

**BCYF Grove Hall Senior Center
51 Geneva Ave. Dor. MA 02121**

For Program Information call 617-635-1487

Schedule Subject to Change * Membership & Programs Free of Charge * Hours of Operation 8:00am-4:00pm

SEPTEMBER 2022

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p>To all celebrating a birthday in SEPTEMBER</p>  <p>HAPPY BIRTHDAY!!!!</p>	<p>Taxi Coupons the first Tuesday of every month 10:00am-11:00am</p> <hr/> <p>Lunch Pick – Up Monday–Friday 11:30am – 2:30pm First Come First Served</p>		<p>1) <u>Chair Tai Chi (hybrid)</u> 11:00 – 12:00pm <u>Spanish Club</u> 1pm-2pm (Virtual Only, Class Closed) <u>Taiko Drumming</u> 1:00pm-3:00pm (in-house)</p>	<p>2) <u>Low Cardio (hybrid)</u> 11:00am – 12:00pm <u>Tufts Presentation</u> (Bone Health) 1:00pm-2:00pm <u>Domino Smack Down</u> (in house) 2:00 - 3:30pm</p>
<p>5) <u>Morning Stride</u> 9:00am-10:00am (walk will start promptly at 9am @ Franklin Park baseball field) <u>Chair Yoga with Erwins (hybrid)</u> 10:30am – 11:30am <u>Art w/ Antonio (hybrid)</u> 12:30-1:30pm <u>Pokeno</u> (in house) 1:30 - 3:00pm</p>	<p>6) <u>Taxi Coupons</u> 10am-11am <u>Bagua (hybrid)</u> 11:00am-12:00pm <u>Movie Matinee</u> 1:30pm-3:30pm</p>	<p>7) <u>Jeopardy (hybrid)</u> 10:30am-11:30am <u>Bingo (hybrid)</u> 12:45pm-1:45pm <u>Afternoon Wind Down (Mindful Chair Yoga with Erwins hybrid)</u> 2:00pm-3:00pm</p>	<p>8) <u>Chair Tai Chi (hybrid)</u> 11:00 – 12:00pm <u>Spanish Club</u> 1pm-2pm (Virtual Only Class Closed) <u>Taiko Drumming</u> 1:00pm-3:00pm (in-house)</p>	<p>9) <u>Low Cardio (hybrid)</u> 11:00am - 12:00pm <u>Game Day</u> 12:00pm-2:00pm <u>Domino Smack Down</u> (in house) 2:00 - 3:30pm</p>
<p>12) <u>Morning Stride</u> 9:00am-10:00am (walk will start promptly at 9am @ Franklin Park baseball field) <u>Chair Yoga with Erwins (hybrid)</u> 10:30am – 11:30am <u>Art w/ Antonio (hybrid)</u> 12:30-1:30pm <u>Pokeno</u> (in house) 1:30 - 3:00pm</p>	<p>13) <u>Bagua (hybrid)</u> 11:00am-12:00pm <u>Movie Matinee</u> 1:30pm-3:30pm <u>One on One with Clair (Tech Assistance)</u> 1:30pm-3:30pm must schedule appointment</p>	<p>14) <u>Memory Cafe</u> 10:30am-11:30am <u>Bingo (hybrid)</u> 12:45pm-1:45pm <u>Afternoon Wind Down (Mindful Chair Yoga with Erwins (hybrid))</u> 2:00pm-3:00pm</p>	<p>15) <u>Chair Tai Chi (hybrid)</u> 11:00 – 12:00pm <u>Spanish Club</u> 1pm-2pm (Virtual Only Class Closed) <u>Taiko Drumming</u> 1:00pm-3:00pm (in-house)</p>	<p>16) <u>Low Cardio (hybrid)</u> 11:00am - 12:00pm <u>Art w/ Antonio (hybrid)</u> 12pm-2pm <u>Domino Smack Down</u> (in house) 2:00 - 3:30pm <u>MFA Tour (virtual only)</u> 3:00pm-4:00pm</p>
<p>19) <u>Morning Stride</u> 9:00am-10:00am (walk will start promptly at 9am @ Franklin Park baseball field) <u>Chair Yoga with Erwins (hybrid)</u> 10:30am – 11:30am <u>Art w/ Antonio (hybrid)</u> 12:30-1:30pm <u>Pokeno</u> (in house) 1:30 - 3:00pm</p>	<p>20) <u>Bagua (hybrid)</u> 11:00am-12:00pm <u>Movie Matinee</u> 1:30pm-3:30pm <u>One on One with Clair (Tech Assistance)</u> 1:30pm-3:30pm must schedule appointment</p>	<p>21) <u>Jeopardy (hybrid)</u> 10:30am-11:30am <u>Bingo (hybrid)</u> 12:45pm-1:45pm <u>Afternoon Wind Down Mindful Chair Yoga with Erwins (hybrid)</u> 2:00pm-3:00pm</p>	<p>22) <u>Chair Tai Chi (hybrid)</u> 11:00 – 12:00pm <u>Spanish Club</u> 1pm-2pm (Virtual Only Class Closed) <u>Taiko Drumming</u> 1:00pm-3:00pm (in-house)</p>	<p>23) <u>Low Cardio (hybrid)</u> 11:00am - 12:00pm <u>Art w/ Antonio (hybrid)</u> 12pm-2pm <u>Domino Smack Down</u> (in house) 2:00 - 3:30pm</p>
<p>26) <u>Morning Stride</u> 9:00am-10:00am (walk will start promptly at 9am @ Franklin Park baseball field) <u>Chair Yoga with Erwins (hybrid)</u> 10:30am – 11:30am <u>Art w/ Antonio (hybrid)</u> 12:30-1:30pm <u>Pokeno</u> (in house) 1:30 - 3:00pm</p>	<p>27) <u>Bagua (hybrid)</u> 11:00am-12:00pm <u>Movie Matinee</u> 1:30pm-3:30pm <u>One on One with Clair (Tech Assistance)</u> 1:30pm-3:30pm must schedule appointment</p>	<p>28) <u>Eternal Health Presentation (Diabetes Prevention)</u> 10:30am-11:30am <u>Bingo (hybrid)</u> 12:45pm-1:45pm <u>Afternoon Wind Down (Mindful Chair Yoga with Erwins hybrid)</u> 2:00pm-3:00pm</p>	<p>29) <u>Chair Tai Chi (hybrid)</u> 11:00 – 12:00pm <u>Spanish Club</u> 1pm-2pm (Virtual Only Class Closed) <u>Taiko Drumming</u> 1:00pm-3:00pm (in-house)</p>	<p>30) <u>Low Cardio (hybrid)</u> 11:00am - 12:00pm <u>Art w/ Antonio (hybrid)</u> 12pm-2pm <u>Domino Smack Down</u> (in house) 2:00 - 3:30pm</p>