



THE FRANKLIN Connection

FRANKLIN SENIOR CENTER'S MONTHLY NEWSLETTER

DECEMBER 2023

FRANKLIN SENIOR CENTER

10 Daniel McCahill Street
Franklin, MA 02038

P | 508-520-4945

F | 508-520-4917

www.franklinma.gov

OFFICE HOURS

Mon-Fri | 8:30am-4:00pm

Wednesday open until 5:30p

Social Services by appt.

BEN'S BOUNTY GIFT SHOP

Mon-Fri | 10:00am-1:00pm

COMMON GROUND'S CAFÉ

Monday - Friday

Breakfast | 8:30am-10:00am

Lunch | 11:30am-1:00pm

WHAT'S WHAT?

Page 1: 2023 Picture Collage

Page 3: Dec. Happenings

Page 4: Dec. Presentations

Page 5: Caregiver Corner and
Support Groups

Page 6 & 7: Dec. Calendar

Page 8: Low Vision Programs,
Veterans Services, Volunteer

Page 9: FOFE & Donations ,
and Winter Wonderland

Page 10: Travel, Tax Workoff,
and More



Happy Holidays from our Family to Yours!



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Franklin Senior Center, Franklin, MA 06-5389

December Happenings

THE FRANKLIN SENIOR CENTER

03

Come Enjoy the Holiday musical stylings of

The Southeastern MA Community Concert Band

Monday, December 18th @ 7:00PM

AT THE FRANKLIN SENIOR CENTER



HOLIDAY CHEER FOR ALL TO HEAR!

WHITE
CHRISTMAS
MOVIE

CAROLING

TRIVIA AND
PRIZES!

WEAR YOUR
UGLY
SWEATERS!

CHEER!

HOT
COCOA

FRIDAY, DECEMBER 22ND AT 1PM



Noon Years Eve!

Goodbye 2023. Hello 2024!

Friday, December 29th @ 12:00p



BUSY BEES HOLIDAY BAZAAR

HOMEMADE GIFTS & CRAFTS
FOR YOUR HOLIDAYS, HOME,
AND LOVED ONES

Monday, December 4th

and

Tuesday, December 5th

9:30AM- 1:30PM

FRANKLIN SENIOR CENTER

10 DANIEL MCCAILL ST

FRANKLIN MA 02038

ART CORNER



- ♦ Memory Craft 12/5
at 10:00am- Create a Memory Ornament or Stocking in honor of someone who has passed for our Winter Wonderland Tree
- ♦ Diamond Art Showcase 12/6 at 12:00pm: Come look at all the beautiful diamond art works!
- ♦ Easy Art with Ariel 12/6 at 2pm: Come make a few beautiful watercolor holiday cards
- ♦ Art with Danielle 12/21 at 1pm: All levels welcome, Must Register, \$4/person

04 December Presentations

THE FRANKLIN SENIOR CENTER



MOBILE FOOD PANTRY

PARTNERING WITH THE FRANKLIN FOOD PANTRY AND THE YMCA

Come to receive a bag of staple items, choice of protein, and dairy items!

WEDNESDAY, DECEMBER 13TH
at 11:00am

RAINBOW CAFÉ



Are you a member or ally of the LGBTQ+ community?!

Please join us for conversation and friendship with like minded people.

Last Tuesday of the month
at 2:30pm



EAT AROUND THE WORLD

Once a month, come join us to explore a different country and try out its cuisine!

This Month: **Finland**

Friday, December 8 @ 11am

CAN SIGNUP BEFORE 12/1!

PRESENTATIONS– CALL TO REGISTER!

DIAMOND ART SHOW

WEDNESDAY, DECEMBER 6TH AT 12:00PM

Come see the fascinating world of Diamond Art. Our Diamond Art Instructor, Richard Rollingcross will be displaying his beautiful diamond art work!

COMPASSION FATIGUE: THE COST OF CARING

WEDNESDAY, DECEMBER 6TH AT 5:00PM

MONDAY, DECEMBER 11TH AT 11:00AM

A caring heart at some point can experience exhaustion. Learn what Compassion Fatigue is and way to avoid feeling overwhelmed when caring someone you love.

WHAT IS CBD/THC?

