



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
Ann Moore, Secretary
Robert Caruso, Treasurer

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

PHONE: 781 848-1963

FAX: 781 848-2835

WEB: www.townofbraintreegov.org

From the Director.....

Hope all of you had a wonderful Thanksgiving and you are continuing to celebrate this joyous season. The snowflakes floating in the air, twinkling of lights on the trees, wide eyed children in toy stores all add up to the flavor of this beautiful season. Enjoy the splendor and share it with others. Take care of yourself and others and always remember our doors remain open for you.

Last month we celebrated to honor our Veterans. This is a special time when we can say thank you to the brave individuals who devoted their youth, energy and their lives striving to make this country a better place for all of us. It is also our pleasure to have Dick Walsh, the town's Veteran's Agent, stationed at our Elder Affairs building. Thanksgiving has already passed, yet the spirit still lingers. Please join me in thanking Mayor Sullivan and our Legislators, our Staff, Board Members, Volunteers and Friends (COA Associates) whose tireless dedication keeps us going. I would also like to thank the Braintree Moose Lodge#143 - Chapter 2042, for serving a great Turkey dinner to our seniors in Braintree.

A special thanks to the Rotary for their Thanksgiving dinner and their numerous acts of kindness throughout the year. Grove Manor Estates for their steadfast support and the numerous organizations who are always willing to help whenever we are in need of assistance. Our thanks to you for your confidence in us, we are grateful for your support and we love to see your smiling faces as you walk through our doors every day.

Happy Holidays and Season's Greetings to one and all.....Sharmila



Braintree Department of Elder Affairs
Holiday Musical Show
Friday, December 19, 2014
1:00 p.m. - \$2.00/person

Come enjoy the celebration of the Holidays here at Braintree Senior Center. Sit back and enjoy Singer/Entertainer **Tommy Rull** who's show will take you on "**A Musical Journey Through the Years**", with music made famous by many artists. Tommy will also sing many of our favorite **Christmas** songs for your enjoyment. We will serve delicious refreshments following the show.

Please call for a reservation: 781-848-1963 (space is limited—Braintree residents only please)

BLOOD PRESSURE CLINICS (free)



December 9, (Tues.) at Senior Center 10-11 a.m.

December 26, (Friday) at Senior Center 10:30 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.**

Dec. 2 & 4, Roche Bros/Quincy Ave.

Dec. 9 & 11, Shaw's/Pearl Street

Dec. 16 & 18, Stop & Shop/Grove Street

Dec. 22 & 23, Roche Bros/Quincy Ave.

Dec. 29 & 30, Shaw's/Pearl Street

****Every Friday Library van ride. Pick up 11 am return 12:30 pm**

**** Van Trip 12/12/14 - Ocean State/Quincy at 10 a.m.**

BRAINTREE MEETINGS



Dec. 2, Vision Group Meeting/Holiday Party at 10 a.m.

Meeting at Senior Center & open to all with low vision problems. For more information call 781-848-1963

Dec. 12, Senator John F. Keenan Office Hours 11:30 am

At Senior Center to review any concerns you may have.

Dec. 16, AARP Chapter #4042 Meeting at 1:00 p.m.

Braintree DAV Hall - 788 Liberty St./Braintree
Holiday Luncheon & Entertainment by Tony DeBlois, Pianist and Vocalist, presenting a musical revue. Luncheon tickets \$25.00 - contact Al or Mildred Wilson at 781-843-8885.

Dec. Wisdom Works Support Meeting

No meeting in December resumes on January 15th

Dec. Braintree Elder Affairs Board Meeting

No meeting in December resumes on January 16th

Dec. Braintree Alzheimer's Support Meeting

No meeting in December resumes on January 22nd

Dec. COA Associates Meeting

No meeting in December resumes on January 27th

Braintree **Dept. of Elder Affairs** **Services**

(Hours: 8:30 am - 4:30 pm - Mon/Friday)

