

THE FRANKLIN CONNECTION

Franklin Senior Center's Monthly Newsletter

October 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



entertainment
raffles
flu shots
tons of resources
and more!



Save the
Date!

SENIOR EXPO 2024

FRI, OCT 4 10 AM - 1 PM

10 Daniel McCahill St
Franklin, MA

What's What?

Page 1: Director's Message

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Low Vision

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Happenings

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As the leaves begin to fall and we savor the last warm days before winter, October offers us a time to reflect, celebrate, and embrace the warmth of community.

As always, we have a lot in store for you! Schedule time with our newest tech guru, Andrew, for all your technology needs. Come out for our monthly movie night; Thelma will definitely be a hit that has you laughing out loud.

Keep your eyes open for an announcement about our van because it has arrived!! We are hopeful to have a grand reveal and start offering trips by the end of October.

And don't miss one of our biggest events of the year - The Senior Expo! Please look through our full calendar because there are so many new and exciting events this month!

-Sarah Amaral



FREE HEARING CLINIC at the Franklin COA

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

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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

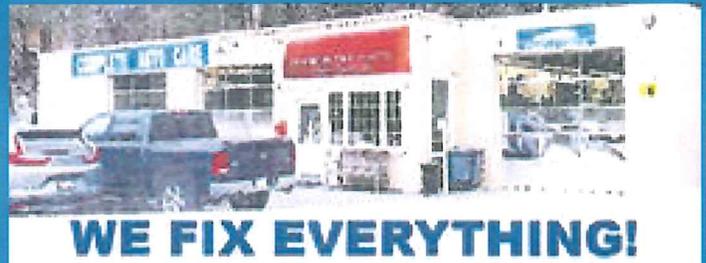
COOLANT FLUSH, OIL CHANGE,
TIRE ROTATION - ANY CAR - \$175



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- SUSPENSION
- TRANSMISSION WORK

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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



Franklin Senior Center

FREE DRINK

Mocktails & Karaoke

ENTRY \$3

OCT. 30 | WED. | 4PM

FRANKLIN SENIOR CENTER
10 DANIEL MCCAHERN ST.

Technology Corner

1:1 Support Available

Call the Senior Center to schedule a 1:1 appointment with Andrew!

Chromebook Rental Program

Call or stop by to loan one out! One time, 30-minute training session required before loaning.



Andrew Office Hours

Thurs, Oct 3, 10, 24, & 31
2:30 PM - 3:30 PM

LET'S TALK DOGS

Presented by
22 Mohawks and
Happy Tails Dog Training.
Bring your questions!



Thurs, October 10
at 10:30 AM



MEDICARE AND YOU

THE SHINE PROGRAM

FRI, OCT 11
AT 1:00 PM

OCT. 16TH AT 11:30

Join the Sophomore Medical Assisting Class from Tri-County as they teach you all about the Skeletal System.

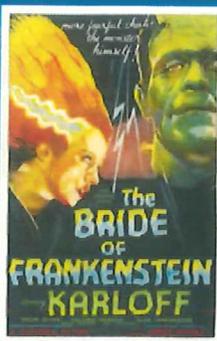


04 October Presentations

Franklin Senior Center

Call or stop by to register for events!

Pizza & Movie Night Creature Double Feature



with a Special Fall Dessert!

Thurs, Oct 10 at 4:00, \$3

Senior Expo - Friday, October 4 from 10:00 AM - 1:00 PM

Entertainment, raffles, and a wealth of information and resources. First 200 attendees receive free lunch!

Guided Meditation - Monday, October 7, 21, & 28 at 10:00 AM - \$3

Join Vika Whitted for gentle yoga & guided meditation every Monday in Oct!

Cardio Fusion - Wednesdays at 11:00AM - \$3

Join Judi for a mashup of cardio, strength, drumming and balance! (Replacing Pound)

Let's Talk Dogs - Thursday, October 10 at 10:30 AM

Dog trainers will teach tips & tricks to improve your relationship with your dog!

Hospice 101: Debunking the Myth - Thursday, October 10 at 11:00 AM

Learn how to access education and care, presented by Faith & Family Hospice.

Medicare and You - Friday, October 11 at 1:00 PM

Learn about Medicare sign-up, savings plans, and understanding your options.

Skeletal System - Wednesday, October 16 at 11:30 AM

Tri-County Medical Assistants will discuss the skeletal system anatomy, bone disease and how to prevent fractures.