MONDAY, DECEMBER 11TH AT 2:30PM

A representative from NETA, a Franklin based cannabis dispensary, will be here discussing what is CBD and THS, how to read a product label: onset, duration, dosing, alternatives for managing pain, sleep, stress, and reviewing the different cannabis modalities. Bring your questions!

BLANCHE'S BLING

TUESDAY, DECEMBER 12TH FROM 9:30AM-11:00AM

Come have your walker, wheelchair, or cane decorated for the Holiday Season!

LET'S TALK SUICIDE PREVENTION

MONDAY, DECEMBER 18TH AT 10:00AM

Join us as Samaritans, Inc. helps raise awareness about suicide prevention by sharing informational materials based on the latest research.

SIGN UP FOR OUR DRUM CIRCLE!

MONDAY, DECEMBER 18TH AT 1:00AM

Join us for an hour of drumming. Feel the beat, learn some new rhythms and make friends. Drums and percussion supplied or you can bring your own!

FRANKLIN Q & A WITH STEVE SHERLOCK

WEDNESDAY, DECEMBER 20TH AT 11:00AM

Please join Steve Sherlock, Franklin Matters & WFPR.fm Community Info Director, for an informal and informative Q & A session. Steve provides updates on what's happening from the past month and then opens the floor for discussion and questions.

FIRESIDE CHAT: HOLIDAY TRADITIONS & RESOLUTIONS

WEDNESDAY, DECEMBER 27TH AT 2:00PM

Come hang out with a warm mug of Hot Cocoa by the fireplace and talk about your holiday family traditions as well as New Years Resolutions for 2024 with your friends at the Senior Center!

Caregiver Corner and Support Groups

05

THE FRANKLIN SENIOR CENTER

THE SUNSHINE CLUB This supportive adult day program offers seniors with memory loss, chronic medical issues, or social isolation a safe & engaging environment. For more info call Kathleen Laughran at 508-520-4945

MEMORY CAFÉ Please join us Wednesday, Dec 20th at 1pm at our "Where's The Toast" memory Cafe. We will have live entertainment! Memory Café's are safe and inviting spaces for those who are experiencing memory loss and their families. Join us for an hour of music, socialization and engagement. Please RSVP to Ariel:

adoggett@franklinma.gov or 508-520-4945. This Memory Café is supported by a generous grant from the Franklin Cultural Council, a local agency supported by the Mass Cultural Council, a state agency.



ALZHEIMER'S CAREGIVERS SUPPORT GROUP

Supports caregivers caring for their loved ones with Alzheimer's or dementia. Call The Senior Center for more information. The group meets every second and fourth Wednesday at 4:00pm.

GENERAL CAREGIVER SUPPORT GROUP

Are you a caregiver? Join this monthly group to talk with other caregivers and provide with you tips and support. Meets the **First Thursday of the month at 1:00pm.**

PATHWAY TO HEALING

BEREAVEMENT SUPPORT GROUP Join this monthly group to help people with their journey of healing after a loved one passes. **December 13th and 27th at 1:00pm**



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Franklin Senior Center, Franklin, MA 06-5389

