



**CITY OF
EVERETT
COUNCIL ON AGING**



Carlo DeMaria
Mayor



The Golden Times

AUGUST 2025



Honorary Chair
Mayor
Carlo DeMaria

From the Desk of Mayor Carlo DeMaria:

I hope this message finds you enjoying the beautiful days of summer! As we enter August, I want to take a moment to recognize the incredible spirit you bring to our community. Your participation in our programs, events and gatherings continues to make Everett a vibrant and welcoming city.

This month, we have many exciting opportunities for you to stay active and connected. Our Senior Summer Concert series continues to bring great music and community fun to the Connolly Center, and I encourage you to join us for these joyful evenings.

I also want to remind you that our regular fitness classes, cornhole league and weekly social programs are here to support your wellness and provide meaningful ways to stay engaged. Your health, happiness and sense of belonging are always top priorities for me and my administration.

Thank you for your continued contributions to Everett. I look forward to seeing you at an event soon!

Carlo DeMaria

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

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



Lunch and a Movie

Thursday, August 21, 2025

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

This month, the Council on Aging is preparing Italian cold cut subs with all the fixings, a garden salad and a cannoli for dessert!

Movie: "Nona's"

with Brenda Vaccaro, Susan Sarandon and Vince Vaughn.

Cost: \$5.00 per person.

Sign up with Cathi from July 8-14.



Is it your Birthday? Let's Celebrate!



Celebrate your birthday the last Tuesday of each month at 12:30 PM at the Connolly Center beginning Tuesday, September 20, 2025.

There will be a light lunch, birthday cake and ice cream served. Sign up with Joanne the first week of each month.



Connolly Center Book Club



Join us on the second and fourth Thursday of each month at the Connolly Center at 12:00 PM. 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: Dancing** *with Luis*
- **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*
- **GAME DAY FROM 11AM -- ON**



Friday

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





GAME DAY THURSDAYS



Join us every Thursday at 12:30 PM for Game Day. Play Ping Pong, 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

Join us at the Connolly Center every Tuesday at 11:00 AM. You will be guided by our instructor or enjoy help from others. It is free to join.

August Senior Social



Wednesday, August 13, 2025

11:45AM to 3:00 PM

Connolly Center

Antipasto platter, pizza, Garden salad, Dessert and coffee.

Dance to Ray Cavicchio!

Cost: \$15.00 per person.

See Cathi to register.



Veterans Affairs Luncheon

Wednesday, August 20, 2025 @ 12:00PM

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: 9:00 AM TO 1:00 PM.

Connolly Center

Proceeds benefit senior programming.



Free

Senior Summer Concerts

7:00 PM to 9:00 PM

Connolly Center, 90 Chelsea Street

Thursday August 7: Westwood Swing Orchestra

Thursday August 14: Back Track Band

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



Celebrate Boston's Biggest Italian Festival, Sunday August 31, 2025
St. Anthony's Feast

School bus transportation will depart the Connolly Center at 11 AM.

The bus will drop you in proximity of the feast at the corner of Causeway and Endicott Streets just in time for the 12 PM parade and the procession of the statue of Saint Anthony carried by the devoted members of the society. Enjoy the sights and sounds of this amazing event. At 3:00 PM, the school bus transportation will pick you up at the same location of your drop off.

Sign up with Cathi. \$5.00 per person. **WALKING INVOLVED!**

Everett Arts Association News



ART

Join the Everett Arts Association every Tuesday
for 12 weeks beginning September 23, 2025.

Classes are from 11:30 AM to 2:30 PM.

The Connolly Center, 90 Chelsea Street.

Our instructor, Aylet Katz, will guide you in your
favorite medium. The cost is \$5.00 per class.

Please call Ann Loconte at 617-387-7797 for
additional information.

Please note: The **Spring Street parking lot will be CLOSED**

Monday, July 21 through Monday, September 1.



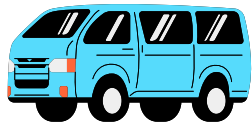


Lunch is served at the Connolly Center Monday through Thursday, from 11:30 AM to 12:00PM.

Fridays at 11:00 AM.

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 for 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 or Medicaide? 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.