



Town of Braintree

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

Greetings Everyone,

Hope everyone had a peaceful Easter and also a visit from the Easter Bunny. Most of the days in April were quite chilly and windy, but this place kept on hopping as usual. We have many programs and events planned for the month of May and hope you can join us and bring your friends.

I am sure most of you often spot our vans on the roads of Braintree and surrounding towns and some of you take advantage of the rides provided by us. Transportation is one of the most important services we provide to our older residents of Braintree. For people who are unable to drive and live alone, our vans take them to their doctor's appointments, brings them to the Senior Center where they can socialize and join the activities of their choice. Our van also takes people to grocery shopping once a week and if our drivers can find time, they will occasionally help with small errands, such as going to the bank, picking up prescriptions, going to the hair dresser etc. Among many of the facilities offered through Elder Affairs, our Transportation service I believe is the most crucial one. It allows people who live alone, to remain healthy and independent, this would not be possible without the rides. Thanks to our fantastic drivers, Frank, (full time) and Glen (part time), Vinnie and Brian are our Volunteers. The dedication and passion of these men, keeps our program operating without a flaw.

To keep everything going smoothly, when you need a ride , we ask that you give us **48 hours notice**. Please do **not** leave your ride requests in the voice mail. Our services are curb to curb. When we cannot schedule a ride for you, please know that we simply could not fit you in. We have limited drivers and they do their best. Do not tip our drivers, if you are happy with the ride, we would gladly accept donations. Next time you see our van on the road, please know that Elder Affairs is happy trying to make a difference in someone's life.....*Sharmila*



Cornhole League

Date: May 5th & 19th

Time: 1:00

Where: 71 Cleveland Ave

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



May 16

**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**

Sheryl Faye Presents Historical Women

When: May 12

Time: 12:30 PM (mini sandwiches and tea)

Program starts at 1 PM



**Elder Affairs, in collaboration with Thayer Public Library, will celebrate Mother's Day
With "Her Majesty Queen" Elizabeth II**

**Come and have some tea and sandwiches and enjoy the wonderful journey as Sheryl Faye
brings to you "Her Majesty" Queen Elizabeth II, all the way across the pond.**

Please call 781-848-1963 to sign up

The program is free, but donations as always are greatly appreciated!

Happy Mothers Day to all the mothers, aunts and sisters

IT Classes are Back!!!

Date: 5/16

Time: 1:00

Where: 71 Cleveland Ave

Helpful iPhone Tools II

This class covers even more essential tools included in the iPhone and iPad. We learn to set up our Medical IDs for emergencies, use Apple Wallet and Apple Pay to store cards on our devices and make contactless payments,

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, May 6— Shaw's

Tuesday, May 13 —Stop & Shop

Tuesday, May 20-Shaw's

Tuesday, May 27-Stop & Shop

Special Shopping Trip: May 9th—Target, South Shore Plaza

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: May 6th

Low Vision Group

Time: 10:00

Where: 71 Cleveland Ave

Educate

Listen

Share

Snack

&

Enjoy some

wonderful company



Alzheimer's Support

Tuesday, May 27th

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.

This month we will be joined by Beverly Moore. Beverly is an Alzheimer's Coach and has a vast experience with the daily trials and tribulations caregivers usually go through. Bring her your questions and she will have questions for you.

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

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

- **Red Sox vs. Orioles game:**

Tuesday, August 19th 7:10pm game, 5:15 bus from 74 Pond St Tickets are \$55 each, seats are in the left field grandstand

Tickets are available on our website at...

braintreema.myrec.com or call 781-794-8900 with questions Please contact the Parks and Recreation Department for more information on these trips.

South Shore Elder Services INC.

South Shore Elder Services, Inc., located in Braintree, MA covers 11 local communities. They offer services such as homecare, home delivered meals, caregiver support, money management, protective services, and more. Their phone # is 781-848-3910 and they are located at 350 Granite St., Braintree, MA 02184.

