



Town of Braintree

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

Greetings Everyone,

As I write this newsletter, the month of July is ready to say goodbye. Hard to believe that more than half of 2025 has already passed. As they say, "time and tide waits for no man." It has been a scorcher the last few days, but tonight there will be a thunderstorm, which will be a welcome change and bring some relief from the heat. I hope you are staying safe while enjoying the summer months.

As usual we are quite busy here at 71 Cleveland Avenue. Those of you who support our endeavors, thank you! I hope you enjoy coming to the Center. We keep striving to bring you interesting, educational and entertaining programs. Also the occasional meals we serve, are quite delicious and does not put a strain on your wallet and we also try to keep our day trips very desirable yet affordable. Elder Affairs manages to bring all these quality programs even with a very small budget allocation of municipal funds. Presently the Town Budget pays the salary for four full time employees (there is one unfilled) and the rest of the funding is used for operational cost of the physical building. So all the cost of the programs and activities and food are paid through different funding sources which we actively seek every year. Being in this position for several years now, I have humbly learnt how much support we need and receive from our Legislatures. Thanks to Senator Keenan and Representative Mark Cusack. They readily accept my requests on signing amendments and taking the necessary steps for the betterment of our older adults. Each year Elder Affairs applies and receives Local Aid from the State called the Formula grant. This money helps us employ part time personnel (not paid by the town), whose services are critically important to our Department. It also assists us in bringing educational seminars, essential equipment, food supplies and accessories (not included in the town budget), which can be used and enjoyed by our patrons who come to our Center. Every year we spend many anxious moments when the Governor gets ready to sign the budget, and through it all our Legislatures remains vigilant and diligent to our causes. Of course nothing can be achieved without the help of the professional and excellent staff at the offices of our Representatives and our Senators. Without their help it would have been impossible for me to navigate the maze of legislations. Thank you, Aidan Murphy, Doreen Bargoot and Mark Sternman from Senator Keenan's office and Ryan Sterling from Mark Cusack's Office. Without your patience and understanding, handling these tasks would have been a real hurdle for me. I have not met with the Senator who has replaced Senator Timilty, but I am hoping to meet soon.

Please come and join us. We are open for you and your friends.....*Sharmila*

Cornhole



League

Date: **Dates please**

Time: 1:00

Where: 71 Cleveland Ave

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

Braintree Yacht Club

Saturday, 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



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 12 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.



Enjoy a variety of Canasta games

10:00 –Game Type
Hand & Foot

10:30 Game Type
Canasta Classic

Spa Day



Sept. 19th

We offer your choice of
Manicure and/or Pedicure

Sign up for 1 or both.

By appt. only
781-848-1963

Photography Exhibit



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

Low Vision Support Group

Date: September 2nd

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, September 2 Shaw's

Tuesday, September 9 Stop & Shop

Tuesday, September 16 Shaw's

Tuesday, September 23 Stop & Shop

Tuesday, September 30 Shaw's

Friday, September 12 Special Shopping Trip:
Dollar Stores in Holbrook

Let's Play Bocce

Every Monday at 10:00 AM

Our Bocce court is open for you to play

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



Crafts with Ginny and Nancy

Date: September 29

Time: 1:00

Come and join us to design and relish your own creation!
Make your own centerpiece.



Executive Office of Housing and Livable Communities

From August 1, 2025, in Massachusetts, a new policy banning forced renter paid broker fees goes into effect. The provision in the Fiscal Year 2026 budget, prohibits landlords of residential rental properties from requiring that renters pay the landlords the broker fees. From now, the broker's fees for rental units must be paid by the person who hired the broker or salesperson.

The Healy-Driscoll Administration has released a FAQ for renters, landlords or brokers to help navigate this new policy and know their rights. Anyone who thinks they have been improperly charged a broker's fee can contact the Massachusetts Attorney General's Consumer Advocacy and Response Division on line or call 617 -727- 8000 for assistance.

