

BCYF Grove Hall Senior Center
51 Geneva Ave. Dor. MA 02121
For Program Information call 617-635-1484 or 86 or 87
Membership & Programs Free of Charge

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

Schedule Is Subject to Change

*1 asterisk for in-house program

FEBRUARY 2025

** 2 asterisks for hybrid program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3) *Morning Movement 9:00am-10:00am *Mix & Mingle 10:00am-10:45am **Yoga & Wellness 11:15am -12:15pm *Beginners Computer 11:30am-1:00pm *Power of Release 12:30pm-1:30pm *Players Club 12:30pm-3:00pm</p>	<p>4) *Morning Movement 9:00am-10:00am **Low Cardio 10:00am-11:00am *Taxi Coupon 10am-11am *Beginners Computer 11:30am-1:00pm Trivia 11:30am-12:30pm *BPW Zero Waste Program 1:00pm-2 :00pm *Afternoon Wind Down 2:30pm-3:30pm</p>	<p>5) *Morning Movement 9:00am-10:00am **Bagua 10am-11 am *Beginners Computer 11:30am-1:30pm **Cognitive Care 11:30am-12:30pm ** Bingo 1:30pm -2:45 pm *Afternoon Wind Down 3:00 pm-3:30 pm</p>	<p>6) *Morning Movement 9:00am-10:00am **The Stillness In Me 10:00am-11:00am *Cyber Security Awareness 11:30am-1:00pm *Movie Matinee (Brother) 11:30am-1:30pm *Domino Smackdown 2:00pm-3:00pm</p>	<p>7) *Morning Movement 9:00am-10:00am *United Crafting 9:30am-1:30pm *Creative Portraits 11:30am-1:30pm *Beginners Computer 1:30am-2:30pm * Players Club (card games, dominoes,etc) 1:30pm-3:30pm</p>
<p>10) *Morning Movement 9:00am-10:00am *Mix & Mingle 10:00am-10:45am **Yoga & Wellness 11:15am -12:15pm *Beginners Computer 11:30am-1:00pm *Power of Release 12:30pm-1:30pm *Players Club 12:30pm-3:00pm</p>	<p>11) *Morning Movement 9:00am-10:00am **Low Cardio 10:00am-11:00am *Beginners Computer 11:30am-1:00pm **Memory Cafe 11:30am-12:30pm *Gather Health (Valentine's Activity) 1:00pm-2 :00pm *Afternoon Wind Down 2:30pm-3:30pm</p>	<p>12) *Morning Movement 9:00am-10:00am **Bagua 10am-11:am **Cognitive Care 11:30am-12:30pm *Beginners Computer 11:30am-1:30pm ** Bingo 1:30 pm -2:45 pm *Afternoon Wind Down 3:00 pm-3:30 pm</p>	<p>13) *Morning Movement 9:00am-10:00am **The Stillness In Me 10:00am-11:00am *Cyber Security Awareness 11:30am-1:00pm *BPW Presents (Circular Economy Workshop) 12:30am-2:30pm *Domino Smackdown 2:00pm-3:00pm</p>	<p>14) *Morning Movement 9:00am-10:00am *United Crafting 9:30am-1:30pm *Creative Portraits 11:30am-1:30pm *Beginners Computer 1:30pm-2:30 pm * Players Club (card games, dominoes,etc) 1:30pm-3:30pm VALENTINE'S DAY</p>
<p>17) HOLIDAY PRESIDENT'S DAY The Senior Center will be closed. *****</p>	<p>18) *Morning Movement 9:00am-10:00am **Low Cardio 10:00am-11:00am *Beginners Computer 11:30am-1:00pm *Age Strong Presentation Property Tax Write Off Program) 11:30am-12:30pm *Trivia 1:00pm-2:00pm *Afternoon Wind Down 2:30pm-3:30pm</p>	<p>19) *Morning Movement 9:00am-10:00am **Bagua 10am-11 am **Cognitive Care 11:30am-12:30pm *Beginners Computer 11:30am-1:00 pm ** Bingo 1:30 pm -2:45 pm *Afternoon Wind Down 3:00 pm-3:30 pm</p>	<p>20) *Morning Movement 9:00am-10:00am **The Stillness In Me 10:00am-11:00am *Cyber Security Awareness 11:30 pm-1:00 pm *Movie Matinee (Lion) 11:30am-1:30pm *Domino Smackdown 2:00pm -3:00pm</p>	<p>21) *Morning Movement 9:00am-10:00am *United Crafting 9:30am-1:30pm *Creative Portraits 11:30am-1:30pm *Beginners Computer 1:30pm-2:30 pm * Players Club (card games, dominoes,etc) _1:30pm:3:30pm</p>
<p>24) Morning Movement 9:00am-10:00am *Mix & Mingle 10:00am-10:45am **Yoga & Wellness 11:15am -12:15pm *Beginners Computer Class 11:30am-1:00pm *Power of Release 12:30pm-1:30pm *Players Club12:30pm-3:00pm</p>	<p>25) *Morning Movement 9:00am-10:00am **Low Cardio 10:00am-11:00am *Beginners Computer 11:30am-12:30 pm *Mothers for Justice Workshop 11:30am-12:30pm **Trivia 1:00pm-2:00pm *Afternoon Wind Down 2:00pm-3:30pm</p>	<p>26) *Morning Movement 9:00am-10:00am **Bagua 10am-11 am **Cognitive Care 11:30am-12:30pm *Beginners Computer 11:30am-1:00 pm ** Bingo 1:30 pm -2:45 pm *Afternoon Wind Down 3:00 pm-3:30 pm</p>	<p>27) *Morning Movement 9:00am-10:00am **The Stillness In Me 10:00am-11:00am *Cyber Security Awareness 11:30 pm-1:00 pm *Movie matinee (Blue Miracle) 11:30am-1:30pm *Domino Smackdown 2:00pm -3:00pm</p>	<p>28) *Morning Movement 9:00am-10:00am *United Crafting 9:30am-1:30pm *Creative Portraits 11:30am-1:30pm *Beginners Computer 1:30pm-2:30pm * Players Club (card games, dominoes,etc) 1:30-3:30pm</p>
		<p>To all celebrating a birthday in February!</p> 	<p>Lunch Pick-Up First Come First Serve Mon-Fri 11:30 am- 2:30 pm *****</p>	<p>Taxi Coupons will be available for purchase February 4th the first Tuesday of the month. 10:00 am-11:00 am</p>