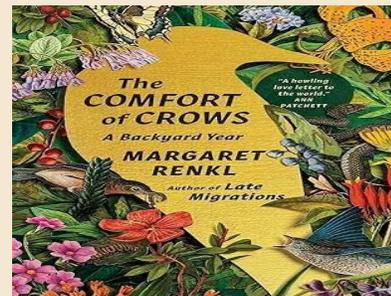
We have a new Public Health Nurse Her name is Jillian Morris. She will hold the monthly Blood Pressure Clinics. Please say "hello" when you see her.

Book Club

Date: May 16

Time: 10:30

Come Join us!



Please Note:

**Bingo Cruise on Spirit of Boston
Date Changed to June 26th**

Kentucky Derby

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!

Come join our Dice Races

Prizes for 1st, 2nd and 3rd Place



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!

Taking Care of your indoor plants



**May 28
Time: 1:30 PM
Dr. Peter Barker**



Do you have plants in your house, are they flourishing or do they need a little perk up? Have you long wished to have a few indoor plants, but did not know how to take care of them, or you just want to know more, then please join us.

Dr. Peter Barker, a retired physician is also an avid gardener. His love for flowers and foliage is reflected in his beautiful garden at his home and his green house.

If you have a particular problem with a certain house plant, please bring a picture. He will also give away some small plants he has potted.

Please call 781 848 1963 to sign up

MONDAY

TUESDAY

WEDNESDAY



5
 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

6
 Shopping Shuttle-See page 3
 10:00 Balance with Bob Cobbett
 10:00 Rummikub
 10:00 Low Vision
 12:30 Cribbage
 1:00 Game Time

7
 9:30 Cardio and Flex with Mary
 11:00 Asian Outreach
 10:30 Canasta
 12:00 Pool Players
Must purchase all Bingo Cards by 12:50. Game is closed after 12:50

12
 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
 12:30-Happy Mother’s Day
 Her Majesty Queen Elizabeth II

13
 Shopping Shuttle-See page 3
 10:00 Balance with Bob Cobbett
 10:00 Rummikub
 12:30 Cribbage
 1:00 Game Time

14
 9:30 Cardio and Flex with Mary
 10:30 Canasta
 11:00 Asian Outreach
 12:00 Pool Players
 1:30-Reverse Mortgage Presentation

19
 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

20
 Ask a Lawyer-by appt. only
 Shopping Shuttle-See page 3
 10:00 Balance with Bob Cobbett
 10:00 Rummikub
 10:30 Book Club
 12:30 Cribbage
 1:00 Game Time

21
 9:30 Cardio and Flex with Mary
 10:00 Benefit’s Specialist
 11:00– Asian Outreach
 10:30 – Canasta
 12:00 Pool Players
Must purchase all Bingo Cards by 12:50. Game is closed after 12:50

26
 Closed



27 Shopping 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

28
 9:30 Cardio and Flex with Mary
 10:30 Canasta
 11:00 Asian Outreach
 12:00 Pool Players
 1:00 Taking Care of your plants

THURSDAY

FRIDAY

1
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

2
8:30 Muscles & Moves
9:15 Tai Chi
10:45 Chair Yoga
11:30-Coffee and Conversations
12:00 Pool Players
1:00- *No Movie*
1:00 Kentucky Derby

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

9
Special Shopping Trip- Grossman Drive
8:30 Muscles & Moves
9:15 Tai Chi
10:45 Chair Yoga
11:30-Coffee and Conversations
12:00 Pool Players
12:30 Fun Movie Friday- "Field of Dreams"

15
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

16
Ask the Lawyer, call by appt. only
8:30 Muscles & Moves
9:00 Spa
9:15 Tai Chi
10:30-Book Club
10:45 Chair Yoga
11:30 Coffee and Conversations
12:00 Pool Players
1:00 IT Class- NO Movie
2:00 Board Meeting

22
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10:00-Mahjong
10:00 Photography
11:30 Quilting
1:00 Knitting

23
8:30 Muscles & Moves
9:15 Tai Chi
10:45 Chair Yoga
11:30 Coffee and Conversation
12:00 Pool Players
1:00 Fun Movie Friday—"The Iron Lady"

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

30
8:30 Muscles & Moves
9:15 Tai Chi
10:45 Chair Yoga
11:30-Coffee and Conversations
12:00 Pool Players
12:30 Fun Movie Friday- "Cocoon"

Nothing should stop you from joining the fun



Saint Patty's Day Fun Continues



Making new friends and helping each other

Crafts with Ginny and Nancy

Date: May 19th

Time: 1:00

Craft: Jewelry Making Class

Cost: \$3



Braintree Historical Society Presents...

