

THE FRANKLIN CONNECTION

Franklin Senior Center's Monthly Newsletter
September 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

NATIONAL SENIOR CENTER MONTH

Celebrated every year in September, National Senior Center Month is a time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community.



Franklin Senior Center will be celebrating with Spirit Week!

Spirit Week: 9/9 - 9/13

See calendar for full listing of events



What's What?

Page 1: Director's Message

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Low Vision

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Happenings

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It's hard to believe September is here again. Fall has always been my favorite season, but to now add National Senior Center Month to it?! You can guarantee we are going to have a good time; prepare for spirit week now because there may or may not be prizes involved...

In the spirit of changing seasons, I challenge you to "fall" into something new. Try a new program, sit at a different table for breakfast, or share your smile with someone new. Change is always a little uncomfortable or maybe intimidating, but we are here to dampen those fears. Any member of our team would be happy to recommend a program or introduce you to your new best friend.

Happy Fall, y'all!

-Sarah Amaral, Director



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September Happenings

03

Franklin Senior Center

23RD ANNIVERSARY

9/11
Remembrance Ceremony

WE WILL NEVER FORGET

Please join us as we remember and honor our heroes of 9/11

WEDNESDAY, SEPTEMBER 11 AT 9 AM

Located at the Franklin Senior Center



Technology Corner

Tech Guru
1:1 Technology Assistance
Appointments available throughout September!
Call Senior Center to set up a time with our new tech guru, Andrew

Chromebook Rentals
Chromebook Rental Program begins in September!
Call or stop by to loan one out. One time, 30-minute training session required before loaning.



SOCIAL SECURITY

Explore benefits and resources available to you through SSA

Tues, Sept 10 at 11:00 AM



AVOID THE FLU!
GET THE FLU SHOT FOR FREE!

▶ Thurs, September 19
▶ 9:00 AM – 12:00 PM

Call Alisha for more info
508-613-1334



Low Vision SUPPORT Group

Thurs, Sept 12 at 10:00 AM

STONY BROOK SENSORY TRAIL

Meet at Franklin Senior Center

Lunch provided

RSVP Required!
Call 508-520-4945 to save your spot

\$3 ticket

All are welcome!



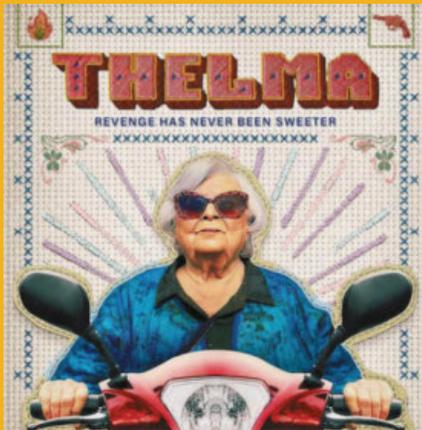
04 September Presentations

Franklin Senior Center

Call or stop by to register for events!

MONTHLY PARTY
FRI, SEPT 13
BROADWAY
11:00 AM
FEATURING JAMES MICHAEL
\$6 TICKET
Photographs by Vicario Studio
Spirit Week Theme: Formal Friday
VICARIO

Pizza & Movie Night



Thurs, Sept 26 at 4:30, \$3

Eat Around the World



This month: **India**

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

Fri, Sept 27 at 11:00, \$6

Guided Meditation – Monday, September 9, 16, 23, 30 at 10:00 AM – \$3

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

Social Security Talk – Tuesday, September 10 at 11:00 AM

Explore the benefits and resources available to you through Social Security.

9/11 Remembrance – Wednesday, September 11 at 9:00 AM

23rd Anniversary. Please join us as we honor and remember our heroes of 9/11.

Gametopia Board Game Club – Wednesday, September 11 & 25 at 12:30 PM

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

Estate Planning: Wills & Trusts – Thursday, September 12 at 11:00 AM

Learn why you need a Will or Trust, as well as health care proxies, HIPAA authorization release forms, and durable power of attorney.

