

THE FRANKLIN CONNECTION

Franklin Senior Center's Monthly Newsletter
August 2024



Franklin Senior Center

10 Daniel McCahill Street
Franklin, MA 02038

(508) 520-4945
www.franklinma.gov/fsc

Office Hours

Mon-Fri 8:30-4:00
Wed open until 5:30

Social Services available by
appointment

Ben's Bounty Gift Shop

Mon-Fri 10:00-1:00

Common Ground's Café

Mon-Fri
Breakfast 8:30-10:00
Lunch 11:30-1:00



What's What?

Page 1: Director's
Message

Page 3: August
Happenings

Page 4: August
Presentations

Page 5: Support Corner

Pages 6 & 7: Calendar

Page 8: Veterans &
Low Vision

Page 9: More August
Happenings

Page 10: FOFE

Beach Boy Brian Wilson once said, "Summer means happy times and good sunshine." Nature has indeed blessed us with this wonderful sunshine, and I hope life continues to bring you many joyful moments. If you've joined us at the center this summer, I'm confident the happiness never ends—just look at the smiling faces above! One of my happiest moments this summer was being chosen as your Director. I've never had a job I look forward to as much as this one. I cherish all our interactions, whether we're sharing deep belly laughs or supporting each other through life's challenges. It's also an incredible honor to work alongside such a phenomenal team.

We know that summer is not a time to slow down, but to turn up the heat. Be sure to check out our jam-packed calendar for August and stay tuned for an exciting announcement about our new...*drum roll please*...Senior Center Van!

– Sarah Amaral, Director



FREE HEARING CLINIC at the Franklin COA

1st and 3rd Tuesday of each month
10:30am-12:00pm

Expert Hearing Aid Service In the Comfort
and Security of Your Home

Lauren Warburton

Board Certified Hearing Instrument Specialist, Lic. #275
Call Today For A Free Hearing Test • 508-250-9324

www.athomehearinghealthcare.com
MassHealth Provider / Most Insurances Accepted



SALMON HEALTH & RETIREMENT THE WILLOWS | WHITNEY PLACE



LUXURY living WITH SALMON AT MEDWAY

Call **508-533-3300** today to
learn how you can experience the
unparalleled lifestyle.

44 WILLOW POND CIRCLE | MEDWAY, MA 02053

\$20 OFF CLEANOUT
Junk it now! us.

WE LOAD & TAKE EVERYTHING!

"We empty - the Junk Bag"

1-855-533-JUNK (5865)

www.junkitnow.us

Call Tom Cell 508-308-2279

CALL FIRST/TEXT LATER



**SUCCESS
STAFFING AGENCY**
sstaffingagencyllc@
gmail.com
774-277-9330

- Recruiting of healthcare workers
- Provision of 24 hour care, personal care
 - Activities of daily living
 - Errands and transportation
- Companionship • Home exercises
 - Light house keeping
 - Escort to activities



ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

To advertise here
visit [lpicommunities.com](http://lpicommunities.com/adcreator)
/adcreator

BIG SAVINGS!

OIL, LUBE & FILTER

ONLY \$39⁹⁵ +Tax

UP TO 5 QTS. 5W-30 OIL, NEW FILTER, LUBE CHASSIS FITTINGS, TOP
OFF MAJOR FLUIDS, 14-PT. SAFETY CHECK

Most cars & light trucks, With coupon, not valid with any other offer. Expires 12/31/24

Full Synthetic OIL, LUBE & FILTER

ONLY \$59⁹⁵ +Tax

UP TO 5 QTS. 5W-30 OIL SUNOCO SYNTHETIC OIL, NEW FILTER, LUBE
CHASSIS FITTINGS, TOP OFF MAJOR FLUIDS, 14-PT. SAFETY CHECK

Most cars & light trucks, With coupon, not valid with any other offer. Expires 12/31/24

SUMMER SPECIAL

COOLANT FLUSH, OIL CHANGE,
TIRE ROTATION - ANY CAR - \$175



COMPLETE SERVICE FACILITY

OPEN HOURS: MON - FRI: 8AM-6PM / SAT BAM - 2PM
278 Pleasant St, Franklin, MA 02038

5% SENIOR DISCOUNT



WE FIX EVERYTHING!

