



THE FRANKLIN Connection

OCT. 2017

Franklin Senior Center's Monthly Newsletter

The Franklin Senior Center

10 DANIEL MCCAHILL ST.
FRANKLIN, MA 02038

PHONE: 508-520-4945
FAX: 508-520-4917

OPEN MON-FRI
8:30am - 4:00pm

BEN'S BOUNTY
GIFT SHOP
10AM-2PM

RED DOT
SALE
50% OFF



Common Grounds

Café

Breakfast 8:30-10AM
Lunch 11:30-1:00PM

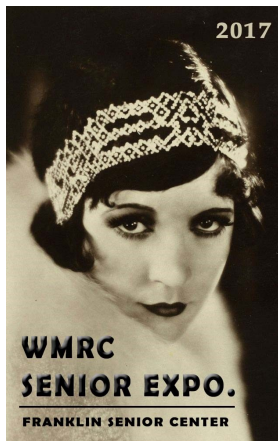


Daily Specials On
FACEBOOK



FranklinSeniorCenter

WMRC SENIOR EXPO. 2017



The Expo will be held at the newly expanded Franklin Senior Center from 10:00 a.m. to 1:00 p.m. and features live entertainment with **David Polansky**, a musician, composer and comedian. **My fm 101.3** will be broadcasting on-site and offering prizes for the "Name That Tune" game and Trivia winners. Health information, screening and flu shots will be available.

A free lunch is provided to seniors, and the **Stella Jeon Silver Spirit Award** will be presented. We award \$50 gift cards every half hour and two special raffles of a \$100 & \$200 gift card! All this is topped off with a fabulous Senior Fashion Show sponsored by **T.J. Maxx!** **Just call the Senior Center to sign up!**

(PLEASE NOTE: Senior Center doors will open at 10am on Oct. 6.)



POETRY DAY

WITH CELEBRITY READERS

Former Poet Laureate, Robert Pinsky said, "Reading a poem silently instead of saying a poem is like the difference between staring a sheet music and playing the music on an instrument." Thus he created **Favorite Poem Project**, which we will emulate here on Wed., Oct. 25 at 10:00 a.m. Local officials including Rep. Jeff Roy and Town Administrator, Jeff Nutting will recite their favorite poems for us. Join us for the fun! Many thanks to **Faith Flaherty** for planning this event. Please call to sign up.

SHRED YOUR CONFIDENTIAL DOCUMENTS

SECURELY

THURS., NOV. 2

10:00 am-1:00 pm

Hosted by the **Norfolk County District Attorney's Office**. Bring your shredding - the truck will be in our parking lot. Please call to sign up!



"The Corvettes Doo Wop Revue" & Lunch at Lake Pearl, Nov. 9th

(See Page 2 for More Detail)

October Events...



MON., OCT. 2: BOOK DISCUSSION GROUP

The Unlikely Pilgrimage of Harold Fry by Rachel Joyce at 11:00am. New members welcome!

WED., OCT. 4: OFFICE HOURS with SEN. RICHARD ROSS at 10:00am.



FRI., OCT. 6: WMRC SENIOR EXPO '17

10:00 am-1:00 pm. Dozens of vendors, give-a-ways, health screening, Senior Fashion Show and More! (See pg.1)

TUES., OCT. 10: LOW VISION GROUP

Mary Haroyan from the Bay State Council of the Blind will explain what this organization can do for Visually Impaired Individuals. Please call to sign up.

FRI., OCT. 13 & FRI. OCT 20: CELL PHONE & FACEBOOK TECH HELP at 2:00 PM

Provided by students from the Horace Mann Middle School. If you'd like questions answered about Facebook, Twitter, Cell Phones, Tablets and more...

SUN., OCT. 15: DEAN THEATER PRESENTS, "SIX CHARACTERS IN SEARCH OF AN AUTHOR" by Luigi Pirindello at 2:00 PM, with a lecture by **Daniel Kozar** at noon. Call to sign up.

WED., OCT. 25: POETRY DAY at 10:00 AM with Celebrity readers! See Page 1 for more detail.

