



# CITY OF EVERETT

Golden Times Newsletter

Golden Times

March  
2024

## A Message from Mayor Carlo DeMaria

The month of March is the month Spring begins. It is filled with new life, new promises, and new hope. As we celebrate the season, let's recognize some important dates:

**March 8** is International Women's Day

**March 10** Ramadan Begins

**March 17** is St. Patrick's Day

**March 31** is Easter Sunday

These are important dates for so many of us. I would like to wish you a Blessed Holiday and cheers to new beginnings "**spring**".



## Mayor DeMaria

### Members of the Council On Aging

#### Honorary Chair:

Mayor Carlo DeMaria

#### Chair:

Carol Dello Russo

#### Vice Chair:

Marie Dillon

#### Secretary:

Rachel DiSchino

#### Members:

Patty Connors

Chickie Navarra

Carol Garrett

Sharon White

Charles DiPerri

Clarellyn Nee

### Staff

#### Dale Palma

Director of Elder Services

#### Catarina Patterson

Clerk

#### Jack Darrigo

#### Joanne Lamonica

#### Cathi Connors

Staff Assistants

## ST PATRICK'S DAY PARTY



Friday March 15, 2024  
The Connolly Center  
90 Chelsea St at 12 noon

A boxed lunch : Corned Beef and  
Swiss on a bulky roll, side of Cole slaw, bag of  
potato chips, coffee and dessert  
Dancing to Everett's own:  
DJ TOMMY SHEEHAN  
Ticket Sales February 12th through March 8th.  
Cost \$ 15.00 per person



## Dance Party Thursdays



March 7, 2024  
The Connolly Center  
Free of Charge  
Beginning at 12 Noon  
This Month is  
DJ CHRIS FIORE



## March Senior Social

Wednesday, March 20, 2024  
11:45am

Anthony's Restaurant,  
105 Canal St , Malden

Meal includes: garden salad,  
minestrone soup, chicken  
marsala, baked haddock, rice pilaf,  
seasonal vegetable, coffee and  
dessert

Dancing to Ray Cavicchio

Cost : \$ 30.00 per person

Ticket sales: February 15 through  
March 15



## MARCH MOVIES @ 12:30pm

### March 19 : "Brooklyn"

A movie about an Irish immigrant  
that maneuvers her way through  
1950's Brooklyn

### March 26:

### "The Color Purple" ( 2023)



Torn apart from her sister and her  
children, Celie faces many  
hardships. ( Musical)



Bingo is played every  
Monday at 12:30.

It's free to play, prizes given



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**

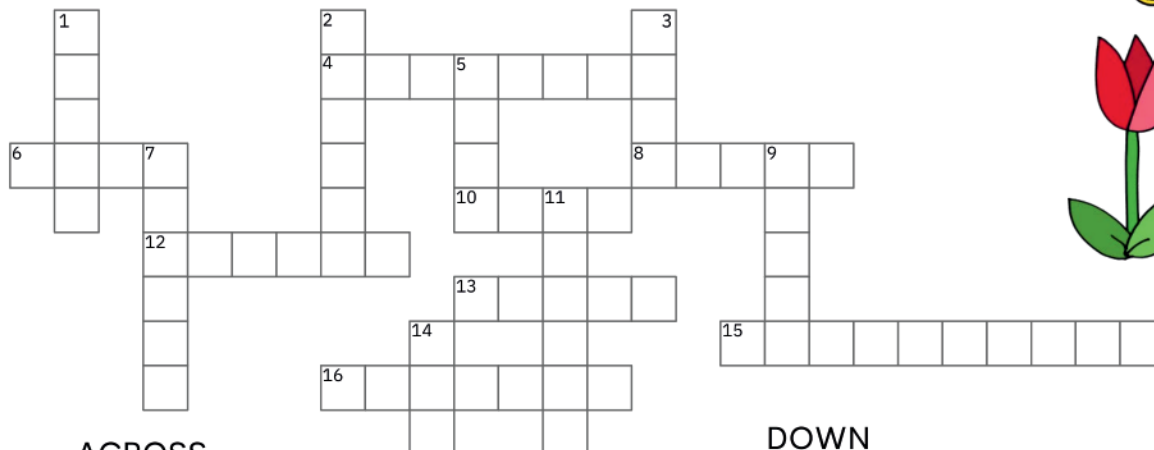


**Senior Social The Third Wednesday of each Month**

**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**

# Spring Crossword



### ACROSS

4. Rain or sun protection.
6. Flying a \_\_\_\_\_ is the perfect windy day activity.
8. What snow does in Spring.
10. Where a bird lays its eggs.
12. A brief period of rain.
13. First month of Spring.
15. A day for playing tricks.
16. Spring, Summer, Fall, Winter.