- TUNE-UPS
- TIMING BELT REPLACEMENT
- TIRE SALES & REPAIR
- STARTERS
- WATER PUMPS
- BATTERIES
- TROUBLESHOOT CHECK ENGINE LIGHTS
- BRAKE & ROTORS
- EXHAUST/MUFFLER
- SUSPENSION
- TRANSMISSION WORK

FREE OIL CHANGES/ WITH FULL BRAKE AND
ROTORS FRONT & BACK
Expires 12/31/24

\$20 OFF/ FULL TUNE-UPS
Expires 12/31/24

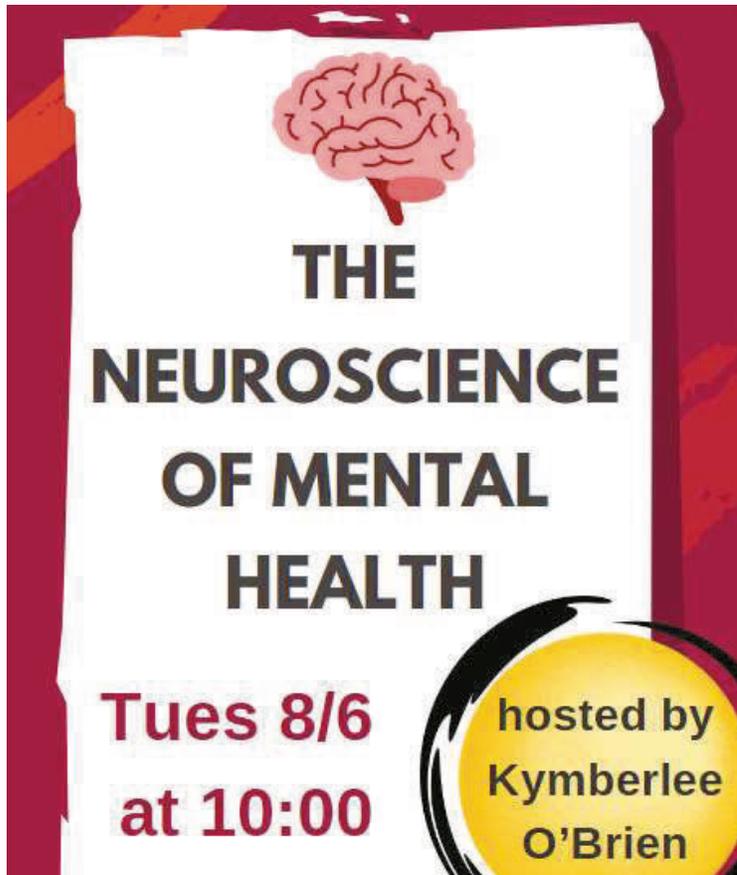
\$20 OFF/ FOUR NEW TIRES
Expires 12/31/24



August Happenings

Franklin Senior Center

03




**THE
NEUROSCIENCE
OF MENTAL
HEALTH**
**Tues 8/6
at 10:00**
hosted by
**Kymberlee
O'Brien**

Technology Corner

Tech Guru Office Hours

Open Office Hours for tech help throughout August, stop by for a full listing!

Intro to Chromebooks

Learn all about Chromebooks for upcoming rental program at the Senior Center!

Thurs, Aug 1 & 8 at 2:30

How to Buy a New Phone

How to pick a new phone and the right plan for you.

Thurs, Aug 15 at 2:30

Texts & Email Scams

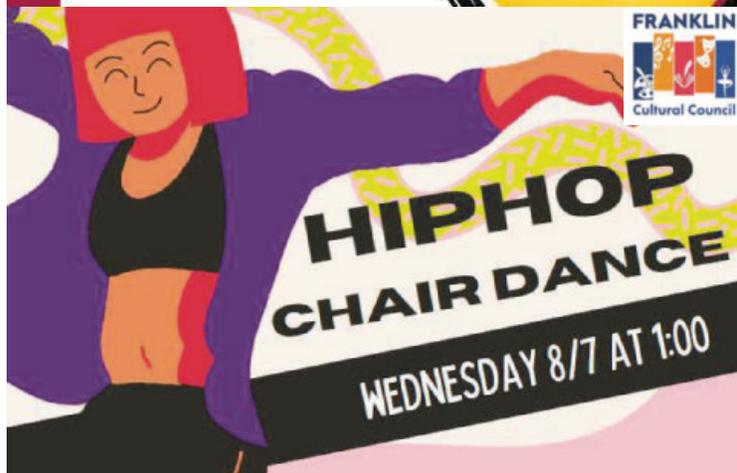
Learn to identify scams with Andrew!

Tues, Aug 20 at 1:30

How to Buy a New Laptop

Learn how to choose the right laptop for your needs.

