



March, 2020

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 Charles Kokoros

Sharmila Biswas: Director

Mary Howland: Outreach Coordinator

Therese Jarrett: Services Coordinator

PHONE: 781-848-1963

FAX: 781-848-2835

Michelle Birolini: Volunteer Coordinator

Joseph Conrad: Building Custodian

Frank DeFrancesco: Transportation Services

WEBSITE: www.townofbraintreegov.org

Please note you may sign up for all activities on or after, Monday, March 2, from 9:30 AM

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

A Trip to ENCORE Casino

The casino at Encore Boston Harbor brings glamour on a grand scale to the Mystic riverfront. Enter the main floor—open and airy, colorful and vibrant, with 40-foot ceilings, Red Rubino glass chandeliers, and a dazzling array of classic and state-of-the-art slot machines for every player, at every level. Move upstairs to our elegant terrace level for table games, poker tables, private gambling salons, high-limit gaming rooms, and a spectacular view of the action below. At every turn, welcoming dealers and hosts are dedicated to making your visit easy and enjoyable. It all adds up to an exciting, memorable five-star experience unlike anywhere else in Boston.

Date: Wednesday, March 25

Time: Depart 71 Cleveland Ave. @ 9:30 am

Arrive to Encore @ 10:30 am

Try your luck from 10:30-1:00 pm

Elegant Lunch Buffet-1:00-2:00 pm

Head back to bus for return trip to 71 Cleveland Ave at 2:00 pm

Cost: \$50.00 (includes luxury coach bus transport to and from casino and Elegant lunch buffet at Casino)

*Subject to cancellation depending upon trip interest

*Braintree Residents take preference –Please sign up on or after March 2nd at 9:30AM



From the Chairman

It was great seeing so many of you at the VALENTINE'S DAY SOCK HOP last month. I hope to see a lot of people at all of our fun events and outings this month. They all look great. It was a very nice surprise to receive a check from the Mayor for \$1,000.00 for the Council on Aging Associates and the Senior Center. In fact, Mayor Kokoros has donated a lot of money that was left over from the Inaugural Ball. Thank you Mayor Kokoros.

Unfortunately, the New England Patriots did not win the Super Bowl so we will have to wait for next year to see if Tom Brady comes back to try to win one more Super Bowl. It's hard to believe that Tom has been with the team for 20 years. Where has the time gone.

Catchers and Pitchers reported to Spring Training so Spring can't be too far off. The Red Sox should be very interesting this year without Mookie Betts and David Price. Sad to say I gave up my season tickets this year but it has been getting tougher and tougher to sell Red Sox tickets the last couple of years and I didn't go to as many games as I use to.

Well March is right around the corner and the Senior Center will start to get very busy again. On the 17th of March we will have our annual St. Patrick Day Party. Hopefully former Mayor Joe Sullivan will stop by and say hi and if we are lucky we may be able to get him and Mayor Kokoros to do a duet together.

The Sheriff's office will be doing a Scam presentation on what is happening in the SCAM world and it should be very helpful. The last time he had one it was very informative.

At the end of the month we will be taking a trip over to the ENCORE Casino in Everett. If you haven't seen it yet it's worth seeing (at least just once).

Hope the weather starts to warm up pretty soon so we can spend more time outside.

Be Happy and be Safe.

HANK JOYCE

Alzheimer's Care Givers Support Group

Tuesday: March 31

Time: 5pm

Please call— 781-848-1963

Please come and join in an informal discussion with your peers, who are facing the same challenges. Bring your sense of humor and spend the evening sharing your daily experiences with each other.

Refreshments provided through the courtesy of Grove Manor Estates.

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

2nd and 4th Monday	Bereavement Support Group	2:00PM
1st Wed& 3rd Wed	Bingo—	1:00 PM
Monday March 9, 23	Trivia	12:00PM
Every Tuesday	Shine Insurance Counseling	12:00 PM
Every Thursday	Shine Insurance Counseling	10:00 AM
Tuesdays	Beginner Computers: Call to sign up	9:30 AM
Every Tuesday	Rummikub to change	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
March 3	NO Balance with Bob Cobbett Due To Voting	10:00 AM
March 3	Low Vision	10:00 AM
March 6	Bob Fowkes of Curragh's Fancy performs his music	12:00 PM
March	No Belles and Beaux	
March 11	Triad Scam Presentation	10: 00 AM
March 17	St. Patricks' Day musical celebration and boiled dinner	12:00 PM
March 17	Bob Cobbett Balance (in dining room)	10:00 AM
March24	AARP Meeting	1:00 PM
March 11	New Movie	12:00 PM

RECYCLING



TRASH TALK: Time to rethink Recycling. You affect Climate Change...
Reduce your carbon footprint by Recycling Right!

