



CITY OF EVERETT

Golden Times Newsletter

GOLDEN TIMES

February
2024

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

Clarelyn 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

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

**BLACK
HISTORY
MONTH**

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



FREE TAX PREP

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
Financial statements
Bring your ID

For Additional Information please call
617.394.2323 Directly

To make an
appointment call
781.321.2501



VALENTINE'S DAY PARTY

FRIDAY FEBRUARY 9, 2024

THE CONNOLLY CENTER

90 CHELSEA STREET

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



DANCING TO JOEY NOONE & RAFFLE PRIZES
TICKET SALES JANUARY 18- FEBRUARY 8
COST \$ 30.00 PP



MON	TUE	WED	THU	FRI
9AM Movement with Miguel	9AM Zumba with Miguel	NO PROGRAMMING Food Pantry 9:30AM -11:00AM	9AM Chair Yoga with Miguel	9AM Mindful Stretching/Cardio with Christian
10AM Open Hour	10AM Senior Belly Dancing with Sue	Senior Food Pantry 12:30-2:00PM	10AM Cardio with Christian	10AM Low impact with Calvin
11AM Country Western Line Dancing	11AM TAI CHI With Judith Crochet Club With Cathi		11AM Aging Backwards with Jill	

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

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
On 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

HEALTH FAIR



Annual Health Fair For Older Adults

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

2024

FEBRUARY

SUN MON TUE WED THU FRI SAT

28	29 ALL LUNCHES INCLUDE A SNACK AND A FRUIT	30 LUNCHES SERVED BETWEEN 11-11:30AM	31	1 EGGPLANT PARMIGIANA OVER ZITI	2 HAM EGG AND CHEESE ON A TOASTED BAGEL	3
4	5 EGG SALAD WITH LETTUCE ON A BULKIE ROLL	6 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	12 LOW SALT HAM AND CHEESE ON BULKIE ROLL	13 STUFFED SHELLS	14 BAKED MACARONI AND CHEESE	15 STUFFED PEPPER WITH HAMBURGER AND RICE TOMATO SAUCE ON TOP	16 TUNA SALAD SANDWICH	17
18	19 PRESIDENTS DAY / CLOSED	20 AMERICAN CHOP SUEY	21 ITALIAN COLD CUT SANDWICH	22 CHICKEN BROCCOLI AND ZITI	23 VEGETABLE FRITTATA	24
25	26 TURKEY AND CHEESE WRAP	27 CHICKEN TERIYAKI STIRFRY OVER RICE	28 SEAFOOD SALAD SANDWICH	29 PASTA WITH MEATBALLS	1	2

3
NAME

for cancellations call Joanne @617-544-6028 or email at
Joanne.LaMonica@ci.everett.ma.us



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