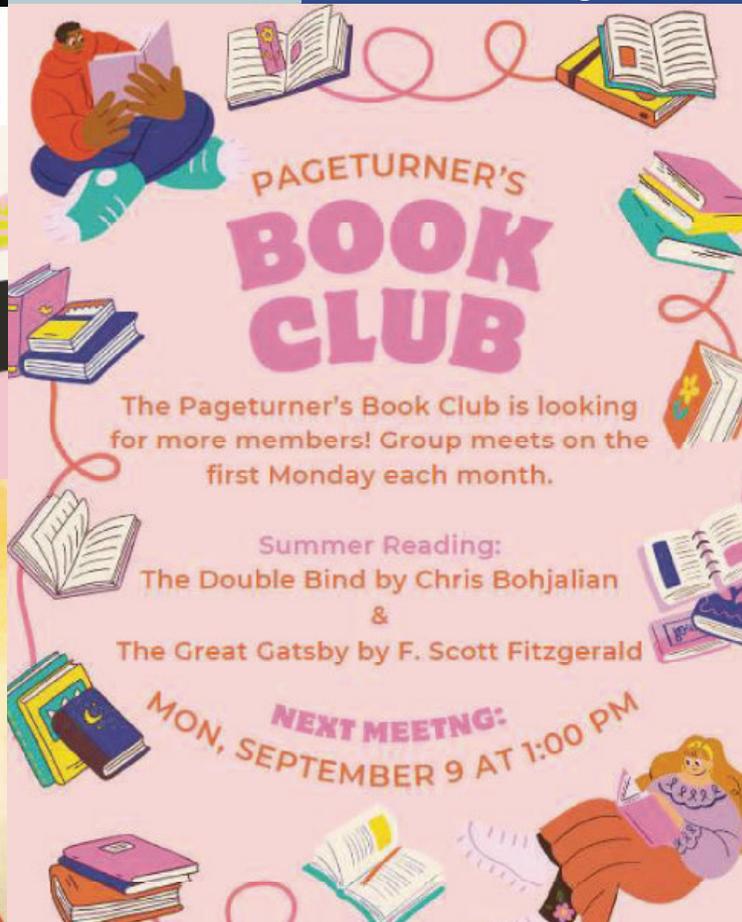
Thurs, Aug 22 at 2:30




**HIPHOP
CHAIR DANCE**
WEDNESDAY 8/7 AT 1:00




WORLD DANCE
Friday 8/16 at 9:30 **\$3**



**PAGETURNER'S
BOOK CLUB**
The Pageturner's Book Club is looking for more members! Group meets on the first Monday each month.
Summer Reading:
The Double Bind by Chris Bohjalian
&
The Great Gatsby by F. Scott Fitzgerald
**NEXT MEETING:
MON, SEPTEMBER 9 AT 1:00 PM**

04 August Presentations

Franklin Senior Center

Call or stop by to register for events!

Pizza & Movie Night



Thurs, Aug 15 at 4:30, \$3

Guided Meditation – Monday, August 5, 12, 19 & 26 at 10:00 – \$3

Join Vika Whitted for gentle yoga & guided meditation every Monday in August.

Intro to Line Dancing – Monday, August 5, 12 & 19 at 10:15

Learn basics of line dancing. Stay for the following 11:00 Line Dancing class!

Neuroscience of Mental Health – Tuesday, August 6 at 10:00

This discussion will review the neuroscientific processes in the brain and the nervous system that can tip the balance between mental health and illness. We will also touch upon some of the more severe and rare disorders. We can then practice some simple, effective, and free brain boosters!

Hip Hop Chair Dance Exercise – Wednesday, August 7 at 1:00

Travel through time and space on the Soul Train and chair dance to fun hip hop music. All Aboard the Hip Hop Soul Train Express!

Drum Circle – Monday, August 12 at 11:00

Drums provided. Drumming can reduce stress, increase energy, lower blood pressure, and boost brain health. Feel the beat with the group!

Let's Laugh Today! – Tuesday, August 13 at 1:00 – \$3

Bring more laughter into your life and the lives of others! Laughter yoga combines guided laughter exercises with breathing to bring more oxygen to the body, making you feel more energetic.

Gametopia Board Game Club – Wednesday, August 14 & 28 at 12:30

Join Pete from Pete's Nerd Emporium to play fun, new board games!

Body Systems – Thursday, August 15 at 1:00

Nurse Trish series to learn about your body! This month, learn about CKD-Chronic Kidney Disease. We will discuss the causes, treatments, and how to live with CKD.

Crafting with Lou – Thursday, August 15 at 1:00 – \$3

Enjoy making an easy craft with Lou Mortelli! Create a sea glass flower and a painted, wooden sunflower mounted on a wooden plaque.

