

February 2019



Town of Braintree

Department of Elder Affair

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

Michelle Birolini: Volunteer Coordinator

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 or after February 1st Friday at 9:30 AM

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

Thank you for your patience and understanding

Greetings Everyone,

As I write this letter in the middle of January, the weather has been quite mild and so far the place has been bustling. The forecasters have predicted a major snow storm for this weekend and this time, I think it might hit our region. We have been quite lucky until now. There were some major snow storms where snow fell in places like the Carolinas, Georgia, Washington DC and dissipated before it came over the Massachusetts South Shore. But that lucky streak has to end sometimes and the white stuff soon will be accumulating. During these winter months, I urge you to be very careful. If you need someone to remove your snow, please make arrangements or ask your family to help you with that. If you use oil, for heating your house, make sure the spout is open and ready for fuel delivery. If you use space heaters, please do not leave them unattended. If you are away for the winter, the Fire Chief recommends not to shut the heat while you are away. Bitter cold nights can freeze the pipes and those damages can be quite expensive to repair. Once again, please, make arrangements before crisis strikes. It is hard to find someone once the snow is already on the ground. Our front desk gets inundated with calls after a major storm, with persons looking to dispose snow from their property. Please understand, that Elder Affairs is not equipped with the capacity of removing the snow.

As you are well aware, parking can be challenging here at Elder Affairs and as winter progresses it will only become more difficult. Think about car pooling with your friends. Make sure the vacant parking spot next to your parked car is accessible for someone else to park and please do not block the entrance to the field. If you sign up for an event and feel it is too cold or icy for you to drive, please call and cancel your appointment. Your safety is more important to us.

I will be away during the month of February. This will be my annual trip to India. There is an empty feeling of not having my parents or my aunt waiting for me anymore, but hopefully I can fill my days with other activities and events which I was never able to do before. We have lined up many programs for you to enjoy in February. Please come, this your senior center. *Stay safe and warm during the winter months.. Sharmila*

ABLE Bodies Balance Training Session

Tuesday, February 26 at 10 AM

Bob Cobbett

Exercise Science Instructor and Personal Trainer , Quincy College

ABLE stands for Adventures in **Better Living through Exercise**. This session will focus and build upon your posture, gait and balance. Some simple exercises will be performed to help improve your balance and prevent falls. Please wear comfortable clothing, clean socks, and comfortable shoes or sneakers to the session. If you usually use an assistive device for walking, be sure to have it with you as well. Some gentle stretching and supported balance exercises will be performed. **“For safety reasons, class size will be limited to 20. The first 20 who have signed up can participate in the session. All others will be permitted to watch.”**

People who were on the waiting list in January will have first preference to participate in this Session on February 26th. Braintree Residents Only

Time: 10:00 AM

Where: Braintree Elder Affairs. Please call 781-848-1963 to sign up

Cost of session: \$3.00

Money Management

Tuesday, February 12 at 10:30 AM

Jody Hodgson

Money Management, Program Coordinator
South Shore Elder Services, Inc.

Jody will make a presentation on Basic Money Management and Bill Paying Assistance available to seniors through the Money Management Program through South Shore Elder Services in Braintree. Jody will discuss budgeting and provide tips for keeping track of one's income and expenses. She will also talk about avoiding financial exploitation by being aware of scams and frauds and by protecting one's identity and personal information.

The Money Management Program at South Shore Elder Services is part of a free Statewide program serving elders 60 years or older, to help them with bill paying on a monthly basis. The elder participant maintains full control of their finances.

