



CITY OF
EVERETT
COUNCIL ON AGING



Carlo DeMaria
Mayor

The Golden Times

October 2025

From the Desk of Mayor Carlo DeMaria:

As we welcome the fall season here in Everett, I want to take a moment to recognize the many wonderful opportunities available to you this month.

This October, there are so many ways to come together, whether it's through the weekly exercise and enrichment activities, gathering at the Senior Social or enjoying some lighthearted fun at the Halloween Party. I hope you'll join in on the programs that interest you, but more importantly, I hope you continue to feel the joy, friendship and support that these events are designed to bring.

These programs and events are just a glimpse of what the City has planned to support, celebrate and engage our older adults. I encourage you to participate, stay active and take advantage of all that is being offered.

Thank you for being such an important part of our community. I look forward to seeing you at one of our upcoming events!

Carlo De Maria

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

Honorary Chair

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Carlo DeMaria

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Dello Russo

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Staff Assistants

Jack Darrigo

Cathi Connors

Joanne LaMonica

Matt Napolitano



Lunch and a Movie



Thursday, October 16, 2025

Lunch: 1:00PM with a movie to follow

The featured Movie:

“Arsenic and Old Lace”

1944 Screwball Comedy directed by Frank Capra.

Starring: Cary Grant.

The Council on Aging is preparing a delicious lunch!

Boneless BBQ ribs, mashed potatoes & southwestern corn.

Cost: \$5.00 per person.

See Cathi at the Connolly Center for more details.

Sign up October 1 through October 10.



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. 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.

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.

October Senior Social

Wednesday, October 8, 2025

11:45 AM to 3:00 PM

Dinner includes garden salad, ravioli, a combo of baked fish and roasted chicken, rice pilaf and seasonal vegetables, along with dessert and coffee.

Cost: \$25.00 per person.

Ticket sales: September 22 through October 3

Dancing with **DJ ALAN LaBella**



Halloween Party

Friday October 31, 2025

11:30 AM - 2:30 PM

Dress to impress, prizes given!

Lunch prepared by the Council on Aging:

Chicken, broccoli and Ziti;

garden salad, dessert and more.

DJ Tommy Sheehan

Cost: \$10.00 per person.



Monthly Veterans Luncheon

Wednesday, October 22, 2025

Connolly Center

90 Chelsea St, Everett, MA 02149

Reservations must be made with Gerri in The Veterans Office or call 617-394-2320.





Halloween Mask Making

We will provide all the tools for you to create your own mask for Halloween.

Tuesday, October 21 at 1:00 PM

Space is limited to 20 people.

Please sign up with Cathi October 14-17



Blood Pressure Checks/Ask a Nurse

with Joanne

Tuesdays at the Connolly Center from 10:00 AM to 11:00 AM.

No appointment necessary.

Please sign in at 8:30 AM on the day of check-up.

PIZZA AND A PRESENTATION

Join us Tuesday October 14, 2025

12:30 PM

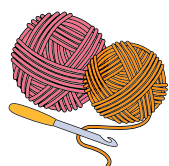


With Tori Murphy, a nutritionist from Mystic Valley Elder Services.

Tori will discuss the importance of protein.

Pizza will be served after the discussion.

Please sign up with Cathi no later than October 10.



Crochet Club

Join us every Tuesday at 11:00 AM.

An instructor is available the first and third Tuesday of each month.

We also have some experts in this group that will assist you



Reminder!

If the Everett Public Schools are closed due to inclement weather, the Connolly Center will be closed for all activities.



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



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 Medicaid? 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.



Gift Shop

Stop by our gift shop!

Monday through Thursday, 9:00AM to 1:00PM



Proceeds benefit programming at The Connolly Center!