Forgetfulness vs Memory Loss - Thursday, October 17 at 10:30 AM

Presented by Advanced Home Care, learn how memory is affected as you age.

Scam Prevention - Wednesday, October 23 at 1:00 PM

Attorney John Moore, Esq will discuss common scams that target seniors, the proper reporting process, and protective measures to avoid being scammed.

Irrevocable Trusts - Thursday, October 24 at 11:30 AM

Join Attorney Kasberg to learn how trusts work, & if it's right for your estate plan.

Meet the Author: Alice Judge - Tuesday, October 29 at 12:00 PM

Join published author Alice Judge as she discusses her debut novel "Murder is Bad Press" and inspires you with a creative writing exercise!

Health Plan Options - Wednesday, October 30 at 11:30 AM

BCBS will focus on Medigap and Medicare Advantage plans. Bring questions!

Mocktails & Karaoke - Wednesday, October 30 at 4:00 PM \$3

Join your friends and fellow seniors for a fun night of karaoke and mocktails!

"The Raven" Reading - Thursday, October 31 at 12:30 PM

Jillian will perform a dramatic reading of Edgar Allan Poe's poem, "The Raven."

Fears & Phobias - Thursday, October 31 at 1:00 PM

Neuroscientist Kymberlee O'Brien explains why the brain likes spooky things!

Eat Around the World



This month: **Italy**

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

Fri, Oct 11 at 11:00, \$6

MONTHLY PARTY

MAGIC SHOW

\$6

FRIDAY, OCT 18

AT 11:00 AM

DELICIOUS HAM DINNER

FEATURING MAGICIAN
CHRIS HERRICK



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 **Oct. 16th at 1:00 p.m.** for our "Where's the Toast?" Memory Café. Live music featuring **Kalifornia Karl**.

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 generously sponsored by Blaire House in Milford, MA. Refreshments provided by All American in Wrentham.



Caregiver Support Group - 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 meets the first Thursday of the month 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.

