



August 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**

**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 Wednesday, August 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.



**Essex River Cruise and Lunch at Woodman's**  
**Tuesday, September 18 from 9:15 AM-3:30 PM**  
**\$36.00 Tickets will be on sale after 9:30 AM Wednesday, August 1**  
**Please make checks payable to Braintree Department of Elder Affairs**

Welcome aboard! See rare birds and stunning scenery on a cruise along the sheltered waters of the Essex River. Listen to a fully narrated description about historic mansions, shipyards, wildlife and salt marsh farms.

**Lunch: \*\*Please note ticket holders will order their meal at the counter and are responsible for payment.**  
Visit [www.woodmans.com](http://www.woodmans.com) for menu options.

Your ticket price includes: Cruise, bus & driver gratuity. **(see lunch info above)**

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. Priority will be given to Braintree residents. 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.

*Greetings Everyone,*

June was quite a hectic month with a vacant position, illness and vacations, which amounts to a deep shortage of staff. This is a busy place and it just does not stop with answering phones, making calls, dispatching rides, making sure the programs are running, sign ups, selling tickets for lunches, trips etc. setting up rooms, paperwork and sure enough there is always a deadline which has to be met. We also need to make sure about coffee, tea, food, keeping the kitchen and all the appliances clean and yes, doing the dishes, so, the list goes on.

We have a wonderful team of staff and volunteers, but when there is a shortage in that work force, a couple of people attempting to do everything, becomes humanly impossible. When the room set up was not to your liking, or the coffee was not done when you went to get it, for those times, I thank you for your patience and understanding. These are also the times when you get to see the good in people. Many, noticing our predicament stepped in to help in any way they could, like selling tickets on our busiest day, help us move the tables and chairs to set up the rooms and help in the kitchen. Your kindness matters, please accept our heartfelt thanks.

As you can see, we have a full calendar in August with many exciting programs and activities. Please call to sign up and make sure to come and participate on that day. Make a note of that date in your calendar. This will serve you as a reminder when the time comes. Call us, if you need to cancel.

Please take care during the summer months, keep your self hydrated and you are always welcome to come to your Senior Center to cool off.....*Sharmila*

**“My Life, My Health” Six week program begins August, 20, at 9:30 AM**

**Janey Tilden RN, Program Coordinator and Team Leader**  
**Home and Health Resources**  
**South Shore (Hospital) Health Systems**

**Chronic Disease Self-Management Program is developed by Stanford University.**

Trained certified Instructors teach this class in **6 consecutive weekly workshops of 2.5 hrs. each.** The classes involve development of strategies for living a healthy life for those suffering with chronic health conditions, such as heart disease, COPD, Depression, Diabetes and Cancer but not limited only to this.

The weekly classes are lively and interactive with a focus on problem solving and feed back. Weekly topics include: **Nutrition and Healthy Diet, Exercise and Fall Prevention, Medication Usage, Working with your health care provider, Communication Skills, Managing Disease progression and future planning.**

This program has proven beneficial in promoting general health. Participants support each other to find solutions for everyday obstacles that occur with chronic disease. **Class size is limited to 20 participants and participants needs to commit for the duration of 6 weeks.**

**Days are Monday, August 20, August 27, September 10, September 17, September 24 and October 1, 2018.**

Please call 781-848-1963 to sign up.

