

## -THE GOLDEN TIMES



CONNOLLY CENTER  
EVERETT COUNCIL ON AGING  
Office no. 617-394-2323  
Office of Human Services  
617-394-2260



CONNOLLY CENTER 90 Chelsea Street, Everett, MA 02149

Seventh Year of Series/ September 2019

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

### **From The Desk of Mayor Carlo DeMaria**

I am thankful for the beginning of September and October, the beginning of the crisp New England Fall weather. Autumn is a time filled with imagery of bountiful harvests, abundance of foliage, cool weather, and the beginning of the holiday season when the gatherings of family and close friends begins.

Embrace the change of season, take advantage of every opportunity the fall has to offer. Attend the City's fourth annual Village Fest on September 14<sup>th</sup> and celebrate with your neighbors, cheer on Everett High School and attend Homecoming on September 27<sup>th</sup>- 28<sup>th</sup>. All of these community events will help you relish in the fall season and make the most of your autumn! It is such a beautiful, but short-lived season. Before you know it the leaves will have fallen and the snow will be hitting the ground! So be sure to enjoy it!

*"Smoke hangs like haze over harvested fields, The gold of stubble, the brown of turned earth And you walk under the red light of fall The scent of fallen apples, the dust of threshed grain The sharp, gentle chill of fall. Here as we move into the shadows of autumn The night that brings the morning of spring Come to us, Lord of Harvest Teach us to be thankful for the gifts you bring us"*

**Regards,**

**Carlo**

## **September 2019 Senior Social Planned**

The Mayor's Council on Aging have planned the August Social for Wednesday September 18, 2019. at 11:45am at The Connolly Center. This month The COA has chosen a menu of , Soup, garden salad, Roast Beef, Mashed potatoes, vegetables, dessert and coffee. You will enjoy dancing to the smooth sounds of Ray Cavicchio and his band. Join us for this exciting event. Tickets are available for purchase Tuesday September 3, 2019The cost is \$18.00 per person.

## **SENIORS ON THE ROAD**

### **Quabbin Foliage Tour: October 15, 2019**

Depart Everett Stadium at 9am where you will travel to central Massachusetts, where we will stop at The Salem Cross Inn for a delicious luncheon with your choice of flaky pot pie or Maple baked Salmon. WE will then be joined by a native guide that will explain all about the area and pointing our the beautiful foliage. We will then have a chance to visit Brookfield Orchards and sample some crispy juicy apples, before returning home: Cost 85.00 per person. Sign up NOW!!

### **Bright Lights Christmas Tour: December 3, 2019**

Includes lunch at the Salem Cross Inn, The Yankee Candlke Bavarian Christmas Village and the Beautiful light display at Bright Nights/ Lights in Springfield. The cost is : \$80.00 per peson

### **Yuletide Newport Tour: December 17, 2019**

We depart The Spring Street lot at 8am for our first stop the beautiful Marble House Mansion in famous Newport Rhode Island decorated for the Holiday Season. Our next stop will be lunch at LocalZ Restaurant , where you will have a choice of chicken or fish for lunch , before heading to the beautiful LaSalette Shrine, decorated for Christmas. Cost: 85.00 per person

## **Senior Lunch News!!**

Mayor Carlo DeMaria, The Council on Aging and The Everett Public Schools are excited to announce, we have partnered, together, to provide you, our seniors, with the best service possible. Beginning in September, Our Everett High School, award winning culinary department will be providing delicious and nutritious lunches to you, right here, at The Connolly Center. It is a "Win-Win" situation for both the students and the seniors. In the meantime, we promise there will be no disruption in our senior lunch program, including "Sandwich Board Wednesdays", where rotating members of The Council on Aging, will prepare a variety of sandwiches and sides for you to enjoy. Please stay tuned for additional information.

### **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

### **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.

## **GOLDEN TIMES SEPTEMBER 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

A smooth, relaxing "yoga-style" class; designed for people of all levels of activity.

#### Reduce Anxiety with Bill; Thursdays at 10

An ancient Chinese practice, Tai-Chi helps improves balance and strength. Designed for people at all levels of activity.

#### **Garden Club**

Thursday, September 5th from 10:45 am - 11:50 a.m.

Thursday, September 19th from 10:45 am - 11:50 a.m.

#### **Game Show**

Wednesday September 25, from 11:00 am – 12:00 p.m.

#### **Health talk "GAMESENSE"**

Wednesday September 11 from 11:00 am – 12:00 p.m.



### Classes

### Additional Health classes

#### **Iyenga Yoga sessions**

Qu