



THE FRANKLIN Connection

FRANKLIN SENIOR CENTER'S MONTHLY NEWSLETTER

JANUARY 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 | 8:00am-4:00pm

BEN'S BOUNTY GIFT SHOP

Mon-Fri | 10:00am-2:00pm

COMMON GROUND'S CAFÉ

Monday - Friday

Breakfast | 8:30am-10:00am

Lunch | 11:30am-1:00pm



NEW YEAR. NEW NEWSLETTER.

Happy New Year to our Franklin Senior Center Family and Friends.

With the New Year, brings more opportunities and more adventures to enjoy. We also have changed up how our newsletter looks, using a new company, adding more pages of information, and it's in Color!

We would love to hear your feedback of what you want to see in our Franklin Connection!

DIRECTOR'S MESSAGE

If you can believe it or not, Christina and I have been here for a year—time flies when you're having fun! We would like to thank each and every one of you for making us feel welcome and at home at the Senior Center—we definitely have one of the best Centers around! We look forward to another year of great ideas, fun programming, and social events. We appreciate all your continued support and wish all of you a happy and healthy New Year!

Warmest Regards,

Danielle Hopkins, Director and
Christina LaRose, Deputy Director



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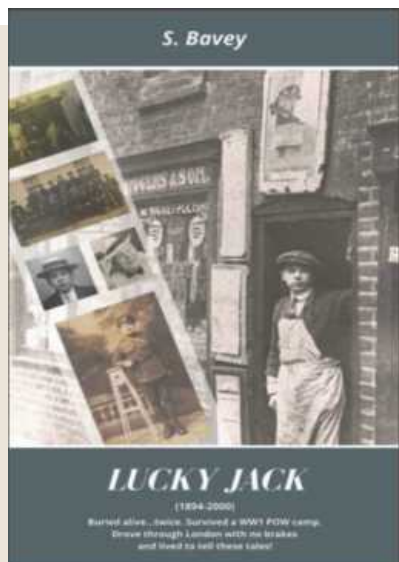


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Franklin Senior Center, Franklin, MA 06-5389

03 January Happenings

THE FRANKLIN SENIOR CENTER



“LUCKY JACK” BOOK DISCUSSION AND SIGNING WITH THE AUTHOR

Join us for a riveting discussion with the author of “Lucky Jack” Sue Bavey, where she will talk about her grandfather's interesting story and history.

Monday, January 23rd at 11:00am



EAT AROUND THE WORLD

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

This Month: **JAMAICA**

Friday, January 27th at 11:00am. Call to Register!

THE SENIOR PLAYERS

C'mon out to Play! **The Senior Players**, our extraordinary acting group, starts back up on **Tuesdays at 10:00am starting January 17th**. On stage or Backstage– it's all fun! Call to Sign up today!



RAINBOW CAFÉ

Are you a member or ally of the LGBTQ+ community?! Come join us and like-minded people for coffee, conversation, and friendship!
Tuesday, January 31st at 2:30pm



MONTHLY PARTY: TURKEY DINNER WITH THE POLICE!

**FRIDAY, JANUARY 20TH
AT 11:00AM**

Come enjoy a delicious turkey dinner prepared and served to you by our local Franklin Police Department.

Musical Singo (with prizes!) begins at 11:00am, food served at noon!

Must Call to Register!

PIZZA & MOVIE NIGHT: “TICKET TO PARADISE”

Come out for a night of fun to watch the new Rom/Com “Ticket to Paradise” starring Julia Roberts and George Clooney. Pizza and Movie

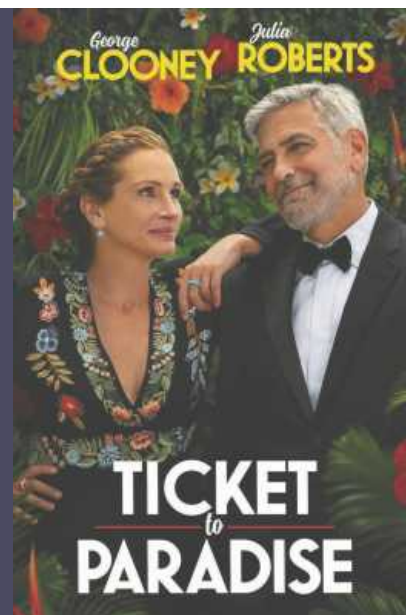
Thursday, January 12th

at 4:30pm

\$3.00/person

Must call to Register by Jan 11th

508-520-4945



04 January 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, JAN 11th

11:00AM

Danielle's Art Class



All levels welcome!

