



April 2018

# Town of Braintree

## Department of Elder Affairs

71 Cleveland Avenue, Braintree, MA 02184  
Hours: 8:30 AM– 4:30 PM

*“Live, Learn, Laugh and Be Happy”*

Mayor Joseph C. Sullivan

Sharmila Biswas: Director

Mary Howland: Outreach Coordinator

Therese Jarrett: Services Coordinator

Amanda Santagate: Coordinator of Volunteers

William Murphy: Custodian

Frank DeFrancesco: Transportation Services

PHONE: 781-848-1963

FAX: 781-848-2835

WEBSITE: [www.townofbraintreegov.org](http://www.townofbraintreegov.org)

**Please note you may sign up for all activities on Monday, April 2, after 9:30 AM.**

**Please do not call earlier to request to be signed up for an activity unless otherwise noted in the newsletter.**

**Thank you for your patience and understanding.**



# CAPE COD IRISH VILLAGE

**Trip to Cape Cod Irish Village in South Yarmouth**

**Tuesday, May 22 from 10:30 AM-3:30 PM**

**\$46 Tickets will be on sale after 9:30 AM Monday, April 2**

**Please make all checks payable to Braintree Department of Elder Affairs**

Please join us for a delightful day at Cape Cod Irish Village. You will enjoy a choice of traditional corned beef and cabbage, baked scrod or delicious chicken pot pie. The luncheon will be followed by a lively musical performance.

Your ticket price includes transportation, driver gratuity, lunch and entertainment.

**Please note the following details: All trips are held rain or shine. If possible, please carpool and park your car in the field for all day trips. Braintree residents will be sold tickets first, then a wait list will be taken for out of town residents. Seating is very limited and tickets sell quickly. Please pick up your ticket the first weekday of the new month, cash or check.**

\*U.S. Disabilities Act of 1990-Town of Braintree: A handicapped accessible coach bus may be made available upon receipt of notice provided to The Department of Elder Affairs at least 30 days prior to trip date by calling 781-848-1963.

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Braintree Dept. of Elder Affairs, Braintree, MA

06-5067

## Greetings Everyone...

As usual, I am writing my message for the April newsletter in March. March came in like a lion and the forecasts predict that it will keep on roaring for a few more days. Keeping our fingers crossed for it to leave like a lamb!

Many of you know that I was away in India for a few weeks. I went to take care of my aunt. She was never married and has no children, so someone needed to be there when she got home from the hospital. She is feeling better but still has a long way to go. As I stepped on US soil, Mother Nature greeted me with one of her classic Nor'easters. I felt blessed when I could dodge the snow and come home while it was still raining. Then, in a few days, came the third Nor'easter. This time, I was not so lucky. Trees fell on my roof, driveway and broke one of my windows. Since it is still March, I am hoping I will have some Irish luck rubbed on me so I can get out of all this mess soon. At least this did not happen while I was away and I am happy to be back at 71 Cleveland Avenue and see all of you. Thank you for your warm welcome, no wonder I love my job.

For your information, I wanted to point out a couple of things that you need to be aware of. The Massachusetts Registry of Motor Vehicles (RMV) is reminding the public that from March 26, 2018, onwards, to renew any driver's license, customers will need to provide documentation showing citizenship or lawful presence in the US. On March 26, customers will have a choice between REAL ID Drivers License or ID card or Standard MA Drivers License or ID card. Real ID is a Federal Security standard with increased security measures which was created in 2005. Real ID will be available on March 26, however people will not need it until October 2020.

Starting in April, 2018, Medicare will be mailing new cards to its recipients. Massachusetts will not be getting them until the beginning of June. Please look into our newsletters in the coming months for more information. In the mean time, stay safe and soon the birds will be chirping and the flowers will be blooming. ....*Sharmila*

### Thank you Dan Winters



Thank you to local artist Dan Winters for the beautiful painting of our building which now hangs in our hallway.

Pictured: Alice Winters, Mayor Sullivan, Dan Winters, and Chairman Hank Joyce.

### Red Sox Opening Day



Please join us as we cheer on the Boston Red Sox as they play against Tampa Bay at our Opening Day Game Celebration. Come around 1:30 for hot dogs. We will then watch the 2:05 game on our big screen TV. Hopefully the game will be a quick win for the Red Sox as we are closing at 4:30.

Wear your Red Sox gear and help cheer on our team during Opening Day!

