

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

For Program Information call 617-635-1484 or 86

Schedule Subject to Change * Membership & Programs Free of Charge * Program Hours of Operation

10:00am-3:30pm

MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>To all celebrating a birthday in March Happy Birthday!!</i></p> 	<p><u>Taxi Coupons</u> <i>the first Tuesday of every month</i> 10:00am-11:00am <u>Lunch Pick – Up</u> <i>Monday –Friday</i> 11:30am – 2:30pm <i>First Come First Served</i></p>	<p>1) <u>The Stillness In Me</u> with Joe (hybrid) 10:00am-11:00am <u>The Stillness In Me</u> <u>Power Of Release</u> with Ayana (hybrid) 11:15am-12:15pm <u>Bingo</u> (hybrid) 12:30pm-1:45pm <u>Wind Down Time</u> 1:45pm-3:30pm</p>	<p>2) <u>Low Cardio</u> (hybrid) 10:00am -11:00am <u>Veil Dancing</u> (in-house) 11:00am-12:30pm <u>Spanish Club</u> (virtual) 1:00pm-2:00pm <u>Class Closed</u> <u>Bingocize</u> (offered virtual in-house) 1:00pm-2:00pm</p>	<p>3) United Creative <u>Crafting</u> in-house, sewing, jewelry making, crochet, knitting - 9:30-11:20am <u>Estamos Hablando con Ayana</u> (virtual) 10:15am-10:30am <u>Just Breathe</u> (hybrid) 11:30am-11:45am <u>Art with Antonio</u> in-house 12:00pm-2:00pm <u>Players Club</u> card games, domino 2:15pm – 3:30pm</p>
<p>6) <u>Gentle Touch</u> (self-message) in-house 10:00am-10:30am <u>Chair Yoga</u> with Erwins (hybrid) 10:45– 11:45am <u>Just Breathe</u> (hybrid, self-care) 11:50am-12:05pm <u>Art w/ Antonio</u> *offered virtually in-house 12:15pm-1:15pm <u>Pokeno</u> (In-house) 1:30pm-3:00pm</p>	<p>7) <u>Bagua</u> (hybrid) 10:00am-11:00am <u>Just Breathe</u> 11:15am-11:30am <u>Century Pharmacy Presentation</u> 12:00pm-12:45pm <u>Bingocize</u> (offered virtual in-house) 1:00pm-2:00pm <u>Tech Café</u> in-house 2:15pm-3:15pm</p>	<p>8) <u>The Stillness In Me</u> with Joe (hybrid) 10:00am-11:00am <u>Social Time</u> 11:15am-12:15pm <u>Bingo</u> (hybrid) 12:30pm-1:45pm <u>Wind Down Time</u> 1:45pm-3:30pm</p>	<p>9) <u>Low Cardio</u> (hybrid) 10:00am -11:00am <u>Veil Dancing</u> (in-house) 11:00am-12:30pm <u>Spanish Club</u> (virtual) 1:00pm-2:00pm <u>Class Closed</u> <u>Bingocize</u> (offered virtual in-house) 1:00pm-2:00pm</p>	<p>10) United Creative <u>Crafting</u> in-house ,sewing, jewelry making, crochet, knitting - 9:30-11:20am <u>Estamos Hablando con Ayana</u> (virtual) 10:15am-10:30am <u>Just Breathe</u> (hybrid) 11:30am-11:45am <u>Acrylic Art</u> in-house 12:00pm-2:00pm <u>Players Club</u> card games, dominoes 2:15– 3:30pm</p>
<p>13) <u>Gentle Touch</u> (self-message)in-house 10:00am-10:30am <u>Chair Yoga</u> with Erwins (hybrid) 10:45– 11:45am <u>Just Breathe</u> (hybrid self-care) 11:50am-12:05pm <u>Art w/ Antonio</u> 12:15pm-1:15pm *offered virtually in-house <u>Pokeno</u> (In-house) 1:30pm-3:00pm</p>	<p>14) <u>Bagua</u> (hybrid) 10:00am-11:00am <u>Just Breathe</u> 11:15am-11:30am <u>BPD Presentation</u> 12:00pm- 12:45pm (hybrid, self-care) <u>Bingocize</u> (offered virtual in-house) 1:00pm-2:00pm <u>Tech Café</u> 2:15pm-3:15pm</p>	<p>15) <u>The Stillness In Me</u> with Joe (hybrid) 10:00am-11:00am <u>The Stillness In Me</u> <u>Power Of Release</u> with Ayana (hybrid) 11:15am-12:15pm <u>Bingo</u> (hybrid) 12:30pm-1:45pm <u>Wind Down Time</u> 1:45pm-3:30pm</p>	<p>16) <u>Low Cardio</u> (hybrid) 10:00am -11:00am <u>Veil Dancing</u> (in-house) 11:00am-12:30pm <u>Gather Health</u> (meet & greet) 11:00am-2:00pm <u>Spanish Club</u> (virtual) 1:00pm-2:00pm <u>Class Closed</u> <u>Bingocize</u> (offered virtual in-house) 1:00pm-2:00pm</p>	<p>17) United Creative <u>Crafting</u> in-house, sewing jewelry making, crochet, knitting - 9:30-11:20am <u>Estamos Hablando con Ayana</u> (virtual) 10:15am-10:30am <u>Just Breathe</u> (hybrid) 11:30am-11:45am <u>Acrylic Art</u> in-house 12:00pm-2:00pm <u>Players Club</u> cards, dominoes 2:15- 3:30pm</p>
<p>20) <u>Gentle Touch</u> (self-message)in-house 10:00am-10:30am <u>Chair Yoga</u> with Erwins (hybrid) 10:45– 11:45am <u>Just Breathe</u> (hybrid self-care) 11:50am-12:05pm <u>Art w/ Antonio</u> 12:15pm-1:15pm *offered virtually in-house <u>Pokeno</u> (In-house) 1:30pm-3:00pm</p>	<p>21) <u>Bagua</u> (hybrid) 10:00am-11:00am <u>Just Breathe</u> 11:15am-11:30am <u>Stop & Shop Presentation</u> (immunity by the ailes) 12:00pm-12:45pm <u>Bingocize</u> (offered virtual in-house) 1:00pm-2:00pm <u>Tech Café</u> 2:15pm-3:15pm</p>	<p>22) <u>The Stillness In Me</u> with Joe (hybrid) 10:00am-11:00am <u>The Stillness In Me</u> <u>Power Of Release</u> with Ayana (hybrid) 11:15am-12:15pm <u>Bingo</u> (hybrid) 12:30pm-1:45pm <u>Wind Down Time</u> 1:45pm-3:30pm</p>	<p>23) <u>Low Cardio</u> (hybrid) 10:00am -11:00am <u>Veil Dancing</u> (in-house) 11:00am-12:30pm <u>Spanish Club</u> (virtual) 1:00pm-2:00pm <u>Class Closed</u> <u>Bingocize</u> (offered virtual in-house) 1:00pm-2:00pm</p>	<p>24) United Creative <u>Crafting</u> in-house, sewing, jewelry making, crochet, knitting - 9:30-11:20am <u>Estamos Hablando con Ayana</u> (virtual)10am:-10:30am <u>Just Breathe</u> (hybrid) 11:30am-11:45am <u>Acrylic Art</u> in-house 12:00pm-2:00pm <u>Players Club</u> cards, dominoes 2:15– 3:30pm</p>
<p>27) <u>Gentle Touch</u> (self-message)in-house 10:00am-10:30am <u>Chair Yoga with Erwins</u> (hybrid) 10:45– 11:45am <u>Just Breathe</u> (hybrid self-care) 11:50am-12:05pm <u>Art w/ Antonio</u> 12:15pm-1:15pm *offered virtually in-house <u>Pokeno</u> (in-house) 1:30pm-3:00pm</p>	<p>28) <u>Bagua</u> (hybrid) 10:00am-11:00am <u>Just Breathe</u> 11:15am-11:30am <u>Mothers for Justice</u> 12pm-12:45pm <u>Memory Café</u> (hybrid) 1:00pm-2:00pm <u>Tech Café</u> 2:15pm-3:15pm</p>	<p>29) <u>The Stillness In Me</u> with Joe (hybrid) 10:00am-11:00am <u>The Stillness In Me</u> <u>Power Of Release</u> with Ayana (hybrid) 11:15am-12:15pm <u>Bingo</u> (hybrid) 12:30pm-1:45pm <u>Wind Down Time</u> 1:45pm-3:30pm</p>	<p>30) <u>Low Cardio</u> (hybrid) 10:00am -11:00am <u>Veil Dancing</u> (in-house) 11:00am-12:30pm <u>Spanish Club</u> (virtual) 1:00pm-2:00pm <u>class closed</u> <u>Movie Matinee</u> 12:30pm-3:30pm In-house</p>	<p>31) United Creative <u>Crafting</u> in-house sewing, jewelry making, crochet, knitting - 9:30-11:30am <u>Estamos Hablando con Ayana</u> (virtual) 10:15am-10:30am <u>Just Breath</u> (hybrid) 11:15-11:30am <u>Acrylic Art</u> in-house 12:00pm-2:00pm <u>Players Club</u> cards, dominoes In-house 2:15pm– 3:30pm</p>