



Town of Braintree

Department of Elder Affairs

71 Cleveland Avenue, Braintree, MA 02184

"We are your link between needs and services"

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



Braintree Senior "Holiday Trip"
Friday, December 2, 2011
\$44.00



We have a wonderful Holiday Senior Trip planned on Friday, December 2, 2011 (our last trip of the year)! In the morning we will be off to the **Plymouth Plantation Annual Festival of Trees**. Come see many trees uniquely decorated by local groups. All funds from this event go directly to the Cranberry Hospice Program. Next, it's off to **Benjamin's Restaurant** in Taunton (one of your favorite spots!) for a delicious luncheon. Benjamin's offers a menu that satisfies and an atmosphere that exudes warmth and charm. Finally, on our way home we will make our last stop of the day to visit **The Enchanted Village** at Jordan's Furniture Store. This holiday display was originally created in 1958 by a Bavarian toy maker. The 28 fully decorated holiday scenes with 250 "magically animated figures" which was displayed for years by Jordan March Company is now a New England tradition at Jordan Furniture.

Trip sign up any day before ticket drawing on October 17, 2011 at 10 a.m. (Limited - 1 bus only)

You will be called if your name is drawn for tickets and have a few days to pick up/pay for them! Space is limited (Braintree residents first!)

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



Braintree/Weymouth
Fourth Annual
"Senior Walk for Fitness"
Pond Meadow Park

Join us on **Wednesday, October 12, 2011** (rain date 10/19/11) for our fourth annual **"Senior Walk for Fitness"** at **Pond Meadow Park** at **10 a.m.** (Registration begins at 9:30 a.m.).

Both Braintree & Weymouth Senior Centers join forces to offer this walk, which has been a huge success the last three years. It's educational, social and so much **fun...don't miss out!**

Please call to sign up: 781-848-1963 - limited registration for each Town!



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Oct. 11, (Tuesday) Senior Center 10-11 a.m.

SHOPPING SHUTTLE SCHEDULE



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

Pick-up time is from 9:30 to 10:00 a.m.

Return time is from 11:00 to 11:30 a.m.

Oct. 4 & 6 Shaws/Pearl Street

Oct. 11 & 13 Stop & Shop/Grove Street

Oct. 18 & 20 Shaws/Pearl Street

Oct. 25 & 27 Stop & Shop/Grove Street

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

Oct. 14 - Christmas Tree Shop/Avon



BRAINTREE MEETINGS

Oct. 4, Hospice Bereavement Group - Every Tuesday
At Senior Center 2 p.m. Call to sign up please!

Oct. 11, LOW Vision Group Meeting at 10 a.m.—noon
At Senior Center for anyone with vision problems.

Oct. 18, AARP Chapter #4042 Meeting at 1:30 p.m.
Braintree DAV Hall - 788 Liberty Street/Braintree
Speaker: John Dennehey a resident of Braintree, will discuss his book, "Braintree My Town" !
***The Braintree AARP will prepare & serve lunch at Father Bill's Place on Friday, October 21st at Noon.

Oct. 21, Braintree Elder Affairs Board Meeting at 2 pm
Meeting at Senior Center & open to the public

Oct. 25, Alzheimer's Support Evening Meeting - 5 pm
Meeting at Senior Center, speakers & light supper
Speaker : Renee McInnes RN,BS,CMC-Director of Works division of Norwell VNA, as she present "Alzheimer's Disease - Accepting the Challenge

Oct. 27, COA Associates Meeting at 2 pm
Meeting at Senior Center. Come join this group.



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Braintree Department of Elder Affairs

“Special” Activities (all other activities listed on calendar)
 (Please call 781-848-1963 for more information)

- Oct. 4,** **BELD Breakfast at Senior Center**
 See newsletter for info & call to sign up!

- Oct. 4** **Supper Club at: Peppercornz/Weymouth**
& 18 **Supper Club at: Jamie's/Weymouth**
 Please call Senior Center for van reservations to enjoy this early social supper from 3 - 6 p.m.

- Oct. 5,** **Bingo at Senior Center 1 p.m.**
& 19 Bingo & Refreshments all for only \$4.00 to play

- Oct. 6,** **SHINE Insurance Help at 10 a.m.**
& 18 Help with insurance problems by appointment.