### DOWN

1. Fourth month of the year.
2. A small accumulation of water.
3. Not cold or hot.
5. Drops of water that fall from clouds.
7. The day kids hunt for eggs.
9. A Spring flower.
11. The season after winter.
14. Mother's Day is celebrated this month

SEASONS  
EASTER  
TULIP  
MAY

KITE  
WARM  
RAIN  
SPRING

MARCH  
PUDDLE  
APRIL FOOLS  
NEST

S HOW ER  
UMBRELLA  
APRIL  
MELTS



# Senior Indoor Olympic Games

Thursday March 14, 2024

From 1pm to 3pm

Ring Toss, Corn Hole, Horse Shoe, Tic Tac Toe

Indoor Golf, Roll the Dice

We need teams for Corn Hole

Please make reservations with Cathi

Trophies and prizes given

Pizza Served



## Dance Party

Thursday March 7, 2024

Bust A Move with

DJ Chris Fiore

12:30 PM to 3PM

The Connolly Center

90 Chelsea Street, Everett



Thursday March 21, 2024

12:30PM

**"Little Women" (2019)**

In celebration of International

Women's Month

Refreshments Served



## Pizza Cheina/Ripiena

Tutorial/Class

Because this class is so popular,  
there will be two sessions. Each  
session is limited to 8 people.

Cost: \$20.00 PP

Wednesday March 20 @ 2pm

Wednesday March 27 @ 2pm

Please make your reservation with Cathi



# March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Pepper and Egg Frittata	2
3	4 Roast Beef and Cheese Sandwich	5 Chicken Vegetable Stir Fry over Rice	6 Antipasto Salad	7 Stuffed pepper with ground beef and cheese	8 Egg and Cheese on a Croissant	9
10	11 Chicken Salad Sandwich	12 Stuffed Shells with tomato sauce EXTRASAUCEON SIDE	13 Chef Salad with slices of ham, Turkey and Swiss and a boiled egg	14 Turkey Dinner with mashed potatoes and squash	15 Tuna Salad Sandwich/ ST.PATTYSPARTY	16
17	18 Sliced Corned Beef and Swiss on a Bulky Roll	19 Chicken Broccoli and Pasta	20 Greek Salad with Feta Cheese and Chicken	21 Pasta and Meatballs EXTRA SAUCE ON SIDE	22 Baked macaroni and Cheese	23
24	25 Italian Cold Cut Sub	26 American Chop Suey	27 Sausage, Pepper and potatoes	28 Shepherd's Pie	29 Seafood Salad on a roll **GOOD FRIDAY	30
31		NAME ----- --	PHONE NUMBER ----- --		All Meals Include: Fresh Fruit, Snack, Condiments or dressings	Please contact Joanne LaMonica 617.544.6028 Or email Joanne.Lamonica@ci.everett.ma.us





**FREE CHECKING ACCOUNTS**  
*No Monthly Fees • No Monthly Balance*

Member FDIC  
Member SIF  
Equal Housing Lender

419 Broadway, Everett, MA

617 - 387 - 1110

[www.everettbank.com](http://www.everettbank.com)

**HEART TO HOME MEALS**  
DELICIOUS MEALS MADE FOR SENIORS™

**MAKING MEALTIMES EASY**

Call us or visit our website today  
to request a free brochure!



**ORDER WHAT YOU WANT,  
WHEN YOU WANT IT**

Certain insurances accepted with case  
manager referral. Consult your case manager  
to find the best meal solution for you.

**508-261-5616**

[www.HeartToHomeMeals.com](http://www.HeartToHomeMeals.com)

**HELLO RV AND CAMPING COMMUNITY!**



792 Mayhew Turnpike Bridgewater NH, 03222

CAMP AT NEWFOUND LAKE IS NOW ACCEPTING SEASONAL AND ALL OTHER  
RESERVATIONS FOR THE 2024 SEASON.

**RESERVE YOUR RV/CAMPING SEASON!**

Check us out at:  
[www.camp-nh.com](http://www.camp-nh.com)



Or call us at:  
**603-744-3344**

**ROCCO**  
& SONS FUNERAL HOMES INC

Joseph A. Carr - J.E. Henderson  
& Murphy O'Hara Funeral Services

Pre-arrangements ~ Cremations ~ Burials

**617-387-4180** [www.roccofuneralhomes.com](http://www.roccofuneralhomes.com)

[fullerrv.com](http://fullerrv.com)

**FULLER RV**  
RENTALS & SALES

[usamotorhomerentals.com](http://usamotorhomerentals.com)

150 Shrewsbury St., Boylston, MA 01505, RTE 140



**1 (800) 338-2578**

Family Owned and Operated Since '84



Adults 55+

**Find Healthcare Peace of  
Mind in Your Home.**

Stay safe & independent



Serving the communities of  
East Boston, Chelsea, Revere,  
Everett, Winthrop, Malden, Melrose,  
Stoneham, Boston's North End

**(617) 568-6377 | [www.neighborhoodpace.org](http://www.neighborhoodpace.org)**

**FREDERICK CAFASSO & SONS, INC.**  
Funeral Home and Cremation Service



Frederick E. Cafasso • Joseph W. Cafasso

Type 3 Funeral Directors and Embalmers

65 Clark Street • Corner of Main Street • Everett, Massachusetts 02149

**617-387-3120**

[www.cafassofuneralhome.com](http://www.cafassofuneralhome.com)

**EXTRA! EXTRA!**

Give your business a little  
**extra** boost with a new ad!



Senior News  
Publications

starting at **\$30** Per month

[www.snpnewsletters.com](http://www.snpnewsletters.com)

**603-601-8047**





# EVERETT BUSINESS OWNERS

**Engage with your community**



**Newsletter Ad space \$30/mo**

**603 601 8047**

**[info@snpnewsletters.com](mailto:info@snpnewsletters.com)**



**Senior News  
Publications**

**[snpnewsletters.com](http://snpnewsletters.com)**



# **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

