



Town of Braintree

August, 2024

The Penn Chronicles

"Live, Learn, Laugh and Be Happy"

Mayor Erin V. Joyce

71 Cleveland Avenue

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 August 1, after 9:30 AM

Please do not call earlier to request to be signed up for any activity unless otherwise noted in the newsletter.

Thank you for your patience and understanding

Greetings Everyone,

Hope all of you are enjoying the summer months, while remaining safe by making sure you are hydrated, protecting yourself from the sun and not getting bit by mosquitos or ticks.

Now, drum roll please! Our monthly newsletter, our pride and your joy, has a name. Thanks to everyone who took the time to give us suggestions. Your suggestions came through our email, pieces of papers in Michelle's office and notes in our Suggestion Box. Some of the names were funny and we had a good laugh, some a bit risqué, some simple and thoughtful and some a little philosophical. The staff and Board Members read every suggestion and we were thrilled and amazed that so many of you participated. We really had a tough time choosing one name from all those great ideas and thoughts. In the end, we picked a couple of suggestions and put them together and we came up with the name *The Penn Chronicles*. The word Penn has multiple significance. Our building was known as the Penniman School. Many years back this was an elementary school, built as an annex to the actual Penniman School. Even today, we have many older adults who walk in here, tell us that they used to go to school here maybe 50 or 60 years back. I see the twinkle in their eyes while they reminisce about their childhood. We are also located next to the Penniman Park and Penn can also be attributed to the word pen or penmanship. But, just the word Penn, did not feel complete, hence we added Chronicles, which again, was one of your suggestions. Finally, we all felt good. Thanks to our Board members, who painstakingly went through all the suggestions, discussed and then settled on a name. Once again, thanks to all of you. It was a great partnership. Please accept my warm regards.

Sharmila



Elder Affairs Summer Hours

Elder Affairs will be observing it's Summer Hours
Beginning July 1st and ending August 30th, 2024

We will remain open on Tuesdays till 7 PM

We will close on Fridays at 1 PM

Light dinner served between 3 PM and 6 PM on Tuesdays

You must call at least a week in advance to sign up for the meal.

Meal cost \$5 per person



Town of Braintree Mass Notification System

Stay Informed. Stay Safe.

Sign Up to Receive Alerts from
The Town of Braintree.

Sign up to be notified about:

- Town Emergency Notifications
- Town General Notifications
- The 02184 – Monthly Newsletter
- Trash/Recycling Notifications
- Water/Sewer Alerts

How to Subscribe

1. Go to: braintreema.gov/1249/Alerts-Notifications
2. Click on Sign Up
3. Complete the [sign up](#) form to subscribe
4. Make notification selections
5. Click Sign Me Up
6. Please make sure you confirm your account to ensure you are receiving notifications



Text **BraintreeMA** to 38276 to
sign up for text messages.

CIVICREADY mass notification
system

The Town of Braintree will begin to use Civic Plus Mass notification system to send emergency and routine alerts. This is a new System. Residents must sign up to get alerts. To register please visit <https://braintreema.gov/1249/Alerts-Notifications> for text messages only, text BraintreeMA to 3876.

If you need assistance registering, please call the Mayors Office at 781 794 8100.

Hello Summer



Let's Play Bocce

Please come and join to have some outdoor fun, every Monday at 2 PM. Interested? Please call us at 781-848-1963 and let us know that you are coming. The court is behind Elder Affairs Building.



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, August 6 – Shaw's

Tuesday, August 13 —Stop & Shop

Tuesday, August 20—Shaw's

Tuesday, August 27 —Stop & Shop

Special Shopping Trip:— Trader Joe's

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.**

Therapy Gardens Presents...

Date- August 13th

Therapy Gardens last class of the Summer

Time: 1:00 PM

Topic: Local Food Trivia

Call 781 848 1963 to sign up

No Charge, but Donations are greatly appreciated.



TUESDAY

WEDNESDAY



5-
 9:30am- Cardio and flexibility with Mary
 10:30 -Walking with Wanda
 11:00-**Men's Coffee Hour**
 11:30 **Sheriff's Program**
 12:00 Pool Players
 2:00-**Bocce**

6
 Shopping Shuttle-See Page 3
 10:00 Balance with Bob Cobbett
 10:00 Low Vision Group returns
 10:00-12:00 Rummikub
 12:30 Cribbage
 Summer Hours
 3-6 Dinner with Friends and Games-
 Grove Manor will be surprising us
 with a dinner provided by them.

