



CITY OF
EVERETT
Council On Aging

The Golden Times
September 2024

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From The Desk Of Mayor Carlo DeMaria



September

*By All These , lovely tokens,
September days are here
with Summer's Best of weather,
and Autumns best of cheer
.....Helen Hunt Jackson*



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

Staff

Dale A. Palma

Director of
Elder Services

Jack Darrigo

Assistant & Pantry Coordinator

Catarina Patterson

Admin/ESL Coordinator

Joanne LaMonica

Staff Assistant/lunch

Cathi Connors

Staff/ Trip Coordinator



Celebrate Hispanic Heritage month

Join us for this special celebration Friday September 13, 2024 beginning at 12 noon at The Connolly Center. You will enjoy a beautiful dance performance by Bajacoul Dance with Christian and Miguel. There will also be dance lessons and Dj music for you to enjoy. Light refreshments will be served. Please reserve your seat with Cathi at The Connolly Center.

Halloween Party

BOO!

Join us Thursday October 31,, 2024

11:30 am to 3pm at The Connolly Center for our annual Halloween Party
You will be served Roast Beef & Swiss and Turkey & Cheese Sandwiches,

Garden Salad potato salad dessert and coffee
Dancing to "Smokin' Joe and The Henchmen
Costumes encouraged, prizes given

Cost \$ 15.00 per person

Please see a member of The COA for tickets



Italian Heritage Month Celebration

Saturday October 26, 2024

12:00pm to 3pm

The Connolly Center

You will enjoy an Italian Buffet Dinner
prepared by The Council on Aging Dancing to SeaBreeze

Cost: \$15.00 per person

See Cathi for tickets



Movie

Tuesday October 22. 2024 @ 12:15PM

"The Fabulous Four"

Starring Bette Midler, Susan Serandan, SheryLee
Ralph and Meghan Mullaly . College roomates

travel for a surprise wedding

Refreshments Served



Seniors on The Road



Wednesday November 13, 2024: The Sicilian Tenors

The Everett Council on Aging presents "The Sicilian Tenors" Coming off their highly successful National Broadcast Tour, Our luxurious coach will pick you up at The Connolly Center at 9:00AM to enjoy a delicious luncheon at Luciano's Lake Pearl Restaurant. Here you will enjoy a traditional Thanksgiving Feast before the show. The tenors will sing many of your favorites, including Stardust and LaTriviata. Sign up now. Cost is 109.00 per person.

Thursday , December 5, 2024: The Kenny and Dolly

Today, we travel to the The Danversport Yacht club for a delicious luncheon of your choice, Chicken Parmigian or baked schrod. After lunch sit back and enjoy the Kenny & Dolly "A Smoky Mountain Christmas " starring Wendy T and Dave Karl. Together, they will perform familiar Christmas tunes as well as Kenny and Dolly Duets. The Cost: \$ 109.00 per person

Please call Cathi at 617.394.2323 for additional information



September Senior Social

Join us Friday 20, 2024 September from 11:45am to 3pm at The Connolly Center, 90 Chelsea Street in Everett. The month The Council oh Aging Has chosen a delicious catered meal; Rolls & Butter, Garden Salad, Roast Beef with Mushroom Gravy, Roasted potatoes, squash, apple pie with ice cream, coffee and Tea. You will dance to one of our favorite DJ's Chris Fiore. The cost is \$ 30.00 per person. Please see a member of The Council on Aging for details, or call Cathi at 617.394.2323

Thursday Dance Party

The Connolly Center. Thursday September 26, 2024 from 12:30 to 3 pm. This event is free of charge, subsidized by The Everett Foundation for Aged Persons. Featured DJ George Athos

BOOK CLUB NEWS



Our Book Club meets the second Thursday of each month , in The Conference room of The Connolly Center, 90 Chelsea St in Everett.

On the fourth Thursday of each month, we meet for Our Mystery Series Book club. Join us in conversation.



EVERETT ARTS ASSOCIATION NEWS

Beginning in September the Everett Arts association will resume their fall session at the Connolly Center Tuesdays at 11:30am. for additional information please call Ann at 617.387.7797

ARTS & CRAFTS FAIR

SATURDAY OCTOBER 5, 2024
WE ARE LOOKING FOR VENDORS
THE CONNOLLY CENTER
CALL CATHI 617.394.2323



Monday

9:00am
Movement with Miguel

11:00AM
Country Western Line
Dancing
with Julie

11:30AM
lunch

12:30 PM
BINGO

BINGO!

8AM-4PM

Tuesday

9:00 AM
ZUMBA
with Miguel 

10 :00 AM
Tech Support

Belly Dancing with
SUE

11:00 AM
Tai Chi with Judith

Crochet Club
With Cathi 

11:30AM
Lunch

8AM TO 5PM

Wednesday

FOOD
Pantry 

No
Programming

1:30pm
PROGRAMMING
PORTUGUESE IANGUAGE

Bom dia

Thursday

9:00AM
Chair Yoga with Miguel 

10AM
Cardio with
jackie

11:00AM
Aging Backwards
with Jill

11:30AM
Lunch 

12:00PM
Latin based line
dancing

8AM TO 5PM

Friday

9AM
Mindful Stretching With
TBA

10:15 AM
Cardio
With Calvin

11:00AM
Lunch 

8AM TO 12 NOON

Senior Social

The Senior Social takes place the 3rd Friday of each month at The Connolly Center



LUNCH NEWS

Beginning August 5, The Connolly Center will be utilizing Mystic Valley Elder Services congregate lunch program



Medical rides and shopping shuttle available to Older Adults

Mayor Carlo DeMaria and The Council on Aging are please to be able to offer rides to and from medical appointments and shopping shuttles with SCM , “Door to Door” transportation. To make a reservation please call 617.625.1191. Please give at least a two day notice, before booking a ride



Shine Counseling available

Medicare, Medicaid, The Medi- Gap...Having trouble making a decision choosing your best option for health insurance ? There is help for you!! The City of Everett and Mystic Valley Elder Services have partnered to provide assistance with a trained Shine Councilor. Please call MVES at 781.324.7705 to make an appointment.



Food INSECURITIES

if you are an adult 60 years or older and in need of food, please join us every Wednesday from 12:30PM to 1:30PM at The Connolly Center, 90 Chelsea St, Everett (masks required)



Hearing Loss

Suffering Form Hearing loss and want to get checked? Call Mary Marino from Mary’s Affordable Hearing to make an appointment. Mary will come to your home or meet you at The Connolly Center. 781.249.5330



CROCET CLUB Meets every Tuesday at The Connolly Center at 11:00AM. Cathi (Our instructor) will guide you to improve your skills and technique