



Senior Activities & Events | July 2026

DATE	EVENT	DESCRIPTION
7/1	Tai Chi <i>With Ellen DeGenova</i>	Suitable for all abilities and levels, with exercises tailored for each participant! Join us from 11:00 a.m. to 12:00 p.m. in the East End House Community Room!
7/6	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!
7/8	Trivia Game	Come test your trivia knowledge!! Topics and questions will vary, including US history, geography, and more! This event will be from 11:00 a.m. to 12:00 p.m. in the East End House Community Room.
7/9	Game Day 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 fun game day with cards, puzzles, and more. We encourage you to bring a snack or food to share with the group! IMPORTANT - due to construction, entrance will be at the door at 76 Seventh Street . There is also a wheelchair entrance around the building on the right of the front entrance - please call 617-291-9247 for access!
7/13	Walking Club: Exploration Walk	We'll be going to the Kendall Square Farmers Market ! There will be bathrooms there and at nearby businesses. We will be leaving East End House at 12:00 p.m. and will walk roughly one (1) mile round trip. Please bring money for food and shopping!
7/15	Tai Chi <i>With Ellen DeGenova</i>	Suitable for all abilities and levels, with exercises tailored for each participant! Join us from 11:00 a.m. to 12:00 p.m. in the East End House Community Room!
7/20	Charles River Cruise with CambridgeSide	Join us from 10:30 a.m. to 1:30 p.m. for a free boat cruise on the Charles River, made possible with support from CambridgeSide and the Charles River Boat Company! This trip will include a lunch voucher to use at CambridgeSide's food court and roundtrip transportation from East End House. We encourage seniors to wear their East End House Tshirts if they have them! Registration for this event is required.
7/22	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. to 12:00 p.m. in the East End Community Room.
7/23	Game Day 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 fun game day with cards, puzzles, and more. We encourage you to bring a snack or food to share with the group! IMPORTANT - due to construction, entrance will be at the door at 76 Seventh Street . There is also a wheelchair entrance around the building on the right of the front entrance - please call 617-291-9247 for access!
7/27	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!
7/29	East End House's Annual Block Party	The Senior Program will be closed to allow us to prepare for our annual Block Party! The party will be from 5:30 p.m. to 7:30 p.m. and will feature a BBQ, Italian ice, games, and more! All food and activities are provided free of charge to the public. If you're interested in volunteering, please email Ryan at ryan@eastendhouse.org for more information!



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Senior Activities & Events

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	1 Tai Chi <i>With Ellen DeGenova</i>	2	3	4
5	6 Bingo	7	8 Trivia Game:	9 Game Day *At Sacred Heart Church	10	11
12	13 Exploration Walk <i>Kendall Square Farmers Market</i>	14	15 Tai Chi <i>With Ellen DeGenova</i>	16	17	18
19	20 Charles River Cruise	21	22 Chair-Supported Yoga	23 Game Day *At Sacred Heart Church	24	25
26	27 Bingo	28	29 Block Party	30	31	1