



THE PENN CHRONICLES

"Live, Learn, Laugh and Be Happy"

Mayor Erin V. Joyce

71 Cleveland Avenue

Phone: 781-848-1963

Sharmila Biswas: Director
Mary Howland: Outreach Coordinator

Michelle Metro: Volunteer /Activities 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 October 1, after 9:30 AM



Greetings Everyone,

September breezed through with many warm days and some cool nights, a beautiful super harvest moon with a partial lunar eclipse. Over 20 days without rain and now we will wait for the foliage to change it's colors. That beauty of Mother Nature, as we all know, comes with a consequence. But we will enjoy her glory anyway she brings it to us.

August and September were quite busy with some very special programs, but then again this Center is always busy. A busy Center also calls for a busy ridership. People use our vans to go to their Doctor's appointments and grocery shopping, but many also come to the Center to take part in our activities. So, more programs leads to more ride requests. Unfortunately for several months now, Frank is our only person who is taking the load on his shoulders and there has been no way for him to lessen that load. The reason being, Eddie Delgiacco, our part time driver was away for a few months to take care of some medical issues. After a few months we sadly realized that Eddie was not going to return to drive our vans. But, we also understood that he had to take care of himself. We all miss Eddie and he misses us too, but we hope he feels better soon. I will be remiss if I do not thank Brian and Vinnie, our Volunteer Drivers, who stood by Frank whenever there was a need.

Right now, we are looking for a part time van driver to join our crew. Fortunately, we have someone who will start the formalities and procedures through HR, and hopefully, we can have someone starting soon and that will help, take off a little bit of the load off Frank's shoulders.

In the meantime, we ask you to be patient when you call for a ride. Frank goes above and beyond to make sure everyone gets to their destinations, but he is not superhuman. There are times when people have to be picked up from different sections of Braintree, riding to different towns, at the same time. As a result, we cannot meet every need. We request a 48 hours notice, but many do not adhere to that. We understand if it is an emergency, but often that ride cannot be guaranteed. Please do not leave voice messages for rides, it may get lost and we cannot be responsible. Finally, please be kind to the person who is taking your request, it is not their fault if they have to say "no" to you. Together, let us make this crucial service a pleasant experience for all....Sharmila

Cornhole Kick Off Party

Save The Date: November 7th

Time: 1:00 PM

Where: 71 Cleveland Ave

Thanks to Brendan and Grove Manor Estates

We were gifted with beautifully crafted Cornhole boards, made just for you and everyone at Braintree Elder Affairs to enjoy!

Please call 781-848-1963 to sign up for this fun event.



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 Braintree, MA to 3876.

Last Call for Bocce...

**Pleased Join Us in the Beautiful Fall Weather.
Bocce takes place
Every Monday @ 2PM in the Bocce court behind
our building.**



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, October 1 – Shaw's
Tuesday, October 8 — Stop & Shop
Tuesday, October 15—Shaw's
Tuesday, October 22 — Stop & Shop
Tuesday, October 29 — Shaw's
Special Shopping Trip:— October 11-
Dollar stores and Tractor supply, Holbrook

Services and Activities

- **Outreach:**
Information & Referral
Advocacy
Friendly Visitor & Library Express
- **Transportation:** please call 48 hours in advance to reserve. **No voice mail messages**
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.**

MahJong Tournament Full

Date: October 3rd
Check in time: 9:30 Coffee and Table Assignments
10:00 Game Play
12:15 Lunch and Prizes
To sign up contact Carol Kippenhan at 781-843-0686
\$20 Registration fee deadline 9/26/24



Happy Halloween

BRAINTREE ELDER AFFAIRS AND THAYER PUBLIC LIBRARY

IS SPOOKILY DELIGHTED TO BRING YOU

LIZZIE BORDEN TOOK AN AXE...OR DID SHE?

YOU DECIDE!

