

BCYF Grove Hall Senior Center
51 Geneva Ave. Dor. MA 02121

For Program Information call 617-635-1484* Membership & Programs Free of Charge*
Program Hours of Operation 9:00am-3:30pm
Schedule Is Subject to Change

*1 asterisk for in-house program

APRIL 2024

** 2 asterisks for hybrid program

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| <p>1) *<u>Morning Movement w/Raul</u> 9:00am-10:00am *<u>Refreshing Connections</u> 10:00am-10:45am **<u>Yoga & Wellness</u> 11:00am -12:00 pm *<u>Beginners Computer Class</u> 11:30am-1:00pm *<u>Power of Release</u> 12:30-1:30 pm *<u>Players Club</u> 12:30pm-1:30pm</p> | <p>2) *<u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>Low Cardio</u> 10:00-11:00 *<u>Taxi Coupons</u> 10:00am-11:00am **<u>BU Hope Study Presentation</u> 11:30am- 12:30pm *<u>Beginners Computer Class</u> 11:30am-1:00pm **<u>Trivia</u>- 1-2pm *<u>Tech Cafe</u> 2 -3 pm *<u>Afternoon Wind Down</u> 2:45 pm-3:30 pm</p> | <p>3) *<u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>Bagua</u> 10:00-11:00 am *<u>Lets Dance (for beginners) with Yanni</u> 11:30am-12:30pm *<u>Beginners Computer Class</u> 11:30am-1:00 pm **<u>Bingo</u> 1:30 pm -2:30 pm *<u>Afternoon Wind Down</u> 2:45 pm-3:30 pm</p> | <p>4) *<u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>The Stillness In Me</u> with Joe 10:00am-11:00am **<u>Just Breath</u> 11:15-11:30 **<u>Cognitive Care</u> 11:45 pm-12:45 pm *<u>Beginners Computer Class</u> 11:30am-1:00 pm *<u>Domino Smackdown</u> 1:00pm-3:00pm</p> | <p>5) *<u>Morning Movement w/Raul</u> 9:00am-10:00am *<u>United Creative Crafting</u> 9:30am-1:30pm *<u>Art with Mimi</u> 11:30am-1:30pm *<u>Beginners Computer Class</u> 1:30pm-2:30 pm *<u>Players Club</u> (card games, dominoes,etc). 1:30pm-3:30pm</p> |
| <p>8) *<u>Morning Movement w/Raul</u> 9:00am-10:00am *<u>Refreshing Connections</u> 10:00am-10:45am **<u>Yoga & Wellness</u> 11:00am -12:00 pm *<u>Beginners Computer Class</u> 11:30am-1:00pm *<u>Power of Release</u> 12:30-1:30 pm *<u>Players Club</u> 12:30pm-1:30pm</p> | <p>9) *<u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>Low Cardio</u> 10:00-11:00 **<u>Memory Cafe</u> 11:30am- 12:30pm *<u>Beginners Computer Class</u> 11:30am-1:00pm *<u>Karaoke</u>- 1-2 *<u>Tech Cafe</u> 2 -3 pm *<u>Afternoon Wind Down</u> 2:45 pm-3:30 pm</p> | <p>10) *<u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>Bagua</u> 10:00-11:00 am *<u>Lets Dance (for beginners) with Yanni</u> 11:30am-12:30pm *<u>Beginners Computer Class</u> 11:30am-1:00 pm **<u>Bingo</u> 1:30 pm -2:30 pm *<u>Afternoon Wind Down</u> 2:30pm-3:30pm</p> | <p>11) *<u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>The Stillness In Me</u> with Joe 10:00am-11:00am **<u>Just Breath</u> 11:15-11:30 **<u>Cognitive Care</u> 11:45 pm-12:45 pm *<u>Beginners Computer Class</u> 11:30am-1:00 pm *<u>Domino Smackdown</u> 1:00pm-3:00pm</p> | <p>12) *<u>Morning Movement w/Raul</u> 9:00am-10:00am *<u>United Creative Crafting</u> 9:30am-1:30pm *<u>Art with Mimi</u> 11:30am-1:30pm *<u>Beginners Computer Class</u> 1:30pm-2:30 pm *<u>Players Club</u> (card games, dominoes,etc) 1:30pm-3:30pm</p> |
