



Town of Braintree

March 2026

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 March 2nd, **after 9:30 AM**

Greetings Everyone,

It has been very cold and very snowy in December and January and as I write this letter, I am hearing that there is a prediction of a nor'easter which is already churning the coast of the Atlantic. I guess we, the hardy New Englanders, were a bit spoiled for a couple of years with warmer temperature and more rain instead of snow. So snow lovers, now is your time to build your snowman and enjoy your winter sports. I am hoping by the time you get a hold of the March newsletter, the crocuses might be peeking out their heads to marvel at the sunshine.

I will be away for the month of February. Like every year I will go stay at my parent's house. They are not there anymore, but I feel their presence while I am staying in the house. Most of the rooms still have the same furniture they used and when I am there, I take out the bed spreads and curtains, my mother selected very carefully. She had a very good taste in décor. I miss the garden my father had. There is no one to tend to it, so other than a few hardy coconut trees and decorative plants, most of the beautiful flowering trees are gone. My four weeks will pass by fast and I will soon be back at my second home at 71 Cleveland Avenue, to spend Saint Patrick's Day with you.

In the mean time, we are very happy to see you braving the bitter cold and the snow and coming to our programs. Be well and be safe.....*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

Alzheimer's Caregiver Group

March: 31
Time : 4:00 PM
71 Cleveland Avenue
Presentation by Michelle Sonia
(she is back)
President and CEO
Seniors Helping Seniors

Seniors Helping Seniors provides in-home care for seniors by seniors through hiring more active mature adults to help others in need of support. To ensure the best possible match of caregivers and clients, the team considers not only the care requirements, but also the personality traits, background, hobbies and interests of each client and caregiver. The compassionate caregivers use their own life experiences to relate to clients while providing services like companionship and socialization, personal care/ADL assistance, memory loss support/dementia care, light housekeeping, transportation, and respite/family caregiver relief. The result? Genuine connections, the ability to age gracefully at home longer, and a rewarding experience for all involved.

To learn more please call 781- 848 -1963 to sign up

Spa Day



Date: March 20

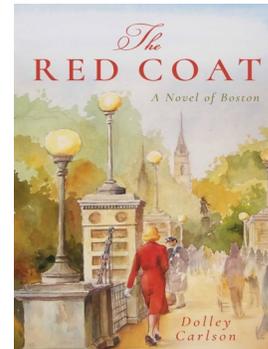
We offer your choice of
Manicure and/or Pedicure
Sign up for 1 or both.
By appt. only
781-848-1963

Book Club

Date: March 20
Time: 10:30

Book: "The Red Coat" by Dolley Carlson

The Red Coat: A Novel of Boston by Dolley Carlson is a historical fiction novel about the intertwined lives of two Boston families, an Irish immigrant family from South Boston and a wealthy Beacon Hill family, sparked by an Irish domestic worker asking her employer for a red coat.



Crafts with Ginny and Nancy

Date: March 30th

Time: 1:00
Cost \$5.00 per person
Don't miss the FUN!!!

Make up snow day class...

Eucalyptus Wreath Making

Crafting is FUN!

Just Lunch

March 31
12:30
\$7
Assorted Calzones

Happy St. Patrick's Day Party-Live Music & Irish Bread

Let's kick off St. Patrick's day weekend with some Irish Tunes
Irish Band performing traditional songs

Also enjoy some delicious Irish Bread

Date: March 13

Time: 1:00 PM

Where: 71 Cleveland Avenue

Please call 781 848 1963 to sign up



FREE

Volunteer Opportunities at South Shore Elder Services

South Shore Elder Services (SSES) is looking for volunteers for both their home-delivered meals program and their Long-Term Care Ombudsmen Program. Mileage is reimbursed and you can create your own schedule. Ombudsmen are trained and certified by the Commonwealth of Massachusetts. For more information, call SSES at (781) 848-3910 or visit them online at www.sselder.org/volunteer.

Make a difference in someone's life.

G.E.M.S.

Gentle Exercise of Movement & Stretching with Bob Cobbett

Here is a way to start the New Year off Right. Join us on Wednesdays at 1:00 PM, for a low intensity exercise, movement, and flexibility class designed for folks with mobility challenges and/or chronic health conditions that rule out participating in intensity classes. This class is perfect for people with osteoarthritis, muscle loss, or chronic pain issues. This is a 45 minute class. Come on out and join the fun as we work to improve our strength and flexibility together.

