



**Carlo DeMaria**  
*Mayor*



# The Golden Times

June 2025

## From the Desk of Mayor Carlo DeMaria:

As we welcome the month of June and the beginning of summer, I want to take a moment to thank you for the lasting contributions you've made – and continue to make – to the City of Everett. Your wisdom, experience, and community spirit are deeply appreciated and continue to guide us as we build a stronger and more connected city.

June brings with it longer days, warmer weather, and more opportunities to gather, socialize, and enjoy the many programs and services we offer for our older adult residents. Whether it's a fitness class, our upcoming barbecue, or a special day trip with friends, I encourage you to take advantage of everything we have planned for you this season.

If there's anything you need, whether it's help with city services, transportation, or simply a friendly face to talk to, please don't hesitate to reach out. We are here for you. I hope you enjoy all that June has to offer, and I look forward to seeing many of you at upcoming community events.

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

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Marie Dillon

**Secretary**  
Sharon White

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Chickie Navarra  
Carol Garrett  
Charles DiPerri  
Patty Connors

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#### Director

Dale A. Palma

#### Clerk/ESL

Catarina Patterson

#### Staff Assistant

Jack Darrigo

#### Executive Assistant

Cathi Connors

#### Staff Assistant

Joanne LaMonica

#### Staff Assistant

Matt Napolitano



# June Senior Social

**Wednesday, June 11, 2025**

11:45 AM - 3:00 PM

The Council has chosen:

Rolls and butter, garden salad, grilled steak  
chicken tips, baked potato with sour cream, and  
seasonal vegetables.

Mini Pastry for dessert.

Dancing to: Ray Cavicchio

Cost: \$30.00 per person.



## **Lunch and a Movie**

Join us on Thursday, June 12 at 11:30 AM for lunch and a movie.

**It's BBQ time!**

**sponsored by Mystic Valley Elder Services.**

Movie following lunch

"Beach Blanket Bingo"

A classic summer movie with

Frankie & Annete.

**YOU MUST MAKE A RESERVATION!**

**PLEASE SEE JOANNE NO LATER THAN JUNE 5.**

## **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.

# ART

## Acrylic Pour Class

Wednesday, June 18, 2025

Following Lunch

1:00 PM at the Connolly Center

90 Chelsea Street

Show Off your inner artist using a pour technique.

Space limited to 16 people.

Sign up with Cathi beginning Wednesday, June 4, 2025.



## Upcoming Excursions

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

Thursday, August 21, 2025: Tom Jones Tribute

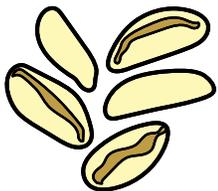
Thursday, August 14 & 15: Saratoga Springs

NYC For Christmas December 2025

Please see Cathi for Details.



## **CAVATELLI/GNOCCHI, LEARN HOW TO MAKE THIS DELICIOUS PASTA BY HAND**



Wednesday, June 25, 2025

1:00 PM

Space is limited to 12 people.

Sign up with Cathi beginning June 10.



## 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

Come in and browse!

Open from 9:00 AM to 2:00 PM.

Monday through Thursday.

Friday: 9:00 AM to 11:30 AM.

We are still seeking donations. 100% of the proceeds will be used to defray the cost of senior activities.

## Summer is fast approaching



### HEAT--- BE PREPARED

Make a plan to stay cool! Air Conditioning is available at public buildings, including the libraries and the Connolly Center.

Protect yourself on hot days by staying hydrated. Rest under the shade of a tree. Be aware of heat exhaustion; muscle cramps, rash, fatigue, dizziness, headache, nausea. If you are

experiencing these symptoms,

**SEEK MEDICAL ATTENTION!**

## Mayor Carlo DeMaria's Senior Summer BBQ

Thursday, June 26, 2025

1:30 - 3:30 PM

The Connolly Center

Tickets Available June 5 -June 19.

Everett Seniors only.



## 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.

## Pizza

### AND TRIVIA

Join the COA for a Pizza Party & Trivia!

Wednesday, June 4, 2025

1:00 PM.

The Connolly Center Space is limited.

Prizes Given.

Sign up with Cathi beginning May 21.

## FLAG DAY JUNE 14

Flag Day represents the day in 1777 that the United States officially adopted our flag. Show your American Pride

On Friday, June 13

at The Connolly Center. Dress to impress!

prizes given for the most patriotic.

## LUNCH

### **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.