

Town of Braintree

February 2025



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 February 3, **after 9:30 AM**

Greetings Everyone,

Wishing everyone a Happy Valentines Day.! Hope you are loved and you are sharing and spreading your love. Too much love is always better than no love. At Elder Affairs, we will have a lovely entertainment ready for you, so please come and join us and bring a friend, specially the one who has never come to our Center.

It is still the month of January and already there has been a couple of cold snaps and snow, so it time for you to use caution and take care of yourself. Make sure your walkway, driveway and if you have stairs to get in and out of your house, are free of ice and water. Wet leaves can also cause a person to slip and fall. If you cannot do it yourself, ask for help from your family or neighbor, or have a plan to contract with a local business.

I will be away for the month of February. Like every year I will be travelling to India and enjoy staying at the house that my parents left for me and of course the good food and the good company. But time flies in great speed and soon I will be back to enjoy Saint Patrick's day with you. While I am away I still remain in touch with

Elder Affairs through international phone calls and via emails, so I do not miss much

We have a lovely musical entertainment planned for you for Valentines day, so come join us. Do not forget to sign up for the Bingsize Program presented through South Shore Elder Services. You will have fun while you learn how to take care of yourself.



Cornhole League

Date: February 24

Time: 1:00

Where: 71 Cleveland Ave

**Please call to sign your
team of 2 up @ 781-848-1963**



Call and ask about our
monthly Spa Day!
We offer your choice of
Manicure, Pedicure and
Chair Massage. Sign
up for 1 or all 3.
Our Technicians are so
talented!

By appt. only
781-848-1963

“Discover your Purpose”

Date: February 20

Time: 12:30 Lunch provided and program to follow @1:00

Part 2 of a 3 part series....

“Discover your Purpose”

Register for “Discover your purpose” by calling 781-848-1963

“**Discover Your Purpose**” will educate, inspire, and motivate attendees to understand and explore purpose, develop their own personal purpose statements, and share them with others. The seminar uses an integrative framework that focuses on purpose, connections, and life balance and their impacts on health, longevity, and happiness. In structured discussions with peers, attendees will gain confidence about their own next steps and emerge ready to move forward in pursuing their goals for work with a social purpose.

Join in with others from your community to find your own purpose and “discover what’s next!”

Coming up:

March 20th, 1:00 to 2:00 p.m., "Discover Your Encore" (Note: First Day of Spring!!)

Daily Activities

Please see our calendar for all the everyday activities we host here at 71 Cleveland ave.

Daily we offer...

Coffee, Pastry, Games, Exercise Classes,
Pool, Puzzles and so much more....
LAUGHTER IS ENCOURAGED!

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.**

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, Feb 4. – Shaw's

Tuesday, Feb 11 —Stop & Shop

Tuesday, Feb 18—Shaw's

Tuesday, Feb 25—Stop & Shop

Special Shopping Trip: Feb. 14, Family Dollar and Tractor Supply, Holbrook

Low Vision Support Group

**After our Winter Break
we welcome back our Low
Vision Group!**

**The First Tuesday of every
month at 10 .
Learn, eat and enjoy
Spending time together**

Alzheimer's Support

**Tuesday, February 25
Time: 4:00 PM**

If you are a person taking care of a loved one, who has Alzheimer's disease, we invite you to join us for an informal meeting. The group consists of caregivers who are walking on the same path like you and everyone is eager to compare notes with each other. Please come and join us.

Please call 781-848-1963 to sign up

Beware of Scams

You will get a text from Mass DOT, stating that you have an outstanding EZ pass payment or an unpaid parking ticket. The amount is usually not too high. It may be something like \$6.99. The text looks official from Mass DOT. Most of us will be inclined to pay it, because, in your mind, you might be thinking, "may be I forgot!" Then you open the link for payment and put in your information. BINGO! That exactly what the scammers are looking for. They take your information and run for your money.

So please be careful. Do not give your hard earned money away. Remember the DOT will never text you.

