



Town of Braintree
Department of Elder Affairs
71 Cleveland Avenue, Braintree, MA 02184
Hours: 8:30 AM– 4:30 PM

February, 2024

“Live, Learn, Laugh and Be Happy”

Mayor Erin V. Joyce

Phone: 781-848-1963

Sharmila Biswas: Director

Michelle Metro: Volunteer /Activities Coordinator

Mary Howland: Outreach Coordinator

Frank DeFrancesco: Transportation Services

Most of our activities are open to everyone, some programs are for Braintree Residents only
Please note, you may sign up for ALL activities on or after February 1st, after 9:30 AM

Greetings Everyone,

Happy Valentines Day everyone! Hope you are always surrounded by love and loving, and may you always have the warm feeling of being loved by someone who is not with you anymore.

As I prepare this letter, it is the second week of January and Mother Nature has already sprinkled some of her white stuff on us. Fortunately or unfortunately, the South Shore received more rain than snow. But as for towns north of Boston, ski country hit the jack pot, with over 18 inches of snow in some places. The forecast predicts that more rain and snow are on its way. During the winter months, please be careful and take care of yourself. If you use a room heater, do not leave them unattended while it is on. Make sure your walkway is clean of ice and wet leaves, because they are some of the causes of a bad fall. Dress in layers when you are outside and always keep yourself hydrated. Our Fire Chief recommends that if you are away during the winter months, do not shut off your heat completely. If the temperature plummets, the pipes can freeze and burst and do a lot of damage to your house and fixing that will not be cheap. So stay safe, stay warm and please come to our Center where the welcome is warm and the coffee is always hot.

I will be away for the month of February and will miss the Valentine’s Day party, but will be back in March to join with you for the Saint Patrick’s Day celebration.

Sharmila



A Presidential Trivia

Date: February 9th

Time: 11:00 AM

Where: 71 Cleveland Ave

In partnership with the Recreation Department let us have a good time celebrating our presidents. Our very own Chris Griffin will be joining us, ready with his Trivia challenges for you. To top it off, we will also be serving you some of the favorite “presidential foods.” Come, learn, eat and have fun.

**Please call 781-848-1963 to sign up
Cost for this event is \$5.00**



Pizza and a Movie

Date: February 23

Pizza at 12:30

Movie to follow at 1:00

**Cost: \$2:00 includes the Movie and
Pizza**

**Please call to sign up-we need a
headcount for pizza**



Walking with Wanda

Where: 71 Cleveland Ave

Time: 10:30 AM

Every Monday

Weather Permitting

**As the Winter Weather kicks in
please dress warm and use your
judgement on weather and safety.**

Bridge Players

Elder Affairs is looking forward to reconvene the Bridge Players group. It will be nice to see people playing a nice game of Bridge. Please give Michelle a call at 781-848-1963 to start a group.



Shopping Shuttle Schedule

Reservations: please call 781-848-1963; 48 hours in advance.

Pick-up time between: 9:30 to 10:00 AM
Return time between: 11:30 AM to 12:00 PM

Tuesday , February 6 – Shaw’s
Tuesday , February 13—Stop & Shop
Tuesday , February 20—Shaw’s
Tuesday , February 27—Stop & Shop

Special Shopping Trip:– February 9-
Ocean State Job Lot and Dollar Store

Services and Activities

- **Outreach:**
Information & Referral
Advocacy
Friendly Visitor & Library Express
- **Transportation:** please call 48 hours in advance to reserve
Medical Van Rides
Senior Center Activity Rides
Shopping Shuttles
- **Recreation:**
Social Activities
Special Events & Educational Seminars
Day Trips
Health and Fitness Classes
- **Support Groups:**
Low Vision Meetings
Alzheimer’s Support Meetings
- **SHINE:** health insurance counseling; **please call for an appointment**
- **Ask the lawyer:** free consultations; **please call for an appointment**
- **Medical Equipment Loans:**
wheelchairs, walkers, canes, shower seats and commodes; **please call ahead.**

Everyday we are full of surprises

Don't be shy! Come in and try out some of our daily activities and special events. Whether it is coffee and conversation or Party Extravaganza we always try to add a fun yummy treat or a prize for winning a game for all to enjoy. Take a look at our calendar and come on down! Everyone is welcome!



