

December, 2019

# 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

Michelle Birolini: Volunteer 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 Monday, December 2, after 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,*

**Merry Christmas and Happy Holidays to everyone.** As I sit in my office and write this, the forecast is of bitter cold weather, beginning with a touch of snow. It is officially not winter yet and it is still a couple of weeks away from Thanksgiving. But then, as we always say, it is New England. So enjoy the nip in the air and the sight, sounds and flavors of the Holiday Season. Please remember, if your family lives far away and you feel a bit lonesome, please come in, have a cup of coffee with us and enjoy the special and the daily activities and programs we offer here at the Center.

Please join me as we wish a Happy Retirement to our long time Building Custodian, Bill Murphy. Bill served in this role for many years and now, as he moves on to his new phase of life, let us all wish him the best of luck. He can now spend more time with his family and pursue his hobbies. Good luck Bill.

Last week, Joe Conrad, came aboard as our new Building Custodian. Joe is not a new face here at Braintree Elder Affairs. Several years back, Joe was the Building Custodian of this Senior Center before he went to Town Hall. Many of our older adults were very happy to see a familiar face. Joe has been quite busy and doing a great job, keeping up with this active place. Please say “hello” to him when you get a chance. Welcome Joe!

Also, last week, the citizens of Braintree elected, Charles Kokoros as our second Mayor of Braintree. Congratulations to Mayor Elect Kokoros. We step into a new era when his term begins in January of 2020.

I have been a part of Mayor Sullivan’s administration since the first day he took office. It is hard for me to believe that he will be leaving. He has been a frequent visitor at 71 Cleveland Avenue. I invited him to come to many of our events and in spite of his busy schedule, he always made time to come and join us. He was forever ready to greet our older adults with a smile and a nice hand shake. Everyone loved his sense of humor and his informal discussions during his visits at the Senior Center. It was great to have him as the Chief of our little Village, we call The Town of Braintree. Like every year, **Mayor Sullivan will be joining us on December 20th, for our Annual Holiday party.** Please join us as we to bid him farewell and wish him good luck and thank him for all his support for the last 12 years. He will be missed.....*Sharmila*

Leave Blank  
Advertising

# From the Chairman

Well, it looks like winter is on its way. I already have my first cold of the year and we have a long way to go. The baseball season is officially over until next year. The Washington Nationals are the World Series Champions which go to prove on any giving day any team can win and that is one of the main reasons That I love baseball. The Patriots have lost their first game of the season (8-1) but I wouldn't Worry about it too much. The Bruins and Celtics look pretty good so they should help us get through a long winter.

The Senior Center has been a very busy place. We had a great visit from Mae West and W.C. Fields. Their performance was wonderful and there was plenty of laughter coming from the large audience She made a few gentlemen in the crowd feel great and she warmed up to our new Mayor. Maybe he will find a place in his new administration for her. That would be a hoot.

We had our Veteran's Day Breakfast which was very good and this Friday we are headed to the Common Market for a luncheon and show and then there is also a wonderful luncheon for the seniors at the Rotary meeting. The Rotary did a great job like they always do. Seems to be a lot of food around this time of the year we must take it easy if we do not want to put too much weight on for the Holiday Season.

This year's Christmas Part will be on the 20<sup>th</sup> of December. Do not forget to sign up. I am sure you all are glad that this year's election is over. I want to congratulate Mr. Kokoros on his winning and congratulate Mr. Reynolds on the fine campaign he ran and wish the best to all the new elected officials. Mr. Kokoros will need all the help he can get to make sure that Braintree remains one of the most desirable communities in the South Shore. Wish you the best Mr. Mayor.

As for Mayor Joe Sullivan, all I can say is Thank you very much for the wonderful job you have done over the last 12 years and wish you and your family a very Happy Holiday season with some good rest.

I wish everyone a Happy Thanksgiving and very Merry Christmas season. Be good and be safe.....**Hank**

**Wednesday, December 11 at 1 PM**

## United States Census 2020

Once a decade America comes together to participate in the decennial census, creating national awareness of the census and statistics. This census provides the basis for reapportioning congressional seats, redistricting and distributing billions of dollars in Federal funding to support, your State, County and your communities vital programs. The US Constitution requires a census every ten years. The census covers the entire country and everyone living in the United States. It's about fair representation and everyone counts. Your data will remain confidential. Federal law protects your responses. Your answers can only be used to produce statistics. You will start receiving these Census Forms beginning March of 2020. Please join us to hear this very important presentation.

