

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

JULY 2024

*1 asterisk for in-house program

** 2 asterisks for hybrid program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1) *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>2) *Morning Movement w/Raul 9:00am-10:00am **Low Cardio 10:00-11:00 *Beginners Computer Class 11:30am-1:00pm *Movie Matinee (The Nomads) 11:30-1:30pm *Afternoon Wind Down 2:00pm-3 :00pm</p>	<p>3) *Morning Movement w/Raul 9:00am-10:00am **Baqua 10:00-11:00 am *Movie Matinee (Just Mercy) 11:30pm-1:30pm *Beginners Computer Class 11:30am-1:00 pm ** Bingo 1:30 pm -2:30pm *Afternoon Wind Down 2:45 pm-3:30 pm</p>	<p>4) Holiday Independence Day 4th of July Senior Center Closed No Programs</p>	<p>5) *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>8) *Morning Movement w/Raul 9:00am-10:00am *Refreshing Connections 10:00am-10:45am **Yoga & Wellness 11:00am -12:00 pm *Power of Release 12:30-1:30 pm *Players Club 12:30pm-3:00pm</p>	<p>9) *Morning Movement w/Raul 9:00am-10:00am **Low Cardio 10:00-11:00 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>10) *Morning Movement w/Raul 9:00am-10:00am **Baqua 10:00-11:00 am **Cognitive Care 11:30am-12:30pm ** Bingo 1:30 pm -2:45pm *Afternoon Wind Down 2:45 pm-3:30 pm</p>	<p>11) *Morning Movement w/Raul 9:00am-10:00am Taxi Coupon 10am-11am **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 *Domino Smackdown 1:00pm-3:00pm</p>	<p>12) *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>15) *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>16) *Morning Movement w/Raul 9:00am-10:00am **Low Cardio 10:00am-11:00am *Beginners Computer Class 11:30am-1:00pm *Harvard Medical Pain Management Presentation 11:30am-12:30pm *Movie Matinee (The Tomorrow War) 1:00pm - 3:00pm *Afternoon Wind Down 2:00 pm-3:30 pm</p>	<p>17) *Morning Movement w/Raul 9:00am-10:00am **Baqua 10:00-11:00 am **Cognitive Care 11:30am-12:30pm *Beginners Computer Class 11:30am-1:00 pm ** Bingo 1:30 pm -2:45pm *Afternoon Wind Down 2:45 pm-3:30 pm</p>	<p>18) *Morning Movement w/Raul 9:00am-10:00am **The Stillness In Me with Joe 10:00am-11:00am *Beginners Computer Class 11:30am-1:00pm *Sheriff Dept. (Fraud Prevention Presentation) 11:00am-1:00pm *Domino Smackdown 1:00pm -3:00pm</p>	<p>19) *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>22) *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>23) *Morning Movement w/Raul 9:00am-10:00am **Low Cardio 10:00am-11:00am *Beginners Computer Class 11:30am-1:00 pm **Trivia 11:30am-12:30pm *Afternoon Wind Down 1:00pm-3:00pm</p>	<p>24) *Morning Movement w/Raul 9:00am-10:00am **Baqua 10:00-11:00 am **Cognitive Care 11:30am-12:30 pm *Beginners Computer Class 11:30am-1:00 pm ** Bingo 1:30 pm -2:45pm Afternoon Wind Down 2:30pm-3:30pm</p>	<p>25) *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>26) *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>29) *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>30) *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 11:30am-12:30pm **Jeopardy 1-2pm *Afternoon Wind Down 2:00pm-3:00pm</p>	<p>31) *Morning Movement w/Raul 9:00am-10:00am **Baqua 10:00-11:00 am **Cognitive Care 11:30am-12:30 pm *Beginners Computer Class 11:30am-1:00 pm ** Bingo 1:30 pm -2:45pm Afternoon Wind Down 2:30pm-3:30pm</p>	<p>Lunch Pick-Up First Come First Serve Monday-Friday 11:30 am- 2:30 pm ***** Purchasing of Taxi Coupons For the month of July only Thursday July 11th 10am- 11am</p>	<p>To all celebrating a birthday in July 2024!</p> 