

BCYF Grove Hall Senior Center
51 Geneva Ave. Dor. MA 02121
 For Program Information call 617-635-1484 or 86 or 87
 Membership & Programs Free of Charge

Program Hours of Operation 9:00am-3:30pm

Schedule Is Subject to Change

DECEMBER 2024

*1 asterisk for in-house program		** 2 asterisks for hybrid program		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) *Morning Movement 9:00am-10:00am * Mix & Mingle 10:00am-10:45am **Yoga & Wellness 11:15am -12:15pm *Power of Release 12:30pm-1:30 pm * Players Club 12:30pm-3:00pm	3) Morning Movement 9:00am-10:00am *Taxi Coupon 10am-11am **Low Cardio 10:00am-11:00am **MGH Presentation (Strengthening Bone Density) 1:00pm-2 :00pm *Afternoon Wind Down 2:30pm-3:30pm	4) *Morning Movement 9:00am-10:00am **Bagua 10am-11 am **Cognitive Care 11:30am-12:30pm ** Bingo 1:30 pm -2:45 pm * Afternoon Wind Down 3:00 pm-3:30 pm	5) * Morning Movement 9:00am-10:00am **The Stillness In Me 10:00am-11:00am *Mix & Mingle 11:30am-1:00pm *Domino Smackdown 1:00pm-3:00pm	6) *Morning Movement 9:00am-10:00am * United Crafting 9:30am-1:30pm *Creative Portraits 11:30am-1:30pm * Players Club (card games, dominoes,etc). 1:30pm-3:30pm
9) *Morning Movement 9:00am-10:00am * Mix & Mingle 10:00am-10:45am **Yoga & Wellness 11:15am -12:15pm *Power of Release 12:30pm-1:30 pm * Players Club 12:30pm-3:00pm	10) * Morning Movement 9:00am-10:00am **Low Cardio 10:00am-11:00am **Memory Cafe 11:30am-12:30pm **MGH Presentation (Neuropathy - How sensation changes can affect you) 1:00pm-2 :00pm *Afternoon Wind Down 2:30pm-3:30pm	11) * Morning Movement 9:00am-10:00am **Bagua 10am-11:am **Cognitive Care 11:30am-12:30pm *Beginners Computer 11:30am-1:30pm ** Bingo 1:30 pm -2:45 pm * Afternoon Wind Down 3:00 pm-3:30 pm	12) * Morning Movement 9:00am-10:00am **The Stillness In Me 10:00am-11:00am *Cyber Security Awareness 11:30am-1:00pm *Mix & Mingle 11:30am-1:00pm *Domino Smackdown 1:00pm-3:00pm	13) *Morning Movement 9:00am-10:00am *United Crafting 9:30am-1:30pm *Creative Portraits 11:30am-1:30pm *Beginners Computer 1:30pm-2:30 pm * Players Club (card games,dominoes,etc) 1:30pm-3:30pm
16) *Morning Movement 9:00am-10:00am * Mix & Mingle 10:00am-10:45am **Yoga & Wellness 11:15am -12:15pm *Beginners Computer 11:30am-1:00 pm *Power of Release 12:30pm-1:30 pm * Players Club 12:30pm-3:00pm	17) * Morning Movement 9:00am-10:00am **Low Cardio 10:00am-11:00am *Beginners Computer 11:30am-1:00pm DEAF Inc.Presentation 11:30am-12:30pm **MGH Presentation (Living with Parkinson's Disease) 1:00pm-2:00pm	18) *Morning Movement 9:00am-10:00am **Bagua 10am-11 am **Cognitive Care 11:30am-12:30pm *Beginners Computer 11:30am-1:00 pm ** Bingo 1:30 pm -2:45 pm * Afternoon Wind Down 3:00 pm-3:30 pm	19) *Morning Movement 9:00am-10:00am **The Stillness In Me 10:00am-11:00am *Cyber Security Awareness 11:30 pm-1:00 pm *Mix & Mingle 11:30am-1:00pm *Domino Smackdown 1:00pm -3:00pm	20) *Morning Movement 9:00am-10:00am * United Crafting 9:30am-1:30pm *Creative Portraits 11:30am-1:30pm *Beginners Computer 1:30pm-2:30 pm * Players Club (card games, dominoes,etc) 1:30pm:3:30pm
23) Mix & Mingle 9:00am-11:00am **Yoga & Wellness 11:15am -12:15pm *Beginners Computer 11:30am-1:00 pm *Power of Release 12:30pm-1:30 pm * Players Club 12:30pm-3:00pm	24) *Mix & Mingle 9:00am-10:00am ** Low Cardio 10:00am-11:00am *Beginners Computer 11:30am-12:30 pm *Trivia 12:30am-1:30pm *Afternoon Wind Down 2:00pm-3:30pm	25) HOLIDAY CHRISTMAS DAY The Senior Center will be closed. ***** 	26) *Mix & Mingle 9:00am-10:00am **The Stillness In Me 10:00am-11:0 *Cyber Security Awareness 11:30pm-1:00 pm *Mix & Mingle 11:30am-1:00pm *Domino Smackdown 1:00pm-3:00pm	27) * Mix & Mingle 9:00am-10:00am * United Crafting 9:30am-1:30pm *Creative Portraits 11:30am-1:30pm *Beginners Computer 1:30pm-2:30pm * Players Club (card games, dominoes,etc) 1:30:pm-3:30pm
30) *Morning Movement 9:00am-10:00am * Mix & Mingle 10:00am-10:45am **Yoga & Wellness 11:15am -12:15pm *Beginners Computer Class 11:30am-1:00pm *Power of Release 12:30pm-1:30pm * Players Club 12:30pm-3:00pm	31) * Morning Movement 9:00am-10:00am **Low Cardio 10:00am-11:00am *Movie Matinee (TBA) 11:30am -1:30pm *Afternoon Wind Down 2:00pm-3:30pm	To all celebrating a birthday in December! 	***** Lunch Pick-Up First Come First Serve Mon-Fri 11:30 am- 2:30 pm *****	***** Taxi Coupons will be available for purchase December 3rd the first Tuesday of the month. 10:00AM-11:00AM *****

