



May 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 Tuesday, May 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.



### Charles River Architecture Cruise and Cheesecake Factory Lunch

**Tuesday, June 26 from 10:15 AM-5:00 PM**

**\$62.50 Tickets will be on sale after 9:30 AM Tuesday, May 1**

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

Please join us for a delicious lunch at the Cheesecake Factory in Cambridge followed by a 90-minute architecture cruise hosted by the Charles Riverboat Company. The narrated tour offers spectacular views of historic and contemporary architecture along Boston Harbor including the Charles River Locks and Marriott's Custom House.

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

**Please note the following details: Moderate walking required. 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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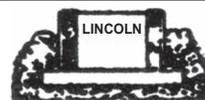
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Braintree Dept. of Elder Affairs, Braintree, MA

06-5067

## Greetings Everyone...

Not sure of my emotions while I write my article for our May newsletter. First emotion, “wonderful! no more cold finger tips and freezing toes”, followed by another emotion, “oh no it is already May of 2018”. Happy or sad, “time and tide waits for no man” and Mother Nature will always keep us up on our “cold” or “warm” toes. With the anticipation of warmer days, we have filled our May calendar with many programs and activities. Please come and join us and bring your friends. The sounds of your conversations and the smile on your faces makes this a happy and welcoming place. It is you, who keeps us going!

I consider our newsletters to be one of the strongest link between you and all of us. Staff at Elder Affairs devotes a considerable amount of time in preparing, writing, formatting and editing the newsletter before it is sent to the printers. It is a pleasure to see the eagerness in all of you while you wait for the newsletters to come out and then fervently read through it once you have it. We get many calls from people asking where they can locate our newsletters and many look into the town’s website to find it. Hence it is suffice to say our newsletters are “hot items”.

We cannot do this on our own, so thanks to **Liturgical Publications (LPI)** for helping us publish our newsletters. They provide us these newsletters totally free of cost. How is that possible? To help defray the cost of the newsletters, LPI relies upon the advertisements from local businesses around town. The advertisements you see in the newsletters are mostly businesses providing service to elders. I wish to thank them for their support. If you need any services that these merchants provide, please consider using them. With their help, we are able to bring you, our pride and joy, our “newsletters”! A special thanks to Amanda for putting it all together and sending it to the printers with the final touches.

Our newsletters are available in many places in Braintree. You can find them in the grocery stores, banks, Doctor’s offices, Town hall, Library etc. If you become a member of our FRIENDS group, they will mail you a monthly copy and those of you who have a computer at home, you can find it on the town website when you click on Elder Affairs.

Happy spring and see you soon!

*Sharmila*



### Mother’s Day Tea

### Simple Meditation



**Dear Ladies...**

**Please join us for afternoon tea in celebration of Mother’s Day.**

**Kathy Clancy and Kathy Porter will provide musical entertainment as you enjoy light refreshments served on our fine china.**

**Date: Wednesday, May 9**

**Time: 12:00 PM**

**Where: Braintree Department of Elder Affairs**

**Sign Up: Please call 781-848-1963. Ladies only.**

**If you would like, please wear bright spring colors, fancy hats and gloves.**

Curious about meditation? Want to gain the benefits, but not sure where to start? Join Certified Yoga Therapist, Amy Di Lillo for this user friendly meditation workshop. You will learn and practice several different meditation techniques that you can start using today! We will discuss the numerous benefits of meditation and simple ways that you can add this practice to your daily life.