- **Outreach:**

Information & Referral
Advocacy
Friendly Visitor

- **Transportation:**

Medical Van Rides & Senior Center Rides
Shopping Shuttles

- **Recreation:**

Monthly Lunches
Social Activities
Special Events & Educational Seminars
Trips

- **Support Groups:**

Low Vision Meetings
Alzheimer's Support Meeting

- **TRIAD (Senior Safety)**
- **SHINE (Health Insurance Counseling)**
- **ASK THE LAWYER (Free Consults)**
- **Medical Equipment Loans**
- **Health & Fitness Programs**
- **Educational Programs/Seminars**
- **Volunteer Opportunities**

Please call for information: 781-848-1963

Braintree Dept. of Elder Affairs **Book Club Group** **Thursday, December 18, 2014** **10:30 a.m.**

If you enjoy reading, this is the group for you! We read one book a month, which is supplied by the Library so there is no monthly cost. Come enjoy very interesting books & lively talks.

Book:

"The Forgotten Garden"
by: Kate Morton



A four-year-old girl abandoned aboard a ship touches off a century-long inquiry into her ancestry. In 1913, Hugh, Portmaster of Maryborough, Australia, discovers the child alone on a vessel newly arrived from England. The little girl cannot recall her name and has no identification, only a white suitcase containing some clothes and a book of fairy tales by Eliza Makepeace.

**Braintree
Department of Elder Affairs**

“Special Activities”

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

- Dec.** **SHINE Insurance help at 10 a.m.**
Appointments every Tuesday for help on all medical insurance issues. Call for appointment!
- Dec. 1,
8, 15,
& 22** **Aging Mastery 12 Week Program**
Held at Senior Center 1:30 p.m. Must be registered. This is classes #10-12 & Graduation
- Dec. 2,** **“Low” Vision Group Meeting & Party**
For seniors with low vision problems at 10 a.m.
- Dec. 2,
& 16** **Supper Club at: Jackson Sq. Tavern/Wey.**
Supper Club at: Texas Road House/Brock.
Please call Senior Center for van reservations to enjoy this early social supper from 3 - 6 p.m.
- Dec. 3,
& 10** **Basic ESL Classes for Chinese Elders**
See newsletter article and call to sign up.
- Dec. 3,
& 17** **Bingo at Senior Center at 1 p.m.**
\$4.00 covers all games. Refreshments served!
Open to everyone.
- Dec. 10,** **TRIAD HOLIDAY PARTY at 10:30 a.m.**
For members only.
- Dec. 19,** **HOLIDAY MUSICAL SHOW AT 1 P.M.**
See newsletter article and call to sign up.
- Dec. 26,** **Movie Day at Senior Center 12 noon!**
Please note date and day change this month.
- Dec. 29,** **Lecture on Bonnie & Clyde at 1 p.m.**
See newsletter article and call to sign up.
- Dec. 30,** **New Year’s Luncheon & Music.**
Monthly luncheon will be a New Year’s Party with music. Pick up \$6.00/ticket.
- Dec. 31,** **New Year’s Eve Gala Sons of Italy Hall**
See Newsletter for information.



Please note the following changes in activities for December due to holidays:

- There will be no regular **Red Hat Meeting** in December. They will be having a Holiday Luncheon at the Hearth & Kettle at 12:45 p.m. on December 9th. New members are welcome!
- **Belles & Beaux Holiday Show** will be on Tuesday, December 9th, at 1 p.m. (not on the Monday)
- **Monthly Luncheon** was changed to Tuesday, December 30th, at noon to a New Year’s luncheon and musical entertainment.

**BRAINTREE SENIOR CENTER
MOVIE DAY (.50 donation)
Friday, December 26, 2014
Movie starts promptly at 12 noon!**

(Please note change of day this month due to holiday)

Come early and bring a bag lunch, enjoy coffee/pastry, popcorn.

Movie: ***“The Fault in our Stars”***



A teenage girl stricken with cancer falls for a boy in her support group and the two form a bond as they deal with their illnesses.

**Braintree Department of Elder Affairs
New Year's Luncheon & Music
Tuesday, December 30, 2014
Lunch 12 noon - \$6.00/ticket**



Our regular monthly lunch date has been changed this month due to the holidays. We have decided to make the monthly luncheon a **"New Year's Party Luncheon"** with special music for your entertainment & enjoyment.

