



## Senior Activities & Events | May 2025

DATE	EVENT	DESCRIPTION
5/5	<b>Game Day and Snacks</b>	Join us in the East End House Community Room between 10:00 a.m. and 12:00 p.m. for card and board games, as well as snacks!
5/7	<b>Tai Chi</b> <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.
5/8	<b>Paint Party</b>	Join us for a Paint Party in the East End House Community Room <b>from 10:00 a.m. to 1:00 p.m.!</b> Looking for something fun and relaxing to do? Get ready to unleash your inner artist! No experience necessary as you are guided step-by-step through the process of creating a beautiful field of lavender flowers. All materials and light refreshments provided. <b><u>This event requires registration as spots are limited.</u></b> <b><u>Please wear old clothing. Acrylic paint can stain.</u></b>
5/12	<b>Trivia Game:</b> <i>Cards and Board Games</i>	How much do you know about cards and board games? Come test your trivia knowledge while enjoying lunch! Participants will have a chance to select our 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.
5/14	<b>Chair-Supported Yoga</b>	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 House Community Room.
5/15	<b>Walking Club - History Walk with History Cambridge</b>	Highlight the places in East Cambridge that you think are important! We'll be walking around to some of the locations suggested by seniors at our April meeting, as well as any other locations that spark memories on the way. Come along and share stories as you walk through the neighborhood! We will leave from East End House at <b><u>10:30 a.m.</u></b> Frequent breaks are planned and water will be provided.
5/19	<b>Tai Chi</b> <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.
5/21	<b>Bingo</b>	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!
5/26	<b>East End House Closed</b>	There are no Senior Activities today, as East End House is closed for the holidays!
5/28	<b>Trip to Castle Island</b>	Join us for a visit to Castle Island! Transportation to and from the park will be provided, with a bus leaving East End House at <b><u>10:30 a.m.</u></b> and returning by <b><u>1:30 p.m.</u></b> For seniors who are interested, Alexa will offer a short talk about the fort and its interesting history outside Fort Independence at noon. This event is free for all participants, although you can bring money if you'd like to buy lunch at Sullivan's! <b><u>Registration for this event is required.</u></b>
5/29	<b>Walking Club - Exploration Walk</b>	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 <b><u>10:30 a.m.</u></b> The cost of the T travel will be covered, but please bring \$4 if you would like to ride a swan boat.



# MAY 2025

## Senior Activities & Events

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	1	2	3
4	5 Game Day and Snacks	6	7 Tai Chi <i>With Ellen DeGenova</i>	8 Paint Party	9	10
11	12 Trivia Game: <i>Cards and Board Games</i>	13	14 Chair-Supported Yoga	15 Walking Club- History Walk with History Cambridge	16	17
18	19 Tai Chi <i>With Ellen DeGenova</i>	20	21 Bingo	22	23	24
25	26 No Senior Activities- East End House Closed for Holiday	27	28 Trip to Castle Island	29 Walking Club- Exploration Walk	30	31