



March 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

Please note you may sign up for all activities on Thursday, March 1, 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.



Trip to the Dan'l Webster Inn

Tuesday, April 24 from 10:00 AM-3:30 PM

\$62 Tickets will be on sale after 9:30 AM Thursday, March 1

Please make all checks payable to Braintree Department of Elder Affairs

Please join us for a luncheon and musical entertainment at the Dan'l Webster Inn located in Historic Sandwich Village. Indulge with a flavorful assortment of exquisitely prepared foods from the grand buffet menu followed by a vocal performance by Jody Ebbing. Jody is a versatile vocalist who will delight you with her show. Don't miss out on this beautiful spring trip to Cape Cod.

Grand Buffet Luncheon includes: field green salad; rolls; chicken coq au vin; pasta primavera; broiled scrod seared with olive oil and cracker topping; seasonal vegetables; chocolate mousse cake; coffee and tea.

Your ticket price includes transportation, driver gratuity, lunch and vocal performance.

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 only. Seating is very limited and tickets sell quickly. Please pick up your ticket the first weekday of the new month. Cash or check only. Moderate walking required.

A wait list will be taken for out of town residents.

*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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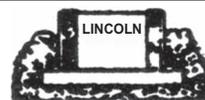
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Braintree Dept. of Elder Affairs, Braintree, MA

06-5067

Greetings Everyone,

Happy Saint Patrick's Day to one and all and I hope your day is filled with fun and good spirits. As they say, "everyone is Irish on Saint Patty's Day", so put on something green and enjoy the day. We have planned for a musical afternoon on that day and we hope you can join us and share the merriment. We are really hoping that our Mayor will be here and we can all sing along to his special SULLIVAN song.

As you know, we write our newsletter articles a month ahead, but it is still January and here I am writing about Saint Patrick's Day. I will be gone for the month of February and I wanted to write before I left to wish you a Happy Spring! I am going away to see my friends and family in India. As you know, my mother has recently passed and my heart breaks to think that there will be no one at the door to welcome me with a smile when I walk into my parent's house. A feeling that words cannot define. I guess this is a moment that everyone has to face once in their lifetime and it is never easy. So, I will cherish the fact that she spent her last six months with me, and I was there when she embarked on her final journey.

I hope all of you remain safe and warm during these winter months and let's pray for March to come in like a lamb. We have planned many activities and programs for you, so please come and bring your friends. Our doors are always open for you.

See you when I get back.....*Sharmila*

From the Chairman of the Board Hank Joyce

Well it's the 4th of February and it seems like winter has been here forever. I am leaving Tuesday for Florida and I can't wait to get some well needed sunshine and wake up in the morning, put on a pair of shorts and go for a good walk.

It seems like the Senior Center is getting busier every day and I am very happy to see our seniors enjoying themselves with all the activities. The knitting group seems to be growing each week and the movies have been great. I love Sleepless in Seattle and I think Something's Gotta Give is one of the funniest movies I have ever seen.

I hope everyone has a very good Valentine's Day and enjoys the music of Gospel Love Tones. And, don't forget to get something nice for that special person in your life.

I hate to wish time away but I can't wait for March to bring warmer weather and Spring Training and many good activities at the Senior Center, like the Western Legend of Jesse James. Also, there is The Flower Show, St. Patrick's Day with Tom Madden, Easter Card Making Craft and the pleasure of having lunch with Congressman Stephen Lynch on Thursday, March 29th.

The Council on Aging Associates will be sponsoring a Cribbage Tournament on Saturday March 25th from 3-6 PM. It should be a real good time for Cribbage players. There will be Cash Prizes, refreshments and a few door prizes. The cost is only \$25.00 a person. See the back of this newsletter for more information.

Please stay healthy and safe!



