



Senior Activities & Events | November 2025

DATE	EVENT	DESCRIPTION
11/3	Trivia Game	How much do you know about the Roaring Twenties? 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.
11/5	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 Community Room.
11/6	Bingo	Ready to win some awesome prizes? Join us at <u>First Street Market at 59 First Street</u> from 10:30 a.m. to 12:00 p.m. for Bingo!
11/10	Cooking Demo with Cambridge Health Alliance: <i>Holiday Food</i>	Come join us for a cooking demonstration of two holiday dishes, led by Cambridge Health Alliance! This event will be from 11:00 a.m. to 12:30 p.m. in the East End Community Room. You'll have a chance to learn how to make cheeseless lasagna and no-bake pumpkin cheesecake while learning more about nutrition. Please share any relevant allergies with us if you plan to attend. At the end of the demonstration, we'll all enjoy the food!
11/12	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.
11/13	Game Day and Food	Join us at the Community Space at <u>Sacred Heart Parish Church at 39 6th St, Cambridge MA, 02141</u> from 10:30 a.m. to 1:00 p.m. for cards, board games, and puzzles. 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 right - please call 617-291-9247 for access!
11/17	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. <u>Registration for this event is required and will open on Monday, November 3rd. Shuttles will be provided.</u>
11/19	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 Community Room.
	No Senior Events - Thanksgiving Basket Giveaway Week	There are no Senior Activities Monday, as East End House will be working on our annual Thanksgiving Basket Giveaway! We will have opportunities for seniors to volunteer for our Thanksgiving Giveaway, and will share more as the event approaches. If you're interested in volunteering or donating, please email Ryan at ryan@eastendhouse.org . If you're interested in receiving a Thanksgiving bag this year, please sign up during senior activities or email us at alexadiehl@eastendhouse.org . You can also reach Alexa and Ryan at 617-876-4444!
11/26	Bingo	Ready to win some awesome prizes? Join us at the <u>Sacred Heart Parish Church at 39 6th St, Cambridge MA, 02141</u> from 10:30 a.m. to 12:00 p.m. for Bingo! 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 right - please call 617-460-2316 for access!



NOV 2025

Senior Activities & Events

SUN	MON	TUE	WED	THU	FRI	SAT
2	3 Trivia Game: <i>The Roaring Twenties</i>	4	5 Tai Chi <i>With Ellen DeGenova</i>	6 Bingo *First Street	7	8
9	10 Cooking Demo with Cambridge Health Alliance: <i>Holiday Food</i>	11	12 Chair-Supported Yoga	13 Game Day and Food *Sacred Heart	14	15
16	17 Bowling at Sacco's Bowl Haven	18	19 Tai Chi <i>With Ellen DeGenova</i>	20	21	22
23	24 No Senior Event due to Thanksgiving Programming	25	26 Bingo *Sacred Heart	27	28	29