



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..... On behalf of staff and members of our Board, I would like to wish you all a very Happy New Year. May 2015 bring us peace joy and good health.

2014 was a busy year and I do not see any trends of us slowing down in the near future. Census figures indicate a steady rise in the senior population as more and more baby boomers come of age. Senior Centers are now experiencing a new phenomenon, a generation gap within the senior population who come to our Centers. Just like every generation, the "younger" seniors have a different outlook and needs than the generations before them. Braintree Elder Affairs understands and appreciates that and sincerely strives to introduce a variety of new programs and activities while maintaining and nurturing the programs that have been ongoing for many, many years. Health and fitness is an essential part for seniors to lead a happy and independent life. In 2014, we successfully ran a program called "My Life My Health" and thereafter National Councils on Aging in collaboration with The Massachusetts Councils on Aging chose Braintree as a pilot site to introduce a 13 week program named Aging Mastery Program. Periodically we try different support groups, educational presentations, different forms of entertainment and the list goes on.

We appreciate having the support of Mayor Sullivan and our Councilors, but please remember nothing can be gained without your encouragement and your good will. You are the reason we are here and with your best wishes we are looking forward to a productive and bustling 2015.

Sharmila



BRAINTREE SENIOR CENTER "SUMMER CRUISE - WINTER PARTY"

Thursday, January 15, 2015

1-2:30 p.m.

\$2.00/cruise fee

Come join the fun on our imaginary "cruise ship" that stops in the Caribbean & enjoy some lively music, munchies and tropical drinks. Wear your "island attire" (no bikinis please!) and come beat those January blues! Hopefully we won't be having a New England winter blizzard and our "cruise ship" will depart as scheduled at 1 p.m. Russ McQueen will be on hand to provide the entertainment & music. Russ is a lot of fun - so don't miss this winter party!

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

BLOOD PRESSURE CLINICS (free)



January 13, (Tues.) at Senior Center 10-11 a.m.
January 14, (Friday) at Heritage Housing 10-11 a.m.
January 30, (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.**

Jan 6 & 8,	Stop & Shop/Grove Street
Jan. 13 & 15,	Roche Bros/Quincy Ave.
Jan. 20 & 22,	Shaw's/Pearl Street
Jan. 27 & 29	Stop & Shop/Grove Street

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

**** Van Trip 1/9/14 - Dollar Store/Weymouth at 10 a.m.**

BRAINTREE MEETINGS



- Jan. 6,** **Vision Group Meeting at 10 a.m.**
Meeting at Senior Center & open to all with low vision problems. For more information call 781-848-1963
- Jan. 9,** **Senator John F. Keenan Office Hours 11:30 am**
Meeting Senior Center to review any concerns you may have—no appointment necessary.
- Jan. 20,** **AARP Chapter #4042 Meeting at 1:30 p.m.**
Braintree DAV Hall - 788 Liberty St./Braintree
Guest speaker: Amy Schram of the Better Business Bureau with information to keep you safe and secure from scams and fraud. Welcome guests at meeting.
- Jan. 15,** **Wisdom Works Support Meeting 3:30 p.m.**
Meeting at Senior Center for members.
- Jan. 16,** **Braintree Elder Affairs Board Meeting 2 p.m.**
Meeting at Senior Center—open to public.
- Jan. 22,** **COA Associates Meeting at 2 p.m.**
Meeting at Senior Center—open to public.
- Jan. 27,** **Braintree Alzheimer's Support Meeting 5 p.m.**
Meeting at Senior Center. See newsletter article for speaker info and call to sign up please!

**Braintree Dept. of Elder Affairs
Alzheimer's Meeting
January 27, 2015 at 5 p.m.**

**"Lost in Time"
Tips to Manage Dementia
Speaker:
Kim Bennett, LSW/Director
Visiting Angels**

Crucial for caregivers.....

In this presentation you will learn how to make loved ones feel more comfortable and less anxious; how to talk with someone who has lost their "place" in time; coping with difficult memories and fears; handling confusion; and techniques for effective communication. Light supper will be served.