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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

Every Tuesday	Shine Insurance Counseling	10:00 AM
Tuesdays in March	Beginner Computers	9:30 AM
Tuesdays in March	Intermediate Computers	10:45 AM
Every Wednesday	Asian Outreach 長者服務	10:00 AM
Friday, March 2	Fun Friday Movie: <i>The Horse Whisperer</i> ; see page 15 for details	1:00 PM
Tuesday, March 6	Low Vision Group	10:00 AM
Wednesday, March 7	BINGO	1:00 PM
Friday, March 9	Western Legends: Jesse James; see page 10 for details	11:00 AM
Friday, March 9	Fun Friday Movie: <i>New in Town</i> ; see page 15 for details	1:00 PM
Monday, March 12	Belles and Beaux musical performance	1:00 PM
Monday, March 12 & 26	Bereavement Support Group	2:00 PM
Tuesday, March 13	Prescription Advantage: see page 13 for details	10:00 AM
Wednesday, March 14	Flower Show Trip for ticketholders	9:00-3:00
Thursday, March 15	St. Patrick's Day music with Tom Madden \$2	1:00 PM
Friday, March 16	Fun Friday Movie: <i>Nights in Rodanthe</i> ; see page 15 for details	1:00 PM
Tuesday, March 20	John Root: Butterflies of the World \$2	11:00 AM
Tuesday, March 20	AARP at Braintree Sons of Italy: entertainment by Kathy on the Keys	1:30 PM
Wednesday, March 21	BINGO	1:00 PM
Friday, March 23	Easter Card Making Craft; see page 13 for details	11:00 AM
Friday, March 23	Fun Friday Movie: <i>The Accidental Husband</i> ; see page 15 for details	1:00 PM
Tuesday, March 27	Equifax Breach: see page 14 for details	1:00 PM
Wednesday, March 28	Monthly New Movie: <i>Breathe</i> ; see page 14 for details	12:00 PM
Thursday, March 29	Luncheon and Congressman Stephen Lynch	11:30 AM
Friday, March 30	Fun Friday Movie: <i>Far and Away</i> ; see page 15 for details	1:00 PM



If the Braintree Public Schools issue a 2 hour *delay* **ALL morning activities** will be **cancelled at** Braintree Department of Elder Affairs.

If the Braintree Public Schools are *cancelled* **ALL activities and van transportation** will be **cancelled** at Braintree Department of Elder Affairs.

Please listen to local radio and television stations for Town of Braintree school cancellations.

The Braintree Department of Elder Affairs will remain open for emergency calls and information unless Town Hall offices have been closed by Mayor Sullivan.

For further information please call: 781-848-1963.

Free Blood Pressure Clinics

Every Tuesday	Braintree Town Hall	3:00-4:00
Every Friday	Braintree Town Hall	9:00-10:00
Wednesday, Mar 7	Department of Elder Affairs	12:15-1:00
Thursday, Mar 8	Independence Housing	10:30-11:30
Monday, Mar 12	Heritage Housing	12:00-12:30
Wednesday, Mar 21	Department of Elder Affairs	12:15-1:00
Tuesday, Mar 27	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

Thursday, March 1	Shaw's
Tuesday, March 6	Stop & Shop
Thursday, March 8	Stop & Shop
Tuesday, March 13	Roche Bros.
Thursday, March 15	Shaw's
Tuesday, March 20	Shaw's
Thursday, March 22	Shaw's
Tuesday, March 27	Stop & Shop
Thursday, March 29	Stop & Shop

**Special Shopping Trip: Walmart
 Friday, March 9**

Monthly Luncheon \$7 Thursday, March 29th 11:30 Congressman Lynch; 12:00 Lunch



Menu: an assortment of traditional Chinese food.

\$7 lunch tickets are available for purchase beginning Thursday, March 1 after 9:30. Braintree residents only.

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.**

Happy St. Patrick's Day! Music with Tom Madden

Please join us for a St. Patrick's Day Party and great music by Tom Madden. Tom will play and sing all your favorite Irish music on his keyboard and guitar. Wear your green for St. Patrick's Day. We will serve some special refreshments for you to enjoy.

