

-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/ March 2020

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

From The Desk of Mayor Carlo DeMaria

As March approaches, Spring has sprung! March 19th is officially the first day of Spring! Fresh flowers, warmer weather, and fingers crossed---no more snow! What a wonderful season.

With March comes Saint Patrick's Day! Green shamrocks, corned beef and cabbage, and the luck of the Irish!

*May the road rise up to meet you.
May the wind always be at your back.
May the sun shine warm upon your face,
And rains fall soft upon your fields.
Until we meet again,
May God hold you in the palm of His hand.*

Best Wishes,
Carlo

March Senior Social Being Planned

Please join The Mayor's Council on Aging for the monthly Senior Social, Wednesday March 18, 2020 for the monthly Senior Social. This month the COA has chosen a delicious Italian Style dinner to include, escarole soup, garden salad, ravioli, meatball, sausage, bracciale, coffee, tea and a St. Joseph Zeppole for dessert. You will enjoy the dancing to your favorite tunes with Ray Cavicchio. Ticket sales are February 24 through March 13. The cost is \$20.00 per person.

Seniors on The Road 2020 BINGO bus to Foxwoods

Mayor Carlo DeMaria and The Council on Aging have planned a special trip to Foxwoods Casino and Resort for Tuesday March 10, 2020. Our trip departs at 7:30am from The Spring Street Parking lot via Silver Fox Tours. You will enjoy a Casino Comp package worth 30.00, that include 10.00 slot play and a voucher for the Buffet. We arrive just in time for a SUPER BINGO. Of course you don't have to play Bingo, you can shop in the many outlets located on the lower level, or enjoy a dip in the indoor pool or enjoy a Spa Day. Our bus departs at 5:00pm to return home. The cost for this excursion is \$37.00 per person. Reservations are made with a check payable to The City of Everett. For additional, information please call Dale or Margaret at 617.394.2323

Everett Seniors go to: The North Shore Music Theater

Please join The Council on Aging for an exciting trip to The North Shore Music Theater for an encore performance of "**MAMA MIA**", Wednesday May 6,2020. We depart the Spring St. parking lot at 10:30am for a fabulous luncheon at The Danversport Yacht Club, where you will have a choice of lunch , baked schrod or baked chicken. Following lunch it is on to the theater to enjoy the classic "Mama Mia. Reservations are being taken March 9, 2020 in The COA Office. Please see Margaret. The cost is \$ 129.00 per person

Our annual St. Patrick's Day Party is being planned for Thursday, March 12, 2020,12 noon at The Connolly Center. There will be a traditional Corned Beef and cabbage dinner buffet being served. Ticket sales are: Thursday February 20, 2020 through Thursday March 5, 2020. The cost is \$ 15.00 per person DJ Tommy Sheehan

Health Fair being planned for Thursday March 26, 2020 at 10am at The Connolly Center. There will be many agencies here, including CHA, Everett Grace Food Pantry, Mystic Valley Elder Services, The Everett Health Department and Wellness Center and more. There will be glucose screenings, Bone density testing, massage and acupuncture demonstrations and much more.

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.!

Please Note Senior Boxing with Christian has been moved to Friday at 9

Senior Belly Dance Fitness. Learn new moves, Thursdays at 11 am At The Connolly Center with Sue

GOLDEN TIMES FEBRUARY 2020

Exercise Classes

Connolly Center, 90 Chelsea St.

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

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

Strengthen your heart and your body with aerobics, stretching and strength training using hand-held weights. Increase your flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance all at your own pace and will professional support.

Sweet Balance Calvin; Thursdays at 9

Improve your balance and reduce stress with a smooth, relaxing "yoga-style" class designed for people of all levels of activity.

Tai Chi with Bill; Thursdays at 10

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

Boxing sessions:

Friday, March 6, from 9:00 – 10:30 AM
Friday, March 13, from 9:00 – 10:30 AM
Friday, March 20, from 9:00 – 10:30 AM
Friday, March 27, from 9:00 – 10:30 AM

Yoga Classes

Wednesday, March 4, from 9:00 to 10:00 AM
Wednesday, March 11, from 9:00 to 10:00 AM



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

Additional Health classes

Game show:

Wednesday, March 25, from 11:00- 12:00 PM

Chronic Disease Self- Management Workshop

Friday, March 6, from 8:45 – 11:00 AM
Friday, March 13, from 8:45 – 11:00 AM
Friday, March 20 from 8:45 – 11:00 AM
Friday, March 27, from 8:45 – 11:00 AM

CHA Tech Classes

Monday, March 9, from 8:30: – 10:00 AM
Monday, March 23, from 8:30: – 10:00 AM
Monday, March 30, from 8:30: – 10:00 AM

Nutrition and Noshing Health Sessions

Tuesday, February 25, from 11:00 AM to 12:00 PM

Health and beauty

Monday February 10, from???

Monthly Blood Pressure Clinic

Everett Armory: Walk-ins welcome!

Monday, March 2, from 9:00 - 10:30 AM
Monday, March 16, 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