NO Plastic Bags
NO Styrofoam

NO Food or Liquids
NO Textiles

NO Hoses, Wires, Chains
Empty items loosely into cart

For info on a specific item, go to: www.recyclesmart.org

Blood Pressure Clinics

Every Tuesday	Braintree Town Hall	3:00-4:00
Every Friday	Braintree Town Hall	9:00-10:00
Thursday, March 5	BHS& Heritage	11:30-12:30
Thursday, March 12	Independence Housing	10:30-11:30
Wed, March 18	Department of Elder Affairs	12:15-1:00
Tuesday, March 17	Roosevelt Housing	12:00-12:30

Shopping Shuttle Schedule

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

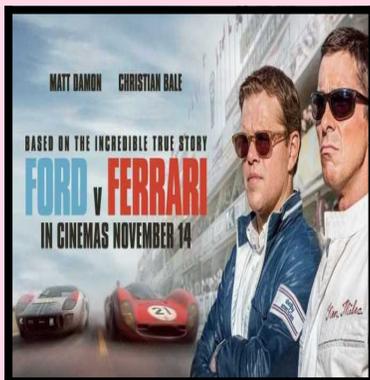
Pick-up time between: 9:30 to 10:00 AM
Return time between: 11:30 AM to 12:00 PM

Tuesday March 3	Stop & Shop
Thursday March 5,	Stop & Shop
Tuesday March 10,	Roche Bros
Thursday March 12,	Shaw's
Tuesday March 17,	Shaw's
Thursday March 19,	Stop & Shop
Tuesday March 24,	Stop & Shop
Thursday March 26,	Shaw's
Tuesday March 31,	Roche Bros

Special Shopping Trip: Friday , March 13– Ocean State Job Lot (Randolph)

Monthly Movie

*Week changed just for this month
Date: Wednesday, March 11
Time: 12:00 NOON
Rating: PG 13



American automotive designer Carroll Shelby and fearless British race car driver Ken Miles battle corporate interference, the laws of physics and their own personal demons to build a revolutionary vehicle for the Ford Motor Co. Together, they plan to compete

- **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.**



Date: Friday, March 6

Time: 12-1:00pm

**Come and enjoy
the melodies of**

Bob Fowkes

of

“Currags Fancy”

Coffee and Desserts will be served



MONDAY

TUESDAY

WEDNESDAY



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

3 Election Day (schedule subject to change)
 Shopping Shuttle: Stop & Shop
 9:00 S&S Bus (housing)
 9:30 Computers: Beginners-Sign Up's Only
 10:00 No Bob Cobbett Balance Class
 10:00 Low Vision Group
 10:00 Walking Group
 12:00 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

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-No Belles & Beaux
 2:00 Bereavement

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

11
 9:15 Cardio, Strength and Flexibility Class
 10:00 Asian Outreach Program 長者服務
 12:00 Pool Players
 12:00 Poker
 12:00 New Movie-Ford Vs. Ferrari (week change this month).

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

17
 Shopping Shuttle: Shaw's
 9:00 S&S Bus (housing)
 9:30 Computers: Beginners
 10:00 Bob Cobbett Balance Class
 10:00 Walking Group
 12:00 SHINE insurance help free by appointment
 10:00 Rummikub
 10:45 Computers: Intermediate- Sign up only
 12:30 Bridge
 12:30 Cribbage
 12:00 Happy St. Patrick Day Party/Luncheon

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

BINGO

23
 9:30 Current Events
 10:30 Chair Yoga
 12:00 Qi Gong/Tai Chi
 12:00 Pool Players
 12:00 Poker
 12:00 Trivia
 2:00 Bereavement

24
 Shopping Shuttle Stop & Shop
 9:00 S&S Bus (housing)
 9:30 Computers: Beginners-Sign Up's Only
 10:00 Walking Group
 12:00 SHINE insurance help free by appointment
 10:00 Rummikub
 1:00 pm AARP Meeting(Note Date Change)
 1:00 Ask the Lawyer

25
9:30- Trip to ENCO
For ticket holders
 9:15 Cardio, Strength and Flexibility Class
 10:00 Asian Outreach Program 長者服務
 12:00 Pool Players
 12:00 Poker

30
 9:30 Current Events
 10:30 Chair Yoga
 12:00 Qi Gong/Tai Chi
 12:00 Pool Players
 12:00 Poker
 No monthly luncheon

31
 Shopping Shuttle Roche Bros
 9:00 S&S Bus (housing)
 9:30 Computers: Beginners-Sign Up's Only
 10:00 Walking Group
 12:00 SHINE insurance help free by appointment
 10:00 Rummikub
5:00 Alzheimer's Support Group

