



# 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

Mat Yoga Fridays 9:15am -10:15am

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.

Paint party on January 13th and 23rd from 12-2pm.  
Limited seating

Join us for the Health Center Discussion from 12-1pm

382 MAIN STREET,  
CHARLESTOWN, MA  
02129

MONDAY THROUGH FRIDAY,  
8AM TO 4PM  
PHONE: 617-635-5175

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.



Ethos Lunch  
on Mondays,  
Wednesdays,  
and Fridays.  
\$2.00  
Donation

1/2025

# January



SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<b>5</b>	<b>6</b> Ethos Lunch 12pm Card Club 11am-2pm	<b>7</b> Exercise 10-11am 11:30-12:30am Friendship Club 12:30-3pm	<b>8</b> Card Games 9-10:30am Bingo 10:30-3pm Ethos Lunch 12pm	<b>9</b> Chair Yoga 9-10am & 10-11am Health Center Discussion 12-1pm	<b>10</b> Mat Yoga 9:15-10:15am Bingo 10:30-3pm Ethos Lunch 12pm
<b>12</b>	<b>13</b> Tech Help 9-11am Ethos Lunch 12pm Paint Party 12-2pm	<b>14</b> Exercise 10-11am 11:30-12:30am Game Day 11:15am-3pm	<b>15</b> Card Games 9-10:30am Bingo 10:30-3pm Ethos Lunch 12pm	<b>16</b> Chair Yoga 9-10am & 10-11am AT&T Presentation 11am-1pm	<b>17</b> Mat Yoga 9:15-10:15am Bingo 10:30-3pm Ethos Lunch 12pm	<b>18</b>
<b>19</b>	<b>20</b> <b>CLOSED</b>  For Martin Luther King Jr. Day	<b>21</b> Exercise 10-11am 11:30-12:30am Friendship Club 12:30-3pm	<b>22</b> Card Games 9-10:30am Bingo 10:30-3pm Ethos Lunch 12pm	<b>23</b> Chair Yoga 9-10am & 10-11am Paint Party 12-2pm	<b>24</b> Mat Yoga 9:15-10:15am Bingo 10:30-3pm Ethos Lunch 12pm	<b>25</b>
<b>26</b>	<b>27</b> Tech Help 9-11am Ethos Lunch 12pm Card Club 11am-2pm	<b>28</b> Exercise 10-11am 11:30-12:30am Friendship Club 12:30-3pm	<b>29</b> Card Games 9-10:30am Bingo 10:30-3pm Ethos Lunch 12pm	<b>30</b> Chair Yoga 9-10am & 10-11am Game Day 11am-2pm	<b>31</b> Mat Yoga 9:15-10:15am Bingo 10:30-3pm Ethos Lunch 12pm	