



Town of Braintree

November 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 November 3 **after 9:30 AM**

Greetings Everyone,

Happy Thanksgiving to one and all! I do love the festive season, but hard to believe that it is already around the corner. Time seems to fly and I think we must be having fun. This is also the season to give thanks. Not that anyone should be waiting to say a nice "Thank You," but the season adds a special touch!

Braintree Elder Affairs operates on a very small budget, hence, we are constantly looking for different sources of funding and we feel lucky that many organizations respond to our calls. I am grateful to our Legislatures, Senator John Keenan and Representative Mark Cusack, for signing amendments to avail grant monies which helps run our operations with better ease. But nothing gets achieved without the help of the staff at the Legislatures office. Their patience and understanding makes it easy for me to navigate the system.

Elder Affairs wishes to thank the Rotary Club and BELD for serving a delicious breakfast over 100 Braintree older adults, complete with free giveaways from BELD. Thanks to the Moose Club for cooking a full chicken meal and BINGO for entertainment. Thanks to the Moose team for your graciousness. This year, the ELKs invited 140 Braintree/Weymouth residents for a sumptuous meal at their DAV hall. I wish to thank Thayer Public Library for partnering with Elder Affairs to bring in special programs. Partnering with the Library enables us to bring high cost programs to you free or at a minimum cost. Thanks to Grove Manor Estates, Sunrise and Royal Rehab for always answering our calls.

We thank the Mayor's Office for their support and to the various Town Departments for always responding to our time of need.. Thank you, Board members for your steadfast support and advice and our kudos to our Volunteers, who completes us. Our Walk for Health and Fitness was a huge success. We are thankful to everyone who helped us make the event awesome!

Finally our Staff, **thank you!** For several months we are experiencing staff shortage and for various reasons we have been constantly busy. It is heart warming to see how, without a blink everyone just pitches in. It has been my immense pleasure to work with this team. Last but not least, it is you, our patrons who walk through our doors every morning to join us and enjoy what we have to offer. Be well and be safe and enjoy your Thanksgiving.....*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**

Television Theme Song Trivia

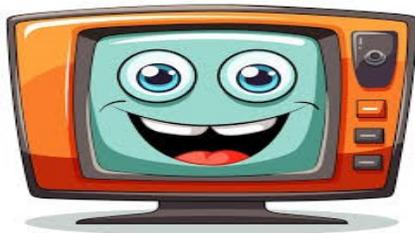
Date: November 25

Time: 1:00 PM

Entertainer Ronnie Cote will take you back in time to your favorite television show theme songs.

See how quickly you can recall which song belongs to which show and have some laughs with your peers.

Please call 781 848 1963 to sign up



Spa Day

Date: November 14

**We offer your choice of
Manicure and/or Pedicure**

Sign up for 1 or both.

By appt. only

781-848-1963



Do you have costume jewelry that are in good condition, but you do not wear them anymore. Please bring it for our gift shop.

Mobile Shredding Day

FREE

November 7

10:00 to 1:00

**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.

Please call 781 848 1963 to sign up

Annual Garden's Guild Boutique And Holiday Fair

When: November 23

Time: 10:00 to 2:00

Where: Braintree Town Hall

As always there will be dozens of craft vendors with an array of hand crafted items for holiday shopping, unique hand crafted wreaths and raffle items including the Milton Dollar Wreath decorated with lottery tickets and gift cards.

For additional information please visit:
www.gardenersguildofbraintree.com

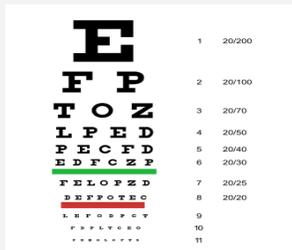


Low Vision Support Group

Date: November 4th

Time: 10:00

Where: 71 Cleveland Avenue



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, November 4 Shaw's

Tuesday, November 11 Stop & Shop

Tuesday, November 18 Shaw's

Tuesday, November 25 Stop & Shop

Friday Nov. 14th Special Shopping Trip: Target

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.**



Giving Tree



As the holidays approach, let us think about those who could use some holiday cheer. Toward the end of November we will be putting up our Holiday Tree outside. It will be decorated with gift tags. A specific new gift item will be listed on each tag. If you wish, please pick a tag off the tree and purchase the item listed for a senior in need. Please do not wrap the gifts. You can drop off the gifts at the front desk or the Outreach Office. We will then wrap and deliver the gifts before Christmas. What a wonderful feeling it is to know you will be making someone else's holiday special. Thank you!