DELVENA THEATRE COMPANY

PRESENTS

AN INTERACTIVE PERFORMANCE OF

LIZZIE BORDEN AND THE 40 WHACKS

71 CLEVELAND AVENUE

BRAINTREE

MONDAY, OCTOBER 21, TIME 2:30 PM

PLEASE CALL 781 848 1963 TO SIGN UP

****After you enjoy a delicious lunch at the Braintree Elks please join us at 71 Cleveland Ave for this once in a lifetime Halloween Performance. Call 781 848 1963 to reserve.**



FLU CLINIC

October 2

Time: 9:00AM

Where: 71 Cleveland Ave

These are the regular strength shots

FLU PREVENTION TIPS

GET VACCINATED Influenza is the only respiratory virus preventable by vaccination.

WASH YOUR HANDS Wash them often with soap and water.

STAY HOME Stay home for a full 24 hours after your fever goes away.

KEEP SANITIZER CLOSE Use it often and tell children and those around you to do the same.

EXERCISE It boosts your immune system and speeds recovery from illness.

DON'T TOUCH YOUR FACE This is the easiest way for germs to get into your body.

EAT RIGHT Eating healthy, balanced meals can strengthen your immune system.

SMILE Studies show that smiling can help boost your immune system.

Up to
20%
of the U.S.
will get the flu.

KeyTech

I Phone/I Pad Education Class

Date: October 25: iPhone for Health & Emergencies

Time: 1:30 PM

Topic TBD

Please call 781-848-1963 to sign up

Cost: \$3 per person



Open Enrollment

Annual Open Enrollment (OE) is an important time if you are already on Medicare or have missed other opportunities to join a plan. During OE you can:

Switch from on Medicare Part D Prescription Drug Plan (PDP) to another (see more info below)

Switch from Original Medicare to a Medicare Advantage Plan.

Leave a Medicare Advantage Plan and switch to Original Medicare, purchase a Medigap supplemental plan and a stand-alone Medicare Part D Prescription Drug Plan (PDP).

Switch from a current Medicare Advantage Plan to an Advantage Plan.

Every year it is especially important to review your prescription plan and your current health insurance coverage. Many things can change from year to year, such as:

Your prescriptions

Costs of medications

Cost of your current Part D (PDP) premium

Coverage provided for your prescriptions by your PDP provider

Pharmacy prices

Prescription plans available in your area

Request a PDP review

Our SHINE counselors in Braintree are available to assist you during Open Enrollment. If you want to review your Prescription Drug Plan, please call the Senior Center to request a 2025

Prescription Drug Form. We will mail it to you or you may pick one up.

When you complete the form, you may drop it off at the Braintree Senior Center. A SHINE counselor will prepare a new Part D plan to see if it makes sense for you to change your current plan to one that may be less expensive.

Open Enrollment Presentation with Steve and Pam

October 15

1-3PM at 71 Cleveland Ave

Please call 781-848-1963 to sign up

Alzheimer's Care Giver Support

Tuesday, October 29

Time: 4 PM

Where: 71 Cleveland Avenue

We invite you to join us for an informal meeting with your peers who are faced with the same daily stresses like you. Enjoy some time chatting with them, listening and exchanging stories and walk out with the feeling that you are not alone.

Please Call 781-848-1963 to sign up

Book Club

Friday October 18

10:30 AM

"Chasing Beauty"