**Date:** Thursday, April 5  
**Time:** 1:30 PM  
**Where:** Braintree Department of Elder Affairs  
**Sign Up:** Please call 781-848-1963  
\$2 due at sign up



## LOGAN PARK AFFORDABLE HOUSING

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Braintree Dept. of Elder Affairs, Braintree, MA

06-5067

## Special Activities and Meetings: See our calendar for a complete list of activities

2nd and 4th Monday	Bereavement Support Group	2:00 PM
Every Tuesday	Shine Insurance Counseling	10:00 AM
Tuesdays in April	Beginner Computers: call to sign up	9:30 AM
Tuesdays in April	Intermediate Computers: call to sign up	10:45 AM
2nd and 4th Tuesday	Rummikub	10:00 AM
Every Wednesday	Asian Outreach 長者服務	10:00 AM
Tuesday, April 3	Low Vision Group	10:00 AM
Wednesday, April 4	BINGO	1:00 PM
Thursday, April 5	Red Sox Opening Day \$2	1:30 PM
Friday, April 6	Fun Friday Movie: <i>Notting Hill</i> ; see page 15 for details	1:00 PM
Monday, April 9	Belles and Beaux Musical Entertainment	1:00 PM
Wednesday, April 11	Phone & Tablet Help: see page 13 for details	10:00 AM
Thursday, April 12	Ragtime Jack Musical Entertainment: see page 7 for details; \$2	1:00 PM
Friday, April 13	Western Legends: Billy the Kid; see page 10 for details	11:00 AM
Friday, April 13	Fun Friday Movie: <i>The Family Man</i> ; see page 15 for details	1:00 PM
Tuesday, April 17	Osteoporosis: see page 14 for details	10:00 AM
Tuesday, April 17	AARP at Braintree Sons of Italy: entertainment by Magician Jack Ryan	1:30 PM
Wednesday, April 18	BINGO	1:00 PM
Wednesday, April 18	Blooming Tea cups: see page 10 for details	10:00 AM
Thursday, April 19	Are you OK? Presentation: see page 13 for details	11:00 AM
Friday, April 20	Lighthouse Presentation: see page 7 for details	11:00 AM
Friday, April 20	Fun Friday Movie: <i>Letters to Juliet</i> ; see page 15 for details	1:00 PM
Monday, April 23	JAMBO Africa: see page 7 for details \$2	1:00 PM
Tuesday, April 24	Trip to Daniel Webster Inn	
Tuesday, April 25	Monthly New Movie: <i>Wonder Woman</i> ; see page 14 for details	12:00 PM
Thursday, April 26	Monthly luncheon: see page 6 for details	12:00 PM
Friday, April 27	Fun Friday Movie: <i>Dave</i> ; see page 15 for details	1:00 PM

### Elder Affairs is a New Polling Location

**Notice: Voters in District 4A: East Middle School**

**Effective immediately your voting polling location has changed  
from East Middle School Gymnasium, 305 Middle Street  
to the Elder Affairs Building, 71 Cleveland Avenue.**

## Free Blood Pressure Clinics

Every Tuesday	Braintree Town Hall	3:00-4:00
Every Friday	Braintree Town Hall	9:00-10:00
Wednesday, Apr 4	Department of Elder Affairs	12:15-1:00
Monday Apr 9	Heritage Housing	12:00-12:30
Thursday, Apr 12	Independence Housing	10:30-11:30
Wednesday, Apr 18	Department of Elder Affairs	12:15-1:00
Tuesday, Apr 24	Roosevelt Housing	12:00-12:30

## 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, April 3	Roche Bros.
Thursday, April 5	Shaw's
Tuesday, April 10	Shaw's
Thursday, April 12	Shaw's
Tuesday, April 17	Stop & Shop
Thursday, April 19	Stop & Shop
Tuesday, April 24	Roche Bros.
Thursday, April 26	Shaw's

**Special Shopping Trip:**  
**Friday, April 13**                      **Trader Joe's**

## Monthly Luncheon Thursday, April 26th 12:00 Noon



Menu: ziti, meatballs, salad and rolls

\$7 lunch tickets are available for purchase beginning Monday, April 2 after 9:30. Braintree residents only.

## Resale Shop

The resale shop is in need of costume jewelry. Please bring in any unwanted items which will be sold in our resale shop. The funds will be used to support our activities. Thank you.

