



CITY OF EVERETT

Golden Times Newsletter

May 2024 Golden Times A Message from Mayor Carlo DeMaria

"Mothers hold their children's hands for a short while, but their hearts forever." "Of all the gifts that life has to offer, a loving mother is the greatest of them all." I would like to thank my mother Rose for her guidance and strength. I would also like to thank my wife, Stacy, for being not only my partner but the best mother to three children. I would also like to take this opportunity to thank all of you on Mother's Day for your dedication to your families. Whether you are a mother or a mother figure, know that you are special and appreciated for all that you do.

Happy Mother's Day



Mayor DeMaria

Members of the Council On Aging

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Mayor Carlo DeMaria

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Carol Dello Russo

Vice Chair:

Marie Dillon

Secretary:

Sharon White

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Dale Palma

Director of Elder Services

Catarina Patterson

Clerk

Jack Darrigo

Joanne Lamonica

Cathi Connors

Staff Assistants



**Mayor Carlo DeMaria & The Council on Aging
cordially invite Everett Adults, only, (FREE)
aged 60 and over**



**The Senior Summer BBQ. It's a Beach Party
Thursday July 11, 2024**

**1pm to 3:30pm at The Connolly Center, 90 Chelsea St.
You will enjoy traditional BBQ fare and Dancing to
the Rico Barr Orchestra**

**This is a ticketed event. Please see staff at The Connolly
Center, June 17 through July 8**

**Senior Summer Concerts Planned for The Connolly Center
These Concerts are free and open to the public.**

Thursday July 18: Billy D and The Rockets

singing all your favorite doo-wop tunes

Thursday July 25: Stomp and Holler

Country Western band

Thursday August 1: Back Track,

playing all your favorite dance tunes from the 1960's and the 'Girl Groups'

Thursday August 8: Sea Breeze,

Italian American Band with Stephen Savio

Doors Open at 6:30pm--concerts 7pm to 9pm



Acrylic Pour Art Class

Join us Tuesday May 21 at 1pm

Let your imagination take you to new heights.

Sign up with Cathi May 7 through May 17

Space limited to 20 participants





**MEMORIAL
DAY**

MON	TUE	WED	THU	FRI
9AM Movement with Miguel	9AM Zumba with Miguel	NO PROGRAMMING Food Pantry 9:30AM -11:00AM	9AM Chair Yoga with Miguel	9AM Mindful Stretching/Cardio with Christian
10AM Open Hour	10AM Tech Support (CHA)	Senior Food Pantry 12:30-2:00PM	10AM Cardio with Christian	10AM Low impact with Calvin
11AM Country Western Line Dancing	10AM Senior Belly Dancing with Sue		11AM Aging Backwards with Jill	
	11AM TAI CHI With Judith		12 Noon Latin Based line dancing with Christine	
	Crochet Club With Cathi			

LUNCH TIME

Lunch is served every Day, except Wednesdays
Between 11:30AM-12Noon
Lunches must be ordered a week in advance Please fill out a menu with Joanne or call 617.394.2323

 Monday Bingo @ 12:30
 Tuesday Movie @ 12:30

Senior Social The Third Wednesday of each Month
Book Club 1st and 3rd Thursday of each month @10AM
Dance Party Rotating DJ's
1st & 3rd Thursday of each month 12:45 Noon- 3PM

CITY OF EVERETT **Carlo DeMaria**
Mayor

ASIAN PACIFIC AMERICAN HERITAGE MONTH

COUNCIL ON AGING

EDWARD G. CONNOLLY CENTER
90 CHELSEA STREET, EVERETT, MA 02149



THURSDAY MAY 23, 2024
11:00 AM

ENTERTAINMENT & FOOD
MAKE YOUR RESERVATION WITH CATHI
LIMITED TO 100 PEOPLE

Mother's Day Word Search

M A M H O M O I C A R N C N G
A P A R E N T A A C O S H N E
S A L N A T H A R F A M I L Y
T R E O N G S T D M A T L O O
C H I L V D R E F L I L D A Y
E H O L D I A Y S E A S R T E
K C A L N D N G F L O W E R S
E T R Y I N S G L E C Y N Y M
B M O A F D M I W O A E R S O
R I O E Y O A N S R R F L O T
O T A M O A Y Y L E I W M B H
T H Y E A R C R A V N E A R E
E R A M O T C H I L G R Y A R
C E L E B R A T E M O Y J E R
A F I A M I L I S T M O N T S

- CARD
- CARING
- CELEBRATE
- CHILDREN
- FAMILY
- FLOWERS
- HOLIDAY
- LOVING
- MAY
- MOM
- MOTHER
- PARENT



Movies for the month of May

- **May 2:** Lisa Frankenstein
- **May 9:** Freud's Last Session
- **May 23:** Angels
- **May 30:** Accidental Texan
- All movies begin at 12:30 pm at The Connolly Center, 90 Chelsea St. Refreshments served



Dance Party Thursday

The Connolly Center
Thursday May 16, 2024 at 12:45pm with DJ Tommy
Free for Adults over the age of 60



Mother's Day Party

Friday May 10, 2024 @ 11:45 am
The Connolly Center
Tortellini Soup, Garden Salad, Roast Stuffed Pork,
Roasted potatoes, vegetables, coffee & Dessert
Dancing to DJ Chris Fiore
Cost: \$ 25.00 per person