Tax Information

The Braintree Elder Affairs is working with the AARP Foundation Tax-Aide to provide in-person tax assistance free of charge with a special focus on taxpayers who are over 50 or have low-to-moderate income. Tax-Aide volunteers are trained and IRS-certified every year. We can help prepare both federal and Massachusetts state tax returns.

Beginning January 22, 2024, we will accept calls for appointments. Please call (781) 848-1963 to make your appointment. Tax-Aide volunteers will be available on Tuesdays from February 13th, 2024 through April 2nd, 2024. Appointments are required; no walk-ins allowed. If you must cancel or reschedule your appointment, please do so at least 3 business days in advance so another taxpayer can be offered that time slot.

When you make your appointment, we will mail an intake booklet to you. Everyone MUST complete a new intake form even if you did one last year. This is an IRS requirement, and we cannot waive it. Our trained volunteers will help you if you have questions on how to fill out the intake forms.

We request that you arrive 15 minutes prior to your appointment. Please be aware that your appointment may take over 90 minutes and that you will need to remain on-site until your return is completed.

Please bring a photo ID and social security cards for everyone on the return. You will also need to bring a copy of last year's return, all 2023 tax documents (e.g. W2, 1099-R, interest and dividend forms, void check if you want direct deposit, other 1099s, etc.) If you are eligible for the Massachusetts Circuit Breaker, please bring a copy of all real estate taxes and water/sewer bills paid in 2023. The intake booklet will contain an information sheet that lists all the required forms so please review that carefully so that we have all the documents necessary to prepare your return.



Please remember Braintree does not have enough Volunteers this year. So your patience will be appreciated

OUTREACH

Social Security Award Letter

You should have received your Social Security benefit award letter in the mail in December 2023. This letter informs you what your monthly benefit amount will be for 2024. Please keep this award letter in a safe place. You will need it if you apply for any form of assistance.

Free Evening Legal Clinics

Do you have a legal question or are you confused about a legal issue? The Bar Association of Norfolk County is sponsoring *Free Evening Legal Clinics* as a public service to the community. At the clinics a panel of attorneys experienced in all areas of the law will be available for a one on one consultation with you to discuss your legal questions. All consultations are strictly confidential. The clinic schedule is listed below. For those who wish to telephone, rather than visit the clinics, the Bar Association will assist you with a free referral by calling 617-471-9693. You will be referred to an attorney who specializes in your legal matter. Our Referral Service is a full fee paid service covering Personal Injury, Automobile Accidents, Estates/Wills, Criminal, Consumer, Real Estate, and much more. Please call with any legal issues you may have. Our staff will gladly assist you. All calls are confidential.

The *Free Evening Legal Clinics* will be held at 6:00 P. M. to 8:00 P. M. on Tuesday evenings at the following Courts :

- Quincy District Court – December 12, 2023
- Dedham District Court -February 6, 2024
- Quincy District Court – April 16, 2024
- Dedham District Court – June 11, 2024
- Quincy District Court – August 13, 2024
- Dedham District Court – October 8, 2024

For further information please contact the Bar Association of Norfolk County at 617-471-9693 or admin@norfolkbarassn.org.

Check us out on the web at www.Norfolkbarassn.org.

BINGO

**Come join us for BINGO @ 1 pm every 1st and 3rd Wednesday of every month.
Try your luck and enjoy free pastries and coffee with good company.**





February



5
 9:30am– Cardio and flexibility with Mary
 10:30 –Walking with Wanda
 11:00–Men’s Coffee Hour
 12:00 Pool Players
 1:00 Knitting (note: additional day)

6
 Shopping Shuttle-See Page 3
 10:00 Balance with Bob Cobbett
 10:00-12:00 Rummikub
 10:00 Low Vision
 12:30 Cribbage
 1-3– Game Time

7
 9:30am– Cardio and flexibility with Mary
 11:00– Asian Outreach
 10:30 AM– Canasta
 12:00 Pool Players-Men and Women
 1:00 BINGO

12
 9:30am– Cardio and flexibility with Mary
 10:30 –Walking with Wanda
 10:30– Blood Pressure Clinic
 11:00–Men’s Coffee Hour
 12:00 Pool Players

13
 Shopping Shuttle-See page 3
 10:00 am– Balance with Bob Cobbett
 10:00-12 Rummikub
 12:30 Cribbage
 1-3– Game Time Geronimo, Cribbage and any new game groups welcome i.e. Bridge etc...)

