1:30 pm * Players Club 12:30pm-3:00pm</p>	<p>25) * Morning Movement w/Raul 9:00am-10:00am ** Low Cardio 10:00am-11:00am * Beginners Computer Class 11:30am-1:00 pm ** Museum of Fine Art Trivia 11:30am-12:30pm * TBA 1:00pm-3:00pm</p>	<p>26) * Morning Movement w/Raul 9:00am-10:00am ** Bagua 10:00-11:00 am ** Cognitive Care 11:30am-12:30 pm * Beginners Computer Class 11:30am-1:00 pm ** Bingo 1:30 pm -2:30 pm Afternoon Wind Down 2:30pm-3:30pm</p>	<p>27) * Morning Movement w/Raul 9:00am-10:00am ** The Stillness In Me with Joe 10:00am-11:00am ** Just Breath 11:15-11:30 * Lets Dance (for beginners) with Yanni 11:45 pm-12:45 pm * Beginners Computer Class 11:30am-1:00 pm * Domino Smackdown 1:00pm-3:00pm</p>	<p>28) * Morning Movement w/Raul 9:00am-10:00am * United Creative Crafting 9:30am-1:30pm * Art with Mimi 11:30am-1:30pm * Beginners Computer Class 1:30pm-2:30 pm * Players Club (card games, dominoes, etc) 1:30:pm-3:30pm</p>
 <p>To all celebrating a birthday in June 2024 Happy Birthday!!</p>	<p align="center">Lunch Pick-Up First Come First Serve Monday-Friday 11:30 am- 2:30 pm</p>	<p align="center">Taxi Coupons The first Tuesday of every month 10:00am- 11:00am</p>	<p align="center">Blue Hill Ave (Table Talk) Friday June 7th. 1:00pm - 3:00pm</p> <p>The workshop will be to gather specific feedback from seniors about bus stop placement, new crosswalk locations, where to add greenery, and how to balance parking spaces and loading zones on Blue Hill Ave.</p>	