Call to Register

THURSDAY, JANUARY 26th

At 1:00pm

\$4.00/person



BALANCE CLINIC

Join Nurse Trish for a 3 week Balance & Exercise Clinic

**Wednesday, Jan 18th & 25th
at 1:00pm**

AARP TAX PREPARATION AND FILING

SIGN UP FOR FREE NOW!

AARP Foundation Tax-Aide volunteers will help you prepare and file your return. The service is free and offered at our Senior Center!

AARP volunteers are IRS certified and can help you file a complete and accurate return—both federal and state.

The service is free of charge. While it is focused on taxpayers who are over 50 and have low to moderate income, it is open to anyone of any age.

Appointments begin on Friday, February 10 and continue each Friday through March.

Call the Senior Center now at 508-520-4945 for more info and to make an appointment.

PRESENTATIONS— CALL TO REGISTER!

JOE LANDRY PRESENTS: HISTORY OF LOCAL STORES AND BUSINESSES WEDNESDAY, JANUARY 4TH AT 1:00PM

Come learn from local historian Joe Landry about the history of local stores and businesses in town (including drug stores, funeral homes, grocery stores, and other types of stores)

LET'S DISCUSS RIGHTSIZING WITH SUBURBAN LIFESTYLE WEDNESDAY, JANUARY 11TH AT 12:00PM

What's the Right Size for You? Come talk with Nancy Briggs from Suburban Lifestyle about what your options are and the benefits of rightsizing!

CHALLENGES WITH THE HOUSING MARKET— Q&A THURSDAY, JANUARY 12TH AT 11:00AM

Join Realtor Ted Cormier—Leger and Senior Loan Officer Bob Melone to talk about a variety of topics ranging from the housing market, rates, getting a mortgage preapproval even on fixed income, pension, social security, etc.!

FRANKLIN Q & A WITH STEVE SHERLOCK WEDNESDAY, JANUARY 18TH 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.

BASIC FIRST AID CLASS WITH THE PUBLIC HEALTH NURSE TUESDAY, JANUARY 24TH AT 2:00PM

Join Public Health Nurse Alisha Deptula for a Basic understanding of First Aid. This class is for knowledge and does not come with a certificate.

LET'S TALK NEUROPATHY WITH NURSE TRISH THURSDAY, JANUARY 26TH AT 1:00PM

Come talk about neuropathy, its' symptoms, and what you can do!

05 Caregiver Corner and Support Groups

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. Our day program provides individual attention, socialization, fun programming, lively discussion, & gentle exercises that make for a stimulating day! For more information call Ariel Doggett at 508-520-4945

MEMORY CAFÉ Please join us **Wednesday, January 18th** at 1pm at our "Where's The Toast" memory Cafe. Tap Dancing Ted will be entertaining us with songs we know and love. 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 sponsored by The Enclave.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

Supports caregivers caring for their loved ones with Alzheimer's or dementia. On-site respite care is available if needed. Call The Senior Center for more information. The group meets every **second and fourth Wednesday at 4:00pm.**

AUTOIMMUNE/MOBILITY DISORDER SUPPORT GROUP

Join this monthly group to help you find ways to improve your health and wellbeing whilst living with a long term health condition. 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. **January 11 at 1:30pm.**



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Franklin Senior Center, Franklin, MA 06-5389