**Please call us to sign up at 781-848-1963**



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

2nd Monday	Bereavement Support Group	2:00 PM
1st Wed& 3rd Wed	Bingo—	1:00 PM
Monday Sept 9th & 23rd	Trivia	12:00PM
Every Tuesday	Shine Insurance Counseling	10:00 AM
Tuesdays	Beginner Computers: Call to sign up	9:30 AM
Every Tuesday	Rummikub Christmas Eve is subject to change	10:00 AM
Every Tuesday	Cribbage except for Christmas Eve	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
December 3rd&17th	<b>Balance with Bob Cobbett</b>	10:00 AM
December 9	<b>Belles and Beaux</b>	1:00 PM
December 11	<b>Census Presentation</b>	1:00 PM
December 12	<b>Knitting Donation Luncheon</b>	1:00 PM
December 18	<b>New Holiday Movie Day</b>	12:00 PM
December 18	<b>Holiday Light Tour with Frank</b>	4:00 PM
December 20	<b>Holiday Party, David Polansky and Special guest Mayor Sullivan</b>	12:30 PM
December 30	<b>Happy New Year Lunch and Music</b>	12:00 PM

**HAVE A WONDERFUL  
HOLIDAY SEASON**

## RECYCLING

**HELP BRAINTREE ELIMINATE RECYCLING CONFUSION WITH 3 SIMPLE RULES:**



Recycle all bottles cans, paper & cardboard

Toss items loosely in cart, not inside bags.

Paper bag can be tossed into cart, after being emptied.

**No plastic bags of any kind are accepted in municipal recycling programs.**

**When in doubt about an item, throw it out (in the trash). Thank you.**

## Blood Pressure Clinics

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

## Shopping Shuttle Schedule

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

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

Tuesday Dec 3,	Shaw's
Thursday Dec. 5,	Shaw's
Tuesday Dec. 10,	Stop & Shop
Thursday Dec. 12,	Stop & Shop
Tuesday Dec. 17,	Roche Bros
Thursday Dec. 19,	Shaw's
Monday Dec. 23,	Shaw's
Thursday Dec. 26,	Stop & Shop
Tuesday Dec. 31,	Stop & Shop

**Special Shopping Trip: Friday , December 13, Walmart**

## Monthly Movie

Date: December 18th  
Time: 12:00



Starring: Kurt Russel

Siblings Kate and Teddy Pierce hatch a scheme to capture Santa Claus on Christmas Eve. When the plan goes awry, the kids join forces with a somewhat jolly Saint Nick and his loyal elves to save the holiday before it's too late..

## 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.**

## CHRISTMAS LIGHT TOUR WITH FRANK

**DATE: DECEMBER 18**  
**TIME: 4:00 PM**  
**WHERE: 71 CLEVELAND AVE**



# HOLIDAY PARTY

IN COLLABORATION WITH  
THAYER PUBLIC LIBRARY, ELDER AFFAIRS  
IS PROUD TO PRESENT:  
DAVID POLANSKY



*Please come and join us for a wonderful musical sing a long  
David has been with us before and he will once again enchant us on*

**FRIDAY, DECEMBER 20 AT 12:30 PM**

**HORS D'OEUVRE WILL BE SERVED**

*Special Guest: Mayor Joseph Sullivan, Please call 781-848-1963 to sign up*



## Chair Yoga with Sue

**New Time  
Same Place  
Moving up our Thursday  
Chair Yoga class to 11:00 AM**

### **BENEFITS OF CHAIR YOGA**

Improved flexibility. ...

- Better concentration. ...
- Increased strength. ...
- Reduced joint strain. ...
- Portability and convenience.



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**December**

**2**  
 9:30 Current Events  
 10:30 Chair Yoga  
 12:00 Qi Gong Tai Chi  
 12:00 Pool Players  
 12:00 Poker  
 12:00 Trivia

**3**  
 Shopping Shuttle: Shaw's  
 9:00 S&S Bus (housing)  
 9:30 **Computers: Beginners-Sign up's only**  
 10:00 **Bob Cobbett-Balance Class**  
 10:00 **Low Vision Group –Holiday luncheon**  
 10:00 Walking Group  
 10:00 SHINE insurance help free by appointment  
 10:00 Rummikub  
 10:45 **Computers: Internet-Sign Up's Only**  
 12:30 Bridge  
 12:30 Cribbage

**4**  
 9:15 Cardio, Strength and Flexibility Class  
 10:00 Asian Outreach Program 長者服務  
 12:00 Pool Players  
 12:00 Poker  
 1:00 **Bingo**



**9**  
 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 and Beaux**

**10**  
 Shopping Shuttle: Stop & Shop  
 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**  
 12:30 Bridge  
 12:30 Cribbage  
 2:00 **Bereavement**

