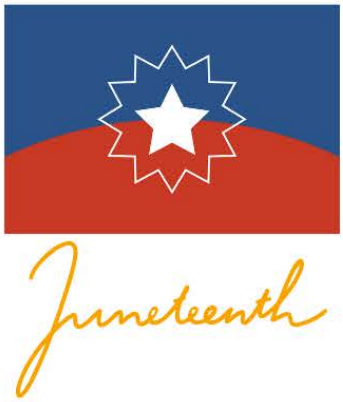
CITY OF EVERETT
COUNCIL ON AGING

Carlo DeMaria
Mayor



June Golden Times

A Message from Mayor Carlo DeMaria

A role model is someone you look up to, and for children, that is often a father or fatherly figure, even if they don't know it. Whether you are a father, grandfather, stepfather, friend, uncle, or godfather, please know that being in a youngsters life means so much and can leave a lasting impact. My father, Carlo, is my role model. His wisdom and guidance throughout my life have played a significant role in making me the man that I am today. For that, I am truly grateful. This Father's Day, let's recognize and thank all of the fathers and father figures out there who work tirelessly to raise our youth. **Happy Father's Day to all!**

June is the month we honor our nation's flag, on Flag Day, June 14. During the month of June, we celebrate Juneteenth, which is also known as "Freedom Day" or "Emancipation Day," in celebration of the official end to slavery in the United States on June 19. June is also Pride Month as we celebrate love, inclusion and equality for all. **Happy Flag Day, Juneteenth and Pride Month!**

Council on Aging Membership

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Mayor Carlo DeMaria
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Carol Dello Russo
Vice Chair
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Dale Palma
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Catarina Patterson
Joanne LaMonica
Cathi Connors
Jack Darrigo
Staff Assistants

Movie Time

Thursday June 6 2024
12:30PM
The Classic Movie
"Aunty Mame"
with Rosalind Russell

Dance Party
Join us at 12:45
Friday June 28
Dancing with
DJ Tommy Sheehan

Please join us Friday June 14 at 2pm
for this special
educational program "Herbs 101"
The Massachusetts
Horticultural Society
You will have the opportunity to
plant your own herbs. Space is
limited to 20 Participants
Please see Cathi

June Senior Social

Friday June 21, 2024 at 11:45am at The Connolly Center
This Month the COA has chosen a delicious meal, Garden Salad, BBQ Steak Tips and BBQ Chicken, Baked Potato , Sour Cream, Rolls and Butter, Dessert and coffee
Dancing to DJ Chris Fiore
Cost: $ 30.00 pp Ticket are available for purchase

Mayor Carlo DeMaria's
Senior Summer BBQ
Thursday July 11, 2024 1pm
The Connolly Center
Tickets available
June 17 through July 8
EVERETT SENIORS ONLY

Summer Concerts at The Connolly Center

July 18: Billy D and The Rockets
July 25: Stomp and Holler
August 1: Back Track
August 8: Seabreeze
Doors open at 6:30pm

SUMMER SAFETY TIPS

SUMMER IS UPON US. OLDER ADULTS ARE AMONG THE MOST VUNERALBLE IN THE EXTREME HEAT. HERE ARE SOME SAFETY TIPS FOR YOU

LIMIT THE AMOUNT OF SUN EXPOSURE. STAY INDOORS IF POSSIBLE.
SLOW DOWN AND TAKE IT EASY. WEAR A HAT OUTDOORS.
KEEP HYDRATED, WATER IS BEST FOR THIS.
IF YOU HAVE AN AIR CONDITIONER OR FAN, **PLEASE TURN IT ON.**

SIGNS OF HEAT EXHAUSTION INCLUDE:
CRAMPS AND MUSCLE SPASMS, EDEMA OR SWELLING IN YOUR FEET AND LEGS,
COOL PALE MOIST SKIN, NAUSEA, DIZZINESS. AND HEADACHES.
IF YOU ARE EXPERIENCING ANY OF THESE SYMPTOMS, PLEASE CALL 911

SENIORS ON THE ROAD

THE EVERETT COUNCIL ON AGING HAVE PLANNED THE FOLLOWING TRIPS FOR 2024

Beauport Cruise & Lobster luncheon
Gloucester Harbor

The Turkey Train.
White Mountains New Hampshire

Little Red Farm House
The Berkshires

Indian Head Christmas Show

See Cathi at The Connolly Center for details