

# FRANKLIN SENIOR CENTER 10 DANIEL McCAHILL ST. FRANKLIN, MA 02038 508-520-4945

CURBSIDE SPECIAL OF THE WEEK: Chicken Parmesan Sub Combo \$2.00

Visit: www.franklinma.gov/curb for menu and details. No-Contact Lunch Pick-up mon-fri! JULY 13: STEVE SHERLOCK, our favorite Franklinite discusses Everything

Franklin - happenings, hot topics, and history! Join us for this stimulating dis-

cussion at 2:00 p.m. JUDY 20: SIGNS & SYMPTOMS OF STROKE with Nurse Trish at 1:00 p.m. Time is of the essence! Do you know that the faster a stroke is treated the

better your chances of a full recovery are? Learn to help save someone's life. To sign up, email pcollotos@franklinma.gov **JULY 27: SOUND RENEWAL** with Molly Rabuffo at 10:00

a.m. Molly is a sound healing artist who will quide listeners through a 30-minute sound journey designed for deep relaxation and energetic clarity, providing a supportive space for emotional, physical, and mental relief. Molly

will be available afterward to answer questions and lis-

ten to any reflections you may have about your experience.

Sponsored by Benchmark Senior Living. For more information or to sign up for any of the above, email: adoggett@franklinma.gov JULY 27: MEMORY CAFÉ at 3:00 p.m. on the 4th Monday of the month

MONDAYS: PUZZLE PICKUP & DONATIONS at 1:00 p.m. We have puzzles from 100 up to 1000-pieces! Call the Center at (508) 520-4945 to request

one or arrange to pick up a puzzle with your curbside meal. \* \* \* TUESDAYS

## es Funny Man, Mel Brooks, a deeply textured and compelling biography of comedy giant Mel Brooks by Patrick McGillian

JULY 07 & 21 AUDIO BOOK CLUB (Conference Call) at 1:00pm. Discuss-

JULY 07 & 21 LOW VISION SUPPORT GROUP (Conference Call) at 1:00pm (Phone number for conference calls is always: 978-990-5298, press Access Code: 671-2232 # ) Call Maggie Gundersen at 508 520 4945 or email

at: mgundersen@franklinma.gov for more info. **TUESDAYS** (starting the 14th) **CHAIR EXERCISES** with Judith starts 10:00 a.m. on ZOOM.

tail Hour with Ariel and friends on ZOOM. Email: adoggett@franklinma.gov

Judith, Zoom Class Starts 11:00 a.m. TUESDAYS QUARANTINI HOUR at 5:30 p.m. Virtual Cock-

for More Details

About It, Dr.

Alzheimer's

can

Zoom Class Starts 11:00 a.m.

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Rovendro at: mrovendro@yahoo.com

viduals

TUESDAYS: CARDIO, STRENGTH & BALANCE CLASS with

\* \* \* \* WEDNESDAYS

4:00 p.m. Email Elaine at: elaine.owens@verizon.net for more info.

**WEDNESDAYS: NEW! ZUMBA GOLD** with Judith, starts at 11:00 a.m. on Wednesdays on ZOOM. Easy to follow dance moves to music and total body work out!

JULY 08 & 22: Caregivers Support 'Zoom' Group with Elaine Owens at

ZOOM at 11:00 a.m. To sign up, email: pcollatos@franklinma.gov WEDNESDAYS: HEALTH & WELLNESS APPOINTMENTS with NURSE TRISH. Email: pcollatos@franklinma.gov for appointments and more information.

WEDNESDAYS: BE WELL COFFEE HOUR with Nurse Trish is offered with

WEDNESDAYS: MEDICAL EQUIPMENT DISTRIBUTION & DONATIONS at 1:30 p.m. Please call in advance. \* \* \* \* THURSDAYS

JULY 16: AUTHOR, DR. ANDREW BUDSON DISCUSSES SEVEN STEPS TO

MANAGING YOUR MEMORY Based on his award-winning book, Seven Steps to Managing Your Memory: What's Normal, What's Not, and What to Do

## Andrew Budson will explain how indidistinguish changes in memory due to versus normal aging, what medica-

and exercise regimes can help, and tions, diets, SEVEN the best habits, strategies, and memory aids to use, STEPS TO in seven simple steps. Educated at Harvard Medical MANAGING School. Budson is Chief of Cognitive & Behav-Dr. YOUR ioral gy and Associate Chief of Staff for Ed-Neurolo-MEMORY ucation at the Veterans Affairs Boston Healthcare System, Director ot Education at the Boston Universi-Disease Center, Professor of Neurology ty Alzheimer's at Boston University School of Medicine, and Lecturer in Neurology at Harvard Medical School. Join us for a Zoom program on Thurs., July 16 at 1:00 p.m. Space is limited so register now by emailing: adoggett@franklinma.gov THURSDAYS: .VIDEO CHAIR EXERCISES with Judith starts 10:00 a.m.