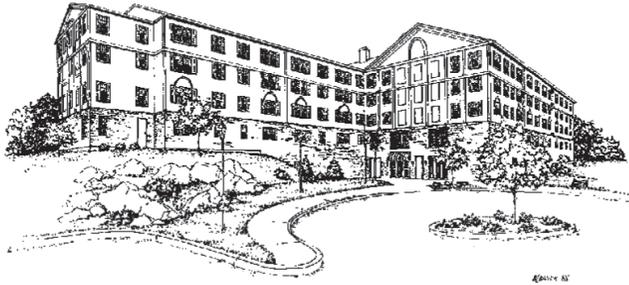
**Date:** Friday, May 18

**Time:** 11:00 AM

**Where:** Braintree Department of Elder Affairs

**Sign Up:** \$15 due at sign up for this relaxing event





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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 Monday in May	Bereavement Support Group	2:00 PM
Every Tuesday	Shine Insurance Counseling	10:00 AM
Tuesdays	Beginner Computers: call to sign up	9:30 AM
Tuesdays	Intermediate Computers: call to sign up	10:45 AM
Every Tuesday	Rummikub	10:00 AM
Every Wednesday	Asian Outreach 長者服務	10:00 AM
Tuesday, May 1	Low Vision Group	10:00 AM
Wednesday, May 2	BINGO	1:00 PM
Fridays in May	Painting Class	10:00 AM
Mondays in May	Spanish: introductory conversational see page 13 for details	10:00 AM
Friday, May 4	Fun Friday Movie: <i>Under the Tuscan Sun</i> ; see page 15 for details	1:00 PM
Wednesday, May 9	Mother's Day Tea; see page 3 for details	12:00 PM
Friday, May 11	Western Legends: Belle Star; see page 15 for details	11:00 AM
Friday, May 11	Fun Friday Movie: <i>Yours, Mine &amp; Ours</i> ; see page 15 for details	1:00 PM
Monday, May 14	Belles and Beaux Musical Entertainment	1:00 PM
Tuesday, May 15	Mass. Audubon Society: Nature of Massachusetts: see page 7 for details; \$2	11:00 AM
Tuesday, May 15	AARP entertainment by Simon Says	1:30 PM
Wednesday, May 16	BINGO	1:00 PM
Thursday, May 17	Theater of the 30's; 40's and 50's: see page 7 for details; \$2	11:00 AM
Friday, May 18	Lunch at Blue Hills Culinary School: van leaves senior center at 10:30 AM;	10:30 AM
Friday, May 18	Simple Meditation: see page 3 for details	11:00 AM
Friday, May 18	Fun Friday Movie: <i>Monster In Law</i> ; see page 15 for details	1:00 PM
Tuesday, May 22	Trip to Cape Cod Irish Village	
Wednesday, May 23	Music: Music of the Caribbean: see page 7 for details; \$2	1:00 PM
Thursday, May 24	Laughter Yoga with Sue Thomas: see page 15 for details	1:00 PM
Friday, May 25	Day of Beauty at Blue Hills Salon 800: van leaves senior center at 8:30 AM; \$30	8:30 AM
Friday, May 25	Fun Friday Movie: <i>Something's Gotta Give</i> ; see page 15 for details	1:00 PM
Wednesday, May 30	Monthly New Movie: <i>Wonder</i> ; see page 14 for details	12:00 PM
Thursday, May 31	Monthly luncheon: see page 6 for details; \$7	12:00 PM

## Massasoit Community College Spring Senior Concert

The Massasoit Senior Orchestra and Chorus FREE Spring Concert is scheduled for Tuesday, May 15, 2018 at 12:30 PM. The performance is held in the Buckley Performing Arts Center on the Brockton Campus. The concert lasts about 75 minutes and light refreshments will be served after the event.

**Due to the popularity of the concert, audience members are required to make reservations by calling the box office at 508-427-1234.**

Free Blood Pressure Clinics	Services
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Every Tuesday	Braintree Town Hall	3:00-4:00
Every Friday	Braintree Town Hall	9:00-10:00
Wednesday, May 2	Department of Elder Affairs	12:15-1:00
Thursday, May 10	Independence	10:30-11:30
Monday, May 14	Heritage Housing	12:00-12:30
Wednesday, May 16	Department of Elder Affairs	12:15-1:00
Tuesday, May 29	Roosevelt	12:00-12:30

- **Outreach:**  
Information & Referral  
Advocacy  
Friendly Visitor & Library Express
- **Transportation:** please call to reserve  
Medical Van Rides  
Senior Center Activity Rides  
Shopping Shuttles

Shopping Shuttle Schedule
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**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, May 1	Shaw's
Thursday, May 3	Shaw's
Tuesday, May 8	Stop & Shop
Thursday, May 10	Stop & Shop
Tuesday, May 15	Roche Bros.
Thursday, May 17	Shaw's
Tuesday, May 22	Shaw's
Thursday, May 24	Shaw's
Tuesday, May 29	Stop & Shop
Thursday, May 31	Stop & Shop

**Special Shopping Trip:**  
**Friday, May 11 to the Christmas Tree Shops**

- **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.**

Monthly Luncheon Thursday, May 31st at Noon
--



Menu: meatloaf, mashed potatoes and carrots  
\$7 lunch tickets are available for purchase beginning Tuesday, May 1 after 9:30. Braintree residents only.

**Volunteer Opportunities:**  
**We are looking for a volunteer to teach an introductory French class. Please call 781-348-1067 for more information.**

Elder Affairs is a New Polling Location
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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

Bocce Courts are Open!
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Tuesdays at 10 AM.  
Please call for further details.



