

# THE FRANKLIN CONNECTION



Franklin Senior Center's Monthly Newsletter  
MAY 2025

## Franklin Senior Center

10 Daniel McCahill St  
Franklin, MA 02038

508-520-4945

[www.franklinma.gov/583/fsc](http://www.franklinma.gov/583/fsc)

## Office Hours

Monday – Friday

8:30 AM – 4:00 PM

Wed open until 5:30 PM

## Ben's Bounty Gift Shop

Monday – Friday

10:00 AM – 1:00 PM

## Common Grounds Cafe

Monday – Friday

Breakfast 8:30 AM – 10:00 AM

Lunch 11:30 AM – 1:00 PM

## Where's What?

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# MEMORIAL DAY

Monday, May 26, 2025

*We are grateful for the brave men and women who have served, and we appreciate their sacrifices and dedication to our nation.*

**This Memorial Day, watch the annual parade through town hosted by our Franklin Veterans' Organizations. See page 12 for details.**

Spring is in full bloom, and with it comes a fresh month filled with exciting activities and special events to connect with friends, both old and new! As the days grow warmer, we encourage you to step outside and enjoy our new pavilion, soak in the sunshine, and make the most of everything our center has to offer. There are so many things to celebrate this month, including: Cinco de Mayo First Responder Appreciation Lunch, Eat Around the World Australia, the Veterans' Memorial Day Breakfast, the Senior Players performances, the Wood Carver's Annual Showcase, and start getting ready for the 2025 Senior Olympics in June!

–Chasity Cheng, Deputy Director

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# WHAT'S NEW?

## Franklin Senior Center

# 03

### Volunteer Spotlight



Next-up on the Spotlight, our spectacular Sunshine volunteer, Barbara Goguen!

A long-time Franklin resident, Barbara has dedicated her life to serving others. With work experience in both memory and traditional care, she has been a committed volunteer at our center for over six years!

As an aid to the Sunshine Club, she works with the group at least once a week. Her cheerful smile and love for laughter make her a wonderful fit for the Sunshine group. Barbara's patience, thoughtfulness, and devotion contribute so much to the Senior Center, and we are endlessly thankful.

Next time you see Barbara, say hello!

## LET'S TALK SPORTS

EVERY MONDAY  
AT 10:30 AM



AN INFORMAL  
DISCUSSION GROUP FOR  
BOSTON SPORTS FANS

## Learn Texas Hold'Em



Minimum seven participants required for class to run.

EVERY MONDAY AT 10:30 AM

## Watercolor Class

Wed, June 4, 11, & 18  
3 PM - 5 PM

\$75

Fee includes all three classes and all materials!

Registration is required IN-PERSON, and payment is due at that time, no refunds.

Minimum six participants required or class will be cancelled.

Sign-up starting May 1!



Thurs, May 15  
at 10 AM

Van & Pavilion  
Ribbon Cutting Ceremony

## ZENTANGLE ART CLASS

Fee includes the class and all materials!

Registration required IN-PERSON, and payment is due at that time, no refunds.

Minimum six participants required or class will be cancelled.

\$25

WED, JUNE 25, 3 PM - 5 PM

SIGN-UP STARTING MAY 1!

## 2025 SENIOR OLYMPICS

SAVE THE DATE!

JUNE 16-27

RESERVE YOUR SHIRT SIZE TODAY!

# 04 SUPPORT CORNER

## Franklin Senior Center

### Dementia & Alzheimer's

**Sunshine Club:** The Senior Center hosts a daily Supportive Day Program, known as the Sunshine Club. This program provides a structured, supervised environment for older adults facing challenges such as 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 information on the Sunshine Club, contact Kathleen or Amanda at (508) 520-4945



**Alzheimer's Support Group:** This group is tailored to supporting caregivers providing for their loved ones with dementia or Alzheimer's. Receive tips and education, as well as emotional and social support. The group meets the second & fourth Wednesday of each month at 4:00 PM.