World Dance – Friday, August 16 at 9:30 – \$3

Work your body and move your spirit! Begin with a thorough warm-up and then move across the floor in dance traditions from around the world.

International and Domestic Travel 2025 – Friday, August 16 at 1:00

Hear about the magical trips to Iceland and Canyon Country in 2025!

Sing-a-Long with George – Monday, August 19 at 2:00

Join us in the lobby for singing with musician and guitar-player George!

Thriving Solo – Wednesday, August 21 at 2:00

Join other solo agers for a social group about navigating aging on your own.

Sea Songs & Stories – Wednesday, August 21 at 4:30

Sea shanties, ballads, fish tales, and more! Hear how foam came to be in the ocean, sing songs to raise the anchor, and set sail to the past and present with storyteller Davis Bates. FAMILY FRIENDLY EVENT!

Art Class with Kathy – Thursday, August 22 at 1:00 – \$3

Kathy Lathrom will demonstrate creating a piece of art with acrylic paint!

Eat Around the World



This month: **Iceland**

Once a month, join us in exploring a different country's culture and cuisine!

Fri, Aug 16 at 11:00, \$6



Support Corner

Franklin Senior Center

05

The Sunshine Club - The Sunshine Club is a supportive adult day program at the Franklin Senior Center. This program offers seniors with mild to moderate memory loss or social isolation a safe and engaging environment. For more info, contact Kathleen at (508) 520-4945 or klaughran@franklin.gov.

Memory Café - Please join us on Wednesday, August 21 at 1:00 p.m. for our "Where's the Toast?" Memory Café. Live music featuring Matt Zajak.

Memory Cafes are safe and inviting spaces for those experiencing memory loss, as well as for their caregivers & families. Please RSVP to Ariel at (508) 520-4945 or adoggett@franklinma.gov.

This Memory Cafe is sponsored in part by a generous grant from the Franklin Cultural Council, a local agency supported by the Mass Cultural Council. Refreshments provided by All American in Wrentham.



Caregiver Support Group - DATE Change! - Are you a caregiver for a loved one? This support group does not focus on Alzheimer's or dementia, but instead a general caregiver's needs. Join this monthly group to receive tips and support, as well as connection with other caregivers. The group will meet Thursday, August 8 at 1:00 p.m.

Pathway to Healing Bereavement Group - This bereavement support group is designed to help people in their journey of healing after a loved one passes. The group meets the second and fourth Wednesday of the month at 1:00 p.m.

Alzheimer's Support Group - This group supports caregivers providing to their loved ones with Alzheimer's or dementia. Call the Senior Center for more information. The group meets the second and fourth Wednesday of the month at 4:00 p.m.



Need Help?
Call:
(508) 473-1309
(508) 634-8854

Our knowledge on the Appliances and Electronics we sell sets us high above the competition. Frank's Appliance Service is an authorized dealer of such brands as Whirlpool, Bosch, Electrolux, GE, and more.

We can help you select your new Appliances purchase at any budget.

Special financing available

**Air Control • Cooking • Electronics • Grilling
Dishwashers • Laundry • Refrigeration**



331 Main St., Milford • www.franksappliance.com

Open
Since
1970



eileenmason@remax.net

308 West Central Street
Franklin, MA 02038

<https://eileenmason.remax.com>

today's dream - tomorrow's reality...

(508) 330-4234

- Senior Residential Specialist
- Notary



Choose CareOne at Sharon

A leading provider of assisted living and memory care services in Massachusetts

Located in **Sharon, Massachusetts**, our facility is committed to delivering the highest quality of life for residents through **connection, compassion, and personalized care**, ensuring maximum safety and independence.



Scan QR code to learn more about our facility and programs

Call us today to make a referral or to receive more information at (781) 784-0111



