



Town of Braintree

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

Greetings Everyone,

Merry Christmas and Happy Holidays to everyone! I hope all of you had a nice Thanksgiving and are continuing to celebrate this joyous season. Soon the snowflakes will be floating in the air, twinkling of lights on trees and houses, hot chocolate, children lined up to take a picture with Santa, all add to the flavor of the season. Enjoy the splendor and if possible, share it with others. At 71 Cleveland Avenue, we are also getting ready to bring you a basketful of activities and special programs. So please come join us and bring your friends!

Our Elves in Outreach are already busy making arrangements for their Gift Giving Tree. For the last few years, staff from the Highway Department delivers a beautiful live tree which is placed on our outside patio. Outreach staff decorates it with gift tags. Each tag bears the name of an item, which is simple but essential for a person's daily living. If you wish, you can pick up a tag, buy the item and bring it to our Outreach Office, unwrapped. Outreach staff will then wrap it and deliver it to the person they have identified. These are folks who have no family living close by, so your gift may be the only one they get to open on Christmas morning. Thank you in advance. Also thanks to our Outreach Staff, Mary Howland and Nancy Walsh and our Friendly Visitor, Debbie Coraine for steering this beautiful project every year. Afterall, "Tis the Season to be Jolly."

Once again let me thank everyone. Without their help we could not achieve what we strive to do everyday and all throughout the year.

On behalf of Mary, Frank, Michelle, Glen, Diane, Elsa, Debbie, Nancy, Janet, Kim, Sharmila and our Board Members, we wish you Peace, Good Health and Joy!.....*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**

Therapy Gardens presents....

Boston Tea Party Tasting and Talk

Date: 12/16

Time: 11:30

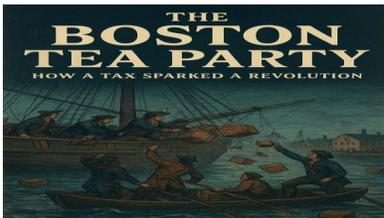
Cost: \$3 per person

**Travel back to 1773 and experience history through
taste! This will be a part of our celebration for the
250th birthday of America**

This engaging workshop brings the Boston Tea Party to life with a deep dive into the event and a guided tasting of the teas thrown into Boston Harbor.

This session combines history, discussion, and hands-on tasting to create a truly engaging experience.

Perfect for history buffs and tea lovers who curious about America's revolutionary past!



Spa Day

Date: December 12

**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 any-
more. Please bring it for our gift shop.**

Surviving the Holidays

Date Change Update in January

Spouse Partner Loss Grief Support was scheduled to start in November. Unfortunately due to the busy time of the holiday season, we did not have enough people signing up.

Dina Brooks, from Old Colony Hospice and Palliative Care will resume the group after the Holidays. Please look for information in our upcoming 2026 newsletters .



Crafts with Ginny and Nancy

December 29th

Time: 1:00

Type of Craft: AirForm Clay Creations

**A Craft Holiday Party with mocktails,
appetizers and sweets**

Cost \$3.00 per person

Don't miss the FUN!!!

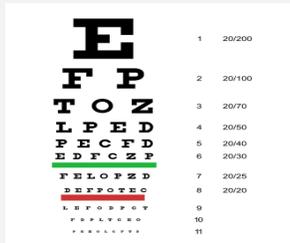


Low Vision Support Group

Date: December 2nd

Time: 10:00

**Where: 71 Cleveland Avenue
Holiday Party**



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, December 2 Shaw's

Tuesday, December 9 Stop & Shop

Tuesday, December 16 Shaw's

Tuesday, December 23 Stop & Shop

Tuesday, December 30 Shaw's

**Friday December 12- 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.**



Giving Tree



As the holidays approach, let us think about those who could use some holiday cheer. Our Holiday Tree is 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!

Alzheimer's Support Group

We will not be hosting a support group for the month of December. We will resume in January. If you have any questions or concerns and need to speak with someone, please remember that you can always call 781-848-1963 and ask for Sharmila.

The Alzheimer's Association has a Helpline available to you 24 hours a day. Please call 1-800-272-3900 if you need help from a Professional.

Hopefully you can enjoy a stress-free and a peaceful Holiday.

Meet with Mayor Joyce

December 15

Time: 1:00 PM

Where: 71 Cleveland Avenue

Mayor Joyce will be at Elder Affairs on December 15 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

Merry Christmas



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

Don't miss your chance before the snow arrives...

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. If you are interested in volunteering please enter your contact information at matax-aide.org/interest and a volunteer will reach out to you.