**Alden Crossing Office Suites
475 School Street, Suite 15
Marshfield, MA 02050 (781-834-6355 x13)**

Please call: 781-848-1963 to sign up!

**Braintree Dept. of Elder Affairs
Book Club Group
Thursday, January 22, 2015
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 conversations.

**Book:
"The Aviator's Wife"**



For much of her life, Anne Morrow, the shy daughter of the U.S. ambassador to Mexico, has stood in the shadows of those around her, including her millionaire father and vibrant older sister, who often steals the spotlight. Then Anne, a college senior with hidden literary aspirations, travels to Mexico City to spend Christmas with her family. There she meets Colonel Charles Lindbergh, fresh off his celebrated 1927 solo flight across the Atlantic.

Braintree

Department of Elder Affairs

“Special Activities”

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

See our newsletter calendar for listing of all activities

- Jan. SHINE Insurance help at 10 a.m.**
Appointments every Tuesday for help on all medical insurance issues. Call for appointment!
- Jan. 6, “Low” Vision Group Meeting at 10 a.m.**
Support for seniors with low vision problems.
- Jan. 6, Supper Club at: Bertucci’s/Braintree**
& 20, Supper Club at: Chateau/Braintree
Please call Senior Center for van reservations to enjoy this early social supper from 3 - 6 p.m.
- Jan. 7, Bingo at Senior Center at 1 p.m.**
\$4.00 covers all games. Refreshments served!
Open to everyone.
- Jan. 12, Belles & Beaux Musical Entertainment**
At Senior Center 1 p.m. Cake/ice cream served.
- Jan. 15, Summer Cruise/Winter Musical Party**
See newsletter article and call to sign up. 1 p.m.
- Jan. 20, One Pot Cooking Demonstration 11 am**
See newsletter article, and call to sign up.
- Jan. 21, Special Bingo at Senior Center at 1 p.m.**
Grove Manor & Home Instead will host a special Bingo with prizes and refreshments. \$4.00 will cover all regular games—Open to everyone!
- Jan. 26, Brown Bag Auction at 1 p.m. - FUN!**
See newsletter article for information.
- Jan. 28, Movie Day at Senior Center - 12 noon!**
Back to our regular day - last Wed. of month.
Movie: Million Dollar Arm
- Jan. 29, Senior Monthly Luncheon at 12 noon**
Luncheon & Music by Don Sansom to enjoy.
Must pre-purchase \$7.00 ticket at Senior Center.

Braintree

Department of Elder Affairs

Senior Luncheon & Music

January 29, 2015

@ 12 noon

\$7.00/ticket (pre-purchase please)

Come to our monthly luncheon and enjoy a delicious home cooked meal & some social time with new friends. Music with Don Sansom during & after the luncheon for your enjoyment.



**Lunch Menu: Salad & Rolls,
Meatloaf, Potato and Vegetable
Dessert with coffee/tea/cold drink**

BRAINTREE SENIOR CENTER

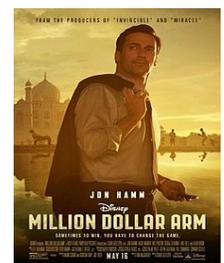
MOVIE DAY (.50 donation)

January 28, 2015

**Movie starts promptly
at 12 noon!**

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

**Movie:
Million Dollar Arm**



A sports agent stages an unconventional recruitment strategy to get talented Indian cricket players to play Major League Baseball.

*“One Pot Cooking”
Demonstration*

by:

Hahn Home Health Care Inc.

Thursday, January 20, 2015

@ 11 a.m.

Join Jennifer Nosalek of Hahn Home Health Care Inc. and Kathy Mariano from Weight Watchers on Tuesday, January 20th at 12:30 p.m. for a one pot cooking activity.

Participants will learn about the importance of balanced nutrition while preparing a simple recipe. The meal is heart healthy, nutrient rich, but most importantly easy to make and full of flavor!



