



**CITY OF
EVERETT
COUNCIL ON AGING**

Golden Times

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Stay Connected

90 Chelsea Street
617-394-2323
cityofeverett.com

July 2026

Message From the Mayor:



July is here, bringing summer in full swing and an opportunity to celebrate an important moment in our nation's history. This year marks the 250th anniversary of the United States, a time to reflect on the freedom and opportunity that shape our country and our community.

I was grateful to join so many residents at our Independence Day Celebration this past weekend as we came together to celebrate this historic anniversary. Community traditions like these remind us of the importance of coming together, honoring our shared history, and looking ahead to the future.

As we enjoy the summer months, I encourage you to take advantage of the many programs and events available throughout Everett. Whether you're spending time with family and friends, attending activities at the Connolly Center, participating in a community event, or enjoying one of our parks and public spaces, there are many opportunities to stay active, connected, and engaged.

I also want to thank our senior residents for the many ways you continue to strengthen our community. Your experiences, contributions, and dedication have helped shape Everett into the city it is today, and we are grateful for all that you do. On behalf of the City of Everett, I wish you and your loved ones a safe, healthy, and enjoyable July.

Reminder: The Connolly Center will be closed Friday, July 3

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

July 2026 - Happenings and Events



July Senior Social

Wednesday, July 8, 2026, 11:45 AM–3 PM

MENU: Roast beef and cheese sandwich, a turkey and cheese sandwich a side of potato salad, and watermelon. Dance to the sounds of Ray Cavicchio. **Cost:** \$10.00 pp

Tickets are on sale now

Meals and Reels

Thursday, July 16, 2026, 12:30 PM

Join us for a delicious lunch with a movie to follow. **Lunch:** Garden Salad topped with grilled chicken with vinegarette dressing
Film: Michael, a documentary/bio pic of America's Number one entertainer Michael Jackson. **Cost:** \$5, please sign up with Cathi until July 10

Pizza and Presentation

Thursday July 23, 2026, 2:30 PM

Learn how to be a literacy coach

FREE Summer Concerts

Thursdays from 6 PM to 8 PM

Connolly Center

July 23: Wild Fire, Disco Pop Funk

July 30: Sea Breeze, Italian American Favorites

August 6: Back Track, 1960's Girl Group

August 13: The Gem Tones, Doo Wop Music



Beautify at The Connolly Center

90 Chelsea Street

- Haircuts by Maria the second Tuesday of each month 9 AM to 12 PM
 - Manicures with Dondera the third Wednesday of each month 9 AM to 12 PM
 - Massages with Miguel the first and third Monday of each month
- Sign up with Cathi

*Luncheon for Veterans

Wednesday, July 29, 2026, 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.

Connolly Center Book Club

2nd and 4th Thursday of the month

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!

Fitness Class for Working Adults

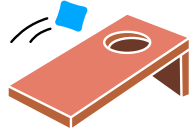
Tuesday Evenings @ 6 PM

Free! July and August, beginning July 14
Josie will be teaching a combination of stretch, agility, and movement



Corn Hole Tuesdays, 1pm

Join us every Tuesday for Corn Hole at The Connolly Center. It is free to play



SUPER BINGO

Join us for Super Bingo the first Wednesday of each month. There are prizes given, Refreshments will be served



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 Tuesday of every month and there are also experts at each class that would be happy to help guide you.

SHINE Counseling

Wednesday June 3, 2026 11 AM - 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. **** The first Wednesday of each month**

Gift Shop

Summer Hours

**Monday and Wednesday
9am to 1pm**

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.

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.

We continue to celebrate the 250th anniversary of America with an ice cream social

Join us in honoring this great country Tuesday, July 14, at 1 pm at the Connolly Center.. Come and enjoy a delicious ice cream Sundae.. followed by “**Elvis** “ Entertainment. Make a reservation with Cathi a \$5.00 refundable deposit is required



Programming for Spanish Speakers Tuesdays at 1:00PM

Please see Anna in the CHA office

CRAFT WORKSHOP WITH MISS KIM

join us Tuesday evenings at 5 pm for a 6-week craft workshop with Kim, beginning July 14 through August 18 each week Kim will present a different project each week, using different medias. Sign up with Cathi a light dinner will be served at 4:30pm

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.

July 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
Yoga Class <i>with Josie</i> 10:15 AM	Tech Support 10 AM	CHA Health Clinic 10 AM	Aging Backwards <i>with Jill</i> 11 AM	Lunch 11 AM
Country Line Dancing <i>with Julie</i> 11 AM	Belly Dance <i>with Sue</i> 10 AM	Dancing <i>with Luis</i> 10:30 AM	Game Day 11 AM	
Lunch 11:30 AM	Blood Pressure Checks <i>with Joanne</i> 10 AM	Portuguese programming 1:30PM	Lunch 11:30 AM	
Bingo 12:30 PM	Crochet Club <i>with Judith</i> 11 AM		Latin Line Dancing <i>with Christine</i> 12 PM	
	Tai Chi 11 AM			
	Lunch 11:30 AM			
	6 PM Stretch agility and movement with Josie			
			The weather is finally getting nicer. Please remember no flip flops or sandals on the floor while exercising. Please wear the proper footwear	
			 Reminder: All activities are canceled the second Wednesday of each month for the senior social.	

July 2026 Events Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Shine Counseling 10AM –2 PM Super Bingo	2	3 Garden Club 10am
6 Massage with Miguel 10 AM	7 Crochet Club 11 AM Haircuts 9Am to Noon	8 Senior Social 11:45 AM	9 Book Club 12 PM Game Day 12 PM Meals and Reels 12:30 PM	Garden Club 10 AM
13	14 Crochet Club Ice Cream Social and Dancing 1pm Josie at 6pm Stretch	15	16 Game Day 12 PM Movie: “Michael” with Lunch	17
20 Massage with Miguel 10 AM	21 Crochet Club 11 AM Beach Day Josie Stretch 6pm	22	23 Book Club 12 PM Pizza and presentation 12:30	24 Garden Club 10 AM
27	28 Crochet Club 11 AM Josie Stretch 6pm	29 Luncheon for Veterans 12 PM	30	31