

THE FRANKLIN CONNECTION

Franklin Senior Center's Monthly Newsletter
December 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: Van Driver Bios
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Page 8: Veterans
& Low Vision
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Page 10: FOFE

Welcome to our new van drivers!

Russ

We are pleased to introduce one of our new van drivers, Russ Pratt. Russ and his wife, Ann Marie, are 36-year residents of Franklin. They have three adult children and three grandchildren. Russ is a Eucharistic Minister with St. Mary's Church and is a regular platelet donor at Boston Children's Hospital. He is a golfer, avid reader, and loves to cruise. Russ previously drove for the Holliston Senior Center, and enjoyed a 37-year career in media. Be sure to introduce yourself to Russ when you see him around the center!

Kathy

Hi, my name is Kathy Lewis and I'm so excited to join the Senior Center as one of your new van drivers! My husband Brian and I moved to Franklin in 2001 and we have three kids. I'm a proud member of the Franklin Elks, and I also volunteer as a Mentor at the YMCA. I spent years driving for Fish of Franklin as well. I'm currently serving as a Pastoral Visitor through St. Mary's and was a CCD teacher for years. I also have an adorable puppy named Daisy, as well as a cat named Gracie. I'm genuinely looking forward to meeting you all and joining this amazing community!



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SUMMER SPECIAL

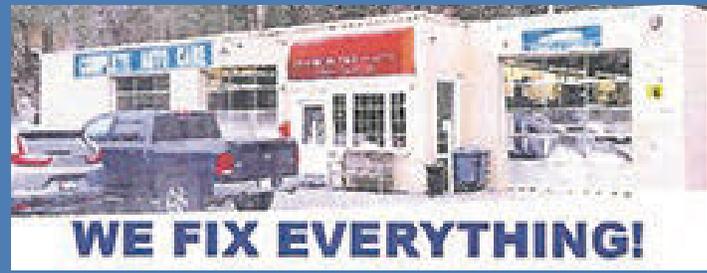
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December Happenings

03

Franklin Senior Center



BUSY BEES
HOLIDAY BAZAAR
TUES. DEC 3 & WED. DEC 4
9:30 AM - 1:00 PM



NURSE TRISH EVENT
Reducing Holiday Stress
LESS STRESS! Thurs, Dec 5 at 1 PM



Thurs
Dec 5
at 1 PM
Craft
Corner



COCOA & CAROLING
WITH DAISY TROOP 63341
WED, DEC 18 AT 4 PM



Snowflake
Craft
Mon, Dec 9
at 11 AM



SOUTHEASTERN
MA COMMUNITY
BAND Wed, Dec 18
at 7 PM

Winter Wonderland

THURS, DEC 12
4:30 PM - 7:00 PM

Come for an evening of holiday cheer! See an array of Christmas trees and holiday decor. There will be live entertainment with Elvis, cookies & hot cocoa, Franklin Fire Dept touch-a-truck, holiday craft-making for kids, raffle baskets, and a visit from Santa & Mrs. Claus. Senior Center gift shop will be open!

BRING THE WHOLE FAMILY!

04 December Presentations

Franklin Senior Center

Call or stop by to register for events!

SENIOR PLAYERS

ACTORS NEEDED!

The Senior Players is our very own Theater Group!
No memorization necessary!

If you'd like to become an actor or stage hand, call the Senior Center to sign-up and you'll receive a call in January when practice resumes.

Pizza & Movie Night



with homemade holiday treats!

Thurs, Dec 19 at 4:30, \$3

Eat Around the World



This month: Morocco

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

Fri, Dec 20 at 11:00, \$6

Senior Tax Work-Off 2025 Applications – starting Monday, December 2

Applications for the 2025 Senior Tax Work-Off program will be available at the Senior Center starting Mon, Dec 2. Applications will also be available online.

Busy Bees Holiday Bazaar – Tues, Dec 3 & Wed, Dec 4 from 9:30 AM – 1:00 PM

The Busy Bees Craft Group's annual Holiday Bazaar for all your gift needs!