Date: Thursday, March 15

Time: 1:00 PM

Where: Braintree Department of Elder Affairs

Sign Up: Please call 781-848-1963 after 9:30 on March 1
\$2 due at sign up. Braintree residents only.



Spring is approaching...Please join us as we welcome naturalist John Root to discuss "Butterflies of the World". He will show images of butterflies from around the world throughout their life cycle. Participants will learn fascinating facts about these enchanting insects. Myths and legends in different cultures, distinguishing characteristics of the five butterfly families, wing coloration and migration will also be presented. Comments and questions are welcome throughout the program.

Date: Tuesday, March 20

Time: 11:00 AM

Where: Braintree Department of Elder Affairs

Sign Up: Please call 781-848-1963 after 9:30 on March 1
\$2 due at sign up.

This is a community event and is open to all.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1 style="text-align: center;">March 2018</h1>	<p>*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.</p>	<p>9:15 Cardio, Strength and Flexibility Class 10:00 Weight Loss Group 10:00 Painting #4 12:00 Pool Players 12:30 Women's Poker 1:00 Fun Movie Friday <i>The Horse Whisperer</i></p>	<p>Shopping Shuttle: Shaw's 10:00 Mah Jongg 11:30 Quilting Group 12:00 Chair Yoga 1:00 Art Group 1:00 Knit/Crochet</p>	<p>9:15 Cardio, Strength and Flexibility Class 10:00 Weight Loss Group 10:00 Painting #4 12:00 Pool Players 12:30 Women's Poker 1:00 Fun Movie Friday <i>The Horse Whisperer</i></p>
<p>9:30 Current Events 10:30 Chair Yoga 12:00 Qi Gong/Tai Chi 12:00 Trivia & Coffee 12:00 Pool Players 12:00 Poker</p>	<p>5 Shopping Shuttle: Stop & Shop 9:00 S&S Bus (housing) 9:30 Computers: Beginners 10:00 Walking Group 10:00 Low Vision 10:00 SHINE insurance help free by appointment 10:45 Computers: Intermed. 12:30 Bridge 1:00 Cribbage 1:30 Zumba Gold</p>	<p>7 9:15 Cardio, Strength and Flexibility Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 12:00 Poker 12:15 Blood Pressure Check by Home Instead 1:00</p> 	<p>8 Shopping Shuttle: Stop & Shop 10:00 Mah Jongg 10:00 Photography 11:30 Quilting Group 12:00 Chair Yoga 1:00 Art Group 1:00 Knit/Crochet</p>	<p>9 Shopping Shuttle: Walmart 9:15 Cardio, Strength and Flexibility Class 10:00 Weight Loss Group 11:00 Westerns: Jesse James 12:00 Pool Players 12:30 Women's Poker 1:00 Fun Movie Friday <i>New In Town</i></p>
<p>9:30 Current Events 10:30 Chair Yoga 12:00 Qi Gong/Tai Chi 12:00 Pool Players 12:00 Poker 1:00 Belles & Beaux Thank you Royal Rehabilitation for donating the cake for Belles and Beaux. 2:00 Bereavement Support Group</p>	<p>6 Shopping Shuttle: Stop & Shop 9:00 S&S Bus (housing) 9:30 Computers: Beginners 10:00 Walking Group 10:00 Prescription Advantage 10:00 Rummikub 10:00 SHINE insurance help free by appointment 10:45 Computers: Intermed. 12:30 Bridge 1:00 Cribbage</p>	<p>14 9:15 Cardio, Strength and Flexibility Class 9:30 Ask the Lawyer: free by appointment 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 12:00 Poker Trip to the Flower Show</p>	<p>15 Shopping Shuttle: Shaw's 10:00 Mah Jongg 10:30 Book Club 11:30 Quilting Group 12:00 Chair Yoga 1:00 Art Group 1:00 Knit/Crochet 1:00 St. Patrick's Day Party</p>	<p>16 9:15 Cardio, Strength and Flexibility Class 10:00 Weight Loss Group 12:00 Pool Players 12:30 Women's Poker 12:30 Ask the Lawyer: free by appointment 1:00 Fun Movie Friday <i>Nights in Rodanthe</i> 2:00 Dept of Elder Affairs Board Meeting</p>