7
 9:30am- Cardio and flexibility with Mary
 10:30- Canasta
 11:00 Asian Outreach
 12:00 Pool Players
 1:00 **Bingo**

12
 9:30am- Cardio and flexibility with Mary
 10am-Elder Affairs programs on BCAM
 10:30 Walking with Wanda
 10:30 Blood Pressure Screening
 11:00-**Men's Coffee Hour**
 11:30 **Sheriffs Program**
 12:00 Pool Players
 2:00 **Bocce**

13
 Shopping Shuttle-See page 3
 10:00 am Balance with Bob Cobbett
 10:00-12 Rummikub
 12:30 Cribbage
 1:00 **Therapy Garden**
 Summer Hours 3-6 Dinner and
 Games-Italian Dinner
 3:00 Special Book Club Discussion
 (see details in write up)

14
 9:30 Cardio and Flex with Mary
 11:00- Asian Outreach
 10:30 AM- Canasta
 12:00 Pool Players
 Men and Women
Lunch with Elvis Tribute
 (See details in write up)

19
 9:30am- Cardio and flexibility with Mary
 10:30 -Walking with Wanda
 11:00-**Men's Coffee Hour**
 11:30 **Sheriffs Program**
 12:00 Pool Players
 2:00 **Bocce**

20
 Shopping Shuttle-See page 3
 10:00 am- Balance with Bob
 Cobbett
 10:00-12 Rummikub
 12:30 Cribbage
 Summer Hours 3-6 Dinner and
 Games-Variety of Roll ups and
 Pasta Salad

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
 10:30 -Walking with Wanda
 11:00-**Men's Coffee Hour**
 11:30 **Sheriffs Program**
 12:00 Pool Players
 1:00 **Craft with Nancy and Ginny**
 2:00 **Bocce**

27-**Dinner Event (see details in write
 -up)**
 Ask a Lawyer-by appt. only
 Shopping Shuttle-See Page 3
 10:00 am- Balance with Bob Cobett
 10 - Rummikub
 12:30 Cribbage
 4:00 **PM Alzheimer's Support
 Group Meeting**
 Summer Hours- 3-6 Dinner TBD

28-**Day Trip**
 9:30 Cardio and Flex with Mary
 11:00- Asian Outreach
 10:30 AM- Canasta
 12:00 Pool Players
 Men and Women

THURSDAY

FRIDAY

1
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10AM-Mahjong
11:30 Laugh out loud
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
10:00 Pool Players
Summer hours close at 1 PM

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

9
Special Shopping Trip- Trader Joe's
9:00am- Tai Chi with Peggy
10am-Elder Affairs programs on BCAM
10:10 AM-Muscles, Moves & Belly Laughs
11:00 am Chair Yoga
 (note time change)
11:30am-Coffee and Conversations
10:00 Pool Players
Summer Hours Close at 1 PM

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

16
9:00am- Tai Chi with Peggy
10:30 -Book Club-Five Star Weekend Elin Hildenbrand
10:10 AM-Muscles, Moves & Belly Laughs
10am-Elder Affairs programs on BCAM
11:00- Chair Yoga
11:30am-Coffee and Conversations
10:00 Pool Players
1.00 Ask the Lawyer, by appt. only
Summer Hours close at 1 PM

22
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10AM-Mahjong
10 AM Photography
11:30 Laugh out loud
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
 (note time change)
11:30am-Coffee and Conversation
10:00 Pool Players
Summer Hours Close at 1 PM

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

30
:00am- Tai Chi with Peggy
10am-Elder Affairs programs on BCAM
10:10 AM-Muscles, Moves & Belly Laughs
11:00 am Chair Yoga
 (note time change)
11:30am-Coffee and Conversation
1000 -Pool Players
Summer Hours Close 1PM

How to avoid those annoying mosquitos



When: Monday August 26

Time: 1:00 PM

Presenter: Kaitlyn O'Donnell, Entomologist

Tis the season, the mosquitos are buzzing and looking for something delicious to eat. Please join Kaitlyn O'Donnell, she is an Entomologist, at the Norfolk County Mosquito Control District. This a Government Agency tasked with managing mosquitos and assure the health and wellbeing of the residents of Norfolk County, in a safe and effective way. She will have an interesting discussion on the biology of mosquitos, how to prevent getting bitten, avoid them breeding in your home and how the District operates.

Please call 781-848-1963 to sign up



Meet, Greet and Discussions

Tuesday, August 20th

Time: 4 PM

Councilor Ann Quilty

Michael Esmond

Finance Director, Town of Braintree

Come and join District 4 Councilor Ann Quilty And Mike Esmond, Finance Director, for an informal discussion. They are looking forward to meeting all of you and answer any questions you may have.

Please call 781-848-1963 to sign up

Tuesday is Elder Affairs' extended summer hour evening. If you are interested in having a light dinner on that evening please let us know. We will need a count for the food. **The charge for the light dinner is \$5.00**



Senior Outreach Programs

Norfolk County Sheriff's Office will be presenting a series of programs for nine weeks.

Every program is designed for your safety and well being. Please come and join their Coffee and Convos!"

