



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

Al Varraso, Chairperson
Wayne Gilbert, Vice Chairperson
Ann Moore, Secretary
Robert Caruso, Treasurer

Sharmila Biswas, Director
Mary Howland, 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

Braintree Dept. of Elder Affairs

Veterans Day Luncheon

Tuesday, November 10, 2015 @ 12 noon

November 11th is Veteran's Day. It is important that we remember the service these special men and women have given our country. Please take the time to **"Thank a Veteran"** for their dedication.

In honor of your service, Elder Affairs invites all Veterans (and your spouse) to come to lunch here at the Senior Center on **Tuesday, November 10th at 12 noon!** We will have welcoming remarks from Mayor Joseph Sullivan, Richard Walsh (Veteran's Agent) & Sharmila Biswas (Director), followed by our featured speaker Alfred Varraso, Chairman of our Board & US Navy.

Please call for reservations: 781-848-1963 (space limited, so please call to reserve a spot)



HOLIDAY SENIOR TRIP
Massachusetts Horticultural Center/Wellesley
Festival of Trees & Snow Village
Tuesday, December 8, 2015
\$65.00

The Massachusetts Horticultural Center in Wellesley showcases dozens of trees beautifully decorated by businesses, garden clubs and individuals for you to enjoy. You can take raffle tickets in hopes of winning the tree at the end of the Festival. Enjoy the decorated trees, buildings, grounds and the new addition of the "Snow Village" an enchanting display of Christmas villages & trains.

After your visit to the Festival of Trees, you will enjoy a delicious Italian buffet luncheon at the Papa Razzi Trattoria Restaurant in Wellesley. Papa Razzi dining combines the best of traditional Italian recipes with fresh, local ingredients served in a relaxed, inviting atmosphere. This is the last trip of the year, so come enjoy this special holiday celebration.

Tickets on Sale: November 2nd to November 12th on a first-come-first served basis. (Braintree residents only, but we will take an out of town wait list for all trips)

**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 Senior Center at least one month (30) days prior to the date set for the trip—call 781-848-1963.*

BLOOD PRESSURE CLINICS (free)



Nov. 10, (Tues.) at Senior Center 10-11 a.m.
Nov. 27, (Frid.) 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.**

Nov. 3 & 5, Roche Bros/Quincy Ave.
Nov. 10 & 12, Shaws/Pearl Street
Nov. 17 & 19, Stop & Shop/Grove Street
Nov. 23 & 24, Roche Bros/Quincy Ave.

**** Van Trip 11/13 - Derby St. Mall in Hingham at 10 a.m.**

BRAINTREE MEETINGS



- Nov. 3, Vision Group Meeting - 10 a.m.**
Meeting at Senior Center & open to all with low vision.
- Nov. 13, Senator Keenan Visits Senior Center - 11 a.m.**
Open to public for any concerns or issues.
- Nov. 17, AARP Chapter #4042 Meeting - 1:30 p.m.**
Braintree DAV Hall - 788 Liberty St./Braintree
Open to Seniors from other towns also.
- Nov. 17, Braintree Alzheimer's Support Meeting - 5 pm**
Light supper, support & speakers—please call to sign up
- Nov. 20, Braintree Elder Affairs Board Meeting - 2 p.m.**
Meeting at Senior Center and open to public.
- Nov. NO COA Associates Meeting**
No Associates Meeting in November & December

DON'T FORGET.....

**Medicare Open Enrollment
is October 15th to December 7th**

If you need information about new choices or help with changing your Medicare health plan and or prescription drug plan for **2016**, please contact the Dept. of Elder Affairs Senior Center and make an appointment with a **SHINE Counselor**.

**Please call for appointment:
781-848-1963**

**Braintree/Weymouth
Annual Senior Walk at Pond Meadow
October 14, 2015**



Mayor Joseph Sullivan & Mayor Sue Kay welcomed over 150 seniors who enjoyed our Annual Senior Walk at Pond Meadow Park on a beautiful sunny morning. What fun!

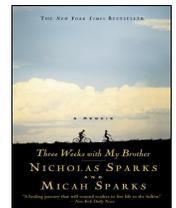
(Thank you Paul Corkum for great pictures)

**Braintree
Dept. of Elder Affairs
Book Club Group
Thursday, November 19, 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 some very interesting books & lively conversations.

