



Town of Braintree

April 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 April 1, **after 9:30 AM**

Greetings Everyone,

Well, I left and now I am back! Just could not miss Saint Partick's Day and see all of you. Sitting on a plane for 14 hours straight, does a number on you. Still a bit jet lagged yet, very happy to be back at my familiar building at 71 Cleveland Avenue. Added pleasure is to see your smiling faces welcoming me back. Thank you!

This time I stayed for four weeks, which is less than my usual time off and February was also a short month. So, it was a bit hectic and could not get all the things accomplished that I had planned for. But nothing can beat the incredible feeling of spending time in the house where my parents spent the last 30 years of their lives. The TV is in the same corner, the pictures that my mother painstakingly put on the wall, are still hanging on the same spot. The dining table where I still sit down to eat, just makes me feel that I am surrounded by their love. One might wonder isn't everything quite old? Yes, they are, but since it is hardly used they are still in good condition and I have no urge to change them.

Since my schedule was tighter, I did not go out for any trips to the mountains, but I wanted to share a fun experience I had while staying at the house. My father was an avid gardener. His garden was filled with many flowering, vegetable and fruit trees, perennial and annual. Now most of the trees have perished with just a few remaining. One of the survivors is a long and tall coconut tree which, this time was filled with coconuts. As you can understand, you cannot just go and pick a coconut. There are special men/women who are trained to do that. The coconut picking started with the person wearing a special rope on his ankles. Swiftly he glided on to the top and got lost in the foliage. Then it was like a hurricane had hit the tree, all the large leaves (5 to 6 feet in length) and the coconuts came flying and crashing down. The efficient helper on the ground, quickly cleaned up the foliage and gathered the coconuts, there were 60 of them. Unbelievable! There were mature and young coconuts. As for the young coconuts, you drink the sweet water, which is the purest form of water and helps with the digestive system. After drinking the water, if you are lucky, you can scoop up the soft pulp forming inside the coconut and eat it. It tastes heavenly! The mature coconuts can be used for cooking many dishes and desserts. All the 60 coconuts were distributed in the neighborhood and everyone was more than happy. I am sure my father was smiling too. What an experience!

I want to thank all my team members for doing a wonderful job of seamlessly covering for me during my absence. They are the best and I could not have done without them. Happy Easter!

Sharmila

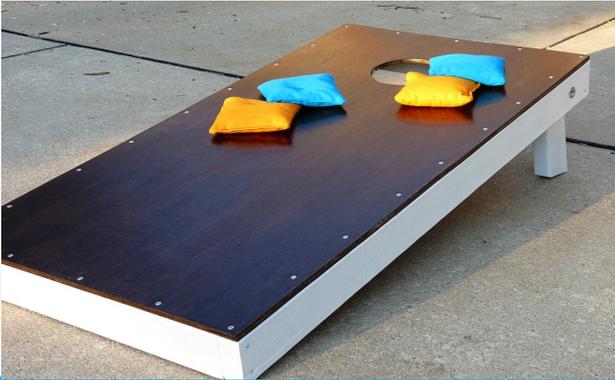


Cornhole League

Date: April 7th and 28th
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 and/or Pedicure
Sign up for 1 or both.
By appt. only
781-848-1963

Come Celebrate Grandparents/Grandchildren



FLYING HIGH DOGS!

Date: April 25 (School Vacation)

Time: 1:00

Where: 71 Cleveland Ave

Grandparents are cordially invited to bring their grandchildren

Cost: \$5.00 for each grandparent, grandchildren are free. Call 781-848-1963 to register

**Enjoy our Pizza Party followed by a delicious Ice Cream treat, courtesy of
Sunrise Assisted Living**

High Flying, Dynamic & Thrilling ! Mike is a world record holder & multiple time world finalist in K9 frisbee. Mike and his 4 flying high frisbee dogs are the #1 dog entertainment act in the world! Mike has appeared on the animal planet, ESPN, commercials, magazines, & performed for the NFL, NBA, Minor league baseball, music festivals, fairs, kids camps, schools, libraries, private events, parties, etc.... Their show is educational, interactive, dynamic, family orientated & fun. The show is guaranteed to entertain & thrill crowds of all ages!