## Theater of the 30's; 40's and 50's

Please join us when Stephen Collins discusses a period of American theatrical history that includes the works of Tennessee Williams, Arthur Miller, Eugene O'Neil and Richard Nash. His performance includes monologues from these and other playwrights.

**Date:** Thursday, May 17  
**Time:** 11:00 AM  
**Where:** Braintree Department of Elder Affairs  
**Sign Up:** Please call 781-848-1963 May 1st  
\$2 due at sign up.



## Nature of Massachusetts

Come learn about the beauty of Massachusetts wildlife. This illustrated lecture will be about the nature of Massachusetts, with a special focus on spring. We will take an illustrated trip from the coast of Massachusetts to the Berkshires, exploring the nature of picturesque habitats.

**Date:** Tuesday, May 15  
**Time:** 11:00 AM  
**Where:** Braintree Department of Elder Affairs  
**Sign Up:** Please call 781-848-1963 May 1st  
\$2 due at sign up.



## Alzheimer's Support Group

**Date:** Tuesday, May 29  
**Time:** 5:00 PM  
**Where:** Braintree Elder Affairs

**Beverly Moore** from **Still Me** will be our speaker for the evening. Beverly has been an Alzheimer's Coach for many years. In her role as a Coach, she visits with many families and gives them advice and trains them on the best ways to deal with the care giving challenges they face on a daily basis.

Beverly will be discussing some of the Behavioral issues families often encounter with their loved ones. Having an understanding of the source of a challenging behavior and how to approach it makes a big difference to one's mental and physical health. Please bring your questions and also your solutions that actually work wonders for you.

**Refreshments provided  
courtesy of Grove Manor Estates**

## Calypso: Sounds of the Caribbean

You are in for a treat! Mike Cameron will perform music of the Caribbean sprinkled with humor and storytelling. He is bringing songbooks and his collection of rhythm instruments to share with those who want to sing and play along.

**Date:** Wednesday, May 23  
**Time:** 1:00 PM  
**Where:** Braintree Department of Elder Affairs  
**Sign Up:** Please call 781-848-1963 May 1st  
\$2 due at sign up.



**MONDAY**

**TUESDAY**

**WEDNESDAY**



**1**  
 Shopping Shuttle: Shaw's  
 9:00 S&S Bus (housing)  
 9:30 **Computers: Beginners**  
 10:00 Walking Group  
 10:00 **Low Vision**  
 10:00 Rummikub  
 10:00 SHINE insurance help free by appointment  
 10:45 **Computers: Intermediate**  
 12:30 Bridge  
 12:30 Cribbage  
 1:30 Zumba Gold

**2**  
 9:15 Cardio, Strength and Flexibility  
 10:00 Asian Outreach Program 長者  
 12:00 Pool Players  
 12:00 Poker  
 12:15 **Blood Pressure Check by Home**  
 1:00 **BINGO**



**7**  
 9:30 Current Events  
 10:00 **Spanish #1**  
 10:30 Chair Yoga  
 12:00 Qi Gong/Tai Chi  
 12:00 Trivia  
 12:00 Pool Players  
 12:00 Poker



**8**  
 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: Intermediate**  
 12:30 Bridge  
 12:30 Cribbage  
 1:30 Zumba Gold

**9**  
 9:15 Cardio, Strength and Flexibility  
 9:30 **Ask the Lawyer: free by appointment**  
 10:00 Asian Outreach Program 長者  
 12:00 Pool Players  
 12:00 **Mother's Day Tea**  
 12:00 Poker



**14**  
 9:30 Current Events  
 10:00 **Spanish #2**  
 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**



**15**  
 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: Intermediate**  
 11:00 **Audubon Society: Nature of Massachusetts**  
 12:30 Bridge  
 12:30 Cribbage  
 1:30 Zumba Gold  
 1:30 AARP



**16**  
 9:15 Cardio, Strength and Flexibility  
 10:00 Asian Outreach Program 長者  
 12:00 Pool Players  
 12:00 Poker  
 12:15 **Blood Pressure Clinic by Town**  
 1:00 **Hearing Exams: free by appointment**  
 1:00 **BINGO**



**21**  
 9:30 Current Events  
 10:00 **Spanish #3**  
 10:30 Chair Yoga  
 12:00 Qi Gong/Tai Chi  
 12:00 Trivia  
 12:00 Pool Players  
 12:00 Poker  
 1:00 **Geronimo**



**22**  
 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  
 10:00 Rummikub  
 10:45 **Computers: Intermediate**  
 12:30 Bridge  
 1:00 **Ask the Lawyer: free by appointment**  
 12:30 Cribbage  
 1:30 Zumba Gold  
 Trip to Cape Cod Irish Village