Make your Own Taco Day

Friday May 3 at 11AM at The Connolly Center
Sign up with Joanne



Asian Pacific American Heritage Month

Thursday May 23, 2024
The Connolly Center @ 11AM
Entertainment & Food
Space Limited to 100 People
Sign up with Cathi



May



SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	1	2	3	4
	ALL MEALS INCLUDE FRESH FRUIT AND A SNACK		CHICKEN CAESAR SALAD	EGGPLANT PARMIGIANA OVER PASTA	BLT WITH CHEESE ON TOASTED WHEAT BREAD	
5	6	7	8	9	10	11
	LOW SALT HAM AND CHEESE ON A ROLL	SAUSAGE, PEPPERS ONIONS POTATOES, ROLL ON THE SIDE	TUNA ON TOP OF GARDEN SALAD	PASTA WITH MEATBALLS	Egg and Cheese Breakfast sandwich	
12	13	14	15	16	17	18
	LOW SALT TURKEY AND CHEESE ON A ROLL	CHICKEN VEGETABLE STIR FRY OVER RICE	ANTIPASTO SALAD	SLICED CORNED BEEF WITH SWISS ON A ROLL	EGG ,HAM AND CHEESE ON A CROISSANT	
19	20	21	22	23	24	25
	SEAFOOD SALAD ON A ROLL	TURKEY DINNER WITH MASHED POTATOES , SQUASH AND GRAVY	CHEF SALAD	STUFFED SHELLS ROLL ON THE SIDE	TUNA SALAD ON A ROLL	
26	27	28	29	30	31	1
	MEMORIAL DAY CLOSED	CHICKEN SALAD ON A ROLL	GARDEN SALAD TOPPED WITH HAM TURKEY SWISS CHEESE AND EGG	STUFFED PEPPERS WITH GROUND BEEF AND TOMATO SAUCE	EGG CHEESE AND BACON ON A TOASTED BAGEL	
2	3	<p>TO CANCEL PLEASE CALL JOANNE LAMONICA @ 617-394-2260 OR 617-394-2323 CATHI</p> <p>JOANNE.LAMONICA@CLEVERETT.MA.US 3 OR MORE NO SHOWS WILL FORFEIT YOUR PLACE ON THE LIST</p>				

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FOUNDATION

Cystic fibrosis is a genetic disorder that affects close to 40,000 people in the U.S. The Cystic Fibrosis Foundation is the world's leader in the search for a cure for CF, and supports a broad range of research initiatives to tackle the disease from all angles.



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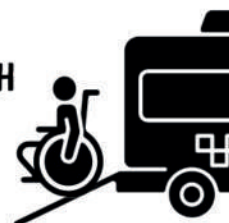
**Senior News
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snpnewsletters.com

LUNCH TIME

LUNCH IS SERVED AT THE CONNOLLY CENTER
MONDAY, TUESDAY AND THURSDAY AT 11:45AM UNTIL 12:15
ON FRIDAY LUNCH IS SERVED AT 11:00AM UNTIL 11:30AM

DO YOU NEED A RIDE TO A MEDICAL APPOINTMENT OR TO GO GROCERY SHOPPING? THE CITY OF EVERETT IS CONTRACTED WITH SCM TO PROVIDE TRANSPORTATION TO YOUR APPOINTMENTS TO MAKE A RESERVATION PLEASE CALL 617.625.1191, MONDAY THROUGH FRIDAY FROM 9AM UNTIL 1 PM. PLEASE GIVE A TWO DAY NOTICE. A \$2.00 SUGGESTED DONATION IS APPRECIATED



MEDICARE, MEDICAID, THE MEDI-GAP. HAVING TROUBLE MAKING A DECISION WITH YOUR INSURANCE ? THERE IS HELP FOR YOU. THE CITY OF EVERETT ELDER SERVICES AND MYSTIC VALLEY ELDER SERVICES HAVE PARTNERED TO PROVIDE YOU WITH ASSISTANCE WITH A SHINE COUNCILOR. PLEASE DIAL 781.324.7705 TO SCHEDULE AN APPOINTMENT.



SUFFERING FROM HEARING LOSS ? ARE YOU FEELING ISOLATED BECAUSE OF IT? CALL MARY'S AFFORDABLE HEARING AIDS TO SCHEDULE AN IN HOME VISIT OR MEET WITH MARY AT THE CONNOLLY CENTER. PLEASE CALL 781.249.5330 TODAY!



ARE YOU AN ADULT OVER THE AGE OF 60 ? ARE YOU EXPERIENCING FOOD INSECURITIES ? IF SO, YOU ARE WELCOME TO JOIN US AT " THE SENIOR FOOD PARTY", EVERY WEDNESDAY, FROM 12:30PM TO 1:30PM AT THE CONNOLLY CENTER, 90 CHELSEA ST



FEELING CRAFTY? WOULD YOU LIKE TO LEARN HOW TO CROCHET? THE COUNCIL ON AGING HAS PARTNERED WITH CAMBRIDGE HEALTH ALLIANCE TO PROVIDE FREE CLASSES EVERY TUESDAY AT 11AM AT THE CONNOLLY CENTER