**All programs will be for 1 hour
11:30 AM to 12:30 PM**

August 5: Scam Prevention

August 12: Fall Prevention

August 19: Technology Assistance

August 26: Celebrate Program Completion

Senior Outreach Evaluation Form

Braintree Elder Affairs thanks the Norfolk County Sheriff's Office for all the important information they brought to us.

**For the August 5th program you can sign up in July
Please call 781-848-1963 to sign up.**

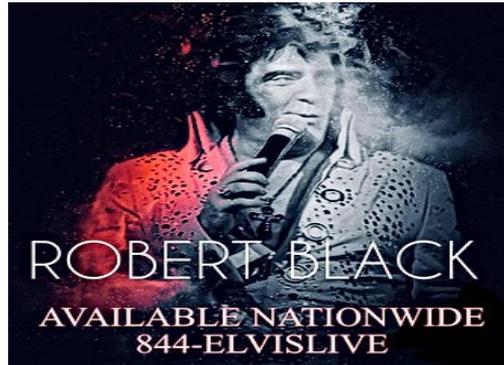
The King is Back!!!

August 14

12:00 Lunch at Noon

Followed by Robert Black performs his Tribute to Elvis

Cost: \$10.00 per person



To sign up please call on or after August 1st @781-848-1963

The Registrar of Deeds

August 21st at 1 PM

Please join Norfolk County Registrar of Deeds, William P. O'Donnell as gives an overview of the Registry. The program will include information of use to consumers and homeowners, such as the Homestead Act, mortgage discharges and the anti-property fraud Consumer Notification Service.

To sign up please call 781-848-1963

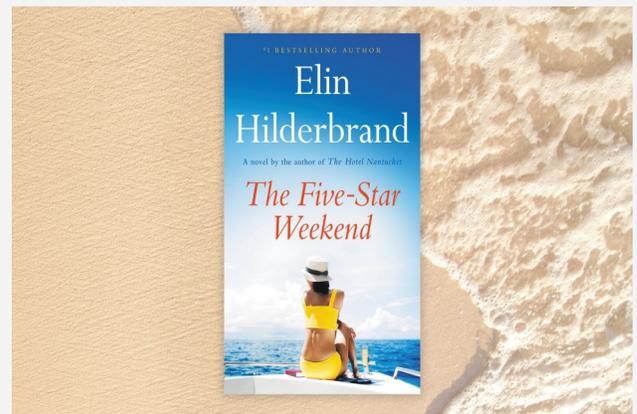
Alzheimer's Support Group

We will not meet in August, but please take a look at the Book Club discussion on August 13 and the Community Dinner on August 27 on End of Life conversations. It will be quite helpful for the group members. The discussions will be guided by Cheryl Botieri, MS an End of Life educator.

Please join us by calling 781-848-1963

Book Club

Friday Aug. 16 10:30 AM



Alzheimer's Education and Awareness *Save the Date*

September 17, beginning at 2:30 PM

Once again this year, Braintree Elder Affairs is inviting the Community for Alzheimer's Education and Awareness. We will begin with a Health Fair, where many of the local Health Care Providers will have a display table.

This will be followed by two programs presented by the staff from the Alzheimer's Association. A light dinner will be served.

**September 24, beginning at 4 PM
A Memorable Evening**

We invite all Caregivers to bring their loved ones who are afflicted with Alzheimer's disease to come to our Senior Center. We will help you create an evening of memories with your dear one. There will be an Interactive Music session, songs and dancing and a delicious dinner.

Look for more details in our September newsletter and sign up. If you have any questions call 781-848-1963 and ask for Sharmila

U.S. Disabilities ACT of 1990-Town of Braintree: A handicapped accessible coach bus may be made available upon receipt of

Community Dinner

Tuesday, August 27

5:30 PM to 7:30 PM

Facilitated By Cheryl Botieri, MS

End of life Educator, Family Support Specialist and End of Life Doula

Suggested donation: \$10.00 per person

Death is a part of life and an end of life conversation does not always need to be difficult. It can be liberating, it can even be transformative. Cheryl will guide us through our dinner conversations over a four course meal. It will be based on the book "Let's Talk About Death Over Dinner." It is not necessary to read the book to participate, but it will be helpful.

We specially invite our Care Givers group to join us for an evening of conversation, that "transforms seemingly difficult conversation into one of deep engagement, insight and empowerment.....Michael Hebb

Please call 781-848-1963 to register. Participation is limited

This program will be funded through a Title IIIB grant from South Shore Elder Services and MCOA

From The Chairman, Hank Joyce

The weather has been hot and muggy for the last two weeks. Hope you have been staying cool. One place to cool off would be at the senior center.