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Blood Sugar & Blood Pressure Testing every Wednesday & Thursday</p> <p>Call for an appointment: Haircuts every Monday & Wednesday</p> <p>Manicures & Pedicures every other Tuesday</p>	<p>01 9:00 Cribbage 9:30 Low Impact \$3 9:30 Busy Bees 10:00 Discussion Group 10:15 Bible Study 11:00 CSB \$3 1:00 Low Vision Asst Tech 1:00 BINGO 1:00 Open Art Studio 1:00 Cribbage 2:30 Chromebook, Pt 2 5:30 Acoustic Jam Session</p>	<p>02 9:30 ZUMBA \$3 9:30 Hand & Foot Cards 10:00 Woodcarving 10:00 Political Discussion 12:30 T.O.P.S. 1:00 Pokeno 2:00 Silvertones</p>	<p>03 9:00 Cribbage 9:30 Low Impact \$3 9:30 Busy Bees 10:00 Discussion Group 10:15 Bible Study 11:00 CSB \$3 1:00 Low Vision Asst Tech 1:00 BINGO 1:00 Open Art Studio 1:00 Cribbage 2:30 Chromebook, Pt 2 5:30 Acoustic Jam Session</p>	<p>04 9:00 Cribbage 9:30 Low Impact \$3 9:30 Busy Bees 10:00 Discussion Group 10:15 Bible Study 11:00 CSB \$3 1:00 Low Vision Asst Tech 1:00 BINGO 1:00 Open Art Studio 1:00 Cribbage 2:30 Chromebook, Pt 2 5:30 Acoustic Jam Session</p>
<p>05 9:30 Steve Avellino, Pt 3 10:00 Garden Club 10:00 Guided Meditation \$3 10:15 Intro to Line Dancing 11:00 Line Dancing \$3 11:00 Poker 1:00 Trivia 1:00 Chair Volleyball 1:00 American Mah Jong 1:15 Movie Matinee: The Sting 4:00 Pool Night</p>	<p>06 9:00 Cribbage 9:30 Low Impact \$3 9:30 Busy Bees 9:30 Hand & Foot Cards 10:00 Neuroscience of Mental Health 11:00 CSB \$3 1:00 BINGO 1:00 Audio Reading of August Newsletter 1:00 Chess 1:00 Cribbage Instruction 1:00 Quilting</p>	<p>07 9:00 Walking Group 9:30 Bocce 10:00 Vets Coffee Social 10:00 Chair Yoga \$3 10:00 Knitting 10:00 Scrabble 10:00 Asian Mah Jong 11:00 Pound Fitness \$3 12:00 Bridge 1:00 Hip Hop Chair Dance 1:00 Pokeno 3:00 Women's Pool League</p>	<p>08 9:00 Cribbage 9:30 Low Impact \$3 9:30 Busy Bees 10:00 Discussion Group 10:15 Bible Study 11:00 CSB \$3 1:00 BINGO 1:00 Caregiver Support 1:00 Open Art Studio 1:00 Cribbage 2:30 Chromebook, Pt 3</p>	<p>09 9:30 ZUMBA \$3 9:30 Hand & Foot Cards 10:00 Woodcarving 10:00 Political Discussion 12:30 T.O.P.S. 1:00 Pokeno 2:00 Silvertones</p>
<p>12 9:30 Steve Avellino, Pt 4 10:00 Garden Club 10:00 Guided Meditation \$3 10:15 Intro to Line Dancing 11:00 Line Dancing \$3 11:00 Poker 11:00 Drum Circle</p>	<p>13 9:00 Cribbage 9:30 Low Impact \$3 9:30 Busy Bees 9:30 Hand & Foot Cards 11:00 CSB \$3 1:00 BINGO</p>	<p>14 9:00 Walking Group 9:30 Bocce 10:00 Chair Yoga \$3 10:00 Knitting 10:00 Scrabble 10:00 Asian Mah Jong 11:00 Mobile Food Pantry 11:00 Franklin Q&A 11:00 Pound Fitness \$3</p>	<p>15 8:30 Coffee Hour with State & Local Officials 9:00 Cribbage 9:30 Low Impact \$3 9:30 Busy Bees 10:00 Discussion Group 10:15 Bible Study 11:00 CSB \$3</p>	<p>16 Limited Breakfast 9:30 Hand & Foot Cards 9:30 World Dance \$3 10:00 Woodcarving 10:00 Political Discussion 11:00 Eat Around the World: Iceland \$6</p>