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>04</p> <p>9:30am 6 Week Series with Steve Avellino \$ (6)</p> <p>9:30am Italian Novel Reading</p> <p>9:30am Busy Bees Bazaar</p> <p>10:30am Poker</p> <p>11:00am Line Dancing \$</p> <p>1:00pm Trivia!</p> <p>1:00pm Book Club: "The Feather Thief"</p> <p>1:00pm Chair Volleyball</p> <p>1:00pm American Mah Jong</p> <p>1:15pm Movie Matinee: Jack Frost</p> <p>4:00pm Pool Night</p>	 <p>05</p> <p>9:00am Cribbage</p> <p>9:30am Busy Bees Bazaar</p> <p>9:30am Low Impact \$</p> <p>10:00am Hand & Foot</p> <p>10:30am Hearing Clinic</p> <p>10:30am Memory Craft</p> <p>11:00am Cardio, Strength, & Balance (CSB) \$</p> <p>1:00pm BINGO</p> <p>1:00pm Chess</p> <p>1:00pm Cribbage Instruct.</p> <p>1:00pm Quilting</p> <p>1:00pm Audio Reading of the Newsletter</p>	<p>06</p> <p>9:00am Walking Group</p> <p>10:00am Vets Coffee Social</p> <p>10:00am Chair Yoga \$</p> <p>10:00am Knitting</p> <p>10:00am Scrabble</p> <p>10:00am Asian Mah Jong</p> <p>11:00am Pound Fitness \$</p> <p>12:00pm Diamond Art Showcase</p> <p>12:30pm Bridge</p> <p>1:00pm Sign Language \$</p> <p>1:00pm Senior Scribblers</p> <p>1:00pm Pokeno</p> <p>2:00pm Easy Art Class</p> <p>5:00pm Compassion Fatigue</p>	<p>07</p> <p>9:00am Cribbage</p> <p>9:30am Low Impact \$</p> <p>9:30am Busy Bees</p> <p>10:00am Discussion Group</p> <p>10:15am Bible Study</p> <p>10:30am Holiday Karaoke!</p> <p>11:00am CSB \$</p> <p>12:00pm Poker</p> <p>1:00pm Low Vision Tech.</p> <p>1:00pm BINGO</p> <p>1:00pm Tai Chi \$</p> <p>1:00pm Caretaker Support</p> <p>1:00pm Cribbage</p> <p>5:30pm Acoustic Jam Session</p>	<p>08</p> <p>10:00am Woodcarving</p> <p>10:00am Hand & Foot</p> <p>11:00am ZUMBA \$</p> <p>11:00am Eat Around the World: FINLAND**\$ (Sign up prior to 12/h)</p> <p>12:30pm T.O.P.S.</p> <p>1:00pm Pokeno</p> <p>1:00pm Darts</p> <p>1:00pm Diamond Art</p> <p>2:00pm Silvertones</p> <p>Choral Group</p>
<p>11</p> <p>9:30am Italian Novel Reading</p> <p>10:30am Poker</p> <p>11:00am Line Dancing \$</p> <p>11:00am Compassion Fatigue</p>	<p>12</p> <p>9:00am Cribbage</p> <p>9:30am Low Impact \$</p> <p>9:30am Busy Bees</p> <p>10:00am Hand & Foot</p>	<p>13</p> <p>9:00am Walking Group</p> <p>10:00am Chair Yoga \$</p> <p>10:00am Knitting</p> <p>10:00am Scrabble</p> <p>10:00am Asian Mah Jong</p> <p>11:00am Pound Fitness \$</p> <p>11:00am Mobile Food Pantry</p>	<p>14</p> <p>9:00am Cribbage</p> <p>9:30am Low Impact \$</p> <p>9:30am Busy Bees</p> <p>10:00am Discussion Group</p> <p>10:15am Bible Study</p> <p>11:00am CSB \$</p> <p>12:00pm Poker</p>	<p>15</p> <p>9:30am FOFE Meeting</p> <p>10:00am Woodcarving</p> <p>10:00am Hand & Foot</p>