Every Wednesday

1:00 PM

Cost: \$2.00



Key Tech

Understanding the iPad

Thurs. March 5 (Grant-funded class)

The Photos App on iPhone: A Deep Dive

Fri. March 20 (Grant-funded class)

Using iMovie for Beginners

Time: 1:30

Call 781 -848 -1963 to sign up



AARP Foundation.....Tax Aide program

Braintree Elder Affairs is working with the AARP Foundation Tax-Aide to provide in-person tax assistance free of charge with a special focus on taxpayers who are over 50 or have low-to-moderate income. Tax-Aide volunteers are trained and IRS-certified every year. We can help prepare both federal and Massachusetts state tax returns.

Beginning January 22, 2026, we will accept calls for appointments. Please call (781) 848-1963 to make your appointment. Tax-Aide volunteers will be available on Tuesdays from February 3rd, 2026 through April 7th 2026. Appointments are required; no walk-ins allowed. If you must cancel or reschedule your appointment, please do so at least 3 business days in advance so another taxpayer can be offered that time slot.

When you make your appointment, we will mail an intake booklet to you. Everyone MUST complete a new intake form even if you did one last year. This is an IRS requirement, and we cannot waive it. Our trained volunteers will help you if you have questions on how to fill out the intake forms.

We request that you arrive 15 minutes prior to your appointment. Please be aware that your appointment may take over 90 minutes and that you will need to remain on-site until your return is completed.

Please bring a photo ID and social security cards for everyone on the return. You will also need to bring a copy of last year's return, all 2025 tax documents (e.g. W2, 1099-R, interest and dividend forms, void check if you want direct deposit, other 1099s, etc.) If you are eligible for the Massachusetts Circuit Breaker, please bring a copy of all real estate taxes and water/sewer bills paid in 2025. Also bring a voided check from your bank account for direct deposit. Paper refund checks is no longer allowed. The intake booklet will contain an information sheet that lists all the required forms so please review that carefully so that we have all the documents necessary to prepare your return.

Why don't we talk about death

For most people, death is the LAST thing they want to talk about. However, each of us WILL have a last day.....so no harm in talking about it.

Please join us for this important opportunity to discuss different topics to make end of life conversations and planning easier for you and your loved ones. The program will be facilitated by Cheryl Botieri, MS, an End-of-Life Educator, Family Support Specialist and End of Life Doula. We are fortunate to have Cheryl back. Last year Cheryl facilitated two sessions titled, "Let's talk about death over dinner" and the response was overwhelming. So let us talk about the inevitable once again. Braintree Elder Affairs will be hosting 3 sessions, on March 9th, April 27th and May 11th.

Why don't we talk about death

1st Session: March 9 from 1:30 PM to 2:30 PM

Seating is limited. Please call 781 848 1963 to sign up

The program is funded through the Massachusetts Councils on Aging Strengthening End-of-Life Conversations Initiative.

MONDAY	TUESDAY	WEDNESDAY
<p>2 9:30 Cardio and flexibility with Mary 9:30 Bocce Coffee Hour 10:30 –Walking 11:00-Men’s Coffee Hour 12:00 Pool Players 1:00 Cornhole league</p>	<p>3 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>4 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 GEMS Class 1:00 Bingo Must purchase all Bingo Cards by 12:50. Game is closed after 12:50</p>
<p>9 9:30 Cardio and flexibility with Mary 9:30 Bocce Coffee Hour 10:30 Blood Pressure Clinic 10:30 –Walking 11:00-Men’s Coffee Hour 11:30-2:30 Talk about Death 12:00 Pool Players</p>	<p>10 Shopping Shuttle-See page 3 10:00 Balance with Bob Cobbett 10:00 Rummikub 12:30 Cribbage 1-3:00 Game time</p>	<p>11 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 GEMS Class 1:00 Health and Wellness with Jennifer Lynn</p>
<p>16 9:30 Cardio and flexibility with Mary 9:30 Bocce Coffee Hour 10:30 Office Hours with Senator Keenan 10:30 –Walking 11:00-Men’s Coffee Hour 12:00 Pool Players 1:00 Cornhole league</p>	<p>17Happy St. Patrick’s Day AARP Taxes Shopping Shuttle-See page 3 10:00 Balance with Bob Cobbett 10:00 No Rummikub 11:30 Boiled dinner and bag pipes 12:30 No Cribbage 1-3:00 No Game Time</p>	<p>18 9:30 Cardio and Flex with Mary 11:00 Asian Outreach Lunar New Year 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 1:00 GEMS Class</p>
<p>23 9:30 Cardio and flexibility with Mary 9:30 Bocce Coffee Hour 10:30 –Walking 11:00-Men’s Coffee Hour 12:00 Pool Player</p>	<p>24 Shopping Shuttle-See page 3 10:00 Balance with Bob Cobbett 10:00 Rummikub 12:30 Cribbage 1-3:00 Game Time</p>	<p>25 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 GEMS Class 1:00 Listen to the experts/Fraud</p>
<p>30 9:30 Cardio and flexibility with Mary 9:30 Bocce Coffee Hour 10:30 –Walking 11:00-Men’s Coffee Hour 12:00 Pool Player 1:00 Crafts with Ginny and Nancy</p>	<p>31 Shopping Shuttle-See page 3 10:00 Balance with Bob Cobbett 10:00 Rummikub 12:30 Cribbage 12:30 Just Lunch \$7 see article 1-3:00 Game Time 4:00 Alzheimer’s Support Group</p>	

