



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

PHONE: 781 848-1963

FAX: 781 848-2835

WEB: www.townofbraintreegov.org

From the Director....."I have learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel" *Maya Angelou.*

Last month, Braintree Elder Affairs, hosted its *Annual Volunteer Recognition* and together we celebrated a great day. The day before was a gloomy rainy day and next morning, as the saying goes, "Volunteers bring in the sunshine", the day turned into bright sunny day. This is the time when we get an opportunity to formally thank all the extraordinary man and woman who spend many hours of their time at the Braintree Department of Elder Affairs.

We, the staff, at Elder Affairs sincerely strive to offer the senior citizens living in Braintree with information services and programs which enrich their lives and help them remain happy, healthy and independent. But nothing could be achieved without you, our volunteers. From serving coffee in our kitchen to providing help with taxes, you make a difference. It has been my pleasure to work with you and I salute each and every one of you. I wish to thank our Mayor Joseph Sullivan, Senator Keenan and Representative Mark Cusack for joining us and celebrating with us.

Last, but not least, I would like to thank Sandra Young, our Coordinator of Volunteers and Activities. Sandy goes above and beyond her responsibilities and simply does an impeccable job. It is just a pleasure to watch each year how her creativity gets flowing around this event. Thank you Sandy, this event would not be the same without you!

Sharmila



Braintree Senior Center
Fourth of July Celebration
Thursday, July 3, 2014
12 noon—\$4.00/p.p.

Come celebrate "Independence Day" here at the Braintree Senior Center. We'll enjoy some delicious barbeque chicken & homemade potato salad. After lunch, we will sing some Patriotic songs with Don Sansom on the keyboard. We'll finish the afternoon with watermelon & cookies for dessert. Great way to spend a summer day!

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

BLOOD PRESSURE CLINICS (free)



July 8, (Tues.) at Senior Center 10-11 a.m.

July 9, (Friday) at Heritage 10-11 a.m.

July 25, (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.

July 1 & 3, Stop & Shop/Grove Street

July 8 & 10, Roche Bros/Quincy Avenue

July 15 & 17, Shaws/Pearl Street

July 22 & 24, Stop & Shop/Grove Street

July 29 & 31, Roche, Bros/Quincy Avenue

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

** Van Trip: 7/11/14 to: Walmart/Quincy 10 am - call for ride!

BRAINTREE MEETINGS



July 1, **LOW - Vision Group Meeting at 10 a.m.**
Meeting open to all with low vision problems.
For information/ride call: 781-848-1963

July 17, **Wisdom Works Support Meeting - 3:30 p.m.**
Meeting for members at Senior Center.

July 29, **Braintree Alzheimer's Support Meeting -5 p.m.**
Support meeting open to public—light supper
Provided. Please call to sign up.

July/Aug. **Senator John F. Keenan Office Hours**
No office hours for July & August resumes 9/12/14

July/Aug. **AARP Chapter #4042 Meeting**
No meeting July & August resumes 9/16/14

July/Aug. **Braintree Elder Affairs Board Meeting**
No meeting July & August resumes 9/19/14

July/Aug. **COA Associates Meeting**
No meeting July & August resumes 9/25/14

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

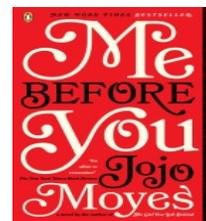
Please call for information: 781-848-1963

Braintree Dept. of Elder Affairs **Book Club Group** **Thursday, July 17, 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:

Me Before You
By: Jojo Moyes



A Love Story for this generation, "Me Before You" brings to life two people who couldn't have less in common - a heartbreakingly romantic novel that asks, what do you do when making the person you love happy also means breaking your own heart?

