



# 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**

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

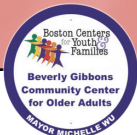
**MONDAY THROUGH FRIDAY,  
8AM TO 4PM**

**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.**





# December

# 2025

<b>Monday 1</b>  Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Dice Game (LCR) 11-2 pm Ethos Lunch 12-12:45 pm	<b>Tuesday 2</b>  Advocacy Support 8-2 pm Coffee & Conversation 8-10 am <b>One Class Only</b> Cardio Exercise (10-11 am) Arts & Crafts (BPD) (11:00-1:30 pm)	<b>Wednesday 3</b>  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) Ethos Lunch 12-12:45 pm	<b>Thursday 4</b>  Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Yoga <b>Only 9 am Class</b> <b>Ugly Sweater Contest &amp;</b> <b>Dirty Santa Grab</b> 11:30-2:30 pm	<b>Friday 5</b>  Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Card Games 9-10:15 am <b>Yoga with mats</b> <b>9:15-10 AM</b> Bingo (10:12 pm) & (12:30-3:30 pm) Ethos Lunch 12-12:45 pm.
<b>Monday 8</b>  Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Screw your Neighbor Card Game (11-2 pm) Ethos Lunch 12-12:45 pm	<b>Tuesday 9</b>  Coffee & Conversation 8-10 am Cardio Exercise (10-10:40 am) & (11:30- 12:15 pm) Line Dancing (10:40-11:05 am) <b>Movie Night</b> <b>White Christmas</b> <b>(6-8:30pm)</b> <b>Popcorn &amp; Snacks</b> <b>Provided</b>	<b>Wednesday 10</b>  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) Ethos Lunch 12-12:45 pm	<b>Thursday 11</b>  Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Yoga (9-10 am) & (10-11 am) <b>Lunch &amp; Learn</b> <b>(Health Center)</b> <b>Topic TBD</b> <b>(11:45-2 pm)</b>	<b>Friday 12</b>  Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Card Games 9-10:15 am <b>Yoga with mats</b> <b>9:15-10 AM</b> Bingo (10-12 pm) & (12:30-3:30 pm) Ethos Lunch 12-12:45 pm
<b>Monday 15</b>  Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Pokeno 11-2 pm Ethos Lunch 12-12:45 pm	<b>Tuesday 16</b>  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)	<b>Wednesday 17</b>  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) Ethos Lunch 12-12:45 pm	<b>Thursday 18</b>  Advocacy Support 8-2 pm Coffee & Conversation 8-10 am <b>Yoga (only 9am Class)</b> <b>Christmas Party 11:30- 2:30</b>	<b>Friday 19</b>  Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Card Games 9-10:15 am <b>Yoga with mats</b> <b>9:15-10 AM</b> Bingo (10-12 pm) & (12:30-3:30 pm) Ethos Lunch 12-12:45 pm
<b>Monday 22</b>  Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Dice Game (LCR) 11-1pm Ethos Lunch 12-12:45 pm	<b>Tuesday 23</b>  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)	<b>Wednesday 24</b>  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) Ethos Lunch 12-12:45 pm		<b>Friday 26</b>  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
<b>Monday Dec 29</b>  Advocacy Support 8-2 pm Coffee & Conversation 8-10 am Screw your Neighbor Card Game (11-2 pm) Ethos Lunch 12-12:45 pm	<b>Tuesday 30</b>  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)	<b>Wednesday 31</b>  <b>Happy New Year</b> Coffee & Conversation 8-10 am Card Games 9-10:15 am Bingo (10:30-12 pm) & (12:30-3:30 pm) Ethos Lunch 12-12:45 pm		