**Book:
"Three Weeks With
My Brother"**

**By: Nicholas Sparks &
Micah Sparks**



In January 2003, Nicholas Sparks and his brother, Micah, set off on a three-week trip around the globe. It was to mark a milestone in their lives, for at thirty-seven and thirty-eight respectively, they were now the only surviving members of their family.

Braintree

Department of Elder Affairs

"Special Activities"

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

See our newsletter calendar for listing of all activities!

- Nov. 3,** **"Low" Vision Group Meeting at 10 a.m.**
Support for seniors with low vision problems.
- Nov. 3,** **SHINE Insurance help at 10 a.m.**
Appointments every Tuesday for help on all medical insurance issues. Call for appointment
- Nov. 4,** **ASIAN Program at 10 a.m. 長者服務**
Programs held at Senior Center every Wed.
- Nov. 4,** **Bingo at Senior Center at 1 p.m.**
& **18,** \$4.00 covers all games. Refreshments served.
- Nov. 9,** **Belles & Beaux Musical Hour at 1 p.m.**
Musical Group and cake/ice cream served.
- Nov. 12,** **Senior Trip to Venus DiMilo & Show**
For ticket holders only - see ticket for all info
- Nov. 13,** **Senator Keenan's Office hours - 11 am**
Stop by with any concerns you may have.
- Nov. 16,** **Thanksgiving Holiday Musical @ 1:30 p.m.**
See article and please call to sign.
- Nov. 17,** **Supper Club at: 99 Restaurant/Hingham**
Please call Senior Center for van reservations to enjoy this early social supper from 3 - 6 p.m.
- Nov. 17,** **Alzheimer's Support Meeting at 5 p.m.**
Please note article in newsletter on speaker from Norwell VNA on "Holidays and Stress"
Light supper provided & call to sign up.
- Nov. 19,** **Braintree Senior Luncheon at noon**
Purchase \$7.00/ticket. Lunch starts at noon.
Special music to follow luncheon.
- Nov. 23,** **Thanksgiving "Tea at Savoy" at 1 p.m.**
Pie social—see article and please call to sign up.

Braintree

Department of Elder Affairs

"Senior Luncheon"

Thursday, November 19, 2015

@ 12 noon

\$7.00 ticket (pre-purchase please)

Come to our monthly luncheon and enjoy a delicious home cooked meal. This special holiday luncheon will also feature wonderful big band music for you to enjoy.



Special Holiday Lunch menu:

Salad & Rolls

Roasted Chicken, Potato & Veg.

Holiday Dessert/Coffee/Punch

BRAINTREE

SENIOR CENTER

MOVIE DAY (.50 donation)

Monday, November 30, 2015

Movie starts promptly at 12 noon

Please note movie moved this month due to holiday!

Come earlier and bring a bag lunch, enjoy coffee/pastry and popcorn during the movie.

MOVIE:

"The Longest Ride"



Ira and Ruth, Luke and Sophia - two couples separated by time and age - have little in common until a series of unexpected events are set in motion and their lives become intertwined. Luke, a former champion bull rider, and Sophia, a college student who is about to embark upon her dream job in New York City's art world, have begun an unlikely new romance.

From the Director.....

Time to bid good bye to summer, fall is in the air. The trees are changing colors, every farm stand with their display of the bright pumpkins, apple picking, the frosty mornings and yes Thanksgiving. The Holidays are here.

As I wish everyone a Happy Thanksgiving, I also would like to take this opportunity to give thanks. Braintree Elder Affairs is lucky to serve a wonderful community of people and it feels blessed to have many benevolent organizations and kind hearted individuals who help us enhance and enrich what we do best, serve the senior residents of Braintree.

We wish to thank the Rotary Club of Braintree, our Board Members, the Council on Aging Associates, the Moose Club, the Braintree Yacht Club, Grove Manor Estates, our Legislators, Town Council, our Town Departments, Chief of Staff and Operations, Mayor Sullivan, Chris and Robyn from his office. It would take the entire newsletter to cover everyone, and so, the list goes on as we extend our thanks to all of you for helping us make a difference in the lives of our seniors.