THURSDAY

FRIDAY



	<p>5 Shopping Shuttle: Stop & Shop 9:30 Mah Jongg 10:00 Photography 10:00 SHINE insurance help free by appointment 11:00 Chair Yoga 11:30 Quilting Group 1:00 Art Group 1:00 Knit/Crochet</p>	<p>6 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 12:00-Bob Fowkes performs NO MOVIE</p>
<p>ge just for</p>	<p>12 Shopping Shuttle: Shaw's 10:00 SHINE insurance help free by appointment 9:30 Mah Jongg 11:00 Chair Yoga 11:30 Quilting 1:00 Art Group 1:00 Knit/Crochet</p>	<p>13 Shopping Shuttle: Ocean State Job Lot Randolph 9:15 Cardio, Strength and Flexibility Class 10:00 Weight Loss Group 12:00 Pool Players 12:00 Mixed Poker</p>
<p>y)</p>	<p>19 Shopping Shuttle: Stop & Shop 9:30 Mah Jongg 10:00 SHINE insurance help free by appointment 10:30 Book Club 11:30 Quilting Group 11:00 Chair Yoga 1:00 Art Group 1:00 Knit/Crochet</p>	<p>20 9:15 Cardio, Strength and Flexibility Class 10:00 Weight Loss Group 12:00 Pool Players 12:00 Mixed Poker 12:00 Fun Movie Friday-"Walk the Line" 12:30—Ask the Lawyer 2:00 Board Meeting</p>
<p>RE</p>	<p>26 Shopping Shuttle: Shaw's 9:30 Mah Jongg 10:00 SHINE insurance help free by appointment 11:00 Chair Yoga 11:30 Quilting Group 1:00 Art Group 1:00 Knit/Crochet</p>	<p>27 9:15 Cardio, Strength and Flexibility Class 10:00 Weight Loss Group 11:00 Living your Best Life 6 week program begins 12:00 Pool Players 12:00 Mixed Poker</p>
		<p>9</p>

Happy St. Patricks Day

DATE: TUESDAY, MARCH 17TH 12:00PM

WHERE: BRAINTREE ELDER AFFAIRS

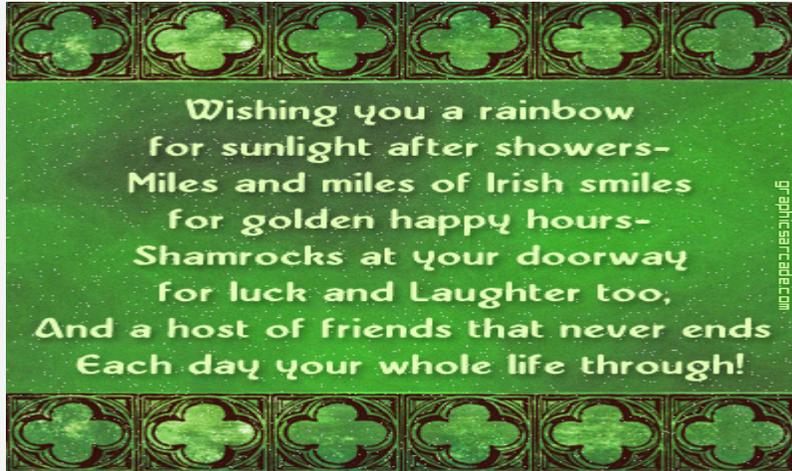
MENU: DELICIOUS BOILED DINNER

COST: DONATIONS APPRECIATED

IRISH MUSIC ENTERTAINMENT BY... BIG SMILE ENTERTAINMENT COMPANY

PLEASE CALL 781-848-1963 TO SIGN UP ON OR AFTER MARCH 2

*****BRAINTREE RESIDENTS ONLY**



Photography

The Group meets second and fourth Thursdays

If you have a suggested topic then please contact John Thompson.

Photo courtesy of one of our own talented Photographers



“Living Your Best Life”

Friday, March 27, to Friday, May 1 from 11 AM to 2 PM

In support through a grant awarded by Mass Councils on Aging (MCOA) our six week program is about to begin. We have wonderful speakers for each session who will inform and empower you to live a happy and an independent life.

The speakers we are inviting come from many different arenas in life. Many of them are familiar faces and some you will be meeting for the first time, but they are all equally excited to share their expertise with you. Come learn about how to take care of your spirit, your nutrition needs, keep yourself active and sleep well. You will also learn how to deal better with tough times, connect with others, stay positive, help others and create a sense of joy and satisfaction within yourself. If you need some help in dealing with life, that will be available for you too. We are hoping to have very active discussions, participation and of course nothing will be complete without a good nutritious break.