THURS., OCT. 26: COLORING ISN'T JUST FOR KIDS!

Join Us for at 1:30 PM for this fun class which helps promote relaxation and enhances mindfulness! Call to Sign Up!

FRI., OCT. 27: HALLOWEEN PARTY !

11:AM Lots of fun! Lunch is Chicken Parmesan along with great entertainment by Tommy Rull. Come in costume if you like - costume contest and 50/50 raffle! Tickets (\$6) are available thru 10/20.

THURS., NOV. 2: SHRED CONFIDENTIAL DOCUMENTS

10:00 am-1:00 pm. Hosted by the Norfolk County District Attorney's Office. Please call to sign up.



Trips & Adventures...

OCT. 5: HERITAGE MUSEUM & GARDENS, IN SANDWICH MA. Offering Three Art Galleries, Expansive Gardens, a Vintage Carousel and More! Followed by Lunch at Lindsey's (not included in price) All for \$20.

NOV. 9: THE CORVETTES DOO WOP REVUE & LUNCH At Lake Peal, Wrentham, MA. Performing the greatest music ever made - the music of the 1950's Doo Wop era. \$75.00 All inclusive.

NOV. 30: "PLACE YOUR BETS!" PLAINRIDGE PARK CASINO In Plainville, MA. A Day of Slots, Roulette, Simulcast Races, Restaurants, Entertainment and More! \$5.00 Transportation Only.

DEC. 7: FESTIVAL OF TREES, ELM BANK PARK, NATICK, A showcase of dozens of beautifully decorated trees and a quaint Snow Village. Lunch at Paparazzi, \$10 per person, admission & transportation.

DEC. 14: MUSEUM OF RUSSIAN ICONS, CLINTON, MA, More than 1,000 sacred icons and related artifacts spanning 6 centuries. Special exhibit, *Migration & Memory: Jewish artists of the Russian and Soviet Empires*. Lunch TBD. \$11 per person, admission & transportation.

Daily Activities...

MONDAY

9:00 AM
HAIRDRESSER/
BARBER
\$8men/\$10Women

9:00 AM
CORNHOLE

9:30 AM
MEXICAN TRAIN
DOMINOES

9:30 AM
ITALIAN
CONVERSATION
GROUP

10:00 AM
MAH JONG

11:00AM / Oct. 2
BOOK DISCUSSION
GROUP

1:00 PM
MAH JONG

1:00 PM
CHAIR
VOLLEYBALL

1:15 PM
MOVIE MATINEE
(See page 6
for listings)

6:00 PM



TUESDAY

9:00 AM
CRIBBAGE

9:30 AM
CHAIR EXERCISE
\$2 CLASS

9:30 AM
BUSY BEES

9:30 AM
BOCCE BALL

10:00 AM
SPANISH
CONVERSATION

10:00 AM
MANICURES \$8
BY APPT.

10:45 AM
CARDIO CLASS
\$3 (free for Y mbrs)

12:30 PM
LEGAL SERVICES
(3RD TUES)

1:00 PM
BINGO!!!

1:00 PM
QUILTING

1:00 PM
CRIBBAGE
INSTRUCTION

1:00 PM
CHESS / 1ST & 3RD
TUESDAY

WEDNESDAY

9:00 AM
TRAILBLAZERS
WALKING CLUB

9:00 -11:00 AM
BLOOD SUGAR
TESTING

10:00 AM
QUILTING

KNITTING

SCRABBLE

TRIVIA TIME

CHAIR YOGA/\$3
MEDITATION/\$2
S.H.I.N.E.; HEALTH
INSURANCE
COUNSELLING

12:30 PM
HAIRDRESSER/
BARBER
\$8men/\$10Women

ZUMBA \$3
(free for Y mbrs)

1:00 PM
LINE DANCING \$2

1:00 PM
CHAIR VOLLEYBALL

1:00 PM
SENIOR
SCRIBBLERS
WRITING GROUP

4:00 PM
CAREGIVERS
SUPPORT GROUP
2ND & 4TH WED

THURSDAY

9:00 AM
BRIDGE

9:00 AM-12:00 PM
BLOOD PRESSURE
CLINIC

9:00 AM
CRIBBAGE

9:30 AM
BUSY BEES

9:30 AM
CHAIR EXERCISE
\$2/CLASS

10:00 AM
DISCUSSION
GROUP

10:45 AM
CARDIO CLASS \$3
(free for Y mbrs)

1:00 PM
OPEN ART STUDIO

1:00 PM
BINGO!!!

