



Town of Braintree Department of Elder Affairs

71 Cleveland Avenue, Braintree, MA 02184

"We are your link between needs and services"

Mayor Joseph C. Sullivan

Mary Cirignano, Chairperson
Jean York, Vice Chairperson
E. Marie Anderson, Secretary
Robert Caruso, Treasurer

Sharmila Biswas, Director
Ann Marie Quinlan, Outreach Coordinator
Sandra Young, Coordinator/Volunteers
Therese Jarrett, Reception/Coordinator
William Murphy, Custodian
Stephen Donovan, Van Driver

PHONE: 781 848-1963 FAX: 781 848-2835



Braintree Department of Elder Affairs

First Senior Luncheon

April 30, 2012 - 12 noon

\$5.00/ticket (must be prepaid)

Well....our new kitchen is complete, we have a great cook lined up from Emerald Hall, Ms. Lisa Mastrangelo, and we are looking forward to some delicious meals to be served here at the Senior Center. We will start with our first meal on **April 30th** & the menu will be: tossed salad, stuffed chicken, mashed potatoes, green beans & a fruit cup. The price of these meals will be **\$5.00/person cash** and a ticket must be purchased (in advance) at the senior center on sale the first of each month. We will not hold tickets, mail tickets & no tickets can be sold at the door day of luncheon. Tickets are non-refundable to cover our cost of the meals. Space is limited..... **so come early and pick up a ticket.**

If you would like to volunteer to help cook, serve or clean up after these meals (we do have a dishwasher) please call Sandy at: 781-848-1963. It would only be once or twice a month for a few hours. We need at least 4 or 5 people for each meal served. If you have *cooking* experience you may be eligible to work under our "Senior Work for Tax Program" for a home tax credit.



Braintree Senior Spring Trip- May 16, 2012

The Butterfly Place/Westford, MA

The Colonial Inn/Concord, MA

The Old North Bridge/ Concord, MA

\$55.00/ticket



Come enjoy our trip to **The Butterfly Place**, an indoor garden filled with hundreds of freely-flying butterflies in a glass atrium building. Lunch will follow at the **Historic 1716 Concord Colonial Inn** where you will enjoy a choice of Potato Crusted Haddock or Yankee Pot Roast for lunch. After lunch we will make a short stop so you can see and/or walk over "**The Old North Bridge**" where the Battle of Concord took place. Today the bridge is a part of the Minute Man National Historical Park. At the foot of the bridge is the famous Minute Man statue by Daniel Chester French which you can view.

Sign up: Before April 9th ticket drawing at 10:00 a.m. Space limited to Braintree residents first. You will be called if your name is chosen & have a few days to pick up and pay for tickets.

*U.S. Disabilities Act of 1990 - Town of Braintree - A handicapped-accessible coach bus *may* be made available upon receipt of notice provided to the COA at least ten (10) days prior to the date set for the trip. Please contact the Braintree Center at 781-848-1963 for info.

BLOOD PRESSURE CLINICS (free)



April 9, (Monday) Heritage Housing 10-11 a.m.
April 10, (Tuesday) Senior Center 10-11 a.m.

SHOPPING SHUTTLE SCHEDULE



Reservations must be made at least **48** hours in advance
by calling: **781-848-1963**

Pick-up time is from: **9:30 to 10:00 a.m.**
Return time is from: **11:30 to 12:00 p.m.**

April 3 & 5	Shaws/Pearl Street
April 10 & 12	Stop & Shop/Grove Street
April 17 & 19	Shaws/Pearl Street
April 24 & 26	Stop & Shop/Grove Street

Special Senior Center - Van Trip: (call for reservations)

April 12 - Dollar Store - Quincy Plaza

BRAINTREE MEETINGS



- April 2, LOW Vision Group Meeting at 10 a.m.
Open to all with vision problems. Call for info.
- April 17, AARP Chapter #4042 Meeting at 1:30 p.m.
Braintree DAV Hall - 788 Liberty Street/Braintree
***Entertainment:* Slide presentation of the history of Boston Movie Houses by authors; Arthur Singer & Ron Goodman.**
- **The Braintree AARP will prepare & serve lunch at Fr. Bill's Place on Friday, April 20th at noon.**
- April 20, Braintree Elder Affairs Board Meeting at 2 pm
Meeting at Senior Center & open to the public.
- April 24, Alzheimer's Support Evening Meeting - 5 pm
Meeting at Senior Center, speaker & light supper.
See article in newsletter & call to sign up please!
- April 26, COA Associates Meeting at 2 p.m.
Meeting at Senior Center for members only.
****Please note special "Italian Feast" info on back page.**

For your information.....