- Oct. 10,** **Columbus Day Holiday—Center Closed**

- Oct. 11,** **Low Vision Support Group at 10 a.m.**
Moved this month only to this date!
 Open to all with low vision problems.

- Oct. 12,** **Senior Walk for Fitness/Pond Meadow**
 Please call to sign up and for information.

- Oct. 17,** **Senior Holiday Trip - December 2nd**
 Sign up before Oct. 17th ticket lottery drawing.
 See front page for information.

- Oct. 17,** **Belles & Beaux Musical Entertainment**
 Music at 1 p.m. & cake/ice cream. Open to all

- Oct. 25,** **Senior Trip to Twin Rivers Casino**
 Casino & Olive Garden. Ticket holders only!

- Oct. 27,** **Laughter Yoga Class at 10:30 a.m.**
 See newsletter article & call to sign up.

- Oct. 31,** **Special Halloween “Tea at Savoy”**
 Wear a funny hat or costume for this tea!
 Tea sandwiches, pastry & hot tea served on our fine china. Music, games/prizes & fun for Halloween. Please call to sign up!

***Movie Days at Senior Center—see page 5 for info.**

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Message from Director...Greetings Everyone, I hope all of you enjoyed a nice and a safe summer.

Every year, the State Executive Office of Elder Affairs requires all Town Department of Elder Affairs (Councils on Aging) to send them an Annual Report. This report consists of facts and figures on all our Center's programs, activities and accomplishments. This is a tedious and pain staking job. During this busy time of the year, Bill, our Custodian puts in an extra table so that I can spread out more papers in my office (like I needed more clutter). Yet, once the report is finished, I have to admit, it is a great feeling. This is the time when we realize the actual number of seniors we serve, the programs we offer and the services we provide. Every year we are overjoyed to see the numbers rise. Here are some of the statistics I would like to share with you. Beginning from July 1, 2010 till June 30, 2011 we have served over 1,700 individuals. We have provided 3,300 rides, almost 8,225 (duplicated) persons have joined us for recreation, Outreach has served about 2,411 (duplicated) cases, there were 51 Friendly Visits, over 6,583 Volunteer hours given and the list goes on.

The numbers reflect the commitment of our staff in doing an outstanding job. I thank Ann Marie, Jean, Sandy, Terry, Janet, Elsa, Bill, Steve, Nick, our Board Members, the Friends and all our Volunteers for helping us to do what we do best, serving you. I want to thank all of you for coming to this Center and making this a lively and a vibrant place for all the seniors in Braintree.

Sharmila



Multicultural Home Care presents.....

“Laughter Yoga”

October 27, 2011

10:30 a.m. - Noon



Laughter crosses all cultures and is free to everyone. Laughter Yoga (**Hasya Yoga**) is combining deep diaphragmatic breathing with laughter exercise. Experts say even with fake laughter, our body creates a **“feel good”** physiological change that produces many health benefits. All that is needed is an open mind and willingness to have fun and release stress and tension. Laughter Yoga is based on the premise that **“Laughter is the Best Medicine”**. Come and learn what everyone's laughing about!

Please call and sign up for this fun free activity by calling: **781-848-1963**

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This newsletter is kept at home a full month. It is regularly referred to

for important dates, times, events and meetings.

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"MOVIE DAYS" AT SENIOR CENTER

Bring bag lunch early & enjoy free coffee/pastry and popcorn. Movie starts at 12 noon sharp!

October 12, Movie Day at Senior Center

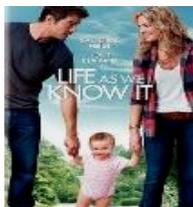
Movie: "The Note" (pg)



Newspaper columnist Peyton finds a note addressed simply to 'T', washed up on shore. It appears to be from the victim of a recent plane crash, and carries a message of hope and forgiveness from a father to his child. Inspired, MacGruder decides to find the intended recipient of the note, all the while logging her journey through her article. As the mystery unfolds, the note affects each person she contacts significantly

October 26, Movie Day at Senior Center

Movie: "Life As We Know It " (pg13)



Holly (Katherine Heigl) is an up-and-coming caterer and Messer (Josh Duhamel) is a promising network sports director. After a disastrous first date, all they have in common is their dislike for each other and their love for their goddaughter Sophie. But when they suddenly become all Sophie has in this world, Holly and Messer must set their differences aside.

