Boston Centers for Youth & Families
Michelle Wu, Mayor

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

GROVE HALL SENIOR CENTER
CITY OF BOSTON

Schedule Is Subject to Change

*1 asterisk for in-house program

NOVEMBER 2026

** 2 asterisks for hybrid program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) *Morning Movement 9:00am-10:00am *Mix & Mingle 10:00am -10:45am **Yoga & Wellness 11:15am-12:15pm *Ethos Lunch Cafe 12:00-1:00pm *Power Of Release 12:30-1:30pm *Tech Support 9:30am-1:30pm *Players Club 12:30pm-3:00pm	**3)** * Morning Movement 9:00am-10:00am **Low Cardio 10:00 -11:00am Taxi Coupon Purchase 10:00am-11:00am Alzheimer's Association (Brain Healthy Habits) 11:30am-12:30pm *Tech Support 9:30am-1:30pm * Ethos Lunch Cafe 12pm-1pm *Players Club 2:30pm -3:30pm	**4)** *Morning Movement 9:00am-10:00am **Bagua 10:00-11:00am **Suffolk County Sheriff Dept. (Senior ID) 11:30am-12:30pm *Tech Support 9:30am-1:30pm *Ethos Lunch Cafe 12:00pm- 1:00pm ** Bingo 1:30pm -2:45pm *Afternoon Wind Down 3:00pm-3:30pm	**5)** * Morning Movement 9:00am-10:00am **The Stillness In Me 9:30am -10:30am *Tech Support 9:30am-1:30pm *United Health Care 11:30am-12:30pm *Ethos Lunch Cafe 12:00pm-1:00pm *Domino Smackdown 2:00pm- 3:00pm	**6)** *Morning Movement 9:00am-10:00am *United Crafting 9:30am-1:30pm *Creative Portraits 11:30am-1:30pm *Ethos Lunch Cafe 12:00pm-1:00pm *Tech Support 9:30am-1:30pm *Players Club 1:30pm-3:30pm
9) *Morning Movement 9:00am-10:00am *Mix & Mingle 10:00am -10:45am **Yoga & Wellness 11:15am-12:15pm *Ethos Lunch Cafe 12:00-1:00pm *Power Of Release 12:30-1:30pm *Tech Support 9:30am-1:30pm *Players Club 12:30pm-3:00pm	**10)** * Morning Movement 9:00am-10:00am **Low Cardio 10:00 - 11:00am *Memory Cafe 11:30am-12:30pm *Tech Support 9:30am-1:30pm * Ethos Lunch Cafe 12pm-1pm Boston University (Move Study) 1:00pm-2:00pm *Players Club 2:30pm -3:30pm	**11)** **HOLIDAY** **Veterans Day** **Senior Center Will Be Closed**	**12)** * Morning Movement 9:00am-10:00am **The Stillness In Me 9:30am -10:30am *Tech Support 9:30am-1:30 * Movie Matinee 11:30am-1:30pm *Ethos Lunch Cafe 12:00pm-1:00pm *Chair Bingo 1:30-2:30pm *Domino Smackdown 2:30pm- 3:30pm	**13)** *Morning Movement 9:00am-10:00am *United Crafting 9:30am-1:30pm *Creative Portraits 11:30am-1:30pm *Ethos Lunch Cafe 12:00pm-1:00pm *Tech Support 9:30am-1:30pm * Players Club 1:30pm-3:30pm
16) Morning Movement 9:00am-10:00am *Mix & Mingle 10:00am -10:45am **Yoga & Wellness 11:15am-12:15pm *Ethos Lunch Cafe 12:00-1:00pm *Power Of Release 12:30-1:30pm *Tech Support 9:30am-1:30pm *Players Club 12:30pm-3:00pm	**17)** * Morning Movement 9:00am-10:00am **Low Cardio 10:00am-11:00am **MGH Habit The connection between pain & memory 11:00am-12:00pm *Tech Support 9:30am-1:30pm * Ethos Lunch Cafe 12pm-1pm Gather Health 1:00pm-2:00pm *Players Club 2:30pm -3:30pm	**18)** *Morning Movement 9:00am -10:00am **Bagua 10:00am - 11:00am **Cognitive Care 11:30am-12:30pm *Tech Support 9:30am-1:30pm *Ethos Lunch Cafe 12:00pm- 1:00pm ** Bingo 1:30pm -2:45pm *Afternoon Wind Down 3:00pm-3:30pm	**19)** * Morning Movement 9:00am-10:00am **The Stillness In Me 9:30am-10:30am *New Horizon Financial Network 11:30am-12:30p *Tech Support 9:30am -1:30 *Ethos Lunch Cafe 12:00pm-1:00pm *Chair Bingo 1:30 -2:30pm *Domino Smackdown 2:30pm -3:30pm	**20)** *Morning Movement 9:00am-10:00am *United Crafting 9:30am-1:30pm *Creative Portraits 11:30am-1:30pm *Ethos Lunch Cafe 12:00pm-1:00pm *Tech Support 9:30am-1:30pm *Players Club 1:30pm-3:30pm
23) *Morning Movement 9:00am-10:00am *Mix & Mingle 10:00am -10:45am **Yoga & Wellness 11:15am-12:15pm *Ethos Lunch Cafe 12:00-1:00pm *Power Of Release 12:30-1:30pm *Tech Support 9:30am-1:30pm *Players Club 12:30pm-3:00pm	**24)** * Morning Movement 9:00am-1:00am **Low Cardio 10:00am --11:00am * Tech Support 9:30am-12:30pm Mass General Hospital (fall risk) 11:30am-12:30pm * Ethos Lunch Cafe 12:00pm-1:00pm * Players Club 2:30pm-3:30pm	**25)** *Morning Movement 9:00am-10:00am **Bagua 10:00 --11:00am **Cognitive Care 11:30am-12:30pm *Tech Support 9:30am-1:30pm *Ethos Lunch Cafe 12:00pm -1:00pm ** Bingo 1:30pm -2:45pm *Afternoon Wind Down 3:00pm-3:30pm	**26)** **HOLIDAY** **Thanksgiving Day** **Senior Center Will Be Closed**	**27)** *Morning Movement 9:00am-10:00am *United Crafting 9:30am-1:30pm *Creative Portraits 11:30am-1:30pm *Ethos Lunch Cafe 12:00pm-1:00pm *Tech Support 9:30am -1:30pm * Players Club 1:30-pm3:30pm
30) * Morning Movement 9:00am-10:00am *Mix & Mingle 10:00am -10:45am **Yoga & Wellness 11:15am-12:15pm *Ethos Lunch Cafe 12:00-1:00pm *Power Of Release 12:30-1:30pm *Tech Support 9:30am-1:30pm *Players Club 12:30pm-3:00pm	**Age Strong** **Taxi Coupons** **Available for purchase** **first Tuesday of every month** **10:00am-11:00am**	**For those celebrating a birthday in November** 		**Ethos in person cafe** **Pre-Registration Required.** **Members only, no take home option available.** **Mon-Fri** **11:30 am- 1:00pm**

