

THE FRANKLIN CONNECTION

Franklin Senior Center's Monthly Newsletter
January 2025



Franklin Senior Center

10 Daniel McCahill Street
Franklin, MA 02038

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

Office Hours

Monday - Friday
8:30 AM - 4:00 PM
Wednesdays open until 5:30 PM

Ben's Bounty Gift Shop

Monday - Friday
10:00 AM - 1:00 PM

Common Grounds Café

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



Where's What?

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As we step into the new year, I want to take a moment to reflect on the incredible journey we've shared at the Franklin Senior Center, and to thank each of you—our members, staff, volunteers, and partners—for making this community a truly special place. Last year we welcomed 529 new members, ran 6,366 programs, served 18,659 meals, provided over 15,000 hours of respite care to 35 families, provided 1,141 social services, and volunteers donated 10,160 hours of service.

The year ahead brings new opportunities to grow, connect, and thrive together. We're excited to continue offering programs and services that support health, wellness, and friendship, while exploring fresh ideas to enrich the lives of everyone who walks through our doors.

Here's to another year of building community, celebrating milestones, and creating lasting memories. Thank you for being part of our family—I can't wait to see what we accomplish together in 2025!

-Sarah Amaral, Director



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5% SENIOR DISCOUNT



What's New at the Center?

03

Franklin Senior Center

Winter Wonderland Donation Thank You

- | | |
|--------------------------|----------------------------|
| AAA Northeast | Pete's Nerd Emporium |
| Altitude Trampoline Park | The Willows and Whitney |
| Aubuchon Hardware | Place in Medway |
| b.LUXE Hair Studio | Cornerstone at Milford |
| Benchmark Senior Living | The Enclave of Franklin |
| BJ's Wholesale Club | Benchmark at Forge Hill |
| Claymark Studio | Magnolia Heights |
| Elizabeth Bagels | Mary O'Neil |
| Emma's Quilt Cupboard | Lions Heart 7th Grade |
| Ferrara's Market | Franklin Fire Department |
| Greco Design | Franklin Police Department |
| Hot Table | Friends of Franklin Elders |
| Daddario Hardware | Franklin Garden Club |
| Joseph's Jewlers | Franklin Food Pantry |
| Kathy Dengos | Busy Bees |
| L'Equipe Salon | Knitting Group |
| Learning Express | Rainbow Café |
| Marshall's | Franklin Historical Museum |
| Pet Smart Plus | Franklin Town Council |
| Pisini Shoes | Franklin Children's Museum |
| Raillery | Kathy Lesica |
| Rockland Trust | Franklin Public Television |
| Rome Restaurant | Franklin Public Radio |
| Shaw's Market | Franklin Health Department |
| Stop & Shop | Briggs Nursery |
| T&T Nail Salon | Fairmont Fruit Farm |
| The Bake Shack | Jan Jewett |
| The Curtain Store | Dawn Fontaine |
| Vallee Jewelers | Joan Deam |
| Vet-Med | Steve Sherlock |
| Wild Birds Unlimited | Ryan Pellecchia |

Thank you to everyone who donated their time, energy, and services. On behalf of the Friends of Franklin Elders and the Franklin Senior Center, we'd like to express our heartfelt gratitude to everyone who made Winter Wonderland a success!

Senior Center Inclement Weather Policy

In the event of snow, the center may close or have a delayed opening. Please sign-up for our Robo Call list so you will receive a call informing you if the Senior Center has a change in hours.

Call (508) 520-4945 to be added to the list!

UPDATE YOUR INFO

Having your accurate contact info is vital; that way we can notify you if a program is cancelled, there is a snow closure, or we need to reach your emergency contact.

We ask that you sign in for **every** program or meal (even if it's visiting the gift shop or doing a puzzle). These stats shape every decision from room placement to cancelling low attended programs. These numbers are used to secure funding, both from the town and through grants.

During the last week of January, stop in the lobby to update your contact info!

January 27 - 31

Volunteer Spotlight



To kick-off the new year, we wanted to highlight our outstanding volunteer, Kathy Durand!

Kathy has been a volunteer in our Café every Monday and Wednesday for the past three years. She assists with anything and everything needed. Kathy is the true definition of a team player, there's nothing she won't help with.

Let's hope 2025 is the year that Kathy finally gets a stamp on her passport! Next time you're here for breakfast, make sure you say hi!

