



# CITY OF EVERETT

Golden Times Newsletter



November  
2023



From The Desk of Mayor Carlo DeMaria

The year has turned its circle,  
The seasons come and go.  
The harvest all is gathered in  
And chilly north winds blow.  
Orchards have shared their treasures,  
The fields, their yellow grain,  
So open wide the doorway --  
Thanksgiving comes again!

--Old Rhyme



The Connolly Center is a safe space for older adults, it is a place of refuge and a haven for our most valued population; if you feel unsafe or have experienced any violation of our code of conduct policy, please reach out to one of the staff members for assistance and we will address it.

Thank you, Dale

## Mayor DeMaria

CITY OF EVERETT  
COUNCIL ON AGING

### MEMBERS OF THE BOARD:

#### HONORARY CHAIR:

MAYOR CARLO DEMARIA

#### CHAIR:

CAROL DELLO RUSSO

#### VICE CHAIR:

MARIE DILLON

#### SECRETARY:

RACHEL DISCHINO

#### MEMBERS:

PATTY CONNORS

JOSEPHINE NAVARRA

CAROL GARRETT

SHARON WHITE

CHARLES DIPERRI

CLARELLYN NEE

### STAFF:

#### DALE A. PALMA

DIRECTOR OF ELDER SERVICES

#### ANDREA ROMBOLI

OFFICE MANAGER

#### JACK DARRIGO

ASSISTANT/PANTRY COORDINATOR

#### CATARINA PATTERSON

ADMIN/COORDINATOR

#### JOANNE LAMONICA

STAFF ASSISTANT

#### CATHI CONNORS

STAFF ASSISTANT



## *Happy Thanksgiving*

**November Senior Social**  
**Wednesday November 15, 2023**  
**11:45AM-3PM**  
**Anthony's Restaurant**  
**105 Canal St, Malden**

**This Month The Council Chose a traditional  
Thanksgiving Feast**  
**Garden Salad**  
**Roasted Turkey, Mashed Potatoes, Squash**  
**Stuffing, Gravy, Cranberry Sauce,**  
**Rolls, butter and**  
**Pumpkin Pie for Dessert**

**Dancing to RAY CAVICCHIO**  
**Cost: \$ 25.00 PP**

**Ticket Sales October 26 through November 10**



## **The Connolly Center**

### **DANCE PARTY THURSDAYS**

**OCTOBER 5: DJ CHRIS FIORE**  
**OCTOBER 26: DJ TOMMY SHEEHAN**  
**NOVEMBER 2: DJ CHRIS FIORE**  
**NOVEMBER 16: DJ GEORGE**  
**DECEMBER 7: DJ CHRIS FIORE**  
**DECEMBER 21: DJ TOMMY SHEEHAN**

**12:45PM**  
**THE CONNOLLY CENTER**  
**90 CHELSEA STREET**



## **DINNER AND A MOVIE**

**SPAGHETTI AND MEATBALLS**  
**with Garlic Bread**

### **"Jules"**

**A Comedy**  
**with Ben Kingsley & Jane Curtain**

**THURSDAY NOVEMBER 9 AT**  
**DINNER AT 4PM**

**SIGN UP WITH CATHI OR DALE**  
**COST \$ 5.00 PER PERSON**  
**CALL 617.394.2323**



## **CRAFT FAIR**

**Saturday November 18, 2023**  
**10 AM to 2 PM**  
**The Connolly Center**  
**90 Chelsea St, Everett**


**Handmade Jewelry, Christmas decor,**  
**Crochet and knitted items, handmade gifts,**  
**AVON Products, and more**  
**Admission is FREE**



MON	TUE	WED	THU	FRI
<b>9AM</b> Movement with Miguel  <b>10AM</b> Open Hour  <b>11AM</b> Country Western Line Dancing	<b>9AM</b> Zumba with Miguel  <b>10AM</b> Tech Support (CHA)  <b>10AM</b> Senior Belly Dancing with Sue  <b>11AM</b> TAI CHI With Judith  Crochet Club With Cathi	<b>NO PROGRAMMING</b> Food Pantry 9:30AM -11:00AM  <b>Senior Food Pantry 12:30-2:00PM</b>	<b>9AM</b> Chair Yoga with Miguel  <b>10AM</b> Cardio with Christian  <b>11AM</b> Aging Backwards with Jill  <b>12 Noon</b> Latin Based line dancing with Christine	<b>9AM</b> Mindful Stretching/Cardio with Christian  <b>10AM</b> Low impact with Calvin

## LUNCH TIME

**Lunch is served every Day, except Wednesdays**  
**Between 11:30AM-12Noon**  
**Lunches must be ordered a week in advance Please fill out a menu with Joanne**  
**or call 617.394.2323**

 **Monday Bingo @ 12:30**  
**Tuesday Movie @ 12:30**

**Senior Social The Third Wednesday of each Month**  
**Book Club 1st and 3rd Thursday of each month @10AM**  
**Dance Party Rotating DJ's**  
**1st & 3rd Thursday of each month 12:45 Noon- 3PM**