Come for the lunch and we'll supply the noise makers, music and some bubbly "*ginger ale*" to toast in the **"New Year"**. You will be entertained by Kathy on the Keys & Vocalist Kathy Porter following the luncheon. We know it's not "New Year's Eve", but for all who do not enjoy going out on that evening this will be a great alternative - so come join the fun.

Menu: Salad/rolls, Chicken, Potato & Vegetable and a special holiday dessert.

You must come in to pick up a **\$6.00/ticket for event.** (space limited - Braintree residents only please)



**Braintree Dept. of Elder Affairs Presents....
"On the Trail of Bonnie & Clyde"
Monday, December 29, 2014
1 p.m. - \$2.00/donation**

Please join us for a presentation of **"On the Trail of Bonnie & Clyde"** by lecturer, Christopher Daley. Mr. Daley has been involved in local history for many years, written articles for local publication and lectured all over Massachusetts.

This lecture, which is part travelogue and part history will chronicle the story of Bonnie and Clyde separating the reality from the myth! For years the public has been fascinated with the story of this Dustbowl Romeo and Juliet. However, much of what we know is mainly from the 1967 movie "Bonnie and Clyde" and more recently a highly fictionalized made for T.V. Movie shown on A&E & the History Channel. Much myth, conjecture and outright lies have grown up about the two Texas bandits but when one delves into the true story of the two lovers a much more interesting and human story emerges; much better than Hollywood was able to depict. This one hour lecture will tell that story through the use of period photographs and movies plus modern photographs and video. Mr. Daley has traveled through the states of Arkansas, Louisiana, Texas, Oklahoma and Missouri on the "Trail of Bonnie and Clyde" photographing and making a video of the sites of their homes, murders, robberies, shootouts and hideouts.

Along the way Mr. Daley met characters like L.J. "Boots" Hinton, the son of lawman Ted Hinton - a member of the posse that took down Bonnie & Clyde in 1934 and the mayor of dusty Kemp, Texas who related a fascinating story of Bonnie's incarceration at the Kemp Calaboose. He drove over 4,000 miles in search of the real Bonnie and Clyde and I hope you will join us as he takes you on the **"Trail of Bonnie and Clyde."**

Please call to sign up: 781-848-1963 (space limited - Braintree residents only please)

From the desk of Mary Cirignano, Chairperson...

The Mayor, Board and Staff wish you all a joyful Christmas and a Happy New Year.

What does Santa call a reindeer that won't work? **Dinner!**

Pastor Tony is walking down the street on Christmas eve when he notices Larry, a small boy, trying to press the doorbell of a house across the street. However, Larry is very small and the doorbell is too high for him to reach. After watching the boy's efforts for some time, Pastor Tony moves closer to Larry's position. He steps smartly across the street, walks up behind the little fellow and, placing his hand kindly on the child's shoulder, leans over and gives the doorbell a solid ring. Crouching down to Larry's level, Pastor Tony smiles benevolently and asks, "And now what, my little man?" To which Larry replies with a beaming grin, "Now we run!"

As a little girl climbed onto Santa's lap, Santa asked the usual, "And what would you like for Christmas?" The child stared at him open-mouthed and horrified for a minute, then gasped: "Didn't you get my E-mail?"

Myra was going to the Christmas office party but needed a new party dress. In the clothing store she asked, "May I try on that dress in the window, please?" "Certainly not, madam," responded the salesgirl, "You'll have to use the fitting room like everyone else."

In Sunday School, they were teaching how God created everything, including human beings. Little Johnny seemed especially intent when they told him how Eve was created out of one of Adam's ribs. Later in the week, his mother noticed him lying down as though he were ill and said, "Johnny what is the matter?" Little Johnny responded, "I have a pain in my side. I think I'm going to have a wife."