04 Support Corner

Franklin Senior Center

Dementia & Alzheimer's

Sunshine Club: The Senior Center hosts a daily Supportive Day Program, the Sunshine Club, providing a structured, supervised environment for older adults with mild to moderate dementia, cognitive decline, or social isolation.

Our program emphasizes enrichment and connection through person-centered care while encouraging independence and success.

For more info on the Sunshine Club, contact Kathleen or Amanda at (508) 520-4945



Alzheimer's Support Group: This group supports caregivers providing for loved ones with dementia or Alzheimer's. The group meets the second & fourth Wednesday of each month at 4:00 PM.

Memory Café: Join us on Wednesday, January 15 at 1:00 PM for this month's Memory Café! Live entertainment featuring Steve Roudolph.

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

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



Health & Wellness

The Senior Center provides basic healthcare with our **Health & Wellness Nurse**. Services include blood sugar testing, blood pressure testing, pulse ox testing, support groups, education, and more!

Nurse Hours:

Wednesday & Thursday 8:30 AM - 2:30 PM

Caregiver Support Group: This support group focuses on a general caregiver's needs. Receive tips, support, and connection. The group meets the first Thursday of each month at 1:00 PM.

Pathway to Healing Bereavement Support:

This bereavement support group is designed to help people in their journey of healing after a loved one passes. The group meets the second & fourth Wednesday of each month at 1:00 PM.

Social Services

The Senior Center provides social services assistance to all Franklin residents with our **Social Services Coordinator**. Services include: housing assistance, referrals to home care agencies, career services, independent living communities, long-term care facilities, caregiver programs, pharmacy outreach programs, medical durable equipment, transportation services, behavioral health, and legal referrals.

Our coordinator can also assist with applications for public benefits including fuel assistance, SNAP, unemployment, social security, MassHealth, housing, and other related cost saving programs.

If you are in need of social services assistance, please call the Franklin Senior Center at (508) 520-4945 to book an appointment.

Low Vision Corner

Franklin Senior Center

05

Audio Reading of Newsletter (Conference Call)

Tuesday, January 7 at 1:00 PM

Low Vision Support Group

Thursday, January 9 at 12:00 PM

Low Vision Assistive Technology Group

Thursday, January 9 at 1:00 PM

Call Dave Dunham at (508) 519-0411 to schedule a 1-on-1 tech appointment.

Audio Book Club (Conference Call)

Tuesday, January 21 and 28 at 1:00 PM

A Tree Grows in Brooklyn by Betty Smith



Conference Call

Phone #:

(508) 206-8603



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06 January Presentations

Franklin Senior Center

Pizza & Movie Night



Thurs, Jan 16 at 4:30, \$3

Senior Players Welcome Session - Tuesday, January 7 at 10:30 AM
C'mon out to play with the Senior Players Theater Group!

Respiratory System - Thursday, January 9 at 10:30 AM
Join the Tri-County Medical Shop in learning all about your breathing!

Respiratory Disorders - Thursday, January 9 at 11:30 AM
Nurse Trish will educate on common respiratory illnesses, including COPD, pulmonary fibrosis, and asthma.

Until Help Arrives - Tuesday, January 14 at 1:00 PM
Franklin Fire Dept EMS Captain will teach how to call 911, stay safe, stop bleeding, offer comfort, and properly position an injured person.

Thriving Solo - Wednesday, January 15 at 2:00 PM
Social group focused on what it means to navigate aging on your own!

Hospice Facts: What it Is & Isn't - Thursday, January 16 at 10:30 AM
An info session about hospice. Hospice focuses on elevating a person's quality of life, comfort, and dignity. Learn if it's a good fit for your family.

Acrylic Paint Class - Thursday, January 16 at 1:00 PM - \$3
Join Kathy in the craft room as she illustrates creating art with acrylics!

Directors Coffee Hour - Tuesday, January 21 at 9:00 AM
Join Sarah and Chasity for coffee, conversation, and the latest Senior Center scoop! Bring any questions, ideas, or concerns.

Social Security & Estate Planning for 2025 - Tues, Jan 21 at 12:30 PM
When is the best time to take Social Security and how does that tie into your estate planning? Free Lunch and Dessert!

Craft Corner - Thursday, January 23 at 1:00 PM
Join Jean in the craft room as she teaches a fun, easy craft!

GATRA Public Meeting - Thursday, January 23 at 2:30 PM
Come to the center for a Zoom meeting with GATRA public transit.