## Services

- **Outreach:**  
Information & Referral  
Advocacy  
Friendly Visitor & Library Express
- **Transportation:** please call to reserve  
Medical Van Rides  
Senior Center Activity Rides  
Shopping Shuttles
- **Recreation:**  
Monthly Lunches  
Social Activities  
Special Events & Educational Seminars  
Day Trips  
Health and Fitness Classes
- **Support Groups:**  
Low Vision Meetings  
Alzheimer's Support Meetings  
Bereavement Support Group
- **TRIAD:** senior safety
- **SHINE:** health insurance counseling;  
**please call for an appointment**
- **Ask the lawyer:** free consultations;  
**please call for an appointment**
- **Medical Equipment Loans:**  
wheelchairs, walkers, canes, shower seats  
and commodes; **please call ahead.**



**Volunteer Opportunities:**  
**We are looking for volunteer van drivers. Please call 781-348-1067 for more information.**

## JAMBO AFRICA with Gail LaRocca

Please join us for a spectacular visual and narrative exploration of the people, places and wildlife of East Africa. You will be presented with images of the culture, education, and vistas from mountains to the savannah.

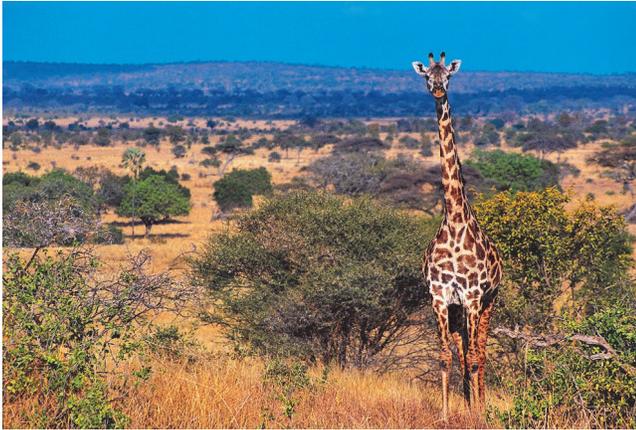
**Date:** Monday, April 23

**Time:** 1:00 PM

**Where:** Braintree Department of Elder Affairs

**Sign Up:** Please call 781-848-1963 after 9:30 on April 2

**\$2 due at sign up. This is a community event and is open to all.**



### Musical Entertainment with "Ragtime" Jack Radcliffe

Come listen to "Ragtime" Jack Radcliffe's musical performance. His repertoire covers many genres including early blues, country and jazz. Jack provides an informative and witty commentary to accompany his vocals, banjo, guitar, fiddle and piano playing.

**Date:** Thursday, April 12

**Time:** 1:00 PM

**Where:** Braintree Department of Elder Affairs

**Sign Up:** Please call 781-848-1963 April 2

Braintree residents only.

**\$2 due at sign up**



### Unique Lighthouses Around the World

Please join Ed Beaulieu as he discusses special lighthouses. He will show pictures and tell stories about how each lighthouse is unique.