Where: Braintree Elder Affairs

Date: February 12

Time: 10:30 AM

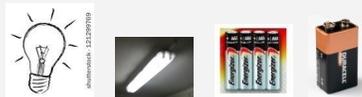
Please call 781-848-1963 to sign up

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

2nd & 4th Monday	Bereavement Support Group	2:00 PM
1st & 3rd Wednesday	Bingo—February 6 and February 20	1:00 PM
Every Monday	Trivia	12:00PM
Every Tuesday	Shine Insurance Counseling	10:00 AM
Tuesdays	Beginner Computers: Call to sign up	9:30 AM
Tuesdays	Internet Computers: Call to sign up	10:45 AM
Every Tuesday	Rummikub	10:00 AM
Every Tuesday	Cribbage	12:30 PM
Every Tuesday	Walking Group (see calendar for locations)	10:00 AM
Every Wednesday	Asian Outreach 長者服務	10:00 AM
February 11	Belles and Beaux Returns	1:00 PM
February 12	Money Management Presentation, Jody Hodgson South Shore Elder Services	10:30 AM
February 13	New Movie Date Change due to presentation and Luncheon	12:00 PM
February 14	Valentines Day Celebrations Music and Games	1:00 PM
February 5 & 19	Line Dancing	11:00
February 18	Closed-Presidents Day	1:00 PM
February 25	NO Tai Chi	cancelled
February 26	Alzheimer's Support Group	5:00 PM
February 26	Bob Cobbett Exercise Science Instructor and Personal Trainer	10:00 AM
February 27	Lunch & Learn about Dementia Presented by The Atrium, Faxon Woods	12-2PM

From the Recycling Department

Braintree Recycling Article



Household Batteries & Bulbs

Proper handling of these items can be confusing, so let's clear that up.

The old fashioned light bulbs do not contain mercury so can be placed in the trash.

What are called household batteries: AA, AAA, C, and D & 9 Volt batteries do not contain hazardous materials and can be put in the trash also.

The more modern bulbs do contain mercury. They should be & can be recycled through the Town's Drop-off Center on Ivory Street. Rechargeable batteries contain lithium and should also be recycled at the Drop-off Center. There are some retail stores that have announcements at their entrance stating accept of these items. Note: Car batteries are not accepted by the Town except at the spring & fall hazardous waste events.

Free Blood Pressure Clinics

Every Tuesday	Braintree Town Hall	3:00-4:00
Every Friday	Braintree Town Hall	9:00-10:00
Thursday Feb 14	Independence Housing	10:30-11:30
Wed, February 6	Department of Elder Affairs	12:15-1:00
Tuesday, Feb 12	Roosevelt Housing	12:00-12:30

Shopping Shuttle Schedule

Reservations: please call 781-848-1963; 48 hours in advance.

Pick-up time between: 9:30 to 10:00 AM
Return time between: 11:30 AM to 12:00 PM

Tuesday February 5, Roche Bros
Thursday February 7 Stop & Shop
Tuesday February 12 Shaw's
Thursday February 14 Shaw's
Tuesday February 19 Stop & Shop
Thursday February 21 Stop & Shop
Tuesday February 26 Roche Bros
Thursday February 28 Shaw's

Special Shopping Trip: Friday February 8, Walmart

Message from the Dept. of Transitional Assistance

Information with respect to the Supplemental Nutrition Assistance Program (SNAP)

Because of special circumstances, SNAP benefits for February was sent early.

If clients received a regular February SNAP benefit on their EBT card between January 17 and January 20, they will **not** get another payment in February.

It is important that clients know these are February SNAP benefits and should be spent carefully to ensure that benefits last. They can be used the entire month.

For a detailed Q&A on February SNAP issuance and for future updates visit www.mass.gov/DTA.

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.**

Lunch and Learn Presented by The Atrium at Faxon Woods

Date: February 27

Time: Noon

Where: Braintree Elder Affairs

Please call 781-848-1963 to sign up

Promoting Positive Communication in Dementia”

- The Dementia problem
- Focusing on Communication
- Communication Obstacles
- Principles of Communication
- Learning Objectives
- Body Language
- Physical Declines
- Wrap up questions

Lunch.

Feed your curiosity™

Alzheimer's Care Givers Support February, 26 at 5 PM

We will have an informal discussion group and talk about the challenges you face on a daily basis. This group gives you the sense that you are not alone and provides you the strength to do the extraordinary job you accomplish everyday. Our own Barbie Rugg, from South Shore Elder Services will join us in this Discussion.

Please call 781-848-1963 to sign up
Where: Braintree Elder Affairs

A light supper will be served, courtesy of
Grove Manor Estates.

A Big Thank you to Braintree Fire Department

From all of us at the
Department of Elder Affairs

Thank you for the Delicious
Luncheon and the
Fire Safety
Presentation.