In the spirit of the Holidays, I would like to say good luck, good health, joy and peace to one of the members of our staff, Ann Marie Quinlan. Ann Marie served in the capacity as our Outreach Coordinator for more than 15 years. Her job was to reach out to the frail and at risk elders, who are unable to avail the services they are entitled to. Ann Marie decided to take an early retirement. We miss you Ann Marie. Thank you for your contribution to the seniors of Braintree.

Sharmila

Thanksgiving
"Holiday Musical Show"
Monday, November 16, 2015
1:30 p.m. (\$1.00 donation)



Please join us for a wonderful Holiday Musical Show with Tom Bruhl, DJ & One-Man-Band.

Tom sings and plays instruments for your enjoyment. We will serve holiday refreshments after the show.

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

Thanksgiving Holiday
"Tea at Savoy - Pie Social"
Monday, November 23, 2015
1 p.m. (\$1.00 donation)



Come enjoy our special holiday "Tea at Savoy - Holiday Pie Social" here at the Senior Center. We will serve hot tea, coffee, holiday pies & ice cream on our beautiful fine china & tea pots.

For your musical enjoyment we are very happy to have "Ronnie - The Medley Man." Ronnie plays the guitar and sings all your favorite songs for your enjoyment.

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

From the desk of Al Varraso, Chairperson,

Veteran's day is November 11th and I thought this poem would be appropriate. Many members are Veterans or have had husbands, wives, sons, daughters and loved ones in the service of our Country and many still are still serving. You may have known of the servicemen and woman who made the ultimate sacrifice so we could be free. If you are interested in the origin of this poem, the website is: www.vaincourt.homestead.com
Remember when you see a veteran thank him/her for their service.

JUST A COMMON SOLDIER

(A Soldier Died Today)

by A. Lawrence Vaincourt



He was getting old and paunchy and his hair was falling fast,
And he sat around the Legion, telling stories of the past.
Of a war that he had fought in and the deeds that he had done,
In his exploits with his buddies; they were heroes, every one.

And tho' sometimes, to his neighbors, his tales became a joke,
All his Legion buddies listened, for they knew whereof he spoke.
But we'll hear his tales no longer for old Bill has passed away,
And the world's a little poorer, for a soldier died today.

He will not be mourned by many, just his children and his wife,
For he lived an ordinary and quite uneventful life.
Held a job and raised a family, quietly going his own way,
And the world won't note his passing, though a soldier died today.

When politicians leave this earth, their bodies lie in state,
While thousands note their passing and proclaim that they were great.
Papers tell their whole life stories, from the time that they were young,
But the passing of a soldier goes unnoticed and unsung.

Is the greatest contribution to the welfare of our land
A guy who breaks his promises and cons his fellow man?
Or the ordinary fellow who, in times of war and strife,
Goes off to serve his Country and offers up his life?

A politician's stipend and the style in which he lives
Are sometimes disproportionate to the service that he gives.
While the ordinary soldier, who offered up his all,
Is paid off with a medal and perhaps, a pension small.

It's so easy to forget them for it was so long ago,
That the old Bills of our Country went to battle, but we know
It was not the politicians, with their compromise and ploys,
Who won for us the freedom that our Country now enjoys.

Should you find yourself in danger, with your enemies at hand,
Would you want a politician with his ever-shifting stand?
Or would you prefer a soldier, who has sworn to defend
His home, his kin and Country and would fight until the end?

He was just a common soldier and his ranks are growing thin,
But his presence should remind us we may need his like again.
For when countries are in conflict, then we find the soldier's part
Is to clean up all the troubles that the politicians start.

If we cannot do him honor while he's here to hear the praise,
Then at least let's give him homage at the ending of his days.
Perhaps just a simple headline in a paper that would say,
Our Country is in mourning, for a soldier died today.