ITEMS NEEDED AT BRAINTREE SENIOR CENTER

Resale Shop Items: Jewelry, glassware, picture frames, pocketbooks, kitchen items, baskets, holiday items and small household items in good condition only.

Paperback Books: Newer ones & in good condition.

Hardcover Books: - New novels & large print novels in good condition, no old books, no self-help books, no encyclopedias etc. Just novels!!!!

Magazines: Current magazines editions only (year 2011)

When dropping these items off, please see receptionist at front desk. We may have to refuse items due to condition and/or limited space. You may call ahead for information items to donate: 781-848-1963

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>10:00 Scrabble 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:30 Line Dancing 1:00 Trivia & Coffee</p>	<p>Shopping Shuttle/Shaws</p> <p>8:30 BELD Breakfast (free) Please call for seating times! 9:00 S&S Bus (housing) 9:00 Chess 9:30 Computer 101A 10:00 Walking Group 10:45 Computer 101B 1:00 Bridge/Cribbage 2:00 Bereavement Group 3:00 Supper Club at: Peppercornz/Weymouth</p>	<p>4</p> <p>9:15 Exercise 10:00 Crafts 10:00 Quilting Group 12:00 Pool Players 12:00 Poker 1:00 Bingo</p>	<p>5</p> <p>9:00 Chess 9:00 English Classes (Please call to sign up!) 9:30 Chair Yoga 10:00 SHINE insurance help (by appointments only) 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist</p>	<p>6</p> <p>9:15 Exercise 10:00 Weight Loss Support 11:00 Tai Chi Class 12:00 Pool Players 1:00 Women's Poker</p>
<p>10</p> <p>HOLIDAY COLUMBUS DAY</p> <p>SENIOR CENTER CLOSED TODAY</p>	<p>Shopping Shuttle/S&S</p> <p>9:00 S&S Bus (housing) 9:00 Chess 9:30 Computer 101A 10:00 Blood Pressure (free) at Senior Center by Nurse 10:00 Walking Group 10:00 Vision Group Meeting (changed this month only) 10:00 Wii Bowling 10:45 Computer 101B 1:00 Bridge/Cribbage 2:00 Bereavement Group</p>	<p>11</p> <p>9:15 Exercise 9:30 Ask the Lawyer (free) by appointments only 10:00 Crafts 10:00 Senior Walk for Fitness at Pond Meadow Please call to sign up! 10:00 Quilting Group 12:00 Pool Players 12:00 Poker 12:00 Movie Day Movie: "The Note" *Note Movie subject to change</p>	<p>12</p> <p>9:00 Chess 9:00 English Classes (Please call to sign up!) 9:30 Chair Yoga 10:00 Photography 11:00 Flu Clinic at Senior Center by Town Nurse till 1pm 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist 1:00 Eye Screening (free) (by appointments only)</p>	<p>13</p> <p>9:15 Exercise 10:00 Special Van Trip to: Christmas Shop/Avon 10:00 Weight Loss Support 11:00 Tai Chi Class 12:00 Pool Players 1:00 Women's Poker</p>
<p>17</p> <p>10:00 Scrabble 11:00 QiGong/Tai Chi 12:00 Pool Players</p>	<p>Shopping Shuttle/Shaws</p> <p>9:00 S&S Bus (housing) 9:00 Chess 9:00 Computer 101A</p>	<p>18</p> <p>9:15 Exercise 10:00 Crafts 10:00 Quilting Group</p>	<p>19</p> <p>9:00 Chess 9:00 English Classes (Please call to sign up!)</p>	<p>20</p> <p>9:15 Exercise 10:00 Weight Loss Support 11:00 Tai Chi Class</p>