December 2023 Calendar Continued

FRANKLIN SENIOR CENTER

07

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11 CONTINUED 1:00pm Trivial! 1:00pm Chair Volleyball 1:00pm American Mah Jong 1:15pm Movie Matinee: How the Grinch Stole XMAS 2:30pm What is CBD/THC? 4:00pm Pool Night	12 CONTINUED 11:00am CSB \$ 11:00am Blanche's Bling 1:00pm BINGO 1:00pm Chess 1:00pm Cribbage Instruct. 1:00pm Quilting	13 CONTINUED 12:30pm Bridge 1:00pm Sign Language \$ 1:00pm Senior Scribblers 1:00pm Bereavement Support 1:00pm Pokeno 4:00pm Cardio Fusion \$ 4:00pm Alzheimer's Support	14 CONTINUED 1:00pm BINGO 1:00pm Low Vision Support 1:00pm Tai Chi \$ 1:00pm Cribbage 4:30pm—7:00pm WINTER WONDERLAND COMMUNITY EVENT	15 CONTINUED 12:30pm T.O.P.S. 1:00pm Pokeno 1:00pm Darts 1:00pm Diamond Art 2:00pm Silvertones Choral Group
18 9:30am Italian Novel Reading 10:00am Suicide Prevention 10:30am Poker 11:00am Line Dancing \$ 11:00am Drum Circle 1:00pm Trivia! 1:00pm Chair Volleyball 1:00pm American Mah Jong 1:15pm Movie Matinee: Spirited 4:00pm Pool Night 7:00pm Southeastern MA Community Band Concert	19 9:00am Cribbage 9:30am Low Impact 9:30am Busy Bees 10:00am COA Meeting 10:00am Hand & Foot 10:30am Hearing Clinic 11:00am CSB \$ 1:00pm BINGO 1:00pm Chess 1:00pm Audio Book Club 1:00pm Cribbage Instruct. 1:00pm Quilting 1:00pm Legal Clinic 2:30pm Rainbow Café	20 9:00am Walking Group 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong 11:00am Pound Fitness \$ 11:00am Franklin Q & A 12:30pm Bridge 1:00pm Senior Scribblers 1:00pm Sign Language \$ 1:00pm Pokeno 1:00pm Memory Café 4:00pm Cardio Fusion \$	21 8:30am Coffee Hour with State & Local Officials 9:00am Cribbage 9:30am Low Impact 9:30am Busy Bees 10:00am Discussion Group 10:15am Bible Study 11:00am CSB \$ 12:00pm Poker 1:00pm BINGO 1:00pm Tai Chi \$ 1:00pm Open Art Studio 1:00pm Cribbage 1:00pm Danielle's Art Class	22 10:00am Woodcarving 10:00am Hand & Foot 11:00am ZUMBA \$ 12:30pm T.O.P.S. 1:00pm Pokeno 1:00pm Darts 1:00pm Diamond Art 1:00pm HOLIDAY FUN: WHITE CHRISTMAS MOVIE, TRIVIA, UGLY SWEATER COMPETITION, & CHEER!!
25 CLOSED	26 CLOSED	27 9:00am Walking Group 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong 11:00am Pound Fitness \$ 12:30pm Bridge 1:00pm Sign Language \$ 1:00pm Senior Scribblers 1:00pm Pokeno 1:00pm Bereavement Support 2:00pm Fireside Chats 4:00pm Cardio Fusion \$ 4:00pm Alzheimer's Support	28 9:00am Cribbage 9:30am Low Impact 9:30am Busy Bees 10:00am Discussion Group 10:15am Bible Study 11:00am CSB \$ 12:00pm Poker 1:00pm BINGO 1:00pm Tai Chi \$ 1:00pm Open Art Studio 1:00pm Cribbage 1:00pm Movie: Come From Away Musical	29 10:00am Woodcarving 10:00am Hand & Foot 11:00am ZUMBA \$ 12:00pm TOAST TO THE NEW YEAR 12:30pm T.O.P.S. 1:00pm Pokeno 1:00pm Darts 1:00pm Diamond Art 2:00pm Silvertones Choral Group



08 Low Vision, Veterans, Volunteer Spotlight!

THE FRANKLIN SENIOR CENTER

LOW VISION PROGRAMS

Tuesday, December 5 at 1:00pm: Audio Reading of the December Newsletter. (PHONE)

Thursday, December 7th at 1:00pm: Assistive Technology with Jerry Feliz

Thursday, December 14 9 at 1:00pm: Low Vision Support: Group Discussion-Share a Low Vision Success Story and Discussion of future topics.

**** STARTING IN JANUARY, THIS MEETING WILL BE MOVED TO THE 2ND TUESDAY AT 11AM****

Tuesday Dec 19th at 1:00pm: Audio Book Club : *The Day The World Came To Town by Jim DeFede (PHONE) AND Showing of Musical COME FROM AWAY (IN PERSON) on Thurs, Dec. 28th at 1:00pm*

All Tuesday Low Vision are via telephone: 508-206-8603 and Thursday Low Vision are in person at the Senior Center

VOLUNTEER SPOTLIGHT!

We have so many awesome volunteers, we wanted to spotlight you all! Say hello to **Larry Tocci** one of our fantastic volunteers here at



the Senior Center. He is an avid pool player and an all around nice guy, but on top of that, he has a heart for service. Working mostly in our Adult Day Supportive Program: The Sunshine Club, Larry is always willing to help where needed and with a huge smile on his face. Thank you Larry for all that you do to make our Senior Center the best around– We couldn't do it without you!

VETERANS SERVICE OFFICE (508) 613-1315

December 6 – Veterans' Monthly Coffee Social – 10:00 a.m. at the Senior Center. Come join us for some holiday cheer!

