



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>Monday 2</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>Tuesday 3</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>Wednesday 4</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 Playgroun Bubble 11:15-1:15pm</p>	<p>Thursday 5</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>Friday 6</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>Monday 9</p> <p>Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Tech Help 10-11 am Screw Your Neighbor (Card Game) 11-2 pm Ethos Lunch 12-12:45 pm</p>	<p>Tuesday 10</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>Wednesday 11</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 Playgroun Bubble 11:15-1:15pm</p>	<p>Thursday 12</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>Friday 13</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>Monday 16</p> <p></p>	<p>Tuesday 17</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>Wednesday 18</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>Thursday 19</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>Friday 20</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>Monday 23</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>Tuesday 24</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>Wednesday 25</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 Playgroun Bubble 11:15-1:15pm</p>	<p>Thursday 26</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>Friday 27</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>