



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.

Paint party on February 24th from 11:45am-2pm.
Limited seating

Join the Valentine's Day Party and Special Bingo on
February 14th at 12-3pm

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.



2025

February

SUN	MON	TUE	WED	THU	FRI	SAT
	 Beverly Gibbons Community Center for Older Adults MAYOR MICHELLE WO				Ethos Lunch on Mondays, Wednesdays, and Fridays. \$2.00 Donation	 1
2	3 Tech Help 9-11am Ethos Lunch 12pm Card Club 11am-2pm	4 Exercise 10-11am 11:30-12:30pm Friendship Club 12:30-3pm	5 Card Games 9-10:30am Bingo 10:30-3pm Ethos Lunch 12pm	6 Chair Yoga 9-10am & 10-11am	7 Mat Yoga 9:15-10:15am Bingo 10:30-3pm Ethos Lunch 12pm	8
9	10 Tech Help 9-11am Ethos Lunch 12pm Card Club 11am-2pm	11 Exercise 10-11am 11:30-12:30pm Art Class 12:30-2pm	12 Card Games 9-10:30am Bingo 10:30-3pm Ethos Lunch 12pm	13 Chair Yoga 9-10am & 10-11am Health Center Discussion: Stronger Together 12-1pm	14 Mat Yoga 9:15-10:15am Valentine's Day Party/ Bingo 12-3pm Ethos Lunch 12pm	15
16	17 CLOSED FOR  PRESIDENTS DAY	18 Exercise 10-11am 11:30-12:30pm Craft with BPD/ Camp Compassion 12:30-3pm	19 Card Games 9-10:30am Bingo 10:30-3pm Ethos Lunch 12pm	20 Chair Yoga 9-10am & 10-11am	21 Mat Yoga 9:15-10:15am Bingo 10:30-3pm Ethos Lunch 12pm	22
23	24 Tech Help 9-11am Ethos Lunch 12pm Paint Party 11:45am-2pm	25 Exercise 10-11am 11:30-12:30pm Friendship Club 12:30-3pm	26 Card Games 9-10:30am Bingo 10:30-3pm Ethos Lunch 12pm	27 Chair Yoga 9-10am & 10-11am	28 Mat Yoga 9:15-10:15am Bingo 10:30-3pm Ethos Lunch 12pm	