



# EVERETT

**Golden Times Newsletter** 



# February



## FROM THE DESK OF MAYOR CARLO DEMARIA

"In all the world, there is no heart for me like yours. In all the world, there is no love for you like mine."

## -- MAYA ANGELOU

Please remember that if the Everett Public schools are closed due to inclement weather, The Connolly Center will be closed for all activity



# Mayor DeMaria

## COUNCIL ON AGING

## **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 Palma**

**Director of Elder Services** 

### **Jack Darrigo**

Assistant/Pantry Coordinator

### Catarina Patterson

Admin/Coordinator

#### Joanne Lamonica

Staff Assistant

#### **Cathi Connors**

Staff Assistant



# Carlo DeMaria

# **FEBRUARY** MOVIE SCHEDULE

IN CELEBRATION OF

#### BLACK HISTORY MONTH

**Every Tuesday!** 

February 6 - The Simone Biles Story: Courage to Soar

> February 13 - Remember Me: The Mahalia Jackson Story

February 20 - King Richard

February 27 - Queen of Katwe

All movies begin at 12:30 p.m. Refreshments will be served

**Connolly Center** 90 Chelsea St. Everett, MA 02149



SERVICE AT THE CONNOLLY CENTER 90 CHELSEA STREET EVERETT

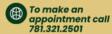
Did you make under \$ 64,000 in 2023 ? If so, let ABCD prepare your taxes for Free ABCD will meet at The Connolly Center, Thursdays from 9am to 3PM by appointment ONLY. Please call 781.321.2501.

- Special tax credits
- Child Tax Credit
- Senior Circuit Breaker
- Federal Affordable Care ACT

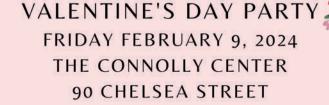
Please bring your Finanacial statements Bring your ID



For Additional Information please call 617.394.2323 Directly







12PM TO 3:30 PM

JOIN US FOR A DELEICIOUS BUFFET DINNER

GARDEN SALAD, STUFFED SHELLS, SAUSAGE & PEPPERS, EGGPLANT PARMIGIAN, BAKED HADDOCK, CHICKEN MARSALA, RICE PILAF ROLLS & BUTTER AND DESSERT























# THE CONNOLLY CENTER SCHEDULE

90 CHELSEA STREET, EVERETT, MA

**Mayor DeMaria** 



9AM
Chair Yoga
with Miguel

10AM
Cardio
with Christian

11AM
Aging Backwards
with Jill

12 Noon
Latin Based line
dancing with
Christine

PRI

9AM
Mindful
Stretching/Car
dio with
Christian

10AM
Low impact
with Calvin



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

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

Sweets for your sweetheart on Valentine's Day Easy to make Chocolate Truffles



## Ingredients

1/4 cup of sugar
3 drops of red food coloring
2/3 cup of heavy cream
6 oz. of dark chocolate bits
9 oz. plain biscuits such as
Maria Cookies or Vanilla Wafers



In a separate bowl combine sugar with food coloring,
mix until blended set aside
Crush Biscuits to a fine powder
In a sauce pan bring the heavy cream to a boil
Jon low heat stir occasionally
add chocolate bits until melted

Blend liquid into dry ingredients, mix well. Let cool for a few minutes

Take mixture and roll into balls (small) then roll each into the sugar mixture.

Put on a plate and refrigerate at least two hours before serving



# The Connolly Center 90 Chelsea St, Everett 10 AM- 1PM

**Participating Agencies** 

Cambridge Health Alliance
Neighborhood Health
Eagle Bank
Everett Fire Department
Everett/Saugus Elks
Massage by Miguel
Hearing tests
Skin Care Analysis
Mystic Valley Elder Services
Blue Cross/Blue Shield

Spano & Dawicki Law Office

And more

# Get Free Screenings & Information

Cholesterol
Blood pressure
Diabetes
Women's health
Behavioral health
Weight loss

For More information
Please call
617.394.2270
to be connected to
The Connolly Center

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SUN	MON	TUE	WED	THU	FRI	SAT
28	ALL LUNCHES INCLUDE A SNACK AND A FRUIT	LUCHES SERVED BETWEEN 11-11:30AM	31	EGGPLANT PARMIGIANA OVER ZITI	HAM EGG AND CHEESE ON A TOASTED BAGEL	3
4	EGG SALAD WITH LETTUCE ON A BULKIE ROLL	SAUSAGE PEPPERS ONION AND POTATOES ROLL ON THE SIDE	7 GRILLED CHICKEN CAESAR SALAD	8 CHICKEN MARSALA OVER ZITI	9 ANTIPASTO SALAD/ VALENTINES DAY PARTY @12:30	10
11	LOW SALT HAM AND CHEESE ON BULKIE ROLL	13 STUFFED SHELLS	BAKED MACARONI AND CHEESE	STUFFED PEPPER WITH HAMBURGER AND RICE TOMATO SAUCE ON TOP	TUNA SALAD SANDWICH	17
18	PRESIDENTS DAY / CLOSED	AMERICAN CHOP SUEY	21 ITALIAN COLD CUT SANDWICH	22 CHICKEN BROCCOLI AND ZITI	VEGETABLE FRITTATA	24
25	TURKEY AND CHEESE WRAP	27 CHICKEN TERIYAKI STIRFRY OVER RICE	28 SEAFOOD SALAD SANDWICH	PASTA WITH MEATBALLS	1	2
3	4 NAME		for cancellations ca Joanne.LaMonica®	ıll Joanne @617-544-6 oi.everett.ma.us	028 or email at	



# **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 COUNCELING

SHINE Counseling available by call
Mystic Valley Elder Services at 781 324.7705
The SHINE counselor will answer your questions regarding insurance and supplimental 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