**Memory Cafe:** Join us on **Wednesday, May 21 at 1:00 PM** for this month's Memory Cafe! Live entertainment featuring Matt Zajac.

Memory Cafes 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](mailto:adoggett@franklinma.gov)

This Memory Cafe is supported in part by a generous grant from the Franklin Cultural Council, a local agency supported by the MA Cultural Council, a state agency.

Refreshments are graciously provided by Benchmark Senior Living at Forge Hill.



### Health & Wellness

The Senior Center provides basic healthcare with our Health & Wellness Nurse. Services include blood sugar testing, blood pressure testing, pulse oximetry 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 the Newsletter (Conference Call)

Tuesday, May 6 at 1:00 PM

### Low Vision Support Group: Anatomy of the Eye

Thursday, May 8 at 12:00 PM

### Assistive Technology: Ray-Ban Smart Glasses

Thursday, May 8 at 1:00 PM

### Audio Book Club (Conference Call)

Tuesday, May 27 at 1:00 PM

This Month's Book: The Women by Kristin Hannah



**Conference Call  
Phone #:  
(508) 206-8603**

**Low Vision 1-on-1 appointments available! Call Dave Dunham, MABVI AT Deputy Director, at (508) 519-0411 to schedule**



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# 06 MAY PROGRAMS

## Franklin Senior Center

Sign-up today!

### First Responder Appreciation Lunch

#### Cinco de Mayo Burrito Bowls



Only 50 spots available,  
call to sign-up!

Mon, May 5 at 11:30, \$5

### Pizza & Movie Night



Wed, May 7 at 4:00, \$3

### Eat Around the World



This month: **Australia**

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

Fri, May 16 at 11:00, \$6

#### Mock-a-Rita & Salsa Dance Lesson – Monday, May 5 at 12:30 PM

Margarita mocktails, chips & salsa, dessert, and dancing! Peter Sabasino from “So You Think You Can Dance” will teach us how to Salsa! Sponsored by The Enclave.

#### Senior Players Performance – Tuesday, May 6 & Friday, May 9 at 10:45 AM

Life is full of drama! Watch the Senior Players perform a few short stories.

#### Managing Stress – Thursday, May 8 at 11:00 AM

Join Gabrielle from Advanced Home Care for an educational seminar to teach you effective strategies for managing stress, as well as anxiety and depression.

#### Craft Corner – Thursday, May 8 at 1:00 PM

Join Jean in the craft room as she illustrates how to make a fun, easy craft!

#### The Pelvic Floor – Monday, May 12 at 11:00 AM

Licensed Physical Therapist from Revitalife PT will discuss the pelvic floor. Learn it's functions and some strategies to manage dysfunctions. Refreshments served!

#### Tech Assistance – Tuesday, May 13 at 9:30 AM

Bring your tech problems & questions! Rich will go over any tech issues you have.

#### Managing the Downsizing Challenge – Tuesday, May 13 at 1:00 PM

Local Realtor Brian Wotton specializes in assisting retirees and seniors! He will speak on how to approach and overcome challenges that occur with downsizing.

#### Medicare 101 – Wednesday, May 14 at 1:00 PM

Learn more about Medicare Advantage plans that are available in Massachusetts. Hosted by Mass General Brigham Health Plan.

#### Van & Pavilion Ribbon Cutting – Thursday, May 15 at 10:00 AM

Join our town officials in unveiling the Senior Center van and outdoor pavilion!

#### Let's Talk FSC Budget – Monday, May 19 at 9:30 AM

Join Sarah and Chasity to discuss the Senior Center Budget. Learn where our funding comes from, what our expenses are, and what possible municipal cuts could look like for the Senior Center beginning in July 2025.

#### Neuroplasticity – Tuesday, May 20 at 1:00 PM

Neuroplasticity is the brain's ability to reorganize itself by forming new neural connections throughout life. Hosted by neuroscientist Kymberlee O'Brien.