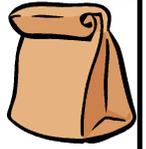
Please call to sign up: 781-848-1963 (space limited)

BRAINTREE SENIOR CENTER

“BROWN BAG AUCTION”

Monday, January 26, 2015

1 P.M.



This is a lot of fun so don't miss it!

Come to the Senior Center for our “Brown Bag Auction” where you will bring in a item in a brown paper bag (do not wrap the item in the bag). You can re-gift something you received for the holidays that you can not use, or something in your home you would like to donate. No food, junk or perishables please!

You don't have to bring an item to participate, but the more we get the more fun we can have.

Then let the fun begin - we give you hints to what is in the bag and the bidding begins. You may get something for a few cents up to a few dollars. All proceeds go to future entertainment for the Senior Center.

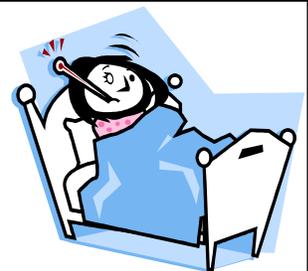
Call for information:

781-848-1963

10 Tips to Stay Healthy During the Winter Season

Are you ready for cold and flu season? If you want to avoid being sick, now is the time to be thinking about prevention:

1. Get a flu, pneumonia and shingles shot.
2. Drink the optimal amount of water to stay hydrated.
3. Eat a healthy diet full of fresh fruit and vegetables.
4. Find the best supplement for your health - ask your doctor for information.
5. Exercise regularly even if only for 15 minutes a day. Take a short walk!
6. Get the right amount of sleep every night. Average 6-8 hours of sleep per night.
7. Wash your hands often during day & use sanitizer when you can't wash.
8. Don't smoke—it weakens your immune system - so quit this year!
9. Keep stress to a minimum, spend time with family & friends, have some fun!
10. Avoid large crowds during peak flu season and stay home if you have the flu.



**Despite your best efforts to stay healthy, you can still catch a cold or the flu.
Rest, drink fluids and if you really are feeling down for the count—call your doctor!**

From the desk of Mary Cirignano, Chairperson

HAPPY 2015 NEW YEAR!

Wishing you all good health, new dreams and wishes.

Remembering Dr. Martin Luther King, Jr. birthday on January 19. One of his quotes "Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that!"

An Amusing and Tongue in Cheek Look at Retirement:

Another year has passed and we're all a little older.
Last summer felt hotter and winter seems much colder.
There was a time not long ago when life was a blast.
Now I fully understand about 'Living in the Past'
We used to go to friends' homes, football games & lunches.
Now we go to therapy, to hospitals, and after-funeral brunches.
We used to have hangovers, from parties that were gay.
Now we suffer body aches and sleep the night away.
We used to go out dining, and couldn't get our fill.
Now we ask for doggie bags, come home and take a pill.
We used to travel often to places near and far.
Now we get backaches from riding in the car.
We used to go out shopping for new clothing at the Mall
But, now we never bother...all the sizes are too small.
That is how life is, and now my tale is told.
So, enjoy each day and live it up... **Before you're too darn old!**

An Englishman, an Irishman and a Scotsman were taking part in a survey about tea-drinking habits. "I always stir my tea with my left hand," said The Englishman. "I always stir my tea with my right hand," said The Scotsman. How about you? the Irishman was asked. "Oh me?" said The Irishman, "I always use a spoon."

This is a good example of true friendship:

A man brings his best buddy home for dinner unannounced at 5:30 p.m. after work. His wife begins screaming at him and his friend just sits and listens in. "My hair and makeup are not done, the house is a mess, the dishes are not done, I'm still in my pajamas, and I can't be bothered with cooking tonight! What the heck did you bring him home for?"
"Because he's thinking about getting married."