Scam BINGO - Tuesday, January 28 at 1:00 PM
DA Morrissey will host Scam BINGO where each square has education about fraud, identity theft, and scams. Win prizes while you learn!

Rainbow Café - Thursday, January 28 at 2:00 PM
New time! The Rainbow Café is a supportive, inclusive social group for the LGBTQ+ community, friends, and allies.

Continuum of Care - Wednesday, January 29 at 11:30 AM
Aging Well Advocates will discuss the continuum of care from community support to long-term care, planning for the future, & insurance coverage.

Winter Blues & Seasonal Sad - Thursday, January 30 at 11:00 AM
Explore how shorter days and less sunlight affects brain chemistry. Learn tips on how to boost mood and feel better throughout the season!

Eat Around the World



This month: Switzerland

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

Fri, Jan 17 at 11:00, \$6

MONTHLY PARTY FRANKLIN POLICE TURKEY DINNER

Fri, Jan 24
at 11 AM

Free!

FRANKLIN RESIDENTS:
sign-up starting Thursday, January 2

NON-FRANKLIN RESIDENTS:
sign-up starting Monday, January 13

More January Presentations

Franklin Senior Center

07



AARP Foundation Tax-Aide volunteers will help you prepare and file your return. The service is free and offered at the Franklin Senior Center!

AARP volunteers are IRS-certified and can help you file a complete and accurate return, both federal and state.

While these tax services are open to anyone of any age, AARP is focused on taxpayers who are over 50 and have low to moderate income.

Starting Thursday, January 2, call or stop by the Franklin Senior Center to schedule an appointment!

