



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

March, 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 March 1st, after 9:30 AM

Greetings Everyone,

Hope you had a great time on Valentines Day and now it is time to enjoy Saint Patrick's Day. We have a nice event planned for you. Winter is almost over. Stay safe and take care of yourself. If you need to contact us, we are just a phone call away.

Sharmila



St. Patrick's Day Kick Off

Wear Your Green!

Date: March 15

Time: 1 PM

Bag Pipes, performed by Bob Cameron
and enjoy some Irish Treats

No charge, donations welcome



Pizza and a Movie

**Date: No Pizza and
Movie this month due to
all the special Friday
Events**

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, March 5 – Shaw's
Tuesday, March 12—Stop & Shop
Tuesday, March 19—Shaw's
Tuesday, March 26—Stop & Shop

Special Shopping Trip:— March 8—
Walmart Quincy, MA

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; 2 times a month **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

Thank you to the AARP hard working volunteers who have helped our senior community in getting their 2023 taxes completed.



March Memories...Come make new ones with us



OUTREACH



Fuel Assistance

We have fuel assistance applications from Quincy Community Action Programs, Inc. The fuel season runs from November 1, 2023 through April 30, 2024. This program is available to income eligible households.



Reference List

We have a list of independent contractors who have contacted us about doing work for older adults for a fee. We do a criminal records check (CORI) on them before they are placed on our Reference List. These people offer various services such as errands, companionship, homemaking, personal care, hairdressing, handyman services, etc. You are responsible for checking their references. You pay them directly.

Ongoing Programs/Services

Friendly Visitor

Library Express

Food Stamps (application assistance)

Information/Referral

If you would like information on any of the above, please call the Outreach Office at 781-848-1963.

Happy St. Patrick's Day!

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.



March

4
 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)

5
 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

6
 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

11
 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

12
 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...)

13
 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

18-
 9:30am– Cardio and flexibility with Mary
 10:30 –Walking with Wanda
11:00-Men’s Coffee Hour
 12:00 Pool Players
St. Patrick’s Day Boiled Dinner

19
 Shopping Shuttle-See Page 3
 10:00 Balance with Bob Cobbett
 10:00-12 Rummikub
 12:30 Cribbage
 1-3-Game Time

20
 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

25
 9:30am– Cardio and flexibility with Mary
 10am-Elder Affairs programs on BCAM
 10:30 Walking with Wanda
11:00-Men’s Coffee Hour
 12:00 Pool Players
1:00 Craft with Nancy and Ginny

26
 Shopping Shuttle-See Page 3
 10:00 am– Balance with Bob Cobbett
 10:00-12:30 Ask a Lawyer-by appt. only
 10 - Rummikub
 12:30 Cribbage
 1:00 Critical Home Repair
 1-3 Game Time
4:00 PM Alzheimer’s Support Group Meeting

27
 9:30 Cardio and flexibility with Mary
 10:30-Canasta
 11:00 AM- Asian Outreach
 12:00 Pool Players Men & Women

THURSDAY

FRIDAY

<p>1 10:00 Balance & Conditioning for the Highly Motivated (With Bob) 10AM-Mahjong 11:30-Quilting 1:00 PM Knitting</p>	<p>1 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</p>
<p>7 10:00 Balance & Conditioning for the Highly Motivated (With Bob) 10AM-Mahjong 10 AM Photography 11:30-Quilting 1:00 PM Knitting</p>	<p>8-Special Shopping Trip-Walmart 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</p>
<p>14 10:00 Balance & Conditioning for the Highly Motivated (With Bob) 10AM-Mahjong 11:30-Quilting 1:00 PM Knitting</p>	<p>15 9:00am– Tai Chi with Peggy 10:30 –Book Club-”The Seven Husbands of Evelyn Hugo 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, by appt. only 2.00 Board Meeting</p>
<p>21 10:00 Balance & Conditioning for the Highly Motivated (With Bob) 10AM-Mahjong 10 AM Photography 11:30-Quilting 1:00 PM Knitting</p>	<p>22 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 1:30-IT Class– Call to sign up 1:00-No Movie</p>
<p>28 10:00 Balance & Conditioning for the Highly Motivated (With Bob) 10AM-Mahjong 11:30-Quilting 1:00 PM Knitting</p>	<p>29 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 12:30-”Learn how to sleep soundly, with acupuncture and gentle yoga poses”With Sue</p>

Knitters Corner

The Kitting and Crochet group is working to complete 500 hats to donate in 2024. Already over 80 hats were collected in January. Hats are the most requested items. The group donated close to 400 hats in 2023.

Why hats?

They are quick to knit or crochet. They do not require large amounts of yarn. They can be made in all sizes from infant to adult and there are many patterns available. They are needed in this area from October through March. They are easily stored and distributed.

