



CITY OF
EVERETT
COUNCIL ON AGING

**The Golden Times
Council on Aging**

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Assistant/Pantry

Coordinator

Catarina Patterson

Admin/ESL Coordinator

Joanne Lamonica

Staff Assistant

Cathi Connors

Staff Assistant

From The Desk of Mayor Carlo DeMaria

August 2024

August

“August Days are hot and still
Not a breath on house or hill
Not a breath on height or plain,
Weary travelers cry for rain;
But children quickly find
A shady place quite to their mind;
And there all quietly they stay,
Until the dun has gone away-----
August is too hot for play!

** Annette Wynne

**The Connolly Center is a safe space for our older adults.
If feel threatened or unsafe, please alert our staff**



Events and Activities



Thursday September 5: Movie Special at 2pm, “Cabrini”

Starring Roma Maggiora, John Lithgow And Giancarlo Giannini. A story about a determined woman, an Italian nun with a mission to aid children in need. Mother Cabrini became the first American Saint

Thursday September 12 At 1 PM: CORN HOLE

Form a team and sign up with Cathi. Prizes will be awarded



Tuesday September 17; RESIN POUR CLASS @ 12:30pm

If you have joined us for our acrylic pour , you will definitely enjoy this variation of an art pour class, using clear resin and resin molds. Class is limited to 20 people' Please sign up with Cathi beginning August 26

Friday September 20, 2024 The Senior Social, 11:45am to 3pm

The Connolly Center. The COA has chosen a delicious meal for you to enjoy: Antipasto Salad, Rolls and Butter, Roast Beef with Mushroom Gravy, Roasted Potatoes, Squash, Apple Pie , coffee and Tea. You will enjoy dancing to DJ Chris Fiore. There will be door prizes and raffles too. Cost: \$ 30.00 per person** See Cathi or a member of The Council on Aging

Thursday September 26: Dance Party Thursdays are back;

DJ Tommy Sheehan will be entertaining us on this day, 12:30-3:00PM
Free of Charge For more information please call Cathi at 617 .394.2323



September is Hispanic Heritage Month

Stay tuned for annual event

Date TBA



Seniors on The Road



Tuesday September 10, 2024

The Fabulous Edwards Twins all the way from Las Vegas at Luciano's Lake pearl restaurant in Wrentham MA

Our Deluxe Motor coach departs The Connolly Center at 10:15AM heading to our destination Luciano's for a delicious lunch, Garden Salad, Chicken Marsala, pasta, seasonal vegetables, dessert and coffee. After lunch sit back and enjoy the show. The legendary Edwards twins impersonate celebrities', like Cher, Elton John, Lady Gaga, Neil Diamond and More,

The Cost: \$ 115.00 per person

Tuesday October 18, 2024

Today, we travel to the beautiful Lake Winnepesaukee for a scenic train ride on "The Turkey Train". We depart The Connolly Center at 9:15AM in our luxury motor coach to enjoy the beautiful foliage that only New England can offer. When we arrive, we will board the COG Railroad, for a scenic tour of Lake Winnepesaukee, while enjoying a hand carved Hart's Turkey Farm Luncheon. The Cost: \$ 115.00 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 on 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

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.



CITY FRESH CONGREGATE MENU

A confidential, voluntary donation of \$2 per meal is suggested.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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5	6	7	8	9	
12	13	14	15	16	
19	20	21	22	23	
26	27	28	29	30	

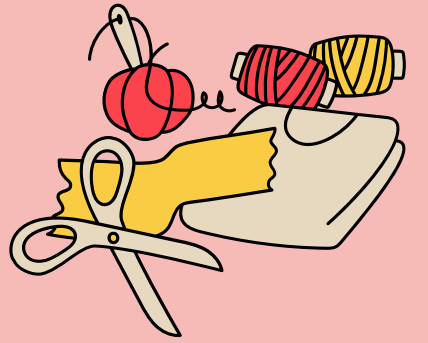


EVERETT ARTS ASSOCIATION NEWS

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





MVES FEED THE NEED HARVEST PARTY

Family style dinner and The Hot Spot Cabaret Show!*

Wednesday, October 23, 2024
Irish American Club
177 West Street, Malden, MA 02148
6:00-9:00P.M.

\$75 per person

You will support Meals on Wheels and food assistance for older adults and people with disabilities.

The event will feature a 50/50 drawing, raffle baskets and a door prize.



THANK YOU FOR YOUR SUPPORT FOR YOUR NEIGHBORS IN NEED!



SCAN FOR TICKETS AND DONATIONS



Special thank you to Presenting Sponsor



*The Hot Spot Cabaret is a musical comedy revue featuring lively songs by 5 seasoned performers and a pianist. Family style dinner by Henry's Catering. Please email dietary restrictions to development@mves.org.




MVES FEED THE NEED HARVEST PARTY

I would like to purchase ___ ticket(s) at \$75 each.
Tables for 8 are \$600 each (\$75.00 per ticket)

Although we cannot attend this event, we would like to make a one-time gift of \$ _____ to support Mystic Valley Elder Services Meals on Wheels.

NAME: _____

ADDRESS: _____

EMAIL: _____

PHONE NUMBER: _____

Make your check payable to Mystic Valley Elder Services and send this form and your payment to:

Mystic Valley Elder Services
Development Department
300 Commercial St., Suite 19
Malden, MA 02148

If you have any questions, please call MVES Development Office at 781-388-4802 or email development@mves.org

Thank you for your support for older adults!



300 Commercial St., Suite 19
Malden, MA 02148 mves.org

MVES is a non-profit agency that provides essential home and community-based care and resources to more than 20,000 older adults, people with disabilities, and caregivers annually who reside in Chelsea, Everett, Malden, Medford, Melrose, North Reading, Reading, Revere, Stoneham, Wakefield and Winthrop. Your generosity will help provide over 2,800 of your neighbors with nutritious home delivered meals and a daily safety-check from their delivery person.

MVES services include coordination of home care support, transportation, Meals on Wheels, options counseling, information and referrals and much more. Learn about our programs at www.mves.org or call (781) 324-7705.