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>30</p> <p>9:30 Steve Avellino, Pt 4</p> <p>9:30 Italian Novel Reading</p> <p>10:00 Garden Club</p> <p>10:00 Guided Meditation \$3</p> <p>11:00 Poker</p> <p>11:00 Line Dancing \$3</p> <p>1:00 Trivia</p> <p>1:00 Pageturner's Book Club</p> <p>1:00 Chair Volleyball</p> <p>1:00 American Mah Jong</p> <p>1:15 Movie Matinee: Clue</p> <p>4:00 Pool Night</p>	<p>01</p> <p>9:00 Cribbage</p> <p>9:30 Low Impact Exercise \$3</p> <p>9:30 Busy Bees</p> <p>9:30 Hand & Foot Cards</p> <p>10:45 Sing-a-Long with Kathy</p> <p>11:00 Cardio, Strength, & Balance \$3</p> <p>1:00 BINGO</p> <p>1:00 Audio Reading of October's Newsletter</p> <p>1:00 Chess</p> <p>1:00 Cribbage Instruction</p> <p>1:00 Quilting</p>	<p>02</p> <p>9:00 Walking Group</p> <p>9:30 Bocce</p> <p>10:00 Vets Coffee Social</p> <p>10:00 Chair Yoga \$3</p> <p>10:00 Knitting</p> <p>10:00 Scrabble</p> <p>10:00 Asian Mah Jong</p> <p>11:00 Cardio Fusion \$3</p> <p>12:00 Bridge</p> <p>1:00 Pokeno</p> <p>1:00 Scribblers at Studio</p> <p>3:00 Women's Pool League</p>	<p>03</p> <p>9:00 Cribbage</p> <p>9:30 Low Impact Exercise \$3</p> <p>9:30 Busy Bees</p> <p>10:00 Discussion Group</p> <p>10:15 Bible Study</p> <p>11:00 Cardio, Strength, & Balance \$3</p> <p>1:00 Low Vision Technology</p> <p>1:00 BINGO</p> <p>1:00 Caregiver Support</p> <p>1:00 Open Art Studio</p> <p>1:00 Tai Chi \$3</p> <p>1:00 Cribbage</p> <p>5:30 Acoustic Jam Session</p>	<p>04</p> <p>Senior Center will be open 10 AM - 1 PM for the Senior Expo</p> <p>Cafe Closed and all other programs cancelled for today</p>
<p>07</p> <p>9:30 Steve Avellino, Pt 5</p> <p>9:30 Italian Novel Reading</p> <p>10:00 Garden Club</p> <p>10:00 Guided Meditation \$3</p> <p>11:00 Poker</p> <p>11:00 Line Dancing \$3</p> <p>1:00 Trivia</p> <p>1:00 Pageturners Book Club: A Backpack, A Bear, & Eight Crates of Vodka</p> <p>1:00 Chair Volleyball</p> <p>1:00 American Mah Jong</p> <p>1:15 Movie Matinee: Young Frankenstein</p> <p>4:00 Pool Night</p>	<p>08</p> <p>9:00 Cribbage</p> <p>9:30 Low Impact Exercise \$3</p> <p>9:30 Busy Bees</p> <p>9:30 Hand & Foot Cards</p> <p>11:00 Cardio, Strength, & Balance \$3</p> <p>1:00 BINGO</p> <p>1:00 Chess</p> <p>1:00 Cribbage Instruction</p> <p>1:00 Quilting</p>	<p>09</p> <p>9:00 Walking Group</p> <p>9:30 Bocce</p> <p>10:00 Chair Yoga \$3</p> <p>10:00 Knitting</p> <p>10:00 Scrabble</p> <p>10:00 Asian Mah Jong</p> <p>11:00 Mobile Food Pantry</p> <p>11:00 Cardio Fusion \$3</p> <p>12:00 Bridge</p> <p>12:30 Gametopia</p> <p>1:00 Pokeno</p> <p>1:00 Senior Scribblers</p> <p>1:00 Bereavement Support</p> <p>3:00 Women's Pool League</p> <p>4:00 Alzheimer's Support</p>	<p>10</p> <p>9:00 Cribbage</p> <p>9:30 Low Impact Exercise \$3</p> <p>9:30 Busy Bees</p> <p>10:00 Discussion Group</p> <p>10:15 Bible Study</p> <p>10:30 Let's Talk Dogs</p> <p>11:00 Cardio, Strength, & Balance \$3</p> <p>11:00 Hospice 101</p> <p>1:00 Low Vision Support</p> <p>1:00 BINGO</p> <p>1:00 Art Class: Acrylics \$3</p> <p>1:00 Tai Chi \$3</p> <p>1:00 Cribbage</p> <p>4:00 Pizza & Movie Night \$3</p> <p>—Creative-Double-Feature!</p>	<p>11</p> <p>Limited Breakfast</p> <p>9:30 ZUMBA \$3</p> <p>9:30 Hand & Foot Cards</p> <p>10:00 Woodcarving</p> <p>10:00 Political Discussion</p> <p>11:00 Eat Around the World: Italy \$6</p> <p>12:30 T.O.P.S.</p> <p>1:00 Pokeno</p> <p>1:00 Diamond Art</p> <p>1:00 Medicare and You</p> <p>2:00 Silvertones</p>
<p>14 Closed</p>	<p>15</p> <p>9:00 Cribbage</p> <p>9:30 Low Impact Exercise \$3</p> <p>9:30 Busy Bees</p> <p>9:30 Hand & Foot Cards</p> <p>11:00 Cardio, Strength, & Balance \$3</p>	<p>16</p> <p>9:00 Walking Group</p> <p>9:30 Bocce</p> <p>10:00 Chair Yoga \$3</p> <p>10:00 Knitting</p> <p>10:00 Scrabble</p> <p>10:00 Asian Mah Jong</p>	<p>17</p> <p>8:30 Coffee Hour with State & Local Officials</p> <p>9:00 Cribbage</p> <p>9:30 Low Impact Exercise \$3</p> <p>9:30 Busy Bees</p> <p>10:00 Discussion Group</p>	<p>18</p> <p>Cafe Closed</p> <p>9:30 ZUMBA \$3</p> <p>9:30 Hand & Foot Cards</p> <p>10:00 Woodcarving</p> <p>10:00 Political Discussion</p>



October 2024 Calendar

Franklin Senior Center

07

14 Closed



15 Continued

1:00 BINGO
1:00 Chess
1:00 Audio Book Club
1:00 Cribbage Instruction
1:00 Quilting

Legal Clinic & Hearing Clinic today!
Call 508-520-4945

16 Continued

11:00 Cardio Fusion \$3
11:00 Franklin Q&A
11:30 Skeletal System
12:00 Bridge
1:00 Memory Café
1:00 Pokeno
2:00 Thriving Solo
3:00 Women's Pool League