August 2024 Calendar

Franklin Senior Center

07

<p>12 Continued 1:00 Trivia 1:00 Chair Volleyball 1:00 American Mah Jong 1:15 Movie Matinee: Yesterday 4:00 Pool Night</p>	<p>13 Continued 1:00 Let's Laugh Today! 1:00 Chess 1:00 Cribbage Instruction 1:00 Quilting</p>	<p>14 Continued 12:00 Bridge 12:30 Gametopia 1:00 Pokeno 1:00 Senior Scribblers 1:00 Bereavement Support 3:00 Women's Pool League 4:00 Alzheimer's Support</p>	<p>15 Continued 1:00 Body Systems: CKD 1:00 BINGO 1:00 Crafting with Lou \$3 1:00 Tai Chi \$3 1:00 Cribbage 2:30 How to Buy a Phone 4:30 Pizza & Movie Night If \$3</p>	<p>16 Continued 12:30 T.O.P.S. 1:00 International and Domestic Travel 2025 1:00 Pokeno 1:30 COA Meeting 2:00 Silvertones</p>
<p>19 9:30 Steve Avellino, Pt 5 9:30 Italian Novel Reading 10:00 Garden Club 10:00 Guided Mediation \$3 10:15 Intro to Line Dancing 11:00 Line Dancing \$3 11:00 Poker 1:00 Trivia 1:00 Chair Volleyball 1:00 American Mah Jong 1:15 Movie Matinee: 12 Angry Men 2:00 Sing-a-Long with George 4:00 Pool Night</p>	<p>20 9:00 Cribbage 9:30 Low Impact \$3 9:30 Busy Bees 9:30 Hand & Foot Cards 11:00 CSB \$3 1:00 BINGO 1:00 Chess 1:00 Audio Book Club 1:00 Cribbage Instruction 1:00 Quilting 1:30 Texts & Email Scams Legal Clinic & Hearing Clinic today! Call for an appointment</p>	<p>21 9:00 Walking Group 9:30 Bocce 10:00 Chair Yoga \$3 10:00 Knitting 10:00 Scrabble 10:00 Asian Mah Jong 11:00 Pound Fitness \$3 11:00 Franklin Q&A 12:00 Bridge 1:00 Memory Café 1:00 Pokeno 2:00 Thriving Solo 3:00 Women's Pool League 4:30 Sea Songs & Stories</p>	<p>22 9:00 Cribbage 9:30 Low Impact \$3 9:30 Busy Bees 10:00 Discussion Group 10:15 Bible Study 11:00 CSB \$3 1:00 BINGO 1:00 Art Class: Acrylics \$3 1:00 Tai Chi \$3 1:00 Cribbage 2:30 How to Buy a Laptop</p>	<p>23 Café Closed 9:30 ZUMBA \$3 9:30 Hand & Foot Cards 10:00 Woodcarving 10:00 Political Discussion 11:00 Monthly Party: Fish Fry with Barbershop Quartet \$6 12:30 T.O.P.S. 1:00 Pokeno 2:00 Silvertones</p>
<p>26 9:30 Steve Avellino, Pt 6 9:30 Italian Novel Reading 10:00 Garden Club 10:00 Guided Mediation \$3 11:00 Poker 1:00 Trivia 1:00 Chair Volleyball 1:00 American Mah Jong 1:15 Movie Matinee: Ocean's Eleven 4:00 Pool Night</p>	<p>27 9:00 Cribbage 9:30 Low Impact \$3 9:30 Busy Bees 9:30 Hand & Foot Cards 11:00 CSB \$3 1:00 BINGO 1:00 Chess 1:00 Cribbage Instruction 1:00 Quilting 2:30 Rainbow Café</p>	<p>28 9:00 Walking Group 9:30 Bocce 10:00 Chair Yoga \$3 10:00 Knitting 10:00 Scrabble 10:00 Asian Mah Jong 11:00 Pound Fitness \$3 12:00 Bridge 12:30 Gametopia 1:00 Pokeno 1:00 Bereavement Support 1:00 Scribblers at Studio 3:00 Women's Pool League 4:00 Alzheimer's Support</p>	<p>29 9:00 Cribbage 9:30 Low Impact \$3 9:30 Busy Bees 10:00 Discussion Group 10:15 Bible Study 11:00 CSB \$3 1:00 BINGO 1:00 Open Art Studio 1:00 Tai Chi \$3 1:00 Cribbage</p>	<p>30 9:30 ZUMBA \$3 9:30 Hand & Foot Cards 10:00 Woodcarving 10:00 Political Discussion 12:30 T.O.P.S. 1:00 Pokeno 2:00 Silvertones</p>

08 Low Vision & Veterans Corner

Franklin Senior Center



Veterans Services Office
(508) 613-1315

August 4 – U.S. Coast Guard’s 234th Birthday

August 7 – National Purple Heart Day – Honors the brave men and women who were either wounded or killed as a result of enemy action while serving in the U.S. military. Please let our office know if you or a family member (residing in Franklin) is a Purple Heart recipient and we’ll add them to our database.

August 7 – Monthly Coffee Social – 10:00 a.m. at the Senior Center. In honor of National Purple Heart Day, Franklin Purple Heart recipients will be recognized at this Social. All Veterans are welcome to join us for updates, coffee, and conversation!

August 15 – Veterans’ Council Meeting – 7:00 p.m. at the Senior Center. Franklin residents interested in Veterans’ events and activities are welcome.

August 29 – U.S. Marine Corps Reserve 109th Birthday

Veterans Memorial Walkway – The next engraved brick installation will be in November to coincide with Veterans’ Day. Brick order forms are available in the Town Hall and Senior Center lobbies, and on the Veterans’ Services page on the Town website.

