



Town of Braintree

October 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 October 1 **after 9:30 AM**



*Greetings Everyone,*

As the leaves start to get some color, I wish you a spooky and a fun Halloween. Hope you can have some time to enjoy the beautiful New England fall foliage and take in the magnificence of Mother Nature!

We have many special events lined up for you in October, especially the Walk at Pond Meadow, the "Empower, Enrich and Thrive" Fair, BELD breakfast and the Mah Jongg tournament. Please come and attend these events. Apart from our regular programming, we always try to offer something different that will make you laugh, perk your interest or just give you simple enjoyment. The doors of our Center are always open for you

*Sharmila*

## Cornhole



## League

Date: **1st and 3rd Monday**

Time: 1:00

Where: 71 Cleveland Ave

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

## Lets Play Bocce

**Every Monday at 10:00 AM**

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



## Enjoy a variety of Canasta games

10:00 Game Type  
Hand & Foot

10:30 Game Type  
Canasta Classic

Every Wednesday

## Spa Day



**October 17**

We offer your choice of  
Manicure and/or Pedicure

Sign up for 1 or both.

By appt. only  
781-848-1963

## Save the date

**November 7**

**10:00 to 1:00 PM**

**Where: 71 Cleveland Avenue  
Parking Lot**

Once again this year Norfolk District Attorney Morrissey's office will be sending a mobile paper shredder to Braintree Elder Affairs. We thank the District Attorney for providing us with this valuable service.

Sign up will begin in October  
Please call 781 848 1963

## Mah Jongg Tournament October 2nd

**Style of Play is Fast Mah Jongg**

**Begins at 9:30**

**\$20 per person includes lunch**

**Please call Carol Kippenhan**

**@ 781-843-0686**

**to sign up before all the seats are full**



## Low Vision Support Group

**Date: October 7**

**Time: 10:00 AM**

**Where: 71 Cleveland Avenue**

**Special Guest: Jeanette Kutash**

**President of the Bay State Boston Chapter of Massachusetts and member of the local Membership Committee and the National Get Up and Get Moving Committee. Dedicated to technology through her involvement with the Visually Impaired and Blind Users Group.**

## 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, October 7 Shaw's

Tuesday, October 14 Stop & Shop

Tuesday, October 21 Shaw's

Tuesday, October 28 Stop & Shop

**Friday, October 10 Special Shopping Trip:  
Walmart**

## 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.**

## Honoring our Veterans

**Save the date**

**November 10 at 11 AM**

**Where: 71 Cleveland Avenue**

**Like every year Elder Affairs will host a brunch to honor our Braintree Veterans. This day is a tribute to all of you for your dedication and sacrifice. Your valor, gave us the steady ground we stand on and cherish our freedom. Thank you for everything. Each Veteran can bring a guest.**

**Please call 781 848 1963 to sign up  
Sign up will begin on October**



## Crafts with Ginny and Nancy

### Watercolor

**Date: October 27**

**Time: 1:00 PM**

Come join us as we experiment with water colors and make a picture of flowers. No previous experience needed.



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

# Norfolk County Sheriffs Office

**October 16 at 12:30 PM**

**Where: 71 Cleveland Avenue**

**To sign up please call 781 848 1963**

Sheriff Patrick McDermott, will deliver a presentation on the variety of resources and programs that the Sheriff's Office provides to residents of Norfolk County. The Norfolk County Sheriff's Office is committed to the safety and security of county residents. These programs can help seniors live safely and independently. Sheriff McDermott will explain how the NCSO's programs work and how residents can take advantage of these important resources.

## Tai Chi/Qi Gong

Tai Chi/ Qi Gong is very good for balance. It is suitable for any age and important as we get older. It helps to have more strength, flexibility, relaxation and often eliminates stiffness or pain. Gentle movements promote healing. Focusing on posture helps us live more in the present, thus reducing stress and bring in tranquility.

Regular classes are offered every Friday beginning at 9:15 AM

## Ornament Workshop

Calling all Santa's Helpers! Join us on October 6th and November 10th to make ornaments for Braintree Elder Affairs Holiday Tree for the Festival of Trees held at Town Hall.

Dates: 10/6 and 11/10

Time: 1:00

Please call 781 848 1963 to sign up.

