



Town of Braintree

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

Greetings to one and all!

Happy Summer everyone! Hope you are staying safe and cool during these dog days of summer. Do not forget to keep yourself hydrated. No sugary drinks, but drinks containing electrolytes can help. Needless to say, drinking water is important, whatever the season may be. Our Senior Center continues to be busy with activities, programs and most important, the sound of happiness. Please continue to read our newsletters, share it with your friends and call our reception desk to sign up for programs that you find interesting.

Speaking of our reception desk, what can I say! Mere words cannot describe how exceptional these ladies are and it is harder to imagine the magnitude of the work they do. They truly are our champions who hold down our fort on solid ground. In fact, when one enters through our front door, the sights and sounds they encounter is the essence of Braintree Elder Affairs. Entering our building, one may hear the telephone ring constantly and conversations like, "so when is your doctor's appointment, the ride will pick you up at 10:15," "oh, you need to go grocery shopping, ok we have it on Tuesdays", "looks like you need to see a lawyer and then make an appointment with a health counselor," "looking for a shower chair? we will see if we have one," you need home care for your mother, here is the number to call, "sorry our trips are all filled, we can put you on a waiting list," "paper shredding on Wednesday, no need to sign up".....and the array of conversation keeps on going. These ladies are a plethora of information and when a call comes through, they are the first ones to determine the need a person may have and then guide them where they can avail the services to serve their needs. I often experience how these ladies become passionate listeners or friend to someone who they have never met. As expected, there are some who are disappointed and unfortunately many times the ladies at the front desk become the recipient of their displeasure. These are moments, I see them shine as professionals, gentle but focused on delivering the message. **Thank you**, Diane and Janet and our afternoon ladies, Judy, Peachy, Carol, Betty and Maryellen. You provide a very important service to the older adults of Braintree. You are the first ones people come in

contact with and it is you who makes Elder Affairs flourish. Thank you for your resilience, your kindness and your patience. Could not do it without you I will be remiss if I do not mention Frank DeFrancesco, our Transportation person. During the afternoon hours, when our Receptionists leave, Frank, if he is done with his scheduled rides, often sits at our reception desk and answers the phone. So a special thanks to our Receptionist Frank. Kudos to all of you.....*Sharmila*



Cornhole



League

Date: August 11 & 25
Time: 1:00
Where: 71 Cleveland Ave
 Please call to sign your
 team of 2 up @ 781-848-1963

Braintree Yacht Club

September 6

Event will begin at 10 AM

Boat ride during high tide at 11 AM

The Braintree Yacht Club is offering our patrons to enjoy a nautical experience. They are inviting you to socialize, have a bite to eat and then set sail. It will be a day of fun.

Please call 781 848 1963 to sign up

Seats are limited

Sign up begins on August 18



Enjoy a variety of Canasta games

**10:00 –Game Type
 Canasta– Hand & Foot**
**10:30-Game Type
 Canasta– Classic**

No Spa Day in August



We offer your choice of
Manicure and/or Pedicure
 Sign up for 1 or both.
 By appt. only
 781-848-1963

Walk for health and fitness

Save the Date: October 7

Time: 10 AM to 12 noon

(Rain Date October 14)

Venue: Pond Meadow (Weymouth side)

Many of you may remember the walk organized every year at Pond Meadow Park. Everyone walked according to their physical capabilities, there was music, vendors, free giveaways, tee shirts and lots of fun. We worked in collaboration with the Town of Weymouth. After 11 years we came to a halt because of COVID. We want to renew it on a small scale and see how it goes. So, get your walking shoes ready and we will see you in October. More details will follow in our September newsletter.



Photography Display



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

Low Vision Support Group

Date: August 5

Time: 10:00 AM

Where: 71 Cleveland Avenue

A Guest speaker will be joining the group



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, August 5— Shaw's

Tuesday, August 12—Stop & Shop

Tuesday, -August 19-Shaw's

Tuesday, August 26-Stop & Shop

Special Shopping Trip: August 8th Walmart

Let's Play Bocce

Every Monday at 10:00 AM

We are delighted that our Bocce Court is 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.



Alzheimer's Caregivers Support Group

We will not have any support groups during the months of July and August. We shall reconvene in September.

Also the Alzheimer's Association has a 24/7 Helpline (800-272-3900) 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 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.

Slow and Steady with Sue

Introducing a new class

Slow and Steady with Sue

Every Friday, 9:15 to 10:00

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! Sue is Arthritis certified. \$5.00 each 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.