Braintree

Department of Elder Affairs

“Special” Activities”

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

- July** **SHINE Insurance help, at 10 a.m.**
Appointments every Tuesday for help on all medical insurance issues. Call for appointment!
- July 1,** **“Low” Vision Group Support Meeting**
Meeting at 10 a.m. at Senior Center.
- July 3,** **Fourth of July Party with Entertainment**
Barbeque chicken & potato salad, watermelon and cookies. Sing-a-long Patriot Music \$4.00/pp. Call for spot!
- July 7,** **(Free) Tai Chi Demonstration for Men**
See newsletter article and call to sign up.
- July 8 & 22,** **Supper Club at: Applebee’s/Quincy**
Supper Club at: Texas Road House
Please call Senior Center for van reservations to enjoy this early social supper from 3 - 6 p.m.
- July 9,** **Movie Day: “Philomena”**
Come early—movie starts promptly at noon!
- July 11,** **Special Monthly Van Trip at 10 a.m.**
Walmart in Quincy. Call for a spot.
- July 14,** **Belles & Beaux Musical Show at 1 p.m.**
Cake and ice cream served after the show.
- July 15,** **Summer 40’s Trivia Game & Party 1 pm**
\$2.00/donation. See article & call to sign up!
- July 22,** **Cape Cod Cruise & Luncheon**
Ticket holders only.
- July 29,** **Grove Manor Summer Ice Cream Social**
Social held at Senior Center at 1 p.m. Please call for a spot!
- July 30,** **Movie Day: “The Monuments Men”**
Come early—movie starts promptly at noon!
- July 31,** **Senior Monthly Luncheon at noon**
Come and pre-purchase \$6.00/ticket for lunch.

Braintree

Department of Elder Affairs

Senior Luncheon

July 31, 2014

@ 12 noon

\$6.00/ticket (pre-purchase please)

Come to our monthly luncheon and enjoy a delicious home cooked meal.



Lunch Menu: Seafood Salad sandwich, cold macaroni salad & cool summer dessert!

BRAINTREE SENIOR CENTER

MOVIE DAYS (.50 donation)

Wednesday, July 9, 2014

Wednesday, July 30, 2014

Movie starts promptly at NOON!

Come earlier and bring a bag lunch, enjoy coffee/pastry & popcorn! We'll have two movies for the summer months in our nice cool air conditioned room.

7/9/14 Movie:

Philomena

Starring Judi Dench and Steve Coogan, tells the true story of Philomena Lee's 50-year-long search for her son.



7/30/14 Movie:

The Monuments Men



This true story of the greatest treasure hunt in history, focuses on an unlikely World War II platoon, tasked by FDR with going into Germany to rescue artistic masterpieces from Nazi thieves and returning them to their rightful owners.

"Thank You Volunteers".....by Sandy Young/Coordinator

On Friday, **June 6th** we celebrated our annual **Volunteer Recognition Luncheon** held this year at the Son's of Italy Hall in Braintree. Over **100** Volunteers, Staff and special Guests attended this event. Mayor Sullivan was on hand to thank the Volunteers personally along with Senator Keenan and Representative, Mark Cusack. Sharmila, our Director, welcomed everyone with some inspiring words and poems.

The Volunteers received gifts, enjoyed a delicious luncheon catered by Fasano's and enjoyed wonderful music by "Tom Bruhl, DJ & One Man Band". Everyone was singing and dancing the afternoon away.

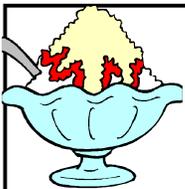
Great raffle prizes donated from: **Braintree Co-Operative Bank, COA Associates, Maria's Restaurant, FX Messina Enterprises, Shaws, Stop & Shop & the Senior Center** were given away during this event. What an enjoyable afternoon everyone had.

Volunteers are an important part in all our activities here at the Senior Center. From Van Drivers, Receptionists, Escorts, Activity Leaders, Hostesses, Newsletter Delivery, Knitting for Charity, AARP Tax Preparers & SHINE helpers.....the list goes on and on! We couldn't do all we do without your help, and we thank you all for your dedicated service to the Seniors of your Community & to the Braintree Senior Center.

If you are interested in Volunteering here at the Braintree Senior Center, please feel free to contact me at any time at - we will definitely find the right spot for you to enjoy!



Volunteer Appreciation Luncheon, June 6th, at the Son's of Italy Hall/Braintree



Grove Manor Ice Cream Social Braintree Senior Center Tuesday, July 29, 2014 1 p.m. (free)

Come in & enjoy an **Ice Cream Social**. There's no better way to stay cool on a hot summer day then with ice cream!