<p>12:00 Pool Players</p> <p>12:30 Ask the Lawyer (free) by appointments only</p> <p>1:00 Women's Poker</p> <p>2:00 Braintree Elder Affairs Board Meeting (open to public!)</p>	<p>9:30 Chair Yoga</p> <p>12:00 Pool Players</p> <p>1:00 Art Group</p> <p>1:00 Knit/Crochet</p> <p>1:00 Bid Whist</p>	<p>12:00 Pool Players</p> <p>12:00 Poker</p> <p>1:00 Bingo</p> <p>1:00 Hearing Exams (free) by appointments only</p>	<p>10:00 SHINE Insurance Help - by appointments</p> <p>10:00 Walking Group</p> <p>10:00 Wii Bowling</p> <p>10:45 Computer 101B</p> <p>1:00 Bridge/Cribbage</p> <p>2:00 Bereavement Group</p> <p>3:00 Supper Club at: Jamie's Restaurant/Wey.</p>
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<p>24</p> <p>10:00 Scrabble</p> <p>11:00 QiGong/Tai Chi</p> <p>12:00 Pool Players</p> <p>12:00 Poker</p> <p>12:30 Line Dancing</p>	<p>Shopping Shuttle/S&S</p> <p>9:00 S&S Bus (housing)</p> <p>9:00 Chess</p> <p>9:30 Computer 101A</p> <p>10:00 Walking Group</p> <p>10:00 Wii Bowling</p> <p>10:45 Computer 101B</p> <p>11:00 Red Hat Meeting</p> <p>1:00 Bridge/Cribbage</p> <p>1:00 Ask the Lawyer</p> <p>2:00 Bereavement Group (free) by appointments only</p> <p>5:00 Alzheimers Support Meeting with Speakers & light supper (call to sign up)</p>	<p>26</p> <p>9:15 Exercise</p> <p>10:00 Crafts</p> <p>10:00 Quilting Group</p> <p>12:00 Pool Players</p> <p>12:00 Poker</p> <p>12:00 Movie Day</p> <p>Movie: "Life As We Know It"</p> <p>*Note Movie subject to change</p>	<p>Shopping Shuttle/S&S</p> <p>9:00 Chess</p> <p>9:00 English Classes (Please call to sign up!)</p> <p>9:30 Chair Yoga</p> <p>10:00 Photography</p> <p>10:30 Laughter Yoga Session</p> <p>Please call to sign up - Fun!</p> <p>11:00 Book Club Meeting</p> <p>12:00 Pool Players</p> <p>1:00 Art Group</p> <p>1:00 Knit/Crochet</p> <p>1:00 Bid Whist</p> <p>2:00 Associates Meeting</p>
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<p>31</p> <p>10:00 Scrabble</p> <p>11:00 QiGong/Tai Chi</p> <p>12:00 Pool Players</p> <p>12:00 Poker</p> <p>12:30 Line Dancing</p> <p>1:00 Tea at Savoy</p> <p>"Halloween Special"</p> <p>Please call to sign up!</p>	<p>27</p> <p>9:15 Exercise</p> <p>10:00 Weight Loss Support</p> <p>11:00 Tai Chi Class</p> <p>12:00 Pool Players</p> <p>1:00 Women's Poker</p>	<p>28</p> <p>9:15 Exercise</p> <p>10:00 Weight Loss Support</p> <p>11:00 Tai Chi Class</p> <p>12:00 Pool Players</p> <p>1:00 Women's Poker</p>
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OCTOBER 2011

Please note.....
Special activities will have an article in news letter with information regarding the activity date, charges and any sign up requirements!



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From the Outreach Office.....

Soon there will be a chill in the air. Have you had your furnace checked and serviced for the upcoming heating season?

Have your heating bills been stretching your budget? If your income is \$31,218 or under for a single person, or \$40,824 or under for two people, you should consider applying for the **Fuel Assistance** Program administered by Quincy Community Action Programs, Inc.. Their number is 617 479-8181.

Massachusetts Seniors **Farmer's Market** Nutrition Program coupons are still available at the senior center. You must verify that you are eligible for SSI, Section 8 Housing, Energy Assistance, or Medicaid in order to receive them.

Food Stamps are another way to stretch your budget. Applications and information are available at the senior center.

Our **medical equipment** loan program is going strong. If you have some extra or unused equipment at home, please consider donating it to us so that we can loan it out to someone in need.

Please let us know if you have any ideas for new or different programming that we can try here at the senior center. One idea that was suggested recently is a **ping pong** game. What do you think?

