



Town of Braintree

June 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 June 2, **after 9:30 AM**

Greetings Everyone,

“ I have learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel”.....Maya Angelou

Over the years I have used this quote from Maya Angelou, many times to thank the extraordinary women and men who spend many hours volunteering their time at the Department of Elder Affairs. Your benevolence makes people feel good and that is what counts. We, the staff sincerely strive to offer the older residents of Braintree, with information, services and programs which empower them to maintain a happy, healthy and an independent life style. But nothing can be achieved without the help of you, our remarkable volunteers. From serving coffee in the kitchen, to helping through the maze of Health Insurance, to knitting shawls, hats and afghans for Veterans and new mothers in need, you make a difference. With your help we fill in the gaps and connect the missing links. You complete us. In my tenure here for the last 18 plus years, I had the pleasure of working by your side and during the dark days when COVID 19 was raging and we were all at a loss I was amazed by your warmth and grace. The fact that astounds me is that you are some of the busiest people I know and yet, you are the ones, who are always ready to extend your hand to help. For that we are ever grateful!

We are now getting ready for our “Volunteer Recognition Luncheon.” This is our small way of celebrating **YOU** and your dedication to the Department of Elder Affairs. This is an “invitation only” event. Our Volunteer and Activities Coordinator, Michelle Metro has already started to plan for this big day. Michelle plays a very active and a productive role at Elder Affairs. She is always cheerful and ever ready to take on a new job or tackle an old one. In a busy Center such as ours, it often becomes incredibly demanding with our frequent big events, incessant telephone calls, people lined up at the front desk, looking for information or borrow equipment everyone goes above and beyond to help chip in and Michelle does just that. No job is too big for her. I have rarely seen Michelle get flustered by a sudden situation. I love her creativity and the passion she brings to this job. Thank you Michelle, keep up your lovely spirit! Thank you, **our Volunteers.**



Sharmila



Cornhole League

Date: June 9th & 23rd

Time: 1:00

Where: 71 Cleveland Ave

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



June 13th

**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**

Father's Day Cookout

June 13, 2025

Time: 12:30

**Come experience Grill Master Metro's cooking at our
Annual Father's Day Cookout at Braintree Elder Affairs!
Inviting all Dads, Uncles, Grandfathers, Brothers and Sons
Please join and celebrate with us.**

Please remember to sign up by calling 781 848 1963



IT Classes are Back!!!

**Date: 6/
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, June 3 — Shaw's

Tuesday, June 10 — Stop & Shop

Tuesday, June 17-Shaw's

Tuesday, June 24 Stop & Shop

Special Shopping Trip: June 13-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: June 3
Low Vision Group
Time: 10:00
Where: 71 Cleveland Ave

Educate
Listen
Share
Snack
&
Enjoy some
wonderful company



Alzheimer's Support

Special Event
Music in Dementia
June 24

Time: 4:00 PM
71 Cleveland Ave
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

- **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.

Blood Pressure Clinic

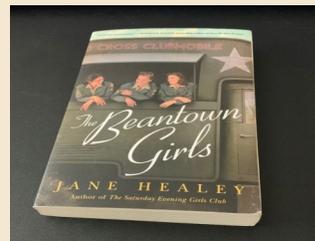
We have a new Public Health Nurse Her name is Jillian Morris. She will hold the monthly Blood Pressure Clinics. Please say "hello" when you see her.

Book Club

Date: June 20

Time: 10:30

Come Join us!



Weekend Fun...

**Castle Island Association, South Boston
presents**

A Flag Retirement Ceremony

Saturday, June 14

Event is Free.

**Plan a car pool with your friends and enjoy
the beautiful ceremony Castle Island Hosts**

For further information call

(857) 702-3884

Volunteer Recognition

Day: Monday, June 30

Time: 12 noon

Where: 71 Cleveland Avenue

*Please come and join us as we honor you (invitation only)
We will serve lunch and present you with a variety show performed
By the one and only Rober Black*

*Please call 781-848-1963 to let us know that you are coming.
(It is important for us to have a head count)*



**Our
Awesome
Volunteers
Cheers!**



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!

Photography Expo

**Please enjoy the art work of
Braintree Elder Affairs Photography Group
Their work will be displayed beginning
June 23rd here at 71 Cleveland Avenue**



Free of charge. Donations are appreciated!

