



# 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.

Tech Help with Serge will start back up on Monday, from 9am to 11am

Forever Young Program on Wednesdays at 11:30-1:30 with Parks Department & BPD

Eversource will hold an informal conversation with residents about a new proposed electric infrastructure project in Charlestown.

**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.**



# March 2016

<p align="center"><b><u>Monday 2</u></b></p> <p>Advocacy Support 9-2 pm Coffee &amp; Conversation 8:30-10:30 am <b>Tech Help 9-11 am</b> <b>Dice Game (LCR) 11-2 pm</b> Ethos Lunch 12-12:45 pm</p>	<p align="center"><b><u>Tuesday 3</u></b></p> <p>Advocacy Support 9-2 pm Coffee &amp; Conversation 8:30-10:30 am <b>Cardio Exercise 10-10:40 &amp; 11:30-12:15 pm</b> Line Dancing 10:40-11:05 am <b>Book Club 12:40-1:40 pm</b></p>	<p align="center"><b><u>Wednesday 4</u></b></p> <p>Advocacy Support 9-2 pm Coffee &amp; Conversation 8:30-10:30 am <b>Crocheting with Marisa 8:30-10 am</b> Card Games 9-10:15 am Bingo 10:30-12 pm &amp; 12:30-3:30 pm</p>	<p align="center"><b><u>Thursday 5</u></b></p> <p>Advocacy Support 9-2pm Coffee &amp; Conversation 8:30-10:30 am <b>Chair + Cardio Dance 9:30-10 am</b> Chair Yoga 10-11am <b>Loops &amp; Looms 11-3 pm</b></p>	<p align="center"><b><u>Friday 6</u></b></p> <p>Advocacy Support 9-2 pm Coffee &amp; Conversation 8:30-10:30 am Card Games 9-10:15 am <b>Chair Yoga with Michelle 9-10 am</b> Bingo 10-12 pm &amp; 12:30-3:30 pm Ethos Lunch 12-12:45 pm</p>
<p align="center"><b><u>Monday 9</u></b></p> <p>Advocacy Support 9-2 pm Coffee &amp; Conversation 8:30-10:30 am <b>Tech Help 9-11 am</b> <b>Compass on the Bay (A taste of Ireland)</b> Ethos Lunch 12-12:45 pm</p>	<p align="center"><b><u>Tuesday 10</u></b></p> <p>Advocacy Support 9-2 pm Coffee &amp; Conversation 8:30-10:30 am <b>Cardio Exercise 10-10:40 &amp; 11:30-12:15 pm</b> Line Dancing 10:40-11:05 am <b>Arts &amp; Crafts with Sophia 12:30-1:30 pm</b></p>	<p align="center"><b><u>Wednesday 11</u></b></p> <p>Advocacy Support 9-2pm Coffee &amp; Conversation 8:30-10:30 am <b>Crocheting with Marisa 8:30-10 am</b> Card Games 9-10:15 am Bingo 10:30-12 &amp; 12:30-3:30 pm</p>	<p align="center"><b><u>Thursday 12</u></b></p> <p>Advocacy Support 9-2 pm Coffee &amp; Conversation 8:30-10:30 am <b>Chair + Cardio Dance 9:30-10 am</b> Chair Yoga 10-11am <b>Lunch &amp; Learn (Health Center) Topic TBD 11:45-1 pm</b></p>	<p align="center"><b><u>Friday 13</u></b></p> <p>Coffee &amp; Conversation 8:30-10:30 am <b>Chair Yoga with Michelle 9-10 am</b> Card Games 9-10:15 am <b>Saint Paddy's Day Party @ Knights of Columbus 11:30-2:30 am</b> Bingo 10-12 &amp; 12:30-3:30 pm Ethos Lunch 12-12:45 pm</p>
