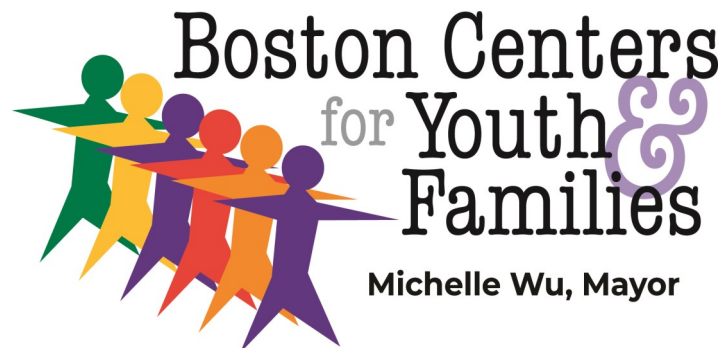


# **BCYF Roche Family Community Center**

## **Program Guide Winter/ Spring 2023**



## **BCYF Roche Family Community Center**

*A George Robert White Trust Facility*

**617-635-5066 1716 Centre Street West Roxbury rochecc@boston.gov**

Parking in the rear of the building is limited to marked spaces only.

### **2023 Holidays**

BCYF Roche Center will be closed in observance of the following holidays:

New Years' Day (observed)	January 2
Martin Luther King Jr. Day	January 16
Presidents' Day	February 20
Patriots' Day	April 17
Memorial Day	May 29
Junteenth	June 19
Independence Day	July 4

**Classes scheduled on a holiday or Boston Public School (BPS) snow day will be cancelled for the day and will not be made up. There are no classes during BPS vacation weeks: February 20-24 and April 17-21**

### **Boston Centers for Youth & Families Program Registration**

How to register for BCYF programs at BCYF Roche Center.

Participants must create an account on

[www.boston.gov/bcyf-roche](http://www.boston.gov/bcyf-roche)

Directions on how to set up account:

[BCYF Perfect Mind registration instructions](#)

**Free classes are for City of Boston residents only. Proof of residency is required.**

Follow BCYF on Instagram, Facebook, and Twitter @bcyfceters

### **Program Registration**

Registration for our 2023 programs will take place online beginning December 28, 2022 at 9am. Please call 617-635-5066 with questions on membership or programs. The Center reserves the right to cancel programs due to insufficient registration. Space is limited for all classes. Due to the high interest in our programs, participants that miss 2 classes will be dropped from the class to allow us to go to our waitlist.

**The West Roxbury Community Centers (WRCC) is a not-for-profit community based organization that works in partnership with Boston Centers for Youth & Families (BCYF) to provide quality arts, character, education and sports programs.**

### **West Roxbury Community Centers Council**

West Roxbury Community Centers Council is a not for profit 501(c) 3. Our members raise funds for the programs at the site. Interested in joining our board? Join us on the 4<sup>th</sup> Thursday of each month at 7pm. If you would like additional information call 617-635-5066. We welcome your thoughts!

### **WRCC Board Members**

Kathy Gallant, President	James McDonough	Patrice Sullivan
Ginny Carroll, Vice President	Michael Hamrock	Jay Walsh
Ann Marie Russell, Secretary	Bonnie Houston	
Mike Lynch, Treasurer		

Any program questions or concerns; you can contact us by emailing

[westroxburycc@comcast.net](mailto:westroxburycc@comcast.net)

Follow us on Instagram @westroxburycommunitycenter

**Payments for WRCC classes must be paid on the WRCC payment portal:**

<https://bit.ly/wrcc1716>

### **WRCC Registration Policy**

1. There are no refunds given after registration is taken for a program.
2. Credits/transfers will not be issued after the 1st week of a session.
3. If the program you register for is canceled, or if there is a Center-initiated schedule change, we will refund your full fee.