Our "Women's Poker Group" are looking for some new players. This group meets every Friday at 1 p.m. and really enjoy playing cards.

This is an easy beginner group that will gladly teach you all the games they play. It's an interesting, fun and social way to pass the afternoon. If you like cards....come on down!!

Call us for information: 781-848-1963
or to let us know you will be coming.



For your information.....

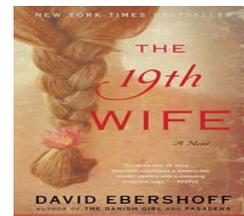
Our Book Club will resume meeting on April 19th at 11 a.m. Usually held on the last Thursday of each month. (This month only a week early)

This is a great group who enjoy reading a variety of interesting books that we can order from the library.
(no charge for these books)

Our first book to review on April 19th will be:

"The 19th Wife" by David Ebershoff

Please call to sign up: 781-848-1963



Sweeping and lyrical, spellbinding and unforgettable, David Ebershoff's *The 19th Wife* combines epic historical fiction with a modern murder mystery to create a brilliant novel of literary suspense.

Braintree Department of Elder Affairs

"Special" Activities"

(Please call 781-848-1963 for more information)

- April 3, Low Vision Support Group at 10 a.m.
Speaker from our Fire Department. Meeting will be open to general public & vision group members!
- April 3, Bocce Group starts today at 10:00 a.m.
Come join this fun group every Tuesday morning.
- April 3, 10, 17 & 24, SHINE Insurance Help at 10 a.m.
Help with insurance problems by appointment.
- April 4, & 18, Bingo at Senior Center 1 p.m.
Bingo & Refreshments all for only \$4.00 to play.
- April 9, Trip Drawing for May 16th Trip - 10 am
See newsletter article and call to sign up.
- April 9, Belles & Beaux Musical Show!
Music at 1 p.m. & cake/ice cream. Open to all!
- April 10, & 24, Supper Club at: Bertucci's/Hingham
Supper Club at: Hearth & Kettle/Wey.
Please call Senior Center for van reservations to enjoy this early social supper from 3 - 6 p.m.
- April 11, Diabetes Seminar by Royal Rehab. -noon!
See newsletter article & call to sign up please.
- April 13, Senior Center Van Trip at 10 a.m.
Shopping trip to Dollar Store/Quincy Plaza.
Call for van reservations.
- April 13, Red Sox Opening Day Game at Center
See newsletter article and call to sign up. \$2/pp
- April 23, Tea at Savoy at 1 p.m. with Entertainment
Refreshments of tea & pastry served on china.
- April 24, Alzheimer's Support Meeting at 5 p.m.
Meeting at Senior Center with speakers & light supper provided.
- April 27, Music & Ice Cream Social at 1 p.m.
Provided by Grove Manor. Call for spot!
- April 30, First Senior Luncheon at 12 noon \$5/pp
See newsletter article & come pick up a ticket.

Grove Manor Estates Ice Cream Spring Social at

Braintree Senior Center
Friday, April 27, 2012

1-2 music - 2 p.m. ice cream

Once again our "friends" at **Grove Manor Estates** in Braintree are hosting an Ice Cream Social for our Seniors at the Braintree Senior Center following our Friday "*Live Band Practice*" which starts at 1 p.m. Ice cream will be served after music at 2 p.m.

What a great way to kick off the spring. Any excuse to eat ice cream is good!!

Please call for reservations as space will be limited: 781-848-1963



SENIOR CENTER MOVIE DAY

April 25, 2012

12 noon

MOVIE: *The Descendants*
Coffee/pastry/popcorn served. Come early if you want to bring a lunch before movie which starts at noon.



"The Descendants" is a sometimes humorous, sometimes tragic journey for Matt King an indifferent husband and father of two girls, who is forced to re-examine his past and embrace his future when his wife suffers a boating accident off Waikiki.

From the Director.....