The Boston Celtics won the championship and it was a lot of fun to watch them play. The team looks like it will continue to be good for the next few years. The Red Sox have been playing better than we expected. Currently they are 11 games over 500 and in third place in the Eastern Division.

The employee appreciation luncheon was served by Fasano's catering. The food was very, very good. The table setup was formal and everyone commented on how nice it all looked. The entertainment was enjoyable and he sang Happy Birthday to Mayor Joyce and Hank Joyce. He was a great singer, but sometimes it was hard to hear his good music over all the talking in the room.

The center is now open on Tuesday night until 7 PM with dinner and games for a small charge of \$5.00. It is the same night as Sunset Lake concerts, so people do leave early to attend them.

We are having a day trip to Lake Pearl Luciano's on September 9, 2024. The show is called The Ultimate Vegas Variety Show. Please sign up on August 5th on or after 9:30 AM.

Check our newsletter for our daily games and social events along with our special events. Our newsletter is now available online. You can sign up at www.mycommunityonline.com. Stay safe and enjoy the rest of the summer.

HANK



End of Life Conversations, Program Full

“Let’s Talk About Death Over Dinner”, by Michael Hebb

“Given the right framing a “difficult” conversation does not need to be difficult. It can be liberating. It can be transformative.”Michael Hebb

August 13, 2.00 PM to 3:30 PM

A Special Book Club

Discussion of the book will be guided by Cheryl Botieri, MS

Cheryl is an End of Life Educator, Family Support Specialist and an End of Life Doula

Elder Affairs has purchased the books, so this will be free and yours to keep. If interested, please call 781-848-1963 to register and come pick up the book on or after **June 21st**. Participation of the book club will be limited.

**This program is funded through a Title IIIB grant from South Shore Elder Services and MCOA
We thank the Thayer Public Library for helping us purchase the books**

OUTREACH



As summer continues this is a reminder to stay hydrated and wear lightweight clothing in the hot weather. Also, don't forget to use sunblock! Remember the Senior Center is air conditioned if you would like to come in and cool off. Please check on neighbors who are elderly or live alone during times of extreme heat.



LIBRARY EXPRESS PROGRAM

The Library Express Program is a service designed for residents of Braintree who are unable to leave their homes due to a health or social service issue that lasts twelve weeks or more. It is a partnership between the Braintree Department of Elder Affairs, Thayer Public Library and Friends of Thayer Public Library. We offer a biweekly delivery of library materials with a limit of five items per visit. Our Outreach Worker picks up the materials at the library, delivers them to your home, and returns the ones from the prior visit to the library. If you or anyone you know could benefit from this service, please give us a call at 781-848-1963.

Making Memories



Everyday at Braintree Elder Affairs is a fun day! Joins us for games, exercise, special events and activities or just enjoy our complimentary coffee and pastries

Isabella Stewart Gardner Museum Trip

Date: August 28, 2024

Time Depart Senior Center: 10 AM

Tour begins at 11:30 AM

Lunch to follow at Venezia

Lunch details will be provided when you come in to pay for trip.

Cost: \$110.00 Per person, includes tour, lunch, and luxury bus

Please come in to sign up on Monday July 8th on or after 9:30 am



This is a walking trip and you will also be able to get on and off the bus a few times. Please be sure this trip is right for your capabilities.

Edwards Twins @ Lake Pearl Luciano's

Back by Popular DEMAND!!!!

Date: September 9th

Depart 71 Cleveland Ave at 10:30 AM

Enjoy lunch and a show

Arriving back to 71 Cleveland Ave around 5 PM



\$95.00 Per Person

Please come in and sign up on or after August 5th at 9:30 AM

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
Friday: Chair Yoga

Each Class is \$5.00.
Transactions are directly with Instructors



Crafts with Ginny and Nancy



August 26
Time: 1:00 PM
Air Dry Clay

Come and enjoy creating “masterpieces” with your own two hands and have lots of fun and laughs! Please call to sign up.

Cost: 2.00

LET'S H@VE FUN



DOG days of SUMMER

Laugh out Loud! New CoMedy ClaSses

FUN SKITS & Giggles

Come join Wendy Wichroski and Judy Morris

From Fairing Way

Every Thursday August at 11:30 AM

They are already having a lot of fun

Where: 71 Cleveland Avenue

Please call 781-848-1963 to sign up

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
Ann Moore, Secretary
Cathy Munroe, Recording Secretary

Lucille Barton
Tim Burke

Carol Kippenham
Connie Mattina
June Newman

Save The Date



Braintree Yacht Club
Senior Citizens Cruise
2024

The Officers and Members of Braintree Yacht Club
would like to invite you to our annual
Senior Citizens Cruise

Saturday September 21st
11:00AM
9 Gordon Rd
Braintree, MA 02184

Clam chowder will be served at 11AM

The cruise will begin at 12PM

Boats will return to Braintree Yacht Club at 1PM