



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 9-10am & 10-11am

Come and play Bingo:
Wednesdays & Fridays 10:30pm - 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

Archery will be hosted by the Parks Department October 2-23rd

October 4th we will be offering Yoga with Mats from 9:15-10:15

**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.



OCTOBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Exercise 10-11am 11:30am-12:30pm Friendship Club 12:30-3pm	2 Walking Club 10am Card Games 9-10:30am ETHOS Lunch 12pm Archery 12-1:30pm Bingo 10:30-3pm	3 Chair Yoga 9-10am 10-11am Friendship Club 11-3pm	4 Mat Yoga 9:15-10:15am Ethos Lunch 12pm Bingo 10:30-3pm	5
6	7 Tech Help 9-11am Ethos Lunch 12pm Cards Club 11am-3pm	8 Exercise 10-11am 11:30am-12:30pm Friendship Club 12:30-3pm	9 Walking Club 10am Card Games 9-10:30am ETHOS Lunch 12pm Archery 12-1:30pm Bingo 10:30-3pm	10 Chair Yoga 9-10am 10-11am Friendship Club 11-3pm	11 Mat Yoga 9:15-10:15am Ethos Lunch 12pm Bingo 10:30-3pm	12
13	14  Closed for Indigenous Peoples' Day	15 Exercise 10-11am 11:30am-12:30pm Friendship Club 12:30-3pm	16 Walking Club 10am Card Games 9-10:30am ETHOS Lunch 12pm Archery 12-1:30pm Bingo 10:30-3pm	17 Chair Yoga 9-10am 10-11am Arts & Crafts 11-3pm	18 Mat Yoga 9:15-10:15am Ethos Lunch 12pm Bingo 10:30-3pm	19
20	21 Tech Help 9-11am Ethos Lunch 12pm Cards Club 11am-3pm	22 Exercise 10-11am 11:30am-12:30pm Friendship Club 12:30-3pm	23 Walking Club 10am Card Games 9-10:30am ETHOS Lunch 12pm Archery 12-1:30pm Bingo 10:30-3pm	24 Chair Yoga 9-10am 10-11am Friendship Club 11-3pm	25 Mat Yoga 9:15-10:15am Ethos Lunch 12pm Bingo 10:30-3pm	26 
27	28 Tech Help 9-11am Ethos Lunch 12pm Cards Club 11am-3pm	29 Exercise 10-11am 11:30am-12:30pm Friendship Club 12:30-3pm	30 Walking Club 10am Card Games 9-10:30am ETHOS Lunch 12pm Archery 12-1:30pm Bingo 10:30-3pm	31 Chair Yoga 9-10am 10-11am Friendship Club 11-3pm	Ethos Lunch on Mondays, Wednesdays, and Fridays. \$2.00 Donation	