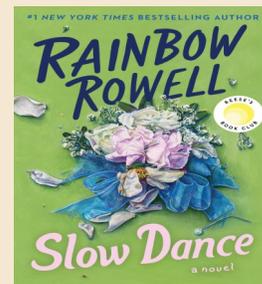
A photo is optional, but helps facilitate connections within this new South Shore Community.

Book Club

Date: August 15

Time: 10:30

Come Join us!



Save The Date!

2nd annual Mah Jongg Tournament
October 2, 2025
More details to follow in September
Newsletter

U.S. Postal Service Stamp Dedication...

August 28 at 11:30 AM

Two inspectors from the Boston unit of USPS, Inspector Service will be giving a presentation regarding common mailing scams that affect our older adults everyday and methods to prevent them from happening. This will be followed by a Special Stamp Dedication of American Icon Betty White to the Department of Elder Affairs.

Please call 781 848 1963 to sign up

Elder Affairs Summer Hours

For the months 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.

Light dinner is served from 3:30 PM to 4:30 PM

Please call 781 848 1963 if you wish to dine

\$5.00 per person



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!

Our small patio garden



Thanks to the Eagle Scout, the Scout Master and the Gardener's Guild for giving us a lovely garden. Mathew's Eagle project was building the Senior Center two planters. Once it arrived the Gardner's Guild, did their magic.



MONDAY

TUESDAY

WEDNESDAY



4
9:30 Cardio and flexibility with Mary
10:00 Bocce
10:30 –Walking
11:00-Men’s Coffee Hour
12:00 Pool Players

5
Shopping Shuttle-See page 3
10:00 Balance with Bob Cobbett
10:00 Low Vision
10:00 Rummikub
12:30 Cribbage
3-6 -Game Time and \$5 dinner

6
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
1:00 Bingo
Must purchase all Bingo Cards by 12:50. Game is closed after 12:50

11
9:30 Cardio and flexibility with Mary
10:00 Bocce
10:30 –Walking
10:30– Blood Pressure Clinic
11:00-Men’s Coffee Hour
12:00 Pool Players
1:00 Cornhole League

12
Shopping Shuttle-See page 3
10:00 Balance with Bob Cobbett
10:00 Rummikub
10:00 Benefits Specialist
12:30 Cribbage
3-6 Game time and \$5 Dinner

13
8:30 Cape Cod Canal Cruise
9:30 Cardio and Flex with Mary
10:00Canasta Hand and Foot
10:30 Classic Canasta
11:00 Asian Outreach
12:00 Pool Players

18
9:30 Cardio and flexibility with Mary
10:00 Bocce
10:30 Walking
11:00-Men’s Coffee Hour
12:00 Pool Players

19
Ask a Lawyer-by appt. only
Shopping Shuttle-See page 3
Trip to Marshfield Fair (limited space)
10:00 Balance with Bob Cobbett
10:00 Rummikub
12:30 Cribbage
3-6 Game Time and \$5 Dinner
4:00 Visit from Councilor Ann Quilty

20
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
1:00 BINGO
Must purchase all Bingo Cards by 12:50. Game is closed after 12:50

25
10:00 Bocce
10:00—Walking Group
11:30 Coffee and Conversations
12:00 Pool Players
1:00 Craft with Nancy and Ginny
1:00 Cornhole league

26
Shopping Shuttle-See Page 3
10:00 Balance with Bob Cobett
10:00 Rummikub
12:30-Cribbage
3-6:30 Game time and \$5 Dinner and music Extended time for the band to perform.

27
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

THURSDAY**FRIDAY**

	<p>1 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)</p>
<p>7 10:00 Balance & Conditioning for the Highly Motivated (With Bob) 10:00-Mahjong 11:30-Quilting 1:00 Knitting</p>	<p>8 Special Shopping Trip– Walmart 8:30 Muscles & Moves 9:15-Slow and Steady Class Room 5 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</p>
<p>14 10:00 Balance & Conditioning for the Highly Motivated (With Bob) 10:00-Mahjong 10:00 Photography 11:30-Quilting 12:30 Learn to play pool 1:00 Knitting</p>	<p>15 Ask the Lawyer, call by appt. only 8:30 Muscles & Moves 9:15 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</p>
<p>21 10:00 Balance & Conditioning for the Highly Motivated (With Bob) 10:00-Mahjong 11:30 Quilting 1:00 Knitting</p>	<p>22 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</p>
<p>28 10:00 Balance & Conditioning for the Highly Motivated (With Bob) 10:00 Photography 10:00-Mahjong 11:30-Quilting 11:30 US Postal Service presentation 12:30 Learn to play pool 1:00 Knitting</p>	<p>29 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</p>

A heartfelt thanks to our Volunteers!