# Preschool Programs

## Sticky Fingers

**Fee: \$65 per 10-week session**

This parent and child class is teacher directed with activities such as crafts, paint, play doh, sand play, chalk, etc. Come on in and get messy! **Limit 12 per class.**

**Session 1 begins the week of January 9, 2023**

Session	Age	Day	Time	Code
1	18 months – 3.5	Tuesday	9:30 – 10:15am	SF1
1	18 months – 3.5	Wednesday	9:30 – 10:15am	SF2
1	18 months – 3.5	Thursday	9:30 – 10:15am	SF3
1	18 months – 3.5	Tuesday	10:15 – 11:00am	SF4
1	18 months – 3.5	Wednesday	10:15 – 11:00am	SF5
1	18 months – 3.5	Thursday	10:15 – 11:00am	SF6
1	18 months – 3.5	Tuesday	11:00 – 11:45am	SF7
1	18 months – 3.5	Wednesday	11:00 – 11:45am	SF8
1	18 months – 3.5	Thursday	11:00 – 11:45am	SF9
1	18 months – 3.5	Saturday	9:30 – 10:15am	SF10
1	18 months – 3.5	Saturday	10:30 – 11:15am	SF11

**Session 2 begins the week of April 10, 2023**

Session	Age	Day	Time	Code
2	18 months – 3.5	Tuesday	9:30 – 10:15am	SF12
2	18 months – 3.5	Wednesday	9:30 – 10:15am	SF13
2	18 months – 3.5	Thursday	9:30 – 10:15am	SF14
2	18 months – 3.5	Tuesday	10:15-11:00am	SF15
2	18 months – 3.5	Wednesday	10:15-11:00am	SF16
2	18 months – 3.5	Thursday	10:15-11:00am	SF17
2	18 months – 3.5	Tuesday	11:00-11:45am	SF18
2	18 months – 3.5	Wednesday	11:00-11:45am	SF19
2	18 months – 3.5	Thursday	11:00-11:45am	SF20
2	18 months – 3.5	Saturday	9:30 – 10:15am	SF21
2	18 months – 3.5	Saturday	10:30 – 11:15am	SF22

**Instructor: Donna Mattimoe**

## Toddler Time

**Fee: \$65 per 10-week session**

This parent and child class is teacher directed with activities such as tumbling, free play and rhythmic activities appropriate for your toddler's development.

**Session 1 begins the week of January 9, 2023**

Session	Age	Day	Time	Code
1	Crawling - 3	Tuesday	9:30 – 10:15am	TT1
1	Crawling – 3	Wednesday	9:30 – 10:15 am	TT2
1	Crawling - 3	Thursday	9:30 – 10:15am	TT3
1	Crawling - 3	Tuesday	10:15 – 11:00am	TT4
1	Crawling - 3	Thursday	10:15 – 11:00am	TT5
1	Crawling - 3	Tuesday	11:00 – 11:45am	TT6
1	Crawling - 3	Thursday	11:00 – 11:45am	TT7

**Session 2 begins the week of April 10, 2023**

Session	Age	Day	Time	Code
2	Crawling - 3	Tuesday	9:30 – 10:15am	TT8
2	Crawling – 3	Wednesday	9:30 – 10:15 am	TT9
2	Crawling - 3	Thursday	9:30 – 10:15am	TT10
2	Crawling - 3	Tuesday	10:15 – 11:00am	TT11
2	Crawling - 3	Thursday	10:15 – 11:00am	TT12
2	Crawling - 3	Tuesday	11:00 – 11:45am	TT13
2	Crawling - 3	Thursday	11:00 – 11:45am	TT14

**Instructor: Donna Baressi**

## Let's Dance Together

**Fee: \$65 per 10-week session**

Parent/child class where you will follow along with the instructor to fun music in this introduction to rhythm, music, and movement. **Limit 12 per class.**

**Session 1 begins the week of January 9, 2023**

Session	Age	Day	Time	Code
1	18m –	Monday	9:30 -10:15am	DANCE1
1	2 - 3	Monday	10:15 - 11am	DANCE2

**Session 2 begins the week of April 10, 2023**

Session	Age	Day	Time	Code
2	18m-	Monday	9:30 -10:15am	DANCE3
2	2 - 3	Monday	10:15 - 11am	DANCE4

**Instructor: Donna Baressi**

## Zumba Baby! : Bring your kid to WORKOUT day!

Fee: Free **\*To register, please visit: [boston.gov/bcyf-roche](https://boston.gov/bcyf-roche)\***

**Parent/Child class.** Get sweaty with your baby! This session is designed to give parents & caregivers a morning workout while stimulating the youngsters with them (ages 0-4). Join Trudy for a brief bilingual (English/Spanish) circle time style warm up, then follow along with your child as she leads you in dances to world rhythms. Use your baby as a dumbbell or help your toddler dance along with you, the goal is to get happy and sweaty! Finish off with a yoga-infused cool down to send you home smiling. No judgment ever, no previous dance background necessary - Just a water bottle and a sense of humor :)