© 1987 A. Lawrence Vaincourt

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:00 Trivia & Coffee 1:00 Mahjong Game</p>	<p>3</p> <p>Shopping Shuttle/Roche 9:00 S&S Bus (housing) 9:30 Computer 101A 10:00 Vision Group Meets 10:00 Walking Group 10:00 SHINE insurance help 10:45 Computer 101B 12:30 Bridge 1:00 Cribbage 1:30 Zumba Exercise 3:00 No Supper Club</p>	<p>4</p> <p>9:15 Exercise Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 12:00 Poker 1:00 BINGO</p>	<p>5</p> <p>Shopping Shuttle/Roche 9:30 Chair Yoga 11:30 Quilting Group 1:00 Art Group 1:00 Knit/Crochet</p>	<p>6</p> <p>9:15 Exercise Class 10:00 Art Class - 4 weeks (must be signed up) #1 10:00 Walking Group 10:00 Weight Loss Group 12:00 Pool Players 1:00 Women's Poker 1:30 Zumba Exercise</p>
<p>9</p> <p>11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 1:00 Mahjong Game</p> <p>1:00 Belles & Beaux Musical Group ("Thank you" Royal Rehab. for the cake)</p>	<p>10</p> <p>Shopping Shuttle/Shaws 9:00 S&S Bus (housing) 9:30 Computer 101A 10:00 Blood Pressure (free) at Senior Center 10:00 Walking Group 10:00 SHINE insurance help 10:45 Computer 101B 12:00 Veterans Luncheon (please call to sign up) 12:30 Bridge 1:00 Cribbage 1:30 Zumba Exercise</p>	<p>11</p> <p>HOLIDAY VETERANS DAY</p> <p>SENIOR CENTER CLOSED</p>	<p>12</p> <p>Shopping Shuttle/Shaws 9:30 Chair Yoga 10:00 Photography 11:30 Quilting Group 12:15 Rotary Senior Luncheon for Thanksgiving (see article and call to Sign up please) 1:00 Art Group 1:00 Knit/Crochet</p> <p>**Trip to Venus DIMilo (for ticket holders—see ticket for all information)</p>	<p>13</p> <p>9:15 Exercise Class 10:00 Art Class - 4 weeks (must be signed up) #2 10:00 Walking Group 10:00 Special Van Trip: Derby Street Mall/Hingham 10:00 Weight Loss Group 11:00 Senator Keenan at Center for any concerns! 12:00 Pool Players 1:00 Women's Poker 1:30 Zumba Exercise</p>
<p>16</p> <p>11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:00 Trivia & Coffee 1:00 Mahjong Game</p> <p>1:30 "Thanksgiving" Musical Entertainment with Tom Bruhl (please call to sign up)</p>	<p>**AARP Meeting 17</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 help 10:45 Computer 101B 12:30 Bridge 1:00 Cribbage 1:30 Zumba Exercise 3:00 Supper Club:</p>	<p>18</p> <p>9:15 Exercise Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 12:00 Poker 1:00 BINGO</p>	<p>19</p> <p>Shopping Shuttle/S&S 9:30 Chair Yoga 10:30 Book Club 11:30 Quilting Group 12:00 Senior Luncheon (please pick up ticket) & Special Entertainment 1:00 Art Group 1:00 Knit/Crochet</p>	<p>20</p> <p>9:15 Exercise Class 10:00 Art Class - 4 weeks (must be signed up) #3 10:00 Walking Group 10:00 Weight Loss Group 12:00 Pool Players 12:30 Ask the Lawyer (free) by appointment 1:00 Women's Poker 1:30 Zumba Exercise</p>

