

**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**  
**Change**

**Schedule Is Subject to**

**\*1 asterisk for in-house program**

**NOVEMBER 2025**

**\*\* 2 asterisks for hybrid program**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3) <b>*Morning Movement</b> 9:00am-10:00am <b>* Mix &amp; Mingle</b> 10:00 -10:45am <b>**Yoga &amp; Wellness</b> 11:15-12:15pm <b>*Ethos Lunch Cafe</b> 12:00-1:00pm <b>Power Of Release every Monday</b> 12:30-1:30pm <b>*Little Brothers City Sites</b> 1:15pm- 2:15pm <b>*Tech Support</b> 11:30am-1:30pm <b>*Players Club</b> 12:30-3:00pm</p>	<p>4) <b>*Morning Movement</b> 9:00am-10:00am <b>**Low Cardio</b> 10-11am <b>Taxi Coupons</b> 10am-11am <b>*Tech Support</b> (Google Translate Class) 11:30am-1:30pm <b>*MGH Presentation</b> (managing mental health symptoms) 11:30am-12:30pm <b>*Ethos Lunch Cafe</b> 12-1pm <b>* Players Club</b> 2:30-3:30pm</p>	<p>5) <b>*Morning Movement</b> 9:00am-10:00am <b>**Bagua</b> 10am-11:am <b>**Cognitive Care</b> 11:30-12:30 <b>*Ethos Lunch Cafe</b> 12:00-1:00 <b>*Tech Support</b> 11:30-1:30pm <b>** Bingo</b> 1:30pm -2:45pm <b>*Afternoon Wind Down</b> 3:00-3:30pm</p>	<p>6) <b>*Morning Movement</b> 9:00am-10:00am <b>**The Stillness In Me</b> 10:00am-11:00am <b>*Chair Bingo</b> 12:00pm-12:30pm <b>*Tech Support</b> 11:30am-1:30pm <b>*Ethos Lunch Cafe</b> 12:00pm-1:00pm <b>*Domino Smackdown</b> 2:00pm-3:00pm</p>	<p>7) <b>*Morning Movement</b> 9:00am-10:00am <b>Age Strong Property Tax</b> <b>Work-Off &amp; RSVP Program</b> <b>Paperwork Pick-up</b> 9:00am-9:15am <b>*United Crafting</b> 9:30-1:30 <b>*Ethos Lunch Cafe</b> 12-1 <b>*CreativePortraits</b> 11:30am-1:30pm <b>*Tech Support</b> 1:30-2:30 <b>* Players Club</b> 1:30-3:30</p>
<p>10) <b>*Morning Movement</b> 9:00am-10:00am <b>* Mix &amp; Mingle</b> 10:00am -10:45am <b>**Yoga &amp; Wellness</b> 11:15-12:15pm <b>*Ethos Lunch Cafe</b> 12:00-1:00pm <b>MBTA the Ride Q&amp;A</b> 1pm-2pm <b>*Little Brothers City Sites</b> 1:15pm- 2:15pm <b>*Tech Support</b> 11:30am-1:30pm <b>*Players Club</b> 12:30-3:00pm</p>	<p>11) <b>SENIOR CENTER</b> <b>CLOSED</b> <b>VETERAN'S DAY</b></p> 	<p>12) <b>*Morning Movement</b> 9:00am-10:00am <b>**Bagua</b> 10am-11:00 <b>*Tech Support</b> 11:30-1:30pm <b>**Benjamin Rose</b> <b>Institute on Aging (dementia research study)</b> 11:30-12:30 <b>*Ethos Lunch Cafe</b> 12:00pm-1:00pm <b>** Bingo</b> 1:30 -2:45pm <b>*Afternoon Wind Down</b> 3:00pm-3:30pm</p>	<p>13) <b>*Morning Movement</b> 9:00am-10:00am <b>**The Stillness In Me</b> 10:00am-11:00am <b>*Tech Support</b> 11:30-1:30pm <b>*Chair Bingo</b> 12:00pm-12:30pm <b>*Ethos Lunch Cafe</b> 12:00pm-1:00pm <b>*Domino Smackdown</b> 2:00pm-3:00pm</p>	<p>14) <b>*Morning Movement</b> 9:00am-10:00am <b>*United Crafting</b> 9:30am-1:30pm <b>*Ethos Lunch Cafe</b> 12:00pm-1:00pm <b>*Creative Portraits</b> 11:30am-1:30pm <b>*Tech Support</b> 1:30pm-2:30pM <b>*Players Club</b> 1:30-3:30pm</p>
<p>17) <b>*Morning Movement</b> 9:00am-10:00am <b>* Mix &amp; Mingle</b> 10:00 am-10:45am <b>**Yoga &amp; Wellness</b> 11:15am-12:15pm <b>*Ethos Lunch Cafe</b> 12:00pm-1:00pm <b>*Little Brothers City Sites</b> 1:15pm- 2:15pm <b>*Tech Support</b> 11:30am-1:30pm <b>*Players Club</b> 12:30-3:00pm</p>	<p>18) <b>*Morning Movement</b> 9:00am-10:00am <b>**Low Cardio</b> 10-11am <b>*Tech Support</b> (Google Translate Class) 11:30am-1:30pm <b>*Ethos Lunch Cafe</b> 12-1pm <b>*Blue Cross Blue Shield</b> <b>Medicare Plan Offerings</b> 1pm-2pm <b>* Players Club</b> 2:30pm--3:30pm</p>	<p>19) <b>*Morning Movement</b> 9:00am-10:00am <b>**Bagua</b> 10am-11:am <b>**Cognitive Care</b> 11:30am-12:30pm <b>*Ethos Lunch Cafe</b> 12:00pm-1:00pm <b>*Tech Support</b> 11:30am-1:30pm <b>** Bingo</b> 1:30pm -2:45pm <b>*Afternoon Wind Down</b> 3:00pm-3:30pm</p>	<p>20) <b>*Morning Movement</b> 9:00am-10:00am <b>**The Stillness In Me</b> 10:00am-11:00am <b>*Tech Support</b> 11:30-1:30pm <b>*Chair Bingo</b> 12:00pm-12:30pm <b>*Ethos Lunch Cafe</b> 12:00pm-1:00pm <b>*Domino Smackdown</b> 2:00pm-3:00pm</p>	<p>21) <b>*Morning Movement</b> 9:00am-10:00am <b>*United Crafting</b> 9:30am-1:30pm <b>*Ethos Lunch Cafe</b> 12:00pm-1:00pm <b>*Creative Portraits</b> 11:30am-1:30pm <b>*Tech Support</b> 1:30pm-2:30pM <b>*Players Club</b> 1:30-3:30pm</p>
<p>24) <b>*Morning Movement</b> 9:00am-10:00am <b>* Mix &amp; Mingle</b> 10:00 -10:45am <b>**Yoga &amp; Wellness</b> 11:15am-12:15pm <b>*Ethos Lunch Cafe</b> 12:00-pm -1:00pm <b>*Little Brothers City Sites</b> 1:15pm- 2:15pm <b>*Tech Support</b> 11:30am-1:30pm <b>*Players Club</b> 12:30-3:00pm</p>	<p>25) <b>*Morning Movement</b> 9:00am-10:00am <b>**Low Cardio</b> 10am-11:00am <b>*Tech Support</b> (Google Translate Class) 11:30am-1:30pm <b>*Trivia</b> 1pm -2pm <b>*Ethos Lunch Cafe</b> 12:00pm-1:00pm <b>* Players Club</b> 2:00-3:30pm</p>	<p>26) <b>*Morning Movement</b> 9:00am-10:00am <b>*Bagua</b> 10am-11 am <b>*Tech Support</b> 11:30am-1:30pm <b>**Cognitive Care</b> 11:30am-12:30pm <b>**Ethos Lunch Cafe</b> 12:00pm-1:00pm <b>** Bingo</b> 1:30 - 2:45pm <b>*Afternoon Wind Down</b> 3:00pm-3:30pm</p>	<p>27) <b>SENIOR CENTER</b> <b>CLOSED</b> <b>THANKSGIVING DAY</b></p> 	<p>28) <b>*Morning Movement</b> 9:00am-10:00am <b>*United Crafting</b> 9:30am-1:30pm <b>*Ethos Lunch Cafe</b> 12:00pm-1:00pm <b>*Creative Portraits</b> 11:30am-1:30pm <b>*Tech Support</b> 1:30pm-2:30pM <b>*Players Club</b> 1:30-3:30pm</p>
<p><b>To all celebrating</b> <b>a birthday in</b> <b>November!</b></p> 	<p><b>Taxi Coupons will be</b> <b>available for purchase</b> <b>November 4th. the first</b> <b>Tuesday of the month.</b> <b>10:00 am-11:00 am</b> <b>*****</b></p>	<p><b>Ethos Cafe Pre-</b> <b>Registration</b> <b>Required. Lunch Pick-Up</b> <b>First Come First Serve</b> <b>Mon-Fri</b> <b>11:30 am- 2:30pm</b></p>		<p><b>Happy Thanksgiving!</b></p> 

