

**-THE GOLDEN TIMES**



CONNOLLY CENTER  
EVERETT COUNCIL ON AGING  
Office no. 617-394-2323  
Office of Human Services  
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CONNOLLY CENTER 90 Chelsea Street, Everett, MA 02149

**Seventh Year of Series/ April 2019**

Honorary Chairman: Mayor Carlo DeMaria Chairperson: Terry Iannaco Editor: Dale A. Palma

**From The Desk of Mayor Carlo DeMaria**

**Mayor's Commentary**

Embrace the change of season; take advantage of every opportunity the spring has to offer. Join the Council on Aging on one of their many trips, and attend the City's spring community event, Spring Clean-up, as residents and city workers come together on April 20th in an effort to prepare Everett for the summer. All of these community events will help you relish in the Spring Season and make the most of your time! It is such a beautiful, but short-lived season. Before you know it the heat will rise and the summer will be here! So be sure to enjoy it!

**Happy Spring!**  
**Carlo**

**Senior Social Set for APRIL 17, 2019**

Our Senior Social will be held Wednesday April 17, 2019  
This month The Council on Aging has chosen a delicious catered meal, Antipasto salad, Ravioli, Meatballs, Sausage, Bracciole, Dessert and coffee. Dance to the sound of Ray Cavicchio. Ticket Sales are April 1, 2019. The cost is \$ 18.00 per person. For additional information please call Dale at 617.394.2323 or Ida at 617.394.2260

**Senior Movie Matinee,**  
**Provided by The Everett Public Libraries Classic Movies Abound**

**Thursday April 4:** “Green Book”

**Thursday April 11:** No Movie\*\*\* Spring Fling Dance

**Thursday April 18:** “Easter Parade” with Fred Astaire

**Thursday April 25:** “Mary Poppins” With Emily Blunt

All Movies Begin at 1pm, compliments of The Council on Aging

### **SPRING FLING DANCE**

Spring is a time to celebrate, rejuvenate and lift our spirits. What better way than to get together with you friends a dinner and dancing. Please join us for our “Spring Fling” dance, **Thursday April 11, 2019 at 4:30pm** at The Connolly Center. You will enjoy a cold buffet, served by The Council on Aging and dancing to DJ Tommy Sheehan. Reservations are on - going in The COA Office. The Cost: \$ 10.00 per person

### **Mother’s Day Party**

Join us Thursday May 9, 2019 at 11:30am, The Connolly Center to celebrate Mother’s Day. The Council on Aging have chosen a Chinese Food Buffet for you to enjoy. After Dinner, relax and watch our show. Carol O’Shaunessy and Diane Ellis with the Tom LaMark Orchestra will perform for you. Reservations are being accepted April 18. The cost is \$ 15.00 per person

### **SENIORS ON THE ROAD**

**Wednesday April 3:** Parker’s Maple Barn and Smith Country Cheese.. Sign up on going

**Wednesday May 1:** Dinner and a Show.. “Million Dollar Quartet” \*\* Limited to 40 people

School Bus Transportation to Anthony’s for a delicious luncheon. Following lunch we travel to The Stoneham Theater for a fantastic show; “Million Dollar Quartet” featuring the music of Elvis Presley, Buddy Holly, Carl Perkins . Ticket sales are on- going at The Connolly Center.

Thursday June 13, 2019 “ Cape Cod Canal Trip

Thursday June 27, 2019 “ Lobster Bake”

**Please see Margaret for ALL Trips**

**\*\*\* Please see Margaret for all trips\*\*\***

### **GLEE CLUB**

Please join us every Tuesday @ 1pm ,at The Connolly Center for “*Senior Glee Club*” with our own Diane Ellis. Cheer up your heart and let your mind embrace the music. Diane will sing some of your old favorites and standards while you join along. It is free to join this uplifting group.