Lee Dingee

We are heartbroken to let you know that Braintree's own, our beloved, Lee Dingee passed away peacefully on November 16th, 2025. Lee served as a Selectman and a Councilor for the Town of Braintree. Lee was also a Veteran. In his role as a Councilor, Lee was always very mindful and aware of the needs of the older residents of Braintree. Later, he became a member of the Elder Affairs Advisory Board. The town is indebted, for the countless hours he has dedicated to it's cause. He was a beam of sunshine. Our sincere condolences to the Dingee family. We wish you to have the strength to carry on. Lee will be missed by many. But his work and his legacy will never fade away. Rest in peace Lee. You will always be in our hearts.



Book Club

**Date: December
19
Time: 10:30
Come Join us!**

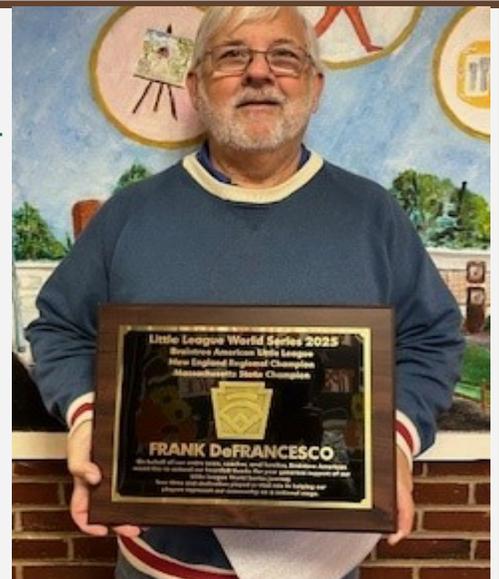
**The Burning Blue
The Untold Story of
Christa McAuliffe
By Kevin Cook**

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

What an Honor

As legend has it, our very own Frank DeFrancesco does not only take care of Elder Affairs Transportation services, also he has been a coach for the Braintree Mariners Baseball team for 30 years. Frank has also served on their board. We all believe that he played an important role for the team to reach the finals in Pennsylvania. Frank was honored with a beautiful plaque.

Congratulations Frank, just do not forget you still have to take care of Elder Affairs' transportation.



MONDAY	TUESDAY	WEDNESDAY
<p>1 9:30 Cardio and flexibility with Mary 10:30 –Walking 11:00-Men’s Coffee Hour 12:00 Pool Players 1:00 Cornhole league</p>	<p>2 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>3 9:30 Cardio and Flex with Mary 10:00Canasta Hand and Foot 10:30 Classic Canasta 11:00 Asian Outreach 12:00 Pool Players 1:00 Bingo Must purchase all Bingo Cards by 12:50. Game is closed after 12:50</p>
<p>8 9:30 Cardio and flexibility with Mary 10:30 Blood Pressure Clinic 10:30 –Walking 11:00-Men’s Coffee Hour 12:00 Pool Players</p>	<p>9 Shopping Shuttle-See page 3 10:00 Balance with Bob Cobbett 10:00 Rummikub 12:30 Cribbage 1-3 Game time</p>	<p>10 9:30 Cardio and Flex with Mary 10:00 Plainridge Day Trip 11:00– Asian Outreach 10:00 Canasta Hand and Foot 10:30 – Classic Canasta 12:00 Pool Players</p>
<p>15 9:30 Cardio and flexibility with Mary 10:30 –Walking 11:00-Men’s Coffee Hour 12:00 Pool Players 1:00 Cornhole league 1:00 Conversations with the Mayor</p>	<p>16 Shopping Shuttle-See page 3 10:00 Balance with Bob Cobbett 10:00 Rummikub 11:30 Boston Tea Party and Tasting 12:30 Cribbage 1-3:00 Game time</p>	<p>17 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-Big Holiday Prizes! Must purchase all Bingo Cards by 12:50. Game is closed after 12:50</p>
<p>22 9:30 Cardio and flexibility with Mary 10:30 Walking 11:00-Men’s Coffee Hour 12:00 Pool Players</p>	<p>23Shopping Shuttle-See page 3 10:00 Balance with Bob Cobbett 10:00 Rummikub 12:30 Cribbage 1-3 Game Time 1:00 Holiday lunch and Jazz Band</p>	<p>24 9:30 Cardio and Flex with Mary 11:00– Asian Outreach (cancelled) 10:00 Canasta Hand and Foot No Afternoon Activities Christmas Eve</p>
<p>29 9:30 Cardio and flexibility with Mary 10:00—Walking Group 11:00– Men’s Coffee Hour 12:00 Pool Players 1:00 Craft with Nancy and Ginny (Holiday Party 1:00– Ask the Mayor</p>	<p>30 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-Illusionist Lyn Dillies 4:00 NO Alzheimer’s Support Group:</p>	<p>31 9:30 Cardio and Flex with Mary 11:00– Asian Outreach (cancelled) 10:00 Canasta Hand and Foot 10:30 – Classic Canasta 12:00 Pool Players</p>
	8	

