



Town of Braintree

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

## *Greetings Everyone,*

I am writing my article for our July newsletter on a very hot record breaking day in June. Just a couple of months ago I was annoyed with my cold finger tips and my cold toes, but on a day like today, I would not mind having cold toes. Oh well, Mother Nature has her own plans and we humans just have to go along.

With the anticipation of more hotter days, I urge you to take care of yourself, keep yourself hydrated and be safe. Please remember, our rooms are air conditioned and if during the day, you need to stay cool, you can always come to our Center. As I mentioned, today is a hot day and many of our patrons, after attending their programs, chose not to go home. Instead, stayed here, read a book or joined the other ongoing programs. One good thing about Massachusetts, the heat waves are short lived and soon, it will be comfortable again.

In anticipation of the warmer and the nicer days, we have filled our July calendar with many programs and activities. Please come and join us and bring your friends. The sounds of your conversations and the smile on your faces makes this a happy and a welcoming place. It is you, who keeps us going!

I consider our newsletters to be one of the strongest link between you and all of us. Staff at Elder Affairs devotes a considerable amount of time in preparing, writing, formatting and editing the newsletter before it is sent to the printers. It is a pleasure to see the eagerness in all of you while you wait for the newsletters to come out and then fervently read through it once you have them in your hands. We get many calls from people asking where they can locate our newsletters and many look into the town's website to find it. Hence it is suffice to say our newsletters are "hot items". We cannot do this on our own, so thanks to **Liturgical Publications** (LPI) for helping us publish our newsletters. They provide these newsletters to us, totally free of cost. Now, how is that possible? To help defray the cost of the newsletters, LPI relies upon the advertisements from local businesses around town. The advertisements you see in the newsletters are mostly businesses providing service to older adults. I wish to thank them for their support. If you need any services that these merchants provide, please consider using them. With their help, we are able to bring you, our pride and joy, the "newsletters"!

Our newsletters are available in many places in Braintree. You can find them in the grocery stores, banks, some Doctor's offices, Town hall, Library and the Senior Center. For those of you who have a computer at home, you can find it on the town website when you go into Departments and click on Elder Affairs. You can also subscribe to community on line and find our newsletter. Stay cool and visit us often. Happy Summer!

*Sharmila*

# Cornhole League

**Date: July 7 & 21st**  
**Time: 1:00**

**Where: 71 Cleveland Ave**  
**Please call to sign your**  
**team of 2 up @ 781-848-1963**



July 11th  
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

## Enjoy a variety of Canasta games

## Photography Display

**10:00 –Game Type**  
**Canasta– Hand & Foot**

**10:30-Game Type**  
**Classic Canasta**



Inviting you to give a glance at the talent  
of our Photographers.

## IT Classes –Summer Break

**No IT Class in July**  
See you when we return in August

**Call 781-848-1963 to sign up**

## 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, July 1– Shaw’s

Tuesday, July 8—Stop & Shop

Tuesday, -July 15-Shaw’s

Tuesday, July 22-Stop & Shop

Tuesday, July 29-Shaws

Special Shopping Trip: July 11, Ocean State

## 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

**No Low Vision Group in July**

**We will resume in August.**



## Alzheimer’s Caregivers Support Group

**We will not have any support groups on the month of July and August. We shall reconvene in September.**

**Alzheimer’s Association 24/7 Helpline (800-272-3900) anytime to receive reliable information, advice and support. Trained and knowledgeable staff are ready to listen and can help you with referrals to education, crisis control and emotional support. Care consultations are provided by master’s level clinicians.**

**Please remember you can always call us at 781-848-1963, if you have any questions.**

## 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 19<sup>th</sup> 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](http://braintreema.myrec.com) or call 781-794-8900 with questions Please contact the Parks and Recreation Department for more information on these trips.

