



Carlo DeMaria
Mayor



September

The Golden Times September 2025

From the Desk of Mayor Carlo DeMaria:

As we step into September, I want to thank you all for the many ways in which you continue to shape and strengthen our community. Your presence, your stories and your spirit mean so much to so many here in our City.

This month, I encourage you to take part in the programs designed with your well-being in mind, like our new weekly blood pressure checks, as well as our fitness classes that keep us moving and connected. Let's keep taking care of ourselves and each other.

September also brings Hispanic Heritage Month, which is a time to celebrate the vibrant culture and contributions of our Hispanic and Latino neighbors. I hope you'll join us in honoring this important part of our community.

As always, our staff at the Connolly Center and across City Hall are here to support you. Whether it's through social programs, health services, or simply a friendly face at one of our events, we're committed to helping you stay connected and supported.

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



Lunch and a Movie

Thursday, September 18, 2025

Lunch: 1:00PM with a movie to follow

The featured Movie:

"You Gotta Believe"

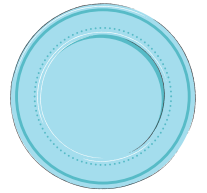
Starring: Patrick Renna, Luke Wilson and Greg Kinnear.

After dedicating the season to a teammate's ailing father, a group of underdog youth makes it to the Little League world series. Based on a true story.

The Council on Aging will prepare a spaghetti and meatball dinner.

Cost: \$5.00 per person.

See Cathi at the Connolly Center for more details.



Is it your Birthday? Let's Celebrate!



Celebrate your birthday on the last Tuesday of each month at 12:30 PM at the Connolly Center beginning Tuesday, September 30, 2025. There will be a light lunch, birthday cake and ice cream served. Sign up with Joanne the first week of each month. \$2.00 per person. The birthday guest comes for free!



Connolly Center Book Club



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

Traveling Library

The first and third Thursday of each month at The Connolly Center.

SHINE Counseling

Do you want to learn more about your health insurance coverage? Do you fall into the "donut hole" with hard decisions to make? Join us on the first Wednesday of each month at the Connolly Center. A Mystic Valley Shine Counselor will be on site from 11:00 AM to 2:00 PM.

Make your appointment with Joanne at the Connolly Center.

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

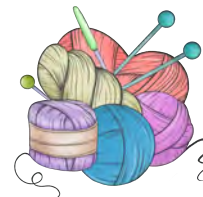
Monday

- **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.



September Senior Social

Wednesday, September 10, 2025

11:45AM to 3:00 PM

Dinner to include:

Rolls & butter, minestrone soup, garden salad, roast beef, mashed potatoes, corn, gravy, coffee and ice cream for dessert.

Connolly Center (90 Chelsea Street)

Dance to the sounds of DJ Tommy Sheehan.

Cost: \$25.00 per person.

Ticket Sales: August 18 - September 2.



Hispanic Heritage Month Celebration

Tuesday, September 23, 2025

12:30 PM at The Connolly Center, 90 Chelsea Street.

There will be lively entertainment and refreshments.

Sign up with Cathi.

September 2 through September 19.



Musical Bingo and Lunch

With DJ Tommy Sheehan!

Wednesday, September 24, 2025 at 12:30 PM.

Reservations must be made between September 9 through September 19. See Cathi to sign up.



ART

Everett Arts Association News

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.



Blood Pressure checks and ask a nurse with Joanne every Tuesday at the Connolly Center from 10:00AM to 11:00AM. No appointment necessary.

Please sign in at 8:30 the day of check up

PIZZA AND A PRESENTATION



Join us on Tuesday, September 9, 2025, at 12:30PM in welcoming the Carroll Center for the Blind for a special presentation. Are you having problems with your vision and don't know where to turn? The Carroll Center will direct you and inform you of what is available to you to live your best life. Please sign up with Cathi no later than September 2, 2025.



Clube De Falantes de Portuguese
Todas as quartas-feiras no
The Connolly Center as 13h



Patrocinado e pela Everett Elder Services e pela
Cambridge Health Alliance



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 Medigap? 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.



**Please visit our gift shop
Monday through Thursday
9:00AM to 1:00PM**



Proceeds benefit programming at The Connolly Center