

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

Schedule Is Subject to Change

MARCH 2025

*1 asterisk for in-house program

** 2 asterisks for hybrid program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) * <u>Morning Movement</u> 9:00am-10:00am * <u>Mix & Mingle</u> 10:00am-10:45am ** <u>Yoga & Wellness</u> 11:15am –12:15pm * <u>Power of Release</u> 12:30pm-1:30pm * <u>Players Club</u> 12:30pm-3:00pm	4) * <u>Morning Movement</u> 9:00am-10:00am ** <u>Low Cardio</u> 10:00am-11:00am * <u>Taxi Coupon</u> 10am-11am ** <u>Trivia</u> 11:30am-12:30pm * <u>Players Club</u> 1:00pm-3 :00pm	5) * <u>Morning Movement</u> 9:00am-10:00am ** <u>Bagua</u> 10am-11 am * <u>BPW Zero Waste</u> <u>Presentation</u> 11:30am-12:30pm ** <u>Bingo</u> 1:30 -2:45pm * <u>Afternoon Wind Down</u> 3:00pm-3:30pm	6) * <u>Morning Movement</u> 9:00am-10:00am ** <u>The Stillness In Me</u> 10:00am-11:00am * <u>Movie Matinee</u> <u>(Lucca's World)</u> 11:30am-1:30pm * <u>Domino Smackdown</u> 2:00pm-3:00pm	7) * <u>Morning Movement</u> 9:00am-10:00am * <u>United Crafting</u> 9:30am-1:30pm * <u>Creative Portraits</u> 11:30am-1:30pm * <u>Players Club</u> (card games, dominoes,etc) 1:30pm-3:30pm
10) * <u>Morning Movement</u> 9:00am-10:00am * <u>Mix & Mingle</u> 10:00am-10:45am ** <u>Yoga & Wellness</u> 11:15am –12:15pm * <u>Power of Release</u> 12:30pm-1:30pm * <u>Players Club</u> 12:30pm-3:00pm	11) * <u>Morning Movement</u> 9:00am-10:00am ** <u>Low Cardio</u> 10:00am-11:00am * <u>Beginners Computer</u> 11:30am-1:00pm ** <u>Memory Cafe</u> 11:30am-12:30pm * <u>Blue Cross Blue Shield</u> (Medicare Supplement)) 1:00pm-2 :00pm * <u>Afternoon Wind Down</u> 2:30pm-3:30pm	12) * <u>Morning Movement</u> 9:00am-10:00am ** <u>Bagua</u> 10am-11:am * <u>Simmons College</u> <u>(Colon Cancer</u> <u>Presentation)</u> 11:30am-12:30pm * <u>Beginners Computer</u> 11:30am-1:30pm ** <u>Bingo</u> 1:30 -2:45pm * <u>Afternoon Wind Down</u> 3:00 pm-3:30 pm	13) * <u>Morning Movement</u> 9:00am-10:00am ** <u>The Stillness In Me</u> 10:00am-11:00am * <u>Cyber Security Awareness</u> 11:30am-1:00pm * <u>Movie Matinee</u> <u>(Shirlev)</u> 11:30am-1:30pm * <u>Domino Smackdown</u> 2:00pm-3:00pm	14) * <u>Morning Movement</u> 9:00am-10:00am * <u>United Crafting</u> 9:30am-1:30pm * <u>Creative Portraits</u> 11:30am-1:30pm * <u>Beginners Computer</u> 1:30pm-2:30pm * <u>Players Club</u> (card games, dominoes,etc) 1:30pm-3:30pm
17) * <u>Morning Movement</u> 9:00am-10:00am * <u>Mix & Mingle</u> 10:00am-10:45am ** <u>Yoga & Wellness</u> 11:15am –12:15pm * <u>Beginners Computer</u> 11:30am-1:00pm * <u>Power of Release</u> 12:30pm-1:30pm * <u>Players Club</u> 12:30pm-3:00pm	18) * <u>Morning Movement</u> 9:00am-10:00am ** <u>Low Cardio</u> 10:00am-11:00am * <u>Beginners Computer</u> 11:30am-1:00pm * <u>Eversource Presentation</u> 11:30am-12:30pm * <u>Boston University</u> <u>(Positive Minds Strong Joints)</u> 1:00pm-2:00pm * <u>Afternoon Wind Down</u> 2:30pm-3:30pm	19) * <u>Morning Movement</u> 9:00am-10:00am ** <u>Bagua</u> 10:00am-11:00 am ** <u>Just Breath</u> 11:30am-11:45pm ** <u>Mix & Mingle</u> 12pm-1:15pm * <u>Beginners Computer</u> 11:30am-1:00 pm ** <u>Bingo</u> 1:30 -2:45pm * <u>Afternoon Wind Down</u> 3:00 pm-3:30 pm	20) * <u>Morning Movement</u> 9:00am-10:00am ** <u>The Stillness In Me</u> 10:00am-11:00am * <u>Cyber Security Awareness</u> 11:30 pm-1:00 pm * <u>Movie Matinee</u> <u>(Fatherhood)</u> 11:30am-1:30pm * <u>Domino Smackdown</u> 2:00pm -3:00pm	21) * <u>Morning Movement</u> 9:00am-10:00am * <u>United Crafting</u> 9:30am-1:30pm * <u>Creative Portraits</u> 11:30am-1:30pm * <u>Beginners Computer</u> 1:30pm-2:30 pm * <u>Players Club</u> (card games, dominoes,etc) 1:30pm:3:30pm
24) <u>Morning Movement</u> 9:00am-10:00am * <u>Mix & Mingle</u> 10:00am-10:45am ** <u>Yoga & Wellness</u> 11:15am –12:15pm * <u>Beginners Computer Class</u> 11:30am-1:00pm * <u>Power of Release</u> 12:30pm-1:30pm * <u>Players Club</u> 12:30pm-3:00pm	25) * <u>Morning Movement</u> 9:00am-10:00am ** <u>Low Cardio</u> 10:00am-11:00am ** <u>Just Breath</u> 11:15am-11:30am * <u>Beginners Computer</u> 11:30-12:30 * <u>Gather Health</u> (Arts & Craft) 12:00pm-1:00pm ** <u>Mass General Presentation</u> <u>(Physical Therapy for Older Adults)</u> 1:00pm-2:00pm * <u>Afternoon Wind Down</u> 2:00pm-3:30pm	26) * <u>Morning Movement</u> 9:00am-10:00am ** <u>Bagua</u> 10am-11 am ** <u>Just Breath</u> 11:30am-11:45pm ** <u>Mix & Mingle</u> 12:00am-1:30pm * <u>Beginners Computer</u> 11:30am-1:00 pm ** <u>Bingo</u> 1:30 - 2:45pm * <u>Afternoon Wind Down</u> 3:00 pm-3:30 pm	27) * <u>Morning Movement</u> 9:00am-10:00am ** <u>The Stillness In Me</u> 10:00am-11:00am * <u>Cyber Security Awareness</u> 11:30 pm-1:00 pm * <u>Movie Matinee</u> <u>(A Jazzman's Blues)</u> 11:30am-2:00pm * <u>Domino Smackdown</u> 2:00pm -3:00pm	28) * <u>Morning Movement</u> 9:00am-10:00am * <u>United Crafting</u> 9:30am-1:30pm * <u>Creative Portraits</u> 11:30am-1:30pm * <u>Beginners Computer</u> 1:30pm-2:30pm * <u>Players Club</u> (card games, dominoes,etc) 1:30:-3:30pm
31) <u>Morning Movement</u> 9:00am-10:00am * <u>Mix & Mingle</u> 10:00am-10:45am ** <u>Yoga & Wellness</u> 11:15am –12:15pm * <u>Beginners Computer Class</u> 11:30am-1:00pm * <u>Power of Release</u> 12:30pm-1:30pm * <u>Players Club</u> 12:30-3:00pm	Age Strong Property Tax Work-Off Program Paperwork Pick-up 10:30am-11:00am	To all celebrating a birthday in March! 	Lunch Pick-Up First Come First Serve Mon-Fri 11:30 am- 2:30 pm *****	Taxi Coupons will be available for purchase February 4th the first Tuesday of the month. 10:00 am-11:00 am