#### FSC Garden Club Planting Party – Wednesday, May 21 at 10:00 AM

Join us planting outside in our garden beds for the 2025 growing season!

#### Breathe Easier with Halotherapy – Wednesday, May 21 at 1:00 PM

An informative talk about the benefits of salt therapy. Discover how this practice can help with breathing, inflammation, allergies, stress relief, and skin health.

#### Soap Making Class – Thursday, May 22 at 11:00 AM

Jillian will teach how to make a bar of soap with your choice of fragrance & color!

#### Acrylic Paint Class – Thursday, May 22 at 1:00 PM – \$3

Join Kathy as she teaches you how to create artwork with acrylic paint!

#### Money Management – Wednesday, May 28 at 1:00 PM

Learn practical tips to manage your money, set financial goals, and make informed decisions for your financial future. Gain insights to take control of your finances.

#### Is it Spam? – Thursday, May 29 at 9:30 AM

Staying safe with technology, how to identify spam on your computer or phone!

# MORE MAY PROGRAMS

Franklin Senior Center

# 07

## Mock-A-Ritas & Salsa Dance Lesson



Mon, May 5  
at 12:30 PM



Sponsored by:



THE ENCLAVE  
— OF FRANKLIN —  
SENIOR LIVING



## Managing Stress

DATE: THURS, MAY 8

TIME: 11:00 AM

## Wood Carver's Annual Showcase

Friday, May 9 at 10 AM

Franklin Senior Center

## GARDEN CLUB Planting Party



WED, MAY 21  
AT 10 AM

## THE PELVIC FLOOR



MON, MAY 12 AT 11 AM

BREATHE EASIER WITH HALOTHERAPY

WED, MAY 21 AT 1 PM



## MONEY MANAGEMENT

MAY 28 AT 1 PM

# 08

# MAY 2025 CALENDAR

## Franklin Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Haircuts</b> men's and women's cuts Mondays and Tuesdays Call 508-520-4945 for an appointment!</p> 	<p><b>Nail Appointments</b> manicures, pedicures, nail trims every other Tuesday Call 508-520-4945 for an appointment!</p> 		<p><b>01</b> 9:00 Cribbage 9:30 Low Impact Exercise \$3 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 Open Art Studio 1:00 Caregiver Support 1:00 Cribbage 4:00 Pool Night 5:30 Acoustic Jam Session</p>	<p><b>02</b> 9:30 Simply Fit \$3 9:30 Hand &amp; 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><b>05 Limited Breakfast</b> 9:30 Steve