Enjoy the flavors of summer with your friends & neighbors here at Braintree Elder Services! Event sponsored by Grove Manor Estates of Braintree. A "short & sweet" presentation about Grove Manor will follow.

Please call to sign up: 781-848-1963

Braintree Senior Center Equipment "Loan Closet"

Do you need any of the following pieces of medical equipment for yourself or a family member?

- Wheelchairs
- Walkers
- Commodes
- Canes/Crutches
- Shower Chairs

Before coming.....please call 781-848-1963 to see if the item is in stock and this call also gives us time to have the item brought up from basement. You can keep the item (at no charge) for however long you need it. We are open M-F 8:30-4:30 p.m.

We also appreciate donations of clean, gently used equipment for our Loan Closet....*Thank you!*

From the desk of Mary Cirignano, Chairperson...

HAPPY 4TH OF JULY TO ALL

Teacher: "Where was the Declaration of Independence signed?"

Student: "On the bottom!"

An old teacher walked into the 4th grade class, where the children were studying the states, and asked them how many states they could name. They came up with about 40 names. Then the old teacher told them that in his day students knew the names of all the states. One lad raised his hand and said, "Yes sir, but in those days there were only 13 names to remember."

Do you know the following facts about the 4th of July?

- The first 4th of July party held at the White House was in 1801. The 4th of July was not declared a national holiday until 1941.
- The national anthem is actually set to the tune of an old English drinking song called 'To Anacreon in Heaven.'
- John Hancock was the only person to actually sign the Declaration of Independence on July 4, 1776. The other 55 signers did not sign it until August 2nd or even later.
- The youngest signer of the Declaration of Independence was 26 year old Edward Rutledge. The oldest signer was Benjamin Franklin. He was 70. Most of the signers were in their 30s and 40s.
- When the United States became a country, there were approximately 2.5 million people living in the country. Today the population is around 304 million.
- Bristol, Rhode Island has the oldest, continuous 4th of July celebration dating back to 1785.
- The Declaration of Independence was signed by 56 men from 13 colonies.
- The stars on the original American flag were in a circle so all the Colonies would appear equal.
- What kind of men were the signers? 24 were lawyers and jurists. 11 were merchants, 9 were farmers and large plantation owners; men of means, well educated, but they signed the Declaration of Independence knowing full well that the penalty would be death if they were captured.

We need to give thanks to these men who gave us independence and be glad we are Americans!!!



Summer Heat Alert.....

- **Stay Cool....stay indoors in an air conditioned place!**
- **The Senior Center is always cool, come for an activity or just bring a book and relax.**
- **Call the Senior Center if you need a ride in to cool off for a few hours relief: 781-848-1963**
- **Library, Supermarkets & Stores are cool - so visit them during the high heat times.**
- **Wear lightweight clothing & hat.**
- **Prevent dehydration & drink water**
- **Avoid alcohol & caffeine**
- **Exercise early or late in the day.**
- **Use grills or toaster ovens to cook; do not heat oven & kitchen.**
- **Keep blinds and curtains closed during the morning/afternoon.**
- **Seek medical help if feeling dizzy or light-headed during heat spell.**
- **Call Senior Center if you need help!**

Tai Chi Classes (for men only!)

**Monday, July 7, 2014
12:30 p.m.**

We are now offering **Tai Chi Classes for Men** only starting on July 7th at 12:30 p.m. Tai Chi improves health, mobility, balance, memory, concentration, reduces stress and is used as an effective pain control.

Instructor, Peggy Leung, is offering a free class to demonstrate Tai Chi on July 7th. to men who are interested in this group. If there is an interest - the classes will then be held every Monday at 12:30 p.m. at \$5.00/class.