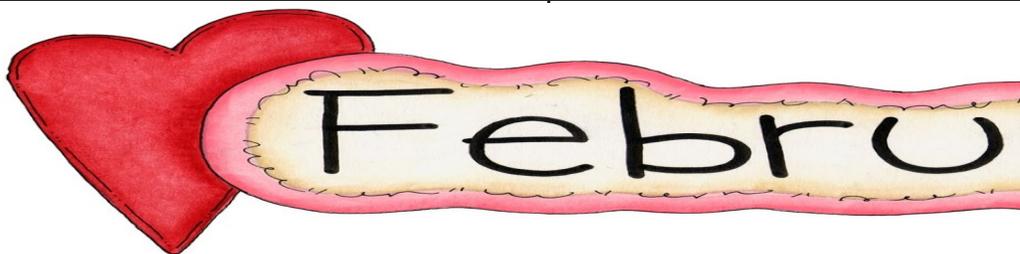
We are such a lucky community
to have YOU, keeping us safe!



MONDAY

TUESDAY

WEDNESDAY



4
 9:30 Current Events
 10:30 Chair Yoga
 12:00 Qi Gong/Tai Chi
 12:00 Pool Players
 12:00 Poker
 12:00 Trivia

5
 Shopping Shuttle: Roche Bros
 9:00 S&S Bus (housing)
 9:30 **Computers: Beginners-Sign Up's Only**
 10:00 Walking Group
 10:00 SHINE insurance help free by appointment
 10:00 Rummikub
 10:45 **Computers: Internet-Sign Up's Only**
 11:00 **Line Dancing**
 12:30 Bridge
 12:30 Cribbage

6
 9:15 Cardio, Strength and Flexibility Class
 10:00 Asian Outreach Program 長者服務
 12:00 Pool Players
 11:30 Poker
 1:00 **Bingo**
 12:15-1:00 **Blood Pressure**



11
 9:30 Current Events
 10:30 Chair Yoga
 12:00 Qi Gong/Tai Chi
 12:00 Pool Players
 12:00 Poker
 12:00 Trivia
 1:00 **Belles & Beaux**
 1:00 **Geronimo**
 2:00 Bereavement group

12
 Shopping Shuttle: Shaw's
 9:00 S&S Bus (housing)
 9:30 **Computers: Beginners-Sign ups only**
 10:00 Walking Group
 10:00 SHINE insurance help free by appointment
 10:00 Rummikub
 10:30 **Money Management with Jody Hodgson**
 10:45 **Computers: Intermediate- Sign up only**
 12:30 Bridge
 12:30 Cribbage
 1:00 Ask the Lawyer: free by appointment

13
 Shopping Shuttle:
 9:15 Cardio, Strength and Flexibility Class
 10:00 **-1 Asian Outreach Program 長者服務**
 12:00 Pool Players
 11:30 Poker
 1:00 **Hearing test (by appointment only)**
 12:00 **New Movie: The Greatest Show**

18
Presidents Day Closed



19
 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- Sign up only**
 11:00 **Line Dancing w/Susan**
 12:30 Bridge
 12:30 Cribbage
 1:30 **AARP @ Elder Affairs**

20
 9:15 Cardio, Strength and Flexibility Class
 10:00 Asian Outreach Program 長者服務
 12:00 Pool Players
 11:30 Poker
 1:00 **Bingo**



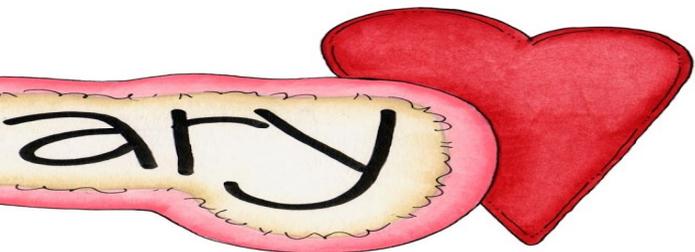
25
 9:30 Current Events
 10:30 Chair Yoga
 12:00 **No Tai Chi**
 12:00 Pool Players
 12:00 Poker
 12:00 Trivia
 2:00 Bereavement group