# **November 2025 Google Program Link**

**Google Meeting Link for hybrid programs**

**Video link: <https://meet.google.com/iwc-ntbm-oie>**

## **\*1 asterisk for in-house program**

- \* Morning Movement
- \* Tech Support
- \* United Crafting
- \* Domino Smackdown
- \* Mix & Mingle
- \* Afternoon Wind Down
- \* Presentations
- \* Creative Portraits
- \* Players Club
- \* Power of Release
- \* Cognitive Care

## **\*\* 2 asterisks for hybrid program**

- \*\* Yoga
- \*\* Low Cardio
- \*\* Bagua
- \*\* The Stillness in Me
- \*\* Memory Cafe
- \*\* Bingo
- \*\* Trivia
- \*\* Chair Bingo

## **November 2025 Program 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. **Chair Bingo:** A type of bingo game that features seated stretches and simple movement that must be completed in order to mark your game card.

**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. **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.

**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.. **Hybrid Bingo:** This is a socializing activity for seniors offered virtually and In-House. **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.

**Education/Presentations: Tech Support:** Members are able to bring their personal laptop, Chromebook or phones to receive help with questions they may have on technology. **Google Translate:** In-House program only. Seniors will learn how to download google translate on their phones to have access to communicate with those that may speak a language other than english.. **Mass. General Hospital Presentations:** Managing your mental health involves a combination of self-care practices, awareness of your emotional state, and seeking support when needed. **Benjamin Rose Institute SHARE Presentation:** SHARE is a well-established, evidence-based program that has been operational for twenty years. Benjamin Rose is enhancing SHARE to better support Black and African American caregivers and care partners affected by dementia. The presenter will provide information about an innovative research initiative, which is dedicated to African American families. **Blue Cross Blue Shield Medicare Plan Offerings :** A presenter will visit the center to discuss the services the organization provides for older adults. **MBTA the Ride O&A:** A presenter will come in to talk about the service, and answer any general questions older adults may have.

**Extra: Taxi Coupons:** Normally the first Tuesday of the month taxi coupon distribution takes place. For the month of October the distribution will be on the 9th, the second Thursday of the month (10am-11am). Price for purchase is up to 4 books a month (at five dollars each).

**Ethos Lunch Cafe:** Members will receive a hot lunch Monday-Friday (11:30am-2:30pm).