14
 9:30am Cardio and flexibility with Mary
 10:30-Canasta
 11:00 AM-Asian Outreach
 11:00 –1:30AM– Valentines Day Party
 12:00 Pool Players Men & Women
 1:00 Hearing Testing by appointment only

19-Closed



20
 Shopping Shuttle-See Page 3
 10:00 Balance with Bob Cobbett
 10:00-12 Rummikub
 12:30 Cribbage
 12:30 Ask a Lawyer
 1-3-Game Time

21
 9:30 Cardio and Flex with Mary
 11:00– Asian Outreach
 10:30 AM– Canasta
 12:00 Pool Players Men and Women
 1:00 BINGO

26
 9:30am– Cardio and flexibility with Mary
 10am-Elder Affairs programs on BCAM
 10:00 Craft with Nancy and Ginny
 10:30 Walking with Wanda
 11:00–Men’s Coffee Hour
 12:00 Pool Players

27
 Shopping Shuttle-See Page 3
 10:00 am– Balance with Bob Cobbett
 10:00-12 Rummikub
 12:30 Cribbage
 1-3 Game Time
 4:00 PM Alzheimer’s Support Group Meeting

28
 9:30 Cardio and flexibility with Mary
 10:30-Canasta
 11:00 AM- Asian Outreach
 12:00 Pool Players Men & Women

THURSDAY

FRIDAY

1
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10AM-Mahjong
11:30-Quilting
1:00 PM Knitting

2
9:00am- Tai Chi with Peggy
10am-Elder Affairs programs on BCAM
10:10 AM-Muscles, Moves & Belly Laughs
11:00 am Chair Yoga with Sue
 (note time change)
11:30am-Coffee and Conversations
12:00 Pool Players
1:00-Fun Movie Friday

8
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10AM-Mahjong
10 AM Photography
11:30-Quilting
1:00 PM Knitting

9-Special Shopping Trip
9:00am- Tai Chi with Peggy
10am-Elder Affairs programs on BCAM
10:10 AM-Muscles, Moves & Belly Laughs
11:00- Presidential Trivia
11:00 am Chair Yoga with Sue
 (note time change)
11:30am-Coffee and Conversations
12:00 Pool Players
1:00-Fun Movie Friday

15
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10AM-Mahjong
11:30-Quilting
1:00 PM Knitting

16
9:00am- Tai Chi with Peggy
10:30 Book Club-Book of your choice
10:10 AM-Muscles, Moves & Belly Laughs
10am-Elder Affairs programs on BCAM
11:00am-Coffee and Conversations
11:00- Chair Yoga with Sue
12:00 Pool Players
1.00 Ask the Lawyer, call for appointment
1:00-IT Class- Call to sign up
2.00 Board Meeting

22
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10AM-Mahjong
10 AM Photography
11:30-Quilting
1:00 PM Knitting

23 Spa Day by appt. only
9:00am- Tai Chi with Peggy
10am-Elder Affairs programs on BCAM
10:10 AM-Muscles, Moves & Belly Laughs
11:00 am Chair Yoga with Sue
 (note time change)
11:30am-Coffee and Conversations
12:00 Pool Players
1:00-Fun Movie Friday-Pizza and a Movie

29
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10AM-Mahjong
11:30-Quilting
1:00 PM Knitting

A Day to Give the Best of Me



Alzheimer's Care Givers Support Group

Tuesday, February 27 at 4 PM

Laurie Palmer, Caregiver Specialist from South Shore Elder Services will be joining us to answer your questions and listen to your concerns. Please come and join the group and share your thoughts in an informal setting.

Refreshments will be served

Valentines Day Party



Date: February 14
Time: 11AM
Food, Music and Fun!
Put on your Pink and Red
&



Bring your Valentine or Galentine to join us

Entertainment provided by Tom Bruhl beginning at 11 AM
Lunch to follow at 12:30
Chicken A La King by Fasano's Catering
And a Lovely Dessert

Please call 781-848-1963 to sign up
There is no charge for this program, but donations will be very much appreciated.



