

THE FRANKLIN CONNECTION

Franklin Senior Center's Monthly Newsletter
February 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

BLACK HISTORY MONTH

Every February, the United States celebrates the achievements and history of African Americans as part of Black History Month. This month honors all Black people from all periods of U.S. history, their important contributions and accomplishments, and recognizes the Black experience in American society.

Join the Senior Center in celebrating Black History Month!
We will have presentations, movies, and educational opportunities all month long.

Where's What?

- Page 1: Director's Message
- Page 3: What's New?
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- Page 6: February Presentations
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- Page 10: Regular Programs
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- Page 12: Veterans' Corner
- Page 14: FOFE Donations

In the few months I have been at the Franklin Senior Center, I am in awe of our members, volunteers, and staff. I walked into the building on my first day to smiles and laughter and I have been greeted with the same every day since. Every single person here has been so nice and helpful to me. It was the best welcome I could have asked for.

The Franklin Senior Center, what a wonderful place to be. My promise is to continue to make the Senior Center a place you love to come to every day. I am blessed to be a part of such an extraordinary group of people.

-Chasity Cheng, Deputy Director

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!



COMPLIMENTARY HEARING CLINIC

at the Franklin COA

3rd Tuesday of each month

10:30am-12:30pm

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

SUMMER SPECIAL

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Expires 12/31/24

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Expires 12/31/24



What's New at the Center?

03

Franklin Senior Center

Volunteer Spotlight



On this month's Volunteer Spotlight, we're thrilled to feature the amazing **Jan Jewett!**

Jan is a Franklin native and 2nd generation Senior Center member. She has served on the COA for the past 5 years, and has volunteered as an election worker since she was 16. Jan also volunteers for the Norfolk County Retired & Senior Volunteer Program.

Jan is always willing to step in where needed. She often works behind our front desk with a warm, kind smile for everyone. Jan is part of what makes our Senior Center run, and we are forever grateful.

Next time you see Jan, say hello!



TOWN OF FRANKLIN JOINT BUDGET SUBCOMMITTEE

LISTENING TOUR SCHEDULE

Join members of the School Committee, Town Council, and Finance Committee for open discussions on the Fiscal Year 2026 Budget, feedback on last year's override ballot question, the structural deficit this coming year, and the priorities of the community!

SESSION #1 - JAN 30

Franklin Elks Lodge
1077 Pond Street
7:00 PM

SESSION #2 - FEB 12

Remington-Jefferson School
Cafetorium
628 Washington Street
7:00 PM

SESSION #3 - FEB 19

Franklin Senior Center
Common Grounds Cafe
10 Daniel McCahill Street
7:00 PM

SESSION #4 - MAR 4

Franklin Senior Center
Common Grounds Cafe
10 Daniel McCahill Street
9:30 AM
Coffee & Light Refreshments Provided

SESSION #5 - MAR 8

Franklin Municipal Building
Council Chambers
355 East Central Street
10:00 AM
Hybrid Session - Virtual & In-Person

SESSION #6 - MAR 12

Franklin High School
Auditorium
218 Oak Street
7:00 PM

Watercolor Class

with Mari Steinmann

\$75



Wed, March 5, 12, & 19

3 PM - 5 PM

Fee includes all three classes and all materials!

You MUST pre-register and pay in advance, no refunds.

Minimum six participants required or class will be cancelled.

Sign-up starting February 1!

ZENTANGLE CLASS

WITH MARI STEINMANN

\$25

Zentangle - an easy-to-learn and fun way to create beautiful images... *one stroke at a time!*



WED, MARCH 26, 3 PM - 5 PM

Fee includes the class and all materials!

You MUST pre-register and pay in advance, no refunds.

Minimum six participants required or class will be cancelled.

SIGN-UP STARTING FEBRUARY 1!

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, February 19 at 1:00 PM for this month's "Where's The Toast?!" Memory Café! Live entertainment featuring Stephen McGovern.

Memory Cafés are safe and inviting spaces for people living with Dementia, Alzheimer's or memory loss, as well as for their families, friends 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.



