

Town of Braintree

March 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 March 3 **after 9:30 AM**

## **BOSTON SIGNATURE LUNCH BINGO CRUISE SPIRIT OF BOSTON**

Braintree Department of Elder Affairs

Thursday, April 10, 2025

Please come **in** to sign up on March 3rd on or after 9:30 AM. Seats are limited  
Ticket must be purchased before March 14th.

\$100 pp

Cruise Experience

**Boston Signature Lunch Bingo Cruise** Enjoy the Boston skyline with a two-hour Boston Signature Lunch Bingo Cruise. Enjoy our delicious lunch buffet. Games include three games of bingo and prizes for winners while you watch the scenic Boston Harbor views and listen to lively DJ entertainment. There's something for everyone on this lunch bingo cruise!

Luxury bus brings you into Boston departing 71 Cleveland Ave at 9:30AM

**Cruise Includes:** Duration 2 hours

Lunch Buffet

- Lively rounds of bingo with prizes and other onboard games
- Full-bar available-Cash bar
- DJ entertainment
- Scenic Boston Harbor views



*Greetings Everyone,*

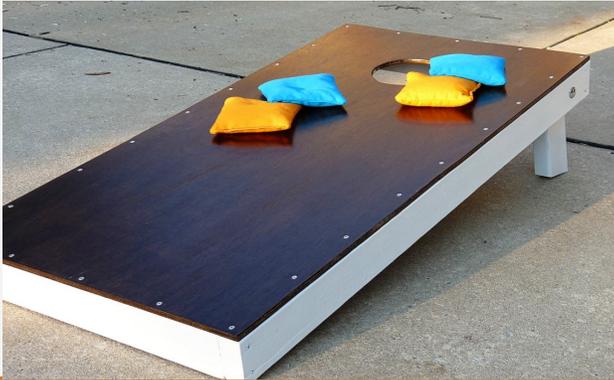
Happy Saint Patrick's Day to everyone. We can all be Irish on Saint Patrick's Day. Join us for a good meal and great entertainment and if everything goes as planned you may have the pleasure of finding the pot of gold!

*Sharmila*

## Cornhole League

**Date: March 10th and 24th  
Time: 1:00**

**Where: 71 Cleveland Ave  
Please call to sign your  
team of 2 up @ 781-848-1963**



**Call and ask about our  
monthly Spa Day!  
We offer your choice of  
Manicure, Pedicure and  
Chair Massage. Sign up for  
1 or all 3.  
Our Technicians are so tal-  
ented!  
By appt. only  
781-848-1963**

## “Discover your Encore”

**Date: March 20  
Time: 12:30 Lunch provided and program to follow @1:00  
Part 2 of a 3 part series....  
“Discover your Encore”**

Register for “Discover your Encore” by calling 781-848-1963  
First day of Spring

**The last of our 3 part series!  
“Discover Your Encore”**

“Discover Your Encore” defines the “encore” stage of life and presents healthy aging through purposeful work, whether paid or unpaid, with social impact. The seminar explores motivations, interests and competencies leading to development of attendees’ Encore Targets, which are personalized elevator speeches to use in telling their own, genuine Encore Stories. This interactive seminar offers opportunities to change one’s thinking about what’s possible, midlife and beyond. Join in with others from your community to find your Encore “second act for the greater good.”

# IT Classes are Back!!!

**Date: 3/21**

**Time: 1**

**Where: 71 Cleveland Ave**

**Call 781-848-1963 to sign up**

## 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, March 4 – Shaw's

Tuesday, March 11 —Stop & Shop

Tuesday, March 18—Shaw's

Tuesday, March 25—Stop & Shop

Special Shopping Trip: March 14 –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.**

## Low Vision Support Group

**Date: March 4**

**Time: 10**

**Where: 71 Cleveland Ave**

**Educate**

**Listen**

**Share**

**Eat**

**&**

**Enjoy some**

**wonderful company**



## Alzheimer's Support

**Tuesday, March 25**

**Time: 4:00 PM**

If you are a person taking care of a loved one, who has Alzheimer's disease, we invite you to join us for an informal meeting. The group consists of caregivers who are walking on the same path like you and everyone is eager to compare notes with each other. Please come and join us.

Please call 781-848-1963 to sign up

## Help with minor chores

Elder Affairs in collaboration with Braintree Recreation Department is looking for High School students who can assist the older residents of Braintree in completing some household chores. Assistance may be needed for snow shoveling, dog walking, raking, help bring the trash barrels to the curb etc. This program hopefully will form a great connection with the older adults and the young and in some ways create a deep understanding and respect for each other. Please call 781 794 8900 for Brendan Croak or Chris Griffin at the Recreation Department if you are Interested and need more details.