**APPOINTMENTS ON FRIDAYS
FEBRUARY 7 THRU APRIL 4
FROM 9 AM - 1 PM**

SOCIAL SECURITY AND ESTATE PLANNING FOR 2025

**FREE LUNCH
AND DESSERT!**



Attorney Amy Azza



Todd Miller, CEPA

Tues, January 21 at 12:30 PM

Respiratory System
Thursday, January 9 at 10:30 AM

Respiratory Disorders
Thursday, January 9 at 11:30 AM

UNTIL HELP ARRIVES

**TUES, JAN 14
AT 1:00 PM**

**CONTINUUM
OF CARE**

Daniela Masters,
MSW, LICSW, CMC

**WED, JAN 29
AT 11:30 AM**

Aging Well
ADVOCATES
Navigating Aging with a Supportive Hand

SCAM BINGO

TUES, JAN 28

1:00 PM presented by
DA Morrissey

WINTER BLUES & SEASONAL SAD

**THURSDAY,
JANUARY 30
AT 11:00 AM**

**HOSTED BY
KYMBERLEE
O'BRIEN**

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Call for an appointment:</p> <p>Haircuts every Monday & every other Tuesday</p> <p>Manicures & Pedicures every other Tuesday</p>	<p>01 Closed</p> 	<p>02</p> <p>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, and Balance (CSB) \$3 1:00 BINGO 1:00 Tai Chi \$3 1:00 Caregiver Support 1:00 Open Art Studio 1:00 Cribbage 4:00 Pool Night 5:30 Acoustic Jam Session</p>	<p>03</p> <p>9:30 Simply Fit \$3 9:30 Hand & Foot Game 10:00 Wood Carving Group 10:00 Political Discussion 12:30 T.O.P.S. 1:00 Pokeno 1:00 Diamond Art 2:00 Silvertones Singing</p>
<p>06</p> <p>9:30 Steve Avellino PT 9:30 Italian Novel Reading 11:00 Poker 11:00 Line Dancing \$3 11:00 Intro to Virtual Reality 12:30 American Mah Jong 1:00 Trivia 1:00 Chair Volleyball 1:00 Page Turners Book Club: Master, Slave, Husband, Wife by Ilyon Woo 1:15 Movie Matinee: The Crossing 4:00 Pool Night</p>	<p>07</p> <p>9:00 Cribbage 9:30 Low Impact Exercise \$3 9:30 Busy Bees Craft Group 9:30 Hand & Foot Game 10:30 Senior Players Welcome Session 11:15 Cardio, Strength, and Balance (CSB) \$3 1:00 BINGO 1:00 Audio Reading of January's Newsletter 1:00 Chess 1:00 Learn to Play Cribbage 1:00 Quilting</p>	<p>08</p> <p>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 Mobile Food Pantry 12:00 Bridge 1:00 Pokeno 1:00 Senior Scribblers 1:00 Bereavement Support 4:00 Alzheimer's Support</p>	<p>09</p> <p>9:00 Cribbage 9:30 Low Impact Exercise \$3 9:30 Busy Bees Craft Group 10:00 Discussion Group 10:15 Bible Study 10:30 Respiratory System 11:30 Respiratory Disorders 11:15 CSB \$3 12:00 Low Vision Support 1:00 Low Vision Technology 1:00 BINGO 1:00 Tai Chi \$3 1:00 Cribbage 2:30 MyActiveCenter 4:00 Pool Night</p>	<p>10</p> <p>9:30 Simply Fit \$3 9:30 Hand & Foot Game 10:00 Wood Carving Group 10:00 Political Discussion 12:30 T.O.P.S. 1:00 Pokeno 1:00 Diamond Art 2:00 Silvertones Singing</p>
<p>13</p> <p>9:30 Steve Avellino PT 9:30 Italian Novel Reading 11:00 Poker 11:00 Line Dancing \$3</p>	<p>14</p> <p>9:00 Cribbage 9:30 Low Impact Exercise \$3 9:30 Busy Bees Craft Group 9:30 Hand & Foot Game 10:30 Senior Players 11:15 Cardio, Strength, and Balance (CSB) \$3</p>	<p>15</p> <p>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>16</p> <p>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 10:30 Hospice Facts</p>	<p>17</p> <p>9:30 Simply Fit \$3 9:30 Hand & Foot Game 10:00 Wood Carving Group 10:00 Political Discussion 11:00 Eat Around the World: Switzerland \$6</p>

January 2025 Calendar

Franklin Senior Center

09

<p>13 Continued 12:30 American Mah Jong 1:00 Trivia 1:00 Chair Volleyball 1:15 Movie Matinee: Midnight in Paris 4:00 Pool Night</p>	<p>14 Continued 1:00 BINGO 1:00 Chess 1:00 Until Help Arrives 1:00 Learn to Play Cribbage 1:00 Quilting</p>	<p>15 Continued 2:00 Bridge 1:00 Pokeno 1:00 Memory Café 2:00 Thriving Solo</p>	<p>16 Continued 11:15 CSB \$3 1:00 BINGO 1:00 Tai Chi \$3 1:00 Acrylic Paint Class \$3 1:00 Cribbage 4:30 Pizza & Movie Night: Fly Me to the Moon \$3</p>	<p>17 Continued 12:30 T.O.P.S. 1:00 Pokeno 1:00 Diamond Art 1:30 COA Meeting 2:00 Silvertones Singing</p>
<p>20 Closed</p> 	<p>21 9:00 Cribbage 9:00 Directors Coffee Hour 9:30 Low Impact Exercise \$3 9:30 Busy Bees Craft Group 9:30 Hand & Foot Game 10:30 Senior Players 11:15 CSB \$3 12:30 Social Security & Estate Planning for 2025 1:00 BINGO 1:00 Chess 1:00 Learn to Play Cribbage 1:00 Audio Book Club 1:00 Quilting Hearing Clinic and Legal Clinic today! Call for an appointment</p>	<p>22 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 12:00 Bridge 1:00 Pokeno 1:00 Bereavement Support 4:00 Alzheimer's Support</p>	<p>23 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, and Balance (CSB) \$3 1:00 BINGO 1:00 Tai Chi \$3 1:00 Craft Corner 1:00 Cribbage 2:30 GATRA Public Meeting 2:30 MyActiveCenter 4:00 Pool Night</p>	<p>24 9:30 Simply Fit \$3 9:30 Hand & Foot Game 9:30 FOFE Meeting 10:00 Wood Carving Group 10:00 Political Discussion 11:00 Monthly Party: Franklin Police Dept Turkey Dinner 12:30 T.O.P.S. 1:00 Pokeno 1:00 Diamond Art 2:00 Silvertones Singing</p>
<p>27 9:30 Steve Avellino PT 9:30 Italian Novel Reading 11:00 Poker 11:00 Line Dancing \$3 12:30 American Mah Jong 1:00 Trivia 1:00 Chair Volleyball 1:15 Movie Matinee: Miracle 4:00 Pool Night</p>	<p>28 9:00 Cribbage 9:30 Low Impact Exercise \$3 9:30 Busy Bees Craft Group 9:30 Hand & Foot Game 10:30 Senior Players 11:15 CSB \$3 1:00 BINGO 1:00 Chess 1:00 Scam BINGO 1:00 Learn to Play Cribbage 1:00 Audio Book Club 1:00 Quilting 2:00 Rainbow Café</p>	<p>29 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 11:30 Continuum of Care 12:00 Bridge 1:00 Pokeno 1:00 Scribblers at Studio</p>	<p>30 9:00 Cribbage 9:30 Low Impact Exercise \$3 9:30 Busy Bees Craft Group 10:00 Discussion Group 10:15 Bible Study 11:00 Winter Blues & Seasonal Sad 11:15 CSB \$3 1:00 BINGO 1:00 Tai Chi \$3 1:00 Open Art Studio 1:00 Cribbage 4:00 Pool Night</p>	<p>31 9:30 Simply Fit \$3 9:30 Hand & Foot Game 10:00 Wood Carving Group 10:00 Political Discussion 12:30 T.O.P.S. 1:00 Pokeno 1:00 Diamond Art 2:00 Silvertones Singing</p>