**Session 1 begins the week of January 9, 2023**

Session	Age	Day	Time	Code
1	Adult (18 & up) Child (0— 4)	Friday	9:30 - 10:15 am	ZB1

**Session 2 begins the week of April 10, 2023**

Session	Age	Day	Time	Code
2	Adult (18 & up) Child (0—4)	Friday	9:30 - 10:15 am	ZB2

Instructor: Trudy Roddy

## Youth Programs

### Pee Wee Basketball

Fee: FREE **\*To register, please visit: [boston.gov/bcyf-roche](https://boston.gov/bcyf-roche)\***

This class enables participants to practice basic drills and increase their ability through repetition. No games, just skill building. **All participants must wear appropriate athletic attire for class.**

**Session 1 begins the week of January 9, 2023**

Session	Grade	Day	Time	Code
1	K2-1st	Wednesday	4:00-4:45pm	PWB1
1	K2-1st	Thursday	4:45-5:30pm	PWB2
1	2 <sup>nd</sup> -3rd	Wednesday	4:45-5:30pm	PWB3
1	2 <sup>nd</sup> -3rd	Thursday	4:00-4:45pm	PWB4

**Session 2 begins the week of April 10, 2023**

Session	Grade	Day	Time	Code
2	K2-1st	Wednesday	4:00-4:45pm	PWB5
2	K2-1st	Thursday	4:45-5:30pm	PWB6
2	2 <sup>nd</sup> -3rd	Wednesday	4:45-5:30pm	PWB7
2	2 <sup>nd</sup> -3rd	Thursday	4:00-4:45pm	PWB8

### Youth Karate

Fee: FREE **\*To register, please visit: [boston.gov/bcyf-roche](https://boston.gov/bcyf-roche)\***

This entry level Karate class is an excellent tool for your child to build self-confidence, learn discipline, and improve coordination in a safe fun-filled environment. **Limit 15 per class.**

**Session 1 begins the week of January 9, 2023**

Session	Ages	Day	Time	Code
1	4-6	Monday	4:30 - 5:15pm	YK1
1	7-10	Monday	5:15 - 6:00pm	YK2

**Session 2 begins the week of April 10, 2023**

Session	Ages	Day	Time	Code
2	4-6	Monday	4:30 - 5:15pm	YK3
2	7-10	Monday	5:15 - 6:00pm	YK4

Instructor: Ari Cassarino

### Art with Miss. Finn!

Fee: FREE **\*To register, please visit: [boston.gov/bcyf-roche](https://boston.gov/bcyf-roche)\***

Come on in and get creative with Miss Finn. Each week we will explore different projects that encourage creativity and individuality!

**Session 1 begins the week of January 9, 2023**

Session	Ages	Day	Time	Code
1	4 - 6	Tuesday	5:15 - 6:00 pm	ART1
1	7 - 9	Tuesday	6:00 - 6:45pm	ART2

**Session 2 begins the week of April 10, 2023**

Session	Ages	Day	Time	Code
2	4 - 6	Tuesday	5:15 - 6:00 pm	ART3
2	7 - 9	Tuesday	6:00 - 6:45pm	ART4

Instructor: Michaela Finn

## STEM Zone

Fee: FREE \*To register, please visit: [boston.gov/bcyf-roche](http://boston.gov/bcyf-roche)\*

An introductory class that ignites your child's curiosity of STEM and all its fun components! This class will have weekly activities revolving around science, technology, engineering and math!

Session 1 begins the week of January 9, 2023

Session	Ages	Day	Time	Code
1	9 - 11	Thursday	5:00 - 5:45pm	STEM1

Session 2 begins the week of April 10, 2023

Session	Ages	Day	Time	Code
2	9 - 11	Thursday	5:00 - 5:45pm	STEM2

Instructor: Michaela Finn

## Babysitting Lessons & CPR/First-Aid Age 11 and up

Fee: FREE \*To register, please visit: [boston.gov/bcyf-roche](http://boston.gov/bcyf-roche)\*

Babysitter lessons and CPR/First Aid certification. A three hour training in which students will learn how to interact with kids of all ages and how to keep them safe with First Aid and CPR. There is a \$15 certification fee payable to the instructor due day of class. Students should bring a self addressed envelope with postage to the first day of class.

