



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**

Mat Yoga Fridays 9:15am - 10:15am

**Come and play Bingo:
Wednesdays & Fridays 10:30pm - 3:00pm**

Coffee and Conversation, Daily at 8:15am

Age Strong Advocacy, call the center for an appointment.

Compass Flower Arrangement Dec 9th at 11:45am - 12:45pm

Crafts with BPD Dec 12th at 11:30am - 3pm

Christmas Party Dec 19th 11am - 3pm

**382 MAIN STREET,
CHARLESTOWN, MA
02129**

**MONDAY THROUGH FRIDAY,
8AM TO 4PM
PHONE: 617-635-5175**

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

December

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

2
Tech Help
9-10am
Ethos Lunch
12pm
Mocktails 101
10am-2pm

3

Exercise
10-11am
11:30-12:30am
Friendship Club
12:30-3pm

4

Card Games
9-10:30am
Bingo
10:30-3pm
Ethos Lunch 12pm

5

Chair Yoga
9-10am & 10-11am
Game Day
11am-2pm

6

Mat Yoga
9:15-10:15am
Bingo
10:30-3pm
Ethos Lunch
12pm

7

8

9
Card Club
10-11:30am
Ethos Lunch
12pm
Compass Flower
Arrangements
11:45am- 2pm

10

Exercise
10-11am
11:30-12:30am
Friendship Club
12:30-3pm

11

Card Games
9-10:30am
Bingo
10:30-3pm
Ethos Lunch
12pm

12

Chair Yoga
9-10am & 10-11am
BPD arts and crafts
11am-2pm

13

Mat Yoga
9:15-10:15am
Bingo
10:30-3pm
Ethos Lunch
12pm

14

15

16
Ethos Lunch
12pm
Card Club
10am-3pm

17

Exercise
10-11am
11:30-12:30am
Friendship Club
12:30-3pm

18

Card Games
9-10:30am
Bingo
10:30-3pm
Ethos Lunch
12pm

19

Chair Yoga
9-10am & 10-11am
Christmas Party
11am-3pm

20

Mat Yoga
9:15-10:15am
Bingo
10:30-3pm
Ethos Lunch
12pm

21

22

23
Ethos Lunch
12pm
Card Club
11am-3pm

24

Exercise
10-11am
11:30-12:30am
Friendship
Club
12:30-3pm

25



26

Chair Yoga
9-10am & 10-11am
Friendship Club
11-12:30pm

27

Mat Yoga
9:15-10:15am
Bingo
10:30-3pm
Ethos Lunch
12pm

28

29

30
Ethos Lunch
12pm
Card Club
11am-3pm

31

Exercise
10-11am
11:30-12:30am
Friendship Club
12:30-3pm



Ethos Lunch on Mondays, Wednesdays, and Fridays. \$2.00 Donation



MERRY & BRIGHT

