



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 continues on Wednesdays at 10am with the Boston Police Department

Tech help with Serge will continue on Mondays at 9am.

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

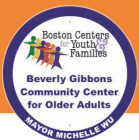
**MONDAY THROUGH FRIDAY,
8AM TO 4PM**

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.





NOVEMBER

2025

Monday 3

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

Tuesday 4

Election Day
Gibbons Center
Closed

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

Wednesday 5

Advocacy Support 8-2 pm
Coffee & Conversation 8-10 am
Card Games 9-10:15am
Bingo (10:30:12) & (12:30-3:30)
BPD Walking Club 10-11am
Weather Permitting

Thursday 6

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

Friday 7

Advocacy Support 8-2 pm
Coffee & Conversation 8-10 am
Card Games 9-10:15am
Yoga with mats 9:15-10 AM
Bingo (10-12 pm) & (12:30-3:30 pm)
Ethos Lunch 12-12:45 pm

Monday 10

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

Tuesday 11

Veterans Day
Holiday
Gibbons Center
Closed

Wednesday 12

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)
BPD Walking Club 10-11am
Weather Permitting

Thursday 13

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)
Pick Secret Santa For December 4th

Friday 14

Advocacy Support 8-2 pm
Coffee & Conversation 8-10 am
Card Games 9-10:15 am
Bingo (10:12pm) & (12:30-3:30 pm)
Ethos Lunch 12-12:45 pm

Monday 17

Advocacy Support 8-2 pm
Coffee & Conversation 8-10 am
Screw your neighbor card game 11-2 pm
Ethos Lunch (12-12:45 pm)

Tuesday 18

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

Wednesday 19

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)
BPD Walking Club 10-11 am
Weather Permitting

Thursday 20

Advocacy Support 8-2 pm
Coffee & Conversation 8-10 am
Yoga (only 9am Class)
Friendship Club 11-1 pm
Pot Luck 11:30-2:30 pm
Bring you side dishes

Friday 21

Advocacy Support 8-2 pm
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 24

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

Tuesday 25

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 26

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)
BPD Walking Club 10-11am
Weather Permitting

Thursday 27

Happy Thanksgiving
Holiday
Gibbons Center
Closed

Friday 28

Advocacy Support 8-2 pm
Coffee & Conversation 8-10 am
Card Games 9-10:15 am
Bingo (10-12 pm) & (12:30-3:30 pm)
Ethos Lunch 12-12:45 pm