## Recipe Corner



### Basic Marinara Sauce

- (1 ) 35 oz. can of San Marzano Whole Tomatoes
- (1) 35 oz. can of Crushed tomatoes
- 1/2 cup EVO
- 1 Medium Onion ( roughly chopped)
- 3 cloves of garlic ( crushed)
- 1/4 cup of fresh basil (torn)

In a medium stock pot, sautee chopped onion and crushed garlic until translucent. Add whole San Marzano tomatoes ( crushed by hand) into pot. Cook for 15 minutes, then add your can of crushed tomatoes and stir. Let cook a few minutes. You then add equal amounts of water to tomato ratio. Cook for about 30 minutes. Add torn basil cook an additional 20 minutes. Salt, Pepper and a scant of hot pepper flakes to taste. Serve over your favorite pasta.



## FALL WORD SCRAMBLE

Unscramble the words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

ULQIT

LAVEES

BEEESTRMP

SVRTAEH

TECTHUNS

AUMUTN

ATOLFLOB

Q. What do you get when you drop a pumpkin?





## Christmas/ Holiday Party

Friday December 15, 2023  
12 noon to 3pm  
The Connolly Center  
90 Chelsea St  
Everett, MA

**A Chinese Food Dinner and  
Entertainment**

**Joey Voices Singer, Impressionist, and DJ**

**Please reserve your seat with Cathi**

**Cost : \$ 25.00 per Person  
November 16- December 8**



# Winter



## Happy New Year

**Carlo DeMaria**  
Mayor

**RING IN 2024 with The Everett Council on Aging  
Saturday December 30, 2023**

**Anthony's Restaurant, 105 Canal St , Malden  
Arrival time 11:00 AM**

**You will be greeted by The Friendly staff at Anthony's  
in the lounge, where coffee and breakfast pastries  
will be waiting for you**

**At 12 Noon We will ascend to The Blue Room  
Our menu**

**Cheese & Crackers  
Vegetable Tray  
Dinner at 12:30**

**Garden Salad, Cavatelli Pasta  
Roast Beef and Roasted Chicken  
Mashed Potatoes, Mixed Vegetables  
Rolls and Butter**

**Ice Cream Pie for dessert**

**HATS, NOISE MAKERS  
Champagne Toast**

**Cost : \$ 55 Per person  
Dancing to DJ Tommy**

# 2024



**Ticket Sales November 27 through December 27**







**FYI.....**

**Lunch is Served**



Lunch is served at The Connolly Center, Monday, Tuesday and Thursday at 11:45 until 12:15. On Friday lunch is served at 11:00AM

**Transportation available for medical appointments**

Medical Rides are available Monday Through Friday from 9am until 4pm, utilizing SCM, Door to Door transportation. To make a reservation you must dial 617.625.1191 from 9am until 1pm Monday through Friday. Please give at least a two day advance notice

**SHINE COUNSELING**

SHINE Counseling available by call  
Mystic Valley Elder Services at 781 324.7705



The SHINE counselor will answer your questions regarding insurance and supplemental insurance

**FREE HEARING TESTS**

Mary Marino from May's affordable Hearing Aids is available by appointment only. Please call 781.249.5330



**Senior Shopping Shuttle**

The Everett Council on Aging is pleased to offer "Senior Shopping Shuttle" The shuttle is available Tuesdays and Thursdays the 1st and 3rd week of each month to Stop & Shop in Malden. Transportation to Market Basket in Chelsea is available the 3rd Thursday of each month. To reserve your ride please call 617.625.1191



# NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Tuna Salad Sandwich, Fresh Fruit and Snack	2 Eggplant Parmigian over pasta, fresh fruit & snack	3 Garden Salad, topped with slices of ham, turkey and Swiss cheese, fresh fruit & snack	4
5	6 Roast Beef and Cheese on a roll. Fresh Fruit and snack	7 Sausage Pepper and Onion with a roll on the side, fresh fruit and snack	8 Baked Macaroni and cheese, fresh fruit & snack	9 Lo Salt Ham and cheese sandwich on a roll, fresh fruit and snack	10 Chicken Broccoli and ziti, fresh fruit and snack	11
12	13 Turkey and cheese on a roll, fresh fruit and snack	14 Pasta and Meatballs, Fresh fruit & snack	15 Chicken Cesar Salad, fresh fruit and snack	16 Meatloaf and mashed potatoes and gravy, fresh fruit and a snack	17 Ham, egg and cheese on an English muffin, fresh fruit and snack	18
19	20 Seafood Salad on a roll, fresh fruit and snack	21 Chicken vegetable stir fry over rice, fresh fruit and snack	22 Antipasto Salad, fresh fruit and snack	23 HOLIDAY	24 HOLIDAY	25
26	27 Chicken Salad on a roll, fresh fruit and snack	28 Stuffed Shells with tomato sauce, fresh fruit and snack	29 Italian Cold cut sandwich on a roll, fresh fruit and snack	30 Pepper stuffed with rice and ground beef, topped with tomato sauce, fruit and snack		