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 SENIOR CENTER CLOSED 	03 9:00am Cribbage 9:30am Low Impact w/ Shirley Mae \$ 10:00am Hand & Foot 10:00am Hearing Clinic 11:00am Cardio, Strength, and Balance \$ 1:00pm Audio Reading of the Newsletter 1:00pm BINGO 1:00pm Chess 1:00pm Cribbage Instruct. 1:00pm Quilting	04 9:00am Walking Group 10:00am Veterans Coffee Social 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong 11:00am Pound Fitness \$ 1:00pm Joe Landry Presents: Local Stores 1:00pm Senior Scribblers 1:00pm Bridge	05 9:00am Cribbage 9:30am Low Impact w/ Shirley Mae \$ 10:00am Discussion Group 11:00am Cardio, Strength, and Balance \$ 12:00pm Poker 1:00pm Low Vision Technology Group 1:00pm Open Art Studio 1:00pm Autoimmune/Mobility Disorder Support Group 1:00pm BINGO 1:00pm Tai Chi \$	06 10:00am Woodcarving 10:00am Hand & Foot 11:00am ZUMBA \$ 12:00pm T.O.P.S. (Taking Off Pounds Sensibly) 1:00pm Pokeno 1:00pm Diamond Art Painting 2:00pm Silvertones Choral Group
09 9:30am 6 Week Series with Steve Avellino \$ 9:30am Italian Conversation 10:30am Poker 11:00am Line Dancing \$ 1:00pm Chair Volleyball 1:00pm Trivia! 1:00pm Page Turners Book Club: The Downstairs Girl 1:00pm American Mah Jong 1:15pm Movie Matinee: Chicago 5:00pm Pool Night 6:00pm Cribbage	10 9:00am Cribbage 9:30am Low Impact w/ Shirley Mae \$ 10:00am COA Meeting 10:00am Hand & Foot 10:00am Hand & Foot Lessons 11:00am Cardio, Strength, and Balance \$ 1:00pm BINGO 1:00pm Chess 1:00pm Cribbage Instruct. 1:00pm Quilting	11 9:00am Walking Group 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong 11:00am Mobile Food Pantry 11:00am Pound Fitness \$ 12:00pm Rightsizing 1:30pm Pathways to Healing Support Group 1:00pm Senior Scribblers 1:00pm Bridge 4:00pm Caregiver Support Group	12 9:00am Cribbage 9:30am Low Impact w/ Shirley Mae \$ 10:00am Discussion Group 11:00am Cardio, Strength, and Balance \$ 11:00am Let's Talk the Housing Market 12:00pm Poker 1:00pm Low Vision Support Group 1:00pm Open Art Studio 1:00pm BINGO 1:00pm Tai Chi \$ 4:30pm Pizza and Movie Night: Ticket to Paradise \$	13 10:00am Woodcarving 10:00am Hand & Foot 11:00am ZUMBA \$ 12:00pm T.O.P.S. (Taking Off Pounds Sensibly) 1:00pm Pokeno 1:00pm Diamond Art Painting 2:00pm Silvertones Choral Group
16 SENIOR CENTER CLOSED FOR MARTIN LUTHER KING JR. DAY	17 9:00am Cribbage 9:30am Low Impact w/ Shirley Mae \$ 10:00am The Senior Players 10:00am Hand & Foot 10:00am Hand & Foot Lessons 10:00am Hearing Clinic	18 9:00am Walking Group 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong 11:00am Pound Fitness \$	19 8:30am Coffee Hour with State & Local Officials 9:00am Cribbage 9:30am Low Impact w/ Shirley Mae \$ 10:00am Discussion Group	20 CAFÉ CLOSED TODAY 10:00am Woodcarving 10:00am Hand & Foot 11:00am Monthly Party: Turkey Dinner with the Police and Live Entertainment

January 2023 Calendar Continued

FRANKLIN SENIOR CENTER

07

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 CONTINUED 	17 CONTINUED 11:00am Cardio, Strength, and Balance \$ 12:30pm Legal Clinic \$1:00pm BINGO 1:00pm Chess 1:00pm Cribbage Instruct. 1:00pm Quilting 1:00pm Audio Book Club	18 CONTINUED 11:00am Pound Fitness \$ 11:00am Franklin Q & A 1:00pm Senior Scribblers 1:00pm Bridge 1:00pm Balance & Exercise Clinic 1:00pm Memory Café	19 CONTINUED 11:00am Cardio, Strength, and Balance \$ 12:00pm Poker 1:00pm BINGO 1:00pm Tai Chi \$	20 CONTINUED 12:00pm T.O.P.S. (Taking Off Pounds Sensibly) 1:00pm Pokeno 1:00pm Diamond Art 2:00pm Painting Silvertones Choral Group
23 9:30am 6 Week Series with Steve Avellino \$ 9:30am Italian Conversation 10:30am Poker 11:00am Line Dancing \$ 11:00am Book Discussion and Signing: Lucky Jack 1:00pm Chair Volleyball 1:00pm Trivia! 1:00pm American Mah Jong 1:15pm Movie Matinee: The Greatest Showman 4:30pm Vinyasa Yoga \$ 5:00pm Pool Night 6:00pm Cribbage	24 9:00am Cribbage 9:30am Low Impact w/ Shirley Mae \$ 10:00am The Senior Players 10:00am Hand & Foot 10:00am Hand & Foot Lessons 11:00am Cardio, Strength, and Balance \$ 1:00pm BINGO 1:00pm Chess 1:00pm Cribbage Instruct. 1:00pm Quilting 1:00pm Audio Book Club 1:00pm Basic First Aid Class	25 9:00am Walking Group 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong 11:00am Pound Fitness \$ 1:00pm Senior Scribblers 1:00pm Bridge 1:00pm Balance & Exercise Clinic 4:00pm Caregiver Support Group	26 9:00am Cribbage 9:30am Low Impact w/ Shirley Mae \$ 10:00am Discussion Group 11:00am Cardio, Strength, and Balance \$ 12:00pm Poker 1:00pm Danielle's Art Class \$ BINGO 1:00pm Tai Chi \$ 1:00pm Let's Talk Neuropathy	27 9:30am FOFE Meeting 10:00am Woodcarving 10:00am Hand & Foot 11:00am ZUMBA \$ 12:00pm T.O.P.S. (Taking Off Pounds Sensibly) 1:00pm Pokeno 1:00pm Diamond Art 2:00pm Painting Silvertones Choral Group
30 9:30am 6 Week Series with Steve Avellino \$ 9:30am Italian Conversation 10:30am Poker 11:00am Line Dancing \$ 1:00pm Chair Volleyball 1:00pm Trivia! 1:00pm Page Turners Book Club: The Downstairs Girl 1:00pm American Mah Jong 1:15pm Movie Matinee: Kinky Boots 4:30pm Vinyasa Yoga \$ 5:00pm Pool Night	31 9:00am Cribbage 9:30am Low Impact w/ Shirley Mae \$ 10:00am The Senior Players 10:00am Hand & Foot 11:00am Cardio, Strength, and Balance \$ 1:00pm BINGO 1:00pm Chess 1:00pm Cribbage Instruct. 1:00pm Quilting 2:30pm Rainbow Café		HAIRDRESSER/BARBER TUES & WED BY APPT  MANICURES: EVERY OTHER TUESDAY BY APPT  BLOOD PRESSURE & SUGAR TESTING WED & THURS  PODIATRIST JANUARY 6TH 8:30- 11:30 CALL TO REGISTER 	

