

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

***1 asterisk for in-house program**

AUGUST 2025

**** 2 asterisks for hybrid program**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To all celebrating a birthday in August!</p> 	<p>Taxi Coupons will be available for purchase August 5th the first Tuesday of the month. 10:00 am-11:00 am</p>	<p>Ethos Cafe Pre-Registration Required. Lunch Pick-Up First Come First Serve Mon-Fri 11:30 am- 2:30 pm</p>	<p>Age Strong Property Tax Work-Off Program Paperwork Pick-up 12:30pm Wednesday, August 6th ***** Age Strong RSVP Paperwork Pick-Up Monday, August 4th 10:30am</p>	<p>1) <u>*Morning Movement</u> 9:00am-10:00am <u>*United Crafting</u> 9:30am-1:30pm <u>*Ethos Lunch Cafe</u> 12:00pm-1:00pm <u>*Creative Portraits</u> 11:30am-1:30pm <u>*Beginners Computer</u> 1:30pm-2:30pm <u>* Players Club</u> 1:30-3:30pm</p>
<p>4) <u>*Morning Movement</u> 9:00am-10:00am <u>* Mix & Mingle</u> 10:00 -10:45am <u>**Yoga & Wellness</u> 11:15am –12:15pm <u>*Ethos Lunch Cafe</u> 12:00pm–1:00pm <u>*Beginners Computer</u> 11:30am-1:00pm <u>*Players Club</u> 12:30pm-3:00pm</p>	<p>5) <u>*Morning Movement</u> 9:00am-10:00am <u>**Low Cardio</u> 10:00am-11:00am <u>*Wana Student Workshop</u> 11:30am-12:30pm <u>*Taxi Coupon</u> 10am-11am <u>*Ethos Lunch Cafe</u> 12:00pm-1:00pm <u>*Players Club</u> 2:30-pm-3:30pm</p>	<p>6) <u>*Morning Movement</u> 9:00am-10:00am <u>**Bagua</u> 10am-11:am <u>**Cognitive Care</u> 11:30am-12:30pm <u>*Ethos Lunch Cafe</u> 12:00pm-1:00pm <u>*Beginners Computer</u> 11:30am-1:30pm <u>** Bingo</u> 1:30 -2:45pm * <u>*Afternoon Wind Down</u> 3:00pm-3:30pm</p>	<p>7) <u>*Morning Movement</u> 9:00am-10:00am <u>**The Stillness In Me</u> 10:00am-11:00am <u>*Chair Bingo</u> 11:15am-12:15pm <u>*Cyber SecurityAwareness</u> 11:30am-1:00pm <u>*Ethos Lunch Cafe</u> 12:00pm-1:00pm <u>*Domino Smackdown</u> 2:00pm-3:00pm</p>	<p>8) <u>*Morning Movement</u> 9:00am-10:00am <u>*United Crafting</u> 9:30am-1:30pm <u>*Ethos Lunch Cafe</u> 12:00pm-1:00pm <u>*Creative Portraits</u> 11:30am-1:30pm <u>*Beginners Computer</u> 1:30pm-2:30pm <u>* Players Club</u> 1:30pm-3:30pm</p>
<p>11) <u>*Morning Movement</u> 9:00am-10:00am <u>* Mix & Mingle</u> 10:00a-10:45am <u>**Yoga & Wellness</u> 11:15am –12:15pm <u>*Ethos Lunch Cafe</u> 12--1:00pm <u>*Beginners Computer</u> 11:30am-1:00pm <u>*Power of Release</u> <u>Ice Cream Social</u> 12:30-1:30pm <u>*Players Club</u> 12:30-3:00pm</p>	<p>12) <u>*Morning Movement</u> 9:00am-10:00am <u>**Low Cardio</u> 10:00am-11:00am <u>*BeginnersComputer</u> 11:30am-1:00pm <u>*Ethos Lunch Cafe</u> 12pm-1:00pm <u>*BlueCross Planning for Medicare</u> 1:00pm-2:00pm <u>* Players Club</u> 2:30pm-3:30pm</p>	<p>13) <u>*Morning Movement</u> 9:00am-10:00am <u>**Bagua</u> 10-11:00 am <u>**Cognitive Care</u> 11:30am-12:30pm <u>*Ethos Lunch Cafe</u> 12:00pm-1:00pm <u>*Beginners Computer</u> 11:30am-1:00 pm <u>** Bingo</u> 1:30 -2:45pm <u>*Afternoon Wind Down</u> 3:00pm-3:30pm</p>	<p>14) <u>*Morning Movement</u> 9:00am-10:00am <u>**The Stillness In Me</u> 10:00am-11:00am <u>*Chair Bingo</u> 11:15am-12:15pm <u>*Cyber SecurityAwareness</u> 11:30am-1:00pm <u>*Ethos Lunch Cafe</u> 12:00pm-1:00pm <u>*Domino Smackdown</u> 2:00pm-3:00pm</p>	<p>15) <u>*Morning Movement</u> 9:00am-10:00am <u>*United Crafting</u> 9:30am-1:30pm <u>*Ethos Lunch Cafe</u> 12:00pm-1:00pm <u>*Creative Portraits</u> 11:30am-1:30pm <u>*Beginners Computer</u> 1:30pm-2:30 pm <u>* Players Club</u> 1:30pm:3:30pm</p>
<p>18) <u>*Morning Movement</u> 9:00am-10:00am <u>* Mix & Mingle</u> 10:00-10:45am <u>**Yoga & Wellness</u> 11:15am –12:15pm <u>*Ethos Lunch Cafe</u> 12--1:00pm <u>*Beginners Computer</u> 11:30am-1:00pm <u>*Power of Release</u> 12:30pm-1:30pm <u>*Players Club</u> 2:00-3:30pm</p>	<p>19) <u>*Morning Movement</u> 9:00am-10:00am <u>**Low Cardio</u> 10:00am-11:00am <u>*Beginners Computer</u> 11:30-12:30pm <u>*Umass Boston</u> <u>(Black Voices Raised In Protest)</u> 11:30am-12:30pm <u>*Ethos Lunch Cafe</u> 12:00pm-1:00pm <u>* Players Club</u> 2:00pm-3:30pm</p>	<p>20) <u>*Morning Movement</u> 9:00am-10:00am <u>**Bagua</u> 10am-11 am <u>**Cognitive Care</u> 11:30am-12:30pm <u>*Ethos Lunch Cafe</u> 12:00pm-1:00pm <u>*Beginners Computer</u> 11:30am-1:00 pm <u>** Bingo</u> 1:30 - 2:45pm <u>*Afternoon Wind Down</u> 3:00pm-3:30pm</p>	<p>21) <u>*Morning Movement</u> 9:00am-10:00am <u>**The Stillness In Me</u> 10:00am-11:00am <u>*Chair Bingo</u> 11:15am-12:15pm <u>*Cyber Security Awareness</u> 11:30 pm-1:00 pm <u>*Ethos Lunch Cafe</u> 12:00pm-1:00pm <u>*Domino Smackdown</u> 2:00pm -3:00pm</p>	<p>22) <u>*Morning Movement</u> 9:00am-10:00am <u>*United Crafting</u> 9:30am-1:30pm <u>*Ethos Lunch Cafe</u> 12:00pm-1:00pm <u>*Creative Portraits</u> 11:30am-1:30pm <u>*Beginners Computer</u> 1:30pm-2:30pm <u>*PlayersClub</u> 1:30pm-3:30pm</p>
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August 2025 Google Program Link

