

-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/ November

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

From The Desk of Mayor Carlo DeMaria

Thanksgiving is the most wonderful time of the year. It is time to spend with family and to be grateful for the gift of life and health. When we are thankful for what we have we will always be blessed with gratitude and contentment. That is the meaning of our Thanksgiving. I look forward to spending time with family and friends. I am especially thankful for my loving wife Stacy, my children Carlo, Caroline and Alexandra. I am thankful for all of you.

Happy Thanksgiving

*Regards,
Carlo*

November 2019 Senior Social Planned

Let's celebrate the beginning of our Holiday Season at our monthly Senior Social, Wednesday November 20, 2019, 11:45am at The Connolly Center. This month the COA has chosen a traditional Thanksgiving Turkey Dinner with all the fixings. You will enjoy dancing to the smooth sounds of our friend Ray Cavicchio. Ticket sales begin November 4 in The COA Office. The cost is \$18.00 per ticket. For additional information please call Dale at 617.394.2323

(Due to rising costs, as of January 2020, Our Senior Socials will now be \$ 20.00 per person)

SENIORS ON THE ROAD

Bright Lights Christmas Tour: December 3, 2019

Includes lunch at the Salem Cross Inn, The Yankee Candle Bavarian Christmas Village and the Beautiful light display at Bright Nights/ Lights in Springfield. The cost is : \$80.00 per person

Yuletide Newport /LaSalette Tour: December 17, 2019

We depart The Spring Street lot at 8am for our first stop the beautiful Marble House Mansion in famous Newport Rhode Island decorated for the Holiday Season. Our next stop will be lunch at LocalZ Restaurant , where you will have a choice of chicken or fish for lunch , before heading to the beautiful LaSalette Shrine, decorated for Christmas. Cost: 85.00 per person

Parties and Events

TRIM –A-TREE PARTY

Please join Mayor Carlo DeMaria and The Council on Aging for the annual Trim A Tree Holiday Party, Wednesday December 11, 2019 @ 11:30am at The Connolly Center. We will have a buffet dinner with Baked Haddock, Steak Tips, Pasta and salad. Dance to your favorite tunes with DJ Charlie Mason. The cost is \$ 15.00 per person. Tickets will be available for purchase beginning November 18 in The COA Office. For additional information please call Dale at 617.394.2323

RING IN 2020 with The Council on Aging

Mayor Carlo DeMaria and The Council on Aging invite you to attend our New Year's Eve Gala, Thursday December 31, 2019 at Anthony's 105 Canal Street Malden. This exciting event begins at 11:30am. Our meal will include appetizers, salad, soup, a roast beef and roasted chicken split menu, roasted potatoes, string beans, dessert coffee and a champagne toast at "Mid-Night" There will be dancing to our favorite DJ Tommy Sheehan. Tickets are available for purchase November 26 through December 23. The cost is \$40.00 per person. Payment must be received with reservation. For additional information please call Dale at 617.394.2323

The Census: A Very Important Talk

Please join Mayor Carlo DeMaria, Representative Joe McGonagle and The COA in welcoming The US Census Bureau, Thursday, November 14, 2019, 1pm at The Connolly Center. Join us for this informative talk on the importance of being part of the census. Census numbers determine a lot in our lives, including funding sent to municipalities and states, grants and programs awarded.

Please Note:

The Connolly Center will be closed November 5 for election Day , November 11 for Veteran's Day and November 28 in observance of Thanksgiving. There is no programming scheduled for Friday November 29.

**Flu Shot Clinic coming in November
Please watch for more information

Parlin Memorial Library News

Coloring Book Evenings, Wednesdays, November 6th, 13th and 20th at 6:30 pm. Take a moment to breathe, calm your mind and indulge your creative side. We are bringing back our coloring evenings. We have coloring books, and colored pencils, for every mood. This program is for ages 13+. All materials are provided. For more information, call the Parlin Information Desk at (607) 394 2300.

Fall Craft, Saturday, November 9th and 16th at 2:00 pm. Join us and get ready for the holidays as one of the craftiest members of our staff, Gayle, leads 10 people in part one of making of a dog of yarn. These are great gifts and just a lot of fun. The following Saturday, Gayle helps us put on the finishing touches. This event is free and open to the public. However, supplies are limited to ten people. Please sign up at the Parlin Information Desk, or call (617) 394 2302. Ages 13+.

Reconstructing History & Genealogy: Mom's WWII Letters, Tuesday, November 12th at 7:00 pm. In May 2017, Corinne Smith found her mother's stash of more than 100 letters from 16 servicemen she had corresponded with in 1944-1945. Cornine began to trace the soldiers' family trees with one goal in mind: to return the letters in person to their children. This presentation links history and genealogy to present-day research and diligence. It revisits a time that we may not want to forget. And it may prompt others to wonder for themselves what treasures lurk in their own old family boxes, and how they can share the information with others.

CONNOLLY CENTER PROGRAMMING

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

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.

Senior Boxing Cardio Fitness with Christian Tuesdays at 11am. Join us for this exciting class.

Senior Belly Dance Fitness. Learn new moves, Thursdays at 11 am At The Connolly Center with Sue

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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.



Programs

Garden Club (Last session)

Thursday, November 7, from 10:45 am - 11:50 a.m.

Game Show

Wednesday November 27, from 11:00 am – 12:00 p.m.

CHA Tech sessions at the Armory

Monday, November 4, from 8:30 - 10:00 AM

Monday, November 18, from 8:30 - 10:00 AM

Additional Health classes

Understanding Trauma and Grief

Wednesday November 13, from 11:00 am – 12:00 p.m.

Iyenga Yoga sessions

No classes this month

Boxing sessions

Tuesday November 12, from 11:00 am - 12:00 p.m.

Tuesday November 19, from 11:00 am - 12:00 p.m.

Tuesday November 26, from 11:00 am - 12:00 p.m.

Monthly Blood Pressure Clinic

Everett Armory: Walk-ins welcome!

Monday, November 4, from 9:00 - 10:30 AM

Everett Armory: Walk-ins welcome!

Monday, November 18, 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

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