When Madonna was 55, her boyfriend was 22
When Tina Turner was 75, her boyfriend was 40
When JLo was 42, her boyfriend was 26
When Mariah Carey was 44, her husband was 32
Still looking??? Relax, your boyfriend is not born yet.

B-I-N-G-O EXTRAVAGANZA

Wednesday, January 21, 2015

1 p.m.

Our friends at Home Instead & Grove Manor Estates will sponsor this fun event!

Come one, come all & play to win. Trust us, you will leave a winner.

Our regular \$4.00 cover charge covers all games and Home Instead & Grove Manor Estate will have other special prizes!

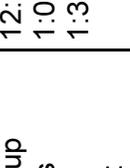
HOLIDAY SCAM WARNING!!

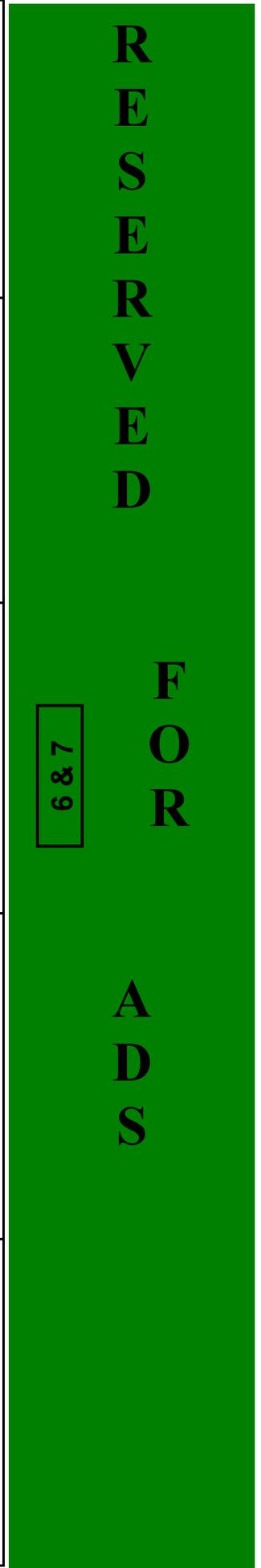
THE **BRAINTREE POLICE** ARE RECEIVING REPORTS OF PHONE SCAMS CURRENTLY HAPPENING AROUND BRAINTREE AND WOULD LIKE TO REMIND EVERYONE:

1. **NEVER** GIVE BANK ACCOUNT OR PERSONAL INFORMATION OVER THE PHONE TO **ANYONE**.
2. SCAMMERS ARE CLAIMING TO BE FROM THE **"ELECTRIC COMPANY"** (BELD / VERIZON), STATING YOU ARE BEHIND ON A BILL AND HAVE TO PAY NOW (THIS IS A SCAM).
3. SCAMMERS ARE CLAIMING TO BE FROM THE **"IRS"**. THE IRS **WILL NEVER** CALL AND ASK FOR YOU CREDIT CARD OR BANK INFORMATION OVER THE PHONE.
4. SCAMMERS OFTEN KNOW YOUR NAME AND PERSONAL INFO AND SOUND VERY CONVINCING MAKING IT SEEM THEY ARE LEGITIMATE.
5. REMEMBER, **NEVER EVER -EVER** GIVE YOUR BANK ACCOUNT, CARD INFO, OR PERSONAL INFORMATION OVER THE PHONE!!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>	<p>5</p> <p>11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:15 Men's Tai Chi 12:30 Trivia & Coffee</p>	<p>JANUARY</p> <p>A HAPPY NEW YEAR 2015</p>	<p>6</p> <p>Shopping Shuttle/S&S 9:00 S&S Bus (housing) 9:30 Computer 101A 10:00 Vision Group Meets 10:00 Walking Group 10:00 SHINE Insurance 10:45 Computer 101B 1:00 Bridge & Cribbage 1:30 Zumba Exercise 3:00 Supper Club: Bertucci's/Baintree</p>	<p>12</p> <p>11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:15 Men's Tai Chi</p> <p>1:00 Belles & Beaux Musical Show</p> <p>(Cake provided donated by Royal Rehab. Nursing Home in Braintree)</p>
<p>1</p> <p>HOLIDAY NEW YEAR'S DAY</p> <p>SENIOR CENTER CLOSED</p>	<p>7</p> <p>9:15 Exercise Class 12:00 Pool Players 12:00 Poker 1:00 BINGO</p>	<p>15</p> <p>Shopping Shuttle/Roche 9:30 Chair Yoga 10:00 Photography 11:30 Quilting Group 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet</p>	<p>8</p> <p>9:15 Exercise Class 10:00 Special Van Trip: Dollar Store/Weymouth 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</p>	<p>9</p> <p>9:15 Exercise Class 10:00 Special Van Trip: Dollar Store/Weymouth 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</p>
<p>2</p> <p>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</p>	<p>14</p> <p>9:15 Exercise Class 9:30 Ask the Lawyer (free) by appointment 10:00 Blood Pressure (free) at Heritage Housing 12:00 Pool Players 12:00 Poker</p>	<p>16</p> <p>9:15 Exercise Class 10:00 Scrabble 10:00 Weight Loss Group 11:00 Library van ride 12:30 Ask the Lawyer (free) by appointments</p> <p>2:00 Board Meeting Open to Public</p>	<p>15</p> <p>Shopping Shuttle/Roche 9:30 Chair Yoga 11:30 Quilting Group</p> <p>1:00 "Summer Cruise & Winter Party" \$2.00 Music & Refreshments (see article & call to sign up)</p> <p>3:30 Wisdom Works Members Meeting</p>	<p>13</p> <p>Shopping Shuttle/Roche 9:00 S&S Bus (housing) 9:30 Computer 101A 10:00 Blood Pressure (free) Senior Center 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</p>

<p>19</p> <p>HOLIDAY</p> <p>DR. MARTIN LUTHER KING DAY</p>  <p>SENIOR CENTER CLOSED</p>	<p>20</p> <p>(1:30 AARP Meeting)</p> <p>Shopping Shuttle/Shaws 9:00 S&S Bus (housing) 9:30 Computer 101A 10:00 Walking Group 10:00 Wii Bowling Group 10:00 SHINE Insurance 10:45 Computer 101B 11:00 One Pot Cooking See article & call to sign up 1:00 Bridge & Cribbage 1:30 Zumba Exercise 3:00 Supper Club: Chateau/Braintree</p>	<p>21</p> <p>9:15 Exercise Class 10:00 Pool Players 10:00 Poker 1:00 Hearing Exams (free) by appointments 1:00 BINGO SPECIAL with Grove Manor Estates and Home Instead. See newsletter article for info.</p>	<p>22</p> <p>Shopping Shuttle/Shaws 9:30 Chair Yoga 10:00 Photography 10:30 Book Club Group 11:30 Quilting Group 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet</p> <p>2:00 COA Associates meeting-open to public</p>	<p>23</p> <p>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</p>
<p>26</p> <p>Shopping Shuttle/Shaws 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:15 Men's Tai Chi 12:30 Trivia & Coffee</p> <p>1:00 Brown Bag Auction See newsletter article for information & join the fun!</p>	<p>27</p> <p>Shopping Shuttle/S&S 9:00 S&S Bus (housing) 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>5:00 Alzheimer's Meeting "Visiting Angels Speaker" Call to sign up please!</p>	<p>28</p> <p>9:15 Exercise Class 10:00 Pool Players 10:00 Poker 12:00 Movie Day: "Million Dollar Arm"</p>	<p>29</p> <p>Shopping Shuttle/S&S 9:30 Chair Yoga 11:30 Quilting Group 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet</p> <p>12:00 Senior Luncheon and Music to enjoy! (Please pick up ticket \$6)</p>	<p>30</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 1:00 Women's Poker 1:30 Zumba Exercise</p>



From the Outreach Department.....