Google Meeting Link for hybrid programs Video link: <https://meet.google.com/iwc-ntbm-oie>

*1 asterisk for in-house program

- * Morning Movement
- * Computers
- * United Crafting
- * Domino Smackdown
- * Game Show Classic
- * Afternoon Wind Down
- * Cognitive Care
- * Presentations
- * Creative Portraits
- * Players Club
- * Power of Release
- * Just Breathe
- * Mix & Mingle

** 2 asterisks for hybrid program

- ** Yoga
- ** Low Cardio
- ** Bagua
- ** The Stillness in Me
- ** Memory Cafe
- ** Bingo
- ** Trivia
- ** Chair Bingo

August 2025 Program 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. Chair Bingo: A type of bingo game that features seated stretches and simple movement that must be completed in order to mark your game card.

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. Just Breathe: A fifteen minute meditation to rejuvenate the mind and body. Player's Club: Social time for seniors to interact with one another, while playing Pokeno, Dominoes, Spades, etc..

Hybrid Bingo: This is a socializing activity for seniors offered virtually and In-House. 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.

Education: Beginners Computer Class: Similar to Tech Café, members are able to bring their personal laptop, Chromebook or phones 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. Mass General Hospital: A presentation on physical therapy tips (functioning with Neuropathy). Blue Cross Blue Shield Planning For Medicare: Have you ever wondered about the Medicare Advantage plans advertised on TV? Join us. A Blue Shield of Massachusetts representative unravels the planning and options.

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

Ethos Lunch Cafe: Members will receive a hot lunch Monday-Friday (11:30am-2:30pm).