Hope you are enjoying the mild winter and coming to visit us as often as you can. Like every month we have many activities scheduled here at the Center for you to enjoy. Last month we introduced a Friday afternoon band “The New Orleans’ Connection” and it is getting great reviews. This month we will serve our first lunch cooked in our newly renovated kitchen. Please look for the details in our newsletter and sign up as soon as you can. We are excited to start this new endeavor and we thank the members of our Friends Group for giving so much of their time and energy to raise funds to renovate the kitchen. Who can forget Avard Moore who spent the last few hours of his life working in this kitchen. Our heartfelt thanks to Dave Shepherd who smoothly transitioned into Avard’s role and is still taking care of business. Our appreciation also goes to all the Town officials who were involved, especially to DPW Director Tom Whalen. Without his knowledge, diligence and support, it would have been difficult for us to carry on an in-house project for several months. I will be remiss if I do not mention all our staff and most importantly Bill, our Building Custodian who constantly kept up with the cleaning, painting and all the little and big headaches that comes with construction. Thanks to you, for your patience while we operated in our make shift kitchen, with very limited space. So, now the time has come for you to check out this new addition. Please sign up for the first lunch cooked in our kitchen and served by our volunteers.

We hope to see you there!
Sharmila



“Current Trends in Diabetes” Seminar

by

Royal Braintree Nursing & Rehabilitation Center

April 11, 2012

12 noon

We are pleased to welcome Ms. Laura Vigneau, from Royal Braintree Nursing & Rehabilitation Center, who will present a program by the Joslin Diabetes Center “**Current Trends in Diabetes**”. She will discuss current trends of the exploding rates of new diabetes diagnoses & the role of prevention of diabetes through diet and exercise, and even possible reversing diabetes when diagnosed. This discussion will be focused on Type 2 diabetes, not Type One. Ms. Vigneau will review the various types of carbs, why carbs have a bad rap & how to identify good carbs vs. bad cards. (she will not be teaching carb counting or counseling diabetics at this talk) Program summary will include:

- Current Trends in Diabetes
- How to prevent type 2 Diabetes with diet and exercise
- Can Type 2 Diabetes be reversed?
- Review of the American Dietary Guideline
- Discussion of carbohydrates (good carbs vs. bad carbs & fiber)
- Discussion of fats (saturated, unsaturated, trans fats)
- Are trendy diets such as Atkins, South Beach, Dukan, Paleo good for diabetes.

A light lunch will be served by Royal, so please call for reservations: 781-848-1963 (space limited)

From the Outreach Department.....

We have many programs here at the Braintree Department of Elder Affairs. We try to make our offerings interesting, helpful and entertaining. Each month our calendar contains ongoing and new programming. We encourage everyone to try one of our activities each month.

Our transportation system is available to take you to your medical appointments, food shopping, and to our Center. Please call us at least 48 hours in advance to schedule a van ride. The more notice you give us, the better we are able to accommodate each request. Our system is curb to curb service. Our drivers are not authorized to assist clients from their doors, walkways or stairs. We have brochures available that explain our transportation system. We can mail you one or you can drop in and take one from our information displays in the hallway.

When possible we offer an Escort service for riders who need someone to travel with them for a little extra assistance. Escorts accompany you to your appointments to ensure that you ride and arrive at your destination safely. If compromised mobility becomes a barrier to safely entering and exiting our vans, we ask that a wheelchair be used for your safety, the escort's safety, and the driver's safety. Any device that needs to be used to help with mobility can be stored on the van during the ride. Escorts are only available to assist clients on our vans.

We utilize a Title IIIB MAP(Medical Access Program) grant administered by South Shore Elder Services, Inc. This program provides transportation service to Boston or other medical facilities. The number of rides available each month under this program is limited, so only one ride a month per client is allowed. The suggested donation for this service is \$20.00 round trip.

The MBTA has a transportation service called The RIDE. Applications are available at the Center. You must have a medical need that is verified by a medical professional to qualify for this program. The application is simple to fill out and return to the MBTA. The RIDE is available to transport you to many destinations.

These are some of the options for you to get about town.



Braintree Senior Center
Red Sox Opening Day
April 13, 2012 @ 1:30 p.m.
\$2.00/person

It's spring time and opening day for our great baseball team **The Boston Red Sox** on Friday, April 13th (hope that's not a bad omen!).

Come to the Senior Center, enjoy a hot dog/chips, coffee & pastry and then settle back to watch the opening day game against the **Rays** on our big screen T.V. We'll even serve popcorn while you watch the game (starting at 2:05 p.m.) Wear your favorite red sox attire and come cheer the **Sox** on & have some fun with fellow baseball fans. **Please call us: 781-848-1963 to sign up.**

Please Save the Date.....District Attorney Michael Morrissey invites you to **The 2012 Senior Summit** being held this year on **May 22, 2012** at Christina's in Foxboro, MA from 9 a.m. to 2 p.m.