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

2nd & 4th Monday	Bereavement Support Group - August 13 & 27th	2:00 PM
1st & 3rd Wednesday	Bingo -	1:00 PM
Every Monday	Every Monday in August Smart Phone or Tablet assistance by Students	10:00 AM
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 Tuesday	Bocce Game (Outdoors) Please call for information	9:30 AM
Every Wednesday	Asian Outreach 長者服務	10:00 AM
August 1,	Farmer's Market Coupons distributed by South Shore Elder Services - See pg. 10	10:00 AM
August 3,	Cocoanut Grove Event - Thayer Public Library & Dept. of Elder Affairs - Page 14	11:30 PM
August 3,	Fun Friday Movie: Gravity - See page 15	1:00 PM
August 9,	Ice Cream Social hosted by Grove Manor Estates, - See page 13	1:00 PM
August 10,	Senior Center van trip to new shopping plaza with TJMaxx, Home Goods/Sense	10:00 AM
August 10,	Fun Friday Movie: Heart and Soul - See page 15	1:00 PM
August 13,	Musical Entertainment with Dick Mandell's One Man Band - See page 7	1:00 PM
August 14,	Allerton House Cookout for Braintree Seniors (call Senior Center for spot)- Pg. 13	12:30 PM
August 15,	Talk on Dehydration by Town Nurse Nicole Perry - See Page 14	11:30 AM
August 16,	Smart 911 Presentation by Brewster Ambulance - See page 12	10:00 AM
August 17,	Fun Friday Movie: The American President - See page 15	1:00 PM
August 20,	My Life, My Health Six Week Program by South Shore Hospital - See page 3	9:30 AM
August 21,	Marshfield Fair Senior Citizen's Day - Senior Center Van Trip - See page 12.	11:00 AM
August 22,	Musical Entertainment: The Swinging Standards hosted by John Scott N.H. - pg. 7	12:00 PM
August 24,	Fun Friday Movie: Shall We Dance - See page 15	1:00 PM
August 27,	Monthly Luncheon (note day changed to Monday) See menu information page 6	12:00 PM
August 29,	Monthly New Release Movie: Surviving The Wild - See page 14	12:00 PM

## Art Classes beginning September 1st

If you can't quite let go of summer, this acrylic painting workshop is for you! You will be learning to paint a beautiful sunset over the beach. Using art concepts of color mixing, shadows, highlights and value, you will create your own unique painting. You will need a basic set of acrylic tube paints and a few brushes. Some supplies will be available to supplement if needed.

**Dates:** Fridays, September 7, 14, 21 & 28

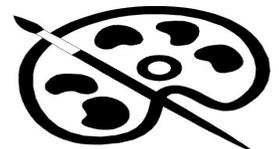
**Time:** 10 AM - 11:30 AM

**Where:** Braintree Department of Elder Affairs

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

Please come in as soon as possible to pre-pay and sign up - Space is limited!

**HAPPY PAINTING**



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
Thursday, Aug. 9	Independence Housing	10:30-11:30
Wednesday, Aug.15	Department of Elder Affairs	12:15-1:00
Tuesday, Aug.28	Roosevelt Housing	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

Thursday, August 2,	Shaw's
Tuesday, August 7,	Stop & Shop
Thursday, August 9,	Stop & Shop
Tuesday, August 14,	Roche Bros.
Thursday, August 16	Shaw's
Tuesday, August 21,	Shaw's
Thursday, August 23,	Stop & Shop
Tuesday, August 28,	Stop & Shop
Thursday, August 30	Shaws's

**Special Shopping Trip:** Friday, Aug. 10 - TJ Maxx/Home Goods

- **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 at Noon Monday, August 27 (note change of day to Monday)
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**Monthly Luncheon at Senior Center on Monday, August 27 at 12 noon**

**Menu: Chicken Fingers and French Fries**

\$7 lunch tickets are available for purchase beginning Wednesday August 1, after 9:30. Priority will be given to Braintree residents.

Bocce Courts are Open!
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Every Tuesday at 9:30 AM. (Outdoors)  
 Come join the fun!  
 Please call for further details.



## Phone and Tablet Assistance

Do you need help with your smart phone or tablet?

Drop-in Mondays in August for assistance from local students.

**Date:** Mondays in August  
**Time:** 10:00 AM  
**Where:** Braintree Department of Elder Affairs  
**Sign up:** Call to sign up each week group limit, 5



## Musical Entertainment - August 13

Please join us for a fun summer afternoon of Musical Entertainment.