THURSDAY

FRIDAY

5
 0:00 Balance & Conditioning for the Highly Motivated (With Bob)
 0:00-Mahjong
 1:30-Quilting
 2:30 Pool for beginners
 :00 Knitting
 :30 IT/IPad Class with KevTech-photo apps

6
 8:30 Muscles & Moves
 9:15 Slow and Steady Class Room 5
 9:15 Tai Chi
 10:20 Chair Yoga
 11:30 Coffee and Conversations
 12:00 Pool Players
 1:00 History of Feminism with John Clark
 1:00 No Movie Friday

2
 0:00 Balance & Conditioning for the Highly Motivated (With Bob)
 0:00-Mahjong
 0:00 Photography
 1:30-Quilting
 12:30 Pool for beginners
 :00 Knitting

13
 Special Shopping Trip- Walmart
 8:30 Muscles & Moves
9:15-NO Slow and Steady Class Room 5 (Cancelled)
 9:15 Tai Chi
 10:20 Chair Yoga
 11:30-Coffee and Conversations
 12:00 Pool Players
 1:00 St. Patrick's Day Irish Music along with Irish Bread

19
 0:00 Balance & Conditioning for the Highly Motivated (With Bob)
 0:00-Mahjong
 1:30-Quilting
 2:30 Pool for beginners
 :00 Knitting

20
 Spa Day by appt. only
 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 Tai Chi)
Cancelled-NoArthritic Massage by appt. only
 10:20 Chair Yoga
 10:30 Book Club-The Red Coat, by Dolley Carlson
 11:30 Coffee and Conversations
 12:00 Pool Players
 No Movie
 1:30 IT/IPad Class with KevTech-iphone movie for beginners
 2:00 Board Meeting

26
 0:00 Balance & Conditioning for the Highly Motivated (With Bob)
 0:00-Mahjong
 0:00 Photography
 1:30-Quilting
 2:30 Pool for beginners
 :00 Knitting

27
 8:30 Muscles & Moves
 9:15 Tai Chi
 9:15-Slow and Steady Class Room 5
 10:20 Chair Yoga
 11:30 Coffee and Conversations
 12:00 Pool Players
 1:00 Movie Viewers Choice and Pizza



Be prepared for the winter storms

Before the Storm: Prepare & Prevent

- Check the weather forecast and sign up for local emergency alerts
- Make sure you have enough medications, groceries, water, and pet supplies
- Charge cell phones, medical devices, and backup batteries
- Set your thermostat to a safe temperature and close off drafty rooms
- Gather flashlights and extra batteries (avoid candles if possible)
- Arrange a check-in plan with a family member, neighbor, or caregiver
- Bring in deliveries and clear walkways **before** snow and ice arrive

During & After the Storm: Stay Safe

- Avoid unnecessary travel and walking on icy surfaces
- Dress warmly in layers and wear sturdy, non-slip footwear
- Use caution when shoveling—take frequent breaks or ask for help
- Watch for ice buildup near doors, vents, and walkways
- Be alert for signs of cold-related illness or carbon monoxide exposure
- Reach out for help if you need assistance with food, heat, or safety checks

Massachusetts Resources & Emergency Contacts

- **Emergency:** Call **911** for immediate danger or medical emergencies
- **Massachusetts 2-1-1:** Dial **211** or visit MA 211 for help with
 - o Food and fuel assistance
 - o Emergency shelter or warming centers
 - o Transportation and local services
 - o **Your Local Council on Aging:** Call your COA for wellness checks, resources, and storm-related assistance
 - o **Power Outages:** Contact your local utility provider to report outages or downed lines
 - o **Fuel Assistance:** If you are concerned about heat or fuel during cold weather, contact **LIHEAP** through your local community action agency (**Edit above with your Local Information**)

Staying informed, prepared, and connected makes all the difference.