1:30 Zumba Gold



19

9:30 Current Events
10:30 Chair Yoga
12:00 Qi Gong/Tai Chi
12:00 Trivia & Coffee
12:00 Pool Players
12:00 Poker

20

Shopping Shuttle: **Shaw's**
9:00 S&S Bus (housing)
9:30 Computers: Beginners
10:00 Walking Group
10:00 SHINE insurance help
free by appointment
10:45 Computers: Intermed.
11:00 Butterflies of the World
12:30 Bridge
1:00 Cribbage
1:30 AARP at Sons of Italy
1:30 Zumba Gold

21

9:15 Cardio, Strength and Flexibility Class
10:00 Asian Outreach Program 長者服務
12:00 Pool Players
12:00 Poker
12:15 Blood Pressure Clinic
By Town of Braintree
1:00 Hearing Exams:
free by appointment
1:00



22

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

23

9:15 Cardio, Strength and Flexibility Class
10:00 Weight Loss Group
11:00 Greeting Card
Craft: Easter
12:00 Pool Players
12:30 Women's Poker
1:00 Fun Movie Friday
The Accidental Husband

26

9:30 Current Events
10:30 Chair Yoga
12:00 Qi Gong/Tai Chi
12:00 Pool Players
12:00 Poker
1:00 Geronimo
2:00 Bereavement
Support Group

27

Shopping Shuttle: **Stop & Shop**
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
1:00 Equifax Breach
1:00 Cribbage
1:30 Zumba Gold
5:00 Alzheimer's Support

28

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: Breathe

29

Shopping Shuttle: **Stop & Shop**
10:00 Mah Jongg
10:00 Photography
11:30 Quilting Group
12:00 Chair Yoga
11:30 Luncheon and
Congressman Lynch
1:00 Art Group
1:00 Knit/Crochet

30

9:15 Cardio, Strength and Flexibility Class
10:00 Weight Loss Group
12:00 Pool Players
12:30 Women's Poker
1:00 Fun Movie Friday
Far and Away

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Outreach Department

Winter Weather

Please check on your elderly neighbors in the case of inclement weather!

Applications

The Outreach Staff can assist you with filling out applications for the following:

- Fuel Assistance
- Food Stamps

Ice Tips for Canes

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.

Information Center

You can find brochures on the following subjects here at the Senior Center on the shelves located across from the Resale Shop:

- Personal Emergency Response Systems
- Home Care
- Adult Day Health Centers
- Assisted Living/Independent Living/Memory Care Facilities.

Ongoing Programs/Services

Library Express

Friendly Visitor

Escort

Advocacy

If you have any questions, please call the Outreach Office at 781-848-1963.

Western Legends: Jesse James

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 **Jesse James**. The American West has been portrayed extensively in westerns and Dan uses historical records with the intention of presenting the unvarnished truth.

Date: Friday, March 9

Time: 11:00 AM

Where: Braintree Department of Elder Affairs

Sign Up: Please call 781-848-1963 after 9:30
March 1.

This is a community event; all are welcome to attend



Computer Classes

Do you need to brush up on your computer skills? Do you have questions about using email? Fran Danico will instruct a beginner and intermediate class to meet your skill level.