Come hear Dick Mandell, the one man band, play all your old time favorites.

**Date:** August 13, 2018  
**Time:** 1 PM  
**Where:** Braintree Dept. of Elder Affairs  
**Sign up:** August 1st or after  
**Cost:** \$2.00 at door



Following the noon of music, enjoy refreshments

lowing after-

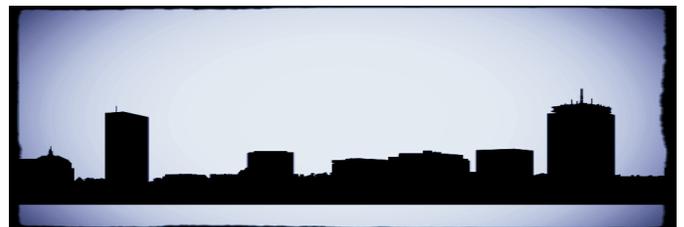
## From the Recycling Department

**NO PLASTIC BAGS IN  
RECYCLING CARTS PLEASE**

**Bags break down processing  
equipment & increase our cost!**



## Musical Entertainment, August 22



### John Scott House Presents

#### **“The Swinging Standards” Music For All Occasions”.**

Please join Duane Sullivan and Dolores Ofria as they sing in the style of Steve Lawrence and Eydie Gorme .

They will sing those special songs made famous by Frank Sinatra, Rosemary Clooney, Doris Day and many more.

**Date:** Wednesday, August 22, 2018

**Time:** 12 noon

**Where:** Braintree Elder Affairs

# MONDAY

\*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.

# TUESDAY



# WEDNESDAY

**1**  
 9:15 Cardio, Strength and Flexibility  
 10:00 Farmer's Market Coupons by S  
 10:00 Asian Outreach Program 長者  
 12:00 Pool Players  
 12:00 Poker  
 1:00 BINGO



**6**  
 9:30 Current Events  
 10:00 iPhone Assistance Drop-In  
 10:30 Chair Yoga  
 11:30 Qi Gong/Tai Chi  
 12:00 Trivia  
 12:00 Pool Players  
 12:00 Poker

**7**  
 Shopping Shuttle: **Stop & Shop**  
 9:00 S&S Bus (housing)  
 9:30 Bocce (outdoors)  
 9:30 **Computers: Beginners**  
 10:00 Low Vision Group  
 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

**8**  
 9:15 Cardio, Strength and Flexibility  
 10:00 Asian Outreach Program 長者  
 12:00 Pool Players  
 12:00 Poker

**13**  
 9:30 Current Events  
 10:00 iPhone Assistance Drop-In  
 10:30 Chair Yoga  
 11:30 Qi Gong/Tai Chi  
 12:00 Pool Players  
 12:00 Poker  
 1:00 **Special Summer Music Event with Dick Mandell & Ice Cream Sundaes**  
 2:00 **Bereavement Support Group**

**14**  
 Shopping Shuttle: **Roche Bros.**  
 9:00 S&S Bus (housing)  
 9:30 Bocce (outdoors)  
 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  
 12:30 **Allerton House Cook Out**

**15**  
 9:15 Cardio, Strength and Flexibility  
 10:00 Asian Outreach Program 長者  
 11:30 **Talk on Dehydration-Town Nur**  
 12:00 Pool Players  
 12:00 Poker  
 1:00 BINGO



**20**  
 9:30 **My Life My Health Six Week Program**  
 9:30 Current Events  
 10:00 iPhone Assistance Drop-In  
 10:30 Chair Yoga  
 11:30 Qi Gong/Tai Chi  
 12:00 Trivia  
 12:00 Pool Players  
 12:00 Poker

**21 Our Van Trip: Marshfield Fair Senior Day**  
 Shopping Shuttle: **Shaws**  
 9:00 S&S Bus (housing)  
 9:30 Bocce (outdoors)  
 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 AARP

