

BCYF Grove Hall Senior Center

51 Geneva Ave. Dor. MA 02121

For Program Information call 617-635-1484* Membership & Programs Free of Charge*


Program Hours of Operation 9:00am-3:30pm

Schedule Is Subject to Change

SEPTEMBER 2024

*1 asterisk for in-house program

** 2 asterisks for hybrid program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2) HOLIDAY LABOR DAY SENIOR CENTER WILL BE CLOSED.</p>	<p>3) * <u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>Low Cardio</u> 10:00am-11:00am <u>Taxi Coupon</u> 10am-11am * <u>Memory Screening</u> 11:30am-1:00pm * <u>Beginners Computer Class</u> 11:30am-1:30pm * <u>City of Boston Planning Dept. (zoning presentation)</u> 1:30pm-3:30pm</p>	<p>4) * <u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>Bagua</u> 10am-11 am **<u>Cognitive Care</u> 11:45am-12:45pm * <u>Beginners Computer Class</u> 11:30am-1:30pm ** <u>Bingo</u> 1:30 pm -2:45 pm * <u>Afternoon Wind Down</u> 2:45 pm-3:30 pm</p>	<p>5) * <u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>The Stillness In Me</u> with Joe 10:00am-11:00am * <u>Cyber Security Awareness</u> 11:30am-1:00pm * <u>Domino Smackdown</u> 1:00pm-3:00pm</p>	<p>6) * <u>Morning Movement w/Raul</u> 9:00am-10:00am * <u>United Creative Crafting</u> 9:30am-1:30pm * <u>Art with Mimi</u> 11:30am-1:30pm * <u>Beginners Computer Class</u> 1:30pm-2:30 pm * <u>Players Club</u> (card games, dominoes,etc) 1:30pm-3:30pm</p>
<p>9) * <u>Morning Movement w/Raul</u> 9:00am-10:00am * <u>Refreshing Connections</u> 10:00am-10:45am **<u>Yoga & Wellness</u> 11:15am -12:15 pm * <u>Beginners Computer Class</u> 11:30am-1:30pm * <u>Power of Release</u> 12:30pm-1:30pm * <u>Players Club</u> 12:30pm-3:00pm</p>	<p>10) * <u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>Low Cardio</u> 10:00am-11:00am **<u>My Healthy Brain Presentation</u> 11:30 am-12:30 pm * <u>Beginners Computer Class</u> 11:30am-1:30pm **<u>CLC Consulting LLC (Financial Planning Workshop)</u> 1:00pm-2 :30pm * <u>Afternoon Wind Down</u> 2:30pm-3:30pm</p>	<p>11) * <u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>Bagua</u> 10am-11:am **<u>Cognitive Care</u> 11:30am-12:30pm * <u>Beginners Computer Class</u> 11:30am-1:30pm ** <u>Bingo</u> 1:30 pm -2:45 pm * <u>Afternoon Wind Down</u> 2:45 pm-3:30 pm</p>	<p>12) * <u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>The Stillness In Me</u> with Joe 10:00am-11:00am * <u>Cyber Security Awareness</u> 11:30am-1:00pm * <u>Domino Smackdown</u> 1:00pm-3:00pm</p>	<p>13) * <u>Morning Movement w/Raul</u> 9:00am-10:00am * <u>United Creative Crafting</u> 9:30am-1:30pm * <u>Art with Mimi</u> 11:30am-1:30pm * <u>Beginners Computer Class</u> 1:30pm-2:30 pm * <u>Players Club</u> (card games, dominoes,etc) 1:30pm-3:30pm</p>
<p>16) * <u>Morning Movement w/Raul</u> 9:00am-10:00am * <u>Refreshing Connections</u> 10:00am-10:45am **<u>Yoga & Wellness</u> 11:15am -12:15 pm * <u>Beginners Computer Class</u> 11:30am-1:00pm * <u>Power of Release</u> 12:30pm-1:30 pm * <u>Players Club</u> 12:30pm-3:00pm</p>	<p>17) * <u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>Low Cardio</u> 10:00am-11:00am * <u>Beginners Computer Class</u> 11:30am-1:00pm **<u>Mass College of Pharmacy & Health Sciences(diet supplements)</u> 11:30am-12:30pm <u>Trivia</u> 1pm-2pm * <u>Afternoon Wind Down</u> 2:00pm-3:30pm</p>	<p>18) * <u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>Bagua</u> 10am-11 am **<u>Cognitive Care</u> 11:30am-12:30pm * <u>Beginners Computer Class</u> 11:30am-1:00 pm ** <u>Bingo</u> 1:30 pm -2:45 pm * <u>Afternoon Wind Down</u> 2:45 pm-3:30 pm</p>	<p>19) * <u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>The Stillness In Me</u> with Joe 10:00am-11:00am * <u>Cyber Security Trivia</u> 11:45 pm-12:45 pm * <u>Domino Smackdown</u> 1:00pm -3:00pm</p>	<p>20) * <u>Morning Movement w/Raul</u> 9:00am-10:00am * <u>United Creative Crafting</u> 9:30am-1:30pm * <u>Art with Mimi</u> 11:30am-1:30pm * <u>Players Club</u> (card games, dominoes,etc) 1:30pm:3:30pm</p>
<p>23) * <u>Morning Movement w/Raul</u> 9:00am-10:00am * <u>Refreshing Connections</u> 10:00am-10:45am **<u>Yoga & Wellness</u> 11:15am -12:15pm * <u>Power of Release</u> 12:30pm-1:30 pm * <u>Players Club</u> 12:30pm-3:00pm</p>	<p>24) * <u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>Low Cardio</u> 10:00am-11:00am ** <u>Museum of Fine Arts (virtual tour)</u> 11:30am-12:30pm * <u>Alzheimer Assoc. (dementia conversation)</u> 1:00pm-2:00pm</p>	<p>25) * <u>Morning Movement w/Raul</u> 9am-10am **<u>Bagua</u> 10am-11 am **<u>Cognitive Care</u> 11:30am-12:30 pm * <u>Beginners Computer Class</u> 11:30am-1:00 pm ** <u>Bingo</u> 1:30 -2:45 pm * <u>Afternoon Wind Down</u> 2:30pm-3:30pm</p>	<p>26) * <u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>The Stillness In Me</u> with Joe 10:00am-11:00am * <u>Cyber Security Awareness</u> 11:45 pm-12:45 pm * <u>Domino Smackdown</u> 1:00pm-3:00pm</p>	<p>27) * <u>Morning Movement w/Raul</u> 9:00am-10:00am * <u>United Creative Crafting</u> 9:30am-1:30pm * <u>Art with Mimi</u> 11:30am-1:30pm * <u>Beginners Computer Class</u> 1:30pm-2:30pm * <u>Players Club</u> (card games, dominoes,etc) 1:30pm-3:30pm</p>
<p>30) * <u>Morning Movement w/Raul</u> 9:00am-10:00am * <u>Refreshing Connections</u> 10:00am-10:45am **<u>Yoga & Wellness</u> 11:15am -12:15pm * <u>Beginners Computer Class</u> 11:30am-1:00pm * <u>Power of Release</u> 12:30pm-1:30pm * <u>Players Club</u> 12:30pm-3:00pm</p>	<p align="center">Lunch Pick-Up First Come First Serve Monday-Friday 11:30 am- 2:30 pm *****</p>	<p align="center">To all celebrating a birthday in September 2024!  HAPPY BIRTHDAY</p>	<p align="center">Purchase of Taxi Coupons Tuesday September 3rd 10am- 11am *****</p>	<p align="center">Taxi Coupons will be available for purchase the first Tuesday of every month. *****</p>