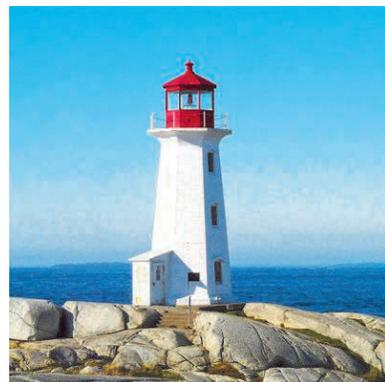
**Date:** Friday, April 20

**Time:** 11:00 AM

**Where:** Braintree Department of Elder Affairs

**Sign Up:** Please call 781-848-1963 April 2

This is a community event and all are welcome to attend.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>9:30 Current Events 10:30 Chair Yoga 12:00 Qi Gong/Tai Chi 12:00 Trivia &amp; Coffee 12:00 Pool Players 12:00 Poker</p>	<p><b>3</b></p> <p>Shopping Shuttle: <b>Roche Bros.</b> 9:00 S&amp;S Bus (housing) <b>9:30 Computers: Beginners</b> 10:00 Walking Group <b>10:00 Low Vision</b> 10:00 SHINE insurance help free by appointment <b>10:45 Computers: Intermed.</b> 12:30 Bridge 12:30 Cribbage 1:30 Zumba Gold</p>	<p><b>4</b></p> <p>9:15 Cardio, Strength and Flexibility Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 12:00 Poker <b>12:15 Blood Pressure Check by Home Instead 1:00</b></p>	<p><b>5</b></p> <p>Shopping Shuttle: <b>Shaw's</b> 9:30 Mah Jongg 11:30 Quilting Group 12:00 Chair Yoga 1:00 Art Group 1:00 Knit/Crochet <b>1:30 Red Sox Opening Day</b></p>	<p><b>6</b></p> <p>9:15 Cardio, Strength and Flexibility Class 10:00 Weight Loss Group 12:00 Pool Players 12:00 Women's Poker <b>1:00 Fun Movie Friday Notting Hill</b></p>
<p><b>9</b></p> <p>9:30 Current Events 10:30 Chair Yoga 12:00 Qi Gong/Tai Chi 12:00 Pool Players 12:00 Poker <b>1:00 Belles &amp; Beaux Thank you Royal Rehabilitation for donating the cake for Belles and Beaux.</b> <b>2:00 Bereavement Support Group</b></p>	<p><b>10</b></p> <p>Shopping Shuttle: <b>Shaw's</b> 9:00 S&amp;S Bus (housing) <b>9:30 Computers: Beginners</b> 10:00 Walking Group 10:00 SHINE insurance help free by appointment <b>10:00 Rummikub</b> <b>10:45 Computers: Intermed.</b> 12:30 Bridge 12:30 Cribbage 1:30 Zumba Gold</p>	<p><b>11</b></p> <p>9:15 Cardio, Strength and Flexibility Class <b>9:30 Ask the Lawyer: free by appointment</b> 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 12:00 Poker <b>10:00 Phone &amp; Tablet Help</b></p>	<p><b>12</b></p> <p>Shopping Shuttle: <b>Shaw's</b> 9:30 Mah Jongg 10:00 Photography 11:30 Quilting Group 12:00 Chair Yoga 1:00 Art Group 1:00 Knit/Crochet <b>1:00 Music: Ragtime Jack \$2</b></p>	<p><b>13</b></p> <p><b>Shopping Shuttle: Trader Joe's</b> 9:15 Cardio, Strength and Flexibility Class 10:00 Weight Loss Group <b>11:00 Westerns: Billy the Kid</b> 12:00 Pool Players 12:00 Women's Poker <b>1:00 Fun Movie Friday The Family Man</b></p>
<p><b>16</b></p> <p><b>CLOSED FOR PATRIOT'S DAY</b></p>	<p><b>17</b></p> <p>Shopping Shuttle: <b>Stop &amp; Shop</b> 9:00 S&amp;S Bus (housing) <b>9:30 Computers: Beginners</b> 10:00 Walking Group <b>10:00 Osteoporosis</b> 10:00 SHINE insurance help free by appointment <b>10:45 Computers: Intermed.</b> 12:30 Bridge 12:30 Cribbage 1:30 Zumba Gold</p>	<p><b>18</b></p> <p>9:15 Cardio, Strength and Flexibility Class 10:00 Asian Outreach Program 長者服務 <b>10:00 Blooming Tea Cups</b> 12:00 Pool Players 12:00 Poker <b>12:15 Blood Pressure Clinic By Town of Braintree 1:00 Hearing Exams: free by appointment</b></p>	<p><b>19</b></p> <p>Shopping Shuttle: <b>Stop &amp; Shop</b> 9:30 Mah Jongg <b>10:30 Book Club</b> <b>11:00 Are You OK?</b> 11:30 Quilting Group 12:00 Chair Yoga 1:00 Art Group 1:00 Knit/Crochet</p>	<p><b>20</b></p> <p>9:15 Cardio, Strength and Flexibility Class 10:00 Weight Loss Group <b>11:00 Lighthouses</b> 12:00 Pool Players 12:00 Women's Poker <b>12:30 Ask the Lawyer: free by appointment</b> <b>1:00 Fun Movie Friday Letters to Juliet</b> 2:00 Dent of Elder Affairs</p>

1:30 Zumba Gold  
1:30 AARP at Sons of Italy  
1:00 Board Meeting

**23**  
9:30 Current Events  
10:30 Chair Yoga  
12:00 Qi Gong/Tai Chi  
12:00 Pool Players  
12:00 Poker  
**1:00 JAMBO Africa \$2**  
**2:00 Bereavement Support Group**

**24**  
Shopping Shuttle: **Roche Bros.**  
9:00 S&S Bus (housing)  
**9:30 Computers: Beginners**  
10:00 Walking Group  
10:00 SHINE insurance help free by appointment  
**10:00 Rummikub**  
**10:45 Computers: Intermed.**  
12:30 Bridge  
**1:00 Ask the Lawyer**  
12:30 Cribbage  
1:30 Zumba Gold  
**5:00 Alzheimer's Support Trip to Dan'l Webster Inn**