More details to follow in our May newsletter with RSVP requirements by May 11, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>10:00 Scrabble</p> <p>11:00 QiGong/Tai Chi</p> <p>12:00 Pool Players</p> <p>12:00 Poker</p> <p>12:30 Line Dancing</p> <p>1:00 Trivia & Coffee</p>	<p>3</p> <p>Shopping Shuttle/Shaws</p> <p>9:00 S&S Bus (housing)</p> <p>9:00 Chess</p> <p>9:30 Computer 101A</p> <p>10:00 Bocce (outdoors)</p> <p>10:00 SHINE ins. help</p> <p>10:00 Walking Group</p> <p>10:00 Vision Group Meeting</p> <p>Speaker from Fire Dept.</p> <p>10:45 Computer 101B</p> <p>1:00 Bridge/Cribbage</p>	<p>4</p> <p>9:15 Exercise</p> <p>10:00 Crafts</p> <p>10:00 Quilting Group</p> <p>12:00 Pool Players</p> <p>12:00 Poker</p> <p>1:00 BINGO</p> <p>2:00 Tai Chi Class</p> <p>"Yang 24 Form"</p>	<p>5</p> <p>Shopping Shuttle/Shaws</p> <p>9:00 Chess</p> <p>9:30 Chair Yoga</p> <p>12:00 Pool Players</p> <p>1:00 Art Group</p> <p>1:00 Knit/Crochet</p> <p>1:00 Bid Whist</p>	<p>6</p> <p>9:15 Exercise</p> <p>10:00 Weight Loss Support</p> <p>11:00 Tai Chi Class</p> <p>12:00 Pool Players</p> <p>1:00 Women's Poker</p> <p>1:00 Live Band Practice</p> <p>"New Orleans Connection"</p> <p>Open to everyone to come sing & dance. Coffee/pastry!</p>
<p>9</p> <p>10:00 Trip drawing for 5/16 Trip to Concord, MA</p> <p>10:00 Blood Pressure (free) at Heritage Housing</p> <p>10:00 Scrabble</p> <p>11:00 QiGong/Tai Chi</p> <p>12:00 Pool Players</p> <p>12:00 Poker</p> <p>12:30 Line Dancing</p> <p>1:00 Belles & Beaux Musical Entertainment</p> <p>(Cake provided by Royal Rehab Nursing Home)</p>	<p>10</p> <p>Shopping Shuttle/S&S</p> <p>9:00 S&S Bus (housing)</p> <p>9:00 Chess</p> <p>9:30 Computer 101A</p> <p>10:00 Bocce (outdoors)</p> <p>10:00 SHINE ins. help</p> <p>10:00 Blood Pressure (free) at Senior Center</p> <p>10:00 Walking Group</p> <p>10:00 Wii Bowling</p> <p>10:45 Computer 101B</p> <p>1:00 Bridge/Cribbage</p> <p>3:00 Supper Club to: Bertucci's/Hingham</p>	<p>11</p> <p>9:15 Exercise</p> <p>9:30 Ask the Lawyer (free) by appointment</p> <p>10:00 Crafts</p> <p>10:00 Quilting Group</p> <p>12:00 Pool Players</p> <p>12:00 Poker</p> <p>12:00 Diabetes Seminar by Royal Rehab/Braintree</p> <p>(Please call to sign up)</p> <p>2:00 Tai Chi Class</p> <p>"Yang 24 Form"</p>	<p>12</p> <p>Shopping Shuttle/S&S</p> <p>9:00 Chess</p> <p>9:30 Chair Yoga</p> <p>10:00 Photography Group</p> <p>12:00 Pool Players</p> <p>1:00 Art Group</p> <p>1:00 Knit/Crochet</p> <p>1:00 Bid Whist</p> <p>1:00 Eye Screenings by (free) by appointment</p>	<p>13</p> <p>9:15 Exercise</p> <p>10:00 Van Trip to: Dollar Store in Quincy/Plaza</p> <p>10:00 Weight Loss Support</p> <p>11:00 Tai Chi Class</p> <p>12:00 Pool Players</p> <p>1:00 Women's Poker</p> <p>NO BAND TODAY</p> <p>1:30 Red Sox Opening Day at Senior Center</p> <p>(See article & call to sign up)</p>
<p>16</p> <p>10:00 Scrabble</p> <p>11:00 QiGong/Tai Chi</p> <p>12:00 Pool Players</p> <p>12:00 Poker</p> <p>12:30 Line Dancing</p> <p>1:00 Trivia & Coffee</p>	<p>17</p> <p>Shopping Shuttle/Shaws</p> <p>9:00 S&S Bus (housing)</p> <p>9:00 Chess</p> <p>9:30 Computer 101A</p> <p>10:00 Bocce (outdoors)</p> <p>10:00 SHINE ins. help</p> <p>10:00 Walking Group</p> <p>10:00 Wii Bowling</p> <p>10:45 Computer 101B</p> <p>1:00 Bridge/Cribbage</p> <p>*AARP Meeting today!</p>	<p>18</p> <p>9:15 Exercise</p> <p>10:00 Crafts</p> <p>10:00 Quilting Group</p> <p>12:00 Pool Players</p> <p>12:00 Poker</p> <p>1:00 BINGO</p> <p>1:00 Hearing exams (free) by appointment only</p> <p>2:00 Tai Chi Class</p> <p>"Yang 24 Form"</p>	<p>19</p> <p>Shopping Shuttle/Shaws</p> <p>9:00 Chess</p> <p>9:30 Chair Yoga</p> <p>11:00 Book Club Meeting</p> <p>Book: "The 19th Wife"</p> <p>12:00 Pool Players</p> <p>1:00 Art Group</p> <p>1:00 Knit/Crochet</p> <p>1:00 Bid Whist</p> <p>3:30 Wisdom Works</p> <p>Support group monthly meeting!</p>	<p>20</p> <p>9:15 Exercise</p> <p>10:00 Weight Loss Support</p> <p>11:00 Tai Chi Class</p> <p>12:00 Pool Players</p> <p>12:30 Ask the Lawyer (free) by appointment</p> <p>1:00 Women's Poker</p> <p>1:00 Live Band Practice</p> <p>"New Orleans Connection"</p> <p>Open to everyone to come Sing & dance. Coffee/pastry.</p>



