

**-THE GOLDEN TIMES**



CONNOLLY CENTER  
EVERETT COUNCIL ON AGING  
Office no. 617-394-2323  
Office of Human Services  
617-394-2260



CONNOLLY CENTER 90 Chelsea Street, Everett, MA 02149

Seventh Year of Series/ May 2019

Honorary Chairman: Mayor Carlo DeMaria Chairperson: Terry Iannaco  
Editor: Dale A. Palma

**From The Desk of Mayor Carlo DeMaria**

**Mayor's Commentary**

With Mother's Day fast approaching, this is the time of year when we should step back and take a moment to show the maternal figures in our lives how much they mean to us. I am truly blessed to have a wonderful wife, mother, mother-in-law, aunts, and cousins who guide and care for my family on a daily basis. Mothers, grandmothers, aunts, and sisters – these strong female influences shape and mold us throughout our youth and well into our adulthood! They are figures to lean on, but also to respect and honor. Take the time this month to shower your mothers, grandmothers, aunts, and sisters with the affection and attention they so deserve. Wishing all the mother figures of Everett a very Happy Mother's Day!

**Happy Spring!**  
**Carlo**

**Senior Social Set for May 15**

Our Senior Social will be held Wednesday May 15, 2019  
This month The Council on Aging has chosen a delicious catered meal, Soup, Salad, Turkey Dinner with all the fixings, Dessert and coffee. Dance to the sound of Ray Cavicchio. Ticket Sales are on going. The cost is \$ 18.00 per person. For additional information please call Dale at 617.394.2323 or Ida at 617.394.2260

**Senior Movie Matinee,**  
**Provided by The Everett Public Libraries Classic Movies Abound**

**Thursday May 2:** “ “Star is Born” with Lady Gaga

**Thursday May 9: No Movie: “Mother’s Day Party**

**Thursday May 16:** “ Green Book”

**Thursday May 23: NO MOVIE**

**Thursday May 30:** Apollo 11

All Movies Begin at 1pm, compliments of The Council on Aging

**Mother’s Day Party**

Join us Thursday May 9, 2019 at 11:30am, The Connolly Center to celebrate Mother’s Day. The Council on Aging has chosen a Chinese Food Buffet for you to enjoy. After Dinner, relax and watch our show. Carol O’Shaughnessy and Diane Ellis with the Tom LaMark Orchestra will perform for you. Reservations are being accepted April 18. The cost is \$ 15.00 per person

**SENIORS ON THE ROAD**

**Cape Cod Canal Trip:** Thursday June 13: Sandwich Glass Museum, Lunch at The Daniel Webster Inn a two hour boat tour of the famous Cape Cod Canal

**Warren’s Lobster Bake:** Thursday June 27: Stonewall Kitchen, Warren’s Restaurant, Portsmouth for Shopping

**Down East Maine:** 2 night/3 day Trip September 9-11..Please see Margaret for details  
**BOOKING NOW!!!**

**GLEE CLUB**

Please join us every Tuesday @ 1pm ,at The Connolly Center for “*Senior Glee Club*” with our own Diane Ellis. Cheer up your heart and let your mind embrace the music. Diane will sing some of your old favorites and

standards while you join along. It is free to join this uplifting group.

### **ZUMBA TUESDAYS WITH JILL!!!\*\*\***

Join us every Tuesday, 10am At The Connolly Center for this high energy class. Dance your favorite steps to various Latin and other rhythm to a healthier you! This class is free and brought to you by Mayor Carlo DeMaria's Council on Aging

### **NEW CLASS: Chair Yoga and Dance**

Please join us for a Yoga class Tuesdays at 9am, with Miguel. This class is specifically designed for seniors to improve their health, performance, and mental awareness. We will focus on balance and range of motion using chairs and dance techniques. This class is free of charge, compliments of Mayor Carlo DeMaria and The Office of Human Services

### **Heart Healthy Mondays at The Connolly Center**

Please join us every Monday @ The Connolly Center at 10-11 am for "Healthy Steps", Moving You to Better Health with the Lebed Method", a therapeutic movement program designed to help you thrive! Using props and eclectic music, skilled instructor Julie Kaufmann leads you through a routine of stretching and exercising that improves overall wellness, range-of motion, balance, strength and endurance, as well as emotional well-being and self-image. Stay for LUNCH, and then join Julie for Country Western Line Dancing from 1-2pm. WHETHER A BEGINNER OR EXPERIENCED LINE DANCER.