Please sign up for this free demonstration by calling: **781-848-1963.**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

JULY



2014

7

11:00 QiGong/Tai Chi
 12:00 Pool Players
 12:00 Poker
12:30 Demonstration
 "Tai Chi for Men"
 (free) call to sign up!
 1:00 Trivia & Coffee

14

11:00 QiGong/Tai Chi
 12:00 Pool Players
 12:00 Poker
 12:30 Men's Tai Chi
1:00 Belles & Beaux
musical show with cake
and ice cream served.
****Thank you... To Royal**
Rehab Nursing Home of
Braintree for providing the
delicious cake for this event

1

Shopping Shuttle/S&S
 9:00 S&S Bus (housing)
 9:00 Chess
 9:00 Walking Group
 9:30 Outdoor Bocci
 9:30 Computer 101A
10:00 Vision Group Meeting
 10:00 SHINE Insurance help
 10:45 Computer 101B
 1:00 Bridge & Cribbage
 1:30 Zumba Gold Exercise

8

Shopping Shuttle/Roche
 9:00 S&S Bus (housing)
 9:00 Chess
 9:00 Walking Group
 9:30 Outdoor Bocci
 9:30 Computer 101A
10:00 Blood Pressure (free)
at Senior Center by nurse
 10:00 Wii Bowling Group
 10:00 SHINE Insurance help
 10:45 Computer 101B
 1:00 Bridge & Cribbage
 1:30 Zumba Gold Exercise
3:00 Supper Club:
Applebee's/Quincy

15

Shopping Shuttle/Shaws
 9:00 S&S Bus (housing)
 9:00 Chess
 9:00 Walking Group
 9:30 Outdoor Bocci
 9:30 Computer 101A
 10:00 Wii Bowling Group
 10:00 SHINE Insurance help
 10:45 Computer 101B
 1:00 Bridge & Cribbage
1:00 Fab 40's Trivia
Summer time fun

2

9:15 Exercise Class
 10:00 Crafts
 12:00 Pool Players
 12:00 Poker
1:00 BINGO - Wear
Red, White & Blue for
some special prizes!

9

9:15 Exercise Class
 9:30 Ask the Lawyer
 (free) by appointment
10:00 Blood Pressure
(free) at Heritage by nurse
 10:00 Crafts
 12:00 Pool Players
 12:00 Poker
12:00 Movie Day
Movie: Philomena

16

9:15 Exercise Class
 10:00 Crafts
 12:00 Pool Players
 12:00 Poker
1:00 BINGO
 1:30 Zumba Gold
 Exercise

3

Shopping Shuttle/S&S
 9:00 Chess
 9:30 Chair Yoga
 11:30 Quilting Group
 12:00 Pool Players
 1:00 Art Group
 1:00 Knit/Crochet
12:00 Fourth of July
Party with Patriot
Music Sing-a-Long
(call for spot) \$4.00/pp

10

Shopping Shuttle/Roche
 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

17

Shopping Shuttle/Shaws
 9:00 Chess
 9:30 Chair Yoga
 10:30 Book Club Meeting
 11:30 Quilting Group
 12:00 Pool Players
 1:00 Art Group
 1:00 Knit/Crochet
3:30 Wisdom Works
Meeting

4

HOLIDAY
"FOURTH OF
JULY"
CENTER
CLOSED

11

9:15 Exercise Class
10:00 Special Van Trip:
Walmart/Quincy
 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 Gold Exercise

18

9:15 Exercise Class
 10:00 Scrabble
 10:00 Weight Loss Group
 11:00 Library van ride
 12:00 Pool Players
 12:30 Ask the Lawyer
 (free) by appointments
 1:00 Women's Poker
 1:30 Zumba Gold Exercise
No Board Meeting in July