Joseph C. Sullivan, Mayor
Department of Veterans Services

71 Cleveland Ave, Braintree, MA 02184

Richard J. Walsh, Director

rwalsh@braintreema.gov Tel: 781-794-8217 Fax: 781-535-6138

OPEN LETTER TO MY FELLOW VETERANS

We live in a state that is head and shoulders above all others in the way it treats Veterans and their families. Massachusetts is unique in that it has a Veterans Service Officer in every community. It is the Veterans Service Officer's responsibility to inform and assist all Veterans, regardless of whether you have just recently returned from active duty or are a veteran from any previous engagement or era.

My name is Richard Walsh and I am privileged to be that person here in Braintree. My office is located at 71 Cleveland Ave in the Penniman Park Building, also home to the Department of Elder Affairs. Office Hours are Mon thru Friday, 8:30 am - 4:30 pm.

There are many resources, programs and benefits available to Veterans and their families of which you may not be aware of and I am available to explain and assist in determining if you are eligible. These programs include: Veterans Bonus for returning service members, especially for recent multiple deployments; Braintree homeowners who are "Citizen Soldiers" may receive rebates on their property taxes paid while they were deployed; MGL Chapter 115 financial benefits for low income Seniors and unemployed veterans; Gold Star parents and widows annuities and tax exemptions; Disabled Veterans and/or their surviving spouse can be eligible for a property tax rebate.

I can also advise and give guidance about many other VA programs available including: availability of the VA Medical Care system; Aid and Attendance for assistance in costs of health care at home or in assisted living facilities; Applications for service related disability (it's never too late); Discharge and other records requests; Death benefits and information about Veterans cemeteries and grave markers; Information about the GI bill benefits availability.

All requests and information given is completely confidential.

Your country, your state and the Town of Braintree is thankful for your service and sacrifices made by you and your family and want you to receive all that you are entitled to.

Please contact me for an appointment to discuss your service and eligibility. Contact me: phone 781-794-8217 or e-mail rwalsh@braintreema.gov

From the desk of Mary Cirignano, Chairperson.....

I am keeping my article short this month because the April Newsletter is being redesigned.

What did you think about this past winter? Wasn't like the year before when the snow liked us so much that it stayed and stayed. Welcome Spring when life renews itself to bring back our favorite flowers, green grass and yes even the weeds.



DID I READ THAT SIGN RIGHT?

Automatic Washing Machine: Please remove all your clothes when the light goes out.