Recent changes to EPA'S Lead and Copper

Braintree Water and Sewer Division has mailed notifications to approximately 6,200 water customers required by the recent changes to EPA's Lead and Copper Rule. The notification letters are sent to residences with known lead or lead containing water service pipes, or with water service pipes of unknown material. There is a wealth of information available on the Water and Sewer division website at :

<https://www.braintreema.gov/1259/Lead-and-Copper-Rule>, including copies of letters that residents will receive, a link to townwide water service inventory map, FAQs and additional information resources.

Residents can also call the Water Department at 781-843-8097. If callers have any specific questions with regards to the health effects of lead, they may also be referred to the Health Division at 781-794-8090

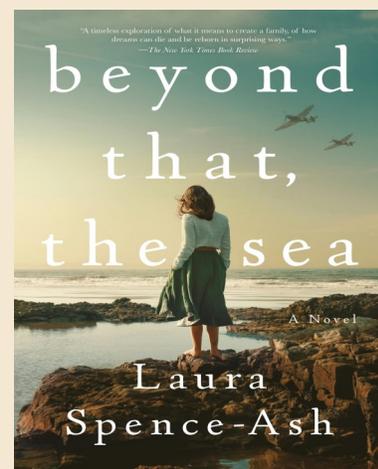
Senior Discounts

We have some printed copies available for merchants and shops that offers discounts to older adults. We will have some at the display tables. Feel free to take one.

	In-store or online	Eligibility
Friendship	Online	Must be a qualifying government assistance recipient, including SNAP and SHAP
for 1 spent: nday	In-store	No age requirement
a	In-store or online	Must create a Big Lots account
e	In-store	Must be a qualifying government assistance recipient, including SNAP and SHAP
	In-store or	Must be a qualifying government assistance recipient, including SNAP and SHAP

Book Club

Date: Feb. 21
Time: 10:30
Come Join us!



AARP Tax Preparations 2024

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, 2025, 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 4th, 2025 through April 1st 2025. 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 2024 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 2024. 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.

Learn how to play pool

Kathy & Bob

**The 1st and 3rd Thursday at 12:30 PM
(unless otherwise noted on the calendar)**

Interested in learning how to play pool? Let us know. We have two wonderful pool players who will be glad to give you lessons. Please call 781-848-1963 if you are interested. Take this opportunity to learn a new game and enjoy!

Pizza and a Movie Last Friday of the Month!



Monday

TUESDAY

WEDNESDAY

FEBRUARY

3
 9:30 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

4 Low Vision Group
 Shopping Shuttle-See page 3
 10:00 Balance with Bob Cobbett
 10:00 Rummikub
 12:30 Cribbage
 1:00 Game Time

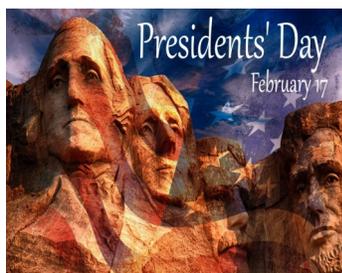
5
 9:30 Cardio and Flex with Mary
 10:30 Canasta
 11:00 Asian Outreach
 12:00 Pool Players Men and Women
 1:00-Bingo
Must purchase all Bingo Cards by 12:50. Game is closed after 12:50

10
 9:30 Cardio and flexibility with Mary
 10:30 –Walking (weather and construction may effect this group)
 10:30– Blood Pressure Clinic
 11:00-Men’s Coffee Hour
 12:00 Pool Players

11
 Shopping Shuttle-See page 3
 10:00 Balance with Bob Cobbett
 10:00-12 Rummikub
 11:30-Bingosize
 12:30 Cribbage
 1:00 Game Time

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

17
 Closed



18
 Benefits specialist by appt.
 Shopping Shuttle-See page 3
 10:00 Balance with Bob Cobbett
 10:00-12 Rummikub
 11:30-Bingosize
 12:30 Cribbage
 1:00 Game Time

19
 9:30 Cardio and Flex with Mary
 10:30 Canasta
 11:00 Asian Outreach
 12:00 Pool Players Men and Women
 1:00-Bingo
 1.00 Senator Keenan
Must purchase all Bingo Cards by 12:50. Game is closed after 12:50