## Saint Patrick's Celebration



**March 17**



**Starting at 11:00 AM**

We just can't get enough of this day. Please join us to celebrate this day with Irish Bread and Bag Pipe performed by Bob Cameron. So wear your green and come celebrate. Hopefully spring is around the corner.

Call 781 848 1963 to sign up. Donations will be very much appreciated.

## Senior Discounts

We have some printed copies available for merchants and shops that offers discounts to older adults. We will have some at the display tables. Feel free to take one.

	In-store or online	Eligibility
Partnership	Online	Must be a qualifying government assistance recipient, including SNAP and SHAP
for spent: nday	In-store	No age requirement
a	In-store or online	Must create a Big Lots account
te	In-store	
	In-store or	Must have a My ExtraCare card

## Book Club

**Date: March 21**

**Time: 10:30**

**Come Join us!**

**“My Magnolia Summer” by Victoria Benton**



# THANK YOU!

Thank you to the AARP hard working volunteers who have helped our senior community in getting their 2024 taxes completed. All appointments have been filled and we are now on a waitlist.



## Learn how to play pool

### 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!

**Pizza and a Movie**  
**Last Friday of the Month!**  
**Pizza at 12-Movie at 12:30**  
**“The Sting”**



Monday

TUESDAY

WEDNESDAY



3  
9:30 Cardio and flexibility with Mary  
10:30 –Walking (weather and construction may effect this group)  
11:00-Men’s Coffee Hour  
12:00 Pool Players

4 Shopping Shuttle-See page 3  
10 -Low Vision Group  
10:00 Balance with Bob Cobbett  
10:00 Rummikub  
11:30-Bingosize  
12:30 Cribbage  
1:00 Game Time

5  
9:30 Cardio and Flex with Mary  
10:30 Canasta  
11:00 Asian Outreach  
12:00 Pool Players Men and Women  
1:00-Bingo  
*Must purchase all Bingo Cards by 12:50. Game is closed after 12:50*

10  
9:30 Cardio and flexibility with Mary  
10:30 –Walking (weather and construction may effect this group)  
10:30– Blood Pressure Clinic  
11:00-Men’s Coffee Hour  
12:00 Pool Players  
1:00 Cornhole league

11  
Shopping Shuttle-See page 3  
10:00 Balance with Bob Cobbett  
10:00-12 Rummikub  
11:30-Bingosize  
12:30 Cribbage  
1:00 Game Time

12  
9:30 Cardio and Flex with Mary  
11:00– Asian Outreach  
10:30 – Canasta  
12:00 Pool Players  
Men and Women

17  
**Happy St. Patrick’s Day**  
9:30 Cardio and flexibility with Mary  
10:30 –Walking (weather and construction may effect this group)  
11:00– St. Patrick’s Day Irish Bread and Bag Pipes  
11:00-Men’s Coffee Hour  
12:00 Pool Players

18  
Benefits specialist by appt.  
Shopping Shuttle-See page 3  
10:00 Balance with Bob Cobbett  
10:00-12 Rummikub  
11:30-Bingosize  
12:30 Cribbage  
1:00 Game Time

19  
9:30 Cardio and Flex with Mary  
10:30 Canasta  
11:00 Asian Outreach  
12:00 Pool Players Men and Women  
1:00-Bingo  
*Must purchase all Bingo Cards by 12:50. Game is closed after 12:50*

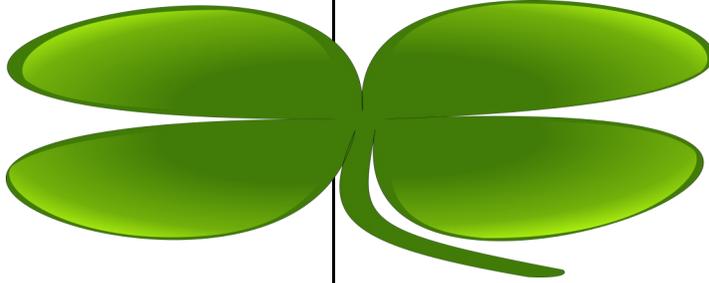
24  
9:30 Cardio and flexibility with Mary  
10:30 Walking (weather and construction may effect this group)  
11:00-Men’s Coffee Hour  
12:00 Pool Players  
1:00 Craft with Nancy and Ginny  
1:00-Cornhole league

25  
Ask a Lawyer-by appt. only  
Shopping Shuttle-See Page 3  
10:00 Balance with Bob Cobett  
10:00 Rummikub  
11:30 Bingosize  
12:30-Cribbage  
1:00-Game Time  
4:00 Alzheimer’s Support

26  
9:30 Cardio and Flex with Mary  
10:30 Canasta  
11:00 Asian Outreach  
12:00 Pool Players Men and Women