DECEMBER 2024 Zoom Program Links

Zoom Meeting ID #S:

1. Exercise Classes (Yoga; Low Cardio; Bagua; The Stillness in Me) 884-8391-4078
<https://us02web.zoom.us/j/88483914078>
2. GHSC Programs (Presentations; Trivia; Cognitive Care) 862-2920-1837
<https://us02web.zoom.us/j/86229201837>
3. GHSC Bingo 879-1582-0531
<https://us02web.zoom.us/j/87915820531>

DECEMBER 2024 Synopsis

Exercise Classes: *Morning Movement*: Walking with a buddy to start your day off right. *Yoga & Wellness w/ Nahdra*: This class uses chairs to move through poses both seated and standing while emphasizing on muscular balance. *Low Cardio Exercise*: Non-weight bearing exercise that helps develop better flexibility, breathing, and strengthens muscles. *Bagua*: Cousin to Tai Chi, also a form of meditation in motion.

Wellness Sessions: *The Power of Release*: This program was created to provide a safe, intimate space for seniors to be able to come together and work on releasing emotions through conversation, journaling, and support from one another.

The Stillness in Me: This class will be practicing complete quieting of the mind, releasing built up physical tension and distress.

Cognitive Care: Each week, seniors will participate in meaningful activity that challenges their mind.

Art Classes: *United Crafting*: Seniors enjoy time with one another, while socializing and creating art pieces to wear or give to loved ones. During this time, seniors can sew, crochet, knit, or make jewelry.

Creative Portraits: This art class focuses on the process of creating art. Seniors with no experience are encouraged to participate. Members will create acrylic art pieces, and charcoal drawings.

Enrichment Classes: *Mix & Mingle*: This program is encouraging new members to connect with one another by engaging in conversation In-House. Members will be able to catch up, share experiences, and create new friendships..

Player's Club: Social time for seniors to interact with one another, while playing Pokeno, Dominoes, Spades, etc. *Memory Café*: A safe space for seniors living with dementia to interact, laugh, find support, share concerns, and socialize with other members without fear of feeling out of place. *Hybrid Bingo*: This is a socializing activity for seniors offered virtually and In-House.

Trivia: a trivia game or competition where the competitors are asked questions about interesting but unimportant facts in many subjects

Domino Smackdown: Social time for seniors to interact with one another, while playing Dominoes. *Afternoon Wind Down*: Social time for seniors to interact with one another. *Movie Matinee*: TBA

Education: *Beginners Computer Class*: Similar to Tech Café, members are able to bring their personal laptop or Chromebook to receive help with questions they may have. *Cyber Security Awareness*: In-House program only. Seniors will learn how to access the web, hacker awareness, lessons

on phishing and mobile device security. *MGH Productive Aging Tips*: MGH will do a presentation on how to strengthen bone density. The Neuropathy dept will show the effects of sensation changes and how it affects you. MGH will do a presentation on how to live with Parkinson's disease. *DEAF Inc.*: An Advocate with DEAF, Inc will do a presentation to discuss the various degrees of hearing loss, from mild loss to late-deafness. DEAF Inc. will offer services such as assistive technology and devices, peer support, and adaptive equipment for the home (i.e. visual fire alarms, doorbells) all with a mission to promote communication accessibility and independence. DEAF Inc. also provides social workers that can connect to seniors individually to discuss health and wellness.

Extra: *Taxi Coupons*: First Tuesday of the month, (10am-11am), you can buy up to 4 books a month (at five dollars each)

Lunch Program: Members will receive a hot lunch Monday-Friday.