



**Carlo DeMaria**  
*Mayor*

MAY

MEMORIAL  
DAY

# The Golden Times

May 2025

## From the Desk of Mayor Carlo DeMaria:

As we welcome the month of May, I am filled with excitement because it is a time of renewal, with longer days, blooming flowers, and the warmth of spring surrounding us.

This month, we are excited to offer a variety of activities and events designed to engage and support you. From weekly fitness programs to new social gatherings every month, we encourage you take part in these opportunities to stay connected, stay healthy, and have fun. If you'd like to learn more about any of the programs we offer, please don't hesitate to reach out to a member of our Council on Aging team.

As we approach Memorial Day, I want to take a moment to honor the brave men and women who have made the ultimate sacrifice in service to our country. This day is a solemn reminder of the courage and dedication of our military heroes, whose sacrifices have protected the freedoms we hold dear.

As always, my office is here to serve you, and we are happy to assist in any way we can.

Thanks for reading!

*Carlo DeMaria*

The Connolly Center is a safe space for older adults  
to commune with each other.



### Honorary Chair

Mayor  
Carlo DeMaria

### Chair

Carol

Dello Russo

### Vice Chair

Marie Dillon

### Secretary

Sharon White

### Members

Chickie Navarra

Carol Garrett

Charles DiPerri

Patty Connors

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Dale A. Palma

#### Clerk/ESL

Catarina Patterson

#### Staff Assistant

Jack Darrigo

#### Executive

#### Assistant

Cathi Connors

#### Staff Assistant

Joanne LaMonica

#### Staff Assistant

Matt Napolitano



## May Senior Social

Wednesday, May 14, 2025

11:45 AM - 3:00 PM

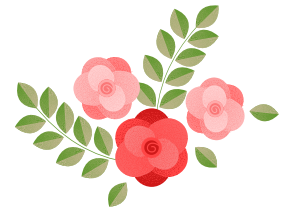
The Council has chosen:

Rolls and butter, garden salad, Pasta e Fagioli,  
roasted beef with whipped potatoes, brown gravy,  
and seasonal vegetables.

Ice cream sundae for dessert.

Dancing to: DJ TOMMY SHEEHAN

Cost: \$30.00 per person.



## Late Lunch and a Movie



Join us on Thursday, May 22, 2025 at 1:00 p.m. for dinner and a movie. The Council on Aging is preparing a delicious meatloaf, mashed potatoes, gravy, and corn for lunch, along with ice cream for dessert. Following this delicious dinner, sit back and watch the film:

### **"CONCLAVE"**

A story about the difficulty of choosing a new pope laced with drama, intrigue, and conspiracies. Cost: \$5.00 per person. Sign up with Cathi.



## Connolly Center Book Club



Join us on the second and fourth Thursday of each month  
at the Connolly Center at 12:00 noon. This program is  
facilitated by Kathleen Slipp from The Parlin Memorial  
Library.

**Traveling Library:** The first and third Thursday of each month  
at 10:00 AM.

## **EVERETT ARTS ASSOCIATION DROP-IN CLASS**



Tuesdays at 12:30 PM

Connolly Center

Bring your favorite medium to work with.  
Our Instructor will guide you.

Cost \$5.00



# 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

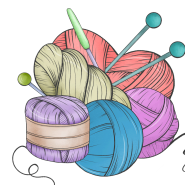
**Monday**

- **9:15 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**
- **10:30 AM: Fitness** *with Jackie*
- **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**

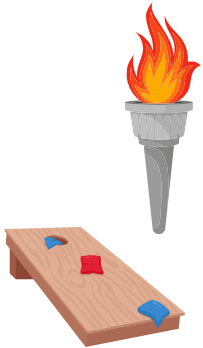
- **9:00 AM: Cardio** *With Miguel*



## Game Day every Thursday at 12:30 PM

Try your hand at ping-pong, cornhole, Buffalo Bingo, Scrabble, Monopoly, cards, Pokeno, and more.

All these games are available for you to enjoy. You may also bring in a game of your own to share with others.



