



**Carlo DeMaria**  
Mayor



# The Golden Times

## July 2025

### From the Desk of Mayor Carlo DeMaria:

As we welcome the month of July, I want to take a moment to wish you all a joyful and safe Independence Day. This is a time for us to come together to celebrate the freedoms we enjoy and the vibrant community we've built here in Everett. I hope you'll join us at our City's Independence Day Celebration for an evening filled with music, food, and fireworks.

I also want to highlight some of the exciting programs and events happening this month for our older adults. Our Senior Social continues to be a wonderful opportunity to connect with friends, enjoy refreshments, and have some fun together. This month, we're also kicking off our Senior Summer Concert Series, which is a great way to enjoy live music and warm evenings in good company.

Don't forget to mark your calendars for Musical Bingo and the always-popular Ice Cream Social! These events are a great way to stay engaged and enjoy the summer spirit.

For those looking to stay active, our weekly fitness classes and the Cornhole Summer League are in full swing. These programs are not only good for your health, but also a fantastic way to have fun and meet new people.

I encourage everyone to take advantage of all that the City has to offer this summer. Thank you for being such an important part of our community.

A handwritten signature in blue ink that reads '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

Pat Albano

Noreen Feeney

Betty Martinelli

### **Staff:**

#### **Director**

Dale A. Palma

#### **Clerk/ESL**

Catarina Patterson

#### **Staff Assistants**

Jack Darrigo

Cathi Connors

Joanne LaMonica

Matt Napolitano



## July Senior Social



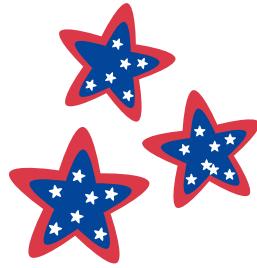
Wednesday, July 9, 2025

11:45 AM to 3:00 PM at the Connolly Center

This month, the Council on Aging will be serving 2 sandwiches per person.



Seafood salad & chicken salad



Garden salad & potato salad

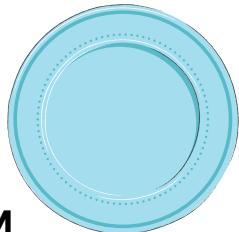
Dancing to DJ Eric

Tickets: \$12.00 per person

See Cathi for more details.



## Lunch and a Movie



Thursday, July 17, 2025

1:00 PM Movie to follow lunch at 1:30 PM

This month, the Council on Aging is preparing chicken parmesan with pasta.

**Movie: "The Miracle Club"**

with Kathy Bates and Maggie Smith

Cost: \$5.00 per person

Sign up with Cathi July 8-14



## 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.



**A gentle reminder:** It is summertime. Please, if you are taking one of our fitness classes, be sure to wear closed-toe Shoes. **NO SANDLES AND NO FLIP FLOPS!**

Also: You may be babysitting a child for the summer. Although we love children, please refrain from bringing them with you. It is for the safety of all.

# 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**



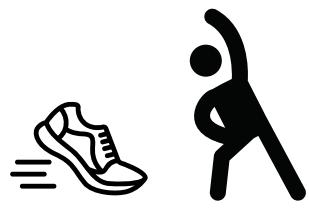
**Thursday**

- **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 THURSDAYS AT 12:30PM



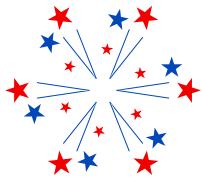
Join us every Thursday for Game Day. Try your hand at Ping Pong, Play Corn Hole, Buffalo Bingo, Scrabble, Yahtzee, Monopoly, Cards, and more. You may also bring your own game to play and share with others. As always, refreshments will be provided.



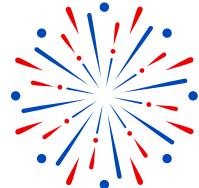
## Crochet Club Every Tuesday at 11AM

Join us at the Connolly Center at 11:00 AM.

You will be guided by our instructor Cathi or enjoy help from others. It is free to join.



★★HAPPY★★  
*Independence*  
★★ DAY ★★



### Ice Cream Social Celebrating Independence Day

Wednesday, July 2, 2025, The Connolly Center at 12 noon

Show your American pride. Prizes given for the best decorated mobile device. Decorate your walker, cane, or wheelchair. If you don't have any of these, decorate a hat, a blouse, or anything of your choosing. Judging begins at 12 noon. Ice Cream and Dancing to follow with DJ Tommy. Sign up with Joanne. FREE EVENT!



## Veterans Affairs Luncheon Wednesday, July 16, 2025 @ 12:00PM

The Edward G. Connolly Center



Join together and learn about services and programs that are available while enjoying a complimentary lunch!

Reservations are a must.

Please call 617.394.2321 or 617.394.2320

## PLEASE VISIT OUR GIFT SHOP



Monday Through Thursday 9:00AM TO 1:00PM

The Connolly Center.

Proceeds benefit senior programming





# Musical Bingo

Prizes/Food/Fun



**Wednesday, July 23, 2025 at 12:00 PM**

**The Connolly Center, 90 Chelsea St in Everett**

**It is FREE to play**

**Please sign up with Cathi or call 617.394.2323**

## **CORN HOLE SUMMER LEAGUE**

**Join us Tuesdays Beginning July 1, 2025**

**Beginning at 1:00PM at**

**The Connolly Center**



**Teams of two are required. If you don't have a partner,  
we will try to match one with you.**

**Prizes will be awarded at our Corn Hole Luncheon,**

**September 4, 2025, at 1:00PM**

**Please sign up with Cathi**

# **Free**

## **Senior Summer Concerts**

**7:00 PM to 9:00 PM**

**The Connolly Center, 90 Chelsea Street**

Thursday July 24: Billy D and The Rock-its

Thursday July 21: Sea-Breeze with Steve Savio

Thursday August 7: Westwood Swing Orchestra

Thursday August 14: Back Track

All concerts are free and open to the public, sponsored in part by The Everett Foundation for Aged Persons



**COUPON**

**GIFT SHOP SALE**

**July 1 - July 31**

**10% off your purchase of \$ 10.00 or more  
please present coupon at time of sale**

# LUNCH TIME

Lunch is served at The Connolly Center Monday through Thursday, from 11:30 AM to 12:00PM.

Fridays at 11AM

Please see Joanne or Jess for more information. There is a suggested donation of \$ 2.00 per person.



## TRANSPORTATION

Do you need transportation to a medical appointment or grocery Shopping? The City of Everett Council on Aging has partnered with SCM to provide this service to you. To make a reservation, please call 617.625.1191. There is a suggested donation of \$ 2.00 each way

**SCM Is now offering social visit transportation on a first-come, first-served basis. If you have someone you would like to visit in a surrounding city, please call 617.625.1191 to arrange round-trip transportation.**

## SHINE COUNSELING/INSURANCE

Are you retired and having difficulty making a decision on how to navigate your insurance, Medicare, and Medicade? Don't worry, we are here to help. The Council on Aging has partnered with Mystic Valley Elder Services to offer FREE Shine Counseling. To make an appointment, please call 781.324.7791.