A joyful celebration of the people who helps us keep going!



Crafts with Ginny and Nancy

August 25

Time: 1:00 PM

Paint a glass water bottle with bamboo lid. Its finished with dishwasher safe modge podge sealer. Join the fun and bring out your creative self.

Maximum: 14 attendees

Call 781 848 1963 to sign up

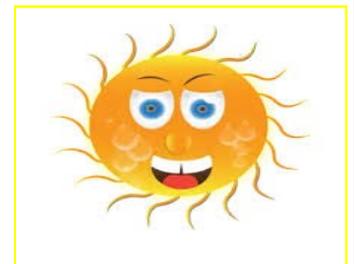
Message from the Executive Office of Aging and Independence

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.

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



August Trip reminder

Date: August 13
Departure Time: 8:30 AM

Take a Luxury Coach Bus to enjoy a Cape Cod Canal Cruise and have lunch on board



Marshfield Fair
August 19, 12:00 noon to 3:00 PM
Senior Citizens Day



Elder Affairs will drive a van to the Fairgrounds. There will be health screenings, BINGO and ice cream (as long as it lasts) all free, sponsored by Sullivan Tires. Seats in our van will be limited. Please call 781 848 1963, to reserve your spot \$5.00 per person for the ride. Pickup will begin at 11:30 AM

Benefit Specialist from South Shore Elder Services

Date: August 12
Where: 71 Cleveland Avenue
Time: 10:00 to 1:30

Nadia Montrond, is the 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 center has been busy since the beginning of June, even though the weather has been crazy. The Red Sox have won ten games in a row and seem to be playing better baseball prior to the summer break, also known as the All-Star game. We can only hope that they continue to have more wins than loses. Meanwhile the Patriots are getting ready for their regular season, and it is hard to believe there are only four weeks until their first game. GO PATS!

Bocce is back and our patrons are happy to have it back. Bocce is played every Monday morning at 10 o'clock. Please stop by and enjoy a game or two. The Cornhole League seems to be drawing a good crowd on the first and third Monday of the month at 1 PM.

We would like to thank the Life Community Church for the delicious food and fun game of trivia. Unfortunately, my team came in second place due to my error regarding the oldest baseball park. I said Wrigley Field was the oldest park and of course it is Fenway Park.

I especially want to thank Sharmila and Michelle and all the staff for the various programs that they arrange each month for all our enjoyment. Please try to stop by and take part in some of the events. Have a safe and happy summer.....**HANK**

Mary from Outreach



Handyman Wanted:

We are looking for a Handyman that would be interested in being placed on our Reference List. If you or someone you know is interested, please call the Outreach Office at 781-848-1963 and ask for Mary. An application and a CORI check will be required. Our Reference List is given out to the older adults in the community, who inquire about services. Thank you



Beware of Computer Scam

Scammers use many different methods to try to take your money. For instance, today I was on the internet and all of a sudden a loud alert sound happened and there were pop-up messages. It said the computer was hacked and not to shut off the computer. It said to click on the message and they could fix it. As I was not about to click on the message, and it wouldn't let me shut down my computer the normal way I usually do, I pressed the button on my computer monitor (not the screen) to shut it down. When I turned the computer back on, it was fine. Please do not fall for these scams. Had I clicked on their message they would have most likely asked for payment so they could "fix the issue". I'm sure they use the loud alert sound so that you will panic and just want the noise to stop so you might click on their message. Please be cautious and don't let these scammers take advantage of you!

Enjoying the last Tuesday Evening of summer 2025

Date: August 26th

**Time: 3-4:30 Games played 4-5:30 Dinner served followed by
5:30—6:30-Live Music provided by Ronny & Friends
Celebrating the closing of our Summer evenings with Food, Games and Music!
Please call 781 848 1963 to reserve your dinner
Thanks for spending your summer evenings with us!**

A visit from Councilor AnnMary Quilty

August 19 at 4:00 PM

Come and have a chat with Councilor Ann Quilty District IV. She will be discussing the happenings around town and will be happy to answer any questions you may have. Please call us at 781 848 1963 if you are coming. Let us know if you would want to have a light dinner. \$5.00 per person.

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/ReportFraud).

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!