Craft Corner – Thursday, December 5 at 1:00 PM

Join Jean in making ornaments for our Memory Tree at Winter Wonderland!

Reducing Holiday Stress – Thursday, December 5 at 1:00 PM

Learn some tips & tricks on reducing stress during holidays with Nurse Trish!

Simply Fit – Fridays, December 6, 13, & 20 at 9:30 AM – \$3

New exercise class! Join us for a fun, simple, low impact cardio. Strength and balance training combined with a core work-out. All levels welcome!

Shred Event – Friday, December 6 from 10:00 AM – 1:00 PM

Free shredding! Paper, credit cards, licenses, passports, computer hard-drives, & laptops can all be shredded. No need to remove staples, paper clips, or elastics.

Snowflake Craft – Monday, December 9 at 11:00 AM

Join Jan Jewett in making a snowflake craft for Winter Wonderland!

Driving Decisions – Tuesday, December 10 at 11:00 AM

RMV will host an interactive discussion about older driver safety and mobility.

Winter Wonderland – Thursday, December 12 from 4:30 PM – 7:00 PM

A community event for an evening of holiday cheer! There will be hot cocoa, Elvis Presley, raffles, and a visit from Santa Claus. Bring your whole family!

Mocktails & Karaoke – Friday, December 13 at 1:00 PM

Join us in the Cafe for mocktails, sweet treats, and singing with your friends!

Navigating Probate – Tuesday, December 17 at 11:00 AM

Local attorney Michael Kasberg will discuss avoiding the probate process, as well as how to navigate a probate proceeding.

Memory & Cognition – Tuesday, December 17 at 1:00 PM

Attention, command of function, orientation, memory, and reason techniques.

Cocoa & Caroling with Daisies – Wednesday, December 18 at 4:00 PM

Join local Daisy Troop #63341 for an evening of carols and hot cocoa!

Southeastern MA Community Band – Wed, December 18 at 7:00 PM

Join us for an evening of holiday music, free and open to all in the community!

Art Class with Kathy – Thursday, December 19 at 1:00 PM – \$3

Join Kathy Lathrom as she teaches you to create a work of art with acrylics!

Staff Reading of Christmas Stories – Monday, December 23 at 10:30 AM

Join us at the fireplace for holiday stories and hot cocoa. Wear your pajamas!

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, December 18 at 1:00 PM for our "Where's the Toast?" Memory Café. Live music featuring Jeff Thomas!

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

This Memory Cafe is generously sponsored by Cornerstone in Milford.



Caregiver Support Group - CHANGED THIS MONTH
Please consider attending **Reducing Holiday Stress on Thursday, December 5 at 1:00 PM.**

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.

Pathway to Healing Bereavement - DATE CHANGE
This bereavement support group is designed to help people in their journey of healing after a loved one passes. The group will meet on Wednesday, December 11 and 18 at 1:00 PM.

Alzheimer's Support Group - DATE CHANGE
This group supports caregivers providing to their loved ones with Alzheimer's or dementia. Call the Senior Center for more information. The group will meet on Wednesday, December 11 at 1:00 PM.