Went shopping for my Christmas beverage when there was a bit of confusion in the liquor store this morning. When I was ready to pay for my whisky, the check-out assistant said to me, "Strip down - facing me." Making a mental note to complain to my lawyer about excessive security running amok, I did just as she had instructed. When the hysterical shrieking and alarms finally subsided, I found out that she was referring to my debit card. I have been asked to shop elsewhere in the future.

Looking for new "Chess" Players for Tuesdays and/or Thursday mornings at 9 a.m. Please call 781-848-1963 to sign up so that we can make sure you have a partner. Both men and women invited to join this group.

**BRAINTREE
TRIAD
CHRISTMAS PARTY**

**WEDNESDAY
DECEMBER 10, 2014
10:30 a.m.**

MEMBERS ONLY!



Optional - \$5.00/grab

**Annual
New Year's Eve Gala**

**December 31, 2014
Sons of Italy Hall - Braintree
12 - 4 p.m.**

\$35.00/per person

**Cheese/Crakers/Fresh Fruit
Choice of:
Roast Beef or Stuffed Chicken Dinner**

**Noise Makers - Champagne Toast
Dancing - Trivia - Prizes**

Crowning of King & Queen



For more information, please call:

**Marta Googins: 781-848-4768
or
Terry Jarrett: 781-848-1963**

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****1**

11:00 QiGong/Tai Chi
 12:00 Pool Players
 12:00 Poker
 12:15 Men's Tai Chi
 12:30 Trivia & Coffee

**1:30 Aging Mastery #10
 Program (must be signed
 up for this event)**

2

Shopping Shuttle/Roche
 9:00 S&S Bus (housing)
 9:00 Chess
 9:30 Computer 101A
 10:00 Walking Group
10:00 Vision Group Party
 10:00 SHINE Insurance
 10:45 Computer 101B
 1:00 Bridge & Cribbage
 1:30 Zumba Exercise
3:00 Supper Club:
 Jackson Sq. Tavern

3

9:15 Exercise Class
**10:00 Basic ESL Classes
 for Chinese Speaking
 Elders -call for info & spot**
 12:00 Pool Players
 12:00 Poker
1:00 BINGO

4

Shopping Shuttle/Roche
 9:00 Chess
 9:30 Chair Yoga
 11:30 Quilting Group
 12:00 Pool Players
 1:00 Art Group
 1:00 Knit/Crochet

5

9:15 Exercise Class
 10:00 Scrabble
 10:00 Weight Loss Group
 11:00 Library van ride
 12:00 Pool Players
 1:00 Women's Poker
 1:30 Zumba Exercise

8

11:00 QiGong/Tai Chi
 12:00 Pool Players
 12:00 Poker
 12:15 Men's Tai Chi

**1:30 Aging Mastery #11
 Program (must be signed
 up for this event)**

9

Shopping Shuttle/Shaws
 9:00 S&S Bus (housing)
 9:00 Chess
 9:30 Computer 101A
 10:00 Walking Group
 10:00 Wii Bowling Group
**10:00 Blood Pressure at
 Senior Center by Nurse**
 10:00 SHINE Insurance
 10:45 Computer 101B
**1:00 Belles & Beaux
 Holiday Program**
 1:00 Bridge & Cribbage
 1:30 Zumba Exercise

10

9:15 Exercise Class
 9:30 Ask the Lawyer
 (free) by appointment
**10:00 Basic ESL Classes
 for Chinese Speaking
 Elders -Last class today!**
10:30 TRIAD Meeting
 12:00 Pool Players
 12:00 Poker

11

Shopping Shuttle/Shaws
 9:00 Chess
 9:30 Chair Yoga
 10:00 Photography
 11:30 Quilting Group
 12:00 Pool Players
 1:00 Art Group
 1:00 Knit/Crochet

12

9:15 Exercise Class
**10:00 Special Van Trip:
 Ocean State/Quincy**
 10:00 Scrabble
 10:00 Weight Loss Group
 11:00 Library van ride
**11:30 Senator John
 Keenan Office Hours
 (come by for a chat!)**
 12:00 Pool Players
 1:00 Women's Poker
 1:30 Zumba Exercise