Nothing should stop you from joining the fun



Grandchildren and Grandparents day with High Flying Dogs, Pizza and Ice Cream. Thanks to Sunrise of Braintree for the ice cream!



Crafts with Ginny and Nancy

**Date: June 23rd
Time: 1:00
Origami Flowers
Cost: \$3**



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

MONDAY	TUESDAY	WEDNESDAY
<p>2. 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</p>	<p>3 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</p>	<p>4 9:30 Cardio and Flex with Mary 11:00 Asian Outreach 10:30 Canasta 12:00 Pool Players <i>Must purchase all Bingo Cards by 12:50. Game is closed after 12:50</i></p>
<p>9 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>10 Shopping Shuttle-See page 3 10:00 Balance with Bob Cobbett 10:00 Rummikub 12:30 Cribbage 1:00 Game Time</p>	<p>11 9:30 Cardio and Flex with Mary 10:30 Canasta 11:00 Asian Outreach 12:00 Pool Players</p>
<p>16 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>17-Day Trip-Fosters Shopping Shuttle-See page 3 10:00 Balance with Bob Cobbett 10:00 Rummikub 12:30 Cribbage 1:00 Game Time</p>	<p>18 9:30 Cardio and Flex with Mary 10:30 Canasta 11:00 Asian Outreach 12:00 Pool Players <i>Must purchase all Bingo Cards by 12:50. Game is closed after 12:50</i></p>
<p>23-Photography Expo Begins 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>24 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 4:00 Music in Dementia</p>	<p>25 9:30 Cardio and Flex with Mary 11:00–Asian Outreach 10:30 Canasta 12:00 Pool Players</p>
<p>30 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 12:00—Volunteer recognition luncheon (invite only)</p>	<p>8</p>	<p>JUNE</p>

THURSDAY

FRIDAY

5
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

6
8:30 Muscles & Moves
9:15 Tai Chi
10:45 Chair Yoga
11:30-Coffee and Conversations
12:00 Pool Players
1:00- *Fun Movie Friday-Viewers Choice*

12
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10:00-Mahjong
10:00 Photography
11:30-Quilting
1:00 Knitting

13-Spa Day-Mani and Pedi
Special Shopping Trip- Target
8:30 Muscles & Moves
9:15 Tai Chi
10:45 Chair Yoga
11:30-Coffee and Conversations
12:00 Pool Players
No movie-12:30 Father's Day Cookout!

19
CLOSED JuneTeenth



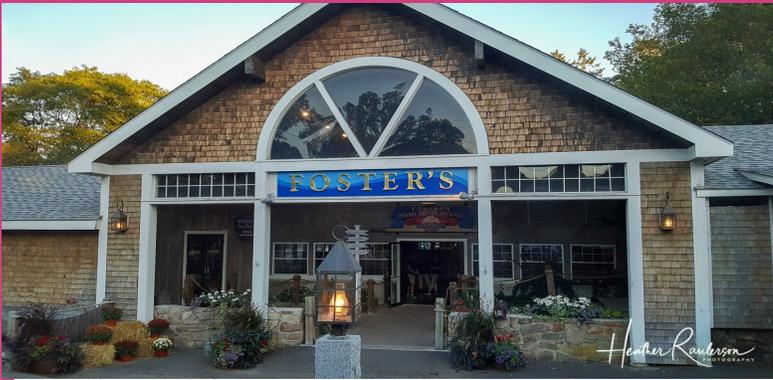
20
Ask the Lawyer, call by appt. only
8:30 Muscles & Moves
9:15 Tai Chi
10:30-Book Club
10:45 Chair Yoga
11:30 Coffee and Conversations
12:00 Pool Players
1:00 IT Class- NO Movie
2:00 Board Meeting

26-Day Trip -Spirit of Boston
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10:00-Mahjong
10:00 Photography
11:30 Quilting
1:00 Knitting

27
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—
Viewers Choice



June 17—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 included.
5 open spots sign up before it is full!!!

Return on the luxury coach bus at 1:30 to arrive back at 71 Cleveland Ave.
\$90.00 per person

June 26 –Day Trip

BOSTON SIGNATURE LUNCH BINGO CRUISE SPIRIT OF BOSTON

Braintree Department of Elder Affairs

Thursday, April 10, 2025

Please come in to sign up on March 3rd on or after 9:30 AM. Seats are limited
Ticket must be purchased before March 14th.

\$100 pp

Cruise Experience

Boston Signature Lunch Bingo Cruise Enjoy the Boston skyline with a two-hour Boston Signature Lunch Bingo Cruise. Enjoy our delicious lunch buffet. Games include three games of bingo and prizes for winners while you watch the scenic Boston Harbor views and listen to lively DJ entertainment. There's something for everyone on this lunch bingo cruise!

Luxury bus brings you into Boston departing 71 Cleveland Ave at 9:30AM

Cruise Includes: Duration 2 hours

Lunch Buffet

- Lively rounds of bingo with prizes and other onboard games
- Full-bar available-Cash bar
- DJ entertainment
- Scenic Boston Harbor views

From The Chairman

The weather has been very frustrating with hot days and cool days and plenty of rain for the green grass. The Bruins were not able to qualify for the playoffs and the Celtics were eliminated in the second round. Unfortunately, Jason Tatum was badly hurt and he will be hopefully ready to play next year. The Red Sox are playing below average and need to improve if they are going to make the playoffs this year.

The center has been very busy over the last few months and we are looking forward to more good times. In June there will be a Fathers' and Uncles day cookout, a Bingo Cruise on the Spirit of Boston, a Trip to Foster in York Maine, and Music in Dementia will be hosted in collaboration with the Thayer Public Library. Please join us to enjoy these activities. Read your bulletin for further information on the dates.

Stay safe and healthy so you can enjoy the upcoming summer.

Hank

Outreach



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

Summer is arriving! 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.

FRIENDLY VISITOR PROGRAM



Our Friendly Visitor Program is designed for residents of Braintree who are age 60 and older who live alone, and who are lonely, homebound or isolated. You will receive home visits and follow-up telephone calls from our Friendly Visitor. The purpose of these visits is to alleviate loneliness and isolation by having social interaction with the Friendly Visitor. The Friendly Visitor Program is funded by a grant from the Executive Office of Aging and Independence formerly known as the Executive Office of Elder Affairs. Donations to the program are also greatly appreciated and are used solely to enrich this service. If you or anyone you know could benefit from this program, please call the Outreach Office at 781-848-1963.

Music in Dementia



When : June 24
Time: 4 PM
Where: 71 Cleveland Avenue



Presented in collaboration with Thayer Public Library

Dr. Randi Lebar shares her discovery of magic and power of music in dementia. You will love her stories about the wild ride she took with her mother, pianist Elaine Lebar which went viral on TikTok in 2020 while living in a memory care unit in Buzzards Bay. Featuring many videos of Elaine at the piano, Randi's humorous and hopeful talk includes lessons learned along the way about finding meaning and joy in their relationship, in spite of her mother's mental decline.

Please join us for this important, yet joyful presentation. This is open for everyone.
Please call 781 848 1963 to sign up
Coffee and pastry will be available

Scam Alert from the District Attorney's Office

BEWARE

You may have heard the news: JOANN Fabric & Craft stores are closing — and holding big clearance sales before they shut their doors. Looking to grab some deals? The real JOANN sales are only happening in person in their physical stores. But that hasn't stopped scammers from setting up bogus websites with fraudulent deals claiming to give you 80-90% off. Here's how to avoid these JOANN online impersonators. People report seeing ads for an online JOANN's bankruptcy sale while browsing sites like Facebook, Pinterest, or Nextdoor. But JOANN isn't selling online anymore — their own website says so. So, if you click on the ad for a (fake) online JOANN sale, you'll go to the (fake) JOANN's website and see (fake) super-cheap deals. If you decide to buy, you'll pay and get an emailed receipt.

But soon, according to reports, you'll find out the receipt not from JOANN. Your bank or credit card statement will show you've paid someone other than JOANN, and you probably won't be getting a package to go with that bill.

To protect yourself from scams like this:

- Be wary of unusually good deals. Scammers often reel you in with supposed "limited-time" deals and crazy-low prices to convince you to buy quickly. But slow down and make sure you're dealing with the real thing.

Confirm the sale is legit. Check with the store directly to see how they're running their sale. In this case, the real sale is in-store only, so online "JOANN's sales" are a scam. To check it out, go to the company's website using a URL you know is real to avoid a search result scam.

Pay by credit card, if possible. Credit cards offer more protections than debit cards. Always keep records so you can dispute charges if you need to.

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 Kippenhan
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!