24
 9:30 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
 1:00-Cornhole league

25
 Ask a Lawyer-by appt. only
 Shopping Shuttle-See Page 3
 10:00 Balance with Bob Cobett
 10:00 Rummikub
 11:30 Bingosize
 12:30-Criobbage
 1:00-Game Time
 4:00 Alzheimer’s Support

26
 9:30 Cardio and Flex with Mary
 10:30 Canasta
 11:00 Asian Outreach
 12:00 Pool Players Men and Women

THURSDAY

FRIDAY

Stay Warm & Safe



6
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10:00-Mahjong
11:30-Quilting
12:30- Learn how to play pool
1:00 Knitting

7
8:30 Muscles & Moves
9:00 Tai Chi
9:15 Chair Yoga
11:30-Coffee and Conversations
11:30Bingosize- Nutrition education
12:00 Pool Players
1:00 Fun Movie Friday-

13
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10:00-Mahjong
10 :00Photography
11:30-Quilting
1:00 Knitting

14
Special Shopping Trip- Dollar Tree/Tractor Supply
Ask the Lawyer, call by appt. only
8:30 Muscles & Moves
9:00 Tai Chi
9:15 Chair Yoga
11:30-Coffee and Conversations
11:30 Bingosize
12:00 Pool Players
No Movie
1:00: Valentines Day Musical Celebration with David Polansky

20
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10:00-Mahjong
11:30-Quilting
12:30-Learn to play pool
1:00 Knitting
1:00-"Discover your Purpose" Presentation

21Spa Day by appt. only Call and ask what we offer
8:30 Muscles & Moves
9:00 Tai Chi
9:15 Chair Yoga
10:30-Book Club
11:30 Coffee and Conversation
11:30-Bingosize
12:00 Pool Players
12:00 No Movie
2:00 Board Meeting

27
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10:00-Mahjong
10 :00Photography
11:30-Quilting
1:00 Knitting

28
8:30 Muscles & Moves
9:00 Tai chi
9:15 Chair Yoga
11:30-Coffee and Conversations
11:30 Bingosize
12:00 Pool Players
12:30 Pizza and a Movie to follow - Elsa & Fred

Live, Learn, Laugh and be Happy



Christmas merriment, gift giving, theatre and just having fun! Will you come?

The Norfolk County Sheriff's Sand Bucket Program

The Norfolk County Sheriffs Office "Sand Bucket Program" is going very well. If any of you would like to have a bucket at your house, please call 781-848-1963 to sign up for the program. The buckets will be dropped off at your home address. Supplies are limited right now, but they will try to have more buckets. So please call if you think you can benefit from keeping a bucket during these winter months. Please remember to give us your home address when you 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

South Shore Elder Services presents...BINGO Size

Starting Date: February 11
Time: 11:30 Every Tuesday and Friday
Where: 71 Cleveland Ave

South Shore Elder Affairs Presents: Bingo Size...*A 10 WEEK, 2 sessions per week*

EVIDENCE BASED PROGRAM

INCORPORATING: EXERCISE, NUTRITION and BINGO

A full hour of jam packed with fun, knowledge and information

DOCUMENTED POSITIVE OUTCOMES INCLUDE: YOUR INCREASED MOBILITY, STRENGTH & ENDURANCE

FALLS REDUCTION INCREASED SOCIAL ENGAGEMENT, 2 1 HOUR SESSIONS per WEEK

SNACKS PROVIDED

Please call 781-848-1963 to sign up starting in January

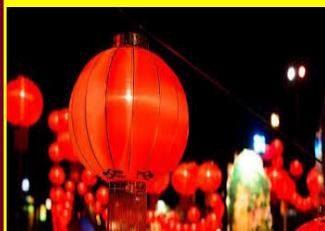
YEAR OF THE SNAKE 2025

The year of the snake brings, wisdom, transformation, calmness and creativity



Wishing You a Healthy and Peaceful 2025

龍馬精神。身體健康



Tai Chi/Qi Gong



Tai Chi/Qi Gong is very good for balance. It is suitable for any age and it is very important as we get older. It helps to have more strength, flexibility, relaxation and get rid of stiffness or pain. By the gentle movements moving the Chi we can get rid of blockages of Energy in the body so promote healing. By focusing on the posture we are living more in the present moment so more happiness.

