


**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**

**OCTOBER 2024**

\*1 asterisk for in-house program

\*\* 2 asterisks for hybrid program

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p><i>To all celebrating a birthday in October 2024!</i></p> 	<p>1) * <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>Trivia</u> 11:30am-12:30pm * <u>Beginners Computer Class</u> 11:30am-1:30pm **<u>MGH Productive Aging Tips</u> (Low Back Pain and Posture) 1:00pm-2:00pm * <u>Afternoon Wind Down</u> 2:30pm-3:30pm</p>	<p>2) * <u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>Baqua</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>3) * <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>4) * <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>7) * <u>Morning Movement w/Raul</u> 9:00am-10:00am * <u>Refreshing Connections</u> 10:00am-10:45am **<u>Yoga &amp; 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>8) * <u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>Low Cardio</u> 10:00am-11:00am **<u>Memory Cafe</u> 11:30 am-12:30 pm * <u>Beginners Computer Class</u> 11:30am-1:30pm ** <u>MGH Productive Aging Tips</u> ( Fall Risk and Gait Training) 1:00pm-2 :00pm * <u>Afternoon Wind Down</u> 2:30pm-3:30pm</p>	<p>9) * <u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>Baqua</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>10) * <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>11) * <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>14) <b>HOLIDAY INDIGENOUS PEOPLE DAY</b> Senior Center Will Be Closed</p>	<p>15) * <u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>Low Cardio</u> 10:00am-11:00am <u>MBTA Mobility Center</u> (Rediscovering the MBTA) 11:30am-12:30pm * <u>Beginners Computer Class</u> 11:30am-1:00pm **<u>MGH Productive Aging Tips</u> (Know Your Pelvic) 1pm-2pm * <u>Afternoon Wind Down</u> 2:00pm-3:30pm</p>	<p>16) * <u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>Baqua</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>17) * <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</u> 11:45 pm-12:45 pm * <u>Gather Health</u> 11:30am-12:30pm * <u>Domino Smackdown</u> 1:00pm -3:00pm</p>	<p>18) * <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>21) * <u>Morning Movement w/Raul</u> 9:00am-10:00am * <u>Refreshing Connections</u> 10:00am-10:45am **<u>Yoga &amp; 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>22) * <u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>Low Cardio</u> 10:00am-11:00am * <u>Trivia</u> 11:30am-12:30pm **<u>MGH Productive Aging Tips</u> (How To Stay Hand Healthy) 1:00pm-2:00pm * <u>Afternoon Wind Down</u> 2:00pm-3:30pm</p>	<p>23) * <u>Morning Movement w/Raul</u> 9am-10am **<u>Baqua</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>24) * <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>25) * <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>28) <b><u>*Morning Movement w/Raul</u></b> 9:00am-10:00am  <b><u>*Refreshing Connections</u></b> 10:00am-10:45am  <b><u>**Yoga &amp; Wellness</u></b> 11:15am-12:15pm  <b><u>*Beginners Computer Class</u></b> 11:30am-1:00pm  <b><u>*Power of Release</u></b> 12:30pm-1:30pm  <b><u>*Players Club</u></b>12:30pm-3:00pm</p>	<p>29) <b><u>* Morning Movement w/Raul</u></b> 9:00am-10:00am  <b><u>** Low Cardio</u></b> 10:00am-11:00am  <b><u>** Blue Cross Blue Shield AEP</u></b> 11:30am-12:30pm  <b><u>** Brigham &amp; Woman</u></b> (Healthy Lung Presentation the Importance of Screening) 1:00pm-2:00pm  <b><u>*Afternoon Wind Down</u></b> 2:00pm-3:30pm</p>	<p>30) <b><u>*Morning Movement w/Raul</u></b> 9am-10am  <b><u>** Baqua</u></b> 10am-11 am  <b><u>**Cognitive Care</u></b> 11:30am-12:30 pm  <b><u>*Beginners Computer Class</u></b> 11:30am-1:00 pm  <b><u>** Bingo with Laurel Ridge</u></b> 1:30pm -2:45pm  <b><u>*Afternoon Wind Down</u></b> 2:30pm-3:30pm</p>	<p>31) <b><u>*Morning Movement w/Raul</u></b> 9:00am-10:00am  <b><u>**The Stillness In Me</u></b> with Joe 10:00am-11:00am  <b><u>*Cyber Security Awareness</u></b> 11:45 pm-12:45 pm  <b><u>*Domino Smackdown</u></b> 1:00pm-3:00pm</p>	<p><b>Taxi Coupons will be available for purchase October 1st the first Tuesday of the month.</b>  *****  <b>Lunch Pick-Up First Come First Serve Mon-Fri 11:30 am- 2:30 pm</b>  *****  <b>HOLIDAY OCTOBER 14th SENIOR CENTER WILL BE CLOSED.</b></p>
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