

THE FRANKLIN CONNECTION



Franklin Senior Center's Monthly Newsletter
JUNE 2025

Franklin Senior Center

10 Daniel McCahill St
Franklin, MA 02038

508-520-4945

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

2025 SENIOR OLYMPICS JUNE 16-27

SEE PAGE 11 FOR FULL DETAILS



Where's What?

Pg 1: Director's Message

Pg 3: What's New?

Pg 4: Support Corner

Pg 5: Low Vision Corner

Pg 6: June Presentations

Pg 7: More June Presentations

Pg 8 & 9: June Calendar

Pg 10: FSC Van & Day Trips

Pg 11: Senior Olympics Sign-Up

Pg 12: Senior Olympics Waiver

Pg 14: Veterans & FOFE

Summer is here, and there's no better way to kick it off than with our annual Senior Olympics! From bocce and basketball to trivia and axe throwing, there's something for everyone—whether you're in it to compete or just to cheer on your friends. We have a variety of events off-site this year; please make use of our van if needed! The games run from June 16–27, ending with a festive Cookout and Ice Cream Truck at our Closing Ceremony. See page 11 to register & secure your spot!

We're also excited to announce that we've launched MyActiveCenter, a new tool that allows you to sign up for Senior Center programs online. At this time, only free events are available, but paid programs will be added soon. To sign-up, visit www.myactivecenter.com/signup

Beginning July 1, some program and service fees will increase slightly. We've made every effort to keep these changes minimal. If you're experiencing financial hardship, please reach out—confidential support is available. See page 3 or the front page of our website for more details. We look forward to a season filled with connection, celebration, and community. See you at the Center!

–Sarah Amaral, Senior Center Director

Complimentary Hearing Clinic at the Franklin COA!
Please Call for Clinic Dates and Times



Call Today to Schedule a Complimentary Hearing Test:

Franklin COA – 508-520-4945

Lauren Warburton – 508-375-5314

Board Certified Hearing Instrument Specialist, Lic. #275
www.athomehearinghealthcare.com

Most Insurances Accepted

SALMON
HEALTH & RETIREMENT
THE WILLOWS | WHITNEY PLACE



LUXURY living
WITH SALMON AT MEDWAY

Call **508-533-3300** today to learn how you can experience the unparalleled lifestyle.

44 WILLOW POND CIRCLE | MEDWAY, MA 02053

\$20 OFF CLEANOUT COUPON
Junk it Now! us.

WE LOAD & TAKE EVERYTHING!

"We empty - the Junk Bag"

1-855-533-JUNK (5865)

www.junkitnow.us

Call Tom Cell 508-308-2279

CALL FIRST/TEXT LATER



SUCCESS STAFFING AGENCY
sstaffingagencyllc@gmail.com
774-277-9330

- Recruiting of healthcare workers
- Provision of 24 hour care, personal care
 - Activities of daily living
 - Errands and transportation
- Companionship • Home exercises
 - Light house keeping
 - Escort to activities



ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

To advertise here visit Ipicommunities.com/adcreator

BIG SAVINGS!

OIL, LUBE & FILTER

ONLY \$39⁹⁵ +Tax

UP TO 5 QTS. 5W-30 OIL, NEW FILTER, LUBE CHASSIS FITTINGS, TOP OFF MAJOR FLUIDS, 14-PT. SAFETY CHECK

Most cars & light trucks, With coupon, not valid with any other offer. Expires 12/31/25

Full Synthetic OIL, LUBE & FILTER

ONLY \$59⁹⁵ +Tax

UP TO 5 QTS. 5W-30 OIL SUNOCO SYNTHETIC OIL, NEW FILTER, LUBE CHASSIS FITTINGS, TOP OFF MAJOR FLUIDS, 14-PT. SAFETY CHECK

Most cars & light trucks, With coupon, not valid with any other offer. Expires 12/31/25

SUMMER SPECIAL

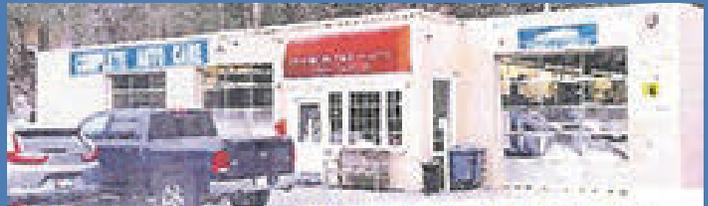
COOLANT FLUSH, OIL CHANGE, TIRE ROTATION - ANY CAR - \$175



COMPLETE SERVICE FACILITY

OPEN HOURS: MON - FRI: 8AM-6PM / SAT BAM - 2PM
278 Pleasant St, Franklin, MA 02038

5% SENIOR DISCOUNT



WE FIX EVERYTHING!

