



# BCYF BEVERLY GIBBONS COMMUNITY CENTER FOR OLDER ADULTS



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.



## WEEKLY ACTIVITIES

COFFEE AND CONVERSATION, DAILY AT 8:15AM

LUNCH PROVIDED BY ETHOS:  
MONDAYS, WEDNESDAYS, AND FRIDAYS 12PM

POKENO AND DICE GAMES  
MONDAYS 10:30-2PM

NEW CLASS: SEATED TAI CHI  
MONDAYS 9:00-9:45AM

CARDIO AND LINE DANCING  
TUESDAYS 10-10:40, 10:40-11:05, 11:30-12:15PM

COME AND PLAY BINGO  
WEDNESDAYS & FRIDAYS 10:30PM - 3:00PM

CHAIR DANCE AND YOGA  
THURSDAYS 9:30-10, 10-11:30AM


AGE STRONG ADVOCACY (BY APPOINTMENT)  
FIRST & LAST TUESDAYS 12:30-2PM  
CALL CENTER TO SCHEDULE



382 MAIN STREET, CHARLESTOWN, MA 02129  
MONDAY THROUGH FRIDAY – 8AM TO 4PM  
PHONE: 617-635-5175 – – FAX: 617-635-5647





		<p>Wednesday 1</p> <p>Coffee &amp; Conversation (8-10) <b>Card Games 9-10:15</b> Bingo (10:12) &amp; (12:30-3:30) Ethos Lunch 12-12:45 pm</p>	<p>Thursday 2</p> <p>Coffee &amp; Conversation (8-10) <b>Chair + Cardio Dance (9:30-10)</b> Chair Yoga (10-11am) <b>Arts &amp; Crafts - Crafts With Keighan (11:30-1pm)</b></p>	<p><b>FRIDAY 3</b></p>  <p><b>INDEPENDENCE DAY HOLIDAY</b></p> <p><b>CENTER CLOSED</b></p>
<p>Monday 6</p> <p>Coffee &amp; Conversation (8-10) <b>Seated Tai Chi Video Series (9-9:45)</b> Pokeno (10:30-2) Ethos Lunch (12-12:45)</p>	<p>Tuesday 7</p> <p>Coffee &amp; Conversation (8-10) <b>Cardio Exercise (10-10:40) &amp; (11:30-12:15)</b> Line Dancing (10:40-11:05) <b>Book Club (12:45-1:45)</b> Age Strong Advocacy <b>See Meaghan by appointment only (12:30-2pm)</b></p>	<p>Wednesday 8</p> <p>Coffee &amp; Conversation (8-10) <b>Card Games 9-10:15</b> Bingo (10:12) &amp; Volunteer Erin (12:30-3:30) Ethos Lunch 12-12:45 pm</p>	<p>Thursday 9</p> <p>Coffee &amp; Conversation (8-10) <b>Chair + Cardio Dance (9:30-10)</b> Yoga (10-11am) <b>Lunch &amp; Learn (Health Center)</b> Topic TBD (11:45-2:00)</p>	<p>Friday 10</p> <p>Coffee &amp; Conversation (8-10) Card Games 9-10:15 <b>Bingo (10:12) &amp; (12:30-3:30)</b> Ethos Lunch 12-12:45 pm</p>
<p>Monday 13</p> <p>Coffee &amp; Conversation (8-10) <b>Seated Tai Chi Video Series (9-9:45)</b> Dice Game (LCR) (10:30-2 pm) Ethos Lunch (12-12:45)</p>	<p>Tuesday 14</p> <p>Coffee &amp; Conversation (8-10) Cardio Exercise (10-10:40) &amp; (11:30-12:15) <b>Line Dancing (10:40-11:05)</b></p>	<p>Wednesday 15</p> <p>Coffee &amp; Conversation (8-10) <b>Card Games 9-10:15</b> Bingo (10:12) &amp; (12:30-3:30) Ethos Lunch 12-12:45 pm</p>	<p>Thursday 16</p> <p>Coffee &amp; Conversation (8-10) <b>Chair + Cardio Dance (9:30-10)</b> <b>Yoga (10-11am)</b> Friendship Club (11-1pm)</p>	<p>Friday 17</p> <p>Card Games 9-10:15 <b>Bingo (10:12) &amp; Volunteer Erin (12:30-3:30)</b> Ethos Lunch 12-12:45 pm</p>
<p>Monday 20</p> <p>Coffee &amp; Conversation (8-10) <b>Seated Tai Chi Video Series (9-9:45)</b> Pokeno (10:30-2) Ethos Lunch (12-12:45)</p>	<p>Tuesday 21</p> <p>Coffee &amp; Conversation (8-10) <b>Cardio Exercise (10-10:40) &amp; (11:30-12:15)</b> <b>Line Dancing (10:40-11:05)</b></p>	<p>Wednesday 22</p> <p>Coffee &amp; Conversation (8-10) <b>Card Games 9-10:15</b> Bingo (10:12) &amp; (12:30-3:30) Ethos Lunch 12-12:45 pm</p>	<p>Thursday 23</p> <p>Coffee &amp; Conversation (8-10) <b>Chair + Cardio Dance (9:30-10)</b> Yoga (10-11am) <b>Movie Night (6-8:30 pm)</b> Popcorn &amp; Refreshments Provided</p>	<p>Friday 24</p> <p>Coffee &amp; Conversation (8-10) Card Games 9-10:15 <b>Bingo (10:12) &amp; (12:30-3:30)</b> Ethos Lunch 12-12:45 pm</p>
<p>Monday 27</p> <p>Coffee &amp; Conversation (8-10) <b>Seated Tai Chi Video Series (9-9:45)</b> Dice Game (LCR) 10:30-2 pm Ethos Lunch (12-12:45)</p>	<p>Tuesday 28</p> <p>Coffee &amp; Conversation (8-10) <b>Cardio Exercise (10-10:40) &amp; (11:30-12:15)</b> <b>Line Dancing (10:40-11:05)</b> Age Strong Advocacy <b>See Meaghan by appointment only (12:30-2pm)</b></p>	<p>Wednesday 29</p> <p>Coffee &amp; Conversation (8-10) <b>Card Games 9-10:15</b> Bingo (10:12) &amp; (12:30-3:30) Ethos Lunch 12-12:45 pm <b>Spectacle Island Time: TBD</b></p>	<p>Thursday 30</p> <p>Coffee &amp; Conversation (8-10) <b>Chair + Cardio Dance (9:30-10)</b> <b>Yoga (10-11am)</b> Friendship Club 11-1 pm</p>	<p>Friday 31</p> <p>Coffee &amp; Conversation (8-10) Card Games 9-10:15 <b>Bingo (10:12) &amp; (12:30-3:30)</b> Ethos Lunch 12-12:45 pm</p>