Crafts with Ginny and Nancy

November 24

Time: 1:00

Holiday Wreaths

Bring your own Wreath and the Craft
The group will provide the décor and guidance
Cost \$3 per person



Conversations with Mayor Joyce

November 24

Time: 1:00 PM

Where: 71 Cleveland Avenue

Mayor Joyce will be at Elder Affairs on November 24th and would like to spend some time with you. Please come and join us and bring your questions and your thoughts for her. She would love to hear from our older residents.

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

Deliver more than meals, deliver hope

South Shore Elder Services(SSES) is looking for volunteers to deliver packaged meals to older adults within their service area. Mileage is reimbursed and you can create your own schedule.

For more information about this important Volunteer advocacy work please call SSES at 781-848-3910 or visit them online at:

www.sselder.org/volunteer/

Enrich your life by helping others

Ornament Workshop

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

Dates: 11/10

Time: 1:00

Please call 781 848 1963 to sign up.

Day Trip to Plainridge Casino

Our Last trip of 2025

Date: December 10

Cost: Free

Depart: 71 Cleveland Ave @ 10 AM

Try your luck at Plain ridge Casino



FREE

Please come in on November 5th to register

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 and a volunteer will reach out to you.

Rotary Thanksgiving Luncheon



November 20
12:00 noon
Town Hall 1 JFK Drive



Once again this year The Rotary Club of Braintree cordially invites to enjoy a delicious Thanksgiving luncheon with them. Elder Affairs is very thankful for their generosity.

Please call 781-848-1963 to sign up

We request that you do not arrive before 11:30 AM

FREE

Book Club

Date: November 21

Time: 10:30
Come Join us!

We will be discussing.
Patricia Cornwell's
"Black Notice" of the
Kaye Skarpetta Series

Please call
781 848 1963 to sign up

Alzheimer's Support Group

November 18
(please note the change of date)
Time: 4:00 PM

The Holiday season has arrived. As the season brings happiness and joy, the preparation for the season often brings stress. Specially if you are taking care of a loved one who has Alzheimer's disease. Beverly Moore, from Stilmea, will join us for an informal discussion on how to handle the hustle and bustle of the Holiday Season. Please join us.

A light supper will be served.
Please call us at 781 848 1963 to sign up

FREE

MONDAY	TUESDAY	WEDNESDAY
	 turkey	 turkey
<p>3 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</p>	<p>4 Shopping Shuttle-See page 3 10:00 Low Vision Group- 10:00 Balance with Bob Cobbett 10:00 Rummikub 12:30 Cribbage 1-3 Game time</p>	<p>5 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 1:00 Bingo Must purchase all Bingo Cards by 12:50. Game is closed after 12:50</p>
<p>10 9:30 Cardio and flexibility with Mary 10:00 Bocce-Weather permitting 10:30 –Walking 11:00-Men’s Coffee Hour 11:00 Veterans Brunch 12:00 Pool Players 1:00 Ornament Workshop</p>	<p>11 Closed –Veterans Day</p>	<p>12 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>17 9:30 Cardio and flexibility with Mary 10:00 Bocce-Weather Permitting 10:30 Walking 11:00-Men’s Coffee Hour 12:00 Pool Players 1:00 Cornhole league</p>	<p>18Shopping 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:</p>	<p>19 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</p>
<p>24 9:30 Cardio and flexibility with Mary 10:00 Bocce-Weather permitting 10:00—Walking Group 11:00– Men’s Coffee Hour 12:00 Pool Players 1:00 Craft with Nancy and Ginny 1:00– Ask the Mayor</p>	<p>25 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 1:00-Theme Song Trivia</p>	<p>26 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>
	8	