Kids Flu Clinic!
Call 508-613-1334

17 Continued

10:15 Bible Study
10:30 Forgetfulness vs Memory Loss
11:00 Cardio, Strength, & Balance \$3
1:00 BINGO
1:00 Craft Corner
1:00 Tai Chi \$3
1:00 Cribbage

4:00 Pizza & Movie
Beetlejuice \$3

18 Continued

11:00 Monthly Party: Magic Show \$6
12:30 T.O.P.S.
1:00 Pokeno
1:00 Diamond Art
1:30 COA Meeting
2:00 Silvertones

21

9:30 Steve Avellino, Pt 6
9:30 Italian Novel Reading
10:00 Garden Club
10:00 Guided Meditation \$3
11:00 Poker
11:00 Drum Circle
1:00 Trivia
1:00 Chair Volleyball
1:00 American Mah Jong
1:15 Movie Matinee:
Psycho
4:00 Pool Night

22

9:00 Cribbage
9:30 Low Impact Exercise \$3
9:30 Busy Bees
9:30 Hand & Foot Cards
11:00 Cardio, Strength, & Balance \$3
1:00 BINGO
1:00 Chess
1:00 Audio Book Club
1:00 Cribbage Instruction
1:00 Quilting

23

9:00 Walking Group
9:30 Bocce
10:00 Chair Yoga \$3
10:00 Knitting
10:00 Scrabble
10:00 Asian Mah Jong
10:00 Cardio Fusion \$3
11:00 Bridge
12:30 Gametopia
1:00 Pokeno
1:00 Scam Prevention
1:00 Bereavement Support
3:00 Women's Pool League
4:00 Alzheimer's Support

24

9:00 Cribbage
9:30 Low Impact Exercise \$3
9:30 Busy Bees
10:00 Discussion Group
10:15 Bible Study
11:00 Cardio, Strength, & Balance \$3
11:30 Irrevocable Trusts
1:00 BINGO
1:00 Tai Chi \$3
1:00 Art Class: Clay \$3
1:00 Cribbage

25

9:30 ZUMBA \$3
9:30 Hand & Foot Cards
9:30 FOFE Meeting
10:00 Woodcarving
10:00 Political Discussion
12:30 T.O.P.S.
1:00 Pokeno
1:00 Diamond Art
2:00 Silvertones

28

9:30 Steve Avellino, Pt 1
9:30 Italian Novel Reading
10:00 Garden Club
10:00 Guided Meditation \$3
11:00 Poker
11:00 Line Dancing \$3
1:00 Trivia
1:00 Chair Volleyball
1:00 Sing-a-Long with George
1:00 American Mah Jong
1:15 Movie Matinee:
A Haunting in Venice
4:00 Pool Night

29

9:00 Cribbage
9:30 Low Impact Exercise \$3
9:30 Busy Bees
9:30 Hand & Foot Cards
11:00 Cardio, Strength, & Balance \$3
12:00 Meet the Author: Alice Judge
1:00 BINGO
1:00 Chess
1:00 Audio Book Club
1:00 Cribbage Instruction
1:00 Quilting
2:30 Rainbow Cafe

30

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 Cardio Fusion \$3
11:30 Health Plan Options
12:00 Bridge
1:00 Pokeno
1:00 Scribblers at Studio
3:00 Women's Pool League
4:00 Mocktails & Karaoke \$3

31

9:00 Cribbage
9:30 Low Impact Exercise \$3
9:30 Busy Bees
10:00 Discussion Group
10:15 Bible Study
11:00 Cardio, Strength, & Balance \$3
12:30 "The Raven" Reading
1:00 BINGO
1:00 Fears & Phobias
1:00 Open Art Studio
1:00 Tai Chi \$3
1:00 Cribbage

Blood Sugar & Blood Pressure Testing
every Wednesday & Thursday

Call for an appointment:
Haircuts
every Monday & every other Tuesday
Manicures & Pedicures
every other Tuesday

08 Veterans & Low Vision

Franklin Senior Center

Veterans Services Office (508) 613-1315

October 2 – Coffee Social – at 10:00 a.m. in the Senior Center Café. Socials are held the first Wednesday of every month. All Veterans are welcome!

October 13 – U.S. Navy's 249th Birthday – On October 13, 1775, the Continental Congress established a naval force, hoping that a small fleet of privateers could attack British commerce and offset British sea power.