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, February 4 at 1:00 PM

Low Vision Support Group

Thursday, February 13 at 12:00 PM

Low Vision Assistive Technology Group

Thursday, February 13 at 1:00 PM

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



Conference Call

Phone #:

(508) 206-8603

Audio Book Club (Conference Call)

Tuesday, February 18 and 25 at 1:00 PM

Deaf Utopia by Nyle DiMarco and Robert Siebert



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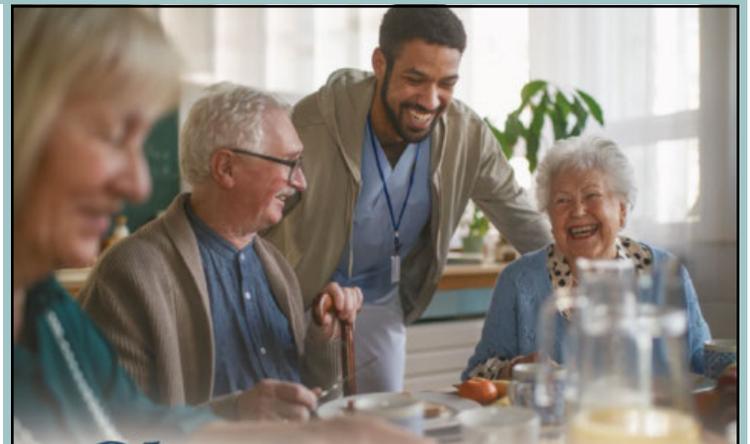
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06 February Presentations

Franklin Senior Center

MONTHLY PARTY

LOVE & KINDNESS



**Fri, Feb 14
at 11:00, \$6**

SPECIAL PERFORMANCE

JAMES MICHAEL



Senior Players - Tuesday, February 4, 11, 18, 25 at 10:30 AM
Senior Center's theater group seeking new members. No memorization needed!

Cardiovascular System - Thursday, February 6 at 10:30 AM
Join Tri-County Medical Assisting Shop to learn about the cardiovascular system!

Directors Coffee Hour - Tuesday, February 11 at 9:00 AM
Join Sarah and Chasity for coffee, conversation, and the latest Senior Center scoop! Bring any questions, ideas, or concerns.

Underground Railroad - Tuesday, February 11 at 1:00 PM
See page 7 for more details.

Meet Milton Hershey - Wednesday, February 12 at 12:00 PM
See page 7 for more details.

Homecare 101 - Thursday, February 13 at 11:00 AM
Learn all about the homecare industry, who covers costs (or not), as well as when to use the VNA versus other providers.

Ailments of the Heart - Thursday, February 13 at 1:00 PM
Join Nurse Trish for a discussion on common heart-related diseases.

Biochemistry of Love - Friday, February 14 at 1:00 PM
Learn the biology & science behind love with neuroscientist Kymberlee O'Brien!

Asthma Care - Wednesday, February 19 at 1:00 PM
Join Nurse Trish as she provides a deep-dive discussion all about asthma.

Joint Budget Subcommittee (Session #3) - Wed, February 19 at 7:00 PM
See page 3 for more details.

Navigating Activities of Daily Living (ADLs) - Thurs, February 20 at 11:00 AM
Are you struggling to assist a loved one with activities of daily living due to dementia or cognitive decline? Join this session exploring dementia from an occupational therapy perspective. Gain practical strategies to reduce challenges.

Craft Corner - Thursday, February 20 at 1:00 PM
Join Jean Tolland in the craft as she illustrates how to make a fun, easy craft!

Drum Circle - Tuesday, February 25 at 1:00 PM
Drumming reduces stress and boosts brain health! Groove to the rhythm with the group. Drums provided. Led by neuroscientist Kymberlee O'Brien.

Back to Business - Wednesday, February 26 at 11:30 AM
Learn the common causes of lower back pain and sciatica, how a problem in your back can cause pain elsewhere, & some simple remedies. Lunch included!

Karaoke - Wednesday, February 26 at 1:30 PM
Grab the mic and join your friends for an afternoon singing at the Senior Center!

Bridging the Gap: Downsizing - Wednesday, February 26 at 4:00 PM
Are you considering a move but unsure how to sell a home and buy one at the same time? Discuss your options for financing and the logistics involved.

Aim to Care - Thursday, February 27 at 11:00 AM
Learn about AimtoCare Senior Advisors, services include care coordination, in-home nursing assessments, assisted living placements, & dementia education.

Acrylic Paint Class - Thursday, February 27 at 1:00 PM - \$3

Pizza & Movie Night



Wed, Feb 26 at 4:00, \$3

Eat Around the World



This month: South Korea

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

Fri, Feb 28 at 11:00, \$6

More February Presentations

Franklin Senior Center

07

THE UNDERGROUND RAILROAD

Professor Susan Franz will discuss the role Central MA and Southern New England played in the Underground Railroad.

We will learn about how enslavement was a part of daily life in colonial New England, how it was brought to an end, and the role local residents played in providing assistance to those on their way north.