We will have Ellie O’Neil, Carol Corio and our very own Ann Moore as our Facilitators and Coordinators. Every participant will receive a binder to keep all your information together.

To be eligible for this important program, Braintree residents will be served first. Also, please remember you will need to commit for all classes. Please call 781-848-1963 to sign up for this program. We will be calling you to ensure your participation.

The Council on Aging Associates (The FRIENDS)

The FRIENDS 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 monthly newsletter and are invited to the Annual Luncheon.** The fundraisers have helped enhance many of Elder Affairs projects and programs. The upgraded Commercial Kitchen is a shining example.

Braintree Elder Affairs is always busy with programs and activities. We make it possible through your generous donations, the grants we are awarded and with the help of fundraisers organized by the FRIENDS. Today, the FRIENDS are in need of Volunteers to help continue operating this organization. Please strongly consider joining them and help the organization flourish. They need your energy. Become a friend of the FRIENDS. If interested, please submit your name to Michelle Birolini or Sharmila Biswas.....Happy St. Patricks’ Day!

Outreach



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 have fuel assistance applications from Quincy Community Action Programs, Inc. The fuel season runs from November 1, 2019 through April 30, 2020. This program is available to income eligible households.



Reference List

We have a list of independent contractors who have contacted us about doing work for the elderly for a fee. We do a criminal records check on them before they are placed on our Reference List. These people offer various services such as errands, companionship, homemaking, personal care, hairdressing, handyman services, etc. You are responsible for checking their references. You pay them directly.

Ongoing Programs/Services

Friendly Visitor

Library Express

Food Stamps (application assistance)

Information/Referral

If you would like information on any of the above, please call the Outreach Office at 781-848-1963.

Happy St. Patrick's Day!

TRIAD



Current Scam Presentation

Date: March 11

Time: 10 AM

POWERPOINT SCAM PREVENTION PRESENTATION

representatives from Norfolk County
Sheriff McDermott's Office

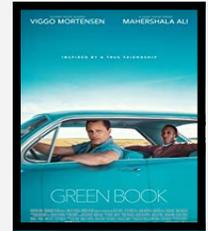
will do a PowerPoint presentation which will cover the most common scams currently circulating, the major Red Flags to watch out for and the precautionary tactics used to protect yourself and your identity.

Please Call 848-1963 on or after March 2nd to sign up



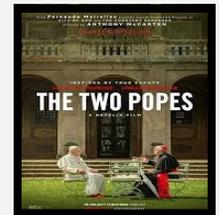
Friday, March 6, No Movie

Friday, March 13, Green Book



In 1962, Tony "Tony Lip" Vallelonga, a tough bouncer, is looking for work when his nightclub is closed for renovations. The most promising offer turns out to be the driver for the African-American classical pianist Don Shirley for a concert tour into the Deep South states. Although hardly enthused at working for a black man, Tony accepts the job and they begin their trek armed with The Negro Motorist Green Book, a travel guide for safe travel through America's racial segregation. Together, the snobbishly erudite pianist and the crudely practical bouncer can barely get along with their clashing attitudes to life and ideals. However, as the disparate pair witness and endure America's appalling injustices on the road, they find a newfound respect for each other's talents and start to face them together. In doing so, they would nurture a friendship and understanding that would change both their lives.

Friday, March 20, Two Popes



An intimate story of one of the most dramatic transitions of power in the last 2,000 years. Frustrated with the direction of the church, Cardinal Bergoglio (Jonathan Pryce) requests permission to retire in 2012 from Pope Benedict (Anthony Hopkins). Instead, facing scandal and self-doubt, the introspective Pope Benedict summons his harshest critic and future successor to Rome to reveal a secret that would shake the foundations of the Catholic Church. Behind Vatican walls, a struggle commences between both tradition and progress, guilt and forgiveness, as these two very different men confront their pasts in order to find common ground and forge a future for a billion followers around the world. Inspired by true events.

Friday, March 27, No Movie

**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

Lucille Barton

Jane Fogg

Ann Moore, Secretary

Tim Burke

Connie Mattina

Robert Caruso, Treasurer

Leland Dingee

June Newman

Knit and Crochet Group at COA Donate Warm Caps and Mittens

The knit/crochet group at the Council of Aging and the Community Service Committee of the Braintree Women's Club joined their hands and hearts together to provide warm hats and mittens to a local Transition House where foster children find temporary refuge. The Women's Club chose to help these youths by providing items needed when they enter a foster home. The kind and generous women at the Council of Elder Affairs shared their time, talents and lovingly made over 40 caps and mittens as their contribution. The Braintree Women's Club is so very grateful for their efforts and extends its thanks and the thanks of the youth who will receive the fruit of their work.

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