Benefit's Specialist

Slow and Steady with Sue

September 16
10: AM to 1:30 PM
At: 71 Cleveland Avenue
Each appointment will be for 30 minutes
Please call 781 848 1963 to make an appointment

Nadia Montrond, Benefit Support Specialist from South Shore Elder Services Inc. will be here to inform you on benefits which may be available to you.

Note: This will be Nadia's last day

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.

Book Club

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.

Date: September 19th
Time: 10:30
Come Join us!

"The Love of My Life"
By Rosie Walsh

Elder Affairs will soon be on Facebook

2nd Annual Fast Mah Jong Tournament

**October 2
Time: 9:30**

\$20 per person includes lunch

Where: 71 Cleveland Ave

**Please call Carol Kippenhan @ 781-843-0686
to sign up Seats fill up quick**



Save the Date

**In collaboration with the Rotary Club of Braintree, Elder Affairs
presents:**

Enrich, Empower and Thrive

A journey towards leading a healthy and an independent life as you grow older

October 29th from 2:00 PM to 4:00 PM at 71 Cleveland Avenue

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!

Moose Lodge Luncheon

September 19

12noon to 3:00 PM

**Where: Braintree Moose Lodge #43
BINGO will be played after the meal**

Once again our generous friends from the Braintree Moose Club, would like to invite our older residents of Braintree for a delicious luncheon at the Lodge. Thanks to everyone and specially, Paul Gavoni for their hard work, dedication and kindness.

This is a free event sponsored by the Loyal Order of the Moose and the Women of the Moose.

To sign up please call 781-848-1963
Braintree residents only

The club requests that you not arrive before 11:30 AM

MONDAY

TUESDAY

WEDNESDAY



2
Shopping Shuttle-See page 3
10:00 Balance with Bob Cobbett
10:00 Low Vision
10:00 Rummikub
12:30 Cribbage
1-3 Game Time

3
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

8
9:30 Cardio and flexibility with Mary
10:00 Bocce
10:30 –Walking
11:00-Men’s Coffee Hour
12:00 Pool Players
1:00 Cornhole league

9
Shopping Shuttle-See page 3
10:00 Balance with Bob Cobbett
10:00 Rummikub
12:30 Cribbage
1-3 Game time

10
9:30 Cardio and Flex with Mary
10:00Canasta Hand and Foot
10:30 Classic Canasta
11:00 Asian Outreach
12:00 Pool Players

15
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 Paul Revere

16
Shopping Shuttle-See page 3
10:00 Balance with Bob Cobbett
10:00 Rummikub
10:00 Benefit’s Specialist
12:30 Cribbage
1-3 Game Time

17
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

22
9:30 Cardio and flexibility with Mary
10:00 Bocce
10:30 Walking
11:00-Men’s Coffee Hour
12:00 Pool Players
1:00 Cornhole league

23
Ask a Lawyer-by appt. only
Shopping Shuttle-See page 3
10:00 Balance with Bob Cobbett
10:00 Rummikub
12:30 Cribbage
1-3 Game Time

24
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
12:30 Bak to Bak with lunch

29
9:30 Cardio and flexibility with Mary
10:00 Bocce
10:00—Walking Group
10:30– Men’s Coffee Hour
12:00 Pool Players
1:00 Craft with Nancy and Ginny

30
Shopping Shuttle-See Page 3
10:00 Balance with Bob Cobbett
10:00 Rummikub
12:30-Cribbage
1-3-Game Time
4:00 Alzheimer’s Support Group:
[Please join introduction to authentic aromatherapy](#)



THURSDAY

FRIDAY

4
 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

5
 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
 12:00 Pool Players
 1:30 **IT Class with Kev Tech returns...No Movie**
Navigating the Settings on iPhone and iPad II

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

12
 Special Shopping Trip- Dollar Stores in Holbrook
 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
 12:00 Pool Players
 1:00 Fun Movie Friday-"Driving Miss Daisy"

18
 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

19
 Ask the Lawyer, call by appt. only
 8:30 Muscles & Moves
 9:00 to 3:00 Spa Day (No slow and steady class)
 9:15 Arthritic massages by appt. only.
 9:15 Tai Chi
 10:15 Chair Yoga (note time change)
 10:30 Book Club
 11:30 Coffee and Conversations
 12:00 Pool Players
 12:00- 3:00 Moose Club (no movie)
 2:00 Board Meeting