There is no equipment needed. It is done slowly. It is simple and easy to learn. It helps with our daily life or any sports/activities.

Braintree Elder Affairs has Tai Chi/Qi Gong classes every Friday. Come try it and you may decide to keep coming back.

Senator Keenan's Office Hours in February 2025

Please note that Senator Keenan's Office hours at 71 Cleveland Avenue, has been changed . It is now rescheduled to February, 19th from 1 PM to 2:30 PM. Beginning January, you can start signing up by calling 781-848-1963.

Benefit Specialist from South Shore Elder Services

Date: February 18
Where: 71 Cleveland Avenue
Time: 10:00 to 1:30

Introducing **Nadia Montrond**, Benefit's Support Specialist from South Shore Elder Services. She will be available once a month to speak with you about benefits that may be available to you.

Her expertise is:

- * **Social Security Matters**
- * **MA Long Term Care Ombudsman (if anyone has concerns about a Nursing Home, you can speak to her)**
- * **Medicaid Certified Application Counselor Specialist for older adults (Frail Elder Option) and people under 65.**
- * **Senior Care Programs available for Elders in the community and care needed to remain at home.**

Appointments for 30 minutes will be available for each person who wishes to speak with her. Please call 781-848-1963 to make an appointment.

From The Chairman

I hope everyone had a Happy Holiday season and a safe New Year. Although the Patriots finished next to last, they still may end up with a couple of good draft choices. The Celtics are 28 wins and 12 losses. They must play better in order to catch the Cavaliers. The Bruins are having a tough year so far. They need to improve to make the playoffs and have a home ice advantage.

Today we were treated to a nice lunch and learned about what makes most people happy. This is a three-part series and the next one will be held on February 20th. I am looking forward to the corn hole competition on January 27th at 1:00 PM and on February 24th at 1:00 PM. Come and have some fun.

On February 11th we will begin a 10-week program starting at 11:30 AM which will incorporate exercise, nutrition and bingo. This will be an hour long and will help increase mobility, strength and endurance.

On February 14th at 1:00 PM we will have music by David Polansky. He will sing from his collection of famous love songs and show his talents playing trumpet, piano, and telling funny anecdotes. Please sign up ahead of time. The program is free but your donations will be accepted with love.

On February 24th Ginny and Nancy will have a craft lesson which is titled Diamond Painting St. Patrick's and Spring Decorative Magnets.

The staff works very hard to bring you a variety of programs. Please try to attend as many as you can.

Be careful and be safe.....**HANK**

Outreach

Social Security Award Letter

You should have received your Social Security benefit award letter in the mail in December 2024. This letter informs you what your monthly benefit amount will be for 2025. 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 3, 2024
Dedham District Court -February 11, 2025
- Quincy District Court – April 15, 2025
- Dedham District Court – June 10, 2025
- Quincy District Court – August 5, 2025
Dedham District Court – October 21, 2025

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

Friday Exercise Schedule Changing

Sue is moving her Friday Classes up!

Muscles and Moves @ 8:30

Chair Yoga @ 9:15

Tai Chi is staying at 9:00

**Thank you for your patience as we try
to adjust to the new schedule**



Crafts with Ginny and Nancy



February 24

Time: 1:00

Cost: \$3:00

**Please Call 781-848-1963 to sign up
St. Patricks Day Diamond and Spring
decorative magnets**

Getting Sentimental Over You



My Funny Valentine



Let David Polansky keep the music playing. Using a trumpet, piano, vocals and funny anecdotes David will be celebrating a lovely Valentines Day with you. He will sing from his collection of famous love songs.

When: February 14

Time: 1 PM

Where: 71 Cleveland Avenue

Please call 781-848-1963 to sign up

The program is free, but your donations will be accepted with love!



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 ~ 2025 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

Happy Valentines Day