**23**  
 9:15 Cardio, Strength and Flexibility  
 10:00 Asian Outreach Program 長者  
 12:00 Pool Players  
 12:00 Poker  
 1:00 **Music: Sounds of the Caribbean**



**28**  
**CLOSED FOR MEMORIAL DAY**



**29**  
 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: Intermediate**  
 12:30 Bridge  
 1:00 **Ask the Lawyer: free by appointment**  
 12:30 Cribbage  
 1:30 Zumba Gold  
 5:00 **Alzheimer's Support**

**30**  
 9:15 Cardio, Strength and Flexibility  
 10:00 Asian Outreach Program 長者  
 12:00 Pool Players  
 12:00 Poker  
 12:00 **New Movie: Wonder**



**THURSDAY** **FRIDAY**

Class  
服務  
Instead

**3**  
Shopping Shuttle: **Shaw's**  
9:30 Mah Jongg  
11:30 Quilting Group  
12:00 Chair Yoga  
1:00 Art Group  
1:00 Knit/Crochet

**4**  
9:15 Cardio, Strength and Flexibility Class  
10:00 Weight Loss Group  
10:00 **Painting #1**   
12:00 Pool Players  
12:00 Women's Poker  
1:00 **Fun Movie Friday: Under the Tuscan Sun**

Class  
ment  
服務

**10**  
Shopping Shuttle: **Stop & Shop**  
9:30 Mah Jongg  
10:00 Photography  
11:30 Quilting Group  
12:00 Chair Yoga  
1:00 Art Group  
1:00 Knit/Crochet

**11**  
Shopping Shuttle: **Christmas Tree Shops**  
9:15 Cardio, Strength and Flexibility Class  
10:00 Weight Loss Group  
10:00 **Painting #2**   
11:00 **Western: Belle Star**  
12:00 Pool Players  
12:00 Women's Poker  
1:00 **Fun Movie Friday: Yours, Mine & Ours**

Class  
服務  
of Braintree  
ment

**17**  
Shopping Shuttle: **Shaw's**  
9:30 Mah Jongg  
10:30 **Book Club**  
11:00 **Theater of the 30's; 40's and 50's**  
11:30 Quilting Group  
12:00 Chair Yoga  
1:00 Art Group  
1:00 Knit/Crochet




**18**  
9:15 Cardio, Strength and Flexibility Class  
10:00 Weight Loss Group   
10:00 **Painting #3**  
10:30 **Lunch at Blue Hills Culinary School**  
11:00 **Simple Meditation**  
12:00 Pool Players  
12:00 Women's Poker  
12:30 **Ask the Lawyer: free by appointment**  
1:00 **Fun Movie Friday: Monster In Law**  
2:00 Dept. of Elder Affairs Board Meeting



Class  
服務

**24**  
Shopping Shuttle: **Shaw's**  
9:30 Mah Jongg  
10:00 Photography  
11:30 Quilting Group  
12:00 Chair Yoga  
1:00 **Laughter Yoga with Sue Thomas**  
1:00 Art Group  
1:00 Knit/Crochet  
2:00 COA Board Meeting



**25**  
8:30 **Day of Beauty at Blue Hills Salon 800**  
9:15 Cardio, Strength and Flexibility Class  
10:00 Weight Loss Group  
10:00 **Painting #4**   
12:00 Pool Players  
12:00 Women's Poker  
1:00 **Fun Movie Friday: Something's Gotta Give**



Class  
服務

**31**  
Shopping Shuttle: **Stop & Shop**  
9:30 Mah Jongg  
11:30 Quilting Group  
12:00 Chair Yoga  
12:00 **Monthly Luncheon**  
1:00 Art Group  
1:00 Knit/Crochet



\*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.

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## Outreach Department

### Seeking volunteers to escort elders to medical appointments



We are currently looking for volunteers who may be available on occasion to escort frail seniors to medical appointments. The Escort drives to the home of the senior, and then they are picked up by the Braintree Department of Elder Affairs Van Driver and taken to the appointment. The Escort helps the senior to the van, to and from the medical appointment, and then back to the home. If you are interested in becoming a volunteer Escort, please come in and fill out a Volunteer Application - Escort form and a CORI (Criminal Offender Record Information) form. Please note we need a copy of your driver's license in order to complete a CORI check. Once the CORI comes back, you will be contacted by the Outreach Staff. Please note: The Braintree Department of Elder Affairs is not obligated to assign a volunteer position if the CORI report comes back unfavorable.