October 17 – Veterans' Council Meeting – 7:00 p.m.

at the Senior Center. All Franklin residents interested in Veterans' activities are welcome to join us!

October 26 – National Day of the Deployed annually honors United States military personnel deployed around the globe. The designation recognizes all of the brave military personnel who have been deployed, are sacrificing, or have sacrificed their lives to defend our country.

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. We have guitars! Call our office for details.

Warrior Within Yoga for Veterans and First Responders meets on Thursdays at 6:00 p.m. at the Senior Center. No charge for classes. Call our office to sign up.

Veterans' Day Luncheon is scheduled for **Monday, November 11, 2024 at 11:00 a.m.** at the Elks Lodge #2136 on Pond Street. Reservations required, call the Veterans' Services Office to RSVP by October 27. Thank you to the Elks' membership for their ongoing support of Veterans' events and programs!

Please visit our webpage at: <https://www.franklinma.gov/veterans-services>

Low Vision Events

Audio Reading of Newsletter

Tues, October 1 at 1:00 PM (Phone)

Low Vision Assistive Technology

Thurs, October 3 at 1:00 PM

Low Vision Support Group

Thurs, October 10 at 1:00 PM

Bob McGillivray from Carroll Center for the Blind

Audio Book Club

Tues, October 22 & 29 at 1:00 PM (Phone)

Remarkably Bright Creatures by Shelby Van Pelt



Conference Call

Phone #:

(508) 206-8603

Franklin Senior Center

Acrylic Art Class **\$3**
Thurs, Oct 10 at 1:00 PM

Thurs **Oct 17 at 1:00** **Craft Corner**

CLAY ART CLASS **\$3**
Thurs, Oct 24 @ 1:00

CHRISTMAS WITH FATHER
DEC 5 **\$84/PP**



COMEDY & MGM CASINO
PACKAGE INCLUDES:

- Roundtrip motorcoach
- Free time at MGM Casino 50% off meals in the food court
- Interactive Comedy Show with Father Patrick Misgivings
- Raffle and Bingo

Call 508-520-4945 to Reserve your spot.

Volunteer Spotlight



Next up on the Volunteer Spotlight, our phenomenal volunteer, Sandy Comastra!

Sandy is always willing to lend a helping hand wherever needed, whether it's during a party, at the greeter station, in the Sunshine Club, or a busy Cafe day. Sandy's generosity and kind spirit bring so much warmth to our center, and we are filled with gratitude.

You can spot Sandy by her festive aprons in the Cafe! Next time you see her, say hi!



MEET THE AUTHOR

Join published Author Alice Judge as she discusses her book "Murder is Bad Press" and inspires you with a writing exercise.



Alice Judge

FEARS & PHOBIAS

WHY THE BRAIN LIKES SPOOKY THINGS

THURS. OCT 31 AT 1:00 PM

10 F.O.F.E. & Donations

Franklin Senior Center

Memorial Donations

Teresa & Bill D'Amato in
Memory of George Franklin

Monty Bidder in Memory of
Sister Peggy Lou Curtis

Katesel Strimbeck in Memory of Marie
Jurchak

Marie Santoro in Memory of Nicholas
Santoro



Donations to FOFE

Linda & Michael Babbitt

Donations to Senior Center

Lou Mortelli

Robert Kaufman

FOFE ASSOCIATES WANTED

**FOFE is looking for a few associates to
join their board. If you are interest in
joining, please come to the next meeting
on 9/27/24 at 9:30am.**

Calling all Knitters!

Mitten Tree

for Winter Wonderland

The Friends of Franklin Elders, in partnership with Kathy Lesica, are looking for donations of mittens, scarves, and hats. Handmade or store-bought!

All donations will be featured on the Mitten Tree at Winter Wonderland in December, and donated to people in need.

Also accepting cash donations to purchase items!

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, October 25 at 9:30 am. 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

PIANO PLAYER NEEDED!

The Senior Center is need of a piano player
to accompany our Silvertones Choral Group.
Must be available Friday afternoons.
Contact the Senior Center at (508) 520-4945
for more info!

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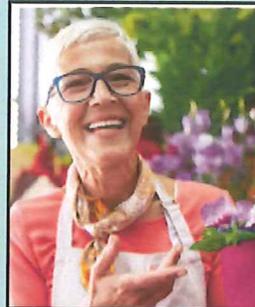
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