South Shore Elder Services, Inc. administers the Title III grant funding for our area, and we are happy to announce that we have received funding for our **Friendly Visitor** program grant for the upcoming year. This program provides socialization for isolated and lonely seniors who have little to no contact with anyone on a day to day basis. The Friendly Visitor will visit and call the clients on a regular basis to offer companionship and information. Please call us if you know of someone who could benefit from this program.

We have an ongoing **ESL** class here for Chinese seniors who have little to no English language fluency. Our goal is to help the students learn enough of the language to better communicate with others in their daily life, so they can go on to learn more and expand their horizons without being limited by not being able to communicate effectively in the community.

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From the Volunteer Department (Sandy Young).....

**Braintree High School
"School to Work Program"
Senior Life Interview
Mr. Dan Cheney**



Interviewers: Austin Nickerson, Lalo Batista and Mike Downey

We had the pleasure of interviewing Dan Cheney. Dan was born in South Boston in 1922. Dan is a veteran from WWII, he was in the Pacific and North Africa. He was stationed in the US Navy and was a first class machinist. He was on a destroyer and LSM. He was twenty years old when he entered the service on December 17, 1942. He won 7 medals and was discharged January 6, 1946 with a payment of \$85 dollars. Dan got a ride home from Japan on a hospital ship.

He lived in South Boston, Dorchester, Quincy, Falmouth, Weymouth and Braintree. Dan wouldn't be far from being considered nomadic. He went to high school in Boston and attended Iowa State College in Ames, Iowa. Regarding college Dan said "I had fun". He was in the Fife and Drums Corps and enjoyed basketball with his friends and five brothers. Dan also went to night school for two years for auto mechanics in Boston. Dan's two major jobs were Fruehauf Trailer Company and the MBTA as a supervisor for a bus garage.

Dan had a taste for the Big Band music and his favorite dance was the waltz. His favorite singers included Fran Sinatra, Dean Martin and Irish music. Dan says regarding clothing back then, men usually wore suits unless they were doing physical work. Women wore dresses, hats and gloves.

Regarding inventions Dan recalls there were no televisions so he listened to the radio. Many people also had pianos so they would sing as well. There would be one phone and you would have to call the operator to connect the call. There was one car as well for the family to use. An important event Dan recalled was the bombing of Pear Harbor and what a tense time it was for everyone.

To show us how things have changed, Dan told us he bought his first house in Weymouth with a \$5 dollar deposit, and you could also buy 8 gallons of gas for just a dollar. (which we don't think anyone would complain about now!) Thank you Dan for an interesting interview of your life.

Don't Wait Until It's Too Late.....

Medicare's

New Open Enrollment Period:

October 15 - December 7, 2011



- Medicare plans change every year.
- Review your options.
- SHINE (Serving health information needs of Elders) can help!
- SHINE counselors provide counseling and assistance to Medicare beneficiaries and their families free of charge.
- Call the Braintree Senior Center for a SHINE appointment: 781-848-1963

Norwell VNA and Hospice presents.....

Come join our Alzheimer's Support Group Meeting which meets each month on the last Tuesday. At our next October 25th meeting at 5 p.m. we have a special presentation by Renee McInnes, RN, BS, CMC Director of the Norwell VNA Works division as she presents "Alzheimers Disease -Accepting the Challenge" As our loved ones advance into the stages of Alzheimer's, we as caregivers are faced with new and ever-changing concerns. This educational program utilizes the Teepa Snow training to address specific issues related to the importance of a supportive environment for Alzheimers.

Norwell VNA and Hospice is an independent nonprofit home health care agency serving Boston's South Shore & providing exceptions services since 1920.

Light supper provided, please call to sign up:

Educational Town Information

From the Health Department....

It is important to remember during the flu season, that one of the best ways to protect yourself from influenza is by getting the flu shot. Once administered, the flu shot only takes about two weeks to become effective to offer immunity. It can be effective even if the flu season has started and it can be given as late in the year as March.

The Braintree Health Department will be scheduling their **Annual Flu Clinics** which will be posted on the Town of Braintree website, in local newspapers and on local cable channels.

The Braintree Health Department will host a **senior flu clinic** here at the Department of Elder Affairs, 71 Cleveland Avenue/Braintree, on **October 13th at 11 a.m. - 1 p.m.** Clinic is open to Braintree residents 65 years of age and older. Residents are requested to bring their insurance/Medicare cards.



