East End House
Inspiring Achievement. Strengthening Communities.
150 YEARS

Senior Activities & Events | November 2026

Date	Event	Description
11/2	**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.
11/4	**Tai Chi** *With Ellen DeGenova*	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!
11/5	**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!
11/9	**Bingo**	Ready to win some awesome prizes? Join us in the East End House Community Room from 11:00 a.m. to 12:00 p.m. for Bingo!
11/11	**Veterans Day** *EEH Closed*	EEH and all programs will be closed for Veterans Day.
11/16	**Cooking Demo** *HEAL*	Join HEAL for a festive holiday cooking demo featuring a cozy bowl of lentil soup and a spiced pear and pomegranate crisp. Watch the dishes come together, pick up seasonal cooking ideas, and enjoy time cooking and connecting with fellow seniors. The class will be held in the East End House Community Room from 11:30 a.m. - 1:30 p.m.
11/18	**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.
11/19	**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!
11/20	**Thanksgiving Volunteering**	Join us from 10:00 a.m. to 12: 00 p.m. in the East End House gym to help prepare baskets for East End House's annual Thanksgiving Basket Giveaway! Seniors will volunteer together to fill bags with nonperishable foods and fresh produce for community members.
11/23	**Bingo**	Ready to win some awesome prizes? Join us in the East End House Community Room from 11:00 a.m. to 12:00 p.m. for Bingo!
11/25	**Thanksgiving** *EEH Closed*	EEH senior programs will be closed for Thanksgiving.
11/30	**Tai Chi** *With Ellen DeGenova*	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!



Nov 2026

Senior Activities & Events

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Trivia	3	4 Tai Chi	5 Game Day * At Sacred Heart Church	6	7
8	9 Bingo	10	11 Veterans Day *Closed*	12	13	14
15	16 Cooking Demo *HEAL*	17	18 Yoga	19 Game Day * At Sacred Heart Church	20 Thanksgiving Volunteering	21
22	23 Bingo	24	25 Thanksgiving *Closed*	26	27	28
29	30 Tai Chi	1	2	3	4	5

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