**TUES, FEB 11
AT 1 PM**



SpOT on Therapy

NAVIGATING ADLs FOR A LOVED ONE WITH DEMENTIA

**Thurs, Feb 20
at 11 AM**



BACK TO BUSINESS



ACCELERATED
PERFORMANCE
REHABILITATION

Lunch included!

Wed, Feb 26 at 11:30 AM

BRIDGING THE GAP: DOWNSIZING

**Wed, Feb 26
at 4 PM**



Presented by:
Nancy Briggs, Realtor & Seniors Real Estate Specialist, Suburban Lifestyle RE,
and Denise Cousineau, Senior Loan Officer with Dean Bank

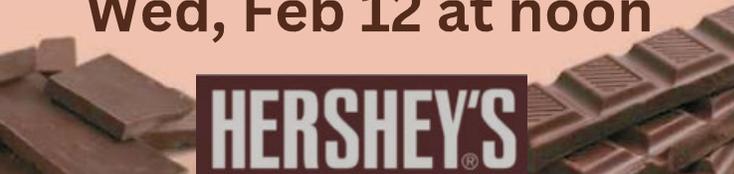


MEET MILTON HERSHEY

Learn about the life of Milton Hershey - from childhood, through his failed businesses, to his successes, including the chocolate company.
Chocolate tasting included!

During the international chocolate tasting, everyone will sample single-origin chips from different places around the world. We'll discuss where they come from and their unique flavor profiles.

Wed, Feb 12 at noon



HERSHEY'S



AIMTOCARE SENIOR ADVISORS

Thurs, Feb 27 at 11 AM

08

February 2025 Calendar

Franklin Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>03</p> <p>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 1:00 Page Turners Book Club The Humans by Matthew Haig 1:15 Movie Matinee: Glory 4:00 Pool Night</p>	<p>04</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 1:00 BINGO 1:00 Audio Reading of February's Newsletter 1:00 Chess 1:00 Learn to Play Cribbage 1:00 Quilting</p>	<p>05</p> <p>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</p>	<p>06</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 Cardiovascular System 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>07</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>10</p> <p>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: Harriet 4:00 Pool Night</p>	<p>11</p> <p>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 Cardio, Strength, and Balance (CSB) \$3 1:00 BINGO 1:00 Underground Railroad 1:00 Chess 1:00 Learn to Play Cribbage 1:00 Quilting</p>	<p>12</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 12:00 Meet Milton Hershey 1:00 Pokeno 1:00 Senior Scribblers 1:00 Bereavement Support 4:00 Alzheimer's Support</p>	<p>13</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 11:00 Homecare 101 11:15 Cardio, Strength, and Balance (CSB) \$3 12:00 Low Vision Support 1:00 Low Vision Technology 1:00 BINGO 1:00 Tai Chi \$3 1:00 Ailments of the Heart 1:00 Open Art Studio 1:00 Cribbage 4:00 Pool Night</p>	<p>14</p> <p>Cafe Closed</p> <p>9:30 Simply Fit \$3 10:00 Wood Carving Group 10:00 Political Discussion 10:45 Hand & Foot Game 11:00 Monthly Party: Love & Kindness \$6 12:30 T.O.P.S. 1:00 Pokeno 1:00 Biochemistry of Love 1:00 Diamond Art 2:00 Silvertones Singing</p>

February 2025 Calendar

Franklin Senior Center

09

<p>17 Closed</p> 	<p>18 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 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>19 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 Asthma Care 1:00 Pokeno 1:00 Memory Cafe 2:00 Thriving Solo 7:00 Town of Franklin Joint Budget Subcommittee (Session #3)</p>	<p>20 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 11:00 Navigating ADLs 11:15 Cardio, Strength, and Balance (CSB) \$3 1:00 BINGO 1:00 Tai Chi \$3 1:00 Craft Corner 1:00 Cribbage 4:00 Pool Night</p>	<p>21 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 1:30 COA Meeting 2:00 Silvertones Singing</p>
<p>24 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: Marshall 4:00 Pool Night</p>	<p>25 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 \$3 1:00 BINGO 1:00 Drum Circle 1:00 Chess 1:00 Learn to Play Cribbage 1:00 Audio Book Club 1:00 Quilting 2:00 Rainbow Cafe</p>	<p>26 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 Back to Business 12:00 Bridge 1:00 Pokeno 1:00 Scribblers at Studio 1:00 Bereavement Support 1:30 Karaoke 4:00 Alzheimer's Support 4:00 Bridging the Gap: Downsizing 4:00 Pizza & Movie Night: The Six Triple Eight \$3</p>	<p>27 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 Aim to Care 11:15 Cardio, Strength, and Balance (CSB) \$3 1:00 BINGO 1:00 Tai Chi \$3 1:00 Acrylic Paint Class \$3 1:00 Cribbage 2:30 More AI 4:00 Pool Night</p>	<p>28 Limited Breakfast 9:30 Simply Fit \$3 9:30 FOFE Meeting 10:00 Wood Carving Group 10:00 Political Discussion 10:45 Hand & Foot Game 11:00 Eat Around the World: South Korea \$6 12:30 T.O.P.S. 1:00 Pokeno 1:00 Diamond Art 2:00 Silvertones Singing</p>