15

11:00 QiGong/Tai Chi
 12:00 Pool Players
 12:00 Poker
 12:15 Men's Tai Chi
 12:30 Trivia & Coffee

**1:30 Aging Mastery #12
 Final Week Program**

16

Shopping Shuttle/S&S
 9:00 S&S Bus (housing)
 9:00 Chess
 9:30 Computer 101A
 10:00 Walking Group
 10:00 Wii Bowling Group
 10:00 SHINE Insurance
 10:45 Computer 101B
 1:00 Bridge & Cribbage
 1:30 Zumba Exercise
2:00 Supper Club:

17

9:15 Exercise Class
 12:00 Pool Players
 12:00 Poker
1:00 BINGO
 1:00 Hearing Exams
 (free) by appointment

18

Shopping Shuttle/S&S
 9:00 Chess
 9:30 Chair Yoga
 10:30 Book Club Group
 11:30 Quilting Group
 12:00 Pool Players
 1:00 Art Group
 1:00 Knit/Crochet

19

9:15 Exercise Class
 10:00 Scrabble
 10:00 Weight Loss Group
 11:00 Library van ride
**No afternoon activities
 due to Holiday Party**
**1:00 HOLIDAY MUSICAL
 SHOW**

**No Wisdom Works will
 resumes in Jan**

**Please see info in news-
 letter and call to sign up!**

<p>5:00 Supper Club. Texas Road House (1:30 AARP Meeting)</p>	<p>22</p> <p>Shopping Shuttle/Roche 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:15 Men's Tai Chi</p> <p>1:30 Aging Mastery GRADUATION PROGRAM!</p>	<p>23</p> <p>Shopping Shuttle/Roche 9:00 S&S Bus (housing) 9:00 Chess 9:30 Computer 101A 10:00 Walking Group 10:00 Wii Bowling Group 10:00 SHINE Insurance 10:45 Computer 101B 1:00 Bridge & Cribbage 1:00 Ask the Lawyer (free) by appointments 1:30 Zumba Exercise</p>	<p>24</p> <p>9:15 Exercise Class 10:00 Pool Players 10:00 Poker</p> <hr/> <p>NO afternoon activities due to Holiday!</p>	<p>letter and can to sign up.</p> <p>No Board Meeting will resume in Jan.</p>
<p>22</p> <p>Shopping Shuttle/Roche 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:15 Men's Tai Chi</p> <p>1:30 Aging Mastery GRADUATION PROGRAM!</p>	<p>23</p> <p>Shopping Shuttle/Roche 9:00 S&S Bus (housing) 9:00 Chess 9:30 Computer 101A 10:00 Walking Group 10:00 Wii Bowling Group 10:00 SHINE Insurance 10:45 Computer 101B 1:00 Bridge & Cribbage 1:00 Ask the Lawyer (free) by appointments 1:30 Zumba Exercise</p>	<p>24</p> <p>9:15 Exercise Class 10:00 Pool Players 10:00 Poker</p> <hr/> <p>NO afternoon activities due to Holiday!</p>	<p>25</p> <p>Holiday CHRISTMAS</p>  <p>Senior Center Closed Today</p>	<p>26</p> <p>9:15 Exercise Class 10:00 Scrabble 10:00 Weight Loss Group 10:30 Blood Pressure (free) at Senior Center 11:00 Library van ride 12:00 Pool Players 12:00 Movie Day "The Fault in our Stars" 1:00 Women's Poker 1:30 Zumba Exercise</p>
<p>29</p> <p>Shopping Shuttle/Shaws 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:15 Men's Tai Chi</p> <p>1:00 Lecture on "Bonnie & Clyde" by Christopher Daley See newsletter for info & call to sign up!</p>	<p>30</p> <p>Shopping Shuttle/Shaws 9:00 S&S Bus (housing) 9:00 Chess 9:30 Computer 101A 10:00 Walking Group 10:00 SHINE Insurance 10:45 Computer 101B 12:00 Senior New Year Luncheon & Music (Please pick up ticket \$6) 1:00 Bridge & Cribbage 1:30 Zumba Exercise 5:00 Alzheimer's Meeting Call to sign up please!</p>	<p>31</p> <p>9:15 Exercise Class 10:00 Pool Players 10:00 Poker</p> <p>NO afternoon activities due to Holiday!</p> <p>HAPPY 2015 "NEW YEARS EVE GALA" 12 - 4 p.m. \$35.00/ticket at Sons of Italy Hall (see newsletter for info)</p>	<p>DECEMBER</p>  <p>2014</p>	<p>*Please note special activities will have a write up in this newsletter about sign up requirements and any charges.</p> <p>Do not call before the first of the month to sign up for any special activities.</p> <p>*Please note there are \$\$ charges for our exercise programs and some special activities - call for information regarding these charges.</p> <p>*All other activities are \$50/donation for Senior Center expenses.</p>

