



Senior Activities & Events | August 2026

DATE	EVENT	DESCRIPTION
8/3	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!
8/5	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. to 12:00 p.m. in the East End House Community Room!
8/10	Trivia Game	Come test your trivia knowledge!! Topics and questions will vary, including US history, geography, and more! This event will be from 11:00 a.m. to 12:00 p.m. in the East End House Community Room.
8/12	Movie Viewing <i>The Breakfast Club</i>	Join us for a movie at First Street Market at 59 First St, Cambridge, MA 02141 ! We'll be watching "The Breakfast Club", a story of five high school students—a rebel, a princess, a jock, a brain, and a basket case—as they spend a Saturday in detention together at Shermers High School. Supervised by a strict vice principal, they overcome their initial social divides, share deep personal struggles, and realize they are more than their school labels. Join us from <u>10:30 a.m. to 12:00 p.m.</u> , and feel free to bring snacks to share!
8/13	Game Day and Food	Join us at 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 a fun game day with cards, puzzles, and more. We encourage you to bring a snack or food to share with the group! IMPORTANT - due to construction, entrance will be at the door at 76 Seventh Street . There is also a wheelchair entrance around the building on the right of the front entrance - please call 617-291-9247 for access!
8/17	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. to 12:00 p.m. in the East End Community Room.
8/19	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. to 12:00 p.m. in the East End House Community Room!
8/24	Senior Lunch & Party	In partnership with BioMed Realty, East End House is excited to host its 4th annual Senior Lunch & Party! This event will include a catered lunch, raffle, and music. This event is free of charge and is open to seniors (age 62+) who live in East Cambridge or who have received services from East End House. Transportation to and from the event will be provided, departing from East End House at 11:00 a.m. and returning by 2:30 p.m. We are excited to see many of you again for this year's party! <u>Registration for this event is required and opens on August 10, 2026.</u>
8/26	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!
8/27	Game Day and Food	Join us at 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 a fun game day with cards, puzzles, and more. We encourage you to bring a snack or food to share with the group! IMPORTANT - due to construction, entrance will be at the door at 76 Seventh Street . There is also a wheelchair entrance around the building on the right of the front entrance - please call 617-291-9247 for access!
8/31	East End House Closed	There are no Senior Activities today, as East End House will be closed for a staff planning day.



Aug 2026

Senior Activities & Events

SUN	MON	TUE	WED	THU	FRI	SAT
2	3 Bingo	4	5 Tai Chi <i>With Ellen DeGenova</i>	6	7	8
9	10 Trivia	11	12 Movie Viewing <i>The Breakfast Club</i>	13 Game Day * At Sacred Heart Church	14	15
16	17 Yoga <i>With Catherine Gamon</i>	18	19 Tai Chi <i>With Ellen DeGenova</i>	20	21	22
23	24 Senior Lunch & Party	25	26 Bingo	27 Game Day *At Sacred Heart Church	28	29
30	31 East End House Closed for Staff Planning Day	1	2	3	4	5