

# BCYF BEVERLY GIBBONS COMMUNITY CENTER

For Older Adults



## ACTIVITIES

Lunch provided by Ethos:  
Mondays, Wednesdays, and Fridays 12pm

Exercise Class Low-impact Aerobics 10 + 11:30pm

Chair Yoga with weights and meditation:  
THURSDAYS 9-10AM & 10-11AM

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.

Walking club restarts in September Wednesdays at 10am with the Boston Police Department

Join us on August 21 for Wii Bowling & hot dog lunch.  
(\$2.00 includes hot dog, drinks and chips.)

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

MONDAY THROUGH FRIDAY,  
8AM TO 4PM

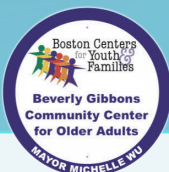
PHONE: 617-635-5175

FAX: 617-635-5647

**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



August



2025

**Monday 4**

Advocacy Support  
8-2 pm  
Coffee &  
Conversation 8-10  
am  
Tech Help 9-11 am  
Dice Game LCR  
11-2 pm  
Ethos Lunch  
12-12:45 pm

**Tuesday 5**

Advocacy Support  
8-2 pm  
Coffee &  
Conversation 8-10  
am  
Cardio Exercise  
(10-10:40 am) &  
(11:30-12:15 pm)  
Line Dancing  
(10:40-11: 05 am)

**Wednesday 6**

Advocacy Support  
8-2 pm  
Coffee &  
Conversation 8-10  
am  
Card Games  
9-10:15 am  
Bingo (10:30-12 pm)  
& (12:30-3:30 pm)

**Thursday 7**

Advocacy Support  
8-2 pm  
Coffee &  
Conversation 8-10  
am  
Yoga (9-10 am) &  
(10-11 am)  
Lunch & Learn  
(Health Center)  
Topic TBD (11:45-  
2:00 pm)

**Friday 8**

Coffee &  
Conversation 8-10  
am  
Card Games  
9-10:15 am  
Yoga with mats  
9:15-10 AM  
Bingo (10-12 pm) &  
(12:30-3:30 pm)  
Ethos Lunch  
12-12:45 pm

**Monday 11**

Advocacy Support  
8-2 pm  
Coffee &  
Conversation 8-10  
am  
Tech Help 9-11 am  
Screw- 11-1 pm  
Ethos Lunch  
12-12:45 pm

**Tuesday 12**

Advocacy Support  
8-2 pm  
Coffee &  
Conversation 8-10  
am  
Cardio Exercise  
(10-10:40 am) &  
(11:30-12:15 pm)  
Line Dancing  
(10:40-11: 05)

**Wednesday 13**

Advocacy Support  
8-2 pm  
Coffee &  
Conversation 8-10  
am  
Card Games  
9-10:15 am  
Bingo (10:30-12) &  
(12:30-3:30)

**Thursday 14**

Advocacy Support  
8-2 pm  
Coffee &  
Conversation 8-10  
am  
Yoga (9-10 am) &  
(10-11 am)  
Friendship Club  
(11-1pm)

**Friday 15**

Coffee &  
Conversation 8-10  
am  
Card Games  
9-10:15 am  
Yoga with mats  
9:15-10 AM  
Bingo (10-12 pm) &  
(12:30-3:30 pm)  
Ethos Lunch  
12-12:45 pm

**Monday 18**

Advocacy Support  
8-2 pm  
Coffee &  
Conversation 8-10  
am  
Tech Help 9-11 am  
Pokeno 11-2 pm  
Ethos Lunch  
12-12:45 pm

**Tuesday 19**

Advocacy Support  
8-2 pm  
Coffee &  
Conversation 8-10  
am  
Cardio Exercise  
(10-10:40 am) &  
(11:30-12:15 pm)  
Line Dancing  
(10:40-11: 05 am)  
Book Club  
(12:40-1:40 pm)  
(The Lioness of  
Boston)

**Wednesday 20**

Advocacy Support  
8-2 pm  
Coffee &  
Conversation 8-10  
am  
Card Games  
9-10:15 am  
Bingo (10:30-12 pm)  
& (12:30-3:30 pm)

**Thursday 21**

Advocacy Support  
8-2 pm  
Coffee &  
Conversation 8-10  
am  
Yoga (9-10 am) &  
(10-11 am)  
Wii bowling &  
Hotdog Lunch

**Friday 22**

Coffee &  
Conversation 8-10  
am  
Card Games  
9-10:15 am  
Yoga with mats  
9:15-10 AM  
Bingo (10-12 pm) &  
(12:30-3:30 pm)  
Ethos Lunch  
12-12:45 pm

**Monday 25**

Advocacy Support  
8-2 pm  
Coffee &  
Conversation 8-10  
am  
Tech Help 9-11 am  
Dice Game (LCR)  
11-1pm  
Ethos Lunch  
12-12:45 pm

**Tuesday 26**

Advocacy Support  
8-2 pm  
Coffee &  
Conversation 8-10  
am  
Cardio Exercise  
(10-10:40 am) &  
(11:30-12:15 pm)  
Line Dancing  
(10:40-11: 05 am)

**Wednesday 27**

Advocacy Support  
8-2 pm  
Coffee &  
Conversation 8-10  
am  
Card Games  
9-10:15 am  
Bingo (10:30-12 pm)  
& (12:30-3:30 pm)

**Thursday 28**

Advocacy Support  
8-2 pm  
Coffee &  
Conversation 8-10  
am  
Yoga (9-10 am) &  
(10-11 am)  
Friendship Club  
11-1 pm

**Friday 29**

Coffee &  
Conversation 8-10  
am  
Card Games  
9-10:15 am  
Yoga with mats  
9:15-10 AM  
Bingo (10-12 pm) &  
(12:30-3:30 pm)  
Ethos Lunch  
12-12:45 pm

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