

**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**

# August 2024

\*1 asterisk for in-house program

\*\* 2 asterisks for hybrid program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Lunch Pick-Up</b> First Come First Serve Monday-Friday 11:30 am- 2:30 pm *****</p>	<p>To all celebrating a birthday in August 2024!</p> 	<p><b>Purchasing of Taxi Coupons</b> Tuesday August 6th, 10am- 11am</p>	<p>1) * <b>Morning Movement w/Raul</b> 9:00am-10:00am <b>Taxi Coupon</b> 10am-11am **<b>The Stillness In Me</b> with Joe 10:00am-11:00am **<b>Just Breath</b> 11:15-11:30 *<b>Beginners Computer Class</b> 11:30am-1:00pm *<b>Lets Dance (for beginners)</b> 11:45 pm-12:45 pm *<b>Domino Smackdown</b> 1:00pm-3:00pm</p>	<p>2) *<b>Morning Movement w/Raul</b> 9:00am-10:00am *<b>United Creative Crafting</b> 9:30am-1:30pm *<b>Art with Mimi</b> 11:30am-1:30pm *<b>Beginners Computer Class</b> 1:30pm-2:30 pm * <b>Players Club</b> (card games, dominoes,etc). 1:30pm-3:30pm</p>
<p>5) *<b>Morning Movement w/Raul</b> 9:00am-10:00am <b>RSVP Introduction Meeting</b> 10:30-11:15am *<b>Refreshing Connections</b> 10:00am-10:45am **<b>Yoga &amp; Wellness</b> 11:15am-12:15 pm *<b>Beginners Computer Class</b> 11:30am-1:30pm *<b>Power of Release</b> 12:30-1:30 *<b>Players Club</b> 12:30pm-3:00pm</p>	<p>6) * <b>Morning Movement w/Raul</b> 9:00am-10:00am **<b>Low Cardio</b> 10:00am-11:00am **<b>Blue Cross Blue Shield</b> 11:30-12:30pm *<b>Beginners Computer Class</b> 11:30am-1:30pm *<b>Trivia</b> 1:00pm-2 :00pm *<b>Afternoon Wind Down</b> 2:00 pm-3:30 pm</p>	<p>7) * <b>Morning Movement w/Raul</b> 9:00am-10:00am **<b>Bagua</b> 10:00-11:00 am **<b>Cognitive Care</b> 11:30am-12:30pm *<b>Beginners Computer Class</b> 11:30-1:30 ** <b>Bingo</b> 1:30 pm -2:45 pm * <b>Afternoon Wind Down</b> 2:45 pm-3:30 pm</p>	<p>8) * <b>Morning Movement w/Raul</b> 9:00am-10:00am <b>Taxi Coupon</b> 10am-11am **<b>The Stillness In Me</b> with Joe 10:00am-11:00am **<b>Just Breath</b> 11:15-11:30 *<b>Beginners Computer Class</b> 11:30am-1:00pm * <b>Lets Dance (for beginners)</b> 11:45 pm-12:45 pm *<b>Domino Smackdown</b> 1:00pm-3:00pm</p>	<p>9) *<b>Morning Movement w/Raul</b> 9:00am-10:00am * <b>United Creative Crafting</b> 9:30am-1:30pm *<b>Art with Mimi</b> 11:30am-1:30pm *<b>Beginners Computer Class</b> 1:30pm-2:30 pm * <b>Players Club</b> (card games, dominoes,etc) 1:30pm-3:30pm</p>
<p>12) *<b>Morning Movement w/Raul</b> 9:00am-10:00am *<b>Refreshing Connections</b> 10:00am-10:45am **<b>Yoga &amp; Wellness</b> 11:15am-12:15 pm *<b>Beginners Computer Class</b> 11:30am-1:00pm *<b>Power of Release</b> 12:30-1:30 pm *<b>Players Club</b> 12:30pm-3:00pm</p>	<p>13) * <b>Morning Movement w/Raul</b> 9:00am-10:00am **<b>Low Cardio</b> 10:00am-11:00am *<b>Beginners Computer Class</b> 11:30am-1:00pm **<b>Memory Cafe'</b> 11:30am-12:30pm **<b>CLC Consulting LLC (Financial Planning)</b> 1:00pm - 2:30pm *<b>Afternoon Wind Down</b> 2:00 pm-3:30 pm</p>	<p>14) * <b>Morning Movement w/Raul</b> 9:00am-10:00am **<b>Bagua</b> 10:00-11:00 am **<b>Coognitive Care</b> 11:30am-12:30pm *<b>Beginners Computer Class</b> 11:30am-1:00 pm ** <b>Bingo</b> 1:30 pm -2:45 pm * <b>Afternoon Wind Down</b> 2:45 pm-3:30 pm</p>	<p>15) * <b>Morning