25
 10:00 Balance & Conditioning for the Highly Motivated (With Bob)
 10:00 Photography
 10:00-Mahjong
 11:30 Quilting
 1:00 Knitting

26
 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
 12:00 Pool Players
 Movie and pizza Viewers Choice



Simple moments of everyday life spent at Elder Affairs



Wild life presentation, Bocce, Board games sponsored by the Library's Children's Section, Trivia with Lifetime Church's "Serve" volunteers. Everyday is an enjoyable experience.



Introduction to Authentic Aromatherapy



Tuesday, September 30 at 4:00 PM
Presenter: Carol Corio, ComForCare
Director of Business Development and Aromatherapist



Join us for an engaging presentation about aromatherapy, a valuable complementary therapy that supports relaxation and stress reduction. Experience a sampling of therapeutic essential oils. Learn how differentiate between pure oils extracted from living botanicals and synthetic fragrant oils created in a laboratory.

Carol Corio works for ComForCare calling on healthcare providers. She has been in this field over 20 years and loves giving educational presentations. Prior to healthcare, Carol began as an aromatherapist over 35+ years ago, studying with all the aromatherapy "noses" both from the US and Europe. She is relaunching her old company, Quality of Life Associates. It's mission will be to enhance quality of life by aging gracefully.

To sign up please call 781-848-1963

This program is open to everyone, so please come and enjoy the aromatic experience!

Senior Walk for Health and Fitness

Tuesday, October 7
(Rain Date October 14)
At Pond Meadow Park (Weymouth Side)

Registration begins at 9:30 AM and Walk starts at 10:00 AM

Time to put on your walking shoes. Many of you may remember our walk at Pond Meadow Park, before COVID stopped everything. After 5 years, on a smaller scale we will be trying to renew that enjoyable event. Hope you can join us.

We will have vendors tables with free educational information, raffles, limited number of tee shirts for people who sign up on a first come first serve basis, music and exercise. There will be three walking routes for **beginners, intermediate and advanced.**

Sign up will begin September 16th Please call 781 848 1963 to sign up for the walk. Let us know your shirt size and what route you will prefer to walk on.

***Parking is limited, so please try to car pool.**



A musical show with a luncheon

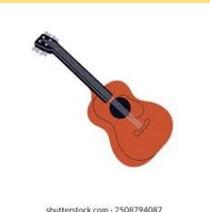
September 24

Lunch will be served at 12:30 PM

Entertainment begins at 1:00 PM

We are delighted to have Bak to Bak back again.

Please call 781-848-1963 to sign up
\$7.00 per person



Day Trip to Newport Playhouse

Date: October 15, 2025
Depart 71 Cleveland Ave @ 9:30
Doors open at
Newport Playhouse
@ 11:00

**\$100 per person must come in to purchase tickets on or
after 9:30 September 2nd**

**ENJOY A GREAT BUFFET * A WONDERFUL PLAY *
A FUN-FILLED CABARET!**

**This trip is always a crowd pleaser. You won't want to
miss it.**



BELD Breakfast



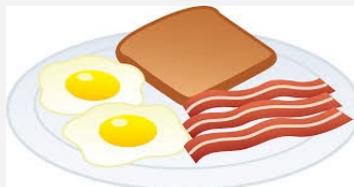
October 1



2 Seatings
8:00 AM 9:00 AM
9:30 AM to 10:15 AM
Free giveaways from BELD
Where: 71 Cleveland Avenue

Like every year the Braintree Electric and Light Department (BELD) is getting ready to serve the older residents of Braintree a hearty breakfast. Once again the Rotary will be cooking and together everyone will enjoy the morning.

Please note that sign up for this event will begin on Tuesday, September 16th. Please choose the time of your seating and call 781-848-1963.



From the Chairman

The weather has been nice the last two weeks with cool weather in the morning and warm in the afternoon, and cooling down at night. The Patriots have played two exhibition games and look better than last year; however; it's a long season so we will see how they do going forward. The Red Sox continue to play good baseball and a playoff spot seems to be possible.