We would like to thank all of the people who donated their time, efforts and money this year to provide holiday gifts and cheer to our seniors. **We would especially like to thank the employees at Braintree Town Hall and all of the kind and generous individuals who helped make this holiday special.**

Now that the winter weather has arrived it is important to remember the safety issues that the snow/ice can cause while driving. Check your tire treads throughout the season to maintain good contact with the road surface. Please check your windshield wiper blades. If they become worn they may cause you to have poor visibility. Also check to make sure you have plenty of wiper fluid in your car. It's also a good idea to clean the inside and outside of your car windows so that the sun and headlight glare won't obstruct your view. Please be aware that snow piles may also cause an obstructed view while driving. You might want to keep a blanket, a shovel, and some salt or sand in your trunk for emergencies. Please drive safely!

Please remember we have several ongoing programs to provide assistance such as: Fuel Assistance through QCAP, Food Stamps, Friendly Visitor, and Library Express.

We wish everyone a happy and healthy New Year!



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!



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 please call: **781-848-1963**

Educational Town Information

From the Health Department.....

Happy, Healthy New Year to Everyone!

SENIORS BLOOD PRESSURE CLINIC 2015

(All clinics are free & open to the public)

10:00 a.m. – 11:00 a.m.



January 13	Senior Center
January 14	Heritage Housing
February 10	Senior center
February 11	Independence Manor
March 10	Senior center
April 14	Senior center
April 15	Heritage Housing
May 12	Senior Center
May 13	Independence Manor
June 9	Senior Center
July 14	Senior Center
July 15	Heritage
August 11	Senior Center
August 12	Independence Manor
September 8	Senior Center
October 6	Senior Center
October 7	Heritage Housing
November 10	Senior Center
December 8	Senior Center
December 9	Independence Manor

From the Recycling Department.....

Curbside Reminders: In addition to filling the Town-issued carts, you may also add the following:

- *Up to 2 pieces of furniture per week
- *Mattress & box spring (considered 1 piece)
- *Carpet and/or wood – must be cut to 3-4 ft. lengths & tied. Limit 3 bundles/week

For pickup of appliances or metal items, i.e. BBQ grill, etc, please call Sunrise Scavenger at least 2 days prior to your trash day **(617-361-8000)**. Also, please call Sunrise directly for missed pickups, within 24 hours.

No extra barrels or bags or boxes will be collected. TV's are not collected curbside.

Additional Information: **Trash & Recycling Office**
781-794-8088 or www.braintree.ma.gov/recycling



Braintree Senior Center Computer Classes

Are you interested in learning basic computer skills, emailing or web searching? Then, our computer classes at the Senior Center are for you.

Classes run 4 weeks and have only 4 students (you each will have your own computer).

Our instructor, Fran Danico, is very knowledgeable and patient. So.....please sign up and learn something new for the “New Year”.

Our next classes will be starting in February or March, so call us at: 781-848-1963 to sign up.

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.townofbraintree.gov

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 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,

Dear “Friends”.....

Well, another year has come and gone, and we have a whole new one to explore. How shall we approach this New Year - with apprehension or excitement; with fear or assurance that we are loved and needed; with complacency or a hunger to learn and do new things?

The New Year gives us a clean slate. Here’s an imaginary piece of chalk. What will you write on your slate? How will you spend your days? Is there something you always wanted to try, new route to somewhere you go all the time? A new recipe, which you know you will enjoy? Making a new friend? Beginning a new hobby? Volunteering at a non-profit organization? Becoming engaged in a new activity at the senior center? It’s up to you. That slate is clean. Fill it with new, fun, and exciting experiences.

Although each New Year brings so many challenges, it also brings a variety of possibilities. A lot of those new challenges can be better faced with the right attitude. Let’s all adopt an “attitude of gratitude”. Then, when those possibilities to try something new arrive, we shall be ready to scribble a note on our slate to dive in and thoroughly enjoy them.

HAPPY NEW YEAR!
The Friends