May 4 (Sunday) -Braintree Historical Society Mother's Day Tea, "White gloves and good manners", at 2:00 PM in Town Hall. Tickets are \$30 for adults and \$25 for children (12-18 years). A performance by "History at Play" will be presented. Please call 781-848-4535 for reservations or with questions.

May 15 - Braintree Historical Society annual meeting and election of officers for members at Thayer Public Library at 6:30 PM. At 7:15 PM the general public is invited to a free talk by Christian Vanderslice about Phineas Pratt who saved the Plymouth Colony in 1625.

Recycling Information



2025

www.braintreema.gov/recycling

TRASH & RECYCLING - 781-794-8088



IMPORTANT CURBSIDE TRASH COLLECTION MESSAGE

To help improve service and reduce confusion, we're asking residents to contact Capitol Waste at (617) 569-1718 prior to your collection day, if you plan to set out a piece of furniture or an appliance to ensure space is reserved in special collection vehicles.

Things to remember:

- Carpet/rugs must be cut in 3-4 foot lengths and tied...not exceeding 50 lbs...limit: 3 bundles.
- Small quantities of wood...again cut in 3-4 foot lengths and tied, not exceeding 50 lbs...limit 3 bundles.
- No construction material, pallets, large wood pieces, fencing, toilets, doors, cabinets, etc. can be collected (or dropped-off) per State Regulations.
- No mattresses or box springs.

Listed below are some of the private companies that provide collection of mattresses & box springs:

HAND UP.....	(774) 271-8744
SOUTH SHORE RECYCLE.....	(617) 842-2434
GREEN MATTRESS.....	(508) 488-6867
WILLARDS DISPOSAL.....	(617) 770-4503

For more info on specific items:

www.recyclesmartma.org

Holiday Schedule

No collection | Pick-up one day delay

Yard Waste Collection

- Weeks of April 14, 21, 28
- Weeks of May 5, 12, 19

Electronics Collection (Rotary Sponsored)

- April 26

Household Hazardous Waste Day

- September 27

April 2025

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May 2025

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June 2025

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July 2025

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August 2025

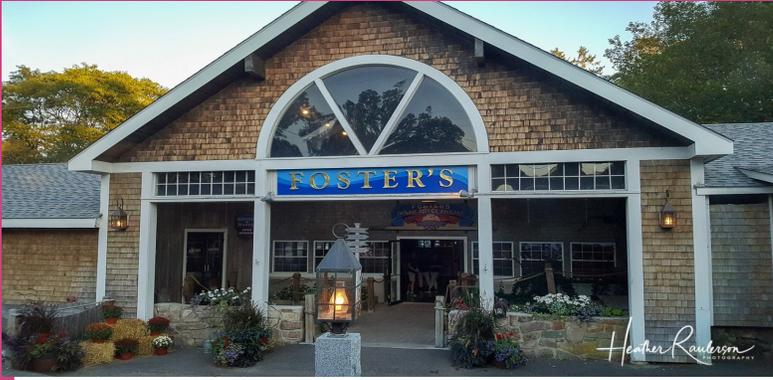
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September 2025

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Compost Site Dropoff: 225 Plain Street
Household Hazardous Waste: Check website for updated information

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, 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: May 21

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

The spring weather has been real crazy lately. Dressing for spring can be challenging. Wearing layers will prepare you for whatever weather comes your way throughout the day. Congratulations to Florida on winning the NCAA College Basketball championship. The NCAA tournament was exciting as usual with a surprise ending at each turn of the tournament. The Boston Celtics look like they are ready for the NBA playoffs. There are a few very good teams in the playoff which should make for some good basketball.