<p>2:00 Board Meeting (open to public)</p>	<p>27</p> <p>9:15 Exercise Class 10:00 Art Class - 4 weeks (must be signed up) #4 10:00 Walking Group 10:00 Weight Loss Group 10:30 Blood Pressure (free) at Senior Center 12:00 Pool Players 1:00 Women's Poker 1:30 Zumba Exercise</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 all our exercise programs and some special activities - call for information regarding these charges.</p> <p>*All other activities are \$.50/donation to help Senior Center expenses.</p>
<p>No COA Associates Board Meeting in Nov.</p>	<p>26</p> <p>HOLIDAY THANKSGIVING DAY</p>  <p>SENIOR CENTER CLOSED</p>	
<p>99 Restaurant/Hingham</p> <p>5:00 Alzheimer's Meeting (please call to sign up)</p>	<p>25</p> <p>9:15 Exercise Class 10:00 Asian Outreach Program 長者服務</p> <hr/> <p>NO P.M. ACTIVITIES TODAY DUE TO HOLIDAY</p> <p>**Movie Day moved to Monday, Nov. 30th</p>	<p>NOVEMBER 2015</p> 
<p>Shopping Shuttle/Roche</p> <p>9:00 S&S Bus (housing)</p> <p>9:30 Computer 101A</p> <p>10:00 Walking Group</p> <p>10:00 Wii Bowling Group</p> <p>10:00 SHINE Insurance help</p> <p>10:45 Computer 101B</p> <p>11:00 Red Hat Meeting</p> <p>12:30 Bridge</p> <p>1:00 Cribbage</p> <p>1:00 Ask the Lawyer (free) by appointment</p> <p>1:30 Zumba Exercise</p>	<p>24</p> <p>Shopping Shuttle/Roche</p> <p>9:00 S&S Bus (housing)</p> <p>9:30 Computer 101A</p> <p>10:00 Walking Group</p> <p>10:00 Wii Bowling Group</p> <p>10:00 SHINE Insurance help</p> <p>10:45 Computer 101B</p> <p>11:00 Red Hat Meeting</p> <p>12:30 Bridge</p> <p>1:00 Cribbage</p> <p>1:00 Ask the Lawyer (free) by appointment</p> <p>1:30 Zumba Exercise</p>	<p>NOVEMBER 2015</p> 
<p>Shopping shuttle/Roche</p> <p>11:00 QiGong/Tai Chi</p> <p>12:00 Pool Players</p> <p>12:00 Poker</p> <p>1:00 Mahjong Game</p> <p>1:00 Thanksgiving "Tea at Savoy Pie Social" with music by Ronnie (please call to sign up)</p>	<p>23</p> <p>Shopping shuttle/Roche</p> <p>11:00 QiGong/Tai Chi</p> <p>12:00 Pool Players</p> <p>12:00 Poker</p> <p>1:00 Mahjong Game</p> <p>1:00 Thanksgiving "Tea at Savoy Pie Social" with music by Ronnie (please call to sign up)</p>	<p>30</p> <p>11:00 QiGong/Tai Chi</p> <p>12:00 Pool Players</p> <p>12:00 Poker</p> <p>12:00 Trivia & Coffee</p> <p>1:00 Mahjong Game</p> <p>12:00 Movie Day "The Longest Ride" (Moved from last week due to holidays)</p>

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

From the Outreach Dept.....

The cool weather is now upon us. To lessen heat loss in your home you should block any drafts around doors and windows. Let the sun's heat in during the day, and close the curtains at dusk to retain any residual heat. Dress warmly in layers, and keep the thermostat at a manageable setting for your needs.

We would like to offer a few reminders about fall prevention since the risk of falling increases with age, as do the complications from falling. Make sure that rugs are secure and that the edges lie flat. If possible remove any small throw rugs that may cause you to trip or slip. If you have stairs, hold onto handrails instead of carrying bundles of laundry down the stairs with both hands! Put non-slip mats in the shower or bath and install grab bars in the shower area. Use nightlights in the hallways and bathrooms so that you have a well-lit path if you have to get up during the night. Review your medications with your doctor including over-the-counter drugs in case they might increase your risk of falling. Many medications interact with other medications or alcohol by making you drowsy and increasing the negative side effects, so check the warnings on the side of your prescription bottles.

As one ages and stability becomes an issue, you may need to take your doctors' advice and use a cane or walker to prevent falling, but it is important to stay active and to keep walking for exercise. If you find your stability isn't what it used to be, use the support of a cane or a walker instead of giving up and just sitting. Come join one of the Senior Center's many exercise programs, such as Chair Yoga, Tai Chi, the Walking Group or Zumba Gold Exercise. These activities can be enjoyed by people at all levels and beginners are always welcome. You will find that your overall health, balance and strength will benefit from consistent activity and social interaction with each group.

If you use a cane, we have ice tips that give your cane traction in the snow and ice. The tip attaches to the bottom of your cane, and when you need it you flip it down over the rubber tip. Contact us if you are interested.