26
 Shopping Shuttle: Roche Bros
 9:00 S&S Bus (housing)
 9:30 **Computers: Beginners**
 10:00 Walking Group
 10:00 **Bob cobbett**
 10:00 SHINE insurance help free by appointment
 10:00 Rummikub
 10:45 **Computers: Intermediate- Sign up only**
 12:30 Bridge
 12:30 Cribbage
 5:00 **Alzheimer's Support Group**

27
 9:15 Cardio, Strength and Flexibility Class
 10:00 Asian Outreach Program 長者服務
 12:00 Pool Players
 11:30 Poker
 12-2 **Lunch & Learn about Dementia**
 Presented by The Atrium at Faxon Woods

THURSDAY

FRIDAY



1

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: **Jewel of the Nile**

7

Shopping Shuttle: Stop & Shop
 9:30 Mah Jongg
 11:30 Quilting Group
 11:30 Chair Yoga
 1:00 Art Group
 1:00 Knitting

8

Special Shopping Trip: Walmart
 9:15 Cardio, Strength and Flexibility Class
 10:00 Weight Loss Group
 10:30-12:30 **Acrylic Art Class**
 12:00 Pool Players
 12:00 Mixed Poker
 1:00 Fun Movie Friday: **Must Love Dogs**

14-Happy Valentines Day

Shopping Shuttle: Shaw's
 9:30 Mah Jongg
 10:00 Photography
 11:30 Quilting Group
 11:30 Chair Yoga
 1:00 Art Group
 1:00- Valentines Day Party Musical Performance
 3:00- Girl Scout Troop Arrives to swap Valentines and play games. Braintree Residents Only



15

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 Appt.
 1:00 **Knit/Crochet**
 1:00 Fun Movie Friday: **Miracle Dogs**
 2:00 **Dept. of Elder Affairs Board Meeting**

21

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

22

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: **Dean Martin Roasts Bob Hope and Ronald Reagan**

28

Shopping Shuttle; Shaw's
 9:30 Mah Jongg
 10:00 Photography
 11:30 Quilting Group
 11:30 Chair Yoga
 1:00 Art Group
 1:00 Knit/Crochet

Friends of COA Meeting

*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

Outreach Department



ICE TIPS

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.

FUEL ASSISTANCE

We still have Fuel Assistance applications from Quincy Community Action Programs, Inc. for the 2018-2019 fuel season. The Fuel Assistance Program runs from November 1, 2018 through April 30, 2019. You must be income eligible. Whether this is your first time applying or you are recertifying, the Outreach Staff can assist you with filling out the application, copying the necessary supporting documentation, and mailing in the application. If you are recertifying, you will receive your application in the mail from QCAP. If you wish to apply, please contact the Outreach Office by calling 781-848-1963, and we will give you the list of the supporting documents you will need to begin the application process. Once you have gathered this documentation please call us to schedule an appointment to come into the Outreach Office to fill out the application. You can also apply by making an appointment at QCAP. Their number is 617-479-8181 ext. 301.

LIBRARY EXPRESS PROGRAM

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

Coming Attractions in March

Date: Tuesday, March 12

Where: Braintree Department of Elder Affairs

Time: 2:00 PM

Come enjoy some Irish Pastries and watch the lovely and talented performers from The Brady Dance Academy.

Please call 781-848-1963 to sign up on or after Friday, March 1st



Date: Friday, March 15

Where: Braintree Department of Elder Affairs

Time: 12:00

Menu: Traditional Boiled Dinner

Entertainment: Musician John Porcino will perform some Irish Favorites

Cost: \$7 per person

Please come to sign up after Friday, March 1



From the Chairman of the Board Hank Joyce

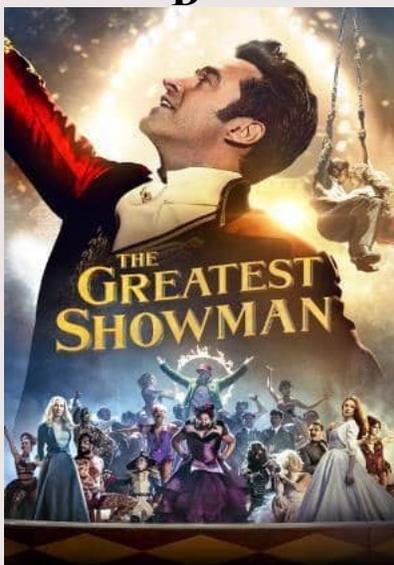
From The Chairman of the Board Hank Joyce