- TUNE-UPS
- TIMING BELT REPLACEMENT
- TIRE SALES & REPAIR
- STARTERS
- WATER PUMPS
- BATTERIES
- TROUBLESHOOT CHECK ENGINE LIGHTS
- BRAKE & ROTORS
- EXHAUST/MUFFLER
- SUSPENSION
- TRANSMISSION WORK

FREE OIL CHANGES/ WITH FULL BRAKE AND ROTORS FRONT & BACK
Expires 12/31/25

\$20 OFF/ FULL TUNE-UPS
Expires 12/31/25

\$20 OFF/ FOUR NEW TIRES
Expires 12/31/25



WHAT'S NEW?

Franklin Senior Center

03

Volunteer Spotlight



We're excited to feature the wonderful **Joe Crisafulli** in this month's Volunteer Spotlight!

Joe has been a volunteer at the Senior Center for the past six years. Every month, he takes the lead on our newsletter mailing, so there's a good chance he even folded the very newsletter you're reading! He also ensures the newsletters get to the Post Office for us.

Additionally, Joe maintains our library, keeping the books and donations organized. Many of you will recognize Joe's cheerful voice calling out numbers during Tuesday BINGO. He even volunteers his vocal talents for the Charter School's annual BINGO event sponsored by FOFE.

Joe is a valued friend to everyone at our center. He's a Veteran and a father who is deeply devoted to helping our community. His commitment, reliability, and good humor make him an invaluable asset to our Senior Center.

Next time you see Joe, stop and say hello!



TOWN of
FRANKLIN
SENIOR CENTER &
THE COUNCIL ON AGING

WE'RE LOOKING FOR A COA BOARD MEMBER

Apply
Today!

The Franklin Council on
Aging Advisory Board is
looking for a new member!

3 year commitment
The COA meets on the third
Friday of each month at 1:30 PM

Contact Sarah Amaral for more info
(508) 520-4945
samaral@franklinma.gov

Senior Center Fees

While many Senior Center programs are free of charge, please see below for offerings that do require a fee. These fee changes will be effective **July 1, 2025**.

Senior Center Van

- Franklin Rides & Local Medical Rides **free**
- within 15 mile radius **\$4 Round Trip**
- Boston/Worcester Rides **\$10 Round Trip**

Fitness Classes

- Regular Classes **\$4**
- Physical Therapy **\$42 per 6-week series**

Supportive Day Program

- **\$75 per day** (financial assistance may be available)

Social Events

- Eat Around the World **\$10**
- Pizza & Movie Night **\$4**
- Monthly Party **\$10**

Common Grounds Cafe

- Breakfast & Lunch **\$1 - \$6**

Full list of fees available: www.franklinma.gov/583/fsc

Watercolor Class

Wed, July 2, 9, & 16

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.

Beginner and Intermediate Class! Continue your skills.

Sign-up starting June 1!

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, JULY 30, 3 PM - 5 PM

SIGN-UP STARTING JUNE 1!

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.

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, June 18 at 1:00 PM** for this month's Memory Cafe! Live entertainment featuring PE James.

Memory Cafes are safe and inviting spaces for people experiencing memory loss, as well as for their families and caregivers. Join us for an hour of music, conversation, refreshments, and meaningful engagement. RSVP to Ariel at (508) 520-4945 or 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 Massachusetts 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

05

Franklin Senior Center

Audio Reading of the Newsletter (Conference Call)

Tuesday, June 3 at 1:00 PM

Low Vision Support Group

Kick off summer with an ice cream social!
After this meeting, Low Vision Support will be on break until September.

Thursday, June 12 at 12:00 PM

Low Vision Assistive Technology

Thursday, June 12 at 1:00 PM

Audio Book Club (Conference Call)

Tuesday, June 24 at 1:00 PM

This Month's Book: The Good Earth by Pearl S. Buck



Conference Call
Phone #:
(508) 206-8603



VOTED THE BEST APPLIANCE STORE IN SOUTHERN MA & NORTHERN RI

FOR OVER 50 YEARS WE HAVE SERVED THE APPLIANCE NEEDS OF THE SURROUNDING COMMUNITIES. AS A FAMILY OWNED AND OPERATED BUSINESS WE UNDERSTAND THE IMPORTANCE OF SUPPORTING OUR COMMUNITY.