March 2025 Google Program Link

Google Meeting Link for hybrid programs Video link: meet.google.com/gur-rmhe-qfh

*1 asterisk for in-house program

- * Morning Movement
- * Computers
- * United Crafting
- * Domino Smackdown
- * Mix & Mingle
- * Afternoon Wind Down
- * Presentations
- * Creative Portraits
- * Players Club
- * Power of Release
- * Movie Matinee

** 2 asterisks for hybrid program

- ** Yoga
- ** Low Cardio
- ** Bagua
- ** The Stillness in Me
- ** Memory Cafe
- ** Cognitive Care
- ** Bingo
- ** Trivia
- ** Just Breathe

MARCH 2025 Program Synopsis

Exercise Classes: Morning Movement: Walking with a buddy to start your day off right. Yoga & Wellness w/ Nahdra: 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 was created to provide a safe, intimate space for seniors to be able to come together and work on releasing emotions through conversation, journaling, 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.

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 are 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. Just Breath: A fifteen minute meditation to rejuvenate the mind and body. Player's Club: Social time for seniors to interact with one another, while playing Pokeno, Dominoes, Spades, etc. 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. Hybrid Bingo: This is a socializing activity for seniors offered virtually and In-House.

Trivia: a trivia game or competition where the competitors are asked questions about interesting but unimportant facts in many subjects

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. Movie Matinee: TBA

Education: Beginners Computer Class: Similar to Tech Café, members are able to bring their personal laptop or Chromebook to receive help with questions they may have. Cyber Security Awareness: In-House program only. Seniors will learn how to access the web, hacker awareness, lessons on phishing and mobile device security. BPW Zero Waste Program Goal to achieve a high diversion rate by significantly reducing the amount of landfills through increasing recycling and composting. BPW Circular Economy Workshop: Members will take part in a workshop to learn how to reuse and regenerate materials or products, especially as a means of continuing production in a sustainable or environmentally friendly way. Simmon's College Presentation: Learn about the risk factors, symptoms, and preventative screenings of colon cancer. Care Access Health & Research for a Better Future: Seniors will learn about the causes of high cholesterol, the preventative measures and treatments available. Eversource Presentation: A representative will come in to explain the City of Boston's Community Choice electricity (BCCE program). Please bring your latest electricity bill. Mass General Hospital : A presentation on physical therapy tips. Gather Health: A presentation on services they are providing. Blue Cross Blue Shield AEP: A representative from Blue Cross Blue Shields will provide information on medicare supplement.

Extra: Taxi Coupons: First Tuesday of the month, (10am-11am), you can buy up to 4 books a month (at five dollars each). Lunch Program:

Members will receive a hot lunch Monday-Friday (11:30am-2:30pm).