Date: Tuesdays in March

Time: 9:30 AM Beginner
10:45 AM Intermediate and Email

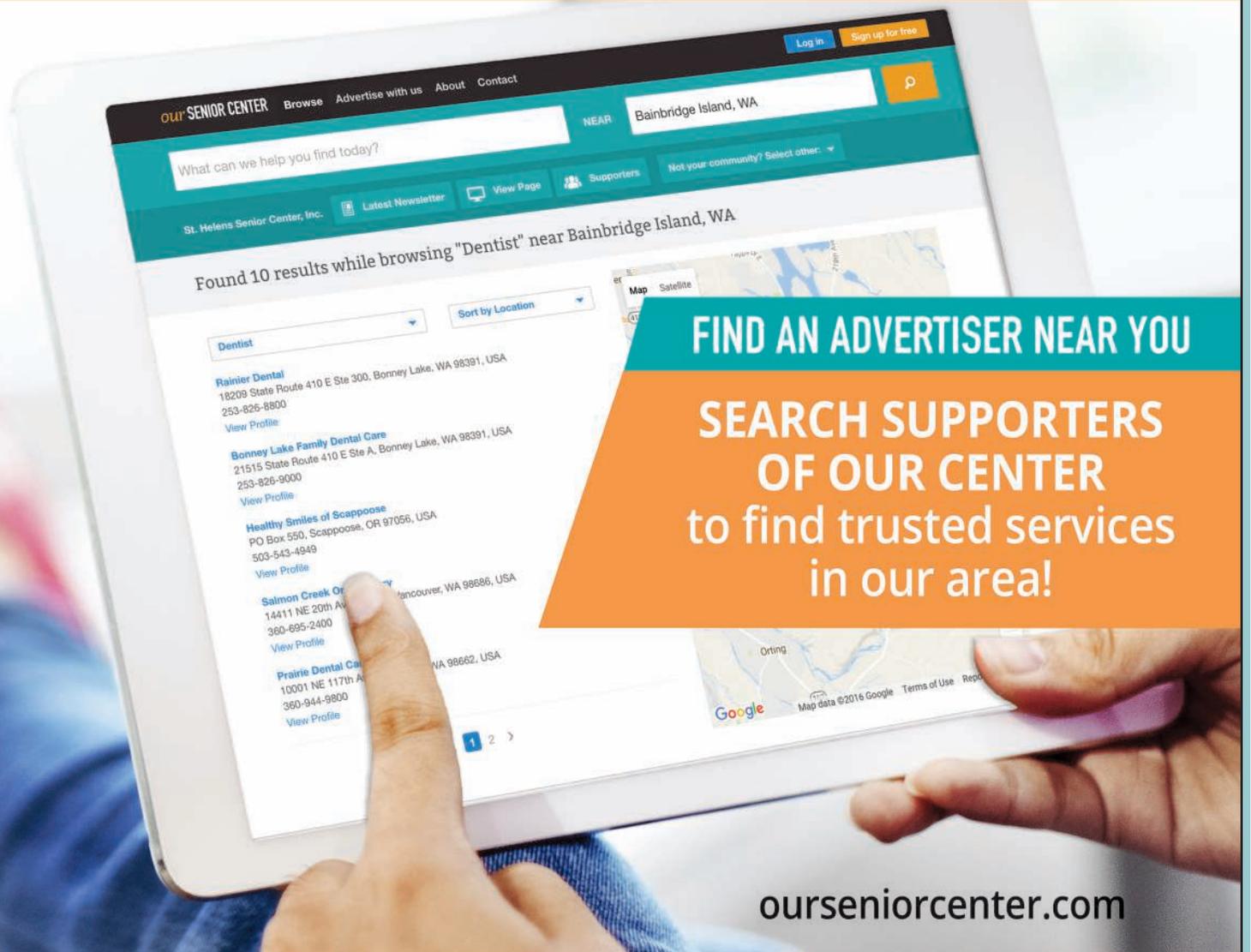
Where: Braintree Department of Elder Affairs

Sign Up: Please call 781-848-1963 after 9:30 AM
March 1.



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Question: - My doctor always seems to be in a hurry, how can I really get him to listen to me?

Answer: I know how frustrating that can be! I have heard doctors say that the one thing that frustrates **them** is the “**door handle**” question. Often patients are too afraid to ask about the real reason they are there until the doctor has finished the appointment and is about to walk out the door!

It is very important to come to your appointment fully prepared:

State the reason for your visit up front. (sick, follow up, med request?)

