



BCYF BEVERLY GIBBONS COMMUNITY CENTER

For Older Adults



ACTIVITIES

**Lunch provided by Ethos:
Mondays, Wednesdays, and Fridays 12pm**

Exercise Class Low-impact Aerobics 10 + 11:30pm

**Chair Yoga with weights and meditation:
THURSDAYS 9-10AM & 10-11AM**

**Come and play Bingo:
Wednesdays & Fridays 10:30pm - 3:00pm**

Coffee and Conversation, Daily at 8:15am

Age Strong Advocacy, call the center for an appointment.

**Tech Help with Serge will start back up on Monday,
January 26th from 9am to 11am**

**Forever Young Program on Wednesdays at 11:30-1:30
with Parks Department & BPD**

**Eversource will hold an informal conversation with
residents about a new proposed electric infrastructure
project in Charlestown.**

**382 MAIN STREET,
CHARLESTOWN, MA
02129**

**MONDAY THROUGH FRIDAY,
8AM TO 4PM**

PHONE: 617-635-5175

FAX: 617-635-5647

**BCYF Gibbons Center is a
senior center featuring a
multi- purpose community
room. BCYF's network of
community centers offer a
wide range of diverse features
and programs that are as
unique as the neighborhoods
they serve.**





FEBRUARY 2026

<p><u>Monday 2</u></p> <p>Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Tech Help 9-11 am Dice Game (LCR) 11-2 pm Ethos Lunch 12-12:45 pm</p>	<p><u>Tuesday 3</u></p> <p>Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Cardio Exercise 10-10:40 am & 11:30-12:15 pm Line Dancing 10:40-11: 05 am Book Club 12:40-1:40 pm</p>	<p><u>Wednesday 4</u></p> <p>Crocheting with Marisa 8:30-10 am Coffee & Conversation 8-10 am Card Games 9-10:15 am Bingo 10:30:12 pm & 12:30-3:30 pm Forever Young Program Carter Playground Bubble 11:15-1:15pm</p>	<p><u>Thursday 5</u></p> <p>Coffee & Conversation 8-10 am Chair + Cardio Dance 9:30-10 am Chair Yoga 10-11am Lunch & Learn (Health Center) Topic TBD 11:45-2 pm</p>	<p><u>Friday 6</u></p> <p>Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Chair Yoga with Michelle 9-10 am Card Games 9-10:15 am Bingo 10:12 am & 12:30-3:30 pm Ethos Lunch 12-12:45 pm</p>
<p><u>Monday 9</u></p> <p>Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Tech Help 19-11 am Screw Your Neighbor (Card Game) 11-2 pm Ethos Lunch 12-12:45 pm</p>	<p><u>Tuesday 10</u></p> <p>Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Cardio Exercise 10-10:40 am & 11:30- 12:15 pm Line Dancing 10:40- 11:05 am</p>	<p><u>Wednesday 11</u></p> <p>Crocheting with Marisa 8:30-10 am Coffee & Conversation 8-10 am Card Games 9-10:15 am Bingo 10:30-12 pm & 12:30-3:30 pm Forever Young Program Carter Playground Bubble 11:15-1:15pm</p>	<p><u>Thursday 12</u></p> <p>Coffee & Conversation 8-10 am Chair + Cardio Dance 9:30-10am Chair Yoga 10-11am Valentine Party & Game Day with Chrissy 11:45-3pm</p>	<p><u>Friday 13</u></p> <p>Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Chair Yoga with Michelle 9-10 am Card Games 9-10:15 am Bingo 10-12 pm& 12:30-3:30 pm Ethos Lunch 12-12:45 pm</p>
<p><u>Monday 16</u></p> 	<p><u>Tuesday 17</u></p> <p>Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Cardio Exercise 10-10:40 am & 11:30- 12:15 pm Line Dancing 10:40- 11:05 am Eversource Discussion 1-3 pm</p>	<p><u>Wednesday 18</u></p> <p>Advocacy Support 8-2 pm Crocheting with Marisa 8:30-10 am Coffee & Conversation 8-10 am Card Games 9-10:15 am Bingo 10:30-12 pm & 12:30-3:30 pm</p>	<p><u>Thursday 19</u></p> <p>Coffee & Conversation 8-10 am Chair + Cardio Dance 9:30-10 am Chair Yoga 10-11am Camp Compassion 11:30-2:30 pm</p>	<p><u>Friday 20</u></p> <p>Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Chair Yoga with Michelle 9-10 am Card Games 9-10:15 am Bingo 10-12 pm & 12:30-3:30 pm Ethos Lunch 12-12:45 pm</p>
<p><u>Monday 23</u></p> <p>Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Tech Help 9-11 am Pokeno 11-2 pm Ethos Lunch 12-12:45 pm</p>	<p><u>Tuesday 24</u></p> <p>Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Cardio Exercise 10-10:40 am & 11:30- 12:15 pm Line Dancing 10:40- 11:05 am Arts & Crafts with Sophia 12:45-1:00 pm</p>	<p><u>Wednesday 25</u></p> <p>Crocheting with Marisa 8:30-10 am Coffee & Conversation 8-10 am Card Games 9-10:15 am Bingo 10:30-12 pm & 12:30-3:30 pm Forever Young Program Carter Playground Bubble 11:15-1:15pm</p>	<p><u>Thursday 26</u></p> <p>Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Chair + Cardio Dance 9:30-10 am Chair Yoga 10-11am Loops & Loomers Craft Project (Pot Holders) 11:15- 3pm</p>	<p><u>Friday 27</u></p> <p>Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Card Games 9-10:15 am Bingo 10-12 pm & 12:30-3:30 pm Ethos Lunch 12-12:45 pm</p>