



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

<div> <div>*1 asterisk for in-house program_</div> <div>December 2025</div> <div>** 2 asterisks for hybrid program</div> </div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) *Morning Movement 9am-10am <u>* Mix & Mingle</u> 10am -10:45am <u>**Yoga & Wellness</u> 11:15am-12:15pm <u>*Ethos Lunch Cafe</u> 12:00-1:00pm <u>Power Of Release</u> 12:30-1:30pm <u>*Tech Support</u> 11:30am-1:30pm <u>*Players Club</u> 12:30pm-3:00pm <u>*Little Brothers City Sites</u> 1:15pm- 2:15pm	2) *Morning Movement 9am-10am <u>**Low Cardio</u> 10am-11am <u>Taxi Coupons</u> 10am-11am <u>*Tech Support</u> <u>(Google/ Youtube Class)</u> 11:30am-12:30pm <u>*Ethos Lunch Cafe</u> 12pm -1pm <u>* Players Club</u> 2:30pm-3:30pm	3) *Morning Movement 9am -10am <u>**Baqua</u> 10am-11am <u>**Cognitive Care</u> 11:30am-12:30pm <u>*Tech Support</u> 11:30am-1:30pm <u>*Ethos Lunch Cafe</u> 12pm-1:00pm <u>** Bingo</u> 1:30pm -2:45pm <u>*Afternoon Wind Down</u> 3pm-3:30pm	4) *Morning Movement 9am-10am <u>**The Stillness In Me</u> 10am-11am <u>*Tech Support</u> 11:30am-1:30pm <u>*Ethos Lunch Cafe</u> 12pm-1:00pm <u>*Domino Smackdown</u> 1pm-3:00pm	5) *Morning Movement 9am-10am <u>*United Crafting</u> 9:30am-1:30pm <u>*Creative Portraits</u> 11:30am-1:30pm <u>*Ethos Lunch Cafe</u> 12pm-1pm <u>*Tech Support</u> 1:30pm-2:30pm <u>* Players Club</u> 1:30-3:30pm
8) *Morning Movement 9am-10am <u>* Mix & Mingle</u> 10:00 -10:45am <u>**Yoga & Wellness</u> 11:15am-12:15pm <u>*Ethos Lunch Cafe</u> 12:00-1:00pm <u>Power Of Release</u> 12:30-1:30pm <u>*Tech Support</u> 11:30am-1:30pm <u>*Players Club</u> 12:30pm-3:00pm <u>*Little Brothers City Sites</u> 1:15pm- 2:15pm	9) *Morning Movement 9am-10am <u>**Low Cardio</u> 10am-11am <u>*Memory Cafe</u> 11:30am-12:30pm <u>*Ethos Lunch Cafe</u> 12pm-1pm <u>*Chair Bingo</u> 1pm-2pm <u>* Players Club</u> 2:30pm-3:30pm	10) *Morning Movement 9am-10am <u>**Baqua</u> 10am-11am <u>**Cognitive Care</u> 11:30am-12:30pm <u>*Tech Support</u> 11:30am-1:30pm <u>*Ethos Lunch Cafe</u> 12-1:00pm <u>** Bingo</u> 1:30 -2:45pm <u>*Afternoon Wind Down</u> 3-3:30pm	11) *Morning Movement 9am-10am <u>**The Stillness In Me</u> 10am -11am <u>*Tech Support</u> 11:30am-1:30pm <u>*Let's Dance</u> 11:45am-12:15pm <u>*Ethos Lunch Cafe</u> 12:00pm-1:00pm <u>*Domino Smackdown</u> 2:00pm-3:00pm	12) *Morning Movement 9am-10am <u>*United Crafting</u> 9:30am-1:30pm <u>*Creative Portraits</u> 11:30am-1:30pm <u>*Ethos Lunch Cafe</u> 12pm-1pm <u>*Tech Support</u> 1:30pm-2:30pm <u>* Players Club</u> 1:30-3:30pm
15) *Morning Movement 9am-10am <u>* Coffee Hour Councilor Worrell</u> 10am-11am <u>**Yoga & Wellness</u> 11:15am-12:15pm <u>*Ethos Lunch Cafe</u> 12:00-1:00pm <u>Power Of Release</u> 12:30-1:30pm <u>*Tech Support</u> 11:30am-1:30pm <u>*Players Club</u> 12:30pm-3:00pm <u>*Little Brothers City Sites</u> 1:15-1pm 2:15pm	16) *Morning Movement 9am-10am <u>**Low Cardio</u> 10am-11am <u>*Tech Support</u> <u>(Google/ Youtube Class)</u> 11:30am-12:30pm <u>*Ethos Lunch Cafe</u> 12pm-1pm <u>*Chair Bingo</u> 1pm-2pm <u>* Players Club</u> 2:30pm-3:30pm	17) *Morning Movement 9am-10am <u>**Baqua</u> 10-11am <u>**Cognitive Care</u> 11:30am-12:30pm <u>*Tech Support</u> 11:30am-1:30pm <u>*Ethos Lunch Cafe</u> 12pm-1:00pm <u>** Bingo</u> 1:30pm -2:45pm <u>*Afternoon Wind Down</u> 3pm-3:30pm	18) *Morning Movement 9am-10am <u>**The Stillness In Me</u> 10am-11:00am <u>*Tech Support</u> 11:30am-1:30pm <u>*Let's Dance</u> 11:45am-12:15pm <u>*Ethos Lunch Cafe</u> 12:00pm-1:00pm <u>*Domino Smackdown</u> 2:00pm-3:00pm	19) *Morning Movement 9am-10am <u>*United Crafting</u> 9:30am-1:30pm <u>*Creative Portraits</u> 11:30am-1:30pm <u>*Ethos Lunch Cafe</u> 12pm-1pm <u>*Tech Support</u> 1:30pm-2:30pm <u>* Players Club</u> 1:30-3:30pm