**22**  
 9:15 Cardio, Strength and Flexibility  
 10:00 Asian Outreach Program 長者  
 12:00 Pool Players  
 12:00 Poker  
 12:00 **Special Musical Event: Swing!**  
 Hosted by John Scott Nursing

**27**  
 9:30 **My Life My Health Six Week Program**  
 9:30 Current Events  
 10:00 iPhone Assistance Drop-In  
 10:30 Chair Yoga  
 11:30 Qi Gong/Tai Chi  
 12:00 Trivia  
 12:00 Pool Players  
 12:00 **Luncheon - Please purchase ticket**  
 12:00 Poker  
 2:00 **Bereavement Support Group**

**28 TRIP: Commonwealth Museum/Venezia**  
 Shopping Shuttle: **Stop & Shop**  
 9:00 S&S Bus (housing)  
 9:30 Bocce (outdoors)  
 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  
**NO Alzheimer's Support Meeting will resume in Sept.**

**29**  
 9:15 Cardio, Strength and Flexibility  
 10:00 Asian Outreach Program 長者  
 12:00 Pool Players  
 12:00 Poker  
 1:00 **Hearing Exams: free by appoi**  
 12:00 **New Movie: Surviving the Wild**

**THURSDAY** **FRIDAY**

Class  
So. Shore Elders  
服務

**2**  
Shopping Shuttle: **Shaws**  
9:30 Mah Jongg  
11:30 Quilting Group  
11:30 Chair Yoga  
1:00 Art Group  
1:00 Knit/Crochet

Please note the change in time for Chair Yoga

**3**  
9:15 Cardio, Strength and Flexibility Class  
10:00 Weight Loss Group  
11:30 **Cocoanut Grove Fire Presentation**  
12:00 Pool Players  
12:00 Mixed Poker  
1:00 Fun Movie Friday: **GRAVITY**

Class  
服務

**9**  
Shopping Shuttle: **Stop & Shop**  
9:30 Mah Jongg  
10:00 Photography  
11:30 Quilting Group  
11:30 Chair Yoga  
1:00 Art Group  
1:00 Knit/Crochet  
1:00 Ice Cream Social hosted by Grove Manor Estates

Please note the change in time for Chair Yoga



**10**  
Shopping Shuttle: **TJ Maxx, Home Goods Home Sense New Shopping –Braintree**  
9:15 Cardio, Strength and Flexibility Class  
10:00 Weight Loss Group  
12:00 Pool Players  
12:00 Mixed Poker  
1:00 Fun Movie Friday: **HEART & SOUL**

Class  
服務  
urse Nicole Perry

**16**  
Shopping Shuttle: **Shaws**  
9:30 Mah Jongg  
10:00 **Smart 911 Presentation by Brewster Ambulance**  
11:30 Quilting Group  
11:30 Chair Yoga  
1:00 Art Group  
1:00 Knit/Crochet

Please note the change in time for Chair Yoga

**17**  
9:15 Cardio, Strength and Flexibility Class  
10:00 Weight Loss Group  
12:00 Pool Players  
12:00 Mixed Poker  
12:30 **Ask the Lawyer: free by appointment**  
1:00 Fun Movie Friday: **AMERICAN PRESIDENT**

**NO** Dept. of Elder Affairs Board Meeting will resume in September

Class  
服務  
ing Standards Home

**23**  
Shopping Shuttle: **Stop & Shop**  
9:30 Mah Jongg  
10:00 Photography  
10:30 **Book Club: NO meeting in August**  
11:30 Quilting Group  
11:30 Chair Yoga  
1:00 Art Group  
1:00 Knit/Crochet

**NO** Friends of the COA Meeting will resume in Sept.

Please note the change in time for Chair Yoga

**24**  
9:15 Cardio, Strength and Flexibility Class  
10:00 Weight Loss Group  
12:00 Pool Players  
12:00 Mixed Poker  
1:00 Fun Movie Friday: **SHALL WE DANCE**