Invitation from Sheriff McDermott

February 28, 8:30 AM to 11 AM
Venue: Fox and Hound, 123 Sea Street, Quincy

Sheriff McDermott co-cordially invites you for a free breakfast to celebrate their new Senior programming. Please call 781-848-1963 to sign up.

Please note: Sign up is limited to 25 people.

From the Chairman

Well...here we are entering February and still recovering from all the Holiday Hustle and Bustle at Braintree Elder Affairs. What a fun few months we have had filled with Christmas Carolers, Trivia, Live Bands at our New Years Eve Gala and so much more...we seemed to have had a party every other day! The weather seems to be getting very icy. Please stay safe out there. Soon enough the weather will be taking a turn for the better. Spring training is less than a month away. My favorite time of year. Until then we look forward to celebrating with all of our daily activities in addition to all our Holiday Parties and specialty games/events! Please always stay safe first especially in this cold and icy weather.

~ Hank

Our Newsletter Is Looking For A Name

Every month we see how most of you anxiously wait for the printed copy of our newsletter to arrive. Once it comes, we love watching you browse through the pages. We work tenaciously to bring you the newsletter. We write, we post pictures, we go through the colors, we edit, so the fruit of our work is when you tell us you like our newsletters.

Now let us all us have fun with it. Let us give our newsletter a name. For that we are looking for suggestions. So, after you think of something good, write it on a piece of paper and drop it in our suggestion box at the front entrance. We will give you a couple of months. After that, the staff and our Board members will look through all the entries, sort through all your thoughts and come up with a name. So put on your creative hats and think hard. Let us have some fun together.

Year of the Dragon 2024

The dragon is a symbol of power, strength, courage and the ability to overcome adversity



龍馬精神。 身體健康

Wishing you a Healthy and a Peaceful 2024
Happy Lunar New Year from Elder Affairs

Crafting Fun with Ginny and Nancy

Monday, February 26
10 AM to 12 noon

Are you a creative person, did you like making things with your own hands? Or did you always had the urge, but never had the chance to get to it? Well, this is your time. Come join Nancy and Ginny and have fun while creating something or just to watch. Please call us at 781-848-1963 to sign up.



Braintree Elder Affairs offers a variety of Exercise Classes. You are always welcome to check them out and decide what would be appropriate for you.

Monday and Wednesday: Cardio and Flexibility with Mary
Tuesday and Thursday: ABLE bodies, Balance classes with Bob
Friday: Tai Chi with Peggy
Friday: Muscle Moves and Belly Laughs with Sue
Friday: Chair Yoga with Sue



Each Class is \$5.00
Transactions directly with Instructors



Information from the Town Clerk's Office

UPCOMING ELECTION
MARCH 5, 2024
Presidential Primary Election
Early Voting In-Person
Braintree Town Hall
(One JFK Memorial Drive)

SATUR- DAY FEB 24	SUN- DAY FEB 25	MON- DAY FEB 26	TUES- DAY FEB 27	WEDNE- SDAY FEB 28	THURS- DAY FEB 29	FRIDAY MAR 1
8:30am to 1:00pm	8:30am to 1:00pm	8:30am to 4:30pm	8:30am to 7:00pm	8:30am to 4:30pm	8:30am to 4:30pm	8:30am to 1:00pm

All Braintree voters should receive a postcard Early Vote by Mail application for all 2024 elections by the end of January 2024.

Braintree Department of Elder Affairs
71 Cleveland Avenue
Braintree, MA 02184

Place
Stamp
Here

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.

Braintree Dept. of Elder Affairs ~ 2023 Board Members

Henry (Hank) Joyce, Chairman of the Board

Wayne Gilbert, Vice Chairman

Lucille Barton

Lee Dingee

Ann Moore, Secretary

June Newman

Cathy Munroe, Recording Secretary

Tim Burke

Connie Mattina

I Phone-I Pad Beginners Class

With KevTech

Date: February 16th

Time: 1:00 PM

Where: 71 Cleveland Ave

Back to Basics with iPhone & iPad. This class covers the basics of the iPhone and iPad, including the hardware, using a touchscreen, and calling and texting.” Focus of this class will be for Health and Emergencies

Please call 781-848-1963 to register