I hope everyone had a great Holiday Season and may 2019 be a very good year for everyone. Just finished watching the New England Patriots football game and they looked very good. Next week they play Kansas City and hopefully will be playing in the Super Bowl game on Feb. 3rd. Well its 40 days until the Pitchers and Catchers show up at Spring Training and I can hardly wait for the warm weather to return.

I want to thank Sharmila, Michelle and the whole staff for a wonderful Christmas Party. I would also like thank everyone for a very good 2018 at the Senior Center and look forward to 2019. Looking forward to the upcoming Valentine's Party and other events happening in February. I have had a very bad cold and cough for the last 2 ½ weeks so I am making this a very short letter.

I am sure the weather will be very tough soon so please be careful and take good care of yourself. Hope to see you all more often going forward.

New Movie *Note 2nd Wednesday



Date: Wednesday, February 13
Time: 12:00



Knitter's Corner



Thank you for all that you do!!!

This Holiday Season Braintree Elder Affairs talented Knitting Volunteers Donated Thousands of Dollars of Beautiful handmade items to many locations: VA Hospital, Braintree Nursing Homes, Marge Crispin Center and the Friends of the Unborn. (just to name a few)



February is American Heart Month



Chef Solus Valentine's Day Healthy Heart Word Search Puzzle!



APPLES
FIBER
NUTS
ACTIVE
HEART
FRUIT
BEANS



Visit www.ChefSolus.com for free kids' nutrition games, interactive word puzzles and fun healthy food activities!
Copyright © Nourish Interactive, All Rights Reserved

ONE DAY FEBRUARY ACRYLIC PAINTING WORKSHOP

On Friday February 8th there will be a "drop in" painting workshop. Bring your own painting that you have been working on, or start a new one. Canvas boards will be available for fee of \$1.00. Bring your own paints and brushes. Supplemental brushes and additional paint colors will be available for your use.

Instructor Barb Wilson

Date: February 8

Time: 10:30am -12:30 pm -Individual help will be given for this 2 hour workshop.

\$5.00 drop-in fee.

Valentines Day Musical & Crafts With Braintree Girl Scouts



Thursday, February 14
Performance Time: 1 PM
Girl Scouts visit to follow performance

Where: Elder Affairs: Please call 781-848-1963 to sign up.

Come, listen and enjoy the musical talents of ...

KATIE DUFF (Manager/Vocalist/Actress) Katie has been performing professionally in the Boston area for over 25 years. A Cape Cod native, Katie began performing as a teen and had the privilege of singing with the legendary Lou Columbo on multiple occasions. Katie is a classically trained musician with a degree in Music Performance from the UMass Lowell. She is accomplished in all genres of music, but Broadway music is her favorite.

****After the performance the adorable Braintree Highlands, 2nd grade Girls Scout troop will keep you entertained with games and making Valentines with you...Braintree Residents Only**

PSA from Lyn Frano

For the Town of Braintree Elder Affairs Newsletter

On Wednesday December 12, 2018, at the Braintree Department of Elder Affairs, Nicole Perry, Public Health Nurse and I had the privilege of presenting, “*What older adults should know about alcohol, marijuana, and Prescription and Over the Counter medications.*” Over the next three months, I will be providing readers with a series of articles about the topic. I also hope to provide answers to some of the questions raised by the audience.

As the body ages, changes in digestion, liver, and kidney function impact the way that alcohol and medications are absorbed and metabolized. In addition, alcohol and marijuana can interact with some of the prescription and over the counter medications you take. They can make high blood pressure and diabetes more difficult to control, cause strokes, memory problems, and can also lead to liver disease.

Alcohol and marijuana use can affect your balance, place you at risk for falls, and contribute to sleep difficulties. Therefore, it is important to ask your healthcare providers if it is ok to use them with the prescription and over the counter medications you take. It is also important to talk with your healthcare provider about the new guidelines for the management of pain.