BROKEN APPLIANCE?
OUR FACTORY TRAINED SERVICE TECHNICIANS ARE THE BEST IN HOME APPLIANCE REPAIR
READY TO REPLACE?
OUR EXPERIENCED TEAM OF EXPERTS HELP YOU FIND THE BEST APPLIANCE TO SUIT YOUR NEEDS

SCAN THE QR CODE TO THE RIGHT FOR OUR QUICK LINKS WEBPAGE TO SCHEDULE SERVICE, VIEW PRODUCTS, POST REVIEWS, OR REQUEST ASSISTANCE.



331 MAIN ST, MILFORD, MA, 01757
508-473-1309
WWW.FRANKSAPPLIANCE.COM



Choose
CareOne at Sharon

A leading provider of assisted living and memory care services in Massachusetts



Eileen Mason
REALTY

today's dream - tomorrow's reality

(508) 330-4234
• Senior Residential Specialist
• Notary

eileenmason@remax.net
308 West Central Street
Franklin, MA 02038
<https://eileenmason.remax.com>



Located in **Sharon, Massachusetts**, our facility is committed to delivering the highest quality of life for residents through **connection, compassion, and personalized care**, ensuring maximum safety and independence.



Scan QR code to learn more about our facility and programs

Call us today to make a referral or to receive more information at (781) 784-0111

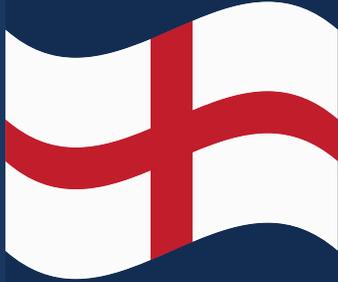
CAREONE
At Sharon
1782-784-0111 • 475 South Main Street
Sharon, MA 01350

06 MONTH PROGRAMS

Franklin Senior Center

Sign-up today!

Eat Around the World

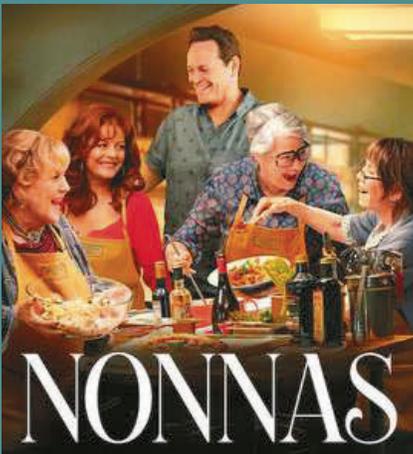


This month: **England**

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

Fri, June 13 at 11:00, \$6

Pizza & Movie Night



Wed, June 18 at 4:00, \$3

Monthly Party

Senior Olympics Closing Ceremony



Cookout & Ice Cream Truck!
See page 11 for full details

Fri, June 27 at 11:00

FSC Garden Club – Wednesday, June 4, 11, 18, & 25 at 10:00 AM

Join us every Wednesday during the growing season to weed, water, and harvest!

Karaoke – Wednesday, June 4 at 2:30 PM

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

Horace Mann Middle School Poetry Reading – Friday, June 6 at 12:15 PM

Join Franklin's middle school students to hear the poetry they've written this year!

Let's Talk Tech – Tuesday, June 10, 17, & 24 at 9:30 AM

Bring your tech problems! Rich will assist with any tech questions or device issues.

Directors Coffee Hour – Tuesday, June 10 at 9:30 AM

Join Sarah and Chasity for coffee, conversation, & the latest Senior Center scoop!

Fyzical Therapy – Tuesday, June 10 at 11:00 AM

Learn to identify the root cause of your imbalance to help restore your physical stability and coordination while regaining your control and independence.

Finance 101 – Tuesday, June 10 at 1:00 PM

Learn how to make informed decisions about your financial future and ensure your loved ones are prepared. Presented by Vicki Larson, Loan Officer at Guild Mortgage.

Planning for Medicare – Wednesday, June 11 at 11:30 AM

Are you approaching Medicare eligibility? Join reps from Blue Cross Blue Shield of MA to learn all about Medicare, the enrollment timeline, Medigap & Medicare Advantage plans, COBRA, and programs available to early retirees.

