East End House
Inspiring Achievement. Strengthening Communities.

Senior Activities & Events | December 2025

DATE	EVENT	DESCRIPTION
12/1	**Bingo**	Ready to win some awesome prizes? Join us in the East End House Community Room from 10:30 a.m. to 12:00 p.m. for Bingo!
12/3	**Chair-Supported Yoga**	Welcome to chair-supported yoga! This class will focus on gentle, chair-based movements and breathing practices to support your well-being. All levels are welcome. Join us from 11:00 a.m.-12:00 p.m. in the East End Community Room.
12/8	**Trivia Game**	How much do you know about winter holidays around the globe? Come test your trivia knowledge while enjoying lunch! Participants will have a chance to select lunch for the next trivia. This event will be from 11:00 a.m. to 12:00 p.m. in the East End House Community Room.
12/10	**Holiday Tai Chi with Coffee and Donuts** *With Ellen DeGenova*	Suitable for all abilities and levels, with exercises tailored for each participant! Join us from **10:30 a.m.-12:00 p.m.** in the East End House Community Room for Tai Chi AND a little holiday cheer to wrap up the year!
12/11	**Cooking Class with CHA:** *Middle Eastern/ North African Cuisine*	Come join us for an interactive cooking class **at the Foundry** to cook Middle Eastern/North African Cuisine, led by Cambridge Health Alliance! The first class will be **12:30 to 2:00 p.m.** and the second class is **2:30 to 4:00 p.m**. You'll have a chance to cook two dishes, Ful Medamas (fava bean stew) and Arayes (meat stuffed pitas), as well as learn nutritional information and interesting facts about different forms of fiber. At the end of class, you'll be able to enjoy the food you've created! **This event requires registration and is limited to 10 participants for each class.**
12/15	**Trip to Snowport Holiday Market**	Time for some holiday shopping at the Snowport Holiday Market! The Holiday Market features more than 100 vendors, a tree market, food, and festive decor! Shuttles will be leaving East End House at 11:00 a.m. and returning by 1:30 p.m. This trip is free, but please bring money if you'd like to buy anything at the market! **Please note that this event requires pre-registration - registration will open on December 1st**.
12/17	**Volunteering at Toy Drive**	Help get toys and gifts to families in need! Seniors can help people pick out presents for their children and wrap the gifts. **We are in need of help the most from 8 a.m. - 10 a.m.** as that is our busiest time slot, but you can stop by any time between 8 a.m. and 4 p.m. to help! If you're interested in volunteering, or would know someone who might want to register for gifts, please email Alexa at alexadiehl@eastendhouse.org. If you're interested in donating, we will be accepting donations of **new, unused toys, books, and winter clothing** for children 0-14 years, starting on **December 1st**.
12/22-12/24	**East End House Closed**	There are no Senior Activities this week, as East End House is closed for the holiday!
12/29	**Winter Party with Game Day, Crafts, and Food**	Join us at the Community Space at **Sacred Heart Parish Church at 39 6th St, Cambridge MA, 02141** from 10:30 a.m. to 1:00 p.m. for a winter party to end 2025! We will have puzzles, games, snacks, and holiday crafts. We encourage you to bring a snack or food to share with the group! The door will be the entrance down the stairs to the left of the main doors- there is also a wheelchair entrance around the building on the - please call 617-291-9247 for access!
12/31	**Bingo**	Ready to win some awesome prizes? Join us at **First Street Market at 59 First Street** from 10:30 a.m. to 12:00 p.m. for Bingo!

All activities, unless otherwise specified (*), are free of charge and will take place at East End House: 105 Spring St., Cambridge, MA 02141 T: 617.876.4444

DEC 2025

Senior Activities & Events

SUN	MON	TUE	WED	THU	FRI	SAT
31	1 Bingo	2	3 Chair-Supported Yoga	4	5	6
7	8 Trivia Game: *Winter Holidays*	9	10 Holiday Tai Chi with Coffee and Donuts *With Ellen DeGenova*	11 Cooking Class with CHA: *Middle Eastern/ North African Cuisine* *The Foundry	12	13
14	15 Trip to Snowport Holiday Market	16	17 Volunteering at Toy Drive	18	19	20
21	22 East End House Closed	23	24 East End House Closed	25	26	27
28	29 Winter Party Game Day, Crafts, and Food *Sacred Heart	30	31 Bingo *First Street	1	2	3

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