Age	Day	Time	Code
11 and up	Mon. Feb 6	4:30 - 7:30 pm	CPR1
11 and up	Thurs. Mar 23	4:30 - 7:30 pm	CPR2

Instructor: Maryellen McNally

## Home Alone Safety Class Age 8 & Up

Fee: FREE \*To register, please visit: [boston.gov/bcyf-roche](http://boston.gov/bcyf-roche)\*

Home Alone Safety is a one-time 2-hour class that covers what to do in a variety of situations as well as learn basic first aid.

Age	Day	Time	Code
8 and up	Thurs. Feb 2	4:30 - 6 pm	HOME1
8 and up	Mon. Apr 10	4:30 - 6 pm	HOME2

Instructor: Maryellen McNally

## Babysitting Lessons & Safety Training Age 9 - 10

Fee: FREE \*To register, please visit: [boston.gov/bcyf-roche](http://boston.gov/bcyf-roche)\*

This is NOT a certification class. Students will learn how to interact with kids of all ages as well as basic safety measures.

Age	Day	Time	Code
9 - 10	Mon. Mar 6	4:30 - 6:30 pm	BSIT1
9 - 10	Thurs. Apr 27	4:30 - 6:30 pm	BSIT2

Instructor: Maryellen McNally

## WRCC SUMMER PROGRAM

### Camp WRCC at the BCYF Roche Center

Ages 6 - 11

This camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health.

Camp begins July 10<sup>th</sup> and ends August 18<sup>th</sup>

Monday through Friday: 8:30am – 3:00pm

Breakfast and lunch provided. Activities include weekly field trips, gym activities, art class and more! More info to come!

## Teen Programs

### Teen Center on Centre (T.C.O.C.) Program Grades 6 – up

BCYF Roche Teen Center on Centre (T.C.O.C.) is for youth Grades 6 & up. This is a chance for teens to come together with friends and have an opportunity to meet new friends in a relaxed environment. Access to our T.C.O.C. drop-in center requires pre-registration on [bcyf.perfectmind.com](http://bcyf.perfectmind.com). Our Youth Workers are eager to meet and work with the teens of the Parkway area. Please feel free to contact our Youth Workers with questions: Paul [paul.fahey@boston.gov](mailto:paul.fahey@boston.gov) or Delia [delia.mcinerney@boston.gov](mailto:delia.mcinerney@boston.gov)

### Teen Center Drop In

Monday - Friday 2:30 - 6pm (hours may adjust for trips/special event)

### Teen Center Field Trips

Please keep an eye on [www.boston.gov/bcyf-roche](http://www.boston.gov/bcyf-roche) and Teen Center Info Board for all upcoming trips and programs. If interested, you may also add your name to our email updates by emailing [paul.fahey@boston.gov](mailto:paul.fahey@boston.gov) or [delia.mcinerney@boston.gov](mailto:delia.mcinerney@boston.gov). Pre-registration is required for all TCOE Events as space is limited. BCYF Roche Center reserves the right to deny current/future enrollment of teen programs if cancellation is made without 48 hours notice or no show. Parents/guardians must fill out permission slips for all trips. Participants must be at the BCYF Roche Center ½ hour before the scheduled time.

## Teen Nights

Join us on these special Fun Teen Nights at the Roche Center! Pizza and drinks will be included. Events are for 6th grade and up. **\*Times are subject to change\***

Date	Event	Time	Cost
March 24th	Teen Trivia Night	6:30—8:30 pm	Free
May 12th	Glow in the Dark Dodgeball	5:30—7:30pm	Free

**\*To register, please visit: [boston.gov/bcyf-roche](https://boston.gov/bcyf-roche)\***

## Teen Trips

Join us for these Friday Night Teen Trips! All trips are for grades 6 and up.

**\*Times are subject to change\***

Date	Event	Time	Cost
Jan. 13th	Ron's Bowling	5-7pm	Free
Mar. 10th	Urban Air	4-9pm	Free

## End of Year: BLOWOUT – GAMETRUCK !!!

**Fee: FREE \*To register, please visit: [boston.gov/bcyf-roche](https://boston.gov/bcyf-roche)\***

Come celebrate the end of the school year with a GameTruck Video Game Party...Enjoy an exciting party in comfort and style with the hottest rolling video game truck for Boston! With the state-of-the-art Mobile Game comes professionally trained Game Coaches.