Have a current list of all your meds, dosage, and how often you take them.

Make a prepared list of questions you have.

If you are ill, describe clearly what your symptoms are and when they began.

If possible bring a friend to help listen, or record the conversation on your phone.

Taking notes might help.

Your time is just as important as the doctors. Since most doctors have about 15 minutes per appointment the more concise and exact you can be, the more fulfilling the visit will be and the better your doctor can take care of you.

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

Braintree Health Department

Colorectal Cancer is one of the deadliest and most common cancers. In 2014 139,992 people were diagnosed and 51,651 died from it. Everyone aged 50-75 needs to be screened for colorectal cancer. Screening is relatively easy and saves lives because it can catch and treat this type of cancer early.

There are 2 main types of colorectal cancer screening; colonoscopy and stool samples.

#1 Colonoscopy. With this type of test, there are very specific bowel preps needed in order to clean out the colon. This is done with an oral prep solution that causes diarrhea and/or loose stool for several hours in order to adequately empty out the colon. The instructions are very specific and start up to 5 days prior to the procedure.

There are also specific dietary restrictions and information on how to take your medication; this procedure is done in a hospital or specialty clinic. Anesthesia is required and you will need to take a day off work or suspend activities. There is often some embarrassment associated with this procedure and many people put it off for just this reason, but aren't a few hours of embarrassment worth saving your life?

#2 Stool samples. A new test called Cologuard is being used to detect Colorectal Cancers using DNA. This test is easy and can be done in the privacy of your own home. It is still relatively new but has been successful in detecting certain types of cancers. It really should not be a replacement for a Colonoscopy but for some people, who would never get one for a number of reasons; this would be a good alternative.

If you are over 50 and have never had a Colonoscopy, talk to your doctor, review your health and family risks for colon cancer and decide which option is best for you. Insurance will pay for a screening colonoscopy. If you have had one in the past and it has been longer than 10 years since your last one, talk to your doctor as well. If your colonoscopy is negative, you're good to go for 10 years. If some abnormalities or polyps are found, it will need to be done more often.

Many people would never think of skipping yearly mammograms, pap smears, or prostate exams. Why not a colonoscopy? Especially in most circumstances, it only needs to be done every 10 years. Your life may depend on it!

A visit from the Congressman

Come say hello to Congressman Stephen Lynch

We are delighted to welcome Congressman Lynch at Braintree Elder Affairs. He was gracious enough to find time in his busy schedule to come say hello and give us an update on what is happening in Washington.

Date: Thursday, March 29
Time: 11:30 AM
Where: Braintree Elder Affairs



Prescription Advantage

DATE: Tuesday, March 13
TIME: 10 AM
WHERE: Braintree Elder Affairs

Kathy Devine
Director, Prescription Advantage
Operations & Outreach
Executive Office of Elder Affairs

What do you do when

You reach the "donut hole" and cannot afford your prescriptions or your Medicare drug plan is not working for you??

Prescription Advantage (PA) can help!

Please join us to learn more about Prescription Advantage, a State sponsored pharmacy Assistance plan that can lower your prescription drug costs and allow you to change your Medicare plan when you need to.

If your income is less than **\$36,180** (single)
Or **\$48,720** (married) PA is free!!

Easter Greeting Card Workshop

Crafters Debora Nigro and Mary Johnson are back to teach you how to make your own unique Easter cards using beautiful papers and embellishments.