Summer time fun (call to sign up please)			
<p>21</p> <p>11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:30 Men's Tai Chi 1:00 Trivia & Coffee</p>	<p>22</p> <p>Shopping Shuttle/S&S 9:00 S&S Bus (housing) 9:00 Chess 9:00 Walking Group 9:30 Outdoor Bocci 9:30 Computer 101A 10:00 Wii Bowling Group 10:00 SHINE Insurance help 10:45 Computer 101B 11:00 Red Hat Meeting 1:00 Ask the Lawyer (free) by appointment 1:00 Bridge & Cribbage 1:30 Zumba Gold Exercise 3:00 Supper Club: Texas Road House/Brockton</p>	<p>23</p> <p>9:15 Exercise Class 10:00 Crafts 12:00 Pool Players 12:00 Poker 1:00 Hearing Exams (free) by appointment</p>	<p>24</p> <p>Shopping Shuttle/S&S 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</p> <p>No Associates Meeting</p>
<p>25</p> <p>9:15 Exercise Class 10:00 Scrabble 10:00 Weight Loss Group 10:30 Blood Pressure (free) at Senior Center by Home Instead 11:00 Library van ride 12:00 Pool Players 1:00 Women's Poker 1:30 Zumba Gold Exercise</p>	<p>26</p> <p>9:00 Pool Players 9:30 Pool Players 10:00 Pool Players 10:30 Pool Players 11:00 Pool Players 11:30 Pool Players 12:00 Pool Players 12:30 Pool Players 1:00 Pool Players 1:30 Pool Players</p>	<p>27</p> <p>9:00 Pool Players 9:30 Pool Players 10:00 Pool Players 10:30 Pool Players 11:00 Pool Players 11:30 Pool Players 12:00 Pool Players 12:30 Pool Players 1:00 Pool Players 1:30 Pool Players</p>	<p>28</p> <p>11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:30 Men's Tai Chi</p>
<p>29</p> <p>*Cape Cruise Trip Shopping Shuttle/Roche 9:00 S&S Bus (housing) 9:00 Chess 9:00 Walking Group 9:30 Outdoor Bocci 9:30 Computer 101A 10:00 Wii Bowling Group 10:00 SHINE Insurance help 10:45 Computer 101B 1:00 Grove Manor Ice Cream Social - (call for spot) 1:00 Bridge & Cribbage 1:30 Zumba Gold Exercise 5:00 Alzheimer's Support light supper (call for spot)</p>	<p>30</p> <p>9:15 Exercise Class 10:00 Crafts 12:00 Pool Players 12:00 Poker 12:00 Movie Day Movie: Monuments Men</p>	<p>31</p> <p>Shopping Shuttle/Roche 9:00 Chess 9:30 Chair Yoga 11:30 Quilting Group 12:00 Pool Players 12:00 Senior Luncheon Please pick up ticket \$6. 1:00 Art Group 1:00 Knit/Crochet</p>	<p>32</p> <p>9:00 Pool Players 9:30 Pool Players 10:00 Pool Players 10:30 Pool Players 11:00 Pool Players 11:30 Pool Players 12:00 Pool Players 12:30 Pool Players 1:00 Pool Players 1:30 Pool Players</p>
<p>33</p> <p>9:00 Pool Players 9:30 Pool Players 10:00 Pool Players 10:30 Pool Players 11:00 Pool Players 11:30 Pool Players 12:00 Pool Players 12:30 Pool Players 1:00 Pool Players 1:30 Pool Players</p>	<p>34</p> <p>9:00 Pool Players 9:30 Pool Players 10:00 Pool Players 10:30 Pool Players 11:00 Pool Players 11:30 Pool Players 12:00 Pool Players 12:30 Pool Players 1:00 Pool Players 1:30 Pool Players</p>	<p>35</p> <p>9:00 Pool Players 9:30 Pool Players 10:00 Pool Players 10:30 Pool Players 11:00 Pool Players 11:30 Pool Players 12:00 Pool Players 12:30 Pool Players 1:00 Pool Players 1:30 Pool Players</p>	<p>36</p> <p>9:00 Pool Players 9:30 Pool Players 10:00 Pool Players 10:30 Pool Players 11:00 Pool Players 11:30 Pool Players 12:00 Pool Players 12:30 Pool Players 1:00 Pool Players 1:30 Pool Players</p>

S U D A R O F D E V E R S E R

From the Outreach Department.....

As life goes on we have to change, adapt and compromise to maintain ourselves. Our bodies and our health change as we grow older. We are responsible for ourselves. We all have the right to self-determination, the right to live as we choose. We can make good choices that will benefit us, and we can make poor choices that hurt us. This wonderful freedom to choose has to be handled wisely, otherwise we might end up with a shorter, less healthy, and unhappier life.

None of us want to have to depend on others for care when we need it, so we should try to make smart choices that will enable us to keep our independence as long as possible. Some smart choices are to keep up with your health by regular check-ups and physical activity geared for your capacity. Telling your doctor the truth about your health and needs will benefit you. Telling your doctor you are fine when you know you are not is a waste of time for both of you. Periodically update and check on the usefulness of your medications and interactions. Any pharmacist can help you with that task.