Grade	Date	Time
6 & up	June 16th	5:30—7:30pm

## February & April Vacation Week Activities

February 20 - 24 / April 17 - 21

We will send e-mails detailing the weeks' events as dates come closer. Please e-mail [delia.mcinerney@boston.gov](mailto:delia.mcinerney@boston.gov) to be added to our e-mail list.

### T.C.O.C Summer Clinic

**Ages 12-14**

Join your friends for this exciting program geared towards the adolescent. Program will be field trip based. We will travel throughout the city and beyond! More info to follow!

## Adult Programs

### Yoga Flow

**Fee: FREE \*To register, please visit: [boston.gov/bcyf-roche](https://boston.gov/bcyf-roche)\***

This class is structured to open the body and relax the mind. Students will explore the subtleties of the postures and observe the nuances of the breath to cultivate a mind that is both quiet and alert.

**Session 1 begins the week of January 9, 2023**

Session	Ages	Day	Time	Code
1	Adult	Wednesday	6:00-7:15pm	FLOW1

**Session 2 begins the week of April 10, 2023**

Session	Ages	Day	Time	Code
2	Adult	Wednesday	6:00-7:15pm	FLOW2

**Instructor: Ines Hudson**

### Gentle Yoga

**Fee: FREE \*To register, please visit: [boston.gov/bcyf-roche](https://boston.gov/bcyf-roche)\***

This practice is for both new and experienced students to explore postures and breathing at a slower pace. The class is tailored to help participants stretch, strengthen. Balance and energize. Class ends with relaxation and a short meditation. Suitable for all levels

**Session 1 begins the week of January 9, 2023**

Session	Ages	Day	Time	Code
1	Adult	Friday	9 - 10:00am	GYOGA1

**Session 2 begins the week of April 10, 2023**

Session	Ages	Day	Time	Code
2	Adult	Friday	9 - 10:00am	GYOGA2

**Instructor: Ines Hudson**

### Meditation for Mental Clarity and Wellness

**Fee: FREE \*To register, please visit: [boston.gov/bcyf-roche](https://boston.gov/bcyf-roche)\***

This meditation practice improves brain function, memory, focus and concentration. Participants will acquire and practice techniques that bring clarity, peace and well-

ness to the mind. This is a beginner class for those interested in experiencing the many health benefits a meditation practice has to offer.

**Session 1 begins the week of January 9, 2023**

Session	Ages	Day	Time	Code
1	Adult	Thursday	11:45am-12:30pm	MED1

**Session 2 begins the week of April 10, 2023**

Session	Ages	Day	Time	Code
2	Adult	Thursday	11:45am-12:30pm	MED2

**Instructor:** Ines Hudson

## Mindful Yoga

**Fee:** FREE \*To register, please visit: [boston.gov/bcyf-roche](https://boston.gov/bcyf-roche)\*

A gentle class that promotes mindfulness, breath awareness and attention as the central focus of this practice. We'll go through different sequences of postures that support and improve skeletal alignment and balance, muscle flexibility and joint articulation. A class for those interested in gentle, mindful movement.

**Session 1 begins the week of January 9, 2023**

Session	Ages	Day	Time	Code
1	Adult	Tuesday	2:00—3:00pm	MIND1

**Session 2 begins the week of April 10, 2023**

Session	Ages	Day	Time	Code
2	Adult	Tuesday	2:00—3:00pm	MIND2

**Instructor:** Ines Hudson

## Zumba Fit

**Fee:** FREE \*To register, please visit: [boston.gov/bcyf-roche](https://boston.gov/bcyf-roche)\*

Zumba is a high energy dance fitness class. It fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. **Students must preregister for each session.**

**Session 1 begins the week of January 9, 2023**

Session	Ages	Day	Time	Code
1	Adult	Monday	6 - 6:45pm	ZUM1

**Session 2 begins the week of April 10, 2023**

Session	Ages	Day	Time	Code
2	Adult	Monday	6 - 6:45pm	ZUM2

**Instructor:** Trudy Roddy

## Knitting for Adults

**Fee:** FREE \*To register, please visit: [boston.gov/bcyf-roche](https://boston.gov/bcyf-roche)\*

Come learn how to knit and purl for beginners.

**Session 1 begins the week of January 9, 2023**

Session	Ages	Day	Time	Code
1	Adult	Tuesday	5:30-7:30pm	KN1

**Session 2 begins the week of April 10, 2023**

Session	Ages	Day	Time	Code
2	Adult	Tuesday	5:30-7:30pm	KN2

**Instructor:** Jean Shaw

## Bridge Group Wednesday's 10:30am

Join us for a great game of bridge with new or old friends!