THURSDAY

FRIDAY



6
 10:00 Balance & Conditioning for the Highly Motivated (With Bob)
 10:00-Mahjong
 10:00 Photography
 11:30-Quilting
 1:00 Knitting

7 Mobile Shredding 10-1
 Special Shopping Trip- Target
 8:30 Muscles & 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
 1:00 Therapy Gardens- Fall Soup presentation
 1:30 IT Class

13
 10:00 Balance & Conditioning for the Highly Motivated (With Bob)
 10:00-Mahjong
 11:00 -Holiday Grief support
 11:30-Quilting
 12:30 Pool for beginners
 1:00 Knitting

14
 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
 10:20 Chair Yoga (note time change)
 10:30 Book Club
 11:30 Coffee and Conversations
 12:00 Pool Players

20
 10:00 Balance & Conditioning for the Highly Motivated (With Bob)
 10:00 Photography
 10:00-Mahjong
 11:00 -Holiday Grief support
 11:30 Quilting
 12:00 Rotary Lunch @Town Hall
 1:00 Knitting

21
 Ask the Lawyer, call by appt. only
 8:30 Muscles & Moves
 9:15 Tai Chi
 9:15 Slow and Steady Class Room 5
 10:20 Chair Yoga (Note time Change)
 10:30 Book Club
 11:30 Coffee and Conversations
 12:00 Pool Players
 1:00 Movie Viewers Choice
 2:00 Board Meeting

27 Closed Happy Thanksgiving

28 Closed! Enjoy Shopping

Simple moments from everyday life spent here at Elder Affairs



We thank everyone who made the BELD breakfast sizzling hot!



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

Surviving the Holidays

Old Colony Hospice and Palliative Care Presents

Spouse Partner Loss Grief Support Group

Facilitated by Dina Brooks, LICSW, ACHP-SW

Beginning November 13th

This Grief Support Group is for those who have experienced the death of a loved one. The group will offer opportunity to talk about this experience with others who have gone through a similar loss and share their unique story. Dina Brooks is an experienced group leader who will help open discussion, provide education to understand the grieving process and offer coping skills to promote a healthy healing process. The outcome will be to gain self awareness, embrace healing, meet new friends and gain a sense of community.

This will be a 5 week program beginning in November 13 and ending on December 18, 2025

Please accept some support to deal with your grief, especially during the Holiday season.

Time: 11:00 AM

Where: 71 Cleveland Avenue

Please call (781-341-4145)



FREE

Honoring our Veterans

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



FREE

**The Senior Walk for Health and Fitness was a success.
Elder Affairs thanks everyone for their support!**



Mary from Outreach



Gift Tree

As the holidays approach, let us think about those who could use some holiday cheer. Toward the end of November we will be putting up our Holiday Tree outside. It will be decorated with gift tags. A specific gift item will be listed on each tag. If you wish, please pick a tag off the tree and purchase the item listed for a senior in need. NEW gifts only please. Please do not wrap the gifts. You can drop off the gifts at the front desk or the Outreach Office. We will then wrap and deliver the gifts before the holiday. In our December Newsletter, we will list the date we need the items by. Each year the recipients of the gifts are overwhelmed by the generosity of those that give. What a wonderful feeling it is to know you will be making someone else's holiday special! Thank you.



Ice Tips

We have ice tips for canes. An ice tip will give your cane traction in the snow and ice. The tip attaches to the bottom of your cane, and when you need it you flip it down over the rubber tip. Please call us at 781-848-1963 if you need one.

From the Chairman

Fall is here and you can see the changing leaves and colorful mums all around us. We had quite a rain storm but we needed it.

The Red Sox finished the season very strong and made the playoffs. They played very well and beat the New York Yankees in the first round, but they lost to Toronto in the East division. If they are able to find some strong players, they should be able to be a good contender for the next few years. The Patriots just won their fourth game in a row. Maybe it's the new coach or the quarterback, but whatever it is, they are fun to watch. The BELD breakfast was well attended and we needed to have two sittings. Thank you, BELD, for all that you do for the town of Braintree. The fast play Mah Jong Tournament was held in October and hopefully everyone had fun playing. The Senior Walk for Health and Fitness had a very good crowd considering it is the first time in six years. The Newport Playhouse Day Trip was enjoyable.

