



# BCYF BEVERLY GIBBONS COMMUNITY CENTER

For Older Adults



## ACTIVITIES

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

Computer/Technology Class with Steadfast Solutions:  
Mondays 9am-11am

Exercise Class Low-impact Senior Aerobics by Omnigym:  
Tuesdays 10am - 11am and 11:30am-12:30pm

Chair Yoga with weights and meditation:  
Thursdays 10am

Come and play Bingo:  
Wednesdays & Fridays 12:30pm - 3:00pm

Come and join the newly founded Monday Men's Club.  
They meet on the first Mondays at 12pm and will have  
lunch provided.

Walking Club hosted by the Boston Police Department will  
be starting Wednesday, March 13th at 10am. We will meet  
at the station: 20 Vine St, Boston, MA 02129

Spring BBQ hosted by BGCC, Charlestown friends of the  
Elderly, State Representative Daniel Ryan on May 23rd at  
11:30am to 3pm

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.





2024

# APRIL



SUN	MON	TUE	WED	THU	FRI	SAT
	1 Tech Help 9-11am Monday Men 12-3pm	2 Exercise 10-11am 11:30am-12:30pm	3 Walking Club 10am Lunch 12pm Bingo 12:30-3pm	4 Chair Yoga 9-10am 10-11ap Arts and Crafts 12-3pm	5 Lunch 12pm Bingo 12:30-3pm	6
7	8 Tech Help 9-11am Lunch and Cards 12-3pm	9 Exercise 10-11am 11:30am-12:30pm	10 Walking Club 10am Lunch 12pm Bingo 12:30-3pm	11 Chair Yoga 9-10am 10-11ap Friendship Club 12-1pm	12	13
14	15 CLOSED Patriots' Day	16 Exercise only 11:30am-12:30pm	17 Walking Club 10am Lunch 12pm Bingo 12:30-3pm	18 Chair Yoga 9-10am 10-11ap Game Day 12-3pm	19	20
21	22 Tech Help 9-11am Lunch and Cards 12-3pm	23 Exercise 10-11am 11:30am-12:30pm	24 Walking Club 10am Lunch 12pm Bingo 12:30-3pm	25 Chair Yoga 9-10am 10-11ap Friendship Club Birthday Party 12-1pm	26	27
28	29 Tech Help 9-11am Lunch and Cards 12-3pm	30 Exercise 10-11am 11:30am-12:30pm				