### **ZUMBA TUESDAYS WITH JILL!!!\*\*\***

Join us every Tuesday, 10am At The Connolly Center for this high energy class. Dance your favorite steps to various Latin and other rhythm to a healthier you! This class is free and brought to you by Mayor Carlo DeMaria’s Council on Aging

### **NEW CLASS: Chair Yoga and Dance**

Please join us for a Yoga class Tuesdays at 9am, with Miguel. This class is specifically designed for seniors to improve their health, performance, and mental awareness. We will focus on balance and range of motion using chairs and dance techniques. This class is free of charge, compliments of Mayor Carlo DeMaria and The Office of Human Services

### **Heart Healthy Mondays at The Connolly Center**

Please join us every Monday @ The Connolly Center at 10-11 am for “**Healthy Steps**”, Moving You to Better Health with the Lebed Method”, a therapeutic movement program designed to help you thrive! Using props and eclectic music, skilled instructor Julie Kaufmann leads you through a routine of stretching and exercising that improves overall wellness, range-of motion, balance, strength and endurance, as well as emotional well-being and self-image. Stay for LUNCH, and then join Julie for Country Western Line Dancing from 1-2pm. WHETHER A BEGINNER OR EXPERIENCED LINE DANCER.

## **PARLIN LIBRARY NEWS**

**Edible Plants of the Northeast** Wednesday, April 3rd at 7:00 pm. John Root, naturalist and educator, will introduce the identification and uses of wild plants for food and beverage. Learn characteristics, seasons, habitats, methods of preparation, and the nutritional and medicinal value of our region’s wild plants. Questions and comments are welcome. Pamphlets with plant descriptions and guidelines for safe foraging will be available.

**Mystery Monday Book Club**, Monday, April 8th at 6:00 pm. At our next meeting, we will discuss Agatha Christie’s The Mysterious Affair at Styles. Copies are available at the Parlin Library Adult Circulation Desk. For more information, please call the Parlin Library Information Desk at 617-394-2302.

**Aromatherapy: Timeless Goddess**, Saturday, April 13th at 1:00 pm. Back by popular demand, Kim Larkin will lead us in making sweet smelling aromatherapy products using botanicals and essential oils. The best part is you get to take these home!

**GOLDEN TIMES APRIL 2019**

**Our Activities**

**At no cost to participants**

## **Exercise Classes**

Connolly Center, 90 Chelsea St.

Please call the coordinator at 617-591-6741 for more information or with any questions.

### **Strengthen Your Heart and Your Body**

Monday @ 11 w/ Miguel and Wednesday and Friday @ 10 w/ Calvin.

Set your own pace in these aerobics class which includes weights for strength training.

### **Improve Balance and Stress with Calvin;**

Thursdays at 9 am a smooth, relaxing “yoga-style” class; designed for people of all levels of activity.

### **Reduce Anxiety with Bill;**

**Thursdays at 10am** an ancient Chinese practice, Tai-Chi helps improves balance and strength. Designed for people at all levels of activity.

## **Health Talk**

**Living alone and loving it**

Date to be confirmed.

## **Classes**

### **Game show**

Wednesday April 24, from 11: 00 AM to 12:00 PM

### **Yoga Sessions**

Wednesday, April 3 from 9:00 am to 10:00 am

Wednesday, April 10 from 9:00 am to 10:00 am

### **Tech Classes**

Mondays, April 8 from 8:30 - 10 AM

Mondays, April 29 from 8:30 - 10 AM

### **Garden Club**

Date to be confirmed.



**This program is sponsored by Cambridge Health Alliance Aging Wisely Everett, DPH suicide prevention program and the Everett Foundation for the Aged**

### **Monthly Blood Pressure Clinic**

**Everett Armory:** Walk-ins welcome!

Monday, April 1, from 9:00 - 10:30 AM

**Everett Armory:** Walk-ins welcome!

Monday, April 15, from 9:00 - 10:30 AM

### **Aging Wisely Coordinator**

Hugo Rengifo the Aging Wisely Everett Coordinator. can be reached if you have any questions at 617-591-6741 or [hrengifo@challiance.org](mailto:hrengifo@challiance.org)