

**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

**JANUARY 2025**

\*\* 2 asterisks for hybrid program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>To all celebrating a birthday in JANUARY!</b></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 January 7th the first Tuesday of the month.                      10:00 am-11:00 am</p>	<p>1) *Morning Movement                      9:00am-10:00am                      **<u>Bagua</u> 10am-11 am                      *Beginners Computer                      11:30am-1:30pm                      **<u>Cognitive Care</u>                      11:30am-12:30pm                      ** <u>Bingo</u> 1:30pm -2:45 pm                      *Afternoon Wind Down                      3:00 pm-3:30 pm</p>	<p>2) *Morning Movement                      9:00am-10:00am                      **<u>The Stillness In Me</u>                      10:00am-11:00am                      *Cyber Security Awareness                      11:30am-1:00pm                      *<u>Movie Matinee (Carry On)</u>                      11:30am-1:30pm                      *<u>Domino Smackdown</u>                      2:00pm-3:00pm</p>	<p>3) *Morning Movement                      9:00am-10:00am                      *<u>United Crafting</u>                      9:30am-1:30pm                      *<u>Creative Portraits</u>                      11:30am-1:30pm                      *<u>Beginners Computer</u>                      1:30am-2:30pm                      * <u>Players Club</u>                      (card games, dominoes,etc)                      1:30pm-3:30pm</p>
<p>6) *Morning Movement                      9:00am-10:00am                      * <u>Mix &amp; Mingle</u>                      10:00am-10:45am                      **<u>Yoga &amp; Wellness</u>                      11:15am -12:15pm                      *<u>Beginners Computer</u>                      11:30am-1:00pm                      *<u>Power of Release</u>                      12:30pm-1:30pm                      * <u>Players Club</u>                      12:30pm-3:00pm</p>	<p>7) *Morning Movement                      9:00am-10:00am                      **<u>Low Cardio</u>                      10:00am-11:00am                      *<u>Taxi Coupon</u> 10am-11am                      *<u>Beginners Computer</u>                      11:30am-1:00pm                      **<u>Gather Health Presentation</u>                      11:30am-12:30pm                      *<u>Trivia</u> 1:00pm-2 :00pm                      *<u>Afternoon Wind Down</u>                      2:30pm-3:30pm</p>	<p>8) *Morning Movement                      9:00am-10:00am                      **<u>Bagua</u> 10am-11:am                      **<u>Cognitive Care</u>                      11:30am-12:30pm                      *<u>Beginners Computer</u>                      11:30am-1:30pm                      ** <u>Bingo</u> 1:30 pm -2:45 pm                      *<u>Afternoon Wind Down</u>                      3:00 pm-3:30 pm</p>	<p>9) *Morning Movement                      9:00am-10:00am                      **<u>The Stillness In Me</u>                      10:00am-11:00am                      *<u>Cyber Security Awareness</u>                      11:30am-1:00pm                      *<u>Movie Matinee (The Six Triple 8)</u>                      11:30am-1:30pm                      *<u>Domino Smackdown</u>                      2:00pm-3:00pm</p>	<p>10) *Morning Movement                      9:00am-10:00am                      *<u>United Crafting</u>                      9:30am-1:30pm                      *<u>Creative Portraits</u>                      11:30am-1:30pm                      *<u>Beginners Computer</u>                      1:30pm-2:30 pm                      * <u>Players Club</u>                      (card games, dominoes,etc)                      1:30pm-3:30pm</p>
<p>13) *Morning Movement                      9:00am-10:00am                      * <u>Mix &amp; Mingle</u>                      10:00am-10:45am                      **<u>Yoga &amp; Wellness</u>                      11:15am -12:15pm                      *<u>Beginners Computer</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>14) *Morning Movement                      9:00am-10:00am                      **<u>Low Cardio</u>                      10:00am-11:00am                      *<u>Beginners Computer</u>                      11:30am-1:00pm                      *<u>Memory Cafe</u>                      11:30am-12:30pm                      *<u>Trivia</u> 1:00pm-2:00pm                      *<u>Afternoon Wind Down</u>                      2:30pm-3:30pm</p>	<p>15) *Morning Movement                      9:00am-10:00am                      **<u>Bagua</u> 10am-11 am                      **<u>Cognitive Care</u>                      11:30am-12:30pm                      *<u>Beginners Computer</u>                      11:30am-1:00 pm                      ** <u>Bingo</u> 1:30 pm -2:45 pm                      *<u>Afternoon Wind Down</u>                      3:00 pm-3:30 pm</p>	<p>16) *Morning Movement                      9:00am-10:00am                      **<u>The Stillness In Me</u>                      10:00am-11:00am                      *<u>Cyber Security Awareness</u>                      11:30 pm-1:00 pm                      *<u>Movie Matinee (Marie)</u>                      11:30am-1:30pm                      *<u>Domino Smackdown</u>                      2:00pm -3:00pm</p>	<p>17) *Morning Movement                      9:00am-10:00am                      * <u>United Crafting</u>                      9:30am-1:30pm                      *<u>Creative Portraits</u>                      11:30am-1:30pm                      *<u>Beginners Computer</u>                      1:30pm-2:30 pm                      * <u>Players Club</u>                      (card games, dominoes,etc)                      1:30pm:3:30pm</p>
<p>20) <b>HOLIDAY MARTIN LUTHER KING DAY</b>                      The Senior Center will be closed.                      *****</p>	<p>21) *Morning Movement                      9:00am-10:00am                      **<u>Low Cardio</u>                      10:00am-11:00am                      *<u>Beginners Computer</u>                      11:30am-12:30 pm                      *<u>Literations Presentation</u>                      11:30am-12:30pm                      *<u>Trivia</u> 1:00am-2:00pm                      *<u>Afternoon Wind Down</u>                      2:00pm-3:30pm</p>	<p>22) *Morning Movement                      9:00am-10:00am                      **<u>Bagua</u> 10am-11 am                      **<u>Cognitive Care</u>                      11:30am-12:30pm                      *<u>Beginners Computer</u>                      11:30am-1:00 pm                      ** <u>Bingo</u> 1:30 pm -2:45 pm                      *<u>Afternoon Wind Down</u>                      3:00 pm-3:30 pm</p>	<p>23) *Morning Movement                      9:00am-10:00am                      **<u>The Stillness In Me</u>                      10:00am-11:00am                      *<u>Cyber Security Awareness</u>                      11:30 pm-1:00 pm                      *<u>Movie matinee (The Forge)</u>                      11:30am-1:30pm                      *<u>Domino Smackdown</u>                      2:00pm -3:00pm</p>	<p>24) *Morning Movement                      9:00am-10:00am                      * <u>United Crafting</u>                      9:30am-1:30pm                      *<u>Creative Portraits</u>                      11:30am-1:30pm                      *<u>Beginners Computer</u>                      1:30pm-2:30pm                      * <u>Players Club</u>                      (card games, dominoes,etc)                      1:30-3:30pm</p>
<p>27) *Morning Movement                      9:00am-10:00am                      * <u>Mix &amp; Mingle</u>                      10:00am-10:45am                      **<u>Yoga &amp; 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>28) *Morning Movement                      9:00am-10:00am                      **<u>Low Cardio</u>                      10:00am-11:00am                      *<u>NorthEastern Music &amp; Mind Presentation</u>                      11:30am -12:30pm                      *<u>MGH Presentation (Recovering After A Stroke)</u>                      1:00pm-2:00pm                      *<u>Afternoon Wind Down</u>                      2:00pm-3:30pm</p>	<p>29) *Morning Movement                      9:00am-10:00am                      **<u>Bagua</u> 10am-11 am                      **<u>Cognitive Care</u>                      11:30am-12:30pm                      *<u>Beginners Computer</u>                      11:30am-1:00 pm                      ** <u>Bingo</u> 1:30 pm -2:45 pm                      *<u>Afternoon Wind Down</u>                      3:00 pm-3:30 pm</p>	<p>30) *Morning Movement                      9:00am-10:00am                      **<u>The Stillness In Me</u>                      10:00am-11:00am                      *<u>Cyber Security Awareness</u>                      11:30 pm-1:00 pm                      *<u>Movie Matinee (NoEscape)</u>                      11:30am-1:30pm                      *<u>Domino Smackdown</u>                      2:00pm -3:00pm</p>	<p>31) *Morning Movement                      9:00am-10:00am                      * <u>United Crafting</u>                      9:30am-1:30pm                      *<u>Creative Portraits</u>                      11:30am-1:30pm                      *<u>Beginners Computer</u>                      1:30pm-2:30pm                      * <u>Players Club</u>                      (card games, dominoes,etc)                      1:30:pm-3:30pm</p>

# JANUARY 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>

## JANUARY 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. NorthEastern Music & Mind: Audio and Vision Intervention Study presentation for older adults experiencing mild cognitive impairment. Literations Presentation: Information session to recruit volunteers to help Boston students improve their reading skills. Mass General Hospital: Presentation on physical therapy tips for seniors recovering after a stroke.

**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.