By Natalie Dykstra



Monday	TUESDAY	WEDNESDAY
	<p>1 Shopping Shuttle-See Page 3 10:00 Balance with Bob Cobbett 10:00 Low Vision Group 10:00-12:00 Rummikub 12:30 Cribbage Game Time</p>	<p>2 8:00 BELD Breakfast First Seating 9:30 Second Seating 9:00 Flu Clinic 9:30am- Cardio and flexibility with Mary 10:30- Canasta 11:00 Asian Outreach 12:00 Pool Players 1:00 Bingo</p>
<p>7- 9:30am- Cardio and flexibility with Mary 10:30 -Walking (weather and construction may effect this group) 11:00-Men's Coffee Hour 12:00 Pool Players 2:00-Bocce- Weather permitting</p>	<p>8 Shopping Shuttle-See page 3 10:00 am Balance with Bob Cobbett 10:00-12 Rummikub 12:30 Cribbage Game Time</p>	<p>9-Senior Safety Fair 2 PM to 4 PM</p> <p>All Other Activities Cancelled for the Day in preparation for this large event. Everyone is invited Sign up if you are coming</p>
<p>14</p> 	<p>15 Shopping Shuttle-See page 3 10:00 am Balance with Bob Cobbett 10:00-12 Rummikub 12:30 Cribbage Game Time 1-3 Open Enrollment Presentation</p>	<p>16 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</p>
<p>21 9:30am- Cardio and flexibility with Mary 10:30 -Walking(weather and construction may effect this group) 11:00-Men's Coffee Hour 12:00 Pool Players 1:00 Elks Luncheon @ Braintree Elks 2:30...Lizzie Borden took an AXE (Spooky Halloween show) at Elder Affairs</p>	<p>22 Shopping Shuttle-See page 3 10:00 am Balance with Bob Cobbett 10:00-12 Rummikub 12:30 Cribbage Game Time</p>	<p>23 9:30 Cardio and Flex with Mary 11:00- Asian Outreach 10:30 AM- Canasta 12:00 Pool Players Men and Women</p>
<p>28 9:30am- Cardio and flexibility with Mary 10:30 -Walking(weather and construction may effect this group) 11:00-Men's Coffee Hour 12:00 Pool Players 1:00 Craft with Nancy and Ginny 2:00 Bocce</p>	<p>29 Ask a Lawyer-by appt. only Shopping Shuttle-See Page 3 10:00 am- Balance with Bob Cobett 10 :00 Rummikub 12:30 Cribbage Game Time 4:00 Alzheimer Support Group</p>	<p>30 9:30 Cardio and Flex with Mary 11:00- Asian Outreach 10:30 AM- Canasta 12:00 Pool Players Men and Women</p>

THURSDAY

FRIDAY

3
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10AM-Mahjong Tournament Full
Check in is at 9:30 AM
11:30-Quilting
1:00 PM Knitting

4
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
1PM: Fun Movie Friday-"**Breaking Every Chain**"
 PG 13

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

11-Turkey Train Trip-Full
Special Shopping Trip- Dollar Store Holbrook
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
12:00 Pool Players
1:00PM Fun Movie Friday-"**The New Daughter**"
 PG13

17
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10AM-Mahjong
11:30-Quilting
1:00 PM Knitting

18Spa Day by appt. only
9:00am- Tai Chi with Peggy
10:30 -Book Club-"Chasing Beauty"
10:10 AM-Muscles, Moves & Belly Laughs
10am-Elder Affairs programs on BCAM
11:00- Chair Yoga
11:30am-Coffee and Conversations
12:00 Pool Players
1.00 Ask the Lawyer, by appt. only
12PM Fun Movie Friday- Pizza followed by the movie "**The Adams Family**"
2:00 PM Board Meeting

24
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10AM-Mahjong
11:30-Quilting
1:00 PM Knitting

25
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
12:00 Pool Players
1:30 PM IT Class with Kev Tech (no Movie)

31
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10AM-Mahjong
10 AM Photography
11:30-Quilting
1:00 PM Knitting



End of Life and Dementia Friendly Discussions



We thank everyone for participating in these very important programs

BELD Breakfast for Seniors



Wednesday, October 2nd
2 Seatings
8:00 AM 9:00 AM
9:30 AM to 10:15 AM
Free giveaways from BELD
Where: 71 Cleveland Avenue



Like every year the Braintree Electric and Light Department (BELD) is getting ready to serve the older residents of Braintree a hearty breakfast. Once again the Rotary will be cooking and together everyone will enjoy the morning.