# THURSDAY

# FRIDAY



<p>6 10:00 Balance &amp; Conditioning for the Highly Motivated (With Bob) 10:00-Mahjong 11:30-Quilting 12:30- Learn how to play pool 1:00 Knitting</p>	<p>7 8:30 Muscles &amp; Moves 9:15 Tai Chi 10:45 Chair Yoga 11:30-Coffee and Conversations 11:30Bingosize- Nutrition education 12:00 Pool Players 12:30 Fun Movie Friday- "The Quiet Man" Due to the length of the movie we are starting 30 minutes early.</p>
<p>13 10:00 Balance &amp; Conditioning for the Highly Motivated (With Bob) 10:00-Mahjong 10 :00Photography 11:30-Quilting 1:00 Knitting</p>	<p>14 Special Shopping Trip- Walmart Ask the Lawyer, call by appt. only 8:30 Muscles &amp; Moves 9:15 Tai Chi 10:45 Chair Yoga 11:30-Coffee and Conversations 11:30 Bingosize 12:00 Pool Players 12:00 St. Patricks Day Celebration-\$10.00</p>
<p>20 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 1:00-"Discover your Encore" Presentation</p>	<p>21Spa Day by appt. only Call and ask what we offer 8:30 Muscles &amp; Moves 9:15 Tai Chi 10:45 Chair Yoga 10:30-Book Club 11:30 Coffee and Conversation 11:30-Bingosize 12:00 Pool Players 1:00 IT Class (NO Movie) 2:00 Board Meeting</p>
<p>27 10:00 Balance &amp; Conditioning for the Highly Motivated (With Bob) 10:00-Mahjong 10 :00Photography 11:30-Quilting 1:00 Knitting</p>	<p>28 8:30 Muscles &amp; Moves 9:15 Tai chi 10:45 Chair Yoga 11:30-Coffee and Conversations 11:30 Bingosize 12:00 Pool Players 12:30 Pizza and a Movie -"The Sting"</p>

# Are You Ready for a Puzzle Competition

*See April Newsletter for Date and time.*

**Must have a team of 2      5 teams total**

## **What is a Jigsaw Puzzle Competition, Exactly?**

A jigsaw puzzle competition typically consists of individuals and teams that compete against one another putting a puzzle together. Whoever completes their puzzle first wins! Typically, these events include multiple rounds to determine the ultimate winner, but however you choose to set up the competition is up to you. Here is a breakdown of the basics:

- Each team receives the same puzzle
- No one gets to see the puzzle until the timer begins – the puzzle boxes are placed face down before the competition starts
- Individuals or teams try to put the puzzle together the fastest
- Rounds are a specified amount of time; if there is no declared winner by the end of the time limit, the winner is chosen by their remaining number of loose pieces
- In the event of a tie, individuals or teams can be given an additional five minutes to work on the puzzle
- There are no devices or outside assistance permitted while working on a puzzle
- Two moderators help with the event – one to handle the timer and completion times, and another to observe and ensure that competitors are abiding by the rules
- Individuals and teams are not allowed to distract or approach team tables when the competition is in progress. If opting for multiple rounds, progress by piece count with the top puzzlers proceeding to the next round

Once you have your team of 2 give us a call. First 5 teams get in the first round of the Puzzle Competition.

## Friday Exercise Schedule Change

We are working to accommodate our wonderful Friday exercise classes

8:30-9:15.aerobics/weights/bands

9:15-10:15 Tai Chi

10:45- 11:30 chair yoga

**Everyday at Braintree Elder Affairs is a fun day! Joins us for games, exercise, special events and activities or just enjoy our complimentary coffee and pastries which is served all day, every day! You are bound to enjoy the companionship!**

# South Shore Elder Services presents...BINGO Size

Classes continued  
Time: 11:30 Every Tuesday and Friday  
Where: 71 Cleveland Ave

South Shore Elder Affairs Presents: Bingo Size...A 10 WEEK, 2 sessions per week  
**EVIDENCE BASED PROGRAM**  
**INCORPORATING: EXERCISE, NUTRITION and BINGO**  
A full hour of jam packed with fun, knowledge and information

DOCUMENTED POSITIVE OUTCOMES INCLUDE: YOUR INCREASED MOBILITY, STRENGTH & ENDURANCE

FALLS REDUCTION INCREASED SOCIAL ENGAGEMENT, 2 1 HOUR SESSIONS per WEEK

SNACKS PROVIDED  
*Please call 781-848-1963 to sign up*

## Making Memories With Friends



# Tai Chi/Qi Gong



Tai Chi/Qi Gong is very good for balance. It is suitable for any age and it is very important as we get older. It helps to have more strength, flexibility, relaxation and get rid of stiffness or pain. By the gentle movements moving the Chi we can get rid of blockages of Energy in the body so promote healing. By focusing on the posture we are living more in the present moment so more happiness.