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>02 9:30 Steve Avellino, Pt 2 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 Berry Pickers by Amanda Peters 1:00 American Mah Jong 1:15 Movie Matinee: Miracle on 34th Street 4:00 Pool Night</p>	<p>03 9:00 Cribbage 9:30 Blanche's Bling 9:30 Low Impact Exercise \$3 9:30 Hand & Foot Cards 11:15 Cardio, Strength, & Balance \$3 1:00 BINGO 1:00 Audio Reading of December Newsletter 1:00 Chess 1:00 Cribbage Instruction 1:00 Quilting Busy Bees Bazaar today! 9:30 AM - 1:00 PM</p>	<p>04 9:00 Walking Group 10:00 Vets Coffee Social 10:00 Chair Yoga \$3 10:00 Knitting 10:00 Scrabble 10:00 Asian Mah Jong 11:00 Cardio Fusion \$3 12:00 Bridge 1:00 Pokeno 1:00 Scribblers at Studio Busy Bees Bazaar today! 9:30 AM - 1:00 PM</p>	<p>05 9:00 Cribbage 9:30 Low Impact Exercise \$3 9:30 Busy Bees Craft Group 10:00 Discussion Group 10:15 Bible Study 11:15 Cardio, Strength, & Balance \$3 1:00 Low Vision Technology 1:00 BINGO 1:00 Reduce Holiday Stress 1:00 Tai Chi \$3 1:00 Craft Corner 1:00 Cribbage 4:00 Pool Night 5:30 Acoustic Jam Session</p>	<p>06 9:30 Simply Fit \$3 9:30 Hand & Foot Cards 10:00 Woodcarving 10:00 Political Discussion 12:30 T.O.P.S. 1:00 Pokeno 1:00 Diamond Art 2:00 Silvertones Singing Shred Event today! 10:00 AM - 1:00 PM See page 4 for details</p>
<p>09 9:30 Steve Avellino, Pt 3 9:30 Italian Novel Reading 10:00 Garden Club 10:00 Guided Meditation \$3 11:00 Snowflake Craft 11:00 Poker 1:00 Trivia 1:00 American Mah Jong 1:00 Sing-a-Long with George 1:15 Movie Matinee: Meet Me in St. Louis 4:00 Pool Night</p>	<p>10 9:00 Cribbage 9:30 Low Impact Exercise \$3 9:30 Busy Bees Craft Group 9:30 Hand & Foot Cards 11:00 Driving Decisions 11:15 Cardio, Strength, & Balance \$3 1:00 BINGO 1:00 Chess 1:00 Cribbage Instruction 1:00 Quilting</p>	<p>11 9:00 Walking Group 10:00 Chair Yoga \$3 10:00 Knitting 10:00 Scrabble 10:00 Asian Mah Jong 11:00 Mobile Food Pantry 11:00 Cardio Fusion \$3 12:00 Bridge 12:30 Gametopia 1:00 Pokeno 1:00 Senior Scribblers 1:00 Bereavement Support 2:30 Staying Hip with Tech 4:00 Alzheimer's Support</p>	<p>12 9:00 Cribbage 9:30 Low Impact Exercise \$3 9:30 Busy Bees Craft Group 10:00 Discussion Group 10:15 Bible Study 11:15 Cardio, Strength, & Balance \$3 1:00 BINGO 1:00 Tai Chi \$3 1:00 Open Art Studio 1:00 Cribbage Winter Wonderland today! 4:30 PM - 7:00 PM</p>	<p>13 9:30 Simply Fit \$3 9:30 Hand & Foot Cards 10:00 Woodcarving 10:00 Political Discussion 12:30 T.O.P.S. 1:00 Mocktails & Karaoke 1:00 Pokeno 1:00 Diamond Art 2:00 Silvertones Singing</p>
<p>16 9:30 Steve Avellino, Pt 4 9:30 Italian Novel Reading 10:00 Garden Club 10:00 Guided Meditation \$3 11:00 Poker 11:00 Line Dancing \$3</p>	<p>17 9:00 Cribbage 9:30 Low Impact Exercise \$3 9:30 Busy Bees Craft Group 9:30 Hand & Foot Cards 11:00 Navigating Probate 11:15 Cardio, Strength, & Balance \$3</p>	<p>18 9:00 Walking Group 10:00 Chair Yoga \$3 10:00 Knitting 10:00 Scrabble 10:00 Asian Mah Jong 11:00 Cardio Fusion \$3 11:00 Franklin Q&A</p>	<p>19 8:30 Coffee Hour with State & Local Officials 9:00 Cribbage 9:30 Low Impact Exercise \$3 9:30 Busy Bees Craft Group 10:00 Discussion Group 10:15 Bible Study</p>	<p>20 Limited Breakfast 9:30 Simply Fit \$3 9:30 Hand & Foot Cards 9:30 FOFE Meeting 10:00 Woodcarving 10:00 Political Discussion</p>