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

**16**  
 9:30 Current Events  
 10:30 Chair Yoga  
 12:00 Qi Gong/Tai Chi  
 12:00 Pool Players  
 12:00 Poker  
 12:00 Trivia

**17**  
 Shopping Shuttle: Roche Bros  
 9:00 S&S Bus (housing)  
 9:30 **Computers: Beginners**  
 10:00 **Bob Cobbett Balance Class**  
 10:00 Walking Group  
 10:00 SHINE insurance help free by appointment  
 10:00 Rummikub  
 10:45 **Computers: Intermediate- Sign up only**  
 12:30 Bridge  
 12:30 Cribbage  
 1:00 Ask the Lawyer: free by appointment  
 1:30 **AARP—Location Change**

**18**  
 Shopping Shuttle:  
 9:15 Cardio, Strength and Flexibility Class  
 10:00 Asian Outreach Program 長者服務  
 12:00 Pool Players  
 12:00 Poker  
 1:00 Hearing test (by appointment only)  
 12:15-1:00 Blood Pressure  
 1:00 **Bingo**  
 4:00-6:00 **Christmas Light Tour with Frank**



**23**  
 Shopping Shuttle: Shaw's  
 9:30 Current Events  
 10:30 **No Chair Yoga**  
 12:00 Qi Gong/Tai Chi  
 12:00 Pool Players  
 12:00 Poker  
 12:00 Trivia

**24**  
 No Shopping Shuttle-Changed Date  
 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  
**No Afternoon Activities**



**30**  
 9:30 Current Events  
 10:30 Chair Yoga  
 12:00 Tai Chi  
 12:00 Pool Players  
 12:00 Poker  
 12:00 Trivia  
 12:00 **Happy New Year Luncheon-Cost \$10**

**31**  
 Shopping Shuttle: Shaw's  
 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**  
 12:30 Bridge  
 12:30 Cribbage



# THURSDAY

# FRIDAY



**5**  
 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

**6**  
**10:00 AM– Pearl Harbor Event**  
 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: Home Alone**

**12**  
 Shopping Shuttle: Stop & Shop  
 9:30 Mah Jongg  
 11:30 No Quilting  
 11:30 Chair Yoga  
 1:00 Art Group  
 1:00 **Knitting Donation Luncheon**

**13**  
**Shopping Shuttle: Walmart**  
 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 Fun Movie Friday: Christmas with the Kranks**  
  
**No Board Meeting**

**19**  
 Shopping Shuttle: Shaw's  
 9:30 Mah Jongg  
 10:30 Book Club  
 11:30 Quilting Group  
 11:30 Chair Yoga  
 1:00 Art Group  
 1:00 Knit/Crochet

**20**  
 9:15 Cardio, Strength and Flexibility Class  
 10:00 Weight Loss Group  
 12:00 Pool Players  
 12:00 Mixed Poker  
**12:30 Holiday Party-Please sign up**  
  
**NO MOVIE**

**26**  
 Shopping Shuttle: Stop & Shop  
 9:30 Mah Jongg  
 11:30 Quilting Group  
 11:30 Chair Yoga  
 1:00 Art Group  
 1:00 Knit/Crochet

**27**  
 9:15 Cardio, Strength and Flexibility Class  
 10:00 Weight Loss Group  
**10:00 Yellow Dot Program-TRIAD**  
 12:00 Pool Players  
 12:00 Mixed Poker  
**1:00 Fun Movie Friday: New Years Eve**



## YELLOW DOT-TRIAD

Date: December 27

Time: 10:00 AM

Yellow Dot is a free program, which provides first responders with quick access to critical medical information about the occupants of an automobile in the event of an accident or health emergency. Participants place a Yellow Dot Decal on the driver's side rear windshield of their cars. In the event of an emergency or accident, the Yellow Dot alerts responders that inside the glove compartment there is an envelope containing the operator's medical conditions, allergies, recent surgeries, medications and emergency contact information.

\*Please call to sign up on or after 9:30 a.m. on December 2nd

## Christmas Bingo in Braintree!



All Prizes Increase for the Month of December and everyone wins a chance a door prize

Date: December 4th and 18th

Time 1-3PM



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# Happy New Year Party!!!