**25**  
9:15 Cardio, Strength and Flexibility Class  
10:00 Asian Outreach Program 長者服務  
12:00 Pool Players  
12:00 Poker  
**12:00 Movie: Wonder Woman**

**26**  
Shopping Shuttle: **Shaw's**  
9:30 Mah Jongg  
10:00 Photography  
11:30 Quilting Group  
12:00 Chair Yoga  
**12:00 Monthly Luncheon**  
1:00 Art Group  
1:00 Knit/Crochet  
2:00 COA Board Meeting

**27**  
9:15 Cardio, Strength and Flexibility Class  
10:00 Weight Loss Group  
12:00 Pool Players  
12:00 Women's Poker  
**1:00 Fun Movie Friday Dave**

**30**  
9:30 Current Events  
10:30 Chair Yoga  
12:00 Qi Gong/Tai Chi  
12:00 Pool Players  
12:00 Poker  
**1:00 Geronimo**

\*Special activities will have an article about the event. Please wait to call until after the first day of the month to sign up.  
\*There are **fees** for all exercise programs. Call for information regarding these charges.  
\*All other activities are \$.50 donation to help with the expenses of the Department of Elder Affairs.

# April 2018

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# Outreach Department

## Information Center

Please note that our Information Center has been moved to the shelves located in the hallway between Rooms 3 and 4. The books, movies and puzzles that were previously located on these shelves are now located across from the Resale Shop.

## Library Express

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.

## Do Not Call Registries

Are you receiving phone calls from telemarketers? You can have your landline and cell phone numbers put on the Massachusetts and National Do Not Call Registries by calling the following numbers:

Massachusetts Do Not Call Registry: 1-866-231-2255  
National Do Not Call Registry: 1-888-382-1222

## Western Legends: Billy the Kid

Dan Seligman is back to host a monthly series to discuss the truth behind the Westerns and the life of a legend who lived in the American West during the late 19th century. This month will feature the life and times of **Billy the Kid**. The American West has been portrayed extensively in westerns and Dan uses historical records with the intention of presenting the unvarnished truth.

**Date:** Friday, April 13

**Time:** 11:00 AM

**Where:** Braintree Department of Elder Affairs

**Sign Up:** Please call 781-848-1963 after 9:30 April 2.

**This is a community event; all are welcome to attend**



## Blooming Tea Cups Gardeners' Guild of Braintree

Members of The Gardeners' Guild of Braintree will be hosting a Tea Party and Flower Planting Demonstration. Tea and pastry will be served on beautiful bone china. Participants will each be able to plant a small flower to take home. Please bring a small container to use for your planting. Come learn how The Gardeners' Guild enhances our community with many town beautification projects, holiday house tour, school and camp scholarships, books for school libraries and so much more.

