



Senior Activities & Events | October 2024

DATE	EVENT	DESCRIPTION
10/3	Walking Club - Fitness Group	We will walk approximately one mile to Thoreau Path, with frequent stops to rest! We will leave from East End House at 11:30 a.m. and there will be businesses with bathrooms nearby. We may have a chance to stop at Toscanini's Ice Cream on the way back, so bring money if you'd like to buy anything! <u>This will be our last fitness walk of 2024, as we take a break until spring of 2025!</u>
10/2	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.
10/7	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!
10/9	Trip to the USS Constitution and Museum	Join us for a trip to the USS Constitution and Museum! This ship, launched in 1797 and nicknamed 'Old Ironsides', is the world's oldest commissioned naval warship still afloat. Shuttles will leave from East End House at 10:30 a.m. and return by 1:00 p.m. <u>IMPORTANT - An ID is required to board and tour the ship.</u> <u>Registration for this event is required.</u>
10/10	Cooking Class with Cambridge Health Alliance	Come join us for an interactive cooking class at the Foundry to cook American cuisine, led by Cambridge Health Alliance! The first class will be 2:00 to 3:15 p.m. and the second class is 3:30 to 4:45 p.m. You'll have a chance to cook two dishes, as well as learn nutritional information and interesting facts. 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.</u>
10/14	East End House Closed	There are no Senior Activities today, as East End House is closed for the holidays!
10/16	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.
10/21	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!
10/23	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 10:00 a.m. and returning by 3:00 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 \$1 at the orchard to do the mini hedge maze and \$2.50 to purchase a small pumpkin. <u>Registration for this event is required.</u>
10/24	Walking Club - Exploration Group	We'll be taking a second walk to Faneuil Hall for anyone who missed it last month! We'll be going to Faneuil Hall to eat and shop, as well as visit Quincy Market! There will be bathrooms there and at nearby businesses. <u>We will be leaving East End House at 10:30 a.m. and taking the Green Line.</u> Transportation is covered, but please bring money for food and shopping. <u>This will be our last exploration walk of 2024, as we take a break until spring of 2025!</u>
10/28	Game Day and Snacks	Join us in the East End House Community Room between 10:00 a.m. to 12:00 p.m. for card and board games, as well as snacks!
10/30	Trivia Game and Snacks: <i>Halloween</i>	How much do you know about Halloween and autumn? Come test your trivia knowledge while enjoying snacks! Participants will have a chance to win gift cards. This event will be from 11:00 a.m. to 12:00 p.m. in the East End House Community Room.



OCT 2024

Senior Activities & Events

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1	2 Tai Chi <i>With Ellen DeGenova</i>	3 Walking Club- Fitness Walk	4	5
6	7 Bingo	8	9 Trip to the USS Constitution and Museum	10 Cooking Class with Cambridge Health Alliance	11	12
13	14 No Senior Activities- East End House Closed for Holiday	15	16 Tai Chi <i>With Ellen DeGenova</i>	17	18	19
20	21 Bingo	22	23 Apple Picking at Honey Pot Hill Orchards	24 Walking Club- Exploration Walk	25	26
27	28 Game Day and Snacks	29	30 Trivia and Snacks: <i>Halloween</i>	31	1	2