



Senior Activities & Events | May 2026

DATE	EVENT	DESCRIPTION
5/4	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!
5/6	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!
5/7	Walking Club: Fitness Walk	We will walk approximately one mile to Cambridge Crossing and back! This walk is more intensive and will have fewer breaks. We will leave from East End House at 10:30 a.m. and there will be businesses with bathrooms nearby. Water will be provided.
5/11	Bowling at Sacco's Bowl Haven	Join us at Sacco's Bowl Haven for some fun bowling! We will be leaving East End House at 10:30 a.m. and returning by 1:00 p.m. This event is free for all participants, but please bring cash if you would like to purchase any food. Registration for this event is required and will open on Monday, April 27th. Shuttles will be provided.
5/13	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!
5/14	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!
5/18	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!
5/20	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.
5/21	Walking Club: Exploration Walk	We'll be going to Faneuil Hall to eat and shop, as well as visiting Quincy Market! There will be bathrooms there and at nearby businesses. We will be leaving East End House at 10:30 a.m. and taking the Green Line. Transportation is covered, but please bring money for food and shopping!
5/25	East End House Closed	There are no Senior Activities today, as East End House is closed for the holiday!
5/27	Trivia Game	How much do you know about dolls and puppets? 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.
5/28	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!



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SUN	MON	TUE	WED	THU	FRI	SAT
3	4 Bingo	5	6 Tai Chi <i>With Ellen DeGenova</i>	7 Walking Club: Fitness Walk	8	9
10	11 Bowling at Sacco's Bowl Haven	12	13 Tai Chi <i>With Ellen DeGenova</i>	14 Game Day *At Sacred Heart Church	15	16
17	18 Bingo	19	20 Chair-Supported Yoga	21 Walking Club: Exploration Walk	22	23
24	25 Closed for Holiday	26	27 Trivia Game: <i>Dolls and Puppets</i>	28 Game Day *At Sacred Heart Church	29	30