December 2024 Calendar

Franklin Senior Center

07

<p>16 Continued</p> <p>1:00 Trivia 1:00 American Mah Jong 1:15 Movie Matinee: A Christmas Carol (1984) 4:00 Pool Night</p>	<p>17 Continued</p> <p>1:00 BINGO 1:00 Memory & Cognition 1:00 Chess 1:00 Audio Book Club 1:00 Cribbage Instruction 1:00 Quilting</p> <p>Legal Clinic & Hearing Clinic today! Call for an appointment</p>	<p>18 Continued</p> <p>11:15 Cardio, Strength, & Balance \$3 12:00 Bridge 1:00 Memory Café 1:00 Pokeno 1:00 Scribblers at Studio 1:00 Bereavement Support 2:00 Thriving Solo 4:00 Cocoa & Caroling 7:00 Southeastern MA Community Concert</p>	<p>19 Continued</p> <p>1:00 BINGO 1:00 Art Class: Acrylics \$3 1:00 Tai Chi \$3 1:00 Cribbage 2:30 Join MyActiveCenter 4:00 Pool Night 4:30 Pizza & Movie Night: It's a Wonderful Life \$3</p>	<p>20 Continued</p> <p>11:00 Eat Around the World: Morocco \$6 12:30 T.O.P.S. 1:00 Pokeno 1:00 Diamond Art 1:30 COA Meeting 2:00 Silvertones Singing</p>
<p>23</p> <p>9:30 Steve Avellino, Pt 5 9:30 Italian Novel Reading 10:00 Garden Club 10:00 Guided Meditation \$3 10:30 Staff Reading of Christmas Stories 11:00 Poker 11:00 Line Dancing \$3 1:00 Trivia 1:00 Chair Volleyball 1:00 American Mah Jong 1:15 Movie Matinee: White Christmas 4:00 Pool Night</p>	<p>24</p> <p>9:00 Cribbage 9:30 Low Impact Exercise \$3 9:30 Busy Bees Craft Group 9:30 Hand & Foot Cards</p> <p>Senior Center Closing at 12 PM</p>	 <p>HAPPY HOLIDAYS</p>		<p>26 Closed</p>
<p>30</p> <p>9:30 Steve Avellino, Pt 6 9:30 Italian Novel Reading 10:00 Garden Club 10:00 Guided Meditation \$3 11:00 Intro to AI 11:00 Poker 11:00 Line Dancing \$3 1:00 Trivia 1:00 Chair Volleyball 1:00 American Mah Jong 1:15 Movie Matinee: Holiday Inn 4:00 Pool Night</p>	<p>31</p> <p>9:00 Cribbage 9:30 Low Impact Exercise \$3 9:30 Busy Bees Craft Group 9:30 Hand & Foot Cards</p> <p>Senior Center Closing at 12 PM</p>	 <p>Happy New Year 2025</p>		<p>27</p> <p>9:30 Hand & Foot Cards 10:00 Woodcarving 10:00 Political Discussion 12:30 T.O.P.S. 1:00 Pokeno 1:00 Diamond Art 2:00 Silvertones Singing</p> <div style="background-color: #1a3d54; color: white; border-radius: 50%; padding: 10px; text-align: center;"> <p>Call for an appointment: Haircuts every Monday & every other Tuesday</p> <p>Manicures & Pedicures every other Tuesday</p> </div> <div style="background-color: #2e8b57; color: white; border-radius: 50%; padding: 10px; text-align: center;"> <p>Blood Sugar & Blood Pressure Testing every Wednesday & Thursday</p> </div>

08 Veterans & Low Vision Corner

Franklin Senior Center



Veterans Services Office
(508) 613-1315

December 4 – Veterans’ Monthly Coffee Social – 10:00 a.m. at the Senior Center. All Veterans are invited to join us for some holiday cheer!

December 7 – National Pearl Harbor Remembrance Day

December 13 – U.S. National Guard’s 388th Birthday – The National Guard is the oldest military organization in America. On this date in 1636, the first militia regiments in North America were organized in Massachusetts.

December 14 – National Wreaths Across America Day – Wreath-laying ceremonies will be held to honor Veterans at 4,000+ Veterans’ cemeteries, memorials and historic sites nationwide. For information about sponsoring wreaths or volunteering to place wreaths, go to: www.wreathscrossamerica.org

There will be no Veterans’ Council meeting in December.