## AARP Foundation.....for a future without Senior Poverty

### You Have What It Takes to Help Others This Upcoming Tax Season!

AARP Foundation Tax-Aide is looking to expand its team of volunteers for the upcoming tax season. Tax-Aide offers free in-person preparation and assistance to anyone, especially those 50 and older who cannot afford tax preparation services. Volunteers make a difference in their communities by assisting many low-income taxpayers and their families who might otherwise miss out on the tax credits and deductions that they have earned.

The Tax-Aide program is seeking volunteers for a number of roles including tax preparers and client facilitators. Volunteer tax preparers complete tax preparation training and receive IRS certification. Tax-Aide volunteers assist taxpayers from early February through April during the weekday. Training will begin in the fall so enter your contact information at [mataxaide.org/interest](http://mataxaide.org/interest) and a volunteer will reach out to you.

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

# Medicare Open Enrollment Presentation

Come and join this very important presentation. Learn about Medicare, Secondary Insurance options and Prescription Advantage. Open enrollment begins from October 15 and ends on December 7. If you wish to change your plan or just want to learn about the options available to you, please come and join us.

**Tuesday, October 21 at 1:00 PM**

**Where: 71 Cleveland Avenue**

Annual Open Enrollment (OE) is an important time if you are already on Medicare or have missed other opportunities to join a plan. During OE you can:

- Switch from on Medicare Part D Prescription Drug Plan (PDP) to another (see more info below)
- Switch from Original Medicare to a Medicare Advantage Plan.
- Leave a Medicare Advantage Plan and switch to Original Medicare, purchase a Medigap supplemental plan and a stand-alone Medicare Part D Prescription Drug Plan (PDP).
- Switch from a current Medicare Advantage Plan to a Medicare Advantage Plan.

Every year it is especially important to review your prescription plan and your current health insurance coverage. Many things can change from year to year, such as:

- Your prescriptions
- Costs of medications
- Cost of your current Part D (PDP) premium
- Coverage provided for your prescriptions by your PDP provider
- Pharmacy prices
- Prescription plans available in your area

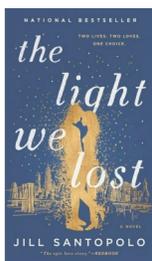
Request a PDP review

Our SHINE counselors in Braintree are available to assist you during Open Enrollment. If you want to review your Prescription Drug Plan, please call the Senior Center to request a 2025 Prescription Drug Form. We will mail it to you or you may pick one up.

When you complete the form, you may drop it off at the Braintree Senior Center. A SHINE counselor will prepare a new Part D plan to see if it makes sense for you to change your current plan to one that may be less expensive.

## Book Club

**Date: October 17**  
**Time: 10:30**  
**Come Join us!**



**“The Light We Lost”**  
by Jill Santopolo

## Scams, Spams and Stamps

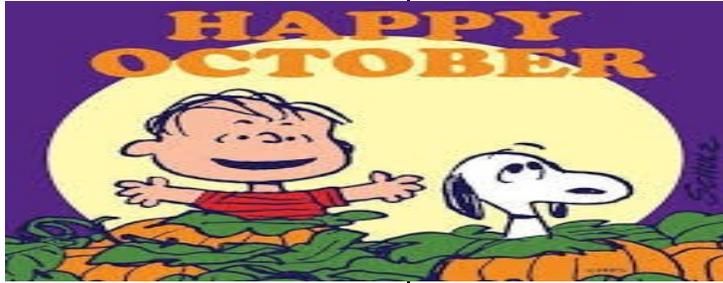


**Thank you so much to the United State Postal Service to unveil and dedicate the special Betty White stamp to Braintree Elder Affairs. A special thanks to the our Postal Crime Investigators for illuminating us and help us remain vigilant to the senseless crimes.**

**MONDAY**

**TUESDAY**

**WEDNESDAY**



1 Beld Breakfast 2 seatings  
 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**

6  
 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  
 1:00 Ornament Workshop

7-Senior walk for Health and Fitness  
**See details on pg 11**  
 Shopping Shuttle-See page 3  
 10:00 Low Vision Group-Speaker  
 Jeanette Kutash  
 10:00 Balance with Bob Cobbett  
 10:00 Rummikub  
 12:30 Cribbage  
 1-3 Game time

8  
 9:30 Cardio and Flex with Mary  
 10:00Canasta Hand and Foot  
 10:30 Classic Canasta  
 11:00 Asian Outreach (cancelled)  
 12:00 Pool Players  
 12-30– Elks Luncheon