22) *Morning Movement 9am-10am <u>* Mix & Mingle</u> 10:00 -10:45am <u>**Yoga & Wellness</u> 11:15am-12:15pm <u>*Ethos Lunch Cafe</u> 12:00-1:00pm <u>Power Of Release</u> 12:30-1:30pm <u>*Tech Support</u> 11:30am-1:30pm <u>*Players Club</u> 12:30pm-3:00pm <u>*Little Brothers City Sites</u> 1:15- 2:15pm	23) *Morning Movement 9am-10am <u>**Low Cardio</u> 10am-11am <u>*Tech Support</u> <u>(Google/ Youtube Class)</u> 11:30am-12:30pm <u>*Ethos Lunch Cafe</u> 12pm-1pm <u>*Chair Bingo</u> 1pm-2pm <u>* Players Club</u> 2:30pm-3:30pm	24) *Morning Movement 9am-10am <u>**Baqua</u> 10am -11am <u>**Cognitive Care</u> 11:30am-12:30pm <u>*Tech Support</u> 11:30am-1:30pm <u>*Ethos Lunch Cafe</u> 12pm-1:00pm <u>** Bingo</u> 1:30pm -2:45pm <u>*Afternoon Wind Down</u> 3pm-3:30pm	25) SENIOR CENTER CLOSED MERRY CHRISTMAS! 	26) *Morning Movement 9am-10am <u>*United Crafting</u> 9:30am-1:30pm <u>*Creative Portraits</u> 11:30am-1:30pm <u>*Ethos Lunch Cafe</u> 12pm-1pm <u>*Tech Support</u> 1:30-2:30pm <u>* Players Club</u> 1:30-3:30pm
29) *Morning Movement 9am-10am <u>* Mix & Mingle</u> 10:00 -10:45am <u>**Yoga & Wellness</u> 11:15am-12:15pm <u>*Ethos Lunch Cafe</u> 12:00-1:00pm <u>Power Of Release</u> 12:30-1:30pm <u>*Tech Support</u> 11:30am-1:30pm <u>*Players Club</u> 12:30-3:00pm <u>*Little Brothers City Sites</u> 1:15pm - 2:15pm	30) *Morning Movement 9am-10am <u>**Low Cardio</u> 10am-11am <u>*Tech Support</u> <u>(Google/ Youtube Class)</u> 11:30am-12:30pm <u>*Ethos Lunch Cafe</u> 12pm-1pm <u>*Chair Bingo</u> 1pm-2pm <u>* Players Club</u> 2:30pm -3:30pm	31) *Morning Movement 9am-10am <u>**Baqua</u> 10am-11am <u>**Cognitive Care</u> 11:30am-12:30pm <u>*Tech Support</u> 11:30am-1:30pm <u>*Ethos Lunch Cafe</u> 12pm-1:00pm <u>** Bingo</u> 1:30pm -2:45pm <u>*Afternoon Wind Down</u> 3pm -3:30pm	To all celebrating a birthday in December! 	<u>Taxi Coupons</u> will be available for purchase December 2nd 10:00 am-11:00 am ***** <u>Ethos Cafe Lunch</u> Pre-Registration Required. Pick-Up First Come First Serve Mon-Fri 11:30 am- 2:30pm

[December 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](#)

[** 2 asterisks for hybrid program](#)

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

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

[December 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. [Let's Dance:](#) A beginner friendly program that encourages movement to different genres of music. Each week older adults will either learn new steps or spend time moving with one another.

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. [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. [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:](#) In-House program only. Members are able to bring their personal laptop, Chromebook or phones to receive help with questions they may have on technology. [Tech Support \(Google/ Youtube Class\):](#) In-House program only. Seniors will learn how to navigate Google for information or find tutorials on Youtube.

Extra: [Taxi Coupons:](#) Taxi coupon distribution normally takes place the first Tuesday of the month, from 10-11am. 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).