Choking: How To Save A Life – Monday, September 16 at 10:30 AM

Public Health Nurse will teach to identify the signs of choking and how to assist.

What's New with Joint Replacement – Tuesday, September 17 at 11:00 AM

Discuss new pathways for hip and knee replacements including pre-habilitation, joint class, and what to expect post surgical.

Medical Marijuana – Tuesday, September 17 at 1:00 PM

Join Jordan Tishler, MD to discuss best practices regarding medical marijuana.

The Power of Acupuncture – Wednesday, September 18 at 11:30 AM

Discover how acupuncture works, when it's time to seek an acupuncturist, what to look for in a practitioner, and what to expect during an acupuncture visit.

Thriving Solo – Wednesday, September 18 at 2:00 PM

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

Scam Prevention – Thursday, September 19 at 11:00 AM

Rockland Trust Bank will discuss common scams and how to avoid them.

Levels of Care After the Hospital – Thursday, September 19 at 1:00 PM

Nurse Trish will discuss care after the hospital, educate yourself for the future!

Candle-Making with Emily – Thursday, September 19 at 1:00 PM – \$3

Join Emily in making a decorative candle for your home!

Retirement Planning: Reverse Mortgage – Tuesday, September 24 at 1:00 PM

Learn strategies to help you leverage your home's equity to fit your financial plan and retirement goals. Bring questions. There will be snacks and prizes!

Brain Games – Wednesday, September 25 at 11:30 AM

This interactive and educational class will have fun with memory, attention, engagement, and have the opportunity to see our own brains in real time!

Art Class with Kathy – Thursday, September 26 at 1:00 PM – \$3

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

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 Wed, September 18 at 1:00 p.m. for our "Where's the Toast?" Memory Café. Live music featuring **The Robb Show!**

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 - 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>02 Closed</p>  <p>LABOR DAY</p>	<p>03</p> <p>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 Audio Reading of September Newsletter 1:00 Chess 1:00 Cribbage Instruction 1:00 Quilting</p>	<p>04</p> <p>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 Pokeno 3:00 Women's Pool League</p>	<p>05</p> <p>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 1:00 Low Vision Technology 1:00 BINGO 1:00 Caregiver Support 1:00 Open Art Studio 1:00 Tai Chi \$3 1:00 Cribbage 5:30 Acoustic Jam Session</p>	<p>06</p> <p>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>09 Spirit Week: Pajama Day</p> <p>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 Pageturners Book Club: The Double Bind by Chris Bohjalian & The Great Gatsby by F. Scott Fitzgerald 1:00 Chair Volleyball 1:00 American Mah Jong 1:15 Movie Matinee: The Mask of Zorro 4:00 Pool Night</p>	<p>10 Spirit Week: 1950's Day</p> <p>9:00 Cribbage 9:30 Low Impact Exercise \$3 9:30 Busy Bees 9:30 Hand & Foot Cards 11:00 Social Security Talk 11:00 Cardio, Strength, & Balance \$3 1:00 BINGO 1:00 Chess 1:00 Cribbage Instruction 1:00 Quilting</p>	<p>11 Spirit Week: Sports Day</p> <p>9:00 Walking Group 9:00 9/11 Remembrance 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 Pound Fitness \$3 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>12 Spirit Week: Crazy Hat/Hair Day</p> <p>9:00 Cribbage 9:30 Low Impact Exercise \$3 9:30 Busy Bees 10:00 Low Vision Support: Stony Brook Trail 10:00 Discussion Group 10:15 Bible Study 11:00 Estate Planning 11:00 Cardio, Strength, & Balance \$3 1:00 BINGO 1:00 Open Art Studio 1:00 Tai Chi \$3 1:00 Cribbage</p>	<p>13 Spirit Week: Formal Friday Cafe Closed</p> <p>9:30 ZUMBA \$3 9:30 Hand & Foot Cards 10:00 Woodcarving 10:00 Political Discussion 11:00 Monthly Party: Broadway \$6 12:30 T.O.P.S. 1:00 Pokeno 2:00 Silvertones</p>