Intro to Belly Dancing – Wednesday, June 11 at 11:30 AM

Try something new and learn belly dancing basics with instructor Thalia Del Fuego!

Love Your Brain – Wednesday, June 11 from 3:00 PM – 5:00 PM

Presented by the Franklin Health Department. Meet with wellness providers for all ages and learn ten ways to love your brain. Program includes education on lowering your risk of dementia, an exercise demo by the YMCA, and giveaways!

The Awe Experience – Thursday, June 12 at 11:30 AM

Awe experiences are related to shifts in brain and body activity. Specifically, less thinking about ourselves and more about our shared humanity and larger life are the bases of Awe. Join us to discover the brain shifts and whether we can create Awe. With Neuroscientist Kymberlee O'Brien.

Memory Stones Craft – Thursday, June 12 at 1:00 PM

Join this free craft and learn how to make memory stones to honor your loved ones.

Zen Garden Craft – Thursday, June 12 at 1:00 PM

Jean will teach us to create a mini Zen garden for meditation and peace of mind!

Ice Cream Social – Tuesday, June 17 at 1:30 PM

Come in for a scooper good time! Sponsored by Benchmark Senior Living.

National Grid Connect to Caring – Wed, June 18 from 10:00 AM – 2:00 PM

National Grid Customer Advocates will be available to meet one-on-one to discuss options to manage your energy bill & help you find assistance. More info on page 7!

Acrylic Paint Class – Thursday, June 26 at 1:00 PM – \$3

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

Drum Circle – Monday, June 30 at 12:15 PM

Join Neuroscientist Kymberlee O'Brien as she leads you through hand drumming rhythms. Drumming has been proven to reduce stress, lower blood pressure, increase brain activity and burn calories. No experience needed and drums are provided.

MORE MONTH PROGRAMS

Franklin Senior Center

07



Learn about this New Physical Therapy office in Franklin!

Tues, June 10 at 11 AM

nationalgrid

Connect to Caring

Meet with a Customer Advocate at the Franklin Senior Center



FINANCE 101: CREATING A FAMILY LOVE LETTER

Presented by Vicki Larson, Loan Officer at Guild Mortgage



Tues, June 10 at 1 PM

Our Customer Advocates will be available to meet one-on-one on **Wednesday, June 18** to discuss options to manage your energy bill and help you find assistance, including:

- Discount Rate
- Payment Plans
- Budget Plan
- Arrears Management Program (AMP)

No appointment is needed, but please bring the following when you visit:

If you receive SNAP, MassHealth, SSI or WIC, please bring your benefit card and/or program acceptance letter to enroll in our Discount Rate Program.

If you are looking for assistance, we're here for you.

For more information, please visit ngrid.com/hereforyou

Life can be hard but finding assistance shouldn't be.

Franklin Senior Center
10 Daniel McCahill Street
Franklin, MA 02038



Wednesday, June 18, 2025
10 a.m. – 2 p.m.

The Franklin Health Department presents

LOVE YOUR BRAIN



WED, JUNE 11
3 PM - 5 PM

FRANKLIN SENIOR CENTER

HEALTH SCREENINGS, EDUCATION, GIVEAWAYS AND MORE!