Class  
服務  
tment

**30**  
Shopping Shuttle: **Shaws**  
9:30 Mah Jongg  
11:30 Quilting Group  
11:30 Chair Yoga  
1:00 Art Group  
1:00 Knit/Crochet

Please note the change in time for Chair Yoga

**31**  
9:15 Cardio, Strength and Flexibility Class  
10:00 Weight Loss Group  
12:00 Pool Players  
12:00 Mixed Poker  
1:00 Fun Movie Friday: **THE KID**

## Outreach Department

### Greater Boston Legal Services

Greater Boston Legal Services (GBLS) Elder Legal Services provides free civil (noncriminal) legal services to persons 60 years of age and older in greater Boston (including Braintree).

GBLS assists elders with the following legal problems:

Housing/tenant rights  
Nursing home issues  
Defense against guardianship and conservatorships  
Health benefits such as Medicaid and Medicare  
Social Security and Supplemental Security Income (SSI)  
Veterans' benefits  
Food stamps  
EAEDC (Emergency Assistance to Elderly, Disabled and Children)



Home visits: Because some elders are less mobile or have disabilities, Elder Legal Services staff make regular visits to clients' homes and nursing homes throughout their service area.

**If you need legal help, please call the  
Massachusetts Senior Legal Helpline  
1-800-342-5297  
Monday through Friday**

Elder, Health and Disability Unit - Greater Boston Legal Services  
197 Friend Street, Boston MA, 02114  
Tel: 617-371-1234 - Toll Free: 1-800-323-3205 - TDD: 617-371-1228  
Fax: 617-371-1222

## Farmer's Market Coupons

### FARMERS MARKET COUPONS

**South Shore Elder Services will be distributing Farmers Market coupons at  
the Braintree Department of Elder Affairs on  
Wednesday, August 1, 2018 from 10:00 a.m. - 12:00 p.m.**

#### Eligibility information:

60 and older  
Disabled individuals under 60 living in elder housing and receiving nutrition program benefits  
Show proof of residence of town  
Show proof of income

#### Income limits:

Household Size	Annual Income	Monthly Income
1	\$22,459	\$1,872
2	\$30,451	\$2,538
3	\$38,443	\$3,204
4	\$46,435	\$3,870
etc.		



**One pack of coupons per household.**

## From the Chairman of the Board Hank Joyce

Well Summer is here and we are finally getting some beautiful weather. The last few weeks have been a little unbearable but it is still better than the cold and the snow.

Our beloved Red Sox are playing great and they are two games in front of those Damn Yankees. The Senior Center Appreciation luncheon was a big success. The food was excellent thanks to Fasano's catering and the music kept everyone hopping.

The movies have been very good especially the League of its Own. It's always nice to see the ladies playing softball. The Bocce season is getting into full swing, so come down on Tuesday morning and play some.

Yours truly is ready for another vacation so a nice cruise to the Caribbean is just what the Doctor ordered. So I will sign off for now and hope to see you real soon around the nice cool senior center. I hope everyone gets a chance to get out and enjoy the fine weather.

If you need anything do not hesitate call the senior center @ 781-848-1963.

**Be careful and be safe!**



### Marshfield Fair Senior Citizen Day August 21

#### Marshfield Fair Presents..... Senior Citizen Day (free)

**Date:** Tuesday, August 21, 2018  
**Time:** 12 PM - 3 PM (Pick up from  
Senior Center at 11 a.m.)  
**Suggested donation for ride \$5.00**  
**Please call 781-848-1963**