LOW VISION PROGRAMS

Tuesday, January 3rd at 1:00pm: Audio Reading of the Senior Center January Newsletter. (PHONE)

Thursday, January 5th at 1:00pm: Assistive Technology with Jerry Feliz

Thursday, January 12th at 1:00pm: Low Vision Support Group via ZOOM: Guest Speaker Patrick Olson from the Accessible Pharmacy of the Blind

Thursday, January 19th at 1:00pm: Vision Loss Adjustment Counseling

Tuesday, January 17 & 24th at 1:00pm: Audio Book Club : The Kitchen Front by Jennifer Ryan (PHONE)

All Tuesday Low Vision are via telephone: 508-206-8603, and all Thursday programs are at FSC.

GETTING TO KNOW YOU:

THE COUNCIL ON AGING BOARD

Did you know that we have a Council on Aging board to help advise the Senior Center? It is made up of 9 elected members that meet monthly to work with the Director, Deputy Director, and Senior Center Staff to review, consult, and offer ideas for new programs and services for our community. The meetings are open to the public and I encourage you all to stop in to learn about our board!

The Next Meeting is **Tuesday, January 10th at 10:00am**



Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

8	7			6				3
					1	2		
2		6		5	4			8
			1		5			
		8				4	1	
1				2			6	5
			7	8				
		5		4				7
7							3	

JOKES OF THE MONTH

The cold weather is here– had to scrape ice off my windshield this morning.
Used my supermarket loyalty card, only got 10% off!

What do you call a slow skier? A slope poke!

How does a group of penguins make a decision? They flipper coin!

Grandma's been staring through the window since it started snowing. If it gets any colder– I'll have to let her in!

What do snowmen call their kids? Chill– dren

What falls in the winter but never gets hurt? Snow.



FRANKLIN SENIOR CENTER INCLEMENT WEATHER POLICY

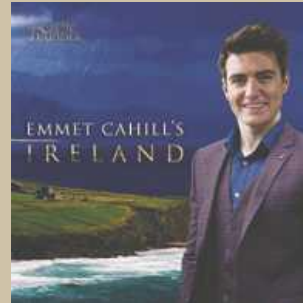
Call to sign up for our Robocall list to get updates on inclement weather.

09 Upcoming Trips & Veterans Services

THE FRANKLIN SENIOR CENTER

UPCOMING TRIPS!

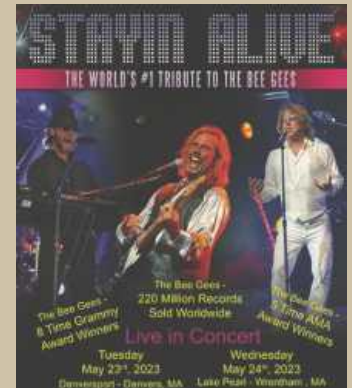
Come to the Senior Center for more information and flyers for the trips and events!



