



CITY OF  
**EVERETT**  
COUNCIL ON AGING

# Golden Times

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## **Stay Connected**

90 Chelsea Street  
617-394-2323  
cityofeverett.com

## March 2026



### **Message From the Mayor:**



March is here, and with it comes the promise that spring is just around the corner. After the snowy winter we've had, I'm looking forward to warmer weather, longer days and more opportunities to gather together as a community.

March also brings our annual Health Fair, which I strongly encourage you to attend. With dozens of participating agencies, the Health Fair is a wonderful opportunity to learn about the services available to you and your loved ones, ask questions and take advantage of valuable health screenings and wellness resources. Staying informed and proactive about your health is one of the best investments you can make.

Be sure to join us for our always-popular monthly Senior Social, where we'll celebrate St. Patrick's Day together. Come dressed in green and ready for a festive afternoon.

Don't forget about our weekly exercise classes and interactive programs, which help you stay physically active and mentally engaged — two key ingredients for maintaining a healthy lifestyle.

As always, please don't hesitate to reach out to my office if you need assistance. Here's to a joyful March and a bright season ahead.

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

# March 2026 - Happenings and Events

**\*To register for classes/programs, unless specifically noted otherwise, please call the COA at 617-394-2323.**

## **Musical Bingo**

**Tuesday, March 3, 12:30 PM**

Test your musical knowledge in this special take on Bingo with DJ Tommy Sheehan. Have fun and maybe even win a prize or two! Please see Cathi to sign up.

## **March Senior Social**

**Wednesday, March 11, 11:45 - 3 PM**

**MENU:** Garden salad, rolls with butter, traditional corned beef and cabbage dinner with all the fixings.

**Tickets:** \$25 per person, available now through March 6.

**Entertainment:** Alan Labella.

## **Meals and Reels**

**Thursday, March 19, 12:30 PM**

Join us for a delicious lunch with a movie to follow. **Lunch:** Lasagna with garlic bread. **Film: Song Sung Blue** (2hr 13 min, Rated PG-13, 2025). Starring Kate Hudson and Hugh Jackman. Based on a true story, two down-on-their-luck performers form a Neil Diamond tribute band, proving it's never too late to find love and follow your dreams.

## **\*Luncheon for Veterans**

**Wednesday, March 25, 12 PM**

All veterans and their guests are invited to enjoy a meal prepared by the Council on Aging, connect with the Veterans Services Department and learn about the services and programs available at this luncheon. A reservation must be made by seeing Gerri in the Veterans Office or calling 617-394-2320.

## **Pizza and Presentation**

**Thursday, March 26, 12:30 PM**

The Council on Aging is serving pizza, followed by a presentation from Massachusetts Senior Medicare Patrol (SMP). The topics that will be discussed include care options, health equity access, referrals to different agencies and more. Please make a reservation with Cathi or another member of the COA staff.

## **Connolly Center Book Club**

**March 12 & 26, 12 PM**

Kathleen Slipp from the Everett Public libraries hosts a book club that meets every second and fourth Thursday of the month. Go on an adventure through exciting stories and discuss the tale together!

## **Annual Health Fair**

**Tuesday, March 31, 10 - 12 PM**

Older adults and caregivers are invited to learn about the resources and programs that are available to older adults. A variety of agencies will be participating to offer and demonstrate their services, including Mass Health, Cambridge Health Alliance, Blue Cross Blue Shield of Massachusetts and more. This event is free and open to the public.

## **Haircuts and Manicures**

**Haircuts by Maria:** The first Tuesday of each month beginning from 10 AM to 12 PM. Appointments booked every half hour. Please wash your hair before arrival. Cost: \$15.00.

**Manicures by Dendra:** The third Wednesday of each month, 9 AM to 2 PM. Book your appointment with Cathi.

**Game Day Thursdays**  
**Every Thursday, 12 PM**

Choose from a selection of games, like Pokeno, Buffalo Bingo, Monopoly, Yahtzee and more!  
Bring your friends and feel free to bring your own game to share with others!

**Daily Lunch**  
**Monday - Thursday, 11: 30 - 12 PM**  
**Friday, 11 AM**

Lunch is served at the Connolly Center Monday through Friday. Please see Joanne or Jess at the Connolly Center for more information. There is a suggested donation of \$2 per person.

**Crochet Club**  
**Every Tuesday, 11 AM**

Crochet together as a group in this fun and educational class! An instructor is available every first and third Thursday of every month and there are also experts at each class that would be happy to help guide you.

**SHINE Counseling**  
**Wednesday, March 11, 11 - 2 PM**

Don't miss this opportunity to learn about health insurance. A Mystic Valley Elders Services SHINE counselor is available to answer your questions and help you make decisions on the right coverage for you. Please make an appointment with Joanne at the Connolly Center.



