



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 2018

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

From The Desk of Mayor Carlo DeMaria

With the Thanksgiving holiday fast approaching, this is the time of year when we should step back and take a moment to reflect on that for which we are thankful. I am truly blessed with a wonderful family, my wife Stacy, and my three children Carlo, Caroline, and Alexandra. I am thankful everyday for their health and happiness. I am also thankful for our Veteran community. November 11th is a day set aside from our daily lives, when we can pause and pay tribute to the members of our military for their commitment to fighting such wars and upholding the ideals of liberty and freedom. It is our duty as Americans to continue the important tradition of this day and rightfully pay tribute to them. For without their sacrifice we would not endure. Take the time on that day to talk to a Veteran, listen to their stories, hear their wisdom, and show them your appreciation. For they have truly earned it.

Best Wishes,
Carlo

Senior Social Set for November

Our Senior Social will be held Wednesday November 14, 2018 @ 11:45am at The Connolly Center. In celebration of Thanksgiving, we will be serving a traditional turkey dinner with all the fixings. You will enjoy dancing to Ray Cavicchio. Ticket are 18.00 per person and can be purchased beginning October 31

Rockin' Around The Christmas Tree Party

Mayor Carlo DeMaria and The Council on Aging have planned their annual Christmas Tree Party for Thursday December 6, 2018 @ 11:30am. You will enjoy a delicious luncheon prepared by our own in house Chef Tina, Glazed Baked Ham, Delmonico Potatoes, Peas & Mushrooms, Dessert and Coffee. Dancing to our favorite DJ; Chris Fiore. You must sign up for this event with Mary beginning November 12. The cost is 15.00 per person.

Senior Movie Matinee, Provided by The Everett Public Libraries

Thursday November 1: Mama Mia, Here we go again!

Thursday November 8: Whitney** Documentary about Whitney Houston ** Rated R**

Thursday November 15: Christopher Robin.. A delightful childhood tale

**There will be NO Movie Thursday November 22 and Thursday November 29
All Movies take place at The Connolly Center at 1pm, Free of Charge, with refreshments served compliments of Mayor Carlo DeMaria and The Council on Aging**

Let's Ring in 2019 Together!! It is not too early to make plans for New Year's Eve. The Everett Council on Aging have planned our annual Party for Monday, December 31, 2018 beginning at 11:30am at Anthony's in Malden. Upon arrival at 11am you will enjoy coffee and breakfast pastry. We will then head in to the dining room for a delicious catered meal, complete with hats, noisemakers, a champagne toast and dancing to DJ Tommy Sheehan. See Mary in the COA office for details.

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.

Shute Memorial Library

Armchair Travel to India: Thursday, November 14th at 6:00 pm. As the days grow short and the nights grow long, it is only fitting that we start the holiday season with travel to India and discuss of the Hindu Festival of Lights, Diwali. The India Association of Greater Boston will discuss the traditions of the festival: clothes, fireworks, family feasts and how like Christmas, Hanukkah or Kwaanza, gifts and the light from candles and lamps shine in the dark. Refreshments are provided by the Friends of the Everett Libraries. Please call the Shute Library Information Desk at 617.394.2308 with any questions.

Parlin Memorial Library

Yarn Club, Tuesdays, November 6th, 13th, 20th, & 27th from 3:30-5:00 PM. Come join us to learn the basics of crochet at Yarn Club! All materials will be provided, or bring your own projects to work on! We are here every Tuesday from 3:30-5 PM at the Parlin Memorial Library. This program is for ages 11 and up. For more information, please call the Information Desk at 617.394.2302.

Read 18 in '18 Author Event, Wednesday, November 7th, at 7:00 pm with Delia Cabe. Are you traveling to New York this holiday season? Want to impress your friends and family with your knowledge of the Storied bars of New York? At the Everett Public Libraries, you can borrow the book or join us to hear about it and enjoy a mocktail. Refreshments are provided by the Friends of the Everett Libraries. For more information, call the Information Desks at the Parlin, (617) 394 2302, or Shute Libraries, (617) 394 2308.

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, Julie will show you the moves. You'll learn some brand new dances as well as get to do some old favorites. FUN FOR EVERYONE!!

GOLDEN TIMES NOVEMBER 2018

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.

Health talk

High Risk Recreation: What You Should Know about Problem Gambling in Older Adults

Game show:

Wednesday, November 28

From 11:00AM to 12:00 PM

Yoga Classes

From 9:00 AM to 10:00 AM

Wednesday, November 14, 2018

Wednesday, November 28, 2018



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, November 5, from 9:00 - 10:30 AM

Monday, November 19, 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

Thursdays at 11am

Join us for this fun, heart healthy class, “Belly Dancing ” for Seniors with Suzanne. Suzanne has over 30 years of experience teaching this class. She is certified and teaches a similar class at The Lynn and Saugus Senior Centers. Join us for all the fun, learn a new way to exercise. For additional information please call Dale at 617.394.2323

Need Help with Your Medicare Plan Comparisons during Open Enrollment?

It’s that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/PPO), you should be mailed an information packet from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2019. Premiums, deductibles, co-pays and the drugs covered by your plan can change significantly.

During the annual Medicare Open Enrollment, you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, other options you may have, and even enroll you in a new plan during Open Enrollment from **October 15 through December 7th!**

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Call your local Senior Center to schedule a phone consultation or in-person appointment. For other SHINE related matters, call your Regional SHINE Headquarters at Mystic Valley Elder Services: 781-388-4845.