THURSDAY

FRIDAY

<p>4 9:45 Festival of Trees Day Trip 10:00 Balance & Conditioning for the Highly Motivated (With Bob) 10:00-Mahjong 10:00 Photography 11:30-Quilting 1:00 Knitting</p>	<p>5 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) 11:30 Coffee and Conversations 12:00 Pool Players 1:00 Movie Viewers Choice</p>
<p>11 10:00 Balance & Conditioning for the Highly Motivated (With Bob) 10:00-Mahjong 10:00 Photography 11:30-Quilting 1:00 Knitting</p>	<p>12 Special Shopping Trip- Walmart 8:30 Muscles & Moves 9:00 to 3:00 Spa Day (No slow and steady class) 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</p>
<p>18 10:00 Balance & Conditioning for the Highly Motivated (With Bob) 10:00-Mahjong 11:30-Quilting 12:30 Pool for beginners 1:00 Knitting</p>	<p>19 8:30 Muscles & Moves 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 1:30 IT Class</p>
 <p><i>Merry Christmas</i></p>	<p>26 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) 11:30 Coffee and Conversations 12:00 Pool Players 1:00 Movie Viewers Choice 2:00 No Board Meeting</p>

Having a Ball all Through Fall



KerTech IT Classes

December 19

Time: 1:30

Taking and editing videos. In this class you will learn to use the Camera app to take videos. You will explore settings that can be changed to adjust video quality and discuss how to take different types of videos on the iPhone. You will also go into Photos to learn to edit videos.

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

A delightful treat so close to home

December 4

Bus leaves Elder Affairs at 9:45 AM
Festival of Trees tour 10:00 to 11:00 AM
Lunch at Chateau Restaurant at 11:30 AM
Please call 781 848 1963 to sign up

Join us for a private showing of the Festival of Trees at Town Hall and enjoy a nice luncheon at the Chateau. Luxury bus will depart from Elder Affairs at 9:45 AM to arrive at Town Hall and the fun begins. It will be a feast for your eyes and your Stomach!



\$5 donation to be paid at Town Hall towards Festival of Trees



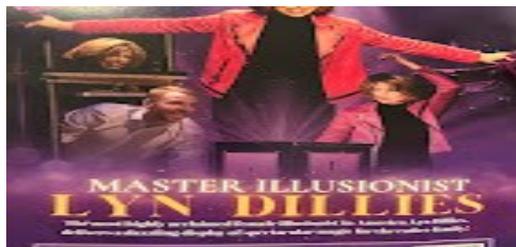
Ring in the New Year with the Magic Of Lyn Dillis

December 30
Time: 1:00 PM

Cost: \$10:00 per person, free entry for children

Come and watch the spell bounding magic of Illusionist Lyn Dillis. Lyn was at Elder Affairs a few years back and we were mesmerized. She is back again. Prepare to be enthralled. Bring your grand kids. Happy New Year!

Please call 781-848-1963 to sign up



Big Band Jazz and Lunch

December 23

Time : 1:00 PM

Music by Alan Cron and his band

Come and listen to big band jazz tunes, classic songs from the 40's 50's and 60's from the Great American Songbook, you will love and keep tapping your toes.

We will serve you a hot lunch before the show starts at 12:30

Please call 781 848 1963 to sign up



Mary from Outreach



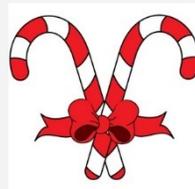
Gift Tree

As the holidays approach, let us think about those who could use some holiday cheer. This year our Gift Tree for the Holidays is located outside and is decorated with gift tags. If you wish, please take a tag which lists a specific gift item on it and purchase the gift for a senior who may be either in need, or isolated and lonely. **NEW** gifts only please. Please do not wrap the gifts. The gifts can be dropped off at the front desk or the Outreach Office. You may drop off the gifts Monday through Friday from 8:30 a.m. - 4:30 p.m. Please drop off any gifts you have purchased by Monday, December 15, 2025. We will then wrap and deliver the gifts before the holiday. We thank you for your thoughtfulness and generosity.

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.

The Outreach Office can be reached at **781-848-1963**.



From the Chairman

*Wishing you and yours a Happy and
a Healthy Holiday Season*

Warmest wishes from Hank Joyce & Elder Affairs Board members



**THE BRAINTREE CATHOLIC COLLABORATIVE
COMMUNITY MEAL**



FIRST WEDNESDAY OF THE MONTH

**December 3, 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 WELCOME. FIRST COME, FIRST SERVED!**

Pictures from Enrich, Empower and Thrive Fair



Elder Affairs is humbled by the support received from the community to make this Fair a success. Special thanks to the Rotary Club, South Shore Bank, Thayer Public Library, Braintree Police, Braintree Fire, Nurtured Roots, Lady and the Leash, Councilor Quilty and all the Elder Service providers.

Notary Public

Zen Wang from Attorney Thomas F. Williams & Associates, PC

Attorney at Laws Office

Will be available if anyone needs their documents to be notarized. Please call 617 847 4200 for information.

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