LEARN 10 WAYS TO LOVE YOUR BRAIN

3:30 PM - 4:30 PM: Dementia - Lowering Your Risk presented by Tammy Pozerycki

4:30 PM - 5:00 PM: Exercise demonstration presented by the YMCA

INTRO TO BELLYDANCING

For Beginners

WED, JUNE 11
AT 1 PM

Ice Cream SOCIAL

TUES, JUNE 17

1:30 PM

SPONSORED BY:
BENCHMARK SENIOR LIVING
at FORGE HILL



08

MONTH 2025 CALENDAR

Franklin Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>02</p> <p>9:30 Steve Avellino PT 9:30 Italian Novel Reading 10:00 Poker 10:30 Let's Talk Sports 10:30 Learn Texas Hold'Em 11:00 Line Dancing \$3 12:30 American Mah Jong 1:00 Trivia 1:00 Chair Volleyball 1:00 Page Turners Book Club Hamnet by Maggie O'Farrell 1:15 Movie Matinee: Adventures of Robin Hood 4:00 Pool Night</p>	<p>03</p> <p>9:00 Cribbage 9:30 Low Impact Exercise \$3 9:30 Busy Bees Craft Group 9:30 Hand & Foot Game 11:15 Cardio, Strength, and Balance (CSB) \$3 1:00 BINGO 1:00 Chess 1:00 Audio Reading of June's Newsletter 1:00 Learn to Play Cribbage 1:00 Quilting</p> <p>Franklin Special Election for Override Polls are open 6 AM - 8 PM at Franklin High School</p>	<p>04</p> <p>9:00 Walking Group 9:30 Bocce 10:00 Vets Coffee Social 10:00 Chair Yoga \$3 10:00 Knitting 10:00 FSC Garden Club 10:00 Scrabble 10:00 Asian Mah Jong 11:00 Cardio Fusion \$3 12:00 Bridge 1:00 Pokeno 2:30 Karaoke 3:00 Watercolor \$75/series</p>	<p>05</p> <p>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>06</p> <p>9:30 Simply Fit \$3 9:30 Hand & Foot Game 10:00 Wood Carving Group 10:00 Political Discussion 12:15 Horace Mann Middle School Poetry Reading 12:30 T.O.P.S. 1:00 Pokeno 1:00 Diamond Art 2:00 Silvertones Singing</p>
<p>09</p> <p>9:30 Steve Avellino PT 9:30 Italian Novel Reading 10:00 Poker 10:30 Let's Talk Sports 10:30 Learn Texas Hold'Em 11:00 Line Dancing \$3 12:30 American Mah Jong 1:00 Trivia 1:00 Chair Volleyball 1:15 Movie Matinee: Mr. Holland's Opus 4:00 Pool Night</p>	<p>10</p> <p>9:00 Cribbage 9:30 Low Impact Exercise \$3 9:30 Let's Talk Tech 9:30 Busy Bees Craft Group 9:30 Directors Coffee Hour 9:30 Hand & Foot Game 11:00 Fyzical Therapy 11:15 Cardio, Strength, and Balance (CSB) \$3 1:00 BINGO 1:00 Chess 1:00 Finance 101 1:00 Learn to Play Cribbage 1:00 Quilting</p>	<p>11</p> <p>9:00 Walking Group 9:30 Bocce 10:00 Chair Yoga \$3 10:00 Knitting 10:00 FSC Garden Club 10:00 Scrabble 10:00 Asian Mah Jong 11:00 Mobile Food Pantry 11:00 Cardio Fusion \$3 11:30 Planning for Medicare 12:00 Bridge 1:00 Pokeno 1:00 Intro to Belly Dancing 1:00 Senior Scribblers 1:00 Bereavement Support 3:00 Love Your Brain 3:00 Watercolor \$75/series 4:00 Alzheimer's Support</p>	<p>12</p> <p>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 11:30 The Awe Experience 12:00 Low Vision Ice Cream 1:00 Assistive Technology 1:00 BINGO 1:00 Tai Chi \$3 1:00 Memory Stones Craft 1:00 Zen Garden Craft 1:00 Cribbage 4:00 Pool Night</p>	<p>13</p> <p>Limited Breakfast 9:30 Simply Fit \$3 9:30 Hand & Foot Game 10:00 Political Discussion 11:00 Eat Around the World: England \$6 12:30 T.O.P.S. 1:00 Pokeno 1:00 Diamond Art 2:00 Silvertones Singing</p>