FEBRUARY 2025 Zoom Program Links

Zoom Meeting ID #S:

1. Exercise Classes (Yoga; Low Cardio; Bagua; The Stillness in Me) 884-8391-4078

<https://us02web.zoom.us/j/88483914078>

2. GHSC Programs (Presentations; Trivia; Cognitive Care) 862-2920-1837

<https://us02web.zoom.us/j/86229201837>

3. GHSC Bingo 879-1582-0531

<https://us02web.zoom.us/j/87915820531>

FEBRUARY 2025 Synopsis

Exercise Classes: Morning Movement: Walking with a buddy to start your day off right. Yoga & Wellness w/ Nahdra: This class uses chairs to move through poses both seated and standing while emphasizing on muscular balance. Low Cardio Exercise: Non-weight bearing exercise that helps develop better flexibility, breathing, and strengthens muscles. Bagua: Cousin to Tai Chi, also a form of meditation in motion.

Wellness Sessions: The Power of Release : This program was created to provide a safe, intimate space for seniors to be able to come together and work on releasing emotions through conversation, journaling, and support from one another.

The Stillness in Me: This class will be practicing complete quieting of the mind, releasing built up physical tension and distress.

Cognitive Care: Each week, seniors will participate in meaningful activity that challenges their mind.

Art Classes: United Crafting: Seniors enjoy time with one another, while socializing and creating art pieces to wear or give to loved ones. During this time, seniors can sew, crochet, knit, or make jewelry.

Creative Portraits: This art class focuses on the process of creating art. Seniors with no experience are encouraged to participate. Members will create acrylic art pieces, and charcoal drawings.

Enrichment Classes: Mix & Mingle: This program is encouraging new members to connect with one another by engaging in conversation In-House. Members will be able to catch up, share experiences, and create new friendships..

Player's Club: Social time for seniors to interact with one another, while playing Pokeno, Dominoes, Spades, etc. Memory Café: A safe space for seniors living with dementia to interact, laugh, find support, share concerns, and socialize with other members without fear of feeling out of place. Hybrid Bingo: This is a socializing activity for seniors offered virtually and In-House.

Trivia: a trivia game or competition where the competitors are asked questions about interesting but unimportant facts in many subjects

Domino Smackdown: Social time for seniors to interact with one another, while playing Dominoes. Afternoon Wind Down: Social time for seniors to interact with one another. Movie Matinee: TBA

Education: Beginners Computer Class: Similar to Tech Café, members are able to bring their personal laptop or Chromebook to receive help with questions they may have. Cyber Security Awareness: In-House program only. Seniors will learn how to access the web, hacker awareness, lessons on phishing and mobile device security. BPW Zero Waste Program Goal to achieve a high diversion rate by significantly reducing the amount of landfills through increasing recycling and composting. BPW Circular Economy Workshop: Members will take part in a workshop to learn how to reuse and regenerate materials or products, especially as a means of continuing production in a sustainable or environmentally friendly way.

Extra: Taxi Coupons: First Tuesday of the month, (10am-11am), you can buy up to 4 books a month (at five dollars each)

Lunch Program: Members will receive a hot lunch Monday-Friday.