6 & 7

S U B A
R O O F
D E C E M B E R

From the Outreach Department.....

Winter is fast approaching. It is now time to prepare for the bad weather. Have a plan in place for snow removal. Make sure to have an ice scraper in your car.

As the winter weather arrives the risk of falling is greater. We have Ice Tips for canes that provide better traction in the snow and ice.

Fuel Assistance is available through QCAP to help defray the cost of heating fuel.

The Food Stamp program offers some financial help to defray the cost of food.

Our Friendly Visitor provides a social contact for homebound seniors who have little to no contact with anyone each day.

We have a Library Express program that is available to homebound residents which is a delivery of library materials to your home.

HAVE A SAFE WINTER!

AARP Income Tax Service

Just a reminder.....The AARP/IRS Tax Aide Program will be held in Braintree beginning in February 2015. NOW is the time to start collecting all information required for filing your 2014 Tax year.

We will not take any appointments until after January 10th—that is when all the schedules will be set up. So **please** do not call before that date. **Thank you!**



Thank you Brewster Ambulance Co...

Braintree Department of Elder Affairs wishes to express their appreciation to the **Brewster Ambulance Company**. They presented us with an Automatic External Defibrillator (AED) and provided our staff with a full training on CPR and execution of the AED. Braintree Elder Affairs was seeking different sources of funding to equip the building with an AED when Santa arrived a bit early.

Our heartfelt thanks to Brewster Ambulance for providing us with this lifesaving apparatus. Hopefully we'll never have to use it, but if there ever comes a time, having it in our building will be priceless.

Once again Thank You!

Braintree Department of Elder Affairs Inclement Weather Policy

If the Braintree Public Schools are cancelled **ALL** Braintree Department of Elder Affairs Programs, Van Transportation & Activities **will be cancelled at the Senior Center!**

Please listen to local radio stations and T.V. stations for local school cancellations for the Town of Braintree.

This policy ensures your safety due to bad weather, unplowed parking lots, icy walkways and poor road conditions. We will make no exceptions, if the schools are closed so are our programs.

Please call the Senior Center if you are not sure the Braintree Schools are closed.

The Braintree Department of Elder Affairs will remain open for emergency calls and information unless Town Hall offices have been closed by Mayor Sullivan.

For further information or a storm related emergency please call: 781-849-1963

Educational Town Information

From the Health Department..... Holiday Cheer!
Rather than an article for Healthy Eating Holiday tips, an article to provide much needed laughs...