IT Classes are Back!!!

Date: April 4th

Time: 1:00

Where: 71 Cleveland Ave
Helpful iPhone Tools

This class covers different tools and features built into the iPhone. We learn to find lost items, share our locations with our friends and family, create helpful to-do lists, and customize various helpful tools found in the Control Center.

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 1 – Shaw's

Tuesday, April 8 — Stop & Shop

Tuesday, April 15-Shaw's

Tuesday, April 22-Stop & Shop

Tuesday, April 29-Shaw's

Special Shopping Trip: April 11–Grossman Drive

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.**

Low Vision Support Group

**Date: Low Vision Group Day
Trip to MFA**

Time: 10:00

**Where: 71
Cleveland Ave**

**Educate
Listen
Share
Snack
&**

**Enjoy some
wonderful company**



Alzheimer's Support

**Tuesday, April 29th
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

Help with minor chores

Elder Affairs in collaboration with Braintree Recreation Department is looking for High School students who can assist the older residents of Braintree in completing some household chores. Assistance may be needed for snow shoveling, dog walking, raking, help bring the trash barrels to the curb etc. This program hopefully will form a great connection with the older adults and the young and in some ways create a deep understanding and respect for each other. Please call 781-794-8900 for Brendan Croak or Chris Griffin at the Recreation Department if you are Interested and need more details.

More Day Trips offered by the Recreation Department

Please join the following trips for Braintree residents coming up in May and June, both to Symphony Hall:

- Frozen in Concert- Saturday, May 31st (show starts 2:30PM) school bus leaves 74 Pond St at 1PM, cost is \$45

The Keith Lockhart 30th Anniversary Concert- Friday June 6th (show starts 7:10PM) school bus leaves 74 Pond St at 6PM, cost is \$85

Tickets are available on our website at...

braintreema.myrec.com or call 781-794-8900 with questions



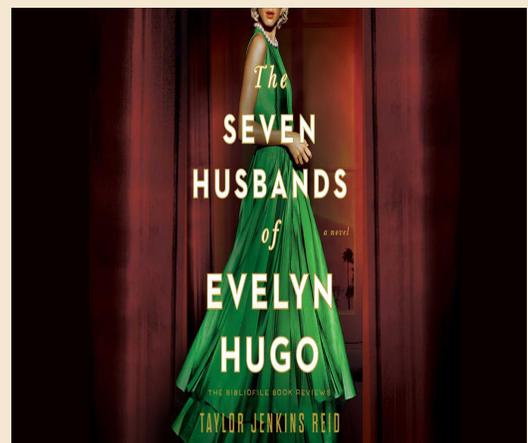
Senior Discounts

Senior Discounts in 2025		
	In-store or Online	Eligibility
Prime ship	Online	Must be a qualifying government assistance recipient, including St and SNAP
for spent: day	In-store	No age requirement
	In-store or online	Must create a Big Lots ac
	In-store	60+ years, must present valid photo ID, which
	In-store or	eye ExtraCare card f

If interested some can be found on the display tables.

Book Club

Date: April 18th
Time: 10:30
Come Join us!



Thank You AARP Tax Aide Volunteers

Elder Affairs sends their heartfelt thanks to the AARP Tax Aide volunteers, who have helped our senior community in getting their 2024 taxes completed. This service is priceless to our older population. We are looking forward to next year. Thank you once again!

Serving Health Insurance Needs for Elders

SHINE Supports More than 80,000 People During 2024 Open Enrollment

In 2024, SHINE counselors assisted 83,774 people in Massachusetts with their health insurance and drug coverage issues, an increase of 12.3% from 2023. The Administration on Community Living (ACL) rated the performance of counselors as Excellent!