1:15 PM
TAI CHI \$5
(free for Y mbrs)

FRIDAY

10:00 AM
WOODCARVING

10:30 AM
REIKI;
\$20 FOR
15 MINUTES;
Call for appt.

11:00 AM
ZUMBA CLASS \$3
(free for Y mbrs)

12:30 PM
T.O.P.S.
TAKING OFF POUNDS
SENSIBLY,
\$32YEAR DUES

1:00 PM
POKENO

1:00 PM
PODIATRY CLINIC
1ST & 3RD FRI

2:00 PM
SILVERTONES
CHORAL GROUP

HOME DELIVERED MEALS, CALL:
TRI-VALLEY, INC., 1-800-286-6640

TRANSPORTATION, CALL:
KIESSLING TRANSIT, 1-800-698-7676

Ongoing & Upcoming...

- ♦ **TRIVIA TIME** is offered on Wednesdays at 10:00am. Join in on the fun!
- ♦ **ITALIAN & SPANISH CONVERSATION GROUPS** offer great brain exercise! Italian is offered on Mondays at 9:30 & Spanish is on Tuesdays at 10am.
- ♦ **CORNHOLE IS FUN!** Join us on Monday mornings at 9am - a fun, easy game for staying active and socializing!
- ♦ **FOFE FUNDRAISER!** Win \$1,000 worth of lottery tickets for \$20 per chance. See page 7 for details.
- ♦ **COMPUTER CLASSES** with individualized instruction are available at the Center; \$15 for 6 weeks.
- ♦ **ABSENTEE BALLOTS APPLICATIONS ARE AVAILABLE** at the Senior Center, call or come by to get one.

Caregivers Corner...



THE SUNSHINE CLUB offers frail elders individual attention and socialization. Fun activities, lively discussions and gentle exercise make for a stimulating day. If you care for a loved one who is frail, socially isolated, or has dementia, call Carol Adiletto or Donna Haynes at (508) 520-4945.

CAREGIVER'S SUPPORT GROUP is offered on Oct. 11th & 25th, 4:00 p.m. Participation in the Supportive Day Program is not required for this group. Respite care for your loved one is available during the meeting. Call to sign up and arrange for respite care during the meeting.

COMPANION CAREGIVERS RESPITE PROGRAM: We offer a screened, trained Companion to stay with your loved one so you can have some time off. Our rates are affordable at \$10 or \$12 per hour. This provides socialization and stimulation for your loved one and respite for you. The first visit is free! Call 508 520-4945.



In Appreciation...

- The law firm of **Doherty, Ciechanowski, Dugan & Cannon** for providing a legal clinic at the Center.
- **Beverly Theriault** for a generous donation in memory of **Ed Theriault**.
- **Mr. & Mrs. Thomas Dolan** for a generous donation in memory of **Josephine Brunelli**.
- **Chris Davies, Jane Barraclough, Dottie Perchard, Miriam Bissanti, Richard Longobardi, Anne La-voie, Lynda Strissel, Roberta Demers, Eileen Engelman, Denise Heath, Janet Whitten, Bob Long, Carol Ellsworth, Jeanne Blanchard, Anne Uva, Donna Pare, Barbara McLachlan, Tracy MacLeod, Marilyn Corrigan, Sheila Copland, Carolyn Marr, Marie Forgit, Clare Flynn, Kerri Bertone, Sherry Girard, Andre Bonvin, Sue Wade, Theresa Carral, Veronica Santodomingo, Pat Carey, Eleanor Thompson, Sherman Brown, Hazel Wetzel & Amelia Costello** for donating items to our Gift Shop.