On November 10th there will be a brunch to honor our Braintree Veterans at 11 AM. Please call 781-848-1963 to sign up. At 1 PM on the 10th we will have another ornament class to help decorate the Braintree Elder Affairs tree for the Festival of Trees event. November 7th Norfolk District Attorney Morrissey's office will be sending a mobile shredder here from 10 AM to 1 PM. November 13th at 11:30 AM Old Colony Hospice will present a six-week program to help support anyone dealing with grief especially during the Holiday Season. Space is limited. The annual Gardeners Guild event will be held at Town Hall on November 23rd from 10 AM to 2 PM with many hand-crafted items and raffles.

Wednesday, December 10th there will be a free trip to Plainridge Casino. Please come in and sign up on November 5th.

I want to thank the entire staff for working so hard to create new games, ideas and trips for all the seniors. Stay healthy and safe.....**HANK**

THE BRAINTREE CATHOLIC COLLABORATIVE COMMUNITY MEAL



FIRST WEDNESDAY OF THE MONTH
NOVEMBER 5, 2025 at ST. FRANCIS OF ASSISI CHURCH
HALL ,
854 WASHINGTON STREET, BRAINTREE, MA
DOORS OPEN AT 5:30 P.M. SHARP
DOORS CLOSE WHEN WE REACH KITCHEN CAPACITY
ALL ARE WELCOMED. FIRST COME, FIRST SERVED!

June Newman aboard the Honor Flight



Our very own June Newman was recently flown to Washington DC aboard the “Honor Flight,” which left her spellbound and gratified with the honor that was bestowed upon her and her fellow Veterans.

June Newman, serves on the Advisory Board of Elder Affairs and also volunteers for Elder Affairs and the Veterans Services in the town of Braintree.

As a young woman, June always wanted to serve her country and with that sense of commitment , she joined the Air Force in July of 1954 and was stationed at Lackland Airforce. She served during the Korean War.

After being honorably discharged from the Air Force, June worked for the Federal Government while finishing up 12 years of night school to earn her Bachelor and Masters degree. She worked at Elder Affairs (then known as the Braintree Council on Aging) as the Outreach Coordinator, in Randolph as the Senior Center Director and as the Veteran’s Service Officer in both towns. June also served as a Commander at the American Legion Post in Lunenburg. As June lovingly reflected on her post as the Commander, she said, the reason she was chosen, might have been because she could stay awake during the late night meetings.

Honor Flight of New England recognizes American Veterans for their sacrifices and achievements, by flying them safely to Washington DC and see the memorials, all free of cost. Every Veteran can have a guardian. To her delight, June’s daughter Linda accompanied her. Guardians pay \$600.00 for accompanying a Veteran. To June, that was a priceless gift. Delta Airlines had the honors of flying the Veterans.

On the day of the flight, June’s day started at 5:00 AM. It was an extraordinary day! At Logan Airport, people were waving flags and fire engines was softly spraying water on the plane. June was overwhelmed with joy and emotion and happy tears came rolling down her cheeks. She was especially grateful to witness the Vietnam Veteran’s greeted with warmth and grace. The memory of the Vietnam Veterans returning home and the treatment they received was not something to cherish.

After they reached Washington DC , they were given guided tours to all the memorials. June especially loved the Korean War memorial. Food was served lavishly all day to everyone who were on board the honor flight. June’s day ended at 11:30 PM when they safely returned home. She was tired but very happy, content and satisfied.

On behalf of Elder Affairs for the upcoming Veteran’s Day, let us all thank June Newman and all Veterans for their service to our country.

Therapy Gardens Presents Fall Soups Presentation

We welcome back Therapy Gardens on November 7 at 1 PM

Love the Soups with out the Chemicals

Don't miss out! Come explore recipes perfect for the season like Butternut .Squash & Apple with Sage, Roasted Pumpkin & Ginger, Creamy Mushroom with Tarragon, Roasted Red Bell Pepper. **Please call 781 848 1963** to sign up. Program is free but donations are welcome.

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 Thanksgiving

