



Senior Activities & Events | September 2026

DATE	EVENT	DESCRIPTION
9/2	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. to 12:00 p.m. in the East End House Community Room!
9/3	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!
9/7	EEH Closed	There are no Senior Activities today, as East End House will be closed for Labor Day.
9/9	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!
9/10	Cooking Class <i>Healthy Eating Active Living</i>	Join us on Thursday, September 10th for a cooking class, in partnership with Health Eating Active Living (HEAL) . We will be preparing black bean and squash enchiladas with fresh guacamole. The first class will be from 12:30 p.m. to 2:00 p.m. and the second class will be from 2:30 p.m. to 4:00 p.m. <u>Please note that while we try our best to modify dishes based on participant allergies, we may not be able to accommodate all restrictions.</u> <i>If you're interested in attending, please email Ryan at ryan@eastendhouse.org or call us at 617-876-4444.</i>
9/14	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!
9/16	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.
9/17	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!
9/21	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.
9/23	Dental Kits Volunteering	Join us for a fun and meaningful volunteer event as we come together to assemble dental hygiene kits for members of our community. It's a simple way to spend time with friends, lend a helping hand, and make a positive difference for neighbors in need. We will be in the East End House Community room from 11:00 a.m. to 12:00 p.m.
9/28	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!
9/30	Movie Viewing <i>The King's Speech</i>	Join us for a movie at First Street Market at 59 First St, Cambridge, MA 02141 from 10:30 a.m. to 12:30 p.m.! We'll be watching "The King's Speech", a 2010 historical drama about British King George VI and his journey to overcome a severe stammer with the help of an unorthodox speech therapist.



Sep 2026

Senior Activities & Events

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1	2 Tai Chi <i>With Ellen DeGenova</i>	3 Game Day * At Sacred Heart Church	4	5
6	7 Labor Day	8	9 Bingo	10 Cooking Class	11	12
13	14 Tai Chi <i>With Ellen DeGenova</i>	15	16 Yoga <i>With Catherine Gamon</i>	17 Game Day * At Sacred Heart Church	18	19
20	21 Trivia	22	23 Dental Kit Making <i>Volunteer Event</i>	24	25	26
27	28 Bingo	29	30 Movie Viewing <i>The King's Speech</i>	1	2	3