Of those who worked with SHINE counselors, 80,324 received help enrolling in health insurance, prescription drug plans or other programs, earning a score of Excellent from ACL. Counselors helped beneficiaries search for the plans that cover their medications, lower their costs and work with their providers. In 2023, SHINE saved 2,600 people \$8.7 million. The 2024 savings data is still under review.

Congratulations and thank you, SHINE Counselors!

If you are interested in becoming a SHINE Counselor, please call your local SHINE Office or call us and we will connect you with them. This important service is always looking for Volunteers.

Learn how to play pool

With...

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!

SAVE THE DATE!!!

Our 3rd Annual Kentucky Derby Dice Races!

Date: Friday, May 2nd

Time: 1:00

Call 781-848-1963 to sign up starting April 15th

Wear your Best Derby Hat!



Monday	TUESDAY	WEDNESDAY
<p>March 31 9:30 Cardio and flexibility with Mary 10:30 –Walking (weather and construction may effect this group) 11:00-Men’s Coffee Hour—(Red Sox Home Opener Coffee Hour all welcome) 12:00 Pool Players</p> <p><u>Last day of March</u></p>	<p>1 Shopping Shuttle-See page 10 -Low Vision Group-Day Trip to MFA 10:00 Balance with Bob Cobbett 10:00 Rummikub 11:30-Bingosize 12:30 Cribbage 1:00 Game Time</p> 	<p>2 9:30 Cardio and Flex with Mary 10:30 Canasta 11:00 Asian Outreach 12:00 Pool Players 1:00-Bingo <i>Must purchase all Bingo Cards by 12:50. Game is closed after 12:50</i></p>
<p>7 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 Cornhole league</p>	<p>8 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</p>	<p>9 9:30 Cardio and Flex with Mary 11:00 Asian Outreach 10:30 Canasta 12:00 Pool Players 1:30 Puzzle Competition-Please call to sign up. Must be a team of 2.</p>
<p>14 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</p>	<p>15 Shopping Shuttle-See page 3 10:00 Balance with Bob Cobbett 10:00-12 Rummikub 10:00-1:30 Benefit Specialist 11:30-Bingosize 12:30 Cribbage 1:00 Game Time</p>	<p>16 9:30 Cardio and Flex with Mary 10:30 Canasta 11:00 Asian Outreach 12:00 Pool Players 1:00-Bingo <i>Must purchase all Bingo Cards by 12:50. Game is closed after 12:50</i></p>
<p>21 Closed</p> 	<p>22 Ask a Lawyer-by appt. only Shopping Shuttle-See page 3 10:00 Balance with Bob Cobbett 10:00-12 Rummikub 12:30 Cribbage 1:00 Game Time</p>	<p>23 9:30 Cardio and Flex with Mary 11:00– Asian Outreach 10:30 – Canasta 12:00 Pool Players</p>
<p>28 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</p>	<p>29Shopping Shuttle-See Page 3 10:00 Balance with Bob Cobett 10:00 Rummikub 12:30-Cribbage 1:00-Game Time 4:00 Alzheimer’s Support</p>	<p>230 9:30 Cardio and Flex with Mary 10:30 Canasta 11:00 Asian Outreach 12:00 Pool Players</p>
	8	

THURSDAY

FRIDAY

3
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

4
8:30 Muscles & Moves
9:15 Tai Chi
10:45 Chair Yoga
11:30-Coffee and Conversations
11:30Bingosize- Nutrition education
12:00 Pool Players
1:00 IT Class (NO Movie)

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

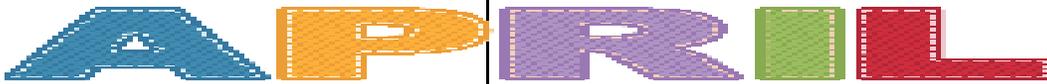
11
Special Shopping Trip-
8:30 Muscles & Moves
9:15 Tai Chi
10:45 Chair Yoga
11:30-Coffee and Conversations
11:30Bingosize- Nutrition education
12:00 Pool Players
12:30 Fun Movie Friday-