<p align="center"><b><u>Monday 16</u></b></p> <p>Advocacy Support 9-2 pm Coffee &amp; Conversation 8:30-10:30 am <b>Tech Help 9-11 am</b> <b>Pokeno 11-2pm</b> Ethos Lunch 12-12:45 pm</p>	<p align="center"><b><u>Tuesday 17</u></b></p> <p>Advocacy Support 9-2 pm Coffee &amp; Conversation 8:30-10:30 am <b>Cardio Exercise 10-10:40 &amp; 11:30-12:15 pm</b> <b>Line Dancing 10:40-11:05 am</b></p>	<p align="center"><b><u>Wednesday 18</u></b></p> <p>Advocacy Support 9-2 pm Coffee &amp; Conversation 8:30-10:30 am <b>Crocheting with Marisa 8:30-10 am</b> Card Games 9-10:15 am Bingo 10:30-12 &amp; 12:30-3:30 pm Ethos Lunch 12-12:45 pm</p>	<p align="center"><b><u>Thursday 19</u></b></p> <p>Advocacy Support 9-2 pm Coffee &amp; Conversation 8:30-10:30 am <b>Chair + Cardio Dance 9:30-10 am</b> Chair Yoga 10-11 am <b>Friendship Club 11-2:30 pm</b></p>	<p align="center"><b><u>Friday 20</u></b></p> <p>Advocacy Support 9-2 pm Coffee &amp; Conversation 8:30-10:30 am Card Games 9-10:15 am <b>Chair Yoga with Michelle 9-10 am</b> Bingo 10-12 &amp; 12:30-3:30 pm Ethos Lunch 12-12:45 pm</p>
<p align="center"><b><u>Monday 23</u></b></p> <p>Advocacy Support 9-2pm Coffee &amp; Conversation 8:30-10:30 am <b>Tech Help 9-11 am</b> <b>Dice Game (LCR) 11-2 pm</b> Ethos Lunch 12-12:45 pm</p>	<p align="center"><b><u>Tuesday 24</u></b></p> <p>Advocacy Support 9-2 pm Coffee &amp; Conversation 8:30-10:30 am <b>Cardio Exercise 10-10:40 &amp; 11:30-12:15 pm</b> <b>Friendship club 12:30-2:30 pm</b></p>	<p align="center"><b><u>Wednesday 25</u></b></p> <p>Advocacy Support 9-2 pm Coffee &amp; Conversation 8:30-10:30 am <b>Crocheting with Marisa 8:30-10</b> Card Games 9-10:15 am Bingo 10:30-12 &amp; 12:30-3:30 pm</p>	<p align="center"><b><u>Thursday 26</u></b></p> <p>Coffee &amp; Conversation 8:30-10:30 am <b>Chair + Cardio Dance 9:30-10 am</b> Chair Yoga 10-11am <b>Board Games/Friendship club 11-3 pm</b></p>	<p align="center"><b><u>Friday 27</u></b></p> <p>Coffee &amp; Conversation 8:30-10:30 am Card Games 9-10:15 am <b>Chair Yoga with Michelle 9-10 am</b> Bingo 10-12 &amp; 12:30-3:30 pm Ethos Lunch 12-12:45 pm</p>
<p align="center"><b><u>Monday 30</u></b></p> <p>Advocacy Support 9-2 pm Coffee &amp; Conversation 8:30-10:30 am <b>Tech Help 9-11 am</b> <b>Card Game (Screw) 11-2 pm</b> Ethos Lunch 12-12:45 pm</p>	<p align="center"><b><u>Tuesday 31</u></b></p> <p>Coffee &amp; Conversation 8:30-10:30 am <b>Cardio Exercise 10-10:40 &amp; 11:30-12:15 pm</b> <b>Line Dancing 10:40-11:05 am</b></p>	 <p align="center">Boston Center for Family Health Beverly Gibbons Community Center for Older Adults SANDOR MICHELLE, RD</p>	 <p align="center"><b>ETHOS</b></p>	