



Town of Braintree

April, 2024

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

“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 April 1st, after 9:30 AM

Greetings Everyone,

As many of you know that I was away for several weeks. Other than the COVID times, I try to make this trip to India every year. Now I am back and like every year, I feel that I had never left. Other than the jet lag which is an added bonus with international travel, I can get back into the work environment with ease. One reason being, I love working at 71 Cleveland Avenue where I spend most of my waking hours and the second reason is the wonderful staff, that we are lucky to have at the Center. Since it is several weeks of absence, before I leave, we always have a meeting about everyone having some added responsibilities. In previous years, I used to call every week, just to keep in touch. But those calls were quite expensive for me. Now, thanks to technology, I have an app on my phone which enables me to send free messages and free calls internationally. One of our staff member also has that app installed on her phone, so now, if there is WIFI, I am just a phone call away.

I am always awestruck, but never surprised to experience the dedication of the staff here at the Center. We had some important meetings and some evening programs while I was away. Someone took the initiative to attend those and later report to me in detail through messages and phone calls at 1 AM in the morning, (my time) so I did not have to worry. With Accounting Department's permission and oversight, one staff made sure that every bill got paid and payroll was completed. Of course after coming back, I do have to tackle the deadlines I have to meet, reports to submit and prepare presentations, but thanks to the staff they make it very easy for me to slide back into the office mode. Thank you, Elsa, Michelle, Mary, Frank and Joe, for your dedication and support. I could not have done it without you. As for my time away, I had a wonderful trip, about which I will write later.

Speaking of dedication, the week of April 21 to 27, is **National Volunteer Week**. The staff and Board members of Elder Affairs recognizes the Volunteers and sends them our warm wishes. Thank you for your time and energy you give to our Senior Center to make it happy and robust.

Spring is almost here, just bear with the chill in the air for a couple of weeks and then the flowers will start to bloom and we can all take in the beauty of Mother Nature.

Sharmila

Saint Patrick's Day

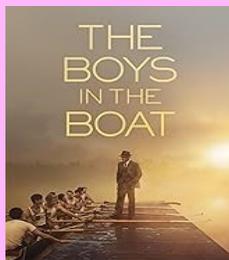


Everyone is Irish on this day



Pizza and a Movie

Date: April 26
Time: 12:30 Pizza Movie to follow at 1



Walking with Wanda

Where: 71 Cleveland Ave
Time: 10:30 AM
Every Monday
Weather Permitting

As the weather begins to warm up we encourage you to join our walking group!

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, April 2 – Shaw's
Tuesday, April 9—Stop & Shop
Tuesday, April 16—Shaw's
Tuesday, April 23—Stop & Shop
Tuesday, April 30—Shaw's

Special Shopping Trip:— April 12— Trader Joes, Hingham

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.**

The Red Sox Home Opener

Date: April 9, 2024
Time: 2:00-3:30 PM

Join us for some Fenway Franks and Popcorn as you enjoy the opening with your friends.



Please call 781-848-1963 to sign up. Cost: \$2 Per Person

Tax Information



Braintree Elder Affairs would like to extend their thanks to the AARP Tax Aide Volunteers for helping our older adults prepare their taxes. Thanks to Peter, Jim, Mary, Rich and John for giving our Center their valuable time.

Thanks to AARP for shepherding this beneficial program.



Bocce Anyone

Anyone interested in Bocce please join us for a meeting to see when and if we have enough people to get it started.

Meeting Date: April 9th

Time: 1 PM

Please call 781-848-1963 to let us know that you are coming



OUTREACH



Spring is here! Now is the perfect time to bring out the rakes and remove any leftover leaves from the fall. Time to start sprucing up the yards. Check on your lawnmowers to make sure they are in good working order. The birds will be waking us up in the morning with their chirping. Hopefully there will be lots of sunshine, although April is known for its “showers”.

If you didn't do it when you turned the clocks ahead (which is always a good time to remember to), now is a good time to check the batteries in your smoke and carbon monoxide detectors. Also when you turn the clocks back is a good time too. You can never be too safe.

