

-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/ February 2019

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

From The Desk of Mayor Carlo DeMaria

Winter can be the most beautiful and wonderful time of the year in New England. However, the frigid cold temperatures and large amount of snow often make it more of a burden. Fortunately, there are many ways to stay warm and healthy even during the coldest climates:

- 1) **Dress warmly-** Warm clothing, especially when it's layered, not only prevents exposure, it also helps to retain body heat.
- 2) **Extra blankets-** Keep blankets on your couch so that you can wrap yourself up while reading or watching TV, and get extra blankets to sleep with.
- 3) **Hot Water Bottle-** Water retains heat for a long time, using hot water bottles is an affordable and effective way to stay warm.

The month of February is also a time when we should take a moment to reflect and acknowledge those that we love. We celebrate Valentine's Day by exchanging candy, flowers and gifts between loved ones. So take a moment this month, especially on February 14th, and enjoy all the loved ones in your life.

**Warm Regards,
Carlo**

Senior Social Set for February 2019

Please join us for our monthly Senior Social, Wednesday February 20, 2019, 11:45am at The Connolly Center. The Council on Aging has chosen a sit down catered meal of; Soup, Pasta, Roast Beef, Delmonico Potatoes, String Beans, Bread, Butter, gravy, dessert and coffee. You will enjoy dancing to the sounds of Ray Cavicchio. Ticket sales begin Monday February 4, 2019. The cost is \$18.00 per person.

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

Thursday February 7: "Old Man With A Gun" Starring Robert Redford

Thursday February 21: "The Wife" Starring Glen Close

Thursday February 28: "Big Night" with Stanley Tucci***** 2pm, followed by a supper

All Movies take place at 1pm at The Connolly Cente

Spaghetti and meatball Supper and Movie Event

Mayor Carlo DeMaria's Council on Aging is hosting a Spaghetti And Meatball Dinner Thursday Febraury 28, 2019. Our event begins at 2pm. We will show the classic movie "Big Night" Starring Stanly Tucci and Isabella Rosellini. After the movie you will enjoy a delicious spaghetti and meatball supper prepared by Our Own Council on Aging. Sign ups in the COA office begin Wednesday February 6, 2019. Please see Margaret. Space is limited to 50 people. \$ 5.00 per person

VALENTINE PARTY:

Join us Thursday February 14, 2019 for our annual exciting Valentine Party, The Connolly Center, Beginning at 11:45am. You will enjoy a delicious tenderloin buffet lunch prepared by our own Chef, Tina Sousa, served to you by the members of The Council on Aging. After lunch you will dance to the tunes of DJ Chris Fiore. Ticket Sales are ongoing in The COA office. The cost is \$15.00 per person

Yarn Club, Tuesdays, February 5th, 12th, 19th, 26th at 3:30 PM. Come join us at Yarn Club! Learn how to crochet the basics! Supplies are limited to new participants. This program is for ages 11 and up. No registration is required. For any questions, please call the Parlin Library Information Desk at 617-394-2302.

Author Event with Joanna Schaffhausen, Wednesday, February 6th at 7:00 pm. Last year Ms. Schaffhausen, winner of the Minotaur Books/Mystery Writers of America First Crime Novel, introduced us to police officer, Ellery Hathaway, and FBI Agent Reed Markham. Both were chasing a serial killer and ghosts from their past. The New England summer was so well written you could feel the humidity and hear the crickets. Ms. Schaffhausen returns with the next the next in this riveting series. Refreshments provided by the Friends of the Everett Libraries. If you have any questions, please call the Parlin Library Information Desk at 617-394-2302.

Mystery Monday Book Club, Monday, February 11th at 6:00 pm. Join us for the second Murder Mystery evening. We will discuss Kathy Reichs Deja Dead. You may be familiar with the TV series Bones, produced and inspired by the life of Ms. Reichs. She is a talented mystery writer, professor, forensic anthropologist and one of 100 anthropologist certified by the American Board of Forensic Anthropology. Books are available at the Parlin Library Circulation Desk. All adults are welcome. For more information, please call the Parlin Library Information Desk at 617-394-2302.

The Council on Aging goes Traveling

Please join us for a trip to the brand new **MGM casino** in Springfield Ma, Thursday march 14, 2019. We depart the Spring Street Parking lot at 7:30am. The tour arrives at MGM at 10:00Am. With your package, you will get a Casino Bonus of a \$20.00 slot play.. Enjoy the excitement of Massachusetts newest gambling venture. The cost is \$ 34.00 per person. Sign up with Margaret beginning February 1, 2019. For additional information please call Dale at 617.394.232

GOLDEN TIMES FEBRUARY 2019

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 improve balance and strength. Designed for people at all levels of activity.

Game show:

February 27, 2019 From 11:00 AM to 12:00 PM

Yoga Classes 90 Chelsea Street

Wednesday, February 6, 13, and 27

From 9:00 AM to 10:00 AM

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, February 4, from 9:00 - 10:30 AM

Monday, January 18, from 9:00 - 10:30 AM

Meditation Sessions

Friday, February 1, from 9:00 – 9:45 AM

Friday, February 8, from 9:00 – 9:45 AM

Friday, February 15, from 9:00 – 9:45 AM

Friday, February 22, from 9:00 – 9:45 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