



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

Walking Club hosted by the Boston Police Department will be on
Wednesdays at 10am. We will meet at the station: 20 Vine St,
Boston, MA 02129

There will be an Ice cream Social at 12:30 to 2:30 by Doug
McDonald

June 12th will have a Charlestown Pride Celebration hosted at the
Knights of Columbus at 11am 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.





JUNE 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Tech Help 9-11am Open Cards Club 12-3pm	4 Exercise 10-11am 11:30am-12:30pm	5 Walking Club 10am Lunch 12pm Bingo 12:30-3pm	6 Chair Yoga 9-10am 10-11ap Arts and Crafts 12-3pm	7 Lunch 12pm Bingo 12:30-3pm	8
9	10 Tech Help 9-11am Open Cards Club 12-3pm	11 Exercise 10-11am 11:30am-12:30pm Ice Cream Social 12:30-2:30	12 Walking Club 10am Lunch 12pm Bingo 12:30-3pm	13 Chair Yoga 9-10am 10-11ap Friendship Club 12-1pm	14 Lunch 12pm Bingo 12:30-3pm	15
16 HAPPY FATHER'S DAY	17 Tech Help 9-11am Open Cards Club 12-3pm	18 Exercise 10-11am 11:30am-12:30pm	19 <i>Juneteenth</i> celebrate freedom	20 Chair Yoga 9-10am 10-11ap Arts and Crafts 12-3pm	21 Lunch 12pm Bingo 12:30-3pm	22
23	24 Tech Help 9-11am Open Cards Club 12-3pm	25 Exercise 10-11am 11:30am-12:30pm	26 Walking Club 10am Lunch 12pm Bingo 12:30-3pm	27 Chair Yoga 9-10am 10-11ap Game Day 12-3pm	28 Lunch 12pm Bingo 12:30-3pm	29
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