



**Carlo DeMaria**  
*Mayor*

# The Golden Times

## From the Desk of Mayor Carlo DeMaria:

The holiday season is here, and it's my favorite time of the year! December always brings such joy to our community, and I'm so grateful for the chance to celebrate with all of you.

This month, I hope you'll join us for some festive fun at the Connolly Center. We'll be gathering for our December Senior Social, putting on our brightest and most outrageous outfits for the Crazy Sweater Party and ringing in 2026 together at our annual New Year's Eve Celebration. These events are a wonderful way to share laughter, music and good cheer with friends old and new.

As we enjoy the season of giving, I encourage everyone to help those in need by donating new socks, hats and gloves to benefit the Soldiers' Home in Chelsea. Your generosity will bring warmth and comfort to our veterans this winter.

From my family to yours, I wish you a very Merry Christmas and Happy Holidays. May the new year bring you health, happiness and many reasons to smile.

*Carlo De Maria*

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Carlo DeMaria

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Jack Darrigo  
Cathi Connors  
Joanne LaMonica  
Matt Napolitano



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





## Meals and Reels

Thursday, December 18, 2025

Lunch: 12:30 PM with a movie to follow.

The featured Movie:

Christmas Comedy Classic "Christmas Vacation."

The Council on Aging is preparing a delicious lunch!  
Holiday Ham Dinner will be served.



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

Sign up December 3 through December 12, 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*
- 10:00AM: **Blood Pressure checks** *with Joanne*
- 11:00 AM: **Crochet Club** *With Judith*
- 11:00 AM: **Tai Chi**



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*



HAPPY  
New Year

## Ring in 2026



Wednesday December 31, 2025  
11 AM at Anthony's in Malden.

Our day begins with coffee and pastry served in the cozy fireplace lounge. At 11:30 AM, we enter the ballroom for appetizers. We will then feast on a delicious dinner: Antipasto salad, pasta, roast beef, mashed potatoes, seasonal vegetables, coffee and ice cream for dessert. Champagne toast included!

Dancing DJ Tommy.

Cost: \$ 50.00 per person.



## December Senior Social

Wednesday, December 10, 2025

11:45 AM to 3 PM

Dinner includes a traditional Chinese food dinner.

Cost: \$25.00 per person.

Ticket sales: November 18 through December 3.

Dance to the sounds of **Alan LaBella**.



## Crazy Sweater Party

Wednesday, December 17, 2025

1 PM to 3 PM

Connolly Center

There will be dancing and prizes given for the most festive sweater.

Light refreshments will be served.

Sign up December 1 through December 12.



## PAINT PARTY with Theresa Gritti

Join us December 16, 2025 at 12:30 PM.

Connolly Center

Theresa is a local artist that will guide you step-by-step in creating a beautiful winter scene.

Cost: \$10.00

Sign up with Cathi November 25 through December 10





## Luncheon for Veterans

Join us Thursday, December 11, 2025  
12:30 PM at the Connolly Center



You **must reserve** your space with Gerri in the Veterans Office.

### Socks of Love



The Council on Aging will be collecting socks, hats, gloves and mittens to benefit the veteran's living at the Soldiers Home of Chelsea.

All items must be new and in their original package.

We are collecting December 1 through December 12.

Drop them in the COA Office.



### PIZZA AND A PRESENTATION

Tuesday, December 30, 2025

12:30 PM



Join us for a presentation from Prospect House, an assisted living facility in our neighboring community, Revere

### 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.

### A Message from Dale Palma

We have only one life, enjoy it as best as you possibly can. We laugh, cry, get angry, get sad, get happy. But if life teaches us anything, is to "live it to the fullest" I do every day, here, at The Connolly Center with all of you. You make life more meaningful for me. I applaud you and thank all of you for that!! I also have to thank my staff and the dedicated members of The Council on Aging, Jack, Cathi, Catarina, Joanne and Matt. You all go above and beyond to make the Connolly Center a better place. I thank you with all my heart. What can I say about, Carol D, Carol G, Marie, Chicky, Pat, Charles, Sharon, Noreen and Betty, these dedicated members of the Council on Aging make our jobs a lot easier. Thank you! You are the true backbone of The Connolly Center. I would like to wish all of you, a very happy holiday season and a safe, healthy New Year!!

Best Wishes and Warm Regards

*Dale*

## Lunch Time

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.

## TRIP Metro North

In addition to SCM, you can also get places through Mystic Valley Elder Services TRIP Program. If you don't drive and public transportation isn't an option, call 781.388.4819 to see if you qualify for TRIP. This free program gives you mileage money to reimburse friends, neighbors and sometimes even certain family members (not sons, daughters or spouses) for taking you where you want to go.



## 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

## Gift Shop

Stop by our gift shop!

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

Proceeds benefit programming at The Connolly Center!