September 2024 Calendar

Franklin Senior Center

07

<p>16 9:30 Steve Avellino, Pt 2 9:30 Italian Novel Reading 10:00 Garden Club 10:00 Guided Meditation \$3 10:30 Choking: Saving a Life 11:00 Poker 11:00 Drum Circle 1:00 Trivia 1:00 Chair Volleyball 1:00 American Mah Jong 1:15 Movie Matinee: Who Framed Roger Rabbit? 4:00 Pool Night</p>	<p>17 9:00 Cribbage 9:30 Low Impact Exercise \$3 9:30 Busy Bees 9:30 Hand & Foot Cards 11:00 Joint Replacement 11:00 Cardio, Strength, & Balance \$3 1:00 BINGO 1:00 Medical Marijuana 1:00 Chess 1:00 Cribbage Instruction 1:00 Quilting Legal Clinic & Hearing Clinic today! Call 508-520-4945</p>	<p>18 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 11:30 Acupuncture Talk 12:00 Bridge 1:00 Memory Café 1:00 Pokeno 1:00 Thriving Solo 3:00 Women's Pool League</p>	<p>19 8:30 Coffee Hour with State & Local Officials 9:00 Cribbage 9:30 Low Impact Exercise \$3 9:30 Busy Bees 10:00 Discussion Group 10:15 Bible Study 11:00 Scam Prevention 11:00 Cardio, Strength, & Balance \$3 1:00 Levels of Care 1:00 BINGO 1:00 Candle-Making with Emily \$3 1:00 Tai Chi \$3 1:00 Cribbage  Flu Clinic today! Call 508-613-1334</p>	<p>20 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>23 9:30 Steve Avellino, Pt 3 9:30 Italian Novel Reading 10:00 Garden Club 10:00 COA Meeting 10:00 Guided Meditation \$3 11:00 Poker 11:00 Line Dancing \$3 1:00 Trivia 1:00 Chair Volleyball 1:00 American Mah Jong 1:15 Movie Matinee: Remember the Titans 4:00 Pool Night</p>	<p>24 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 Retirement Planning 1:00 Chess 1:00 Audio Book Club 1:00 Cribbage Instruction 1:00 Quilting 2:30 Rainbow Café 6:00 Senator Rausch Town Hall Event</p>	<p>25 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 11:30 Brain Games 12:00 Bridge 12:30 Gametopia 1:00 Pokeno 1:00 Bereavement Support 1:00 Scribblers at Studio 2:00 Alan Ames Comedy 3:00 Women's Pool League 4:00 Alzheimer's Support</p>	<p>26 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 1:00 BINGO 1:00 Art Class: Acrylics \$3 1:00 Tai Chi \$3 1:00 Cribbage 4:30 Pizza & Movie Night: Thelma \$3</p>	<p>27 Limited Breakfast 9:30 ZUMBA \$3 9:30 Hand & Foot Cards 9:30 FOFE Meeting 10:00 Woodcarving 10:00 Political Discussion 11:00 Eat Around the World: India \$6 12:30 T.O.P.S. 1:00 Pokeno 2:00 Silvertones</p>

**Blood Sugar &
Blood Pressure Testing**
every Wednesday & Thursday

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

08 Veterans & Low Vision

Franklin Senior Center



Veterans Services Office
(508) 613-1315

September 4 – Monthly Coffee Social – 10:00 a.m. at the Senior Center. All Veterans are welcome!

September 10 – Tune It Out guitar classes for Veterans resume! Weekly classes meet on Tuesdays at 5:30 p.m. at the Senior Center. No fee and guitar experience is not needed. We have guitars!

September 12 – Warrior Within Yoga for Veterans and First Responders resumes! 6:00 p.m. at the Senior Center. No fee! Call our office to sign-up.

