



Senior Activities & Events | May 2024

DATE	EVENT	DESCRIPTION
5/1	Tai Chi <i>With Ellen DeGenova</i>	This class is suitable for all abilities and levels, with exercises tailored for each participant. This class will be from 11:00 a.m. to 12:00 p.m. in the East End House Community Room.
5/6	Bingo	Ready to win some awesome prizes? Join us in the East End House Community Room as we host a morning game of Bingo. The game will be held from 10:30 a.m. to 12:00 p.m.
5/8	Trivia Game and Snacks: <i>Animal Kingdom</i>	How much do you know about your furry, scaly, and feathered friends? Come and test your trivia knowledge while enjoying snacks and music! Participants will have a chance to win gift cards for groceries, restaurants, or to a local store. This event will be from 11:00 a.m. to 12:00 p.m. in the East End House Community Room.
5/9	Walking Club - Adventurous Group	We'll be taking the T to the Public Garden to see the spring flowers! There will be businesses with bathrooms nearby, and we will leave from East End House at 10:30 a.m. The cost of the T travel will be covered, but please bring \$4 if you would like to ride a swan boat.
5/13	Trip to Gore Place	Join us for a trip to Gore Place, a historic country estate in Waltham, Massachusetts. Rebecca and Christopher Gore were prominent members of Boston society in the early 1800s with keen interests in architecture, horticulture, and technology. Come tour this beautiful piece of history! Shuttles to and from the museum will be departing East End House at 10:15 a.m. and will be returning by 1:30 p.m. Lunch will be provided on the trip as well. We hope to see you there! <u>Registration for this event is required.</u>
5/15	Tai Chi <i>With Ellen DeGenova</i>	This class is suitable for all abilities and levels, with exercises tailored for each participant. This class will be from 11:00 a.m. to 12:00 p.m. in the East End House Community Room.
5/20	Delicious Dishes Demo: Cooking on a Budget at East End House <i>With Cambridge Health Alliance</i>	Come experience a cooking demonstration at East End House in partnership with Cambridge Health Alliance! Watch a main dish and dessert be prepared and taste the final product. The demonstration and tasting will begin at 12:00 p.m. in the East End House Community Room. Please let us know ahead of time about any dietary restrictions! <u>Registration for this event is required.</u>
5/22	Bingo	Ready to win some awesome prizes? Join us in the East End House Community Room as we host a morning game of Bingo. The game will be held from 10:30 a.m. to 12:00 p.m.
5/23	Walking Club - Relaxed Group	We will walk approximately one mile to the Farmer's Market at Canal Street, with frequent stops to rest! We will leave from East End House at 11:00 a.m. and there will be businesses with bathrooms nearby.
5/27	East End House Closed	There are no Senior Activities today, as East End House is closed for the holidays!
5/29	Movie Viewing <i>Bridget Jones's Diary</i>	For the New Year, 32-year-old Bridget (Renée Zellweger) decides it's time to take control of her life -- and start keeping a diary. Now, the most provocative and hysterical book on her bedside table is the one she's writing. Join us in the East End House Community Room from 10:00 a.m. to 12:00 p.m. for laughter and fun!



MAY 2024

Senior Activities & Events

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	1 Tai Chi <i>With Ellen DeGenova</i>	2	3	4
5	6 Bingo	7	8 Trivia and Snacks: <i>Animal Kingdom</i>	9 Walking Club - Adventurous Walk <i>Boston Public Garden</i>	10	11
12	13 Trip to Gore Place	14	15 Tai Chi <i>With Ellen DeGenova</i>	16	17	18
19	20 Delicious Dishes Demo: Cooking on a Budget at EEH <i>With Cambridge Health Alliance</i>	21	22 Bingo	23 Walking Club-Relaxed Walk <i>Farmer's Market Canal St</i>	24	25
26	27 No Senior Activities- East End House Closed for Holiday	28	29 Movie Viewing: <i>Bridget Jones's Diary</i>	30	31	1