1. Avoid carrot sticks. Anyone who puts carrots on a holiday buffet table knows nothing of the Christmas spirit. In fact, if you see carrots, leave immediately. Go next door, where they're serving rum balls.
2. Drink as much eggnog as you can. And quickly. Like fine single-malt scotch, it's rare. In fact, it's even rarer than single-malt scotch. You can't find it any other time of year but now. So drink up! Who cares that it has 10,000 calories in every sip? It's not as if you're going to turn into an eggnog-alcoholic or something. It's a treat. Enjoy it. Have two. It's later than you think. It's Christmas!
3. If something comes with gravy, use it. That's the whole point of gravy. Gravy does not stand alone. Pour it on. Make a volcano out of your mashed potatoes. Fill it with gravy. Eat the volcano. Repeat.
4. As for mashed potatoes, always ask if they're made with skim milk or whole milk. If it's skim, pass. Why bother? It's like buying a sports car with an automatic transmission.
5. Do not have a snack before going to a party in an effort to control your eating. The whole point of going to a Christmas party is to eat other people's food for free. Lots of it. Hello?
6. Under no circumstances should you exercise between now and New Year's. You can do that in January when you have nothing else to do. This is the time for long naps, which you'll need after circling the buffet table while carrying a 10-pound plate of food and that vat of eggnog.
7. If you come across something really good at a buffet table, like frosted Christmas cookies in the shape and size of Santa, position yourself near them and don't budge. Have as many as you can before becoming the center of attention. They're like a beautiful pair of shoes. If you leave them behind, you're never going to see them again.
8. Same for pies. Apple. Pumpkin. Mincemeat. Have a slice of each. Or, if you don't like mincemeat, have two apples and one pumpkin. Always have three. When else do you get to have more than one dessert? Labor Day?
9. Did someone mention fruitcake? Granted, it's loaded with the mandatory celebratory calories, but avoid it at all cost. I mean, have some standards.
10. One final tip: If you don't feel terrible when you leave the party or get up from the table, you haven't been paying attention.

Reread tips, then start over. But hurry: January is just around the corner.

From the Recycling Department.....

Winter Trash & Recycling Services:

Yardwaste/Christmas tree drop-off at the Compost Site at 225 Plain Street is open from April through January from 7:15 AM to 2:45 PM (there is no closing at lunch time). Curbside yardwaste collection ends after the week of December 1st. Christmas trees will be collected curbside during the weeks of December 29 & January 5, on your regular trash day.

For Trash Only: Extra Christmas trash, up to 3 extra bags (plastic bags only) may be placed curbside for the 2 weeks following Christmas... the weeks of December 29 & January 5.

For Recycling: Only the materials placed inside the wheeled cart will be collected. Please flatten items to allow for more materials in the cart. Recyclables outside the cart will not be collected. Extra recyclables may be dropped off at the Recycling Center (no sticker needed).

Ivory Street Drop-off Center is open to Braintree residents Mon, Tue, Thur, Fri, Sat—from 7 AM to 3 PM, and is closed on Wed, Sun & Holidays. A current sticker is needed when dropping off trash. No sticker is needed when dropping off recycling.



Braintree Department of Elder Affairs..... Newsletters are available at the Senior Center, Town Hall, Library, Banks, Supermarkets, Pharmacies, Churches, Stores, some Medical Facilities and on line at the Town of Braintree web-page:
www.townofbraintreegov.org

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 and 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 to the Senior Center!

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

Place
Stamp
Here



Please recycle!

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. Our Veteran Agent, Richard Walsh, now at this location (781-794-8217). www.townofbraintreegov.org

Dear “Friends”..... Another nice e-mail to share:

A friend of mine opened his wife's underwear drawer and picked up a package, wrapped in beautiful paper. “This,” he said, “isn't any ordinary package.” He unwrapped the box and stared at the lovely silk nightgown. “She got this the first time we went to New York, 8 or 9 years ago. She never put it on, as she was saving it for a “special occasion”. “Well, I guess this is it,” he muttered to himself. He placed the gift box next to the other clothing he was taking to the funeral home, as his wife had just died.

Some words of wisdom: Never save something for a “special occasion”. Every day of your life is a “special occasion”. Remember to read more and clean less. Sit on the porch without worrying about anything. Spend more time with family. Life should be a source of experience to be lived up to, not survived through. No longer “keep” anything for a “special occasion”. Use your crystal glasses every day. Wear new clothes to go to the supermarket if you feel like it. Douse yourself in your special perfume or cologne whenever you wish. Have the words “someday” and “one day” fade from your vocabulary. If it's worth seeing, listening to, or doing, see, listen, or do it now. Each day, each hour, each minute is special. Live for today, for tomorrow is promised to no-one.

This thoughtful piece is our gift to you this holiday season.

Merry Christmas! Happy Hanukkah!
The Friends