[Update your Info!](#)
 See page 3 for details

10 Regular Programs

Franklin Senior Center

Program Descriptions

Every month, the Senior Center hosts over 200 events! In this space, we'll offer a description of some of our regular programs. Always feel free to call and ask for more info!

Italian Novel Reading: reading in Italian, basic language education, rotating book selection

Hand & Foot Game: A card game about melding and matching cards, similar to Rummy and Canasta. The goal is to collect the most points by forming melds and playing all the cards in your hand & foot.

Discussion Group: Open discussion for anything and everything! Local Franklin, Massachusetts, and national events discussed.

Mobile Food Pantry: Get a bag of groceries, including meat, dairy, produce, & pantry items.

Technology Corner

1:1 Tech Support Available

Call the Senior Center to schedule a 1:1 appointment with our tech gurus!

Chromebook Rental Program

Call or stop by to loan out a Chromebook!

Tech Guru Office Hours

Friday, January 3 through Friday, January 17
11:00 AM - 2:00 PM everyday
& Thursday, January 16, 2:30 PM - 3:30 PM

Intro to Virtual Reality

What is VR? Safe practices and how to get started!
Monday, January 6 at 11:00 AM

MyActiveCenter

Learn how to sign-up for FSC events online!
Thursday, January 9 & 23 at 2:30 PM



FITNESS

Steve Avellino PT

\$35 for 6-week series
Join Steve Avellino for effective and practical physical therapy

Line Dancing \$3

Kick up your heels with Steve Cavanaugh in a fun, group line dance!

Chair Volleyball free

Play seated with your team to score the beach ball on the other side of the net!

Walking Group free

Meet at the Senior Center to join the group for conversation and walking!

Low Impact \$3

Enjoy the benefits of exercise while minimizing stress on your joints

Cardio, Strength, and Balance \$3

Combining light cardio with strength and balance training

Chair Yoga \$3

Gentle yoga poses done seated or using a chair for balance

T.O.P.S. \$1

Taking Off Pounds Sensibly
Weight loss support group with education & resources

Cardio Fusion \$3

Join Judi for a mash-up of cardio, drumming, and balance exercises!

Tai Chi \$3

Gentle exercise with slow movements, controlled breathing, and a meditative state of mind

Simply Fit \$3

Simple and low impact! Strength and balance training combined with a core work-out

Exercise Room free

The Senior Center has a fully equipped exercise room. Doctor's clearance required, forms at center

Transportation & Trips

Franklin Senior Center

11

Senior Center Van Transportation

As January approaches and the weather turns colder, we know you may not want to be out driving, so take advantage of our new transportation program! Starting in January, the Senior Center Van will be in full swing running five days a week.

The van will be available for rides Monday - Friday from 9:00 AM to 3:30 PM.

To schedule a ride, call the Senior Center at 508-520-4945 and speak with Emily. Our transportation services cover everything from doctor's appointments to local errands and more. If you have any social trip ideas, feel free to stop by the front desk and share them! You can also pick-up a survey to let us know what would be most beneficial for this program and where you'd like to travel.

Upcoming Trips:

Walmart Plaza, Bellingham: Tuesday, January 14 at 1:00 PM



Day Trips

Call the Senior Center to sign-up today!