Tune It Out – The Tune It Out guitar lessons program for Veterans meets on Tuesdays at 5:30 p.m. at the Senior Center. Classes are suspended for the summer and will resume on Tuesday, September 10. No fee for lessons and no guitar experience is needed. We have guitars! There will be an Open House on September 24. Call our office for details.

Warrior Within Yoga – The Warrior Within Yoga program for Veterans and First Responders meets on Thursdays at 6:00 p.m. at the Senior Center. There will be no classes in August. No fee for classes. Call our office to sign up.

For more Veterans’ information, check out our webpage at: <https://www.franklinma.gov/veterans-services>

Low Vision Events

Audio Reading of Newsletter
Tues, August 6 at 1:00 (Phone)

Low Vision Assistive Technology
Thurs, August 1 at 1:00

Low Vision Support Group is OFF for the summer, will return in September.

Audio Book Club
Tues, August 20 at 1:00 (Phone)
The Wingman by Adam Lasarus



Conference Call
Phone #:
(508) 206-8603

More August Happenings

Franklin Senior Center

09

INTRODUCTION TO
LINE DANCING!



LEARN THE **BASICS** OF
LINE DANCING
MONDAY, AUGUST 5, 12 & 19
AT 10:15

Volunteer Spotlight



We're thrilled to return the Volunteer Spotlight, and what better way to bring it back then with our spectacular Sunshine volunteer, **Ron Guertin!**

Ron is a Franklin resident, veteran, and dedicated Sunshine volunteer. He has been working with Sunshine for the past three years, and is always willing to fill in as needed. Ron's commitment, patience, and endless kindness are appreciated by so many, and we are incredibly grateful.

If you're at the Senior Center on a Wednesday, stop by and say hi to Ron!

DAVIS BATES PRESENTS:

**SEA SONGS
& STORIES**

FREE to all, young and old!
Call to register today!
508-520-4945

4:30 PM | **Wed, Aug 21**



TURKEY TRAIN - Sept. 24th - \$140/pp
Enjoy a beautiful drive to NH where you board the "Turkey Train" for a 2 hour scenic train ride with FULL turkey dinner. Travel to the Moulton Farm, in the heart of the lake region. The farm dates back to the 1890's. ALL ABOARD! Includes: RT transportation, Train ride & Lunch



Day | **Trips**

Christmas With Father Dec. 12th - \$84/pp
Join Father Patrick Aloysius Misgivings for a divine presentation of stories and one liners about growing up Catholic. This interactive comedy includes a collection, raffle and Bingo.

Includes: RT transportation, time at MGM Casino, 50% off meals and Comedy Show at the CHURCH



10 Friends of Franklin Elders – F.O.F.E.

Franklin Senior Center

Memorial Donations

Lucy Semerjian in Memory of Garabed & Sona

Nancy Rappa in Memory of Leslie & Bob Rappa, Fran Gagnon

Veronica Dolge in Memory of Maria Colace



In Honor Of

Phil Prescott in Honor of Sarah Amaral

Thank you!

Donations to FOFE

David & Judy MacLean

ROCKLAND
TRUST

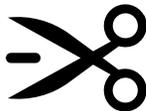
Charitable Foundation

Donations to Senior Center

Dominique

Franklin Police Department

Marge Hanavan



Friends of Franklin Elders
Memorial / Honor Donation

Your Name _____

Your Address _____

In Memory / In Honor Of _____

Mail to:

Friends of Franklin Elders, Inc.

10 Daniel McCahill St, Franklin MA 02038

Friends of Franklin Elders, Inc.

The Friends of Franklin Elders, Inc. (FOFE) is a private, non-profit 501c3 organization since 1990, 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. FOFE raises funds through membership fees, donations, and special events.

Our next meeting is scheduled for:

Friday, September 27 at 9:30 a.m.
The public is welcome to attend.

FOFE OFFICERS:

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

MEMBERS:

Eileen Burnard, Pat Donnelly, Julie Garilli, Karen Juhl, Paula Lombardi, Jan Prentice, Jean Tolland

ASSOCIATES:

Carol Ellsworth

HANDYMAN

"Mr. Fix It"

Not much I can't do around the house, inside & out.



PAINTING • CARPENTRY • BATHROOM
REMODELING • GUTTER CLEANING

NO JOB TOO SMALL!

CALL MARK 508-243-1065

I Have Coins and Collectibles

I make home visits or you can visit my store.

I'm transparent and honest.

Free appraisals and easy to work with.

I buy Coins, Comics, Cards, Cash for gold/silver.