*Date: December 30*

*Time: 12:00 PM*

*Let's Ring in the New Year with*

*A Chinese Food Luncheon*

*With a Musical Performance*

*by the one and only Tom Bruhl*

*Cost: \$10.00 PP*

*Tickets can be purchased on or after 9:30 December 2nd*

*Priority goes to Braintree Residence.*

*Thank You*

On November 8, 2019 our **Knitting Group** began their **season of giving**. Donations were made to our Veterans at the VA Boston Healthcare System Brockton Campus. On behalf of Elder Affairs, **Thank you** for your countless hours of hard work and generosity. Below is a list for the of items

donated:

Adult Hats, Adult Sets, Adult cowls, Adult Scarves, Adult Headbands, Adult fingerless gloves, Adult Mittens, Child Mittens, Child hats, Adult Poncho, Baby Sets, Baby Hats. Although this is priceless in my eyes. The Grand Total Value = \$1,623.00  
WOW! Thank you all so very much!



# Senior Walk for Health and Fitness

Thank you to all our wonderful participants and Sponsors. Year after year you make this a Great Success! Thank you Mayor Sullivan,





Our Holiday Tree is decorated with gift tags. If you wish, please take a tag which lists a specific gift item on it and purchase the gift for a senior in need. Please do not wrap the gifts. You can put the gifts in the box provided near the tree or bring them to the Outreach Office. We will then wrap and deliver the gifts before the holiday. Please drop off any gifts you have purchased by December 11, 2019. We thank you for your thoughtfulness and generosity.

### **Charity Scams**

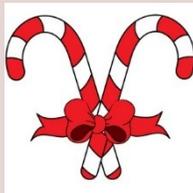
As the holidays approach, please be careful when donating to charities. Always do your own research to make sure the charity is legitimate before agreeing to donate. This is a particularly busy time of year when the scammers prey on the most vulnerable.

### **Fuel Assistance**

We have fuel assistance applications. You must be income eligible. Please contact the Outreach Office if you are interested in applying.

### **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.



**Happy Holidays!**



## Friday, December 6, "Home Alone"



When bratty 8-year-old Kevin McCallister (Macaulay Culkin) acts out the night before a family trip to Paris, his mother (Catherine O'Hara) makes him sleep in the attic. After the McCallisters mistakenly leave for the airport without Kevin, he awakens to an empty house and assumes his wish to have no family has come true. But his excitement sours when he realizes that two con men (Joe Pesci, Daniel Stern) plan to rob the McCallister residence, and that he alone must protect the family home.

## Friday, December 13, "Christmas with the Kranks"



Finally alone for the holidays, Luther (Tim Allen) and Nora Krank (Jamie Lee Curtis) plan to eschew the Christmas traditions and take a cruise in the Caribbean instead. This doesn't sit well with their Christmas-obsessed neighbors Vic Frohmeyer (Dan Aykroyd) and Walt Scheel (M. Emmet Walsh), who are determined to win the annual "best decorated street" competition, and the Kranks soon find themselves social outcasts because of their lack of Christmas spirit.

## Friday, No Movie—Holiday Party

## Friday, December 27 "New Years Eve"



Intertwining stories promise love, hope, forgiveness, second chances and more for a number of New Yorkers on the celebrated night. A rock star (Jon Bon Jovi) and his ex-lover (Katherine Heigl) clash at an exclusive party; a singer (Lea Michele) becomes stranded with a killjoy (Ashton Kutcher) on the way to a New Year's gig; a nurse (Halle Berry) stays with a dying patient (Robert De Niro) as he tries to hang on long enough to see the ball drop in Times Square one last time.

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

Place  
Stamp  
Here

**Braintree Dept. of Elder Affairs ~ 2019 Board Members  
Henry (Hank) Joyce, Chairman of the Board**

**Wayne Gilbert, Vice Chairman  
Ann Moore, Secretary  
Robert Caruso, Treasurer**

**Lucille Barton  
Tim Burke  
Leland Dingee**

**Jane Fogg  
Connie Mattina  
June Newman**

## **THE FRIENDS**

### **Dear Friends,**

The Council on Aging Associates (FRIENDS), as the name suggests, has been a friend and in association with the Department of Elder Affairs, for many years now.

This important organization is a registered 501(3C) and is eligible to do fund raising for the benefit of Elder Affairs. They have a large membership and people who are up-to-date with their dues receive a copy of the monthly Newsletter and are invited to the FRIENDS annual luncheon. The FRIEND's fundraiser have helped enhance some of Elder Affairs projects and programs. The upgraded Commercial Kitchen is a shining example. In the past, the FRIENDS have helped with purchasing an outside shed, computers, audio equipment etc. They have helped defray the cost of the past monthly lunches and the entertainment offered here and this is not the end of the list.

Today, the Friends are in need of Volunteers to help continue operating this organization. Please consider joining to be a friend of the FRIENDS. If interested, kindly submit you name to Michelle Birolini or Sharmila Biswas.....**Happy Holidays** consider

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.