**Date:** Wednesday, April 18

**Time:** 10:00 AM

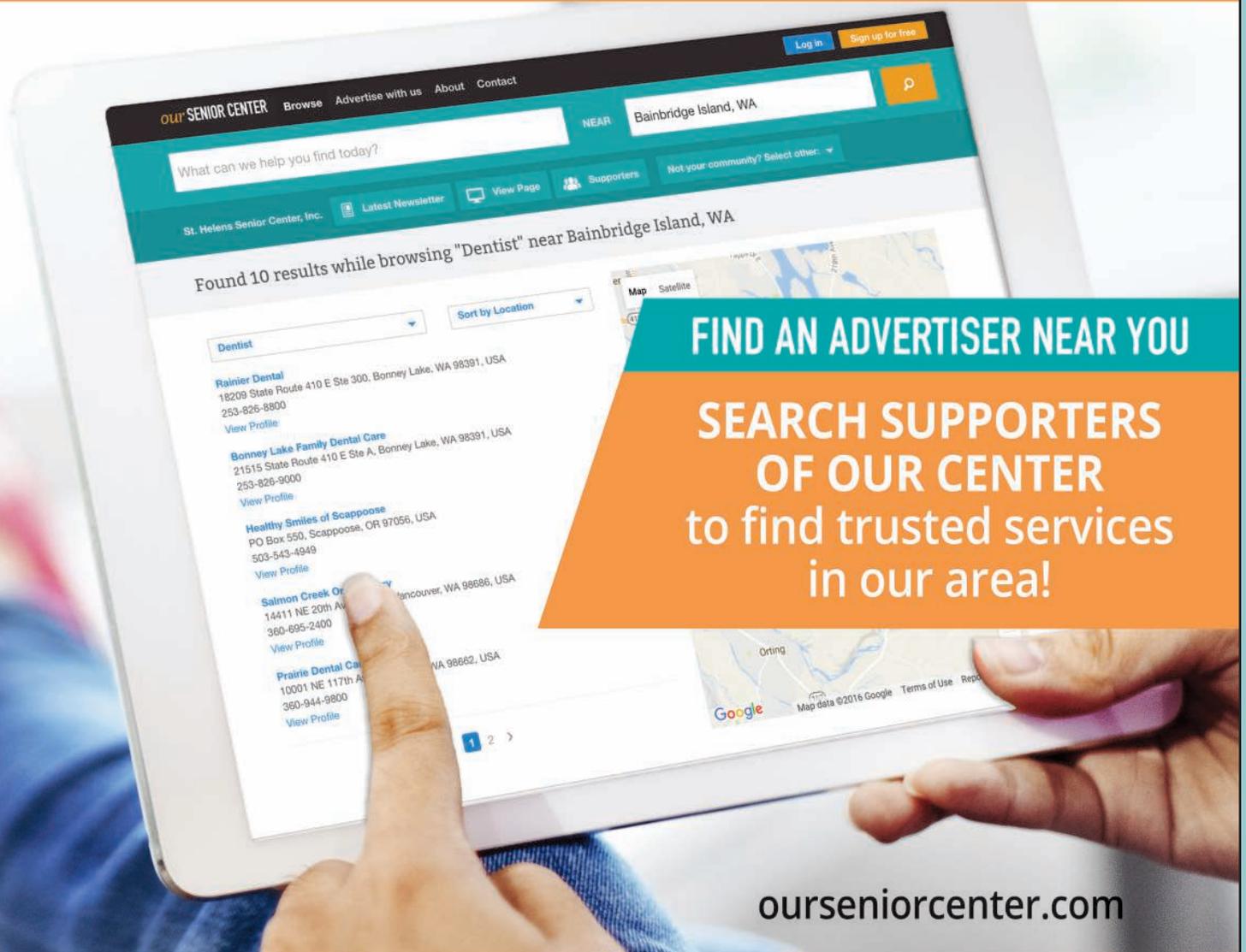
**Where:** Braintree Department of Elder Affairs

**Sign Up:** Please call 781-848-1963 after 9:30 AM April 2. Space is limited.



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**Question:** What exercises should I be doing at my age, I'm 74 and in fairly good health, should I take up jogging?

**Answer:** Exercise is great for all of us at every age, but not all exercises are meant for everyone. If you have never jogged or run before, it might not be a good idea to start now. Instead think about what types of things you do enjoy. Social activities are a great way to get exercise too, like bowling, dancing, and hiking. Do you like to swim? What about Yoga or Tai Chi? There are versions of these that fit all age and physical levels.

The important thing is to keep moving, get up off the couch and go for a walk, walk the dog, mall walk, take the stairs whenever possible, park a little farther from the store, even sex are all good forms of exercise.

Remember to ask your doctor and be certain you are in good health to engage in any form of exercise.

**This is the opinion of the Braintree Public Health Nurse. All questions should be directed to your Primary Care Physician.**

## Braintree Health Department

Stress happens. Sometimes it's unavoidable, sometimes unbearable. Stress doesn't merely affect your mind, it can affect you physically too. Long-term stress can lead to a variety of illnesses from headaches, high blood pressure, stomach disorders, skin conditions, and depression. If untreated, it can also increase the risk of stroke and heart disease.

Our bodies are hardwired to respond to stress. "Fight or Flight" response is a survival mechanism necessary for quick responses and reflexes when there is imminent danger, like swerving to avoid a car crash. Our bodies respond by increasing blood pressure, heart rate, respirations and glucose levels.

Danger triggers the stress response, unfortunately so can work and life conflicts. Our worry over debt, relationships, health, anxiety and work conflicts cause our body to respond by releasing the stress response; and over time this can raise your risk of disease.

There are ways to combat stress! You have the ability to choose your responses to stress, it just takes time and some practice.

- Recognize when you don't have control over a situation and let it go

- Don't get anxious over situations you can't change

- Take control over your responses and actions. Counting to 10 really does work

- Breathe slowly and focus your mind on something that makes you feel calm and in control

- Meditate

- Yoga

- Spend time with friends

Be sure to take time out each day to take care of yourself. Relax and unwind. Even 15 minutes a day can improve your ability to handle life stressors. Try going for a walk, reading a favorite book, or exercise you enjoy doing.