Braintree American Little League has been the exciting talk around town lately. They made the town proud to be the first team to go to Williamsport World Series tournament. They lost the first game 13-0 but showed their true grit with a 7-3 win in the second game. Today they were eliminated 3-2; however, they played tough and lost a heart breaker. The coaching has been excellent and they made sure that the boys enjoyed themselves while they were there. The boys took part in all the activities and I know that they had a terrific time. Braintree and many other towns showed their support with local fund raising and posted signs congratulating them. Many of the local businesses showed support with hosting viewing parties and the establishments were packed with cheering supporters.

The Senior Center continues to be very active with Bocce, Cornhole and card games. Braintree Moose is hosting a free luncheon on September 19th at noon. On September 15th History Speaker, Richard Nichols, will be here at 1 PM. Please sign up for this free event, but donations will be appreciated. October 1st BELD will serve the older residents a hearty breakfast. The Rotary will be cooking two different seatings: 8:00 AM to 9:00 AM and 9:30 AM to 10:15 AM. Please sign up will begin on September 16th.

Enjoy the rest of the summer and the upcoming fall season. Stay healthy and safe.

HANK

Mary from Outreach

Senior Walk for Health and Fitness

We are excited about the return of our "Senior Walk for Health and Fitness" at Pond Meadow Park (Weymouth side)! This year the walk will be held on Tuesday, October 7, 2025 (rain date: Tuesday, October 14, 2025). The walk will start at 10:00 a.m. There will be many Vendor tables, with information, that you can visit. We will also have raffle prizes after the walk. Please call Braintree Elder Affairs at 781-848-1963 to sign up. Hope to see you there!



Drive Safely

With school being back in session, we would like to remind you that children will be out and about crossing streets at their bus stops. This is a reminder to be extra cautious while driving.

Have a safe and happy September!



Who really was Paul Revere



September 15

Time: 1:00 PM

Where: 71 Cleveland Avenue

Presenter

History Speaker Richard Nichols



Come and join an informative lecture on Paul Revere, from his birth, his family, his country, to the midnight ride and the American Revolution. Our audience will gain a better understanding of many unknown facts on the life of Paul Revere.

Please call 781 848 1963 to sign up

The program is free, but donations will be very much appreciated.

This is a prelude to the upcoming celebration of the nation's 250th birthday.

Scam Alert from the District Attorney's Office

Seemingly urgent security messages could lead to tech support scams

You're online and get a message or pop-up alerting you to a problem with your computer. The message might even say or suggest it's from Microsoft, Apple, or Geek Squad. Should you click immediately to see what it's about? **No, and here's why.**

That urgent pop-up message saying there's something wrong with your computer could be a way to get you into a tech support trap. Scammers impersonate well-known companies to get you to trust them and call. What happens next? If you click on the link or call a phone number in a pop-up warning, they might say your device is infected (which is a lie). Then they'll try to sell you a "solution" (which is a scam) and ask you to pay for a bogus tech support service.

Here's one way to be sure you spot a scam: security pop-up warnings from real tech companies will never ask you to call a phone number. If you're worried about missing a real security threat, slow down instead of clicking or calling. To find out whether there's a problem with your computer, first [update your computer's security software](#) and run a scan. If you need help fixing a problem, go to a company you know and trust. Some stores that sell computer equipment also offer technical support in person. And many companies offer tech support online — but be sure to get in touch with them using contact information listed on their official company website.

Now that you've got this, [Pass It On!](#) Talking about scams is one of the best tools we have to fight against scams. Share what you know to help others spot and avoid [tech support scams](#). And if you see a pop-up scam, tell the FTC at ReportFraud.ftc.gov.



Braintree Department of Elder Affairs
71 Cleveland Avenue
Braintree, MA 02184

Place
Stamp
Here



Braintree Department of Elder Affairs: Information & referral, Outreach assistance, transportation, shopping, SHINE insurance help, 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

The Watch Party



Congratulations
to the
Braintree American
Little Leaguers
What a great
RUN!