VISION IMPAIRED?

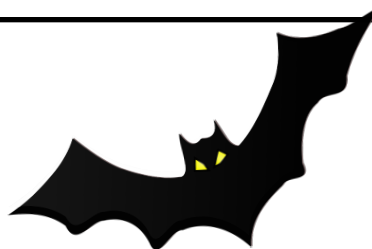
The Stella Jeon

Assistive Technology Center

provides free training on equipment and services to help you with daily task like: shopping cooking, travel, banking, and more. Our low vision training program offers one-on-one classes and state-of-the-art equipment.

Call Maggie at: **508-520-4945**

-This program is funded by the Massachusetts Association of Councils on Aging-



Information & Referral...



- **The MEDICARE OPEN ENROLLMENT begins on October 15th and ends on December 7th**
Don't Wait Until It's Too Late! Open Enrollment Appointments will begin in mid - October

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year. This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings. **REMEMBER!! YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLANS NETWORK BEFORE YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED AS WELL.**

- The **SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)**, provides assistance to purchase food. During these difficult economic times, even a modest monthly SNAP benefit can help to offset some of your household expenses.
 - * Using SNAP benefits is completely confidential and you use a card which works just like a debit card.
 - * The application for seniors is shorter (only two pages).
 - * If you spend more than \$35 per month on medical expenses including medications and doctor's visits, you may qualify for a \$155 standard deduction. (or even higher based on your medical expenses) This deduction could result in a higher monthly SNAP benefit. To apply, call 1-866-950-FOOD or call the Center.
- **FUEL ASSISTANCE** applications will be available in November. If you are interested in applying, please call the Center so we can take your name and number and contact you when applications become available.

Call 508 520-4945 for more information on any of the programs listed above.

Monday Matinee



Complimentary Movie & Popcorn
Every Monday at 1:15 pm

Oct. 2: THIS BEAUTIFUL FANTASTIC (PG) A young woman is forced to deal with her neglected garden or face eviction. While complying she meets her grumpy, loveless, rich old neighbor who is a talented gardener; with Jessica Brown Findlay & Tom Wilkerson.

Oct. 16: MY COUSIN RACHAEL (PG-13) A young Englishman plots revenge against his cousin, believing that she murdered his guardian. His feelings become complicated as he falls under the spell of her charms; with Rachel Weisz & Sam Claflin.

Oct. 23: THE BIG SICK (R) A Pakistani-American man keeps his romance with a white grad student a secret from his traditionalist family. When she develops a mysterious illness, he is forced to bond with her parents; with Kumail Nanjiani & Zoe Kazan.

Oct. 30: THE HERO (R) An over-the-hill movie star deals with a cancer diagnosis and a lifetime of regrets while trying to mend fences with family; with Sam Elliott & Nick Offerman.



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Helping the community is always a smart investment.

The Rockland Trust Charitable Foundation is dedicated to giving back to the communities we serve. That's why we're happy to support the Friends of Franklin Elders. We know that by taking action and lending a hand to our neighbors, we're strengthening the same communities in which we live and work. And that's something we can all get behind.

To learn more, visit any branch or RocklandTrust.com

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FRIENDS OF FRANKLIN ELDERS, INC.

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 Friday, October 27 at 10:00 am.

You are welcome to attend!

MEMORIAL DONATIONS

- Marie Campbell in memory of Robert L. Campbell
- Valerie Blaine in memory of Louie Blaine

Friends of Franklin Elders, Inc.

Paula Lombardi, Chair	Jodi Kanadanian
Marge Capezza, Secretary	Judy Pfeffer
Julie Garilli, Treasurer	Helen Power
Ron Higginbottom	Nan Rafter
Sheila Hooper .	

WIN \$1000.00

WORTH OF LOTTERY TICKETS

The Friends of Franklin Elders are holding a raffle to raise funds for the Senior Center.



ONLY 500 TICKETS WILL BE SOLD !!