The group is talented and generous and will continue to respond to requests for lap blankets and shawls, scarves and mittens.

Join us on Thursday afternoons. We welcome you.



Ask the Lawyer

Have a Legal Question...

Call and make an appt. for a Free of Charge consultation

Where: 71 Cleveland Ave

Time: Call to set up Appt. By Appt. Only

St. Patrick's Day



Date: March 18

Time: 12 PM

Full Boiled Dinner and Entertainment



There is no charge for the program, but donations will be very much appreciated.

Alzheimer's Support Group

Tuesday, March 26 at 4:00 PM

Venue: 71 Cleveland Avenue

**Laurie Palmer
Family Caregiver Support Specialist
South Shore Elder Services**

Please come and join Laurie Palmer. She has a wealth of knowledge and she will be discussing the most popular support system available out there. She will be touching on the ones most requested by Family Care Givers.

**Please call 781-848-1963 to sign up
Refreshments will be served**

From the Chairman

The Chairman's Report for February 2024

Once again, we were lucky to not get the snow that was predicted this past week. Spring will be coming soon. Our Red Sox team is in Fort Myers for spring training. They are enjoying good weather and hopefully getting in shape for a successful season. Congratulations to the Kansas City Chiefs and their quarterback Patrick Mahomes for playing a great game and winning the Super Bowl. Bruins and Celtics are not playing as well as they did at the beginning of their season. They need to pull themselves together and play better ball.

I am glad to see more men attending our Monday Coffee Hour. Thank you to everyone who has donated delicious pastries to enjoy along with the coffee. Also, the number of people seems to be growing for our knitting and craft classes. We hope to accommodate them with all their needs.

A big thank you to Anthony Columbo for the tasty clam chowder he sent over for Presidents Trivia Day. Chris Griffin was very entertaining, as usual, and had some great trivia questions.

On March 15th we will have a St Patrick's Day Party with Bag Pipes and Irish Snacks. On March 18th there will be a boiled dinner and music. Pat Harold, who is the Critical Home Repair Coordinator from South Shore Habitat for Humanity, will be here on March 26. KevTech will present a class on iPhone and iPad. Remember last Friday of the month there is a movie and pizza is moved to March 22nd this month only.

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.

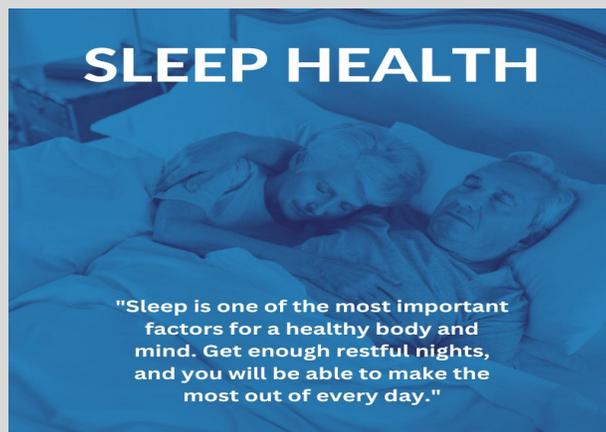
Now, let us all us have fun with it! Let us give our newsletter a name. For that we are looking for suggestions. So, after you think of something good, write it on a piece of paper and drop it in our suggestion box at the front entrance. We will give you a couple of months. After that, the staff and 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!

Learn How to Sleep Soundly Workshop

Date: March 29

Time: 12:30

**“Learn how to sleep soundly,
with acupressure and gentle yoga poses”
With Sue**



**Please call 781-848-1963 to join this wonderful workshop
\$25 per attendee. Please Pay Sue at the door.**

Crafting Fun with Ginny and Nancy

**Monday, March 25th
1 PM**

**Are you a creative person, did you like making things with your own hands?
Or did you always have 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.**



Lemon Sugar Scrub

Come join us to make a wonderful scrub which both exfoliates and moisturizes - and it smells good! Great for your personal use or makes a great gift.

Sign up at front desk - Shared cost \$2

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



Critical Home Repair



Tuesday, March 26

Time: 1:00 PM

Venue: 71 Cleveland Avenue



Pat Harold

Critical Home Repair Coordinator

South Shore Habitat for Humanity

South Shore Hope Repair Program offers assistance to qualified older adults to help them alleviate their health, safety and code violations. This program is part of an ongoing effort to meet Habitat's mission that everyone should have a decent and an affordable place to live in safely and with dignity. This program covers critical home repairs up to \$10,000.00 that impacts the safety of the homeowner. If you or someone you may know lives in unsafe conditions, please come to listen to this important program.

To sign up, please call 781-848-1963

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: March 22, 2024

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 Exploring Outdoor Photography

Please call to register– 781-848-1963

Class is \$2.00