MONTH 2025 CALENDAR

Franklin Senior Center

09

<p>16 Senior Olympics</p> <p>9:00 Senior Olympics Opening Ceremony</p> <p>9:30 Steve Avellino PT</p> <p>9:30 Italian Novel Reading</p> <p>9:45 Half-Mile Power Walk</p> <p>10:00 Poker</p> <p>10:30 Let's Talk Sports</p> <p>11:00 Line Dancing \$3</p> <p>12:30 American Mah Jong</p> <p>1:00 Trivia</p> <p>1:00 Basketball Free Throw at Franklin High School</p> <p>1:00 Chair Volleyball</p> <p>1:15 Movie Matinee: Contact</p> <p>4:00 Pool Night</p>	<p>17 Senior Olympics</p> <p>9:00 Cribbage Tournament</p> <p>9:00 Women's Cornhole</p> <p>9:30 Low Impact Exercise \$3</p> <p>9:30 Let's Talk Tech</p> <p>9:30 Tech Assistance</p> <p>9:30 Busy Bees Craft Group</p> <p>9:30 Hand & Foot Game</p> <p>11:15 CSB \$3</p> <p>1:00 BINGO</p> <p>1:00 Chess</p> <p>1:00 Puzzle Wars</p> <p>1:00 Learn to Play Cribbage</p> <p>1:00 Quilting</p> <p>1:30 Ice Cream Social</p> <p>Hearing Clinic & Legal Clinic today! Appointment required</p>	<p>18 Senior Olympics</p> <p>9:00 Walking Group</p> <p>9:30 Bocce Tournament</p> <p>10:00 Chair Yoga \$3</p> <p>10:00 Knitting</p> <p>10:00 FSC Garden Club</p> <p>10:00 Scrabble</p> <p>10:00 Asian Mah Jong</p> <p>11:00 Franklin Q&A</p> <p>11:00 Cardio Fusion \$3</p> <p>12:00 Bridge</p> <p>1:00 Lap Swimming at YMCA</p> <p>1:00 Pokeno</p> <p>1:00 Memory Cafe</p> <p>3:00 Watercolor \$75/series</p> <p>4:00 Pizza & Movie Night: Nonnas \$3</p> <p>National Grid Connect to Caring 10 AM - 2 PM</p>	<p>19 Closed</p> 	<p>20 Senior Olympics</p> <p>9:00 Men's Cornhole</p> <p>9:30 Simply Fit \$3</p> <p>9:30 Hand & Foot Game</p> <p>10:00 Wood Carving Group</p> <p>10:00 Political Discussion</p> <p>12:30 T.O.P.S.</p> <p>1:00 Pokeno</p> <p>1:00 Diamond Art</p> <p>1:30 COA Meeting</p> <p>1:30 Trivia Competition</p> <p>2:00 Silvertones Singing</p>
<p>23 Senior Olympics</p> <p>9:00 Half-Mile Run at FHS</p> <p>9:30 One-Mile Walk at FHS</p> <p>9:30 Steve Avellino PT</p> <p>9:30 Italian Novel Reading</p> <p>10:00 Two-Mile Relay at FHS</p> <p>10:00 Poker</p> <p>10:30 Let's Talk Sports</p> <p>11:00 Line Dancing \$3</p> <p>12:30 American Mah Jong</p> <p>1:00 Trivia</p> <p>1:00 Scrabble Wars</p> <p>1:00 Chair Volleyball</p> <p>1:15 Movie Matinee: The Dressmaker</p> <p>4:00 Pool Night</p>	<p>24 Senior Olympics</p> <p>9:00 Cribbage</p> <p>9:30 Low Impact Exercise \$3</p> <p>9:30 Let's Talk Tech</p> <p>9:30 Busy Bees Craft Group</p> <p>9:30 Hand & Foot Game</p> <p>10:00 Axe Throwing</p> <p>11:15 CSB \$3</p> <p>12:00 Hole-in-One Contest</p> <p>1:00 BINGO</p> <p>1:00 Chess</p> <p>1:00 Audio Book Club</p> <p>1:00 Learn to Play Cribbage</p> <p>1:00 Pool Tournament</p> <p>1:00 Quilting</p> <p>2:00 Rainbow Cafe</p>	<p>25 Senior Olympics</p> <p>9:00 Walking Group</p> <p>9:30 Bocce</p> <p>10:00 Chair Yoga \$3</p> <p>10:00 FSC Garden Club</p> <p>10:00 Knitting</p> <p>10:00 Darts Contest</p> <p>10:00 Scrabble</p> <p>10:00 Asian Mah Jong</p> <p>11:00 Cardio Fusion \$3</p> <p>12:00 Bridge</p> <p>1:00 Pokeno</p> <p>1:00 Curling Competition</p> <p>1:00 Senior Scribblers</p> <p>1:00 Bereavement Support</p> <p>3:00 Zentangle Art \$25</p> <p>4:00 Alzheimer's Support</p>	<p>26 Senior Olympics</p> <p>9:00 Cribbage</p> <p>9:00 Chair Volleyball</p> <p>9:00 Two-Mile Walk at Gillette Stadium</p> <p>9:30 Low Impact Exercise \$3</p> <p>10:00 Softball Throw at Gillette Stadium</p> <p>10:00 Discussion Group</p> <p>10:15 Bible Study</p> <p>11:15 CSB \$3</p> <p>1:00 BINGO</p> <p>1:00 Tai Chi \$3</p> <p>1:00 Acrylic Paint Class \$3</p> <p>1:00 Cribbage</p> <p>4:00 Pool Night</p>	<p>27 Senior Olympics Cafe Closed</p> <p>9:30 Simply Fit \$3</p> <p>9:30 Hand & Foot Game</p> <p>10:00 Wood Carving Group</p> <p>10:00 Political Discussion</p> <p>11:00 Senior Olympics Closing Ceremony</p> <p>12:30 T.O.P.S.</p> <p>1:00 Pokeno</p> <p>1:00 Diamond Art</p> <p>2:00 Silvertones Singing</p>
<p>30</p> <p>regular Monday schedule</p> <p>12:15 Drum Circle</p>				