There is no equipment needed. It is done slowly. It is simple and easy to learn. It helps with our daily life or any sports/activities.

Braintree Elder Affairs has Tai Chi/Qi Gong classes every Friday. Come try it and you may decide to keep coming back.

## Benefit Specialist from South Shore Elder Services

**Date: March 18**

**Where: 71 Cleveland Avenue**

**Time: 10:00 to 1:30**

Introducing **Nadia Montrond**, Benefit's Support Specialist from South Shore Elder Services. She will be available once a month to speak with you about benefits that may be available to you.

**Her expertise is:**

\* **Social Security Matters**

\* **MA Long Term Care Ombudsman ( if anyone has concerns about a Nursing Home, you can speak to her)**

\* **Medicaid Certified Application Counselor Specialist for older adults (Frail Elder Option) and people under 65.**

\* **Senior Care Programs available for Elders in the community and care needed to remain at home.**

Appointments for 30 minutes will be available for each person who wishes to speak with her. Please call 781-848-1963 to make an appointment.

# From The Chairman

FROM THE CHAIRMAN

March 2025

I hope you all had a nice Valentine's Day. February was chilly to say the least. Wishing spring weather visits us sooner rather than later. Unfortunately, I was unable to attend the Valentines Day Musical Celebration with David Polansky. I hear that everyone enjoyed it.

There will be Cornhole League on March 10<sup>th</sup> and March 24<sup>th</sup> at 1:00 PM. Please call to sign up at 781-848-1963. There will be teams of 2.

On March 14<sup>th</sup> at 12 PM we will have a luncheon with full boiled dinner followed by great entertainment. Listen to the lovely music of Golden Lane, Cape Irish Music. It will cost \$10.00 per person. Please call 781-848-1963 to sign up.

On March 17<sup>th</sup> we will have a St. Patrick's Day Celebration with Irish Bread and bag pipe music provided by Bob Cameron.

The Boston Red Sox have arrived at spring training. They will start the season in late March on the road. They seem to be very enthusiastic about the new second baseman that they acquired. Maybe they will play better this year with new talent. The Boston Celtics are looking very good. The Bruins are not having a great year and are fighting for a playoff spot.

Please read the whole bulletin as there are many events at the senior center.

Be careful walking around outside because it has been very icy. Wishing you a Happy St Patrick's Day.

Hank Joyce

## Outreach



March 2<sup>nd</sup> is Dr. Seuss' birthday. March 2<sup>nd</sup> is also known as "National Read Across America Day". It is widely celebrated by teachers and children in schools. Throughout our lives we make many trips to the library and/or the bookstore. But what happens when we are no longer able to drive? Please read below about our **Library Express Program**:

The Library Express Program is a service designed for residents of Braintree who are unable to leave their homes due to a health or social service issue that lasts twelve weeks or more. It is a partnership between the Braintree Department of Elder Affairs, Thayer Public Library and Friends of Thayer Public Library. We offer a biweekly delivery of library materials with a limit of five items per visit. Our Outreach Worker picks up the materials at the library, delivers them to your home, and returns the ones from the prior visit to the library. If you or anyone you know could benefit from this service, please give us a call at 781-848-1963.



How can you tell if an Irishman is having a good time?  
He's Dublin over with laughter!

## Friday Exercise Schedule Changing

8:30-9:15.aerobics/weights/bands

9:15-10:15 Tai Chi

10:45- 11:30 chair yoga



## Crafts with Ginny and Nancy

**March 24**

**Time: 1:00**

**Cost: \$3:00**

**Craft is making Decoupage shells**

**Please Call 781-848-1963 to sign up**

**Enjoy socializing while being creative!**



## Happy Saint Patrick's Day

**March 14 at 12 noon**

**Come enjoy a full boiled dinner followed by great entertainment!**

**Listen to the lovely music performed by:**

**Golden Lane, Cape Irish Music**

**You may want to tap your feet!**

**\$10.00 per person**

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



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

Place  
Stamp  
Here

**Braintree Department of Elder Affairs:** Information & referral, Outreach assistance, transportation - both local & Title IIIB SSES grant funded MAP rides to Boston, shopping, SHINE insurance help, TRIAD services, 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**

**Lucille Barton**

**Carol Kippenham**

**Ann Moore, Secretary**

**Tim Burke**

**Connie Mattina**

**Cathy Munroe, Recording Secretary**

**June Newman**

**Please join us for all the fun! See our calendar.**

**Pastries, and Coffee served all day everyday.**

**Exercise classes 5 days a week**

**Games 5 days a week**

**As well as our many monthly specialty programs**

**Lunches, Laughter, Education, Crafts, Nutrition & Self care just to name a few  
we have it all listed in this newsletter.**

**We are a busy and lively group come join in the fun!**