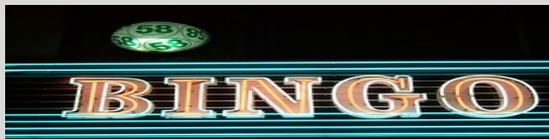
Now that the weather should be getting a little warmer we hope to see everyone coming to the Senior Center even more to enjoy all the wonderful activities and programs.

What a wonderful time spring is! Please take time to stop and smell the roses, literally and figuratively!

BINGO

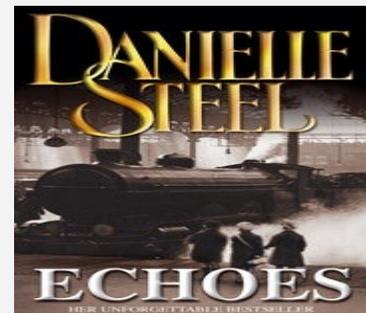
Come join us for BINGO @ 1 pm
every 1st and 3rd Wednesday of every month.

Try your luck and enjoy free pastries
and coffee with good company.



Book Club

Date: April 19th
Time: 10:30 AM



TUESDAY

WEDNESDAY

1
 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)

2
 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

3
 9:30am– Cardio and flexibility with Mary
 10:30 –Walking with Wanda
11:00-Men’s
 12:00 Pool Players

8
 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

9
 Shopping Shuttle-See Page 3
 10:00 Balance with Bob Cobbett
 10:00-12:00 Rummikub
 12:30 Cribbage
 1-3– Game Time
2-4 Red Sox Home Opener Hot Dogs and Pop Corn

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

15
 Closed Patriots Day



16
 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...)

17
 9:30am Cardio and flexibility with Mary
 10:30-Canasta
 11:00 AM-Asian Outreach
 12:00 Pool Players Men & Women
1:00 BINGO
1:00 Hearing Testing by appointment only

22
 9:30am– Cardio and flexibility with Mary
 10:30 –Walking with Wanda
11:00-Men’s Coffee Hour
 12:00 Pool Players

23
 Shopping Shuttle-See Page 3
 10:00 Balance with Bob Cobbett
 10:00-12 Rummikub
 12:30 Cribbage
 1-3-Game Time

24
 9:30 Cardio and Flex with Mary
 11:00– Asian Outreach
 10:30 AM– Canasta
 12:00 Pool Players Men and Women

29
 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-May Baskets

30
 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



THURSDAY

FRIDAY

4
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10AM-Mahjong
11:30-Quilting
1:00 PM Knitting

5
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-”Where Hope Grows”

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

12-Special Shopping Trip
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-

18
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10AM-Mahjong
11:30-Quilting
1:00 PM Knitting
1:00 PM Grandparents Grandchildren’s Day Food, Fun and Games

19
Spa Day by appt. only
9:00am– Tai Chi with Peggy
10:30 –Book Club-”Echoes” by Danielle Steel
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
1:30-IT Class– Call to sign up-No Movie
2.00 Board Meeting

25
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10AM-Mahjong
10 AM Photography
11:30-Quilting
1:00 PM Knitting

26
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– Pizza and Movie “The Boys in the Boat”



Day Trip!

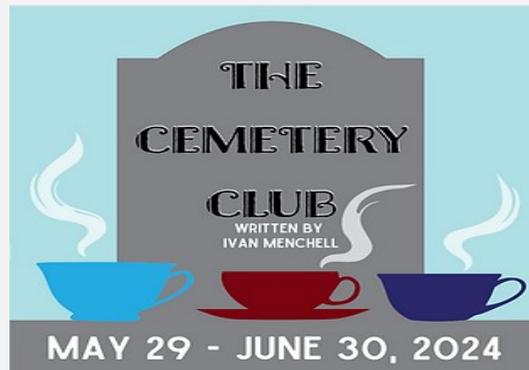
The Newport Playhouse

Date: May 30

Depart 71 Cleveland Ave at 10 AM

Please come in to sign up and pay on Monday April 12th after 9:30 AM

\$95 per person



"The Cemetery Club" Three Jewish widows meet once a month for tea before going to visit their husbands' graves. Ida is sweet tempered and ready to begin a new life; Lucille is a feisty embodiment of the girl who just wants to have fun; and Doris is priggish and judgmental, particularly when Sam the butcher enters the scene. He meets the widows while visiting his wife's grave. Doris and Lucille squash the budding romance between Sam and Ida.