NOVEMBER 2026
GOOGLE VIRTUAL 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	* Education Presentations	* Memory Cafe	** Yoga & Wellness	** Hybrid Bingo
* Tech Support	* Creative Portraits	* Trivia	** Low Cardio	** The Stillness in Me
* United Crafting	* Players Club	* Chair Bingo	** Bagua	
* Domino Smackdown	* Power of Release	* Movie Matinee		
*Mix & Mingle	* Cognitive Care	* Afternoon Wind down		

NOVEMBER 2026 Program Synopsis

Exercise Classes:

Morning Movement: Walking with a buddy to start your day off right. ***Yoga & Wellness :*** 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.

Wellness Sessions:

The Power of Release : This program is facilitated by members to provide a safe and intimate space for seniors to be able to come together and work on releasing emotions through conversation 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 is 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. ***Mass General Hospital Physical Therapy Dept.:*** We want to improve the health outcomes of older black adults in Boston communities, while being community-focused. A representative will do a presentation on fall risk. A presenter will discuss what to do living with neuropathy. ***Alzheimer's Association:*** A representative will do a presentation on brain healthy habits. ***Suffolk County Sheriff Dept.:*** A representative will come in to provide seniors with ID's ***Gather Health:*** A presentation on the types of home health aid they provide and will play a thanksgiving trivia..

Extra Service:

Taxi Coupons: Taxi coupon distribution normally takes place the first Tuesday of the month, from 10-11am. The 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-1:00pm).