Take stock of your living situation. Is your home too much for you now in terms of routine and seasonal maintenance? Is it time to move to a smaller place or maintenance-free place? Important financial factors are involved in the decision. If you decide your home is where you want to stay, think about how to make it safer for you now and in the future. Do you have sufficient handrails on the staircases? Are your laundry facilities easily accessible? Is there any uneven or worn flooring, ripped carpeting, or slippery area rugs that can be fixed to prevent trips and falls? Tasks that you used to perform easily may now be too much for you. Think about hiring contractors to do the routine and large maintenance tasks now.

Be honest with yourself when thinking about your present and future. Be realistic about what you can and cannot do safely. Make plans for the future with your needs in mind. Ask questions and research your options so you can make the best possible choices for yourself. You can do it!



Braintree Senior Center Summer Fun - Fabulous 40's Trivia Game Tuesday, July 15, 2014 1 p.m. (\$2.00 donation)

It's hot-hot summer time fun at the Braintree Senior Center. Mr. DJ's Hollywood Quiz Show is an authentic "as seen on TV" production that features a real game show podium, clickers, buzzers, microphones & TV monitors! Join us as we stroll down memory lane with countless questions and hundreds of images, sights and sounds of the most memorable decade of the last century (The Fabulous 40's)!

Come enjoy our cool building, test your memory and enjoy cool refreshments after the show. This will be a great way to spend a hot summer afternoon.

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

Educational Town Information



BRAINTREE SUMMER 2014 PHOTO EXHIBIT AT THAYER LIBRARY

The Braintree Department of Elder Affairs Photography Group announces its Summer 2014 Seventh Annual Photography Exhibit at the Thayer Library at 798 Washington Street in Braintree. The Exhibit runs from June to the end of August.

The Exhibit consists of 20 framed photographs taken by the many members of the Photography Group. The photographs include many landscapes, seascapes, flower, animal and photojournalism type photos taken locally and throughout the world.

Instructor Paul Corkum, is a photographer and works in a local camera store. He is a long time member of the South Shore Camera Club in Quincy and has many published photos in magazines, newspapers, books and postcards & posters.

The other BDEA Photography Group photographers include: Audrey Barrett, Bill Bayer, Pat Daly, Veronica Eranio, Clare Glynn, Hubert Gray, Dorothy Harding, Ken Keefe, Claire Orrock, Doris Rosa, and John Thompson.

The BDEA Photography Group meets on the 2nd and 4th Thursdays of each month throughout the year at 10 to 11AM at the Braintree Senior Center at 71 Cleveland Avenue in Braintree. For more information on joining this group, please contact the BDEA at 781-848-1963 or instructor Paul Corkum at 781-982-4323.

Resale Shop items needed.....

Our resale shop is looking for some items. The resale shop generates funds for all our activities here at the Braintree Senior Center.

Items (gently used) needed:

- Jewelry Pictures/Frames
- Glassware Vases
- Pocketbooks Flowers/Ribbons/crafts
- Baskets Wallets/men & women
- Kitchen Items Scarfs
- Books (paper) Pictures
- Picture frames Knick-Knacks

Thank you for your donations!

From the Recycling Department.....

Some residents have had issues regarding squirrels eating away at the trash/recycling carts. It appears that the problem area is around the lid and at the top of the cart. Please make sure that the cart lid is fully/tightly closed after placing trash & garbage, inside as the odors will attract critters!

Also, please remember that TV's are not collected curbside but can be disposed of twice a year at the Library's fundraisers, within the Town's Household Hazardous Waste events. **(Cost is \$15-\$20 per unit.)** Next event is 9/27/14 from (9AM-Noon at Recycling Center).



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”.....

Many of our clubs, organizations, and programs wind down for the summer. That is also true for the Council on Aging Associates.

We won't be meeting during the months of July and August, but please consider this an open invitation to attend our first meeting of the fall on Thursday, September 25th.

We usually meet the fourth Thursday of each month, and would welcome your involvement.

In the interim, please participate in the wonderful programs at the Senior Center.

Have a great summer!

***Best regards,
The Friends***