\* \* \* \* FRIDAYS

THURSDAYS: CARDIO, STRENGTH & BALANCE CLASS with Judith,

THURSDAYS: CURRENT EVENTS DISCUSSION GROUP invites new mem-

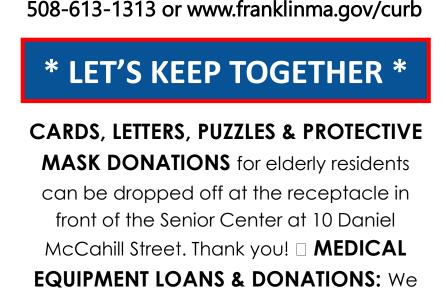
bers for ZOOM Discussions at 10:00 a.m. For more information, email Matt

FRIDAYS: T.O.P.S. (TAKING OFF POUNDS SENSIBLY) WEIGHT LOSS

SUPPORT GROUP MEETINGS at 12:30 p.m. via ZOOM. The group provides accountability, support and encouragement in your weight loss goals. Join us by emailing: patdamour@yahoo.com for the link to attend

**ONGOING EVENTS** 

#### CURBSIDE July 6-10: Chicken Parmesan Sub July 13-17: Beef Burrito July 20-24: Asian Chicken Salad



The Franklin Council on Aging is Now Offering delicious,

freshly prepared meals weekdays at the Center. Available to all Seniors 60 or over for No-Contact, Curbside

Pickup. Meals are only \$2.00 and each include a sand-

wich/entree, beverage with fruit or chips & cookie! Call:

ment for those how need it. Just call the Center at 508 520-4945 to make arrangements for donation or pick up. Please do not leave medical equipment at the Center without arranging a drop off! Thank you! **INSPIRED EMAILS**: Sign up for a weekly listing of fun and exciting links to great ideas, performances, diversions and tips to

help combat social isolation and boredom.

Call or email: adoggett@franklinma.gov

ROBOCALL LIST: Call the Center if you

would like to receive our weekly call updat-

ing the latest information and reminders

receive and loan out used medical equip-

about community programs and services.  $\Box$ We Want to **Hear From You** We are planning for the future and need your help. Please take five minutes to complete this survey to help us make GATRA the best service it can be! Scan the QR code or visit: surveymonkey.com/r/GATRA2020survey

For survey translations, please call 508-823-8828 ext 263 **Comprehensive** To provide additional feedback to GATRA, please call (508) 738-2281 to leave a message or email GATRASurvey2020@gmail.com. **Regional Transit Plan** Update 2020 Greater Attleboro Taunton Regional Transit Authority **REASSURANCE CALLS:** If you are tired of talking to yourself and those 4 walls, we are offering "reassurance calls" to those who would want to chat on a daily or

weekly basis so please let us know if you would like to be added to that list!  $\square$ FRANKLIN HISTORICAL MUSEUM **COVID-19 ARCHIVE PROJECT:** If you are a storyteller, writer or just a keen observer of humanity, consider sharing your COVID experience by contributing to the town's archive of the experience. To contribute, go to: https:// forms.gle/3ztGoasvjGVz8RXy9





### Chicken Salad Sub All White Meat Chicken, Diced celery, may and a Touch of Mango! Served on a Soft Sub Roll.

**CURBSIDE SPECIALS** 

July 27-31: Meatball Sub

**CURBSIDE MENU** 

The Turkey Gobbler

Stuffing, All rolled up and

ready to go!

Sliced Turkey, Cranberry Sauce &

Chicken Salad Plate A Large Salad of Mixed Greens, Tomatoes, Cucumbers, Red Onion & a Slice of Pita Bread. Topped with our Homemade Chicken Salad. Ham & Cheese on Rye

Between Marbled Rye Bread. Choice

Smoked Ham & Swiss Cheese

of Mayo or Mustard.

**HEALTH** 

**NEEDS** 

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conferencing

REFERRALS SHINE (SERVING

OF

SHINE Counselors are availa-

ble to answer any of your

Medicare related questions

remotely by calling 508-422-

THE

INFORMATION

**EVERYONE):** 

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9931. If you are aging into Medicare at 65, you have lost your employment coverage and you are 65 or older, or have a general question about your current Medi-

coverage.

available via Zoom video

needed. Medicare and So-

nounced new procedures

Security

appointments

have

for Medicare enrollment during the COVID emergency. This information is available website at o n o r www.shinema.org **MASSACHUSETTS** SNAP **RECIPIENTS** can now purchase groceries with their EBT cards from Amazon and Walmart. This is a major step forward for food access! Please note, SNAP funds may not be used toward delivery fees. **ASSISTANCE PAYING FOR** INTERNET OR PHONE SER-**VICE:** If you or someone in your household participate in a federal assistance program, you may qualify for Lifeline, the Federal Communication Commission's program that provides a discount of \$9.25 per month for

either your phone or internet bill (but not both) and is limited to one discount per household. The following programs may qualify you for Lifeline: 

Federal Public Housing Assistance (FPHA) □ Medicaid 

Supplemental Nutrition Assistance Program (SNAP) 

Supplemental Security Income (SSI) 

Veterans Pension and Survivors Benefit To obtain the Lifeline discount, you may need to show proof of qualification. Once you've determined your qualified, you choose an internet or phone company near you and request an application. You may be required to show an unexpired ID, a Social Security card, a Medicaid card, or other documents to prove your identity. If approved, you'll sign up and receive your Lifeline discount toward your bill. For more inforgo https:// mation to: www.allconnect.com/blog/

low-income-internet-guide If

you need assistance, please call the Center at 508 520-