I'm available to discuss other collectibles.

My business is located at 15 Main St. Franklin
781-962-0329 • www.ihavecoins.com



Veteran Owned

CHARLES F. OTERI & SON FRANKLIN FUNERAL HOME

33 Cottage St., Franklin, MA
508-528-0011

www.franklinfuneral.com
oterifuneralhome@gmail.com

Charles F. Oteri • Sean A. Oteri, Directors



FREE
AD DESIGN
with purchase
of this space

CALL 800-477-4574

PROFESSIONAL PHYSICAL THERAPY'S

**FREE EDUCATIONAL
WORKSHOPS HELD
TWICE A MONTH!**

Call or visit website for dates and details

508-528-6100

WWW.PROPTINC.COM

Accepting most major Insurances including
MEDICARE

**SHOULDER PAIN
& ROTATOR
CUFF**

**BACK PAIN &
SCIATICA**



PROFESSIONAL PHYSICAL THERAPY & SPORTS MEDICINE
620 Old West Central Street, Franklin
340 East Central Street, Franklin



Dr. James A. Anderson, Jr. & Associates
PODIATRIC PHYSICIANS

184 West Central Franklin, MA 02038 (508) 528-2525
160 West Street Milford, MA 01757 (508) 473-3338

franklinfootcare.com

TRAIN with SHAIN

IN HOME PERSONAL TRAINING
FOR SENIORS

Gait, Balance/Fall Prevention
& Strength Training

(508) 231-6378

www.trainwithshain.net

FULLY INSURED



Milford
AUDIOLOGY CENTER

MARIA VERONICA VIVAS M.S. CCC-A
Hearing Aids • Consultations • Audiological Evaluations
215 West Street, Milford • Located in the Milford Medical Center

Call Today: (508) 478-0723

www.milfordaudiologycenter.com

Mass. Licensed
and Certified

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME Karen Fontaine

kfontaine@lpicommunities.com • (800) 477-4574 x6350



Nancy Briggs
HOMES

SUBURBAN LIFESTYLE
REAL ESTATE

REAL ESTATE WITH A PERSONAL TOUCH

Senior Real Estate Specialist (SRES)

Servicing Real Estate needs for all generations.

• Selling • Buying • Estates

Call today for a Free consultation - 508-254-6393

nancybriggshomes@gmail.com | www.nancybriggshomes.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

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, Lester Quan

STAFF

Director.....Sarah Amaral
 Executive Assistant.....Mary Hynes
 Administrative Assistant.....Emily Dellorco
 Administrative Assistant.....Jillian Rochat
 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 Sullivan
 Epidemiologist.....Cassia Monteiro

Friends of Franklin Elders, Inc.
 c/o Franklin Council on Aging
 10 Daniel McCahill Street
 Franklin, MA 02038

Postage Paid
 Non-Profit
 Franklin, MA
 Permit #13

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 and wellness activities and services for our aging population.

The Franklin Connection is distributed with funds provided by EOEA & Friends of Franklin Elders

MICHAEL A. KASBERG

Attorney At Law

The Time To Solve Estate Planning Problems is Before They Happen

Proper estate planning is the best way to provide your family with security and peace of mind

For A Free No Obligation Initial Consultation Call Attorney Michael Kasberg today at (508) 213-8223

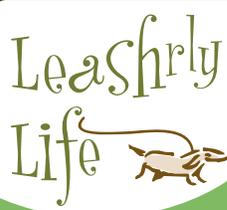
- Estate Planning
- Elder Law
- Family Law
- Business Law
- Estate Administration

195 Main Street, Suite 11, Franklin
www.kasberglaw.com

Check your calendar for upcoming presentations



Michael A. Kasberg, ESQ.



NOW HIRING:
Animal lovers to join our team!

To apply, visit www.leashrlylife.com/job-postings or call 781-241-2083 for an interview.

All American at Wrentham

**ASSISTED LIVING,
 MEMORY CARE, RESPITE**



SEASONAL SAVINGS IN ORDER! LIMITED AVAILABILITY!



We Put the Emphasis on Living!

A friendly neighborhood community in the truest sense of the word.
 Rates Starting at: \$4,400 for Assisted Living, \$6,600 for Memory Care



ALL AMERICAN ASSISTED LIVING AT WRENTHAM
 30 Ledgeview Way • Wrentham, MA 02093
 774-210-8108 | AllAmericanAtWrentham.com

Our Community Access

102.9 **wfpr.fm**

Franklin.TV

FranklinMatters.org

Watch, Listen, & Read

Get our on-line program guide at Franklin.TV