Doobie Brothers - Wed, May 21 at Lake Pearl, Wrentham (drive yourself)

Fleetwood Mac - Tues, June 17 at Lake Pearl, Wrentham (drive yourself)

Beatles Tribute - Wed, July 16 at The Log Cabin, Holyoke (transportation included)

Neil Diamond - Tues, August 5 at The Log Cabin, Holyoke (transportation included)

Tom Jones Tribute - Wed, August 20 at Lake Pearl, Wrentham (drive yourself)

12 Veterans' Corner

Franklin Senior Center



The Town of Franklin Veterans' Services office offers assistance to Franklin Veterans who have served the country in the United States Armed Forces and who may be entitled to receive benefits from either local, state, or federal agencies. Veterans' Services is a state mandated program that provides information and services to Veterans, their spouses, and dependents. Our goal is to provide services with the dignity and respect our Veterans have earned through their service to our country.

There will be no Veterans' Coffee Social in January as the first Wednesday of the month falls on New Year's Day. The next Social will be held on Wednesday, February 5, 2025 at 10:00 AM at the Senior Center. All Veterans are welcome!

January 16 - Veterans' Council Meeting - 7:00 PM at the Senior Center. All Franklin residents interested in Veterans' activities and events are welcome to join us!

January 27 - Vietnam Peace Day – On this day in 1973, the Paris Peace Accords arranged a ceasefire which officially ended America's involvement in the 20-year Vietnam War.

Many thanks to Art Buliung, Ernest Carruthers, Richard Douglas, John Milot, Lori Doyle, and Pat Doyle for helping us hang holiday wreaths on the Fallen Hero pedestals on Veterans Memorial Walkway in December.

Thank you to Gerry Bradie, Art Buliung, Dick Hynes, Kathy Lesica, and John Yoder for helping us decorate our Veterans' Christmas Tree for the Senior Center Winter Wonderland event and to those who donated military decorations and combat boots for the tree.

The **Tune It Out guitar lessons program for Veterans** meets on Tuesdays at 5:30 PM at the Senior Center. There is no charge for lessons and no guitar experience is required. We have guitars!

Warrior Within Yoga Classes for Veterans and First Responders meets Thursdays at 6:00 PM at the Franklin Senior Center. There is no charge for classes. Call the Veterans' Services Office to sign up for guitar or yoga classes. **There will be no yoga class on January 2. Classes will resume on January 9.**

The next engraved brick installation on the Veterans Memorial Walkway will be in May. Bricks are installed in May and November to coincide with Memorial Day and Veterans' Day. Brick order forms are available in the Senior Center and Town Hall lobbies and on the Veterans' Services web page (link below). Thank you to all who have supported this project!

Purple Heart recipient, Bob Gardner, accepts a certificate of recognition from Congressman Jake Auchincloss on National Purple Heart Day, August 7, during our monthly Veterans' Coffee Social.



Department of Veterans' Services

(508) 613-1315

www.franklinma.gov/veterans-services
10 Daniel McCahill St, Franklin, MA 02038

By Appointment Only:

Monday, Tuesday, Thursday: 8:30 AM - 4:00 PM

Wednesday: 8:30 AM - 6:00 PM

Friday: 8:30 AM - 1:00 PM

HANDYMAN

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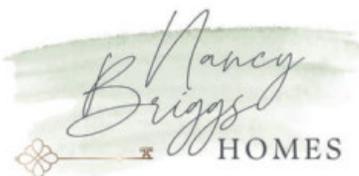
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14 Friends of Franklin Elders – F.O.F.E.

Franklin Senior Center



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.

The next FOFE meeting is scheduled for:

Friday, January 24 at 9:30 AM. The public is welcome to attend.

FOFE OFFICERS:

JoAnn Wright, President | Nan Rafter, Vice President
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MEMBERS:

Eileen Burnard, Pat Donnelly, Julie Garilli, Karen Juhl,
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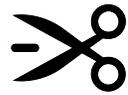
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A Message from FOFE President

I want to thank everyone on the board of FOFE for volunteering to go out and ask the Franklin businesses for donations. With only two weeks of planning, you all did an amazing job and made this new fundraising event at Winter Wonderland a great success.

If you are interested in becoming an FOFE associate or want to learn more about what FOFE does, please come to our next meeting on Friday, January 24 at 9:30 AM that is held at the Franklin Senior Center. The public is always welcome.

-JoAnn Wright, President



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