### Seeking lawn care and snow removal workers for Elder Affairs Reference List

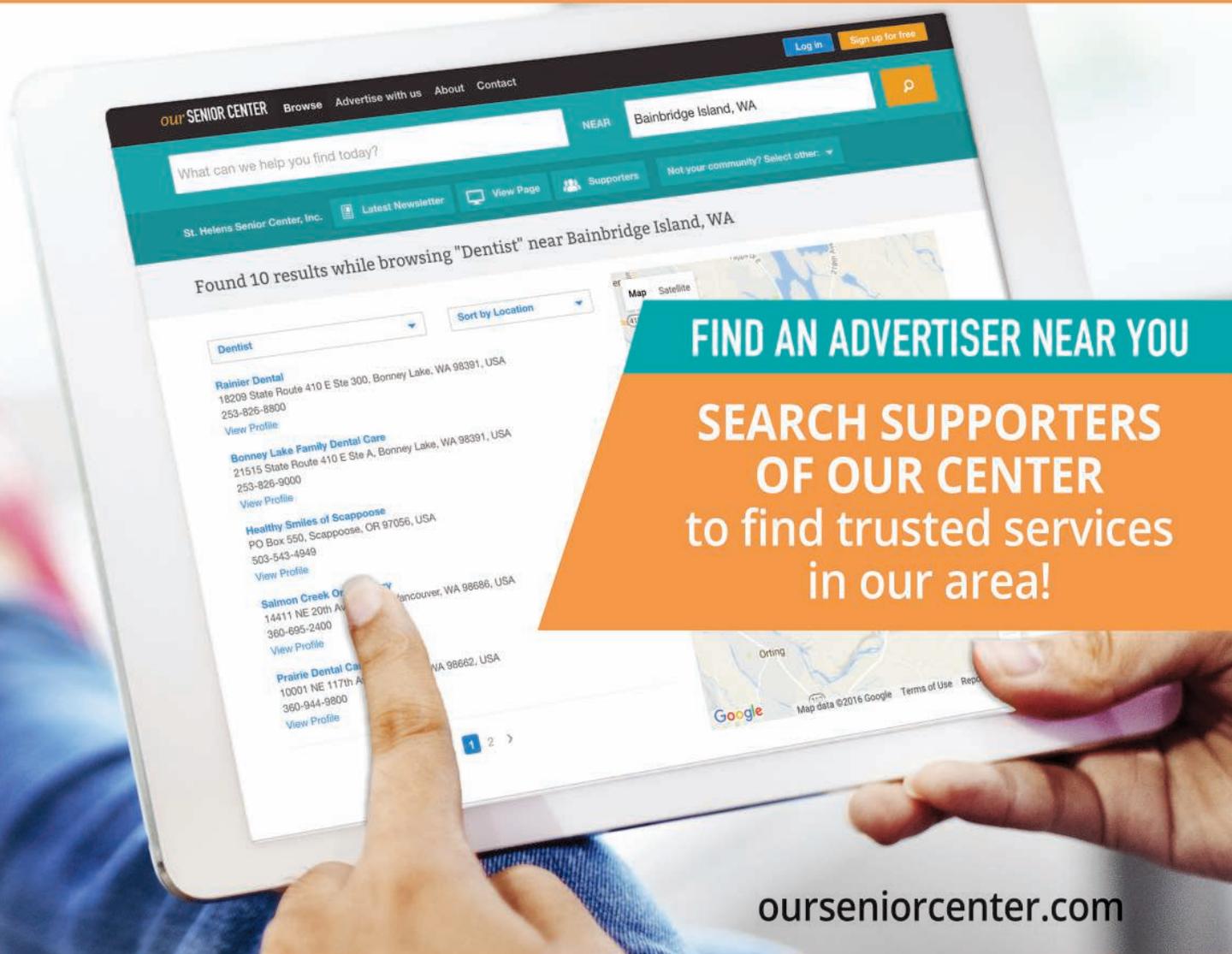


We are currently looking for lawn care workers and snow removal workers to be placed on the Braintree Department of Elder Affairs Reference List. The Reference List is a list of independent contractors who have contacted us about doing work for the elderly for a fee. If a senior inquires about these services, we will provide your name and phone number to them. The Braintree Department of Elder Affairs does not assume responsibility for work performed and for financial transactions. If you, or someone you know, would like to be placed on the Reference List, please come in and fill out a Reference List application and a CORI (Criminal Offender Record Information) form. Please note we need a copy of your driver's license in order to complete a CORI check. Once the CORI comes back, you will be contacted by the Outreach Staff. Please note: The Braintree Department of Elder Affairs is not obligated to put you on the Reference List if the CORI report comes back unfavorable.