Be prepared for the signs of Hypothermia

You may feel confused, have difficulty speaking, stiff muscles, shivering and sleepiness. Please get help.





History of Feminism



Presented by John Clark's **Great American Music**

March 6

Time: 1:00

Venue: 71 Cleveland Avenue

A 100-year history (1870 to 1970) of the music that played a vital part in American women's struggles for equal status and equal rights

Come enjoy the music and immerse yourself into history

Come enjoy the music and also celebrate the 250th birthday of America

Please call 781 848 1963 to sign up



SAVE THE DATE

April 8th at 1:00 PM

We will host a coffee hour with Congressman Lynch. This would be an informal conversational event, which bring us together to discuss important Federal programs, such as Medicare, Medicaid, Social Security, as well as how these programs may be affected by recent federal legislations.

Sign ups will begin in March. Call 781 848 1963.

SNOW PLOW

If you are someone who owns a snow plough or have a business plowing driveways during the snowy season, Elder Affairs would like to put your name and number on our resource list. Our Resource List has names of people who provides various services needed by our older residents. Please call Mary Howland at 781 848 1963 to discuss further. The fee for cleaning the snow will be negotiated directly with the client and the business.

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

Mary from Outreach



If you know of a senior in your neighborhood that may not be familiar with The Braintree Department of Elder Affairs, please let us know and we can give them a call, mail out an information packet or schedule a home visit. We may be able to welcome new friends to our programs. There are also some older adults who may be homebound and cannot get out to the Senior Center, but we can come to them. We have our Library Express Program and Friendly Visitor Program specifically designed to meet their needs.

The Outreach Office can be reached by calling 781-848-1963.

Thank you!

Irish Festivities

**Come and listen to the sound of music of our very own
Vocalist and Bagpiper Bob Cameroon
And enjoy a Full boiled Irish Dinner**



March 17

Time: 11:30

Where: 71 Cleveland Avenue

Cost: \$10:00

Let us all be Irish together

Call 781 848 1963 to sign up



From the Chairman

Needless to say it has been cold winter so far... but brighter days are on the horizon. The Superbowl was tough to watch. But they are a young team and we are hopeful for next season. Now onto the Red Sox, the first sign of warmth and new beginnings. As always our scheduled is filled with St. Patrick's day parties to kick off spring. Please see all of the wonderful March programs we are offering. Just to list a few... Wellness, Fraud, Exercise, Games you name it we have it! Don't forget about the coffee, snacks and company each and every day!

Stay Safe and Healthy,

Hank

Understanding basic banking and outsmarting the fraudsters

March 25 at 1:00PM

Come and listen to the experts from the South Shore Bank

They will answer basic questions which you always wanted to know or have been misinformed

The difference between a beneficiary and a joint owner (including considerations before adding someone to accounts as a joint owner)

Questions to ask when setting up a Trust.

What is a POA and should I have one? What powers do they have over my finances? What should I keep in a safe deposit box? What shouldn't I keep in one? Consider access rights.

How do I know a check is "good"?

How long does it take a check to clear?

Your rights with Electronic transactions.

What is FDIC insurance and what does it cover?

And then you will always learn about the latest scams and frauds.

Please call 781 848 1963 to sign up.

Bocce Winter Coffee Hour

We won't let the weather keep us from socializing with one of our favorite groups. Until the days are a little longer and a lot warmer, let us meet for some fun coffee and conversation to beat the winter blues!

Time: Mondays @ 9:30-10:30

Where: Dining room at 71 Cleveland Ave



Live, Learn and be Happy



If have not visited us yet, do not wait. Ask for our newsletter, take a tour of our facility and enjoy what we have to offer. We strive to build activities and entertainment to satisfy people in their sixties to late nineties. If you have an idea, write it down and put it in our suggestion box.

Save the date

On April 28th, we will have special programs on Alzheimer's and Dementia related diseases. The program will begin at 3:00 PM. This will be open for everyone. Please look for more information in our April newsletter. We are pleased that Thayer Public Library will be collaborating with Elder Affairs.

Come and have a chat with your State Senator

March 16
Time: 10:30 AM to 12.00 Noon
Where: 71 Cleveland Avenue

Senator Keenan will be holding Office Hours at Braintree Elder Affairs. You are welcome to drop by with your questions, comments, or just to chat about State issues. Please call 781 848 1963 to let us know that you are coming.

MassSenate

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 ~ 2026 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

March in Boston