Notice in a Farmer's Field: The farmer allows walkers to cross the field for free, But the bull charges.

In an Office: After the break, staff should empty the teapot & stand upside down on the draining board.

On a Repair Shop Door: We can repair anything. (Please knock hard on the door...the bell doesn't work.)

Educational Town Information

From the Health Department...

National Public Health Week is April 2 – 8, 2012.

The American Public Health Association is encouraging all Americans to work together to make small changes to their lives to help prevent chronic and communicable diseases. Each year chronic diseases such as heart disease, cancer and diabetes are responsible for millions of premature deaths. With nearly one million Americans dying every year from diseases that could be prevented even small preventive changes and initiatives can make a big difference in living healthier lives.

Three simple preventive measures to alter these statistics:

- Wash all fruits and vegetables prior to use. Reducing foodborne illness by just 10 percent would keep 5 million people from getting sick each year.
- Quit smoking for your health, family, friends and to save money. Cigarette smoking causes approximately 443,000 deaths and costs 96 billion in medical expenditures and 97 billion in productivity losses in the United States each year.
- Engage in at least 30 minutes of activity a day. Walking improves circulation, bolsters the immune system and helps prevent and control diabetes. As a bonus, individuals that walk daily have been shown to have 46% fewer colds than those with a sedentary lifestyle.

These preventive interventions can go a long way to help create a healthier nation and reach the goal of becoming the healthiest nation in just one generation.



From the Recycling Department...

Holey Socks, not in the trash! Are you done with those tattered towels and that coffee-stained shirt? Your cast-offs are still too good for the trash!

People threw out, on average, about 100 pounds of clothes, linens and footwear last year. That adds up to about 300,000 tons of used, but useful, textiles that were burned.

Please donate old clothing, tablecloths, blankets, curtains, shoes, boots, flip flops, slippers, scarves, hats and mittens, belts and purses as well as stuffed animals, and small scatter rugs. As long as items are clean, they can be stained or torn. Items in good shape get sold at stores in areas of the world where people live on very meager incomes. Items that cannot be re-sold are shredded and used in creating new products such as insulation, etc.

The only items that cannot be used are those that are soiled with hazardous chemicals such as gasoline or cleaning oils and items cannot be wet nor have heavy odors.

Organizations such as Goodwill, Salvation Army, Red Cross Big Brother Big Sister and some veterans groups will accept donations. Some organizations, that mail postcards to you asking for donated items, will even come to your door to pick up the items.

Please help us reduce trash, re-use items and recycle.



Braintree Department of Elder Affairs.....Newsletters are available at the Senior Center, Town Hall, Library, Banks, Supermarkets, Pharmacies, Churches, Stores and some Medical Facilities. Call the Senior Center at (781) 848-1963 for a location near you and any information you may need. The Braintree Dept. of Elder Affairs gratefully accepts donations & thanks all who have donated to our great programs!

Thank you to Dalton Water/Braintree for their very generous donation of spring water each month at the Senior Center!

Braintree Department of Elder Affairs
71 Cleveland Avenue
Braintree, MA 02184
781-848-1963

Place
Stamp
Here

Braintree Department of Elder Affairs: Information & referral, Outreach assistance, transportation both local & Title IIIB SSES grant funded MAP rides to Boston, shopping, SHINE insurance help, TRIAD services, healthcare clinics, support groups, informational seminars, recreation/activities, trips, tax counseling, medical equipment loans, resale & craft shops and many volunteer opportunities.

For more information call (781) 848-1963, or visit our web site: www.braintreema.gov

Dear Friends,

This opportunity bears repeating. We have scheduled an **Italian Feast** fund-raiser for **Monday, April 23rd, at 6:00 p.m.** It's not too late to sign up. Please reserve by sending your check (see below).

An on-premises-cooked feast, prepared in the new kitchen, will feature Chicken Marsala and will be accompanied by several other authentic Italian dishes.

Your donation of **\$25** will help replenish our coffers, which were depleted on the kitchen renovation. Come by any time after 4:00 p.m. and enjoy some pampering at various stations, which will be set up in Room 5 (charge for services).

There's limited seating, so sign up soon. You can use this form to reserve your space by putting your name, address, and phone number below, enclosing it in an envelope with your check, and mailing it to: **Council on Aging Associates, 71 Cleveland Avenue, Braintree, MA 02184.**

(Name)

(Telephone)

(Address)

(Number of Persons)

Buon Appetito!
The Friends