**Please call the Outreach Office at 781-848-1963 for further information.**

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Braintree Dept. of Elder Affairs, Braintree, MA

06-5067

## From the Mass DOT Registry of Motor Vehicles Division

### Getting or Renewing a Driver's License, ID Card or Learner's Permit?

Massachusetts RMV Announces New Requirements:  
Lawful Presence and REAL ID

**BOSTON** - The Massachusetts RMV is reminding the public that on March 26, 2018, to get or renew any driver's license, ID card, or learner's permit, customers will need documentation showing United States citizenship or lawful presence as required by federal and state law. Lawful presence means that a person is legally living in the United States according to federal immigration laws. All United States citizens and lawfully permanent residents have permanent lawful presence in the U.S. Non-U.S. individuals who are studying, working, or living temporarily in the U.S. may have temporary lawful presence that may vary in length. On March 26, customers will have the choice between a REAL ID Driver's License or ID Card or a Standard Massachusetts Driver's License or ID Card. REAL ID is a Federal Security Standard for IDs that was created in 2005 as a result of increased federal security measures after the September 11, 2001 terrorist attacks. REAL ID will be available on March 26, 2018; however, people will not need a REAL ID until October of 2020. And if they have an active passport and don't mind carrying it, they will never need a REAL ID. After October of 2020, citizens will need either a *passport* or *REAL ID* Massachusetts Driver's License to fly in the United States, or to enter restricted areas of federal buildings. The Standard Massachusetts License or ID card will not be valid as a federal ID after October 2020. "We encourage the public to review information on our website at [mass.gov/id](http://mass.gov/id) to learn what documents they must provide for the credential they seek," said Registrar Erin Deveney. "In most cases, people will have the required documents on hand as these documents are regularly requested when a child starts school, when someone travels outside the country, or in order to get married." On March 26, 2018, individuals applying for Registry credentials are encouraged to start their applications online at [mass.gov/rmv](http://mass.gov/rmv) and answer a few questions to determine if they should choose a REAL ID driver's license or ID or a Standard Driver's license or ID, and exactly what identification documents are necessary for each. Customers who visit the RMV's website will be able to print online applications or have an application that can be displayed on a mobile phone. The website tells customers exactly what to bring to complete the transaction and also directs AAA members to the closest AAA office for renewals. The online application includes a bar code that will be scanned to retrieve the customer's information in the system to save time in line. Renewal customers requesting a standard card may be able to perform their renewal successfully online, without coming in person.

Before March 26, 2018: Customers can process renewals as usual: online or in person at an RMV Service Center or AAA Location (if they are a member). We encourage the public to renew early.

#### **Lawful Presence Documentation**

**For U.S. citizens**, a valid, unexpired U.S. passport is sufficient proof of lawful presence. U.S. citizens may also provide a certified copy of their U.S. birth certificate.

**For permanent residents**, a valid permanent resident card (green card) is sufficient proof of lawful presence.

**For customers who are not U.S. citizens**, valid, verifiable immigration documents as well as proof that they have been granted a legal stay in the U.S. for at least 12 months is required. Their license or ID will expire when their legal stay is over.

**For Massachusetts Learner's Permit Holders**, that were issued a learner's permit prior to March 26, 2018 and have not passed a road test by March 26<sup>th</sup>, they will need to prove U.S. citizenship or lawful presence before receiving a driver's license.

**Drivers over the age of 75 seeking a REAL ID or a Standard driver's license or ID card**, may begin their application online at [mass.gov/rmv](http://mass.gov/rmv), but must present official required documentation in person to complete the renewal or issuance process, and pass a vision screening if obtaining a driver's license. AAA members, can visit a AAA office to renew their driver's license or ID card.

#### **Ralph R. Valente**

*Director of Marketing and Communications*

MassDOT Registry of Motor Vehicles Division

## Day of Beauty at Blue Hills Salon 800

Relax and enjoy a Day of Beauty at Blue Hills Regional Technical School's Salon 800. Cosmetology students will perform the following services under supervision: facial, hair wash, hair conditioning treatment, blow dry and regular manicure. Coffee, pastry and a delicious lunch at the Chateau de Bleu Culinary School are also included in the **\$30 fee**. What a bargain!