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

10 Regular Programs

Franklin Senior Center

Program Descriptions

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

Franklin Q&A: Steve Sherlock from Franklin Matters provides updates on what's happened in town in the past month, then opens the floor to answer whatever questions you may have.

Silvertones Singing Group: This group sings together with piano accompaniment. Music is provided and no expertise necessary!

Learn to Play Cribbage: Hosted every week, this class is designed to teach you the basics of cribbage, and prepares you to enjoy playing with others.

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

Thursday, February 6 & 13
2:30 PM - 3:30 PM

More AI

Build upon what you've already learned about artificial intelligence (AI)!
Thurs, February 27 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 & FOFE

Franklin Senior Center

11

Franklin Senior Center Van

The Franklin Senior Center Van is available for rides Monday - Friday from 9:00 AM to 3:30 PM. To schedule a ride or get more info, call the center at 508-520-4945 and ask for Emily!

The FSC Van provides the senior community with transportation to a variety of locations including:

- Medical appointments
- Shopping trips
- Local errands
- Social events
- Senior Center activities
- and more!



Upcoming Van Trips:

Hopkinton Center for the Arts - Magic and Whimsy Gallery
Thursday, February 20, van departs the Senior Center at 10:20 AM

Artists Barney Levitt & Yulia Dvorah Shtern present vibrant and playful animal portraits, encouraging viewers to reflect on the role of the animal kingdom in daily life and efforts to protect the planet.

Van available to Franklin residents only. Flexible scheduling. Wheelchair and walker accessible. Drivers trained in assisting seniors and are equipped to handle mobility aids.

Friends of Franklin Elders – FOFE



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, February 28 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:

Sue Matto

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.

February 4 - United Service Organization's (USO) 84rd Birthday - Founded in 1941, the USO is a private, not-for-profit organization that raises morale and provides emergency contact, financial assistance, educational aid, live entertainment, care packages & more for American troops serving all over the world.

February 5 - Veterans' Monthly Coffee Social – 10:00 a.m. at the Franklin Senior Center. All Veterans are invited for coffee and conversation. The Norfolk County Sheriff's Office will join us for a brief discussion about Veterans' programs. Refreshments will be provided by our wonderful friends at Starbucks and the Sheriff's Office.

February 19 – Coast Guard Reserve's 86rd Birthday

February 20 - Veterans' Council Meeting - 7:00 p.m. at the Senior Center. All Franklin residents interested in Veterans' activities and events are welcome to join us!

The next engraved brick installation on the Veterans Memorial Walkway is scheduled to coincide with Memorial Day in May. An engraved brick (\$100 each) makes a great birthday or Mother's or Father's Day gift for your special Veteran or current military service member. Brick order forms are available in the Town Hall and Senior Center lobbies as well as on the Veterans' Services page on the Town web site. Thank you to all who have supported the Walkway Project!

The **Tune It Out guitar lessons program** for Veterans meets on Tuesdays at 5:30 p.m. at the Senior Center. No charge for lessons and no guitar experience is required. Guitars are available in the Veterans' Services Office.

The **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 the Veterans' Services Office to sign up for guitar or yoga.

Navy Veterans
Judy and Dick Hynes
with the Veterans'
Office Christmas tree
at the 2024 Winter
Wonderland event at
the Senior Center.



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

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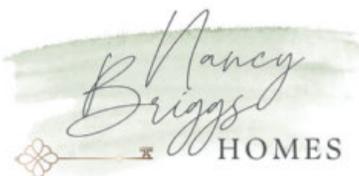
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Have you ever wondered what goes on during a FOFE meeting? Come and learn about the great ways FOFE supports our seniors and the center.

Please join us on Friday, February 28 at 9:30 AM at the Franklin Senior Center. We would love to hear your thoughts and ideas.

I hope to see you there,
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