From AARP.....

AARP-IRS TAXAIDE PROGRAM

Volunteers needed for training for the
2011 Tax Season.

Training late fall - December 2011

For information call the
Braintree Senior Center
after October 18th at:



From the Recycling Department....

Mail-back containers for sharps and unwanted prescription medications that allow customers to properly dispose of medical sharps and unused or expired medication are more readily available than ever. In an ongoing attempt to make proper disposal more accessible, the following locations make it available to purchase the necessary equipment:

**Town of Braintree Health Dept /90
Pond Street (781-794-8090)**

**Other locations are:
CVS, Walgreen, and Rite-Aid**



For pricing or additional information, call the above referenced locations

Wisdom Works Employment Program.....

In collaboration with the Executive Office of Elder Affairs, Braintree Department of Elder Affairs is once again pleased to offer the **Wisdom Works Employment Program** for 55 and over job seekers.

The four workshops will begin on Thursday, October 20, 2011, from 3:30 PM to 5:30 PM and run consecutively every Thursday, till November 10, 2011. The topics will include, Looking Back, What's Next (skills assessment), Getting Started (resume/cover letter) and Job Search Strategies, Interviewing and Research Technology.

Each session will be held at the Braintree Department of Elder Affairs at 71 Cleveland Avenue. There is a registration fee of \$10.00 and participants **must attend all four workshops.**

If you are interested in attending or have any questions please call **Sharmila Biswas at 781-848-1963.**

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

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

From the desk of Mary Cirignano, Chairperson...

Please be on the alert for the little gremlins roaming our streets for 'Trick or Treat' October 31.

Let us remember our days of how we wanted to be dressed and looking forward for the desserts.

We will give thanks to Christopher Columbus as he gives us a observed holiday this month on the 10th.



Observations on Growing Older:

Today is the oldest you've ever been, yet the youngest you'll ever be, so enjoy this day while it lasts.

Going out is good....Coming home is better!

You sleep better on a lounge chair with the TV blaring than in bed. It's called "pre-sleep."

Now that you can afford expensive jewelry, it's not safe to wear it anywhere.

You notice everything they sell in stores is "sleeveless?"

Everybody whispers.

You have 3 sizes of clothes in your closet....2 of which you will never wear.

But Old is good in some things: Old songs, Old movies, and best of all Old Friends.

It's not what you gather, but what you scatter that tells what kind of life you have lived!

Technology!

It all began with an iPhone.

March was when my son celebrated his 15th birthday and I got him an iPhone. He just loved it. Who wouldn't?

I celebrated my birthday in July and my wife made me very happy when she brought me an iPad.

My daughter's birthday was in August so I got her an iPod Touch.

September came by, so for my wife's birthday I bought her an iRon.

What my wife failed to recognize is that the iRon can be integrated into the Home Network with the iWash, iCook, and iClean. This unfortunately activated the iWitch---which led me to the iHospital and I get out **Thursday**.

Christopher M^cMaster  Virginia M^cMaster
Director
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Braintree Department of Elder Affairs: Information & referral, Outreach assistance, transportation both local & Boston, shopping, SHINE insurance help, TRIAD services, healthcare clinics, support groups, informational seminars, recreation/activities, trips, tax counseling, medical equipment loans, resale & craft shops and many volunteer opportunities.

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

Dear Friends,

We are very hopeful that, by the time you receive this newsletter, the renovation project at the senior center kitchen will have been completed.

As with every major undertaking, there could be unforeseen issues and delays. As such, we haven't yet set a date for our special dinner, which will feature an Italian feast. We look forward to rejoicing in the brand-new kitchen and recognizing October as Italian Heritage Month. Please watch for announcements at the senior center and in the local media for further details.

With the completion of the kitchen project, there will be an increased need for volunteers. Volunteer Coordinator, Sandy Young, is always looking for reliable individuals, who can spare an hour or two (or more) each week or each month. Given the budgetary constraints, under which the Department of Elder Affairs operates, there will need to be an increase of volunteerism if meals are to be served with any regularity. Please contact Sandy (781-848-1963) and let her know of your availability.

***Sincerely,
The Friends***