Senior Special Tent  
Magic Show  
Health Tips  
Bingo

Entertainment  
Exhibits  
Blood Pressure Screen  
Country Arts



**LIM-  
CALL TO RESERVE!**

**SPACE  
ITED—**

### Brewster Ambulance - Smart 911 August 16 @ 10 AM- 12 PM



Better prepare for emergencies by  
creating a free safety profile

 **Smart911® Sign Up Day!**

Thursday, August 16  
10:00 AM - 12:00 PM  
Braintree Department of  
Elder Affairs  
71 Cleveland Ave



Mayor Joseph C. Sullivan

**BREWSTER**  
AMBULANCE SERVICE



## Allerton House Cook Out August 14

The staff at Allerton House Assisted Living, at Central Park will welcome you with great food, trivia, laughter, songs and prizes. This years theme is Patriotic, wear your red, white and blue. They invite you to take a tour of their residences after the cook out.

**Date:** Tuesday, August 14, 2018  
**Time:** 12:30 - 2:30 PM  
**Where:** Allerton House at Central Park  
43 School House Road,  
Weymouth

Please call by August 9th, to sign up at 781-848-1963

## NO August Book Club Will start again in September



**got books?**

There will be **NO** Book Club Meeting in August (for the hot summer month).

Please read a good book during the month of August and bring book to our September meeting to discuss.

Everyone will have a different book that they will discuss. You will have a chance to hear about a book that you might consider reading in your spare time.

At the September Book Club Meeting a new book will be available for pick up.

## Ice Cream Social August 9 at 1 PM



**COME BEAT THE HEAT WITH A  
COOL SUMMER TREAT!**

**Date:** August 9, 2018  
**Time:** 1 PM  
**Where:** Braintree Department of Elder Affairs  
**Sign up:** August 1st or after  
**Host:** Grove Manor Estates (free event)

Grove Manor Estates will be hosting their annual Ice Cream Social on Friday, August 9th at 1 PM at the Senior Center.

Create your own frozen treat with your favorite toppings.

While you're enjoying your sundae, we'll talk about the benefits of being social, what you can do to maintain your independence, and different senior living options.

We'll cap off the Ice Cream Social with trivia and prizes.

**TRIVIA**

**Please  
Remember.....**



**Please remember to scan in on our  
computer (near reception desk)!**

Some people are **forgetting to scan in** when they enter the building. You **MUST scan in** for each and every program or event that you attend that day. If you have forgotten or have misplaced your scan card, you can simply sign in with your first name and telephone number. If you have trouble ask receptionist for help.

These numbers are used for reporting purposes and for receiving grants which helps with the cost of running the Senior Center.

It is important that we **COUNT YOU** and that we can **COUNT ON YOU** to scan in.

If you haven't scanned in, we must do it manually & might miss you when we are very busy.

**THANK YOU!**

## Cocoanut Grove Fire Friday, August 3, at 11:30 AM

### This event is brought to you by Thayer Public Library & Braintree Elder Affairs

In November of 1942, Boston was feeling the effects of the War. The City, trains, buses were full of men and women with uniform. War related industries were running for 24 hours and 7 days a week. Government announced that in the coming months over 600,000 men would be drafted.

The global situation was bleak. Germans had complete control in Western Europe. In the South Pacific the Americans were engaged in a fierce struggle against the Japanese. People just wanted a break.

Here in Boston, the dark, romantic, exotic and the most popular night spot was the Cocoanut Grove. On November 28, 1942, it was packed beyond capacity. Fire broke out and spread panic and death throughout the entire gathering. It was the last night for 492.

What caused it, how it spread and who were the victims, will be discussed in a presentation by,

### Historian, Bob Begin

Please call, 781-848-1963 to sign up



## Monthly New Movie Wednesday, August 29 at 12 Noon

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



Movie: **SURVIVING**

**THE WILD**

Rated: PG-13

Length: 1 hour 27 minutes

Genre: Drama

**Plot:** A young boy runs into the woods with his dog and the stolen ashes of his grandpa. Wanting to carry out his grandfather's wishes of having his ashes scattered from a mountain, he embarks on his journey and has a final opportunity to say goodbye.