## Senior Programs

### Line Dancing for Seniors

Enjoy your next party or wedding to the fullest. Join us in the dance studio for line dancing instruction that includes oldies, Hully Gully, the Greek Dance, Amos Moses, Watermelon Crawl, Achy Breaky, Boot Scootin' Boogie and many more! Wear comfortable clothing and sneakers. Registration not required.

**Every Monday – In the Dance Studio**

**11am - 12pm**

**Instructor:** Donna Barassi

### Yoga for Seniors

**Fee:** FREE \*To register, please visit: [boston.gov/bcyf-roche](https://boston.gov/bcyf-roche)\*

Chair Exercise program for men and women incorporating stretching, breathing, strengthening exercises, and relaxation techniques.

Wear comfortable clothing. **Students must preregister for each session.**

**Session 1 begins the week of January 9, 2023**

Session	Ages	Day	Time	Code
1	Senior	Tuesday	10:30-11:30am	SY1
1	Senior	Wednesday	12:30-1:30pm	SY2
1	Senior	Thursday	10:30-11:30am	SY3

**Session 2 begins the week of April 10, 2023**

Session	Ages	Day	Time	Code
2	Senior	Tuesday	10:30-11:30am	SY4
2	Senior	Wednesday	12:30-1:30pm	SY5
2	Senior	Thursday	10:30-11:30am	SY6

**Instructor: JoAnn Arone**

## Pickleball

**\*To register, please visit: [boston.gov/bcyf-roche](https://www.boston.gov/bcyf-roche)\***

### Monday & Friday 12 - 2pm

Join us for a pick up Pickleball game at the BCYF Roche Center gym. Pickleball is a fun game that is played with a perforated plastic baseball (similar to a whiffleball) and wood paddles. It is easy for beginners to learn but can develop into a quick, fast-paced, competitive game for experienced players. We have all the equipment, just come by and give it a try.

## Ping Pong

**\*To register, please visit: [boston.gov/bcyf-roche](https://www.boston.gov/bcyf-roche)\***

**Friday 10am - 12pm**

## Bingocize®

Bingocize® is an evidence-based 10-week program that combines a bingo-like game with exercise and health education. This new program is designed to increase the physical fitness, health knowledge, and social engagement of older adults, by combining exercise, health trivia, and Bingo. Improve your physical fitness, learn more about healthy eating and falls prevention and more...and just have fun! Bingocize® is offered for one hour 2 times per week for 10 weeks. For more information or to register contact Ethos at 617-477-6699 or [rsvp@ethocare.org](mailto:rsvp@ethocare.org)

**Day and Time: Wednesdays and Fridays, 1:00 – 2:00 p.m.**

**Class Dates: January 11<sup>th</sup> – March 24<sup>th</sup>, 2023**

## UCLA Memory Training

This 4-week evidence-based program, designed by UCLA, is exercise for your brain! Helping you to 'stay sharp', it's a fun, interactive, and innovative program that works to improve your memory. Participants learn effective memory-enhancing techniques using group discussion, memory checks, and skill-building exercises. This program helps you to:

- Remember names and faces
- Recall appointments, messages and plans
- Avoid misplacing objects
- Overcome "tip of the tongue" slips

**Day and Time: Thursdays, 10am—12pm**

**Class dates: January 26<sup>th</sup>—February 23<sup>rd</sup> (Skipping February 9<sup>th</sup>)**

To register, visit [www.ethocare.org/rsvp](https://www.ethocare.org/rsvp), email [rsvp@ethocare.org](mailto:rsvp@ethocare.org) or call Michelle at 617-477-6699

## Senior Book Club

Join us on the 2<sup>nd</sup> Thursday of the month at 11:30am. The next meeting is January 9<sup>th</sup>.

**2nd Thursday of the month 11:30am**

## WRCC Senior Holiday Luncheons

Fee: FREE

Lunch will be served at noon. To register, please call the Roche Center at 617-635-5066 or stop by the front desk. Space is limited.

**St. Patrick's Day Luncheon - Friday, March 10<sup>th</sup>**

**Mother's Day Luncheon - Friday, May 12<sup>th</sup>**

## Program Ideas

**Have an idea for a program ? Want to teach a class at BCYF Roche?  
Contact us at [rochecc@boston.gov](mailto:rochecc@boston.gov)**