Date: Friday, March 23
Time: 11:00 AM
Where: Braintree Department of Elder Affairs
Sign Up: \$15 is due at registration after 9:30 on March 1st



Alzheimer's Support Group

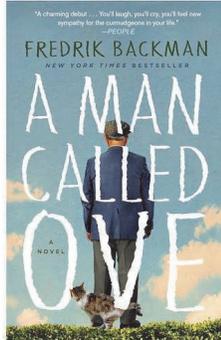
Date: Tuesday, March 27, 2018
Time: 5 PM
Place: Braintree Elder Affairs

"Myths and Misperceptions about Hospice Introduction to Palliative Care" Carol Corio, CSA, Community Liaison Old Colony Hospice and Palliative Care

Hospice is one of those delicate subjects which is difficult to discuss and many do not understand this comprehensive support program which may also be available as a Medicare benefit. Carol will discuss ways to explore and dispel many myths and misperceptions that keep individuals and families from embracing Hospice's comprehensive program of care. She will explain how Palliative care is a comforting way to introduce families to alternative and supportive solutions before the Hospice benefits begin.

Monthly Book Club
Thursday, March 15
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.

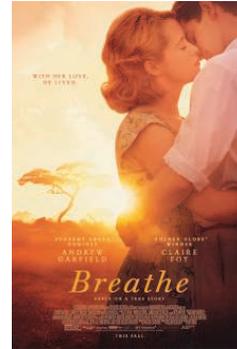


Book: A Man Called Ove
Author: Fredrik Backman

Plot: Ove is the quintessential angry old man next door. An isolated retiree with strict principles and a short fuse, who spends his days enforcing block association rules that only he cares about, and visiting his wife's grave, Ove has given up on life. After a boisterous young family moves in next door and accidentally flattens Ove's mailbox, an unlikely friendship forms.

Monthly New Movie
Wednesday, March 28
12 Noon

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



Movie: Breathe
Rated: PG-13
Length: 1 hour 58 minutes
Genre: Drama

Plot: The inspiring true love story of Robin and Diana Cavendish, an adventurous couple who refuse to give up in the face of a devastating disease. Their heartwarming celebration of human possibility marks the directorial debut of Andy Serkis.

Starring: Andrew Garfield and Claire Foy

Equifax Breach Presentation

In September, 2017, Equifax, one of the three major credit reporting agencies, announced a data breach that compromised personal identifying information of nearly 150 million American consumers. The data hacked includes name, address, date of birth, Social Security number, and credit card accounts. This is information an identity thief needs to steal your identity and your hard earned money.

Join District Attorney Morrissey's staff for a discussion about the Equifax breach and how you can protect yourself from identity theft.

Light refreshments and handouts will be provided.

Date: Tuesday, March 27
Time: 1:00 AM
Where: Braintree Department of Elder Affairs
Sign Up: Please call 781-848-1963 after 9:30 March 1

Rummikub

Come play Rummikub, an exciting, classic rummy game that uses tiles instead of cards. Rummikub has all the elements that make a great game...it's easy to learn, fast moving, combines luck and strategy and changes quickly so every player has a chance to win until the very end. Join the fun on the second and fourth Tuesday of each month.

Date: Tuesday, March 13 & 27
Time: 10:00 AM
Where: Braintree Department of Elder Affairs

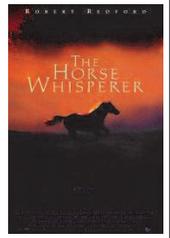


Fun Movie Fridays at 1:00 PM

Friday, March 2: *The Horse Whisperer*; PG-13; 2 hours 50 minutes

When teenage Grace is traumatized by a riding accident that badly injures her horse, her mother Annie, a high-powered New York magazine editor, realizes Grace will only recover once the horse is healed. She takes them both to a secluded Montana ranch, where legendary "horse whisperer" Tom Booker begins to heal the horse, and also stirs long-dormant feelings in Annie that lead her to question her marriage and choice of career.

Starring: Robert Redford and Kristin Scott Thomas



Friday, March 9: *New in Town*; PG; 1 hour 37 minutes

Lucy, an ambitious executive, lives the high life in Miami. She loves climbing the corporate ladder as well as all the material goods that her success can buy. When she is offered a temporary assignment to restructure a factory in a backwater town, she eagerly accepts and anticipates a huge promotion in the pipeline. However, what Lucy gets is a life-changing experience and romance with the man of her dreams.

