



Senior Activities & Events | June 2026

DATE	EVENT	DESCRIPTION
6/1	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!
6/3	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. to 12:00 p.m. in the East End Community Room.
6/8	Trivia Game	Can you recognize famous people from when they were young? 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.
6/10	Tai Chi <i>With Ellen DeGenova</i> *Sacred Heart Church*	Suitable for all abilities and levels, with exercises tailored for each participant! Join us from 11:00 a.m. to 12:00 p.m.! Please note that this class will be at the Community Space at Sacred Heart Parish Church at 39 6th St, Cambridge MA, 02141. 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!
6/11	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!
6/15	Lunch and Celebration	Join us at 11:00 a.m. for a celebration and lunch in the East End House Community Room! Feel free to bring any snacks or desserts to share that do not contain nuts or coconut.
6/17	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!
6/18	Cooking Class: Chinese Cuisine	Come join us for an interactive cooking class at the Foundry to cook Chinese cuisine! This class will be led by HEAL of CPHD. 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, fried rice and vegetable dumplings, and at the end of class, you'll be able to enjoy the food you've created! <u>This event requires registration and is limited to 10 participants for each class. Please call 617-876-4444 or email Alexa at alexadiehl@eastendhouse.org to register.</u>
6/22	Volunteer Event: Making Breakfast Packages	Join us in the East End House Community Room to make breakfast packages for those in need! We'll be in the East End House Community Room from 11:00 a.m. to 12:00 p.m. making packages to distribute to the community. If you have any questions about volunteering, you can email Ryan at ryan@eastendhouse.org.
6/24	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!
6/29	Movie Viewing <i>Bend it Like Beckham</i>	Join us for a movie at First Street Market at 59 First St, Cambridge, MA 02141! We'll be watching "Bend It Like Beckham", a comedy film where Jess Bhamra, the daughter of a strict Indian couple in London, must hide her desire to play organized soccer on a women's team. Join us from 10:30 a.m. to 12:30 p.m., and feel free to bring snacks to share!



JUN 2026

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: <i>Young Celebrities and Icons</i>	9	10 Tai Chi <i>With Ellen DeGenova</i> *Sacred Heart Church	11 Game Day *Sacred Heart Church	12	13
14	15 Lunch and Celebration	16	17 Tai Chi <i>With Ellen DeGenova</i>	18 Cooking Class: Chinese Cuisine	19	20
21	22 Volunteer Event: Making Breakfast Packages	23	24 Game Day *Sacred Heart Church	25	26	27
28	29 Movie Viewing <i>Bend it Like Beckham</i> *First St	30	1	2	3	4