

BCYF Grove Hall Senior Center

51 Geneva Ave. Dor. MA 02121

For Program Information call 617-635-1487

Schedule Subject to Change * Membership & Programs Free of Charge * Program Hours of Operation 9:30am-3:30pm

AUGUST 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To all celebrating a birthday in AUGUST Happy Birthday!!</p> 	<p>1. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>Taxi Coupons</u> 10am-11am <u>Low Cardio</u> (hybrid) 10:00am-11:00am <u>Just Breathe</u> 11:10am-11:25am (hybrid) <u>Movie (Chevalier)</u> 11:30pm-1:30pm (in-house) <u>Tech Cafe</u> 2:00-3:00pm (in-house)</p>	<p>2. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>The Stillness In Me</u> (in-house) with Joe 10:00am-11:00am <u>The Power Of Release</u> (in-house) with Ayana 11:15am-12:15pm <u>Bingo</u> (hybrid) 12:30pm-1:45pm <u>Cognitive Care</u> (in-house) 2:00pm-3:00pm</p>	<p>3. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>Bagua</u> (hybrid) 10:00am -11:00am <u>Line Dancing</u> (in-house) 11:15am-12:45pm <u>Hula Dancing</u> (in-house) 1:00pm-2:30pm</p>	<p>4. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>United Creative Crafting</u> (in-house) 9:30am-12:00pm <u>Spanish Summer Reading Program</u> 10:15am-11:00am Class Closed <u>Art with Antonio</u> 12:30pm-1:30pm *offered virtual In house <u>Players Club</u> card games, dominoes, etc. 2:15pm - 3:30pm</p>
<p>7. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>Gentle Touch</u> in-house 9:35am-10:30am <u>Chair Yoga</u> with Erwins (hybrid) 10:45am- 11:45am <u>Just Breathe</u> (hybrid) 11:50am-12:05pm <u>Wang Performance</u> 12:30pm-1:30pm <u>Players Club</u> 1:30pm-3:00pm (In-house)</p>	<p>8. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>Low Cardio</u> (hybrid) 10:00am-11:00am <u>Just Breathe</u> 11:10-11:25am (hybrid) <u>Memory Café</u> 11:30am-12:15pm <u>Yoga & Wellness Session with Nahdra</u> 12:30pm-1:30pm (hybrid) <u>Tech Cafe</u> 2:00-3:00pm (in-house)</p>	<p>9. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>The Stillness In Me</u> (in-house) with Joe 10:00am-11:00am <u>The Power Of Release</u> (in-house) with Ayana 11:15am-12:15pm <u>Bingo</u> (hybrid) 12:30pm-1:45pm <u>Cognitive Care</u> (in-house) 2:00pm-3:00pm</p>	<p>10. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>Bagua</u> (hybrid) 10:00am -11:00am <u>Line Dancing</u> (in-house) 11:15am-12:45pm <u>Hula Dancing</u> (in-house) 1:00pm-2:30pm</p>	<p>11. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>United Creative Crafting</u> (in-house) 9:30am-12:00pm <u>Spanish Summer Reading Program</u> 10:15am-11:00am Class Closed <u>Art with Antonio</u> 12:30-1:30pm *offered virtually In-house <u>Players Club</u> card games, dominoes, etc. 2:15pm - 3:30pm</p>
<p>14. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>Gentle Touch</u> in-house 9:35am-10:30am <u>Chair Yoga</u> with Erwins (hybrid) 10:45am- 11:45am <u>Just Breathe</u> (hybrid) 11:50am-12:05pm <u>Art w/ Antonio</u> 12:30pm-1:30pm *offered virtually in-house <u>Players Club</u> 1:30pm-3:00pm (In-house)</p>	<p>15. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>Low Cardio</u> (hybrid) 10:00am-11:00am <u>Just Breathe</u> 11:10am-11:25am (hybrid) <u>Trivia</u> (hybrid) 11:30pm-12:30pm <u>BU Alzheimer's Disease Presentation</u> (hybrid) 1-2pm <u>Tech Café</u> 2:00pm-3:00pm</p>	<p>16. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>The Stillness In Me</u> (in-house) with Joe 10:00am-11:00am <u>The Power Of Release</u> (in-house) with Ayana 11:15am-12:15pm <u>Bingo</u> (hybrid) 12:30pm-1:45pm <u>Cognitive Care</u> (in-house) 2:00pm-3:00pm</p>	<p>17. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>Bagua</u> (hybrid) 10:00am -11:00am <u>Line Dancing</u> (in-house) 11:15am-12:45pm <u>Hula Dancing</u> (in-house) 1:00pm-2:30pm</p>	<p>18. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>United Creative Crafting</u> (in-house) 9:30am-12:00pm <u>Spanish Summer Reading Program</u> 10:15am-11:00am Class Closed <u>Art with Antonio</u> 12:30- 1:30pm *offered virtually In-house <u>Players Club</u> card games, dominoes, etc. 2:15pm - 3:30pm</p>
<p>21. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>Gentle Touch</u> in-house 9:35am-10:30am <u>Chair Yoga</u> with Erwins (hybrid) 10:45am- 11:45am <u>Just Breathe</u> (hybrid) 11:50am-12:05pm <u>Art w/ Antonio</u> 12:30pm-1:30pm *offered virtually in-house <u>Players Club</u> 1:30pm-3:00pm (In-house)</p>	<p>22. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>Low Cardio</u> (hybrid) 10:00am-11:00am <u>Just Breath</u> 11:10am-11:25am <u>ETHOS Grocery Shopping Guide Presentation</u> (hybrid) 11:30-12:30pm <u>Trivia</u> (hybrid) 12:45pm-1:45pm <u>Tech Café</u> 2:00- 3:00pm</p>	<p>23. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>The Stillness In Me</u> (in-house) with Joe 10:00am-11:00am <u>The Power Of Release</u> (in-house) with Ayana 11:15am-12:15pm <u>Bingo</u> (hybrid) 12:30pm-1:45pm <u>Cognitive Care</u> (in-house) 2:00pm-3:00pm</p>	<p>24. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>Bagua</u> (hybrid) 10:00am -11:00am <u>Line Dancing</u> (in-house) 11:15am-12:45pm <u>Hula Dancing</u> (in-house) 1:00pm-2:30pm</p>	<p>25. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>United Creative Crafting</u> (in-house) 9:30am-12:00pm <u>Spanish Summer Reading Program</u> 10:15am-11:00am Class Closed <u>Art with Antonio</u> 12:30- 1:30pm *offered virtually In-house <u>Players Club</u> card games, dominoes, etc. 2:15pm - 3:30pm</p>
<p>28. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>Gentle Touch</u> in-house 9:35am-10:30am <u>Chair Yoga</u> with Erwins (hybrid) 10:45am- 11:45am <u>Just Breathe</u> (hybrid) 11:50am-12:05pm <u>Art w/ Antonio</u> 12:30pm-1:30pm *offered virtually in-house <u>Players Club</u> 1:30pm-3:00pm (In-house)</p>	<p>29. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>Low Cardio</u> (hybrid) 10:00am-11:00am <u>Just Breath</u> 11:10am-11:25am <u>Inside Edge Health Seminar</u> 11:30am-1:00pm <u>Tech Café</u> 2:00- 3:00pm</p>	<p>30. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>The Stillness In Me</u> (in-house) with Joe 10:00am-11:00am <u>The Power Of Release</u> (in-house) with Ayana 11:15am-12:15pm <u>Bingo</u> (hybrid) 12:30pm-1:45pm <u>Cognitive Care</u> (in-house) 2:00pm-3:00pm</p>	<p>31. <u>Morning Movement w/Raul</u> (in-house) 9:00am-9:30am <u>Bagua</u> (hybrid) 10:00am -11:00am <u>Line Dancing</u> (in-house) 11:15am-12:45pm <u>Hula Dancing</u> (in-house) 1:00pm-2:30pm</p>	<p><u>Age Strong Senior Advocate</u> <u>Second Wednesday of every month 10am-11am</u> <u>Lunch Pick-Up Monday-Friday 11:30am-2:30pm</u> <u>First Come First Served</u> <u>Taxi Coupons</u> <u>The first Tuesday of every month 10am-11am</u></p>