Closed



14  
 Shopping Shuttle-See page 3  
 10:00 Balance with Bob Cobbett  
 10:00 Rummikub  
 12:30 Cribbage  
 1-3 Game Time

15Newport Playhouse Day Trip  
 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 NO BINGO Date Moved to October 22nd  
 due to the Day Trip

20  
 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

21  
 Ask a Lawyer-by appt. only  
 Shopping Shuttle-See page 3  
 10:00 Balance with Bob Cobbett  
 10:00 Rummikub  
 12:30 Cribbage  
 1:00 SHINE presentation/ Medi  
 care  
 1-3 Game Time

22  
 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  
**Must purchase all Bingo Cards by 12:50.  
 Game is closed after 12:50**

27  
 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

28  
 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:

29  
 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  
**2-4-Empower, Enrich and Thrive Event  
 Call to sign up please**

**THURSDAY****FRIDAY**

<p>2  9:30 Mahjongg Tournament  10:00 Balance &amp; Conditioning for the Highly Motivated (With Bob)  9:30-Mahjong Tournament  11:30-Quilting  12:30 Pool for Beginners  1:00 Knitting</p>	<p>3  8:30 Muscles &amp; Moves  9:15 Tai Chi  9:15 Slow and Steady Class Room 5  10:20 Chair Yoga (Note time Change)  1:30 Coffee and Conversations  12:00 Pool Players</p>
<p>9  10:00 Balance &amp; Conditioning for the Highly Motivated (With Bob)  10:00-Mahjong  10:00 Photography  11:30-Quilting  1:00 Knitting</p>	<p>10  Special Shopping Trip– Walmart  8:30 Muscles &amp; Moves  9:15-Slow and Steady Class Room 5  9:15 Tai Chi  10::20 Chair Yoga ( note time change)  11:30-Coffee and Conversations  12:00 Pool Players  1:00 No Movie  1:30 IT Class</p>
<p>16  10:00 Balance &amp; Conditioning for the Highly Motivated (With Bob)  10:00-Mahjong  11:30-Quilting  12:30 Pool for beginners  12:30 Norfolk County Sheriff's office  1:00 Knitting</p>	<p>17  Ask the Lawyer, call by appt. only  8:30 Muscles &amp; Moves  9:00 to 3:00 Spa Day (No slow and steady class)  9:15 Arthritic massages by appt. only.  9:15 Tai Chi  10:20 Chair Yoga (note time change)  10:30 Book Club  11:30 Coffee and Conversations  12:00 Pool Players  2:00 Board Meeting</p>
<p>23  10:00 Balance &amp; Conditioning for the Highly Motivated (With Bob)  10:00 Photography  10:00-Mahjong  11:30 Quilting  1:00 Knitting</p>	<p>24  8:30 Muscles &amp; Moves  9:15 Tai Chi  9:15 Slow and Steady Class Room 5  10:20 Chair Yoga (Note time Change)  1:30 Coffee and Conversations  12:00 Pool Players  1:00 Movie Viewers Choice</p>
<p>30  10:00 Balance &amp; Conditioning for the Highly Motivated (With Bob)  10:00-Mahjong  11:30-Quilting  12:30 Learn to play pool  1:00 Knitting</p>	<p>31  8:30 Muscles &amp; Moves  9:15 Tai Chi  9:15 Slow and Steady Class Room 5  10:20 Chair Yoga (Note time Change)  1:30 Coffee and Conversations  12:00 Pool Players  12:30 Happy Halloween Movie "Coco" and pizza  Wear your best costume! Enjoy some Halloween treats.</p>

# Simple moments from everyday life spent at Elder Affairs



September was Senior Center Month. Hope you enjoyed all our programs and activities. The staff thanks you for all the support you give us throughout the year. Be well and we will see you soon!

## Recycle

### IMPORTANT CURBSIDE TRASH COLLECTION MESSAGE

To help improve service and reduce confusion, we're asking residents to contact Capitol Waste at [\(617\) 569-1718](tel:6175691718) 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

# 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 vendor 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**. **The program is free.**

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. **No need to worry, you can walk at your own pace and capability. But, please come and enjoy the experience.**



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



## Elks Luncheon

**The Braintree/Weymouth Elks invites you to a delicious luncheon  
October 8**

**Time: 12:00 to 3:00 PM**

**Where: Elks Lodge, 788 Liberty Street, Braintree**  
*The lodge has an elevator*

Invitees will be treated with lunch and SINGO with a DJ (free)  
Anyone interested in playing options, will have to buy a green card for \$5.00

Please call 781 848 1963 to sign up  
Availability is limited

# Happy Halloween!

**Date: October 31, 2025**

**Where: 71 Cleveland Ave**

**Halloween Movie and Costume Party**

**12:30– Enjoy Pizza and Halloween Snacks followed by a showing of the Halloween Movie “Coco”**



Despite his family's generations-old ban on music, young Miguel dreams of becoming an accomplished musician like his idol Ernesto de la Cruz. Desperate to prove his talent, Miguel finds himself in the stunning and colorful Land of the Dead. After meeting a charming trickster named Héctor, the two new friends embark on an extraordinary journey to unlock the real story behind Miguel's family history.