10 FSC VAN & DAY TRIPS

Franklin Senior Center

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 our 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

Woo Sox™

WED, JULY 30

**BUS DEPARTS
FSC AT 10:30 AM**

**\$25 PER PERSON
(includes \$5 at concession)**

ACCESSIBLE SEATING

UPCOMING DAY TRIPS

SIGN-UP AT THE SENIOR CENTER TODAY!

TICKET TO RIDE

THE BEATLES TRIBUTE SHOW

WED, JULY 16, THE LOG CABIN, HOLYOKE MA
BUS DEPARTS 9:45 AM, RETURNS APPROX 5:15 PM
PRIME RIB OR TWIN LOBSTER DINNER

\$139



BLOCK ISLAND

LUNCH, GUIDED TOUR, AND SHOPPING

WEDNESDAY, JULY 23
BUS DEPARTS 8:00 AM, RETURNS APPROX 7:00 PM
PAN-SEARED CHICKEN BREAST, PASTA POMODORI, OR SEARED SALMON

\$159

NEIL DIAMOND

TRIBUTE SHOW WITH FULL BAND

TUES, AUGUST 5, THE LOG CABIN, HOLYOKE MA
BUS DEPARTS 9:45 AM, RETURNS APPROX 5:15 PM
PRIME RIB OR TWIN LOBSTER DINNER

\$139





SENIOR OLYMPICS SIGN-UP

Franklin Senior Center

11



To sign-up for this year's Senior Olympics, fill out this page, sign on the back, and hand it in to the front desk staff!

Name: _____ DOB: _____

Phone: _____ Shirt Size: _____

Emergency Contact Name: _____

Staff Use Only:

Emergency Contact Phone #: _____

Paid: _____

Price Options

\$15 - unlimited events & T-shirt

\$8 - party ticket only (including ice cream truck)

\$20 - unlimited events, T-shirt, & party ticket

Any team events (relay race, bocce, etc.), the staff will create teams on the day of the event.

Anyone participating in off-site events will have the option to drive themselves, or take the Senior Center Van to that location. All van rides for Senior Olympics events will be free!

<p>Mon, June 16</p> <p><input type="checkbox"/> 9:00 Opening Ceremony</p> <p><input type="checkbox"/> 9:45 Half-Mile Power Walk</p> <p><input type="checkbox"/> 1:00 Basketball Free Throw at Franklin High School</p>	<p>Tues, June 17</p> <p><input type="checkbox"/> 9:00 Cribbage Tournament</p> <p><input type="checkbox"/> 9:00 Women's Cornhole</p> <p><input type="checkbox"/> 1:00 Puzzle Wars</p>	<p>Wed, June 18</p> <p><input type="checkbox"/> 9:30 Bocce Tournament</p> <p><input type="checkbox"/> 1:00 Lap Swimming at YMCA</p>	<p>Thurs, June 19</p> <p>Senior Center Closed</p> 	<p>Fri, June 20</p> <p><input type="checkbox"/> 9:00 Men's Cornhole</p> <p><input type="checkbox"/> 1:30 Trivia Competition</p>
<p>Mon, June 23</p> <p><input type="checkbox"/> 9:00 Half-Mile Run at FHS</p> <p><input type="checkbox"/> 9:30 One-Mile Walk at FHS</p> <p><input type="checkbox"/> 10:00 Two-Mile Relay at FHS</p> <p><input type="checkbox"/> 1:00 Scrabble Wars</p>	<p>Tues, June 24</p> <p><input type="checkbox"/> 10:00 Axe Throwing</p> <p><input type="checkbox"/> 12:00 Hole-in-One Contest</p> <p><input type="checkbox"/> 1:00 Pool Tournament</p>	<p>Wed, June 25</p> <p><input type="checkbox"/> 10:00 Darts Contest</p> <p><input type="checkbox"/> 1:00 Curling Competition</p>	<p>Thurs, June 26</p> <p><input type="checkbox"/> 9:00 Chair Volleyball</p> <p><input type="checkbox"/> 9:00 Two-Mile Walk at Gillette Stadium</p> <p><input type="checkbox"/> 10:00 Softball Throw at Gillette Stadium</p>	<p>Fri, June 27</p> <p><input type="checkbox"/> 11:00 Closing Ceremony</p>

Make sure you write down which events you signed-up for!