**Gift Shop**  
**Monday - Thursday, 9 - 1 PM**

Stop by the gift shop at the Connolly Center! From shoes and clothing to cookware and glassware, there's a large variety of items to choose from. Each time you purchase an item from the gift shop, all proceeds will go towards programming at the Connolly Center. It's a win-win! Please consider donating items too!



**Edward G. Connolly Center**  
**90 Chelsea St. Everett, MA 02149**  
**Monday, 8 - 4 PM**  
**Tuesday - Thursday, 8 - 5 PM**  
**Friday, 8 - 12 PM**

Serving residents every day, this is the hub for senior programming and services for veterans in Everett.

# March 2026 - In the Know

## Transportation

### SCM Transportation

Need a ride to a medical appointment or the grocery store? The Council on Aging has partnered with Door2Door by SCM to provide rides within Everett and to border communities including Chelsea, Revere, Malden, Medford and Somerville.

Riders may call the reservations department at 617-625-1191 and press 2 for reservations between the hours of 9:00 AM and 1:30 PM, Mondays through Fridays, excluding holidays, two weeks to two business days in advance.

Social rides will be available from 9:00 AM to 4:00 PM on a first-come, first-served basis Mondays through Fridays, excluding holidays. Space is limited. There is a suggested donation of \$2 each way.

### TRIP Metro North

In addition to SCM, you can also get where you need to go through Mystic Valley Elder Services' (MVES) TRIP program. If driving and public transportation aren't options for you, call 781-388-4819 to see if you qualify.

This free service also offers money based on mileage to reimburse friends, neighbors and possibly other family members for taking you where you want to go. Ineligible family members include sons, daughters and spouses.

## Noteworthy

### Health Fair for Older Adults

Mayor Robert J. Van Campen and the Council on Aging invite Everett's older adults, families and caregivers to attend the annual Health Fair on Tuesday, March 31, from 10 a.m. to 12 p.m. at the Connolly Center (90 Chelsea St.).

More than 50 agencies will be on site offering health screenings, wellness information and helpful resources.

Don't miss this opportunity to connect with trusted health and support services, all in one place.

For more information, call 617-394-2323 or 617-394-2260.

### Senior Citizen Tax Work-Off

The Council on Aging is offering a tax work-off program for Everett homeowners age 60 and up. Eligible participants can work up to 50 hours by Oct. 15, 2026 to receive a \$750 reduction on their property tax bill.

#### Eligibility:

- Age 60+
- Own and live in the property

Positions are filled on a first-come, first-served basis and may include indoor or outdoor tasks. Earnings are federally taxable, and participants will receive a W-2. For more information, please call the Connolly Center at 617-394-2323.

# March 2026 - Weekly Classes

Monday	Tuesday	Wednesday	Thursday	Friday
Low Impact Aerobics <i>with Calvin</i> 9:15 AM	Zumba <i>with Miguel</i> 9 AM	Cardio <i>with Irene</i> 9 AM	Yoga <i>with Miguel</i> 9 AM	Cardio <i>with Miguel</i> 9 AM
Country Line Dancing <i>with Julie</i> 11 AM	Tech Support 10 AM	CHA Health Clinic 10 AM	Aging Backwards <i>with Jill</i> 11 AM	Lunch 11 AM
Lunch 11:30 AM	Belly Dance <i>with Sue</i> 10 AM	Dancing <i>with Luis</i> 10:30 AM	Game Day 11 AM	
Bingo 12:30 PM	Blood Pressure Checks <i>with Joanne</i> 10 AM	Lunch 11:30 AM	Lunch 11:30 AM	
	Crochet Club <i>with Judith</i> 11 AM	Portuguese Programming 1:30 PM	Latin Line Dancing <i>with Christine</i> 12 PM	
	Tai Chi 11 AM			
	Lunch 11:30 AM			



**Reminder:**

All activities are canceled the second Wednesday of each month for the senior social.

# March 2026 - Events Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b> Haircuts 10 AM - 12 PM  Musical Bingo 12:30 PM  Crochet Club 11 AM	<b>4</b>	<b>5</b> Game Day 12 PM	<b>6</b>
<b>9</b>	<b>10</b> Haircuts 10 AM - 12 PM  Crochet Club 11 AM	<b>11</b> March Senior Social 11:45 - 3PM  SHINE Counseling 11 - 2 PM	<b>12</b> Book Club 12 PM  Game Day 12 PM	<b>13</b>
<b>16</b>	<b>17</b> Crochet Club 11 AM	<b>18</b> Manicures 9 AM - 2 PM	<b>19</b> Meals and Reels 12:30 PM  Game Day 12 PM	<b>20</b>
<b>23</b>	<b>24</b> Crochet Club 11 AM	<b>25</b> Luncheon for Veterans 12 PM	<b>26</b> Book Club 12 PM  Game Day 12 PM  Pizza and Presentation 12:30pm	<b>27</b>
<b>30</b>	<b>31</b> Health Fair 10 - 12 PM  Crochet Club 11 AM			