## **GOLDEN TIMES MAY 2019**

### **Our Activities**

**At no cost to participants**

#### **Exercise Classes**

**Connolly Center, 90 Chelsea St.**

**Please call the coordinator at 617-591-6741 for more information or with any questions.**

#### **Strengthen Your Heart and Your Body**

**Monday @ 11 w/ Miguel and Wednesday and Friday @ 10 w/ Calvin.**

**Set your own pace in these aerobics class which includes weights for strength training.**

#### **Improve Balance and Stress with Calvin; Thursdays at 9**

**A smooth, relaxing "yoga-style" class; designed for people of all levels of activity.**

#### **Reduce Anxiety with Bill; Thursdays at 10**

**An ancient Chinese practice, Tai-Chi helps improves balance and strength. Designed for people at all levels of activity.**

### **Classes**

#### **Game show**

**Wednesday May 22, from 11: 00 AM to 12:00 PM**

#### **Yoga Sessions**

**Wednesday, May 1, from 9:00 am to 10:00 am**

**Wednesday, May 8, from 9:00 am to 10:00 am**

Wednesday, May 22, from 9:00 am to 10:00am

Wednesday, May 29, from 9:00 am to 10:00am

### **Tech Classes**

Monday, May 6 from 8:30 - 10 AM

### **Garden Club**

Thursday May 2 from 10:45 am - 11:50 a.m.

Thursday May 16 from 10:45 am - 11:50 a.m.

Thursday May 30 from 10:45 am - 11:50 a.m.

### **Workshop**

#### **Chronic Disease Self – Management**

Friday May 3 from 8:45am to 11:00am

Friday May 10 from 8:45am to 11:00am

Friday May 17 from 8:45am to 11:00am

Friday May 24 from 8:45am to 11:00am

Friday May 31 from 8:45am to 11:00am



**This program is sponsored by Cambridge Health Alliance Aging Wisely Everett, DPH suicide prevention program and the Everett Foundation for the Aged**

### **Monthly Blood Pressure Clinic**

**Everett Armory:** Walk-ins welcome!

Monday, May 6, from 9:00 - 10:30 AM

**Everett Armory:** Walk-ins welcome!

Monday, May 20, from 9:00 - 10:30 AM

### **Aging Wisely Coordinator**

Hugo Rengifo the Aging Wisely Everett Coordinator. can be reached if you have any questions at 617-591-6741 or [hrengifo@challiance.org](mailto:hrengifo@challiance.org)

## **Parlin Memorial Library News**

**The Beatles: A Cultural and Historical Reflection of the 1960s through their Music**. Wednesday, May 1st at 7:00 pm. The changes of the 1960s were reflected in the hairstyles, fashion and musical revolution of the Beatles. They influenced a generation and left a lasting impression on pop music and culture. Join us as **4EverFab**, the Beatles Tribute Band, uses music to tell their story. Free and open to the public, this program is brought to you by a grant from the Everett Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

### **Friends of the Everett Public Libraries Spring Book Sale**

May 16th from 6:30-8:30 PM (Members Only), May 18th from 9-12:30 PM. Our Spring Book Sale is finally here! Want to get the first look at our titles before May 18th? Become a Friend of the Everett Public Libraries for just \$5! Member's Only preview and sale is on Thursday, May 16th from 6:30-8:30 PM. The Book Sale opens up for the general public on Saturday, May 18th from 9-12:30 PM. Come on down and buy your new favorite read! Please call us at 617-394-2302 with any questions.

**Murder Mystery Monday, Monday**, May 13th at 6:00 pm. Maisie Dobbs, the main character and the book, explore the sorrow of the lost generation of WWI. Ms. Dobbs must solve a mystery and confront the ghost that has haunted her for a decade. Copies available at the Parlin Adult Circulation Desk. All adult mystery lovers welcome!