17
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

18
Ask the Lawyer, call by appt. only
8:30 Muscles & Moves
9:15 Tai Chi
10:30-Book Club
10:45 Chair Yoga
11:30 Coffee and Conversations
11:30 Bingosize
12:00 Pool Players
12:30 Easter Luncheon and entertainment
2:00 Board Meeting

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

25Spa Day by appt. only Call and ask what we offer
8:30 Muscles & Moves
9:15 Tai Chi
10:45 Chair Yoga
11:30 Coffee and Conversation
12:00 Pool Players
1:00 Grandparents/Grandchildren's day-Dog Show



Are You Ready for a Puzzle Competition

Date: April 9th Must call to sign your team of 2 up!

Time: 1:30 PM-3:00 PM

Must have a team of 2 5 teams total

What is a Jigsaw Puzzle Competition, Exactly?

A jigsaw puzzle competition typically consists of individuals and teams that compete against one another putting a puzzle together. Whoever completes their puzzle first wins! Typically, these events include multiple rounds to determine the ultimate winner, but however you choose to set up the competition is up to you. Here is a breakdown of the basics:

- Each team receives the same puzzle
 - No one gets to see the puzzle until the timer begins – the puzzle boxes are placed face down before the competition starts
 - Individuals or teams try to put the puzzle together the fastest
 - Rounds are a specified amount of time; if there is no declared winner by the end of the time limit, the winner is chosen by their remaining number of loose pieces
 - In the event of a tie, individuals or teams can be given an additional five minutes to work on the puzzle
 - There are no devices or outside assistance permitted while working on a puzzle
 - Two moderators help with the event – one to handle the timer and completion times, and another to observe and ensure that competitors are abiding by the rules
 - Individuals and teams are not allowed to distract or approach team tables when the competition is in progress. If opting for multiple rounds, progress by piece count with the top puzzlers proceeding to the next round
- Once you have your team of 2 give us a call. First 5 teams get in the first round of the Puzzle Competition.

Please Note Schedule Change for Friday Exercise Class

We are trying our best to accommodate our important Friday Exercise Classes

8:30-9:15. Aerobics/weights/bands

9:15-10:15 Tai Chi

10:45- 11:30 Chair Yoga

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 which is served all day, every day! You are bound to enjoy the companionship!

South Shore Elder Services presents...BINGO Size

Classes continued
Time: 11:30 Every Tuesday and Friday
Final Class is 4/18
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

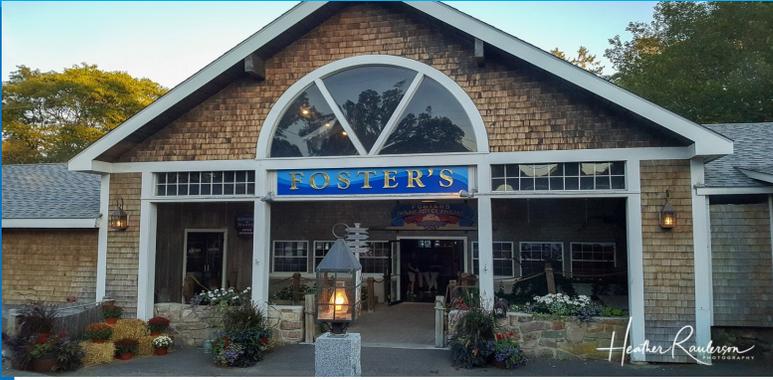
DOCUMENTED POSITIVE OUTCOMES INCLUDE: YOUR INCREASED MOBILITY, STRENGTH & ENDURANCE
FALLS REDUCTION, INCREASED SOCIAL ENGAGEMENT, 2 —1 HOUR SESSIONS per WEEK

SNACKS PROVIDED
Please call 781-848-1963 to sign up

Oh what fun!