As an older adult, you have less muscle and less total body water, so alcohol levels can go up faster and stay high longer than when you were younger. Therefore, it is important to pace your drinks, eat while drinking, and alternate water or other non- alcoholic drinks to help prevent injury.

The marijuana industry is producing marijuana with extremely high levels of THC. Today’s marijuana is far more potent than the marijuana of the past 3 decades. If you use marijuana, take it slow and don’t use too much at once. Marijuana can make people unaware of their environment which can lead to accidents and falls. Please keep in mind that being high can affect your judgement and make it hard to do everyday activities safely – like driving.

If you or someone you love needs help with a substance use disorder, please contact the Massachusetts Substance Use Helpline at 1-800-327-5050 or visit www.helpline-online.com.

Lyn Frano, Substance Use Prevention Coordinator, Town of Braintree

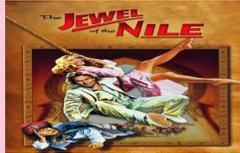
Next month – What you should know about Marijuana in Massachusetts

Fun Movie Fridays at 1:00 PM

Movie Night



Friday, February 1, Jewel of the Nile



Starring: Novelist Joan Wilder (Kathleen Turner) is living with adventurer boyfriend Jack Colton (Michael Douglas) on his yacht. But she leaves when Omar (Spiros Focas), the head of a North African nation, asks her to visit his country and write about him. Jack intends to go on a pleasure cruise to Greece, but when he learns that Joan is a pawn in Omar's quest to polish his image and gain greater power, he partners with continent-hopping criminal Ralph (Danny DeVito) in a quest to free her.

Friday, February 8, Must Love Dogs



Starring: Sarah (Diane Lane), is 40 and recently divorced. Believing Sarah needs to date more, her sister, Carol (Elizabeth Perkins), creates an online dating profile for her. Simultaneously, Jake (John Cusack) reluctantly decides to try Internet dating. Sarah and Jake meet, and though both agree they are not interested in a serious relationship, their chemistry is undeniable. But, when Bob (Dermot Mulroney) suddenly shows interest in Sarah, her future with Charlie becomes unclear.

Friday, February 15, Miracle Dogs



Starring: Kate Jackson, Stacy Keach and Rue McClanahan

A boy tries to find homes for abandoned puppies that, like their mother, have a healing effect on people.

Friday, February 22, The Dean Martin Celebrity Roasts



Starring: The Dean Martin Celebrity Roasts, produced and directed by Greg Garrison, always featured the “Man Of The Hour” who sat through insults, put downs and jokes from a panel of legendary celebrities. Dean along with his pals, took shots at the honored guest and at each other, in endless stream of hysterical and outrageous put downs.



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

Place
Stamp
Here

Braintree Department of Elder Affairs: Information & referral, Outreach assistance, transportation - both local & Title IIIB SSES grant funded MAP rides to Boston, shopping, SHINE insurance help, TRIAD services, healthcare clinics, support groups, informational seminars, recreation/activities, trips, tax counseling, medical equipment loans, resale & craft shops and many volunteer opportunities.

The office of Braintree's Veterans Agent, Cynthia Harris, is located in the Department of Elder Affairs building.

Braintree Dept. of Elder Affairs ~ 2018 Board Members

Henry (Hank) Joyce, Chairman of the Board

Wayne Gilbert, Vice Chairman

Lucille Barton

Jane Fogg

Ann Moore, Secretary

Tim Burke

Connie Mattina

Robert Caruso, Treasurer

June Newman

Carol Whitall

Leland Dingee

The Friends

Dear Friends,

Please consider this your personal invitation to attend our upcoming meetings. We meet eight times a year at 2:00 p.m. on the fourth Thursday of each month (excluding November, December, July, and August).

If you are currently a member of the COA Associates, you can attend any and all meetings. If you are not currently a member, you can attend one meeting to see who we are and what we do. Then, you can decide if you want to join us.

Since it's February, the month for Valentine's Day, kindly be a sweetheart and mark your calendar for January 24th and February 28th. Hope to see you then!

Happy Valentine's Day!
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.