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

## 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 choose the time of your seating and call 781– 848-1963.**

## Alzheimer's Caregivers Support Group

**October 28 at 4:00PM**

If you are taking care of a loved one who has Alzheimer's disease. Please come and join us. This is an informal group where you can share the stories of your daily dilemmas with others.

# From the Chairman

The weather seems to be going back and forth, good days and not so good days. Let's hope fall will be better. The Patriots have played their 2 games so far and have won one and lost one. They look much better this year and maybe they can make the playoffs. The Red Sox are in a tough fight for the playoffs and with a little help they may make it.

Bocce and Cornhole competitions seem to be getting better and everyone is having a good time. There is going to be a Fast Mah Jong competition on October 2<sup>nd</sup> with lunch. The cost is \$20.00 per person. Please call Carol Kippenham @ 781-843-0686 for reservations.

The Senior Walk for Health and Fitness will be held Tuesday Oct. 7<sup>th</sup> at Pond Meadow Park on the Weymouth side because there is more parking. Registration is at 9:30 AM and walk starts at 10:00 AM. There are three routes for beginner, intermediate and advanced levels.

On October 8<sup>th</sup> the Braintree/Weymouth Elks invites you to a delicious luncheon from noon to 3:00 PM at the Lodge on 788 Liberty Street, Braintree. Please call 781-848-1963 to sign up before since there is limited availability.

On October 27<sup>th</sup> there will be a water color class at 1:00 PM. On October 29<sup>th</sup> from 2:00 PM to 4:00 PM the Rotary Club, Braintree Police Department, Braintree Fire Department and Thayer Public Library are helping to sponsor a discussion "A Journey towards leading an independent life as you grow older". October 31<sup>st</sup> we will have a Halloween movie (Coco) and costume party at 12:30 PM. Pizza and snacks will be served before the movie. Please call 784-848-1963.

Try to attend some of these events that the staff has offered. I am sure you will enjoy them.

Stay healthy and safe.....**HANK**

# Mary from Outreach



Autumn is a great time to shift gears from your summer activities and come to the Senior Center and take advantage of the many programs, activities and services we have to offer. This month, on October 29<sup>th</sup> from 2:00 p.m. - 4:00 p.m. we will be collaborating with the Rotary Club of Braintree to bring you a senior fair entitled "Enrich, Empower and Thrive" - a journey towards leading a healthy and an independent life as you grow older. We hope you can join us!

This is also a good time to make sure your heating system is in good working order as the cool air will soon be upon us.

## Fuel Assistance

As this article is being written in September, we are anticipating the arrival of fuel assistance applications from Quincy Community Action Programs, Inc. for the 2025-2026 fuel season. You must be income eligible. For those who received fuel assistance last year, you will be receiving your recertification application in the mail from QCAP. Whether this is your first time applying or you are recertifying, the Outreach Staff can assist you with filling out the application. Please call us at 781-848-1963 for more information or to schedule an appointment.



# Enrich, Empower and Thrive

*A journey towards leading an independent life as you grow older*

*Everyone is welcome, bring your friends*

**A collaboration of Braintree Elder Affairs and the Rotary Club**

**Wednesday, October 29, 2025**

**2:00 PM to 4:00 PM**

**Where: 71 Cleveland Avenue**

**Free Classes, Resource Tables and Light Refreshments**



**This event would not have been possible without the support of The Rotary Club of Braintree, Braintree Police, Braintree Fire, Thayer Public Library, Jennifer Lynn from Nurtured Roots, Diana Rodriguez from Lady and the Leash**

**Please do not miss this opportunity to come, enjoy and learn.**

**Call 781 848 1963 to sign up**

**Do not miss this opportunity!**



**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 Kippenhan**  
**Connie Mattina**  
**June Newman**

**Happy Fall**