Wednesday, March 8th
Celebrate St. Patrick's Day
With
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Stayin' Alive: Bee Gees Tribute

At Lake Pearl, Wrentham
Wednesday May 24th
Luncheon and Show
\$89/person



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5 days/ 4 Nights: April 20th– 24th, 2023

VETERANS' SERVICES OFFICE (508) 613-1315

January 4 - Veterans Monthly Coffee Social – 10:00 a.m. at the Senior Center. All Veterans are invited for coffee and conversation. Refreshments will be provided by our wonderful friends at Starbucks!

January 19 - Veterans' Council Meeting - 7:00 p.m. at the Senior Center. All Franklin residents interested in veterans' activities and events are welcome to join us!

January 23 - 11:00 a.m. Massachusetts author Sue Bavey will discuss and sign copies of her book, *Lucky Jack (1894-2000) Memoirs of a WWI POW*, which chronicles the life and escapades of Jack Rogers, who was born in London in 1894 and passed at age 106.

January 27 - Vietnam Peace Day – On this day in 1973, the Paris Peace Accords arranged a ceasefire which officially ended America's involvement in the 20-year Vietnam War.

Many thanks to Richard Douglas, Dick Hynes, Bob Markunis and Rose Turco for helping us hang holiday wreaths on the Veterans Memorial Walkway. And thanks to all who donated patriotic decorations (and combat boots) for our Veterans' Christmas Tree at the Senior Center Winter Wonderland event. Special thanks to Kathy Lesica for her help and amazing creativity!

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.



10 FOFE AND DONATIONS

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, January 27th @ 9:30 am.

The public is welcome to attend.



JoAnn Wright, President
Nan Rafter, Vice President
Julie Garilli, Treasurer
Margie Lane, Secretary
Carol Ellsworth, Helen Power,
Paula Lombardi, Pam Spicer.

Thank You. 

In December, we had a successful Winter Wonderland event at the Senior Center, where local businesses and groups donated and/ or decorated trees that were displayed throughout the Senior Center. It was a wonderful night of friendship, live music with P.E. James, a visit with Santa & Mrs. Clause, and more. Thank you to everyone that helped us make this event a hit! Looking forward to it next year!



IN MEMORY OF

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IN MEMORY OF LIL MORRISSEY

GAIL BORSTELL

IN MEMORY OF MARY ANNE OLDFORD

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IN MEMORY OF BARBARA KUCICH

JOHN AND PAULA LOMBARDI

IN MEMORY OF JEAN TADDEO &

MICHELINA D'ANGELO

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TIM AND PAT MAIO

IN MEMORY OF MICHELINE D'ANGELO

DONATIONS

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KELLIE CAREY

ELENA MENIZE



Friends of Franklin Elders, Inc. (FOFE) would like to thank all of the past 2022 supporters for your generous donations to FOFE. Your support has helped us fund many programs, the purchase of furniture, the entertainment, free coffee/tea, grab bars and equipment that the Franklin Senior Center needed that went beyond their budget for 2022.

Best wishes for a happy and healthy 2023 to you and your loved ones!

Again, thank you for your support for our seniors. It is greatly appreciated,

JoAnn Wright
FOFE, Chair



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FRANKLIN COUNCIL ON AGING

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

MEMBERS:

Faith Flaherty, Robert Kaufman, Phyllis Malcolm,
Kim Mu-Chow, Ken Norman, and Lester Quan

STAFF:

Director.....Danielle Hopkins
Deputy Director.....Christina LaRose
Admin. Assistant.....Mary Hynes
Respite Coordinator.....Ariel Doggett
Supportive Day Coordinator.....Donna Haynes
Supportive Day Assistant.....Kathleen Laughran
Wellness Nurse.....Trish Collatos
Kitchen Manager.....Anne Scungio
Line Cook.....Marilyn Howe
Line Cook.....Loretta Taddeo
Veterans' Services Officer.....Shannon Nisbett
Veterans' Services Assistant.....Debra Martin
Public Health Nurse.....Alisha Deptula

*The Franklin Connection is distributed with funds
provided by the Executive Office of Elder Affairs and the
Friends of Franklin Elders, Inc.*

FRIENDS OF FRANKLIN ELDERS, INC.

c/o Franklin Council on Aging
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Franklin Senior Center

"Independence, Engagement, & Connection!"

OUR MISSION

The mission of the Franklin Council on Aging, with the support of the community, is to identify, advocate, and implement meaningful educational, cultural, social, health/wellness activities and services for our aging population.

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