



Senior Activities & Events | October 2025

DATE	EVENT	DESCRIPTION
10/1	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.-12:00 p.m. in the East End House Community Room.
10/6	Resource Day and Lunch	Join us to learn more about using technology, protecting your health with exercise, and how to save on your electrical bill! Bring your electric bill to receive in-person support from Cambridge Community Energy Programs . They can check your enrollment in Cambridge Community Electricity and discount rates you might be eligible for, and help you sign up for programs like Community Solar, Mass Save, or Electrify Cambridge. Staff from the Cambridge Public Library's Digital Equity Initiative will also be available to provide technology education and help answer any questions you have about emails or the internet. Tedy's Team Center of Excellence in Stroke Recovery from the MGH Institute of Health Professions , led by Gwendolyn Larsen, will help you complete a short self-assessment and set personal activity goals. You'll also enjoy a gentle exercise class with take-home handouts so you can keep moving at home! We'll be in the East End House Community Room from 10:30 a.m. to 1 p.m. and lunch will be provided.
10/8	Game Day and Food	Join us in 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 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!
10/13	East End House Closed	There are no Senior Activities today, as East End House is closed for the holiday!
10/15	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.-12:00 p.m. in the East End House Community Room.
10/16	Walking Club - Exploration Walk to Faneuil Hall	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 11:00 a.m. and taking the Green Line. Transportation is covered, but please bring money for food and shopping! <u>This will be our last walk of 2025, as we take a break until spring of 2026!</u>
10/20	Apple Picking at Honey Pot Hill Orchards	Join us for a visit to Honey Pot Hill Orchards to pick apples! Transportation to and from the orchards will be provided, with a bus leaving East End House at 11:00 a.m. and returning by 4:00 p.m. Everyone will receive a ½ bag for their apples and donuts and cider will be available! We will visit the farm animals and take a hayride out to the orchard. This event is free for all participants, although you can pay to explore the mini hedge maze or purchase items from their store. Registration for this event is required and will open on <u>Wednesday, October 1st!</u>
10/22	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.-12:00 p.m. in the East End Community Room.
10/27	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!
10/29	Trivia Game	How much do you know about Halloween music, movies, and TV shows? 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.
10/30	Fall Festival Party	Join us at the First Street Market at 59 First St from 10:30 a.m. to 1:30 p.m. to celebrate the fall season! We'll have old Halloween shows playing, festive food, fun crafts, and more. We encourage you to bring a snack or food to share with the group! We'll also have a costume contest, with the winner receiving a \$20 gift card! Please arrive before 1:00 p.m. to be considered.



OCT 2025

Senior Activities & Events

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	1 Tai Chi With Ellen DeGenova	2	3	4
5	6 Resource Day and Lunch	7	8 Game Day and Food *Sacred Heart	9	10	11
12	13 East End House Closed	14	15 Tai Chi With Ellen DeGenova	16 Walking Club- Exploratory Walk to Faneuil Hall	17	18
19	20 Apple Picking at Honey Pot Hill Orchards	21	22 Chair-Supported Yoga	23	24	25
26	27 Bingo	28	29 Trivia Game: Halloween Music, Movies, and TV Shows	30 Fall Festival Party *First St.	31	1