**Day of Beauty Cost: \$30; You will pay the school.**

**Van Cost: \$3; You will pay the driver.**

**Date:** Friday, May 25

**Time:** 8:30 AM van leaves and returns after lunch;

**You will need to get a ride to the Senior Center**

**Sign Up:** Please call 781-848-1963 after 9:30 May 1.  
Only 10 spaces available.

## Introduction to Spanish

Have you always wanted to learn Spanish?

Liliana Trujillo Gallardo will teach you conversational Spanish and some interesting information about her home country.

You'll be saying more than gracias in no time!

**Date:** Mondays in May (5/7; 5/14 and 5/21)

**Time:** 10:00 AM

**Where:** Braintree Department of Elder Affairs

**Sign Up:** Please call 781-848-1963 ASAP

The word "HOLA!" is written in large, colorful, block letters. The letters are multi-colored with a gradient effect, transitioning from red on the left to blue, green, and yellow on the right.

## From the Chairman of the Board Hank Joyce

Well, it's the 4th of April and the rain keeps coming, which means we should have beautiful May flowers. Tomorrow is opening day for the Red Sox and I will have the pleasure of being there with my favorite Red Head, Chris Griffin. It is going to be a cold, sunny day but we won't care. The Red Sox are off to a very good start but the Big Bad Yankees are coming to Fenway Park next week and that will give us an idea of how good the Sox will be.

The words "BOSTON RED SOX" in a large, bold, red, serif font with a white outline and a trademark symbol.

*Chris Griffin and Hank Joyce at Fenway Park*

On Sunday March 25<sup>th</sup>, we had our first Cribbage Tournament as a fundraiser for the Senior Center. We had 34 contestants and everyone seemed to have a good time. I would like to thank the Cribbage Committee and the staff at the center who helped out. We hope to get more people playing Cribbage on Tuesdays at 12:30 at the Senior Center. It is an easy game to play and a fun social event.

On March 29<sup>th</sup> we had a visit from Congressman Steven Lynch who spent time with us and updated everyone about what is happening in Washington. I wasn't there, but I understand he was very informative.

We have some great events happening in the month of May. Two movies May 4<sup>th</sup>-Under the Tuscan Sun, May 25<sup>th</sup>-Something's Gotta Give. On May 17<sup>th</sup> the Theatre of the 30's; 40's and 50's and many more wonderful events.

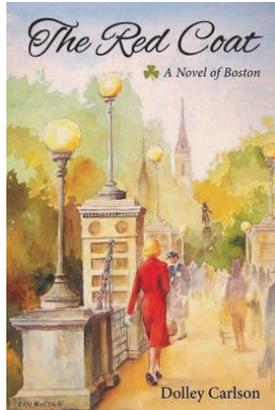
We are going to the Irish Village on Cape Cod on the 22<sup>nd</sup> of May to have lunch and Irish entertainment.

I usually don't like mentioning sad events but I attended a funeral for a very good friend today who also was a good friend of many of the people at the senior center, Henry J. Fitzgerald. Please keep Henry and his wife Dotty in your prayers.

Hopefully the weather will start to improve and we will be able to do some outside events. Be careful and be safe!

**Monthly Book Club**  
**Thursday, May 17**  
**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:** *The Red Coat*  
**Author:** Dolley Carlson

**Plot:** Think Downton Abbey, but set in 1940's and 1950's Boston. Irish domestic worker Norah King's decision to ask her wealthy employer for an elegant red coat the Beacon Hill matriarch has marked for donation ignites a series of events that neither woman could have fathomed. The unlikely exchange will impact their respective daughters and families for generations to come.

**Monthly New Movie**  
**Wednesday, May 30**  
**12 Noon**

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



**Movie:** *Wonder*  
**Rated:** PG  
**Length:** 1 hour 53 minutes  
**Genre:** Drama

**Plot:** Based on the New York Times bestseller, WONDER tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who attends a mainstream school for the first time.

**From the Recycling Department**

The following items should NOT be placed in your recycle cart: syringes, needles, motor oil, food waste, foam, peanuts, bulk wrap or film, shredded paper, scrap metal, dishes, drinking glasses or baking dishes, frozen food containers or ice cream boxes due to plastic coatings they are not recyclable.

Please do not flatten smaller containers and boxes as the sorting equipment will mistake them as paper.

Most importantly, please do not put plastic bags in the recycle cart as they bind up sorting equipment and have to be removed manually.



**Lunch at Blue Hills Culinary School**

Treat yourself to a gourmet lunch at the Blue Hills Regional Technical School's Chateau de Bleu. The students from the culinary school make delicious meals under the supervision of trained chefs. The menu options include daily specials, sandwiches, soups, salads and desserts.