The Red Sox are not off to a good start and must play better if they hope to have a successful season. The Red Sox trivia day went very well and the Cornhole League continues to grow each week. The Puzzle competition went fantastic, and the teams had a lot of fun.

The staff at Braintree Elder Affairs is always working hard and coming up with fun ,new ideas for everyone to enjoy. Please join in and share in and add to our busy Center and attend some of the new vents.

Pray that everyone had a wonderful Easter and a safe and healthy month.....**HANK**

Outreach

PACE (Program of All-Inclusive Care for the Elderly)

PACE (Program of All-Inclusive Care for the Elderly) is a Medicare and Medicaid program designed to help seniors maintain their health and independence in their communities rather than in nursing homes. It offers a wide range of services, including medical care, social activities, and transportation.

What is PACE?

- PACE is a program that provides a comprehensive set of services to seniors who need a nursing home level of care but prefer to stay in their homes and communities.
- It's a coordinated care program that includes medical care, personal care, rehabilitation, social interaction, and more, all in one place.
- PACE programs are designed to help individuals live independently and maintain their quality of life while receiving the necessary care.

PACE Services and Support:

Primary, specialty and emergency medical care

Home care including nursing and personal care

Medications

Transportation

Adult Day Health Center

Physical and Occupational therapy

Behavioral health, counseling, and social work services

Dental, Optometry, Audiology and other medically necessary services

PACE participants must receive all healthcare, other than emergency services, as authorized by PACE or be fully liable for the cost of unauthorized services.

PACE Eligibility:

Adults 55+ with chronic healthcare needs

Qualify for nursing home level care and live in a stable residence.

Mass Health Standard **eligible** and able to live safely in the community with PACE.

The PACE program in this area is;

Harbor Health Elder Service Plan

479 Torrey Street
Brockton, MA 02301

Day Center Line: (774) 470-6700
Enrollment Line: (774) 470-6763

Reverse Mortgage



May 14
Time: 1:30 PM



Presented by David Tourtillott CRMP

Please join David Tourtillott, CRMP® for an educational workshop on Reverse Mortgages. David is currently one of only 209 Certified Reverse Mortgage Professionals nationwide, with 21 years of experience in the industry. He'll be discussing reverse mortgage facts, pros & cons, misconceptions, how to use a reverse mortgage as a tool to age in place and different ways to use a Reverse Mortgage to improve quality of life during retirement.

Please call 781-848-1963 to sign up for this informational program

Scam Alert from the District Attorney's Office

The text below is what has reportedly been sent out across the country. As you can see, this text includes many red flags, like grammatical and punctuation errors. However, not all scam messages have obvious red flags. Do not call the number provided.

If you receive this text, copy the message and forward it to 7726 (SPAM) to help your wireless provider spot and block similar messages and report it to the FCC at [//fcc.gov/complaints](https://fcc.gov/complaints) or at 888-225-5322. And, keep your guard up – never respond to texts from unknown numbers or that appear suspicious, never share sensitive personal or financial information by text and never click links in an unsolicited message. Remember, government agencies will not call you or text you.

Share this information with family members and friends to help prevent them from falling victim to scams like this. Knowledge is power!

Apple Approval Notice

We have noticed that your Apple iCloud id was recently used at "APPLE STORE - CA" for \$143.95, paid by Apple Pay Pre Authorization. Also some suspicious sign in request and apple pay activation request detected. That looks like suspicious to us. In order to maintain the security and privacy of your account we have placed those request on hold. Your Photos, Data, Bank Information and Cards are at risk. If NOT you? talk to an Apple Representative. Failing may lead to auto debit and charge will not be reversed. Call +1 808 657 2420 immediately to cancel this charge.

Billing Department : <https://support.apple.com/billing>

Have a great day!

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 special 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!

April 20-26, 2025 is National Volunteer Week. Elder Affairs thanks all their Volunteer who helps us to make a difference! Thank you!

