



Senior Activities & Events | June 2025

DATE	EVENT	DESCRIPTION
6/2	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!
6/4	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.-12:00 p.m. in the East End House Gym.
6/9	Trivia Game: <i>Fairy Tales and Fables</i>	How much do you know about fairy tales and fables? Come test your trivia knowledge while enjoying lunch! Participants will have a chance to select our 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.
6/11	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 House Gym.
6/12	Walking Club - History Walk with History Cambridge	Highlight the places in East Cambridge that you think are important! We'll be walking around to some of the locations suggested by seniors at our April meeting and May walk, as well as any other locations that spark memories on the way. Come along and share stories as you walk through the neighborhood! We will leave from East End House at 10:30 a.m. Frequent breaks are planned and water will be provided.
6/16	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!
6/18	East End House Closed	There are no Senior Activities today, as East End House is closed for professional development for staff!
6/23	Game Day and Snacks	Join us at the First Street Market at 59 First St from 10:30 a.m. to 1:30 p.m. for cards, board games, and puzzles, and feel free to bring your own snacks!
6/25	Trip to Franklin Park Zoo	Join us for a visit to Franklin Park Zoo! Transportation to and from the zoo will be provided, with a bus leaving East End House at 10:30 a.m. and returning by 1:30 p.m. This event is \$19.95 per senior , and we will clarify the preferred payment with registrants prior to the event. If you would like to attend but may have difficulty with the ticket cost, please email Alexa at alexadieh1@eastendhouse.org. Registration for this event is required and will open on Thursday, May 29th.
6/26	Walking Club - Exploration Walk	We'll be walking to the Kendall Square Farmers market, with possible stops at the Hurley St Neighborhood Farm and Toscanini's Ice Cream! There will be businesses with bathrooms nearby, and we will leave from East End House at 11:30 a.m. Please bring money if you would like to buy anything at the farmers market or ice cream shop.
6/30	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.-12:00 p.m. in the East End House Gym.



JUN 2025

Senior Activities & Events

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Bingo	3	4 Tai Chi <i>With Ellen DeGenova</i>	5	6	7
8	9 Trivia Game: <i>Fairy Tales and Fables</i>	10	11 Chair-Supported Yoga	12 Walking Club- History Walk with History Cambridge	13	14
15	16 Bingo	17	18 Closed for Professional Development	19	20	21
22	23 Game Day and Snacks *At First Street	24	25 Trip to the Franklin Park Zoo	26 Walking Club- Exploration Walk	27	28
29	30 Tai Chi <i>With Ellen DeGenova</i>	1	2	3	4	5