Please choose the time of your seating and call 781- 848-1963 to sign up

From The Chairman

The weather has been beautiful and we should enjoy it while we can. The Red Sox will end up playing less than 500 baseball, as we expected at the beginning of the year. Patriots have started off somewhat hopeful, and they are looking better than last year. The Celtics and Bruins are getting ready for their seasons to start. Those teams should be very exciting to watch and hopefully have a good season.

The staff at the Department of Elder Affairs has been very busy planning events and October to December will be even more busy. We appreciate all their hard work creating activities that appeal to a wide range of our older adults.

Please read the bulletin which includes all the dates of the events for October. Be careful and stay safe.

Hank

Outreach



[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)

Autumn is a great time to shift gears from your summer activities and come to the senior center and take advantage of the many programs, activities and services we have to offer. We look forward to seeing you! This is also a good time to make sure your heating system is in good working order as the cool air will soon be upon us.

Fuel Assistance

We have received the applications for fuel assistance from Quincy Community Action Programs, Inc. for the 2024-2025 fuel season. You must be income eligible. For those who received fuel assistance last year, you will be receiving your recertification application in the mail from QCAP. Whether this is your first time applying or you are recertifying, the Outreach Staff can assist you with filling out the application. Please call us at 781-848-1963 for more information or to schedule an appointment.



SENIOR SAFETY AND RESOURCE FAIR

Wednesday, October 9, 2024

2:00 PM—4:00 PM

Braintree Department of Elder Affairs

71 Cleveland Avenue, Braintree

Free Classes, Demonstrations and Snacks

Look for our more detailed fliers posted outside

EMS



Stop the Bleed



Canine CPR and Pet Care



SSH Sim Lab



Self-Defense



Falls Prevention



Live Demonstrations and Classes, Table Presenters, Resources from South Shore Health and much to see and to learn.

This event will be sponsored by;

The Friends of the South Shore Health, Braintree Elder Affairs, South Shore Bank, Senior Helpers, Julie Kembel, New England Wellness, Rotary Club of Braintree and Brady's Liquor's Inc.

**Please do not miss this opportunity to come, enjoy and learn
Call 781-848-1963 to sign up**

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

Turkey Train -Trip Full

TRAIN DATE: Friday October 11, 2024

Depart Elder Affairs 10:00 AM (2.5 hour drive to train location)

TRAIN TIME: 1:00 PM

Come Enjoy New England's Fall Beauty and a delicious meal catered on the train by Hart's Turkey Farm

Fun Day Trip to Isabella Stewart Gardner Museum



Crafts with Ginny and Nancy

October 28

Time: 1:00 PM

Quilted Christmas Ornaments (no sewing)

**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

Call 781-848-1963



**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



Storm Water Retrofits at Elder Affairs



You may have noticed that there is a lot of construction work going on at our Parking Lot. It is a project of the Braintree Storm Water division . The project is a s.319 grant funded by the Mass Department of Environmental Protection and the Environmental Protection Agency. There will be a garden at the side of our building which will be a rain garden. The rain garden captures and filters stormwater before it reaches the Monaquot river. These are shallow depressions that use soil, plants and microbes to remove pollution from the stormwater and control the flow. This project will also include resurfacing the parking lot, adding handicapped spaces to everyone’s benefit. We appreciate your patience while all the work is being done. Soon, you will have a smoother navigation and the rain garden will add to your visual pleasure.

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

Place
Stamp
Here



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

Elks Luncheon

The Braintree/Weymouth Elks invites you to a delicious luncheon

Date: October, 21

Time: 1:00 PM

Where: Elks Lodge at 788, Liberty Street, Braintree

Food will be catered by Fasano's

Please call 781-848-1963 to sign up (participation is limited)

The lodge has an elevator

*****After a great lunch please come and join us at Braintree
Elder Affairs for the Halloween Spooktacular performance of
Lizzie Borden.***