* U.S. Disabilities ACT of 1990-Town of Braintree: A handicapped accessible coach bus may be made available upon receipt of no-

Save the Date

Wednesday, May 22

**A cultural event to celebrate
Asian American Pacific Islander Month
Details in May newsletter**

Grandchildren Grandparents Day

Date: Thursday, April 18

Time: 1 PM

Where: 71 Cleveland Avenue

Time to enjoy school vacation with your grandchildren.

We will have fun games for all ages to enjoy

Chicken Fingers for lunch

Make your own Sundae

Thanks to Life Community Church and Sunrise Assisted Living
For helping us to make this day special

Please call 781-848-1963 to sign up for you and your grandkids
Cost: \$4.00

Alzheimer's Support Group

Tuesday, April, 30

4 PM

**Attorney Wayne Gilbert
Gilbert Law Offices**

Attorney Gilbert specializes in Elder Law and he will be discussing Estate Planning and how to plan for your future. Please join us for this important session. This meeting is open to anyone who is interested.

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

From the Chairman Hank Joyce

The weather has been very crazy for the last couple of weeks and looks like it will be that way for a while. Hopefully, spring will come soon. The Red Sox are in the middle of Spring Training and do not look too good. Maybe they will play better once the season starts.

The playoff season for hockey and basketball is almost here and both the Bruins and Celtics look like they are ready to play some competitive playoff games. The NCAA Basketball season started March 21st and it should be very interesting watching the games for both men and women. In March we were lucky to celebrate St. Patrick's Day twice. We had one day with clam chowder and bagpipes. We would like to thank Bob Cameron for the music. On Monday we had corned beef and cabbage supplied by Fasano's Catering. We also enjoyed the talented DJ that played all our Irish Favorites.

If you thought March was full of fun activities, April and May looks even better. There are too many activities coming up to write about. So please read the bulletin to see all the schedules.

Have a very peaceful and Happy Easter and most of all be safe.

Hank

Our Newsletter Is Looking For A Name

We are happy to say that the suggestions are coming in. Some of you have very creative minds. We would like to give you another month to keep your creative juices flowing. So please keep the names coming.

Once we gather your suggestions, we will share it with our Board Members and we will come to a decision. We might edit a few, mix and match, or just pick a name that stands out. After everything is all set, you will be the first to know.

In the mean time thank you for all your creative thinking and we appreciate your involvement.

Everyday at Braintree Elder Affairs is a fun day! Joins us for games, exercise, specialty activities or just enjoy our complimentary coffee and pastries and company we serve all day every day! We work hard for a fun, happy, safe environment for all.

Coming in May...

Kentucky Derby Races

Try your luck at Braintree Elder Affairs version of the Derby...

Kentucky Derby Fun and Games-Prizes

Wear your best Derby Style Hat

Date: May 3rd

Time: 1:00PM

Please call 781 848 1963 to sign up

**For this program only, sign up will begin on April 12*

Yummy Treats provided by Grove Manor



SCAM WARNINGS

- **Safeguard Against Scams and Fraud Ask for identification. A shirt or jacket is not proof of someone's affiliation.**
- **Beware of people going door-to-door or cold-calling you. Con artists will ask for personal information.**
- **Use contact information posted on government websites or from other official sources**
- **Do not give personal information to people who claim to be government employees. If you apply for individual assistance, the Federal Emergency Management Agency (FEMA) will ask for your Social Security or bank account number during registration.**
- **Don't provide personal information on the phone if you didn't start the call**
- **If in doubt, do not give out your information. Report anyone claiming to be a government worker to local police.**
- **FEMA-contracted housing inspectors assess damages, but do not determine cost estimates. They also don't hire or endorse specific contractors to repair damage.**

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



Crafts with Ginny and Nancy April 29

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.

The April craft is...

May Baskets

Sign up at front desk

Shared Cost \$2

The Fun Continues



**A perfect Saint Patrick's Day
With bagpipes, Irish food
Leprechauns, celebrities and music!**



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 ~ 2024 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: April 19, 2024

Time: 1:30 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. Scam Education-Keeping your device secure

Please call to register– 781-848-1963

Class is \$2.00