**Lunch Cost:** You will pay the school for items you choose from the menu.

**Van Cost:** \$3; You will pay the driver.

**Date:** Friday, May 18

**Time:** 10:30 AM bus leaves; returns after lunch

**Where:** Braintree Department of Elder Affairs

**Sign Up:** Please call 781-848-1963 after 9:30 May 1; only 10 spaces available



## Fun Movie Fridays at 1:00 PM

**Friday, May 4: *Under the Tuscan Sun*; PG-13; 1 hours 53 minutes**

When Frances Mayes learns her husband is cheating on her from a writer whom she gave a bad review, her life is turned upside down. In an attempt to bring her out of a deep depression, her best friend, Patti, encourages Frances to take a tour of Italy. During the trip, the new divorcée impulsively decides to purchase a rural Tuscan villa and struggles to start her life anew amid colorful local characters, including the handsome Marcello.

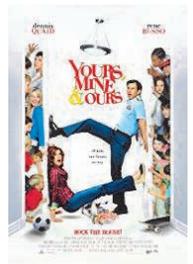
**Starring: Diane Lane**



**Friday, May 11: *Yours, Mine & Ours*; PG; 1 hour 35 minutes**

When Coast Guard Adm. Frank Beardsley decides to move his family of eight children back to his old hometown, he encounters handbag designer Helen North, an old flame from high school. Immediately, sparks fly between the two, and marriage is proposed. But Frank isn't the only one with kids to worry about -- Helen has a total of 10. Right away, the children have no intention of playing nicely, and together they decide to sabotage their parents' relationship.

**Starring: Dennis Quaid and Rene Russo**



**Friday, May 18: *Monster In Law*; PG-13; 1 hour 42 minutes**

Charlotte is smitten when she meets Dr. Kevin Fields. So when Kevin pops the question after they start dating, Charlotte happily accepts. But she soon realizes that Kevin's mom, Viola, is not quite thrilled to have a new family member. Viola, a newscaster, has just lost her job and is feeling rather attached to Kevin, so she regards Charlotte as her new competition and will do anything to make her son call off the wedding.

**Starring: Jennifer Lopez and Jane Fonda**



**Friday, May 25: *Something's Gotta Give*; PG-13; 2 hour 8 minutes**

When aging womanizer Harry Sanborn and his young girlfriend, Marin, arrive at her family's beach house in the Hamptons, they find that her mother, dramatist Erica Barry, also plans to stay for the weekend. Erica is scandalized by the relationship and Harry's sexist ways. But when Harry has a heart attack, and a doctor prescribes bed rest at the Barry home, he finds himself falling for Erica, who, for once, may be out of his league.

**Starring: Jack Nicholson and Diane Keaton**



### Western Legends: Belle Star

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

**Date:** Friday, May 11

**Time:** 11:00 AM

**Where:** Braintree Department of Elder Affairs

**Sign Up:** Please call 781-848-1963 May 1st

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



BELLE STARR

### Laughter Yoga with Sue Thomas

Laughter is the best medicine! When was the last time you had a belly laugh? Come hear and see how easy it is to feel better just by having a few good laughs. Looking for our wonderful **Volunteers**. You are an inspiration to us and we want you to have a good time. Get rid of those winter blues and perk up your spirits. We want you to keep on going while you keep dedicating your time for others. Come, bring others and enjoy a group laugh! It may be just what the doctor ordered....

**Date:** Thursday, May 24

**Time:** 1:00 PM

**Where:** Braintree Department of Elder Affairs

**Sign Up:** Please call 781-848-1963 May 1st

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



**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**

As the 2017 tax season has come to an end, the Staff at the Department of Elder Affairs and the many seniors who were served want to publicly thank the AARP trained tax preparers for their phenomenal outpouring of effort on our behalf. We owe a debt of gratitude and appreciation as you weathered the elements and even accommodated those whose appointments were "snowed out". Approximately 151 seniors spent between an hour and three hours with these knowledgeable individuals, thus satisfying Uncle Sam's income tax filing requirements.

What may not be known to many is that these dedicated volunteers spend a significant time preparing for the tax season. Classes began in October through January, ending with the passing of two tests. Then the real work began as they sorted through volumes of paperwork the seniors brought in for their income tax filing. Despite the "simple and uncomplicated" requirement, many seniors had circumstances which made the returns quite challenging. We were blessed to have these AARP Tax Aide Volunteers working with our Seniors. Once again, THANK YOU Cathy, Marilyn, Peter, Dan and Carol. We hope you enjoyed your time here and hope to see you next year.



**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](http://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.**