



BCYF BEVERLY GIBBONS COMMUNITY CENTER

For Older Adults



ACTIVITIES

Lunch provided by Ethos:
Mondays, Wednesdays, and Fridays 12pm

Computer/Technology Class with Steadfast Solutions:
Mondays 9am-11am

Exercise Class Low-impact Senior Aerobics by Omnigym:
Tuesdays 10am - 11am and 11:30am-12:30pm

Chair Yoga with weights and meditation:
Thursdays 9-10am & 10-11am

Come and play Bingo:
Wednesdays & Fridays 10:30pm - 3:00pm

Walking Club hosted by the Boston Police Department will be on
Wednesdays at 10am. We will meet at the station: 20 Vine St,
Boston, MA 02129. Weather Permitted

Candle making class in November. Speak with Laurie for more
information

Age strong advocacy, call the center for an appointment.

Crafts with BPD Nov 21 11:30am - 3pm

Senior volunteer program and tax work off program Nov 7th
Thursday at 12:30

BCYF BEVERLY GIBBONS COMMUNITY CENTER FOR OLDER ADULTS

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.

