

**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**

# May 2024

\*1 asterisk for in-house program

\*\* 2 asterisks for hybrid program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 To all celebrating a birthday in May 2024 Happy Birthday!!	<u>Lunch Pick-Up</u> <b>First Come First Serve</b> <b>Monday-Friday</b> <b>11:30 am- 2:30 pm</b>  <u>Taxi Coupons</u> <b>The first Tuesday of every month</b> <b>10:00 am- 11:00 am</b>	1) * <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	2) * <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	3) * <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
6) * <u>Morning Movement w/Raul</u> 9:00am-10:00am <u>Refreshing Connections w/ Gather Health</u> 10:00am-10:45am ** <u>Yoga &amp; Wellness</u> 11:00am -12:00 pm <u>Beginners Computer Class</u> 11:30am-1:00pm <u>Grove Hall Design Meeting</u> 1:00-2:30 pm <u>Domino Smackdown</u> 2:30pm-3:30pm	7) * <u>Morning Movement w/Raul</u> 9:00am-10:00am ** <u>Low Cardio</u> 10:00-11:00 <u>Beginners Computer Class</u> 11:30am-1:00pm ** <u>Blue Cross Blue Shield Medicare Supplement vs Medicare Advantage Plus</u> 11:30-12:30pm <u>Jeopardy-</u> 1:00pm-2 :00pm	8) * <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	9) * <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	10) * <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
13) * <u>Morning Movement w/Raul</u> 9:00am-10:00am <u>Refreshing Connections</u> 10:00am-10:45am ** <u>Yoga &amp; Wellness</u> 11:00am -12:00 pm <u>Power of Release</u> 12:30-1:30 pm <u>Players Club</u> 12:30pm-1:30pm	14) * <u>Morning Movement w/Raul</u> 9:00am-10:00am ** <u>Low Cardio</u> 10:00am-11:00am <u>Memory Cafe</u> 11:30am-12:30pm <u>Karaoke</u> 1:00pm - 2:00pm <u>Afternoon Wind Down</u> 2:00 pm-3:30 pm	15) * <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>Bingo</u> 1:30 pm -2:30 pm <u>Afternoon Wind Down</u> 2:30pm-3:30pm	16) * <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>Movie Matinee</u> (Blended) 1:00pm-3:00pm	17) * <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>Players Club</u> (card games, dominoes,etc) 1:30pm:3:30pm
20) * <u>Morning Movement w/Raul</u> 9:00am-10:00am <u>Refreshing Connections</u> 10:00am-10:45am ** <u>Yoga &amp; 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	21) * <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-1:00 pm <u>Museum of Fine Art Virtual Tour</u> 11:30am-12:30pm <u>Movie Matinee</u> (Alone) 1:00pm-3:00pm	22) * <u>Morning Movement w/Raul</u> 9:00am-10:00am ** <u>Bagua</u> 10:00-11:00 am <u>Ethos Nutrition Screening Workshop</u> 11:30am-1:00 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	23) * <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	24) * <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
27) <b>HOLIDAY PATRIOTS DAY</b>  <b>SENIOR CENTER CLOSED</b> <b>NO PROGRAMS</b>	28) * <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>Trivia</u> 11:30am-12:30pm <u>Beginners Computer Class for Seniors</u> 11:30am-1:00 pm <u>Boston Family Resource Center Connection</u> 1:00 pm -2:00 pm <u>Afternoon Wind Down</u> 2:00 pm-3:30 pm	29) * <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	30) * <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	31) * <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