December 7 - National Pearl Harbor Remembrance Day

December 7 – Warrior Within Yoga Pilot Program begins – 6:00 p.m. at the Senior Center. To enroll, visit: www.warriorwithinyoga.org/schedule

December 8 – Veterans' Financial Education Workshop – 3:00 p.m. Call our office for sign-up instructions.

December 13 – U.S. National Guard's 387th Birthday - The National Guard is the oldest military organization in America.

December 16 – National Wreaths Across America – Wreath-laying ceremonies at Veterans' cemeteries, memorials and historic sites will be held at 4,000+ locations nationwide.

There will be no Veterans' Council meeting in December.

The **Tune It Out guitar lessons program** for Veterans meets on Tuesdays at 5:30 p.m. at the Senior Center. There is no charge for lessons and no guitar experience is required. Call the Veterans' Services Office for details.



FRIENDS OF FRANKLIN ELDERS

The Friends of Franklin Elders, Inc. (FOFE) is a private, non-profit organization whose purpose is to provide funds for programs, services, and equipment for the Franklin Senior Center that cannot be provided by state or local government. The Friends raise funds through membership fees, donations, and special events. Our next meeting is scheduled for

Friday, December 15th @ 9:30 am.

The public is welcome to attend.



JoAnn Wright, President
Nan Rafter, Vice President
Pam Spicer, Treasurer
Marge Lane, Secretary

Eileen Burnard, Pat Donnelly, Carol Ellsworth,
Julie Garilli, Paula Lombardi, Jan Prentice,
Jean Tolland, and Helen Powers

FOFE MEMORIAL/HONOR DONATION

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IN MEMORIAL/HONOR OF- DONATIONS

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PAM DEGRAZIA IN MEMORY OF
FRANK DEGRAZIA AND PAUL DEGRAZIA



THE FRIENDS OF FRANKLIN ELDERS
AND THE FRANKLIN SENIOR CENTER PRESENTS:

Winter Wonderland

A COMMUNITY HOLIDAY LIGHT EVENT

Thursday, December 14th 4:30PM- 7PM

at the Franklin Senior Center

COME OUT FOR AN EVENING OF HOLIDAY
CHEER TO SEE A DISPLAY OF BEAUTIFULLY
DECORATED HOLIDAY TREES AND DECOR
WHILE ENJOYING LIVE ENTERTAINMENT,
HOT COCOA & COOKIES, AND A VISIT
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10 Travel, Tax Workoff, and More

THE FRANKLIN SENIOR CENTER

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- ♦ **Reflections of Italy**—Welcome to Italy, a land rich in history, culture, art and romance. Discover Roman ruins, winding medieval streets and beautiful churches. Highlights: Rome, Vatican Museums, Sistine Chapel, St. Peter's Basilica, Cortona, Florence, Michelangelo's David, Chianti Winery & cooking class, Venice, & Lake Como.—Cost: Double \$4,599, Single \$5,399, Triple \$4,569



October 23—November 1, 2024

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FRANKLIN SENIOR CENTER : INCLEMENT WEATHER POLICY

As we all know living in New England, Snow Happens! Please call us 508-520-4945 to sign up for our Robocall list to get updates on inclement weather for when the Franklin Senior Center may be closed or have a delayed opening!

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Franklin Senior Center, Franklin, MA 06-5389

FRANKLIN COUNCIL ON AGING OFFICERS:

Chair.....Lyn O'Brien
Vice Chair.....Jan Jewett
Secretary.....Phyllis Malcolm

MEMBERS:

Colette Ferguson, Faith Flaherty, Robert Kaufman, Kim Mu-Chow, Ken Norman, and Lester Quan

STAFF:

Director.....Danielle Hopkins
Deputy Director.....Sarah Amaral
Executive Assistant.....Mary Hynes
Social Services Coordinator.....Raeleen Gallivan
Program/ Volunteer Coordinator.....Ariel Doggett
Supportive Day Coordinator.....Kathleen Laughran
Supportive Day Assistant.....Amanda Rabbitt
Wellness Nurse.....Trish Collatos
Kitchen Manager.....Anne Scungio
Line Cook.....Marilyn Howe
Line Cook.....Lauretta Taddeo
Veterans' Services Officer.....Shannon Nisbett
Veterans' Services Assistant.....Debra Martin
Public Health Nurse.....Alisha Deptula

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