September 16 – Veterans Memorial Walkway – Deadline for engraved brick orders for the November installation. Brick order forms are available in the Town Hall and Senior Center lobbies and online at: www.franklinma.gov/veterans-services

September 18 – U.S. Air Force and Air National Guard's 77th Birthday – Before the creation of the Air Force, the military's flying operations were handled by the U.S. Army on land and the Navy by sea. The history of the U.S. Air Force is an important part of the history of air power in the United States. The official birth date of the Air National Guard as a reserve component of the Air Force is also September 18, 1947.

September 19 – Veterans' Council Meeting – 7:00 p.m. at the Senior Center. All Franklin residents interested in Veterans' activities are welcome to join us!

September 20 – National POW/MIA Recognition Day – A day to remember and honor those Americans who were prisoners of war and those who served and never returned home.

September 24 – OPEN HOUSE Tune It Out guitar lessons for Veterans – 5:30 p.m. at the Senior Center. Meet the instructors and other Vets who are learning to play guitar!

September 29 – Gold Star Mothers and Families Day – A day to honor the families of fallen Service members. Please visit our webpage at: www.franklinma.gov/veterans-services

Low Vision Events

Audio Reading of Newsletter

Tues, September 3 at 1:00 PM (Phone)

Low Vision Assistive Technology

Thurs, September 5 at 1:00 PM

Low Vision Support Group

Thurs, September 12 at 10:00 AM
Special Event! Stony Brook Sensory Trail

Audio Book Club

Tues, September 24 at 1:00 PM (Phone)
Murder on the Orient Express by Agatha Christie



Conference Call

Phone #:

(508) 206-8603

More September Happenings

09

Franklin Senior Center

WHAT'S NEW IN JOINT REPLACEMENT?



Tues, Sept 17
at 11:00

Milford
Regional
Medical Center



BRAN GAMES

WED, SEPTEMBER 25 AT 11:30



STAND UP

Comedy

ALAN AMES

STILL THINKS HE'S FUNNY!

Wed,
September
25 at 2:00



Volunteer Spotlight



Next up on this month's Volunteer Spotlight, our dynamic duo **Colette and Dennis Ferguson!**

Colette is a volunteer at Ben's Bounty Gift Shop and an active member of the Council on Aging Board. Her fun, personable attitude and friendly smile make everyone feel welcome.

Dennis has been running the Chess Club for 3 years. He also stepped in to play piano for the Silvertones Choral Group. Dennis' dedication & commitment make our Senior Center complete.

Next time you see Colette and Dennis, say hello!



MEDICAL MARIJUANA

Jordan Tishler, MD
will discuss what you
need to know about
medical marijuana.

Tues,
Sept 17
at 1:00

THE POWER OF ACUPUNCTURE

Beyond Painkillers



Wed, Sept 18
at 11:30

10 F.O.F.E. & Senior Expo

Franklin Senior Center

Memorial Donations

Ronald A. Taddeo in Memory of Jean A. Taddeo
 Lesley Leonessa in Memory of Mrs. Frida Leonessa
 Sue Gurrie in Memory of Paul Gurrie
 Pam DeGrazia in Memory of Frank & Paul DeGrazia
 Anne Saunders in Memory of Douglas L. Saunders

Donations to FOFE

William L. Cornetta, Jr.

Donations to Senior Center

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Save the Date!

SENIOR EXPO 2024

**FRI, OCT 4
10 AM - 1 PM**

10 Daniel McCahill St
Franklin, MA

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

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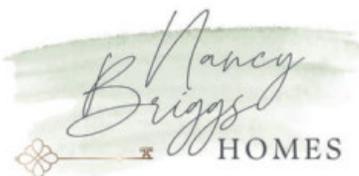
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Franklin Council on Aging

OFFICERS

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 Vice Chair.....Jan Jewett
 Secretary.....Phyllis Malcolm

MEMBERS

Colette Ferguson, Faith Flaherty, Robert Kaufman,
 Kim Mu-Chow, Ken Norman

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

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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 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

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