



Senior Activities & Events | October 2026

DATE	EVENT	DESCRIPTION
10/5	Trivia Game	Come test your trivia knowledge!! Topics and questions will vary, including US history, geography, sports, and more! This event will be from 11:00 a.m. to 12:00 p.m. in the East End House Community Room. Lunch will be provided.
10/7	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.
10/8	Game Day	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!
10/12	Indigenous People's Day <i>EEH Closed</i>	EEH and all programs will be closed for Indigenous People's Day.
10/14	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!
10/19	Trick or Treat Bags <i>Volunteer Event</i>	Participate in a festive volunteer event from 11:00 a.m. to 12:00 p.m. where seniors will help design, decorate, and prepare trick-or-treat bags for children and families attending East End House's Harvest Fest—no creative experience needed to join in the fun!
10/21	Apple Picking <i>Honey Pot Hill Orchards</i>	Join us for our annual apple picking trip! Transportation to and from the orchards will be provided, with a bus leaving East End House at 11:00 a.m. and returning by 3:00 p.m. Everyone will receive a ½ peck 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, but please bring cash if you wish to do the mini hedge maze or want to shop for other goodies at the orchard store! Registration for this event is required. You can reserve your spot by emailing Ryan at ryan@eastendhouse.org, by signing up on Eventbrite, or by calling us at 617-876-4444.
10/22	Game Day	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!
10/26	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!
10/28	Harvest Fest <i>EEH Closed</i>	EEH and all programs will be closed as we prepare for our annual Harvest Fest! All community members are welcome to attend this event from 5:30 p.m. - 7:00 p.m. at East End House! Visit our website or newsletter to download a copy of the Harvest Fest flyer!



Oct 2026

Senior Activities & Events

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	1	2	3
4	5 Trivia	6	7 Yoga <i>With Catherine Gamon</i>	8 Game Day * At Sacred Heart Church	9	10
11	12 Indigenous People's Day <i>Closed</i>	13	14 Tai Chi <i>With Ellen DeGenova</i>	15	16	17
18	19 Candy Bag Making <i>Volunteer Event</i>	20	21 Apple Picking	22 Game Day * At Sacred Heart Church	23	24
25	26 Tai Chi <i>With Ellen DeGenova</i>	27	28 Harvest Fest <i>Closed</i>	29	30	31