Don't let Stress take control of you; take control of how you respond to it!



## Painting Class



Please join us for a spring painting workshop. A step-by-step approach to painting a sunrise landscape of spring birch trees will be demonstrated by our instructor, Barbara Wilson. All artistic levels are welcome!

**Dates:** Friday May 4; 11; 18; 25

**Time:** 10:00 a.m.-11:30 a.m.

**Where:** Braintree Department of Elder Affairs

**Fee:** \$20 for the four week class; plus \$1.50 for an 11x14 canvas

**Please bring:** A set of tube acrylic paints and various size brushes. Barbara has brushes and paints to use at no extra charge. If you would like to work on a canvas other than 11x14, please purchase and bring with you.

**Sign Up:** Please come in **as soon as possible** to pre-pay the \$20 fee and \$1.50 canvas charge for this creative 4 week workshop. Space is limited. Happy Painting!

## Phone and Tablet Assistance

Do you need help with your smart phone or tablet? Please sign up and local college students will assist you with your questions.

**Date:** Wednesday, April 11

**Time:** 10:00 AM

**Where:** Braintree Department of Elder Affairs

**Sign Up:** Please call 781-848-1963 after 9:30 April 2  
Space is limited



## Are You OK? Presentation

A representative from the Norfolk County Sheriff's Office will be here to discuss a free, daily telephone service, called "Are you OK", that checks on the welfare of seniors.

The service is very flexible. You pick the time (between 6am-10am) and the days of the week you would like to be called. We call 365 days a year including holidays. It is a great way to start your day. You let us know if you won't be home for your call and we won't call you. This program reassures yourself and your family that you will be checked on, giving everyone a peace of mind. "Are you okay?" helps you to age in place and remain independent. **Please call 1-866-900-7865 with any questions OR to sign up by phone if you are unable to attend the presentation.**

**Date:** Thursday, April 19

**Time:** 11:00 AM

**Where:** Braintree Department of Elder Affairs

**Sign Up:** Please call 781-848-1963 after 9:30 April 2

## Alzheimer's Support Group

**Date:** Tuesday, April 24

**Time:** 5:00 PM

**Place:** Braintree Elder Affairs

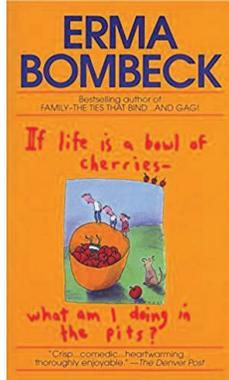
Please come in for an informal conversation and exchange of ideas between the group members. It is always helpful to unwind in a comforting, stress free and a non judgmental zone.



Refreshments provided, courtesy of Grove Manor Estates

Monthly Book Club  
Thursday, April 19  
10:30 AM

Please join us for refreshments and lively conversation as we discuss the monthly book selection. Thayer Public Library supplies the book at no cost.



**Book:** *If Life is a Bowl of Cherries, What am I Doing in the Pits?*

**Author:** Erma Bombeck

**Plot:** This collection of humorous essays from Bombeck's newspaper columns provides insight into families, child rearing and errant husbands.

Monthly New Movie  
Wednesday, April 25  
12 Noon

Lights, Camera, Action! Please join us for our monthly movie while enjoying popcorn and coffee.



**Movie:** *Wonder Woman*

**Rated:** PG-13

**Length:** 2 hours 29 minutes

**Genre:** Drama/Action

**Plot:** Before she was Wonder Woman (Gal Gadot), she was Diana, princess of the Amazons, trained to be an unconquerable warrior. Raised on a sheltered island paradise, Diana meets an American pilot (Chris Pine) who tells her about the massive conflict that's raging in the outside world. Convinced that she can stop the threat, Diana leaves her home for the first time. Fighting alongside men in a war to end all wars, she finally discovers her full powers and true destiny.

From the Recycling Department

Braintree's Spring Household Hazardous Waste event will be Saturday, April 28<sup>th</sup> at 90 Pond Street - 9AM to Noon. The event is for residential and household material only. Businesses are not serviced. Proof of residency required. Please have it readily available at the checkpoint.

Curbside yard waste pickup will be the weeks of April 30, May 7, May 14, May 21 & May 28 will be the final week. Acceptable curbside, are: grass, leaves, twigs. Larger items should be dropped off at the Compost Site, 225 Plain Street.

The Compost Site will open April 4<sup>th</sup>. The hours of operation are Wednesday, Thursday, Friday, Saturday and Sunday 7:15AM-2:45PM.