Starring: Harry Connick, Jr. and Renee Zellweger



Friday, March 16: *Nights in Rodanthe*; PG-13; 2 hours 9minutes

When Adrienne arrives at the coastal town of Rodanthe, N.C., her life is in chaos. There, she hopes to sort through the trouble surrounding her, while tending a friend's inn for the weekend. The only guest at the inn is Dr. Paul Flanner, a man tormented by a crisis of conscience. As a storm approaches the coast, Paul and Adrienne find comfort and a life-changing romance.

Starring: Diane Lane and Richard Gere



Friday, March 23: *The Accidental Husband*; PG-13 1 hour 30 minutes

Emma, a radio host, is about to be married to Richard, her perfect match. But right before her wedding, she learns she's already married to Patrick, a charming but irresponsible fireman. Furthermore, Patrick has a secret: he has arranged this little trick because Emma advised Patrick's ex-fiancee to end their relationship. However, Patrick may find that the trick is on him, for he soon begins to fall in love with his uptight adversary.

Starring: Uma Thurman, Colin Furth and Jeffrey Dean Morgan



Friday, March 30: *Far and Away*; PG-13 2 hours 20 minutes

Joseph and his landlord's daughter, Shannon, travel from Ireland to America in hopes of claiming free land in Oklahoma. The pair get sidetracked in Boston, where Joseph takes up boxing to support himself. When he loses a pivotal fight, the two are left penniless. Now faced with poverty, the two must find new ways to scrape by. As their affection for each other grows, Joseph questions whether he is truly what Shannon needs in her life.

Starring: Tom Cruise and Nicole Kidman



Chair Yoga

We now offer two drop-in chair yoga classes:

Mondays at 10:30 AM with Elaine Kerrigan
and
Thursdays at 12:00 PM with Sue Thomas

Did you know...chair yoga is a type of yoga that has been modified to allow participants to perform all of the required exercises from a seated position. It allows seniors and those living with disabilities to reap the benefits of yoga without risking their safety.

Zumba Gold!

Instructor Kathy Garvey will provide a fun Zumba Gold experience every **Tuesday at 1:30 PM**. Come join her class to learn new music and choreography.

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

Place
Stamp
Here



Please recycle

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.

The office of Braintree's Veterans Agent, Cynthia Harris, is located in the Department of Elder Affairs building.
Phone: 781-794-8217

Braintree Dept. of Elder Affairs ~ 2017 Board Members

Henry (Hank) Joyce, Chairman of the Board

Wayne Gilbert, Vice Chairman
Ann Moore, Secretary
Leland Dingee
Carol Whittall

Mary Cirignano
Dave Shepherd
Jane Fogg

June Newman
Robert Caruso, Treasurer
Lucille Barton

From the Friends of Council on Aging Associates



SAVE THE DATE

Sunday, March 25, 2018 – 3:00-6:00 p.m.
Cribbage Tournament

Fund-raiser hosted by the COA Associates
Location: Braintree Dept. of Elder Affairs
71 Cleveland Avenue in Braintree

Individual play, maximum of **96 players**

Prizes* for the top five players: **\$200, \$100, \$75, \$50, \$25**

*(*If not a sell-out, prize amounts will be pro-rated, based on percentage of participants.)*

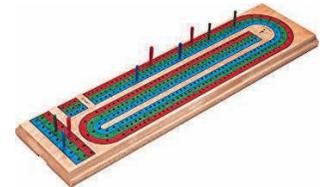
Cost to register: **\$25/pp**

Includes light refreshments

Call **781-848-1963** to register

Tournament rules to be published will apply

Help us support the Braintree Department of Elder Affairs



Spring is on the way! The Friends

The Braintree Department of Elder Affairs' newsletters are available at Town Hall, Thayer Public Library, banks, supermarkets, pharmacies, churches and some medical facilities. Please view online: www.townofbraintreegov.org
Donations to The Braintree Department of Elder Affairs are greatly appreciated. Thank you to all who have generously donated to support our wonderful programs.