## Dehydration: BraintreeTown Nurse

### Nicole Perry Public Health Nurse

Date: Wednesday, August 15

Time: 11:30 AM

Where: Department of Elder Affairs

We are now in the midst of the beautiful New England summer months. Enjoy the wonderful days of summer, it does not stay for too long.

This is also the time to be careful about your body getting overheated and getting dehydrated. So please join us for this important discussion. Get tips on how you can keep yourself fit and well hydrated during summer.

## Summer - Fun Movie Fridays at 1:00 PM

**Friday, August 3: *GRAVITY* - PG13; Drama 1 hour 31 minutes**

**Starring: Sandra Bullock and George Clooney**

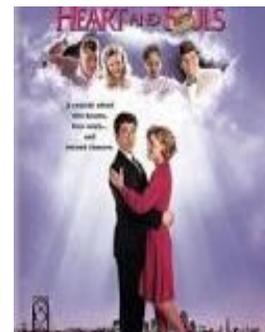
Dr. Ryan Stone (Sandra Bullock) is a medical engineer on her first shuttle mission. Her commander is veteran astronaut Matt Kowalsky (George Clooney), helming his last flight before retirement. Then, during a routine space walk by the pair, disaster strikes: The shuttle is destroyed, leaving Ryan and Matt stranded in deep space with no link to Earth and no hope of rescue. As fear turns to panic, they realize that the only way home may be to venture further into space.



**Friday, August 10: *HEART & SOULS* - PG13; Fantasy 1 hour 44 min.**

**Starring: Robert Downey Jr.**

Harrison (Charles Grodin), Penny (Alfre Woodard), Julia (Kyra Sedgwick) and Milo (Tom Sizemore) die in 1959 when the bus they are riding crashes. The four continue as ghosts, guardians to the child born at the moment of their deaths. Baby Thomas grows up to be a businessman (Robert Downey Jr.) who has memories of his playmates, but assumes they are products of his youthful imagination. When the ghosts realize they need Thomas' help to move on, they decide to make an appearance once more.



**Friday, August 17: *THE AMERICAN PRESIDENT*- PG-13; Romance 2h9m**

**Starring: Michael Douglas and Annette Bening**

With the end of his first term in sight, widowed U.S. President Andrew Shepherd (Michael Douglas) knows that overwhelming public support will guarantee his re-election. But when he falls in love with lobbyist Sydney Ellen Wade (Annette Bening), Shepherd's supporters question the relationship, and his approval ratings drop. As a rival presidential candidate goes on the attack, Shepherd must choose between his political career and his love for Sydney.



**Friday, August 24: *SHALL WE DANCE* - PG-13; Drama/Romance 1h46m**

**Starring: Richard Gere, Jennifer Lopez and Susan Sarandon**

Despite having a great career and a loving family, lawyer John Clark (Richard Gere) is missing something in his life as he meanders listlessly from day to day. On his commute back home one night, Clark notices a stunning woman (Jennifer Lopez) in a dance studio and decides on a whim to join a class for ballroom dancing. While Clark finds a new spark in his life, his wife, Beverly (Susan Sarandon), grows suspicious of his frequent absences, since he decides to keep his dancing a secret



**Friday, August 31: *THE KID* - PG-13;**

**Starring: Bruce Willis - PG-13; Fantasy/Drama 1h44min**

Bruce Willis stars as Russ Duritz, a successful image consultant whose life is suddenly turned upside down when he magically meets Rusty, Russ himself as an 8-year-old kid. Rusty is a sweet, but slightly geeky, awkward little kid who painfully reminds Russ of everything he hated about himself when he was a child—a pudgy, little cry-baby who was the daily victim of the school bullies—an image Russ has worked hard to overcome and consciously forget



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**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

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**VOLUNTEER APPRECIATION LUNCHEON ~ JUNE 13, 2018**  
Once again, thank you for all you do, you make us complete!



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.