Avellino PT 9:30 Italian Novel Reading 10:00 Poker 10:30 Let's Talk Sports <b>10:30 Learn Texas Hold'Em</b> 1:00 Line Dancing \$3 <b>11:30 First Responder Appreciation Lunch \$5</b> 12:30 American Mah Jong <b>12:30 Mock-a-Ritas &amp; Salsa</b> 1:00 Trivia 1:00 Chair Volleyball 1:00 Page Turners Book Club The Heaven &amp; Earth Grocery Store by James McBride 4:00 Pool Night</p>	<p><b>06</b> 9:00 Cribbage 9:30 Low Impact Exercise \$3 9:30 Busy Bees Craft Group 9:30 Hand &amp; Foot Game <b>10:45 Senior Players Performance</b> 11:15 Cardio, Strength, and Balance (CSB) \$3 1:00 BINGO <b>1:00 Audio Reading of May's Newsletter</b> 1:00 Chess 1:00 Learn to Play Cribbage 1:00 Quilting</p>	<p><b>07</b> 9:00 Bocce 9:00 Walking Group <b>10:00 Vets Coffee Social</b> 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 <b>3:00 Watercolor \$75/series</b> <b>4:00 Pizza &amp; Movie Night</b> <b>A Complete Unknown \$3</b></p>	<p><b>08</b> 9:00 Cribbage 9:30 Low Impact Exercise \$3 10:00 Discussion Group 10:15 Bible Study <b>11:00 Managing Stress</b> 11:15 Cardio, Strength, and Balance (CSB) \$3 <b>12:00 Low Vision Support</b> <b>1:00 Assistive Technology</b> 1:00 BINGO 1:00 Tai Chi \$3 <b>1:00 Craft Corner</b> 1:00 Cribbage 4:00 Pool Night</p>	<p><b>09</b> 9:30 Simply Fit \$3 9:30 Hand &amp; Foot Game <b>10:00 Wood Carver's Annual Showcase</b> 10:00 Political Discussion <b>10:45 Senior Players Performance</b> 12:30 T.O.P.S. 1:00 Pokeno 1:00 Diamond Art 2:00 Silvertones Singing</p>
<p><b>12</b> 9:30 Steve Avellino PT 9:30 Italian Novel Reading 10:00 Poker 10:30 Let's Talk Sports <b>10:30 Learn Texas Hold'Em</b></p>	<p><b>13</b> 9:00 Cribbage 9:30 Low Impact Exercise \$3 <b>9:30 Tech Assistance</b> 9:30 Busy Bees Craft Group 9:30 Hand &amp; Foot Game</p>	<p><b>14</b> 9:00 Bocce 9:00 Walking Group 10:00 Chair Yoga \$3 10:00 Knitting 10:00 Scrabble 10:00 Asian Mah Jong</p>	<p><b>15</b> <b>8:30 Coffee Hour with State &amp; Local Officials</b> 9:00 Cribbage 9:30 Low Impact Exercise \$3 10:00 Discussion Group</p>	<p><b>16 Limited Breakfast</b> <b>9:00 FOFE Meeting</b> 9:30 Simply Fit \$3 9:30 Hand &amp; Foot Game 10:00 Wood Carving Group 10:00 Political Discussion</p>

# MAY 2025 CALENDAR

## Franklin Senior Center

# 09

<p><b>12 continued</b></p> <p>11:00 Line Dancing \$3  <b>11:30 The Pelvic Floor</b>          12:30 American Mah Jong          1:00 Trivia          1:00 Chair Volleyball          1:15 Movie Matinee:          Letters to Juliet          4:00 Pool Night</p>	<p><b>13 continued</b></p> <p>11:15 CSB \$3          1:00 BINGO          1:00 Chess  <b>1:00 Managing the Downsizing Challenge</b>          1:00 Learn to Play Cribbage          1:00 Quilting</p>	<p><b>14 continued</b></p> <p><b>11:00 Mobile Food Pantry</b>          11:00 Cardio Fusion \$3          12:00 Bridge          1:00 Pokeno  <b>1:00 Medicare 101</b>          1:00 Senior Scribblers          1:00 Bereavement Support  <b>3:00 Watercolor \$75/series</b>          4:00 Alzheimer's Support</p>	<p><b>15 continued</b></p> <p><b>10:00 Van &amp; Pavilion Ribbon Cutting Ceremony</b>          10:15 Bible Study          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><b>16 continued</b></p> <p><b>11:00 Eat Around the World: Australia \$6</b>          12:30 T.O.P.S.          1:00 Pokeno          1:00 Diamond Art  <b>1:30 COA Meeting</b>          2:00 Silvertones Singing</p>
<p><b>19</b></p> <p>9:30 Steve Avellino PT  <b>9:30 Let's Talk FSC Budget</b>          9:30 Italian Novel Reading          10:00 Poker  <b>10:00 Pottery Painting Trip</b>          10:30 Let's Talk Sports  <b>10:30 Learn Texas Hold'Em</b>          11:00 Line Dancing \$3          12:30 American Mah Jong          1:00 Trivia          1:00 Chair Volleyball          1:15 Movie Matinee:          Operation Mincemeat          4:00 Pool Night</p>	<p><b>20</b></p> <p>9:00 Cribbage          9:30 Low Impact Exercise \$3          9:30 Busy Bees Craft Group          9:30 Hand &amp; Foot Game          11:15 CSB \$3          1:00 BINGO          1:00 Chess  <b>1:00 Neuroplasticity</b>          1:00 Learn to Play Cribbage          1:00 Quilting</p> <p><b>Hearing Clinic &amp; Legal Clinic today!</b>  <b>Appointment required</b></p>	<p><b>21</b></p> <p>9:00 Bocce          9:00 Walking Group          10:00 Chair Yoga \$3          10:00 Knitting  <b>10:00 Garden Planting Party</b>          10:00 Scrabble          10:00 Asian Mah Jong          11:00 Cardio Fusion \$3          11:00 Franklin Q&amp;A          12:00 Bridge  <b>1:00 Breathe Easier with Halotherapy</b>          1:00 Pokeno  <b>1:00 Memory Cafe</b>  <b>3:00 Watercolor \$75/series</b></p>	<p><b>22</b></p> <p>9:00 Cribbage          9:30 Low Impact Exercise \$3          10:00 Discussion Group          10:15 Bible Study  <b>11:00 Soap Making Class</b>          11:15 CSB \$3          1:00 BINGO          1:00 Tai Chi \$3  <b>1:00 Acrylic Paint Class \$3</b>          1:00 Cribbage          4:00 Pool Night</p>	<p><b>23</b></p> <p><b>Cafe Closed</b></p> <p><b>9:00 Veterans' Department Memorial Day Breakfast</b>          9:30 Simply Fit \$3          9:30 Hand &amp; 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><b>26 Closed</b></p> 	<p><b>27</b></p> <p>9:00 Cribbage          9:30 Low Impact Exercise \$3          9:30 Busy Bees Craft Group          9:30 Hand &amp; Foot Game          11:15 CSB \$3          1:00 BINGO          1:00 Chess  <b>1:00 Audio Book Club</b>          1:00 Learn to Play Cribbage          1:00 Quilting  <b>2:00 Rainbow Cafe</b></p>	<p><b>28</b></p> <p>9:00 Bocce          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          12:00 Bridge          1:00 Pokeno  <b>1:00 Money Management</b>          1:00 Scribblers at Studio          1:00 Bereavement Support  <b>2:00 Karaoke</b>  <b>3:00 Zentangle Art \$25</b>          4:00 Alzheimer's Support</p>	<p><b>29</b></p> <p>9:00 Cribbage          9:30 Low Impact Exercise \$3  <b>9:30 Is it Spam?</b>          10:00 Discussion Group          10:15 Bible Study          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><b>30</b></p> <p>9:30 Simply Fit \$3          9:30 Hand &amp; 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>

# 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!

**Knitting:** All knitters and crocheters welcome! Work on your own project, team up with the group, and enjoy the community of creators. Join the group in the craft room Wednesdays at 10:00 AM.

**Acoustic Jam Session:** Join musician Charlie Brewer, bring your guitar and jam out with the group! All skill levels and abilities are welcome. Hosted at the Senior Center the first Thursday every month at 5:30 PM.

**Bridge:** A trick-taking card game for 4 players, played in 2 partnerships, where the goal is to score points by winning tricks. New players or seasoned experts welcome! Wednesdays at 12:00 PM.

### PAGE TURNERS BOOK CLUB

The Senior Center Book Club is looking for more members! Group meets on the first Monday each month at 1:00 PM.

**BOOK FOR JUNE 2<sup>ND</sup> MEETING:  
HAMNET BY MAGGIE O'FARRELL**

## Karaoke

Grab the mic and join your friends for an afternoon singing at the Senior Center!



**WED, MAY 28 AT 2:00 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 a stroll!

#### 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

# FSC VAN & DAY TRIPS

Franklin Senior Center

# 11

## Senior Center Van

The Franklin Senior Center Van is available for rides Monday – Friday from 9:00 AM to 3:30 PM. To schedule, call the center and ask for Emily!

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

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



Trips must be scheduled 48 hours in advance.

Van is available to Franklin residents only.

Flexible scheduling. Wheelchair and walker accessible.

Drivers are trained in assisting seniors and are equipped to handle mobility aids.

## Senior Center Van Trip

MON, MAY 19

BUS DEPARTS FSC AT 10 AM

## Paint your own Pottery

Hop on the van and head to *The Pottery Place* in Medfield! Pick out a ceramic piece to paint in the studio.

Member pays for their ceramic piece and their lunch, van ride is free.

Lunch to follow after at *Noon Hill Grill*

# UPCOMING DAY TRIPS

SIGN-UP AT THE SENIOR CENTER TODAY!

## STRAWBERRY FESTIVAL & BBQ WITH JOHNNY CASH TRIBUTE SHOW

WED, JUNE 11, SUMMIT VIEW PAVILION, HOLYOKE MA  
BUS DEPARTS 9:45 AM, RETURNS APPROX 5:15 PM  
BBQ RIBS, MAC & CHEESE, HOT DOGS, BURGERS

\$134



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# 12 VETERANS' CORNER

## Franklin Senior Center



The Town of Franklin Department of Veterans' Services offers assistance to any Franklin resident who has served the country in the United States Armed Forces and who may be entitled to receive benefits from local, state, or federal agencies. Our department also serves spouses and dependents of Veterans who reside in Franklin. Our goal is to provide services with the dignity and respect our Veterans have earned through their service to our country.

**May 7 – Veterans' Coffee Social** – 10:00 AM at the Senior Center. All Veterans are welcome to join us for updates, coffee and conversation! Socials are held the first Wednesday of every month.

**May 9 – Military Spouse Appreciation Day** – This date recognizes the services and sacrifices of military spouses. Thank you to all military spouses for your love, loyalty and support!

**May 15 – Veterans' Council/Memorial Day Parade Meeting** – 7:00 PM at the Senior Center. All members of the community interested in Veterans' activities are invited. Parade volunteers are needed.

**May 17 – Armed Forces Day** – An annual holiday observed to pay tribute to men and women currently serving in the U.S. Armed Forces. Thank you to all members of the U. S. Military. We salute you for your service and sacrifices!

**May 23 – Memorial Day Breakfast** – 9:00 AM – 11:00 AM at the Senior Center. Please RSVP by Friday, May 9. Veterans will be given first preference.

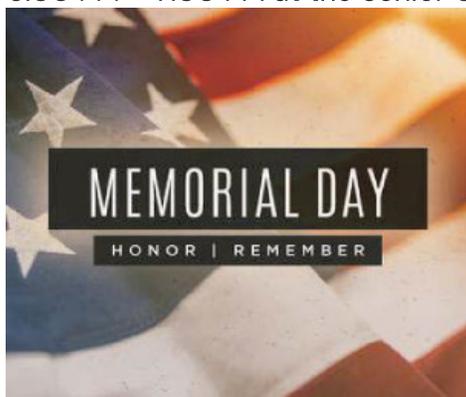
**May 26 – Memorial Day** – Honors the men and women who died while serving in the U.S. Military. The Memorial Day Parade will begin at 11:00 AM. We will start at Horace Mann School, right onto Oak Street, continue onto Daniel McCahill Street, continue onto Union Street, left onto West Central Street, left onto Emmons Street, left onto Main Street, and ending on the Town Common, where a Memorial Day Ceremony will be held at 12:00 PM. If any Veteran would like to participate in the parade, please contact our office.

**Veterans Memorial Walkway** – The May installation of engraved bricks on the Walkway will be completed by Memorial Day. Thank you to all who've supported this project by honoring their special U.S. Service Members with a brick. The next installation will be in November to coincide with Veterans' Day. Brick order forms are available in the Town Hall and Senior Center lobbies and on the Veterans' Services page on the Town website.

Please let our office know if you or a family member (residing in Franklin) is a **Purple Heart** recipient. National Purple Heart Day is celebrated on August 7 every year.

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! Call our office for details.

The **Warrior Within Yoga** program for Veterans and First Responders meets on Thursdays from 6:00 PM – 7:00 PM at the Senior Center. Call our office to sign up!



### Department of Veterans' Services

(508) 613-1315

[www.franklinma.gov/335/Veterans-Services](http://www.franklinma.gov/335/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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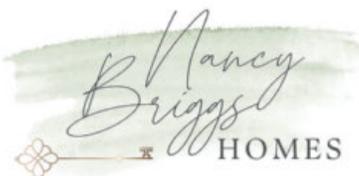
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Franklin Senior Center, Franklin, MA 06-5389

# 14 FRIENDS OF FRANKLIN ELDERS

## 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, May 16 at 9:00 AM. The public is welcome to attend.**

### DONATIONS TO FOFE

John Jeffreery Ritter  
Mary Lee Bradley  
Karen Merriam  
Hilary Perry  
Mara Downie  
Anthony & Joyce Dasilva  
Frank & Denise Coughlin  
Charles Maguire  
John Turke

### DONATIONS TO FRANKLIN SENIOR CENTER

Ethal L. Paniss  
The Robert Catalano Living Trust  
Pasqualina Pagliocca  
Ann & Jim Morash in Memory of Linda Koplin  
Ann & Jim Morash in Memory of Mona Ghiringhelli

### IN HONOR OF

John Turke in Honor of John A. Turke, Evelyn K. Turk

### IN MEMORY OF

Cathy Cargill Koch in Memory of David Cargill  
Beverly Carroll in Memory of Franky & Danny McCarthy  
Marie Dalo in Memory of Joseph Guirate & Florence Carlino  
Lynne Malat in Memory of Doris & Al Malat  
Kathleen & Martin Kenzerski in Memory of Mr. & Mrs. Louis M. Creasia  
Charles Maguire in Memory of Jane Maguire  
John Turke in Memory of Catherine A. Turke

### FOFE OFFICERS:

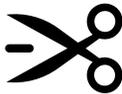
JoAnn Wright, President | Nan Rafter, Vice President  
Pam Spicer, Treasurer | Margie Lane, Secretary

### MEMBERS:

Eileen Burnard, Pat Donnelly, Julie Garilli, Karen Juhl,  
Paula Lombardi, Jan Prentice, Jean Tolland

### ASSOCIATES:

Sue Matto, Kathy Lesica



**Friends of Franklin Elders**  
Memorial / Honor Donation

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Your Address \_\_\_\_\_  
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In Memory / In Honor Of \_\_\_\_\_  
\_\_\_\_\_

**Mail to:**  
Friends of Franklin Elders, Inc.  
10 Daniel McCahill St, Franklin MA 02038

### A Message from FOFE President

DO YOU WANT TO BECOME A MEMBER OF FOFE'S BOARD TO HELP FUNDRAISE FOR THE SENIOR CENTER?

FOFE is on a mission to find three associates to join our board who have experience in fundraising or would like to help out with FOFE's board fundraising events. The FOFE Board is making a real difference and we need more people to join us in this important work.

If you are interested in finding out more about being an associate and helping out the Franklin Senior Center's financial needs, please join us on Friday, May 16th at 9:00 AM at the Franklin Senior Center.

I hope to see you there, JoAnn Wright, President



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Secretary.....Phyllis Malcolm

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Line Cook.....Marilyn Howe  
Van Driver.....Kathy Lewis  
Van Driver.....Russ Pratt  
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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 the Friends of Franklin Elders.

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