You can purchase a tickets (\$20 each) at the Senior Center. The Drawing will be held on November 17. Don't miss this great opportunity to win big!

FRANKLIN CONNECTION NEWSLETTER*

NAME: _____

ADDRESS: _____

TOWN: _____ ZIP: _____

*Mailed to Franklin Residence Only. Or Sign Up for Our Online Newsletter, automatically sent to your email account monthly!

MEMORIAL DONATION FORM

NAME: _____

ADDRESS: _____

TOWN: _____ ZIP: _____

In Memory of: _____

Acknowledgement to: _____

** DROP OFF, OR MAIL EITHER FORM TO: THE FRANKLIN SEINOR CENTER, 10 DANIEL McCAHILL ST. FRANKLIN MA 02038

FRANKLIN COUNCIL ON AGING

Officers:

Chairman..... Ken Norman
Vice-Chairman.....Bob Crowley
Secretary.....Lyn O'Brien

Members:

Gail Chirdon, Mary Hick, Ron Higginbottom,
Suzanne Wade & Lester Quan

Staff:

Certified DirectorKaren Alves
Program Coordinator.....Sue Barbour
Vet's Agent.....Dale Kurtz
Social Svc. Coordinators.....Maggie Gundersen
& Erin Rogers
Supportive Day Coordinators.....Carol Adiletto
& Donna Haynes
Supportive Day Program Asst...Karen Calabrese
Health & Wellness Nurse.....Linda Hastings
Receptionists.....Claire Lewis
& Gloria Gelineau
Grill Cook.....Paul Ledwith
Respite Supervisor.....Camille Rubino
Respite Companion.....Susan LaRosa

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
10 Daniel McCahill Street
Franklin, MA 02038

Pre-Sorted
Standard
Franklin, MA
Permit No. 13

Franklin Senior Center

"Independence, Engagement & Connection!"

The Franklin Council on Aging meets on the second Tuesday of the month at 10 :00 a.m. This is an open meeting; the public is invited to attend.

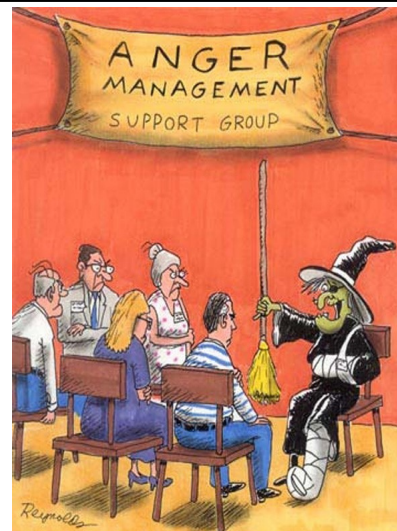
The mission of the Franklin Council on Aging is to enhance the independence and quality of life for Franklin older adults by:

- ◆ Identifying the needs of this population and creating programs that meet those needs.
- ◆ Offering the knowledge, tools and opportunities to promote mental, social and physical well-being.
- ◆ Advocating for relevant programs and services in our community.
- ◆ Serving as a community focal point for aging issues and as liaison to local, state and Federal resources for older adults and their families.

AND ON THE LIGHTER SIDE...



- ◆ Those cobwebs in my house just became decorations! Thanks Halloween!!
- ◆ To me, "Drink Responsibly" means don't spill it.
- ◆ I'm not sure how many problems I have because Math is one of them.
- ◆ Listen, I'm a nice person so if I'm mean to you, you have to ask yourself, why?
- ◆ I run like the winded.
- ◆ If you see someone buying popcorn, candy and soda at the movies, they are a drug dealer. There is no other explanation for that type of income.
- ◆ It's funny how drinking 8 cups of water seems impossible but drinking 8 cups of coffee goes down like a chubby kid on a slide.
- ◆ If I wanted to kill myself, I would climb up your ego and jump to your IQ.
- ◆ My boss says I intimidate my co-workers. I stared at him until he apologized.



"My name is Hilda, and I have a tendency to fly off the handle."