Day Trip to Foster's, York, ME



Date: June 17

Time: Luxury Coach Bus Departs 71 Cleveland Ave @ 9:30

Seating begins at 11:15

Enjoy your delicious meal including New England clam chowder, Lobster or Chicken, steamed clams and mussels, corn on the cob, roasted red potatoes and onions, rolls, butter hot drawn butter and blueberry crumb cake. Hot coffee, tea, iced tea and lemonade also including entertainment

Return on the luxury coach bus at 1:30 to arrive back at 71 Cleveland Ave.

\$90.00 per person

Please come in to pay on or after 9:30, April 15th.

Benefit Specialist from South Shore Elder Services

Date: April 15

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

We have had some nice warm days along with the rain. I saw two bluebirds out my window so spring is coming soon.

St Patrick's Day dinner on March 14th was well attended. The food by Fasanos was very good and we were entertained by Mayor Joe Sullivan and our current Mayor Erin Joyce. My favorite redhead Chris Griffin told some of his Irish jokes. To conclude the St Patrick's Day the continuing celebration, we had Bob Cameron playing the bagpipes and the music was terrific.

The Boston Bruins have been playing better lately and hopefully they will make the playoffs. Boston Celtics look good but they will be facing some stiff competition in the playoffs against The Cleveland Cavaliers and LA Lakers.

Attendance at the Cornhole League has been increasing and the games will be extended to twice a month in April on the 7th and the 28th. Please read your newsletter closely to know what is happening in the month of April.

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

Outreach

South Shore Habitat's Critical Home Repair Program

South Shore Habitat's Critical Home Repair program combines repairs and modifications for low to moderate income seniors so that they may remain safe in their homes. The program covers such repairs as ramp access to primary entrance, handrail to primary entrance, grab bars in the bathroom, roof repair, deck repair, weatherization including windows, and siding repair.

Eligibility Criteria:

The property must be in South Shore Habitat's service area.

The home must be owned and occupied by the homeowner.

The home must be a single family residence. Rentals, mobile homes and condominiums are not eligible.

There must be a need such as the home is in poor condition, there are safety issues, it does not meet code.

Those who apply must show proof of up-to-date property insurance, property taxes and be current on the mortgage.

Senior Citizens Age 60+ and Veterans are encouraged to apply.

Household income must not exceed 80% of the Area Median Income (AMI).

Applicants must not have more than \$50,000 in liquid assets (excludes retirement funds).

The application can be found on South Shore Habitat for Humanity's website: www.sshabitat.org. Their phone number is 781-337-7744.

For more information please call Mary Howland at Braintree Elder Affairs Outreach Office at 781-848-1963.

Red Sox Home Opener Coffee Hour



Date: March 31

Time: 11:00

Where: 71 Cleveland Ave

Delicious Baseball style Treats and Fun Trivia before you go home to watch 3:05 Home Opener. Come share your favorite Red Sox memory.

No Yankee's Fans Allowed!

Crafts with Ginny and Nancy

Date: April 28th

Time: 1:00

Craft: Spring/Summer Puzzle Wreath

Cost: \$3



Easter Lunch & Music



Date: April 18

Time: 12:30 PM

Enjoy a delicious Ham Dinner before the show, cost \$10.00

Where: 71 Cleveland Ave

Music provided by Nancy Carr & Friends Band

Nancy Carr has been in the music Industry for many years. Let her enhance Easter Holiday with beautiful Music. She performs a variety for an hour of musical programs with narration.

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

Please join us for all the fun! See our calendar.

Pastries, and Coffee served all day everyday.

Exercise classes 5 days a week

Games 5 days a week

As well as our many monthly specialty programs

Lunches, Laughter, Education, Crafts, Day Trips, Nutrition & Self care just to name a few...we have it all listed in this newsletter.

Our Building is bursting at the seams with our happy patrons coming in to join in our activities from Braintree and surrounding towns. Come and enjoy!