| <p>15) HOLIDAY PATRIOTS DAY SENIOR CENTER CLOSED NO PROGRAMS</p> | <p>16) *<u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>Low Cardio</u> 10:00am-11:00am *<u>Beginners Computer Class</u> 11:30am-1:00pm **<u>MCPHS</u> (Medication Management) 11:15am-12:15pm *<u>Jeopardy</u> 1:00pm - 2:00pm *<u>Tech Cafe</u> 2:00pm-3:00pm</p> | <p>17) *<u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>Bagua</u> 10:00-11:00 am *<u>Lets Dance (for beginners) with Yanni</u> 11:30am-12:30 pm *<u>Beginners Computer Class</u> 11:30am-1:00 pm **<u>Bingo</u> 1:30 pm -2:30 pm *<u>Afternoon Wind Down</u> 2:30pm-3:30pm</p> | <p>18) *<u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>The Stillness In Me</u> with Joe 10:00am-11:00am **<u>Just Breath</u> 11:15-11:30 **<u>Cognitive Care</u> 11:45 pm-12:45 pm *<u>Beginners Computer Class</u> 11:30am-1:00 pm *<u>Wana Teen Leadership Workshop</u> 1:30pm-2:30pm</p> | <p>19) *<u>Morning Movement w/Raul</u> 9:00am-10:00am *<u>United Creative Crafting</u> 9:30am-1:30pm *<u>Art with Mimi</u> 11:30am-1:30pm *<u>Beginners Computer Class</u> 1:30pm-2:30 pm *<u>Players Club</u> (card games, dominoes,etc) 1:30pm:3:30pm</p> |
| <p>22) *<u>Morning Movement w/Raul</u> 9:00am-10:00am *<u>Refreshing Connections</u> 10:00am-10:45am **<u>Yoga & Wellness</u> 11:00am -12:00 pm *<u>Beginners Computer Class</u> 11:30am-1:00pm *<u>The Power of Release</u> 12:30PM- 1:30PM *<u>Players Club</u> 12:30pm-3:00pm</p> | <p>23) *<u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>Low Cardio</u> 10:00am-11:00am **<u>Ethos Medicare Savings Program Presentation</u> 11:30am-12:30pm *<u>Beginners Computer Class</u> 11:30am-1:00 pm *<u>Movie Matinee</u> (Shirley) 1pm-3pm</p> | <p>24) *<u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>Bagua</u> 10:00-11:00 am *<u>Lets Dance (for beginners) with Yanni</u> 11:30am-12:30 pm *<u>Beginners Computer Class</u> 11:30am-1:00 pm **<u>Bingo</u> 1:30 pm -2:30 pm *<u>Afternoon Wind Down</u> 2:30pm-3:30pm</p> | <p>25) *<u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>The Stillness In Me</u> with Joe 10:00am-11:00am **<u>Just Breath</u> 11:15-11:30 **<u>Cognitive Care</u> 11:45 pm-12:45 pm *<u>Beginners Computer Class</u> 11:30am-1:00 pm *<u>Domino Smackdown</u> 1:00pm-3:00pm</p> | <p>26) *<u>Morning Movement w/Raul</u> 9:00am-10:00am *<u>United Creative Crafting</u> 9:30am-1:30pm *<u>Art with Mimi</u> 11:30am-1:30pm *<u>Beginners Computer Class</u> 1:30pm-2:30 pm *<u>Players Club</u> (card games, dominoes,etc) 1:30:pm-3:30pm</p> |
| <p>29) *<u>Morning Movement w/Raul</u> 9:00am-10:00am *<u>Refreshing Connections</u> 10:00am-10:45am **<u>Yoga & Wellness</u> 11:00am -12:00 pm *<u>Beginners Computer Class</u> 11:30am-1:00pm *<u>The Power of Release</u> 12:30PM- 1:30PM *<u>Players Club</u> 12:30pm-3:00pm</p> | <p>30) *<u>Morning Movement w/Raul</u> 9:00am-10:00am **<u>Low Cardio</u> 10:00am-11:00am **<u>Just Breath</u> 11:10am-11:25am *<u>Beginners Computer Class for Seniors</u> 11:30am-1:00 pm **<u>Age Strong Presentation</u> Property Tax Write off Program 11:30am-12:30pm *<u>Jeopardy</u> 1:00 pm -2:00 pm *<u>Afternoon Wind Down</u> 2:45 pm-3:30 pm</p> | <p align="center"> To all celebrating a birthday in April 2024 Happy Birthday!!</p> | <p align="center"><u>Lunch Pick-Up</u> First Come First Serve Monday-Friday 11:30 am- 2:30 pm</p> | <p align="center"><u>Taxi Coupons</u> The first Tuesday of every month 10:00 am- 11:00 am</p> |