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. Tune It Out will not meet on December 24 and 31.

Warrior Within Yoga Class 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! No yoga class on December 26 or January 2.

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

Low Vision Events

Audio Reading of Newsletter (Conference Call)

Tues, December 3 at 1:00 PM

Low Vision Assistive Technology Group

Thurs, December 5 at 1:00 PM

Call Dave Dunham at (508) 519-0411

to schedule a 1-on-1 Low Vision tech appointment.

Low Vision Support Group

Group will meet for the Winter Wonderland event on Thursday, December 12 from 4:30 PM - 7:00 PM.

Audio Book Club (Conference Call)

Tues, December 17 at 1:00 PM

A Christmas Carol by Charles Dickens & The Christmas Shoes by Donna VanLiere



Conference Call

Phone #:

(508) 206-8603

More December Happenings

09

Franklin Senior Center

SIMPLY FIT
FRIDAYS AT 9:30 AM
\$3 **FUN, LOW IMPACT CARDIO**
ALL LEVELS WELCOME!

Hosted by Mass RMV

Driving Decisions

Learn about driver safety and mobility!

Tues, Dec 10 at 11:00 AM



Technology Corner

Staying Hip with Tech

Text slang, emoji meanings, & more!

Wed, Dec 11 at 2:30 PM

Join MyActiveCenter

Learn how to sign-up for Senior Center events online!

Thurs, Dec 19 at 2:30 PM



Intro to AI

Pros & cons of artificial intelligence.

Mon, Dec 30 at 11:00 AM

Ryan & Andrew's Office Hours

Dec 5, Dec 11, Dec 12, Dec 13, Dec 30

Volunteer Spotlight



For December's Volunteer Spotlight, we wanted to highlight our fabulous Knitting Group!

We would like to thank each member of the Knitting Group for the beautiful, hand-knit items they donated to the Busy Bees Holiday Bazaar.

We appreciate your time, dedication, community, and craftsmanship.

The Knitting Group meets every Wednesday in the Craft Room at 10:00 AM. All knitters and crocheters are welcome!

Missing from picture: Virginia Petocchi, Maria Navar, Nancy Klockson, Linda Casey, & Sue Lou



FSC Van Trips



Sign-up for van trips with the Senior Center, call us today to schedule a ride!

Tues, Dec 3: Wrentham Outlets

Mon, Dec 10: Market Basket & Walmart Plaza

Wed, Dec 12: Available for rides to the Senior Center, and home from, Winter Wonderland!

Thurs, Dec 19: Hall of Fame, Patriot Place

From local errands to medical appointments, to anything in between, just call for a ride!
Open availability Mon, Tues, Thurs in December.

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

Franklin Senior Center

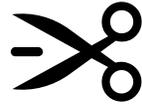


Memorial Donations

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Donations to Senior Center

Bob Kaufman to the Sunshine Club
Ingrid Smith in memory of Hete Hennessy
Kristina and Francis Walsh in memory of Hete Hennessy
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Barbara MacLackern



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Winter Wonderland Raffle

FOFE is looking for donations for raffle baskets for the Senior Center's Winter Wonderland event. This can include a product, service, gift card, or full gift basket. The money from the raffle will help with programming and scholarships at the Franklin Senior Center.

Call the Senior Center for more details!
508-520-4945

Friends of Franklin Elders (FOFE) is a 501c3 charitable organization.

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, December 20 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

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Carol Ellsworth

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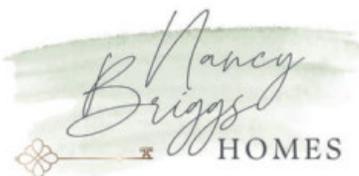
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 Kim Mu-Chow, Ken Norman, Tina Powderly

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 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
 Van Driver.....Kathy Lewis
 Van Driver.....Russ Pratt
 Veterans' Services Officer.....Shannon Nisbett
 Veterans' Services Assistant.....Debra Martin
 Public Health Nurse.....Alisha Sullivan
 Epidemiologist.....Cassia Monteiro

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