Royal Rehab Presents Osteoporosis

Please join us as we welcome a physical therapist and occupational therapist from Royal Rehabilitation as they discuss the following issues about Osteoporosis:

- \*Overview of osteoporosis: causes, prevalence, symptoms, diagnosis, and facts about the disease
- \*Treatment options for osteoporosis
- \*Ways to stay safe and prevent fractures and functional decline
- \*Exercises that can help keep our bones strong

**Date:** Tuesday, April 17

**Time:** 10:00 AM

**Where:** Braintree Department of Elder Affairs

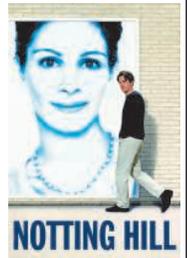
**Sign Up:** Please call 781-848-1963 after 9:30 April 2

## Fun Movie Fridays at 1:00 PM

### Friday, April 6: *Notting Hill*; PG-13; 2 hours 4 minutes

William Thackeris, a London bookstore owner, whose humdrum existence is thrown into romantic turmoil when famous American actress Anna Scott appears in his shop. A chance encounter over spilled orange juice leads to a kiss that blossoms into a full-blown affair. As the average bloke and glamorous movie star draw closer and closer together, they struggle to reconcile their radically different lifestyles in the name of love.

**Starring: Hugh Grant and Julia Roberts**



### Friday, April 13: *Family Man*; PG; 2 hour 6 minutes

Jack's lavish, fast-paced lifestyle changes one Christmas night when he stumbles into a grocery store holdup and disarms the gunman. The next morning he wakes up in bed lying next to Kate, his college sweetheart he left in order to pursue his career, and to the horrifying discovery that his former life no longer exists. As he stumbles through this alternate suburban universe, Jack finds himself at a crossroad where he must choose between his high-power career and the woman he loves.

**Starring: Nicholas Cage and Tea Leoni**



### Friday, April 20: *Letters to Juliet*; PG-13; 1 hour 45 minutes

While visiting Verona, Italy, with her busy fiance, a young woman named Sophie visits a wall where the heartbroken leave notes to Shakespeare's tragic heroine, Juliet Capulet. Finding one such letter from 1957, Sophie decides to write to its now elderly author, Claire. Inspired by Sophie's actions, Claire sets out to find her long-lost lover, accompanied by her disapproving grandson and Sophie.

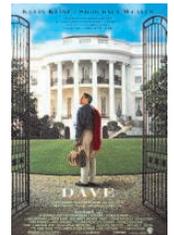
**Starring: Amanda Seyfried and Vanessa Redgrave**



### Friday, April 27: *Dave*; PG-13 1 hour 50 minutes

Shifty White House chief of staff Bob Alexander hatches a scheme to use a double for the president at a public photo opportunity. Small business owner Dave Kovic fits the bill, but after the president suffers a debilitating stroke, opportunist Alexander arranges for Dave to step in full time without even informing the First Lady. It doesn't take long before the press, the nation and the president's wife realize something is different.

**Starring: Kevin Kline and Sigourney Weaver**



## From the Chairman of the Board Hank Joyce

Well, it's the 4th of March, a nice quiet Sunday morning and it looks like the rain has ended. I pray everyone is safe and sound. What a storm! Thank God we live in Braintree and have our own Electric Light Company. Many communities around us are still without electricity. Thank you BELD for the great job you do.

Hopefully spring is right around the corner and warmer weather is not far off. The boys of summer are at spring training and looking good. I am getting ready for my annual trip to spring training and looking forward to some warm weather and lots of sunshine. I will not be here for St. Patrick's Day but hope you have a good one. Make sure to mark your calendar for April 5<sup>th</sup>, Red Sox opening day, and come down to the senior center and get a hot dog or two and watch the game with your friends. This baseball season might be a tight race between the Yankees, Toronto and our beloved Red Sox.

Don't forget to have lunch with Congressman Stephen Lynch Thursday, March 29<sup>th</sup>, at the center. Mr. Lynch is going to update us on what is happening in Washington DC now, and maybe a little insight on what is going to happen in the next year.

Looking forward to April for some good movies like Notting Hill, The Family Man and Wonder Woman. We will also have the continuation of the Western Series with the life of Billy the Kid. Don't forget to Sign up for the trip to the Daniel Webster House on April 24<sup>th</sup>. I went last year and it was very good.

Stay warm and be careful during the rest of the month and remember what Simon and Garfunkel said, *April Come She Will*.