We have received fuel assistance applications from Quincy Community Action Programs, Inc. The fuel assistance season runs from November 1, 2015 through April 30, 2016. This program is available to income eligible households. **For more information, please contact the Outreach Office at 781-848-1963.**

**BRAINTREE ROTARY
SENIOR THANKSGIVING LUNCHEON
Thursday, November 12, 2015
12:15 p.m.**

Join the Braintree Rotary as they host their annual **Thanksgiving Luncheon** for the Seniors of Braintree.

This years luncheon will be held at the Great Pond Hall, 120 Bay State Drive in Braintree at 12 noon.

Space is limited and you must call for reservations: 781-848-1963 (Braintree residents only please) Please call on or after Nov. 2nd during business hours - we will not accept names left on our recorder over the weekend!



NICHOLAS BONCODDO turned 100 years old on 9/23/15. Member of our Low Vision Group, Nicholas celebrated with the members of the group enjoying cake & good wishes. HAPPY BIRTHDAY!

Educational Town Information

The holidays can be a joyful time, offering a chance to reconnect with friends and family. But they can also be stressful. You may feel pressure to buy and give gifts. Maybe you are worried about money.

The holidays can also be hectic. There never seems to be enough time to get things done.

Think about the kinds of events that trigger stress for you during the holidays. Then you can focus on one or two things you can do that will help the most to reduce stress.

Here are some tips:

- **Know your spending limit:** Set a budget and **don't** spend more than you've planned.
- **Give something personal:** You can show love and caring with a phone call, a note or a visit to a loved one. Spending time with someone lonely is better than a gift.
- **Get organized:** Use an appointment book to keep track of tasks and events. Do not overbook your schedule.
- **Share the tasks:** You don't have to do everything yourself. Share your "to do" list with others in family.
- **Learn to say "NO":** It's ok to say "no" to events that aren't important to you and "yes" to events that mean the most.
- **Be realistic:** You can not create the perfect holiday for you and your family. And remember family problems don't go away just because it's a holiday—set limits.
- **Take care of yourself:** Rest, relax and eat well. Get that flu shot and wash your hands often when out shopping in crowds. Have that cup of tea, glass of wine and slow down to enjoy the holiday spirit.

Happy
Holidays

From the Recycling Dept.....

In an effort to provide information in a convenient manner, the Town had labels embedded into the lid of the recycling carts during the manufacturing process. The label explains what is permissible (in addition to the carts) to place curbside for pickup.

It also contains contact phone numbers for missed pickups and arranging for appliance and large item pickups, what items not to recycle, trash bill info number, Drop-off Center info, and how to use the carts, plus the Trash & Recycling Office website: www.braintree.ma.gov/recycling is also listed.

Please take a moment to read this helpful information.

Braintree Department of Elder Affairs Alzheimer's Support Meeting Tuesday, November 17, 2015 at 5 PM (Note change of day due to holiday) Norwell VNA presents..... "HOLIDAYS AND STRESS"

NVNA and Hospice takes a realistic look at life and how we survive the Holidays. The presentation outlines how we can adjust, focus and determine what is important and meaningful. Questions and answers will follow the presentation. Light supper provide by Grove Manor Estates.

Please call for reservations: 781-848-1963

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 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

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

Dear “Friends”.....

Thanks to all who participated in our “Italian Feast” on Mon., October 5th, at the senior center. With 64 people in attendance, we yielded a net for our fund-raiser of \$714.51.

We had a little setback when our planned entertainer came down with laryngitis; however, her mother was able to get us a fitting substitute. Bethany Condon, with only a couple of hours to prepare, was able to put on a lovely program and exposed us all to her beautiful operatic voice, for which we were most grateful.

Dues monies have continued to come in. If you received your bill, please forward your dues in the envelope that was enclosed, so that you can continue as a member of “The Friends” and receive your monthly newsletter at your home.

As the winter weather will soon be upon us, let’s take some time at Thanksgiving to be grateful for the wonderful weather we experienced this summer and enjoy the bounty of the crops that were yielded when we gather with family and friends at the beginning of the holiday season.

Happy Thanksgiving!
The Friends

