



BLACK HISTORY



Carlo DeMaria

Mayor



The Golden Times

February 2025

Honorary Chair
Mayor
Carlo DeMaria

From the Desk of Mayor Carlo DeMaria:

Despite the frigid temperatures, there is plenty to celebrate in February. During this month, we will be celebrating Black History Month and recognizing the significant contributions Black Americans have made to our country throughout history. We will also be celebrating love, friendship, and kindness for Valentine's Day, and I hope you can join us for our Sweetheart Party Senior Social event. Our staff has a great event planned and it promises to be a wonderful time for all. Finally, we will be celebrating and honoring the first president of the United States, George Washington, in recognition of the Washingtons' Birthday holiday.

Chair

Carol

Dello Russo

Vice Chair

Marie Dillon

Secretary

Sharon White

Members

Chickie Navarra

Carol Garrett

Charles DiPerri

Patty Connors

Clarellyn Nee

Staff:

Dale A. Palma

Director

Catarina Patterson

Clerk/ESL

Jack Darrigo

Staff Assistant

Cathi Connors

Staff Assistant

Joanne LaMonica

Staff Assistant

Matt Napolitano

Staff Assistant

Friendly Reminder:

If the Everett Public Schools are closed due to inclement weather, then the Connolly Center is also closed for activity.

February Senior Social/A Sweetheart party

Wednesday, February 19, 2025

The Connolly Center (90 Chelsea Street)



This Month, the Council on Aging has chosen escarole soup, pasta, roasted chicken, baked potato with sour cream, green Beans, rolls with butter, dessert, and coffee.

Cost: \$30.00 per person

Music by: Ray Cavicchio

Ticket Sales : Beginning January 21 through February 10

See Cathi



Dinner and A Movie

Join us Wednesday, February 26, 2025 for Dinner and A Movie at 3:00 p.m. The Council on Aging is preparing a spaghetti and meatball dinner with garden salad , garlic bread and dessert. Following this delicious dinner, sit back and enjoy the classic, eternal love story. “Casablanca” with Humphrey Bogart and Ingrid Bergman. Cost: \$3.00 per person. **Sign up with Cathi beginning February 10, 2025.**

Black History Month Theater



In honor of Black History Month, there will be a special movie presentation

Thursday February 6, 2025



“The Great Debaters” with Denzel Washington

A drama based on the true story of Melvin B. Tolson, a professor at Wiley College in Texas, 1935. Melvin inspired students to form a debate team that went on to challenge Harvard University to the national championship.

Refreshments will be served.

2025 COUNCIL ON AGING Weekly Programs



Edward G. Connolly Center
90 Chelsea Street
Everett, MA

Lunch Served



Monday through Thursday: 11:30 AM
Friday: 11:00AM

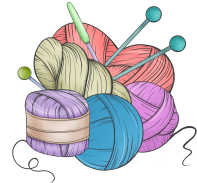
Monday

- 9:00 AM: **Low Impact Aerobics** *With Calvin*
- 11:00 AM: **Country line Dancing** *With Julie*
- 12:30 PM: **Bingo**



Tuesday

- 9:00 AM: **Zumba** *With Miguel*
- 10:00 AM: **Tech Support**
- 10:00 AM: **Belly Dance** *With Sue*
- 11:00 AM: **Crochet Club**
- 11:00 AM: **Tai Chi** *With Judith*



Wednesday

- 9:00 AM: **Cardio** *With Irene*
- 10:00 AM: **Cambridge Health Alliance Clinic**
- 1:30 PM: **Portuguese programming**



Thursday

- 9:00 AM: **Yoga** *With Miguel*
- 11:00 AM: **Aging Backwards** *With Jill*
- 12:00 PM: **Latin Line Dance** *With Christine*



Friday

- 9:00 AM: **Cardio** *With Miguel*
- 10:00 AM: **Mindful Stretching** *With Jackie*



Seniors on The Road 2025

Please join us for some upcoming exciting trips for you to enjoy in 2025

“Supreme Reflections”

Thursday April 24, 2025 at The Danvers port Yacht Club

The quintessential girl group of the 1960's , The Supremes emerged as Motown's leading female artists. Welcome our stage productions “Supreme Reflections” a tribute to

THE SUPREMES

Trip includes R/T transportation, a plated lunch and a show ticket. For lunch you have a choice of baked stuffed schrod or stuffed chicken breast. Cost: 115.00 pp

NIAGARA FALLS June 10 to June 13, 2025

4 nights/3 days. Tour includes R/T transportation, some meals and tours. PASSPORT REQUIRED! See Cathi for Details

Lobstah’s & Laughs

If you like the Smothers Brothers you will really love this show, Monday July 14, 2025

You will enjoy a traditional Lobster Bake at Foster’s in York Maine, followed by “The Bobby Darling Show”

Christmas with Tony Bennett & Barbra Streisand

Thursday December 4, 2025

The Castleton in Windham NH. You will enjoy a delicious luncheon of Apple Stuffed Chicken or Vegetable Lasagna. After this fine meal, sit back and enjoy this tribute to the holiday's with “Tony and Barbra

Christmas in New York December 8th & 9th

Tour includes R/T transportation Lodging in Times Square, Breakfast, a tour, The Rockettes Christmas Spectacular show.. See Cathi for details

More excursions to follow



MY LIFE MY HEALTH

Join Mystic Valley Elder Services for this
on line course;



Chronic Disease Self-Management

This FREE workshop series is for anyone living with ongoing medical condition, such as , arthritis, asthma, chronic backpain, heart disease and more.

The course is on Mondays beginning February 24 with an end date of March 31 from 10am to 12pm to register please call Donna Covelle at 781.388.4867 or email her at dcovelle@mves.org

FREE TAX PREP AT THE CONNOLLY CENTER



90 Chelsea Street, Everett, MA 02149
ABCD/Mystic Valley

Thursdays at the Connolly Center
Beginning January 27, 2025

To Make an appointment please call
781-321-2501



ESTATE PLANNING

Do you have a living will?

Do you have a trust?

Join us Wednesday February 12, 2025 at 12:30 pm in welcoming Stephen Spano, Esq from the Law Offices of Spano & Dawicki. Stephen is an Elder Law Attorney and will give you insight and warn you against the dos and don'ts of Estate Planning





Lunch is Served at The Connolly Center

Monday through Thursday 11:30am-12:00PM

Friday at 11:00AM... Please see Jess or Joanne for the monthly Menu. There is a suggested \$2.00 donation

Transportation available for Older Adults



Transportation to medical appointments and for grocery shopping available for Older Adults with SCM

Transportation. Please book your appointment at least 2 business days in advance by Callin 617.625.1191. There is a

suggested donation of \$ 2.00 each way



SHINE COUNCELING/Insurance

Newly retired, retired but cannot make a decision of how to navigate your insurance, Medicare, Medicaid, the Medi gap?

The Council on Aging is partnered with Mystic Valley Elder Services to offer SHINE counseling. To make an appointment please call 617.324.7791



Feeling crafty... Looking to learn how to crochet?

Join us the first and third Tuesday of each month at The Connolly Center @ 11:30am located at 90 Chelsea St

Whether you are a beginner, or an expert Cathi will guide you.

There is no fee to join



HEARING LOSS?

If you are experiencing hearing loss, Mary Marino from Mary's affordable Hearing Aids is here to help. Mary an expert in this industry for over 25 years offers FREE hearing assesments.

PLease call Mary at 781.249.5330 and book an appoinment today