## OLDER ADULT INDOOR OLYMPICS



Thursday, May 8, 2025

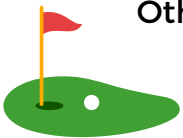
1:00 PM at the Connolly Center  
90 Chelsea Street

Teams are forming for corn hole and horseshoes!

Please register your Teams of 2 or 4.

Other games will be: Golf putt, ring toss, Roll the Dice, and Tik-Tac-Toe.

Prizes Given. Sign up with Cathi no later than May 1, 2025.



### Indoor/Outdoor Yard Sale

Saturday, May 31, 2025

9:00 AM to 2:00 PM

Connolly Center

### Vendors wanted

\$20.00 per table.

See Cathi.

### Transportation for Older Adults

The Council on Aging, in partnership with SCM transportation, is happy to announce a Monday shuttle to the Gateway Mall. We are also offering social visits to neighboring towns. Please call 617-625-1191 to make a reservation.



## Upcoming Excursions

Thursday, April 24, 2025: Supreme Reflections

Monday, July 14, 2025: Lobster's & Laughs

Thursday, August 21, 2025: Tom Jones Tribute

Thursday, August 14 & 15: Saratoga Springs

Please see Cathi for Details



### Memorial Day Services

Monday, May 26 at 10:00AM

Glenwood Cemetery

Rain or Shine.



## Important numbers

Mystic Valley Elder Services: 781-324-7705

SCM Transportation: 617-625-1191

Everett Council on Aging: 617-394-2323

The Connolly Center: 617-394-2260

Everett City Hall: 617-394-2270





## Crochet Club

Join us every Tuesday at 11:00 AM at the Connolly Center. Do you want to learn how to crochet? Do you want to learn new techniques? Join us and Cathi will guide you. It is free to join. Please bring your crochet needles, yarn, and a willingness to learn.

## Thrift Shop/Gift Shop

The Council on Aging is seeking donations for our Thrift/Gift Shop at the Connolly Center. These donations will be for resale to benefit and subsidize programming at the Connolly Center.

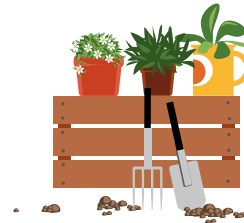
### Items Accepted:

Costume jewelry, knick-knacks, bric-a-brac, gently used household items and kitchenware, tablecloths, greeting cards, books, holiday items, and new and gently used pet items. We will only accept clothing or shoes with tags and in its original packaging. New toys only.

**PLEASE NO MEDICAL EQUIPMENT**

**Please see Joanne or call 617-394-2260**

**Target opening date is June 1, 2025**



## Garden Club News

Our Garden club is underway. We meet every Friday at 10:00 AM at The Connolly Center. Please join us free of charge.



## Mangia, Meatballs, and Murder

**Tuesday, May 27, 2025**

**1:00 PM at the Connolly Center.**

**You be the detective, judge, and jury**

**Meatball Sandwiches Served at 12:45 PM.**

**Please see Cathi for a reservation.**

**Sign-up no later than May 23, 2025**





## **Lunch is Served at the Connolly Center**

Monday through Thursday: 11:30 a.m. - 12:00 p.m. and Friday at 11:00 a.m. Please see Jess or Joanne for the monthly menu. There is a suggested \$2.00 donation if you are able.

## **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 dialing 617-625-1191. There is a suggested donation of \$ 2.00 each way.



## **SHINE Counseling/Insurance**

Are you retired and having difficulty making a decision on how to navigate your insurance, Medicare, Medicaid, and the Medigap?

The Council on Aging has partnered with Mystic Valley Elder Services to offer SHINE counseling. To make an appointment, please call 617-324-7791.



## **Feeling Crafty or Want to Learn How to Crochet?**

Join us the on first and third Tuesday of each month at the Connolly Center at 11:30 a.m. located at 90 Chelsea Street. Whether you are a beginner or an expert, Cathi will guide you. There is no fee to join.



## **Experiencing 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 assessments. Please call Mary at 781-249-5330 and book an appointment today.