Town of Franklin

Adult Participant Release & Waiver of Liability and Indemnity/Hold Harmless Agreement

NOTE: THIS IS A LEGAL DOCUMENT IN WHICH YOU AGREE TO GIVE UP THE RIGHT TO SUE THE TOWN OF FRANKLIN AND OTHERS IN THE EVENT YOU ARE INJURED WHILE PARTICIPATING IN THE ACTIVITY DESCRIBED BELOW. PLEASE READ CAREFULLY. THIS DOCUMENT AFFECTS YOUR LEGAL RIGHTS AND IS LEGALLY BINDING. BY SIGNING THIS AGREEMENT YOU ARE RELEASING THE TOWN OF FRANKLIN AND NAMED OTHERS FROM ALL LIABILITY AND FOREVER GIVING UP ANY CLAIMS THEREFOR. IF YOU DO NOT UNDERSTAND THE LANGUAGE OR HAVE QUESTIONS, CONSULT AN ATTORNEY BEFORE SIGNING.

Assumption of Risk

In consideration of the Town of Franklin's permitting me to participate in the following town-sponsored activity: **Senior Olympics June 2025**

I acknowledge and agree that any participation in this Town of Franklin activity ("Activity") comes with inherent risks including, but in no way limited to: (1) moderate and severe personal injury, (2) property damage, (3) disability, (4) death, and (5) sickness or disease. I voluntarily accept and assume full responsibility for these risks as well as any and all other risks of the participation in Activity. I agree that I have full knowledge of the nature and extent of all such risks and am not relying on all such risks being described in this document.

Waiver, Release, Indemnification & Covenant Not to Sue

In consideration of my participation in Activity I, the undersigned, agree that the Town of Franklin, its Senior Center/Council on Aging (COA), officers, directors, agents, employees, volunteers, insurers and representatives ("Releasees") will not be liable for any personal injury, property damage, disability, death, sickness or disease incurred by myself, however occurring including, but not limited to the negligence of Town of Franklin and Releasees. I understand that I will be solely responsible for any loss or damage, including personal injury, property damage, disability, death, sickness or disease sustained from the participation in Activity.

I further agree, on behalf of myself and any and all legal successors and proxies, to release and **HEREBY DO RELEASE, WAIVE AND COVENANT NOT TO SUE** Town of Franklin and Releasees from any causes of action, claims, suits, liabilities or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which I and any and all legal successors and proxies may have, now or in the future, against Town of Franklin and Releasees on account of personal injury, property damage, disability, death, sickness, diseases or accident of any kind, arising out of or in any way related to participation in Activity, whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to the negligence of Town of Franklin and Releasees.

In further consideration of participation in Activity, I agree to **INDEMNIFY, HOLD HARMLESS, AND DEFEND** the Town of Franklin and Releasees from any and all causes of action, claims, demands, losses, suits, liabilities or costs of any nature whatsoever, including claims of negligence, arising out of or in any way related to the participation in Activity by myself.

Participant Signature

Participant Name

Date

Staff Signature

Staff Name

Date



HANDYMAN

"Mr. Fix It"

Not much I can't do around the house, inside & out.



PAINTING • CARPENTRY • BATHROOM
REMODELING • GUTTER CLEANING

NO JOB TOO SMALL!

CALL MARK 508-243-1065

I Have Coins and Collectibles

I make home visits or you can visit my store.

I'm transparent and honest.

Free appraisals and easy to work with.

I buy Coins, Comics, Pokemon & Sports Cards, Cash for gold/silver. I'm available to discuss other collectibles.

My business is located at 15 Main St. Franklin
781-962-0329 • www.ihavecoins.com



CHARLES F. OTERI & SON FRANKLIN FUNERAL HOME

33 Cottage St., Franklin, MA

508-528-0011

www.franklinfuneral.com

oterifuneralhome@gmail.com

Charles F. Oteri • Sean A. Oteri, Directors