



Carlo DeMaria
Mayor

The Golden Times November 2025

From the Desk of Mayor Carlo DeMaria:

As we enter the season of thanks, I want to take a moment to express my gratitude for our incredible older adult community here in Everett. November reminds us to pause and appreciate all that we have, like our families, our friends and the wonderful programs and people who make Everett such a special place to call home.

This month, I hope you'll join us for our upcoming Senior Social, which will feature a delicious Thanksgiving-themed meal and plenty of good company.

November also brings Veterans Day, a time to honor and remember the men and women who have served our country. I hope to see many of you at our Veterans Day Services as we come together to recognize their courage and sacrifice.

As always, I encourage you to take part in the wonderful weekly programming offered through our Council on Aging.

On behalf of the City of Everett, I wish you all a happy, healthy, and heartfelt Thanksgiving season.

Carlo DeMaria

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

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Mayor
Carlo DeMaria

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Dello Russo

Vice Chair

Marie Dillon

Secretary

Sharon White

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Carol Garrett
Charles DiPerri
Pat Albano
Noreen Feeney
Betty Martinelli

Staff:

Director

Dale A. Palma

Clerk/ESL

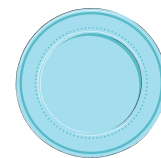
Catarina Patterson

Staff Assistants

Jack Darrigo
Cathi Connors
Joanne LaMonica
Matt Napolitano



Meals and Reels



Thursday, November 20, 2025

Lunch: 12:30 PM with a movie to follow

The featured Movie: "The Way We Were"

Starring Robert Redford and Barbra Streisand

Join us for this classic love story.

The Council on Aging is preparing a delicious lunch!

Roasted chicken, potatoes and salad

Cost: \$5.00 per person. See Cathi at the Connolly Center for more details.

Sign up November 4 through November 15, 2025



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.

Reminder!

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



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

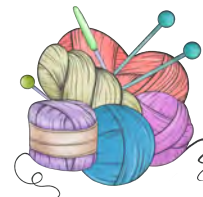
Monday

- **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.



November Senior Social

Wednesday, November 12, 2025

11:45 AM to 3:00 PM

Dinner includes a traditional Thanksgiving dinner with all the fixings and pumpkin pie for dessert.

Cost: \$25.00 per person.

Ticket sales: October 14 - November 5.

Dance to the sounds of Ray Cavicchio.



50 Years of Excellence

Join us in Celebrating Mystic Valley Elder Services 50th Anniversary!

Thursday, November 6, 2025

12:00 PM At the Connolly Center (90 Chelsea Street)

There will be food, fun and entertainment.

Tickets required for this event. Please see Cathi to reserve your space.



Veteran's Day Services

Tuesday, November 11, 2025

10:00 AM at the Connolly Center

90 Chelsea St, Everett, MA 02149

Join us in honoring and thanking our veterans for their service





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

Tuesday, November 18, 2025

12:30 PM

Cambridge Health Alliance will be presenting their PACE program.

Pizza to follow presentation.

Sign up with Cathi.



Seniors on The Move

On Tuesday, December 2, 2025, The Council on Aging is off to explore the National Shrine of Our Lady of LaSalette!

Our Bus departs the Connolly Center at 2:30 PM. When we arrive at LaSalette, we will enjoy a dinner at 4:30 PM. Choose meatloaf or roasted chicken when you register. You will then have time to explore the beautiful Christmas displays.

Please note there is walking involved. Space limited to 25 participants.

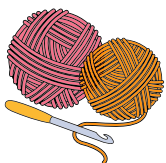


Holiday Card Making with Miss Kim

On Wednesday, The COA will welcome Miss Kim to the Connolly Center for a Holiday Card Making workshop.

Kim is an accomplished artist that has been teaching for many years in and around the Boston area. She will bring all the tools to help you design your own Holiday card.

Space is limited to 15 People. Cost: \$5.00 per participant.



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



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!