### Introducing a New Class On Fridays with Sue

**Fridays 9:15 -10:00 AM**  
**Slow and Steady with Sue**  
**Slow movements for those having joint Issues, balance issues, arthritis, or simply wanting to release tension and pain thru core and bone strength. Balls, the size of a dodge ball, will be supplied but not necessary to complete program. Just use your own body resistance! Arthritis certified.**  
**\$5: 00 per class.**

### South Shore Elder Services INC.

**South Shore Elder Services LGBTQ + Seniors Brunch is held on the last Saturday of each month.**

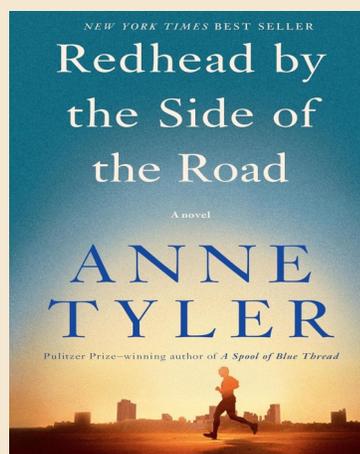
Please visit: <https://www.meetup.com/South-Shore-LGBT-Seniors/>

Join the meetup group By clicking the red “request to join” button.

A photo is optional, but helps facilitate connections within this new South Shore Community.

### Book Club

**Date: July18**  
**Time: 10:30**  
**Come Join us!**



# Trivia with Life Community Church

**Date: July 15**  
**Time: 12:30 Lunch, Trivia starts at 1:00**



**Please join us for a very enjoyable session of Trivia.**  
**Please call 781 848 1963 to sign up.**

## Elder Affairs Summer Hours

**For the month of July and August**  
**Elder Affairs will remain open on Tuesday until 7 PM**  
**Elder Affairs will be closed at 1 PM on Fridays**  
**We invite you to enjoy the extended hours on Tuesday evenings.**



### 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!

### Let's Play Bocci

**Beginning July 7th**  
**Every Monday at 10:00 AM**

**We are delighted that our Bocci Courts are now ready for you to enjoy**  
**Special thanks to the Eagle Scouts team, Highway Department and our**  
**very own John O'Reilly for making it ready.**

**Please call 781 848 1963 to let us know that you are coming.**



MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: center; font-size: 2em; color: red; font-family: cursive;">JULY</p> <hr style="border: 2px solid red; width: 100%; margin-top: 10px;"/>	<p>1 Shopping Shuttle-See page 3 10:00 Balance with Bob Cobbett 10:00 Rummikub <b>10:00 No Low Vision</b> 12:30 Cribbage 3:00 Game time and \$5 Dinner</p>	<p>2 9:30 Cardio and Flex with Mary 11:00 Asian Outreach 10:00 Canasta Hand and Foot 10:30 Classic Canasta 12:00 Pool Players <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 10:00 Bocci 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 Benefit Specialist by appt. only 10:00 Balance with Bob Cobbett 10:00 Rummikub 12:30 Cribbage 3-6 -Game Time and \$5 dinner Dinner provided and presentation provided by Cornerstone of Weymouth</p>	<p>9 9:30 Cardio and Flex with Mary 11:00 Asian Outreach 10:00 Canasta hand and Foot 10:30 Classic Canasta 12:00 Pool Players</p>
<p>14 9:30 Cardio and flexibility with Mary 10:00 Bocci 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 1:00 New England Wildlife presentation</p>	<p>15 Shopping Shuttle-See page 3 10:00 Balance with Bob Cobbett 10:00 Rummikub 12:30 Cribbage 12:30 Life Community lunch and trivia 3:00 Game time and \$5 Dinner</p>	<p>16 9:30 Cardio and Flex with Mary 10:30 Canasta Hand and Foot 10:00 Classic 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>21 9:30 Cardio and flexibility with Mary 10:00 Bocci 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>22 Ask a Lawyer-by appt. only Shopping Shuttle-See page 3 10:00 Balance with Bob Cobbett 10:00 Rummikub 12:30 Cribbage 3:00 Game Time and \$5 Dinner</p>	<p>23 9:30 Cardio and Flex with Mary 10:00 Benefit’s Specialist 11:00– Asian Outreach 10:00 Canasta Hand and Foot 10:30 – Classic Canasta 12:00 Pool Players</p>
<p>28 8:30 Muscles &amp; Moves 9:00 Spa 9:15 Tai Chi 10:00 Bocci 10:45 Chair Yoga 11:30 Coffee and Conversations 12:00 Pool Players 1:00 Craft with Nancy and Ginny</p>	<p>29Shopping Shuttle-See Page 3 10:00 Balance with Bob Cobett 10:00 Rummikub 12:30-Cribbage 3:00 Game time and \$5 Dinner</p>	<p>30 9:30 Cardio and Flex with Mary 10:00 Canasta Hand and Foot 10:30 Classic 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 CLOSED  
 Happy 4th of July



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

11Spa Day  
 Special Shopping Trip- Ocean State  
 8:30 Muscles & Moves  
 9:20-Neck Massage mini sessions with Sue  
 9:15 Tai Chi  
 10:15 Chair Yoga ( note time change)  
 11:30-Coffee and Conversations  
 10-12:00 Pool Players  
 Close at 1:00 Summer Hours

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  
 No Slow and Steady Class Room 5  
 9:15 Tai Chi  
 10:30-Book Club  
 10:15 Chair Yoga (note time change)  
 11:30 Coffee and Conversations  
 10-12:00 Pool Players  
 Close at 1:00 Summer Hours

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

25  
 8:30 Muscles & Moves  
 9:15 Tai Chi  
 9:15 Slow and Steady Class Room 5  
 10:15 Chair Yoga (Note time Change)  
 1:30 Coffee and Conversations  
 10-12:00 Pool Players  
 Close at 1:00(Summer Hours)

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

**\*Special Note- Notice time changes for many Tuesday and Friday Activities due to summer hours**

# Nothing should stop you from joining the fun

## Father's Day Celebrations and more.....



## Crafts with Ginny and Nancy



**Date: July 28th**  
**Time: 1:00**  
**Craft: A Potpourri**  
**Cost: \$3**



Come join us as we revisit some of our favorite crafts from the past. Rock Painting, Decoupage Shells, Diamond Art and Mandela Coasters. We will share our new paint pens to help make your creation...

**Please call 781 848- 1963 to sign up**

# Message from the Executive Office of Aging and Independence

## Steps to protect yourself and those you care about from potential heat related illness

1. Limit sun exposure and stay indoors.
2. Slow down and take it easy. (Stop and rest if feeling overexerted).
3. Drink more water than normal and do so before you feel thirsty. (Individuals taking water pills, or who limit water intake for medical reasons, should ask their doctor how much water to consume in hot weather).
4. Turn on your air conditioning if you have it.
5. Do not rely on fans as your main source for cooling. If you don't have air conditioning or your air conditioning stops working, visit loved ones with air-conditioning or spend the warmest parts of the day in air-conditioned public spaces (libraries, malls, senior centers, movies), cooling centers (call 2-1-1 to find cooling centers).
6. Reduce the amount of time you use your oven or stove to cook.
7. Take cool showers and baths or wet your clothing to cool down.
8. Monitor local news or weather reports so you know when a hot day is coming and can plan ahead.
9. Seek medical care immediately if you or someone you know, has symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting.

Learn more: [www.mass.gov/info-details/preparing-for-extreme-heat](http://www.mass.gov/info-details/preparing-for-extreme-heat).

**Please note: Former Executive Office of Elder Affairs (EOEA) is now known as Executive Office of Aging and Independence.**



# August Day Trip

**Date: August 13th**

**Departure Time: 8:30AM**

**Come in to sign up on or after 9:30 AM on July 2nd**

**Cost-\$120.00**

## Take a Luxury Coach Bus to enjoy a Cape Cod Canal Cruise and Lunch on board

Just 10 minutes from the Bourne Bridge in Onset we are proud to offer the only sightseeing cruise of the Cape Cod Canal! Fascinating history, beautiful views, and a lot of fun await you as you see this familiar waterway from a new perspective. While enjoying a delicious boxed lunch.



## Benefit Specialist from South Shore Elder Services

**Date: July, 8**

**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 weather has been erratic the last few weeks with damp weather and then record-breaking heat. It looks like summer has arrived. I hope everyone had a good time at the Father's Day cookout. I heard the food was delicious. It seems that the pool players and the men's coffee hours are well attended with more people coming every week. The conversations are interesting and funny. The cornhole league meets every two weeks and we have had at least ten teams.

Summer hours begin in July and we are open every Tuesday night until 7 PM and closing at 1 PM on Fridays. On July 15<sup>th</sup> there will be Trivia with Life Community Church at 1 PM, July 7<sup>th</sup> we will begin Bocce at 10 AM. There are some changes to Canasta game times – Hand and Foot Canasta will be at 10 AM and Classic Canasta will be at 10:30 AM. On July 28<sup>th</sup> you can choose to create your favorite craft from this past year at 1 PM with a cost of \$3.00.

August 13<sup>th</sup> we are planning a site-seeing cruise of the Cape Cod Canal with a delicious box lunch. Tickets go on sale on July 2nd<sup>t</sup> at 9:30 AM. We will leave the center at 8:30 AM.

The Braintree Recreational Department is offering a trip to the Red Sox vs Orioles game on August 19<sup>th</sup>. Bus will leave at 5:15 PM from 74 Pond Street and tickets are \$55.00 each. Call 781-794-8900 if you are interested. Enjoy the summer weather and stay safe.

*HANK*

## Mary from Outreach



We are anticipating the arrival of Farmers Market Coupons sometime in July. Please call 781-848-1963 and ask to speak with Mary or Nancy in the Outreach Office if you are interested.

To be eligible to receive Farmers Market Coupons, you must meet the following conditions:

- Be 60 years of age or older, or
- Disabled and living in senior housing where congregate nutrition services are provided, and
- Your income must be lower than the Income Limits outlined below.

### Income Guidelines for 2025

To be eligible to receive Farmers Market Coupons, an applicant's gross household income (i.e. before taxes are withheld) must be no more than:

Household Size	Monthly Income	Annual Income
1	\$2,413	\$28,953
2	\$3,261	\$39,128
3	\$4,109	\$49,303
4	\$4,957	\$59,478
5	\$5,805	\$69,653
6	\$6,653	\$79,828
7	\$7,501	\$90,003
8	\$8,349	\$100,178
Each add'l household member add	+\$848	+\$10,175





**District Attorney Michael Morrissey's Office  
In collaboration with  
The New England Wild Life Center presents**



**July: 14 at 1 PM  
Where: 71 Cleveland Avenue  
Please call 781 848 963 to sign up**

Studies show exposure to wildlife has profound benefits for mental and physical health, especially for older adults – from reducing stress and anxiety, improving mood, and learning to encouraging movement, social interactions, and gratitude. Observing wildlife engages the brain and enhances cognitive function by sharpening focus, encouraging mindfulness.

The Norfolk District Attorney's Office has long partnered with the New England Wildlife Center (NEWC), an education and community organization involved in the protection and preservation of wildlife, habitats, public health, and environmental concerns. The NEWC was founded in 1983 to provide medical care to wildlife inadvertently harmed or orphaned by the everyday actions of people and natural disasters. They engage students of all ages in the veterinary medical care of wildlife and the protection of local habitats and have a teaching hospital and education center with locations in Weymouth and Barnstable.

You are invited to attend the presentation by the New England Wildlife Center and interact with some of the wildlife they care for and learn what brought them to the center, the care they are receiving and when and how they will be released back into the wild. Staff will discuss the many functions of the Center.

## **Scam Alert from the District Attorney's Office**

### **Notice in the mail about your property: here is what the Federal Trade Commission wants you to know.**

Say you get a letter that seems to come from a bank. It says it's related to your property, has the words "FINAL NOTICE," printed on the letter, and has what looks like a refund check attached. Your first thought is that you're getting money. But then you notice there's no signature, and the small print says it isn't a check. The mailer says to "Call IMMEDIATELY". But what happens if you call?

Reports from people who called the number on a mailer like this say you'd get connected with someone who tries to sell you an [extended warranty or service contract](#) for your home or appliances — something completely unrelated to the final notice warning or the check. The official-looking mailer could be a scare tactic to get your attention, convince you to call, and then sell you something.

If you get a notice like this, before you call that number:

**Do some research.** Look up the phone number and bank's name online plus words like "review," "complaint" or "scam." See what other [people are saying](#). Did they call a number expecting to talk to a bank representative but instead got connected to someone selling an extended warranty or service contract? That's probably a scam.

- **Check it out.** Contact the bank the mailer seems to come from — but use a phone number, email, or website that you know is real.

**Take your time.** If, after all, you're interested in an [extended warranty or service contract](#), do some research, ask friends and family for referrals, get the offer in writing, review it carefully, and make sure you understand what you're getting.

Did you or someone you know get a similar mailer or suspect a scam? Tell the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/whistleblower).

**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!**