Movement w/Raul</b> 9:00am-10:00am **<b>The Stillness In Me</b> with Joe 10:00am-11:00am *<b>Beginners Computer Class</b> 11:30am-1:00pm * <b>Lets Dance (for beginners)</b> 11:45 pm-12:45 pm *<b>Domino Smackdown</b> 1:00pm -3:00pm</p>	<p>16) * <b>Morning Movement w/Raul</b> 9:00am-10:00am * <b>United Creative Crafting</b> 9:30am-1:30pm *<b>Art with Mimi</b> 11:30am-1:30pm *<b>Beginners Computer Class</b> 1:30pm-2:30 pm * <b>Players Club</b> (card games, dominoes,etc) 1:30pm:3:30pm</p>
<p>19) *<b>Morning Movement w/Raul</b> 9:00am-10:00am *<b>Refreshing Connections</b> 10:00am-10:45am **<b>Yoga &amp; Wellness</b> 11:15am-12:15 pm *<b>Beginners Computer C lass</b> 11:30am-1:00pm *<b>Power of Release</b> 12:30-1:30 pm *<b>Players Club</b> 12:30pm-3:00pm</p>	<p>20) * <b>Morning Movement w/Raul</b> 9:00am-10:00am **<b>Low Cardio</b> 10:00am-11:00am *<b>Beginners Computer Class</b> 11:30am-1:00 pm ** <b>MGH Presentation w/ Dr. Griffin (Overactive Bladder)</b> 11:30am-12:30pm *<b>Trivia</b> 1:00pm-2:30pm</p>	<p>21) * <b>Morning Movement w/Raul</b> 9:00am-10:00am **<b>Bagua</b> 10:00-11:00 am **<b>Coognitive Care</b> 11:30am-12:30 pm *<b>Beginners Computer Class</b> 11:30am-1:00 pm ** <b>Bingo</b> 1:30 pm -2:45 pm * <b>Afternoon Wind Down</b> 2:30pm-3:30pm</p>	<p>22) *<b>Morning Movement w/Raul</b> 9:00am-10:00am **<b>The Stillness In Me</b> with Joe 10:00am-11:00am **<b>Just Breath</b> 11:15-11:30 * <b>Lets Dance (for beginners) with Yanni</b> 11:45 pm-12:45 pm *<b>Beginners Computer Class</b> 11:30am-1:00 pm * <b>Domino Smackdown</b> 1:00pm-3:00pm</p>	<p>23) * <b>Morning Movement w/Raul</b> 9:00am-10:00am * <b>United Creative Crafting</b> 9:30am-1:30pm *<b>Art with Mimi</b> 11:30am-1:30pm *<b>Beginners Computer Class</b> 1:30pm-2:30 pm * <b>Players Club</b> (card games, dominoes,etc) 1:30:pm-3:30pm</p>
<p>26) *<b>Morning Movement w/Raul</b> 9:00am-10:00am *<b>Refreshing Connections</b> 10:00am-10:45am **<b>Yoga &amp; Wellness</b> 11:15am-12:15 pm *<b>Beginners Computer Class</b> 11:30am-1:00pm *<b>Power of Release</b> 12:30-1:30 pm *<b>Players Club</b> 12:30pm-3:00pm</p>	<p>27) * <b>Morning Movement w/Raul</b> 9:00am-10:00am **<b>Low Cardio</b> 10:00am-11:00am *<b>Beginners Computer Class</b> 11:30am-1:00pm **<b>Museum of Fine Art</b> 11:30am-12:30pm **<b>Alzheimer Presentation (Understanding Dementia Behaviors)</b> 1:00pm-2:00pm *<b>Afternoon Wind Down</b> 2:00pm-3:00pm</p>	<p>28) * <b>Morning Movement w/Raul</b> 9:00am-10:00am **<b>Bagua</b> 10:00-11:00 am **<b>Cognitive Care</b> 11:30am-12:30 pm *<b>Beginners Computer Class</b> 11:30am-1:00 pm ** <b>Bingo</b> 1:30 pm -2:45 pm * <b>Afternoon Wind Down</b> 2:30pm-3:30pm</p>	<p>29) * <b>Morning Movement w/Raul</b> 9:00am-10:00am **<b>The Stillness In Me</b> with Joe 10:00am-11:00am **<b>Just Breath</b> 11:15-11:30 * <b>Lets Dance (for beginners) with Yanni</b> 11:45 pm-12:45 pm *<b>Beginners Computer Class</b> 11:30am-1:00 pm * <b>Domino Smackdown</b> 1:00pm-3:00pm</p>	<p>30) * <b>Morning Movement w/Raul</b> 9:00am-10:00am * <b>United Creative Crafting</b> 9:30am-1:30pm *<b>Art with Mimi</b> 11:30am-1:30pm *<b>Beginners Computer Class</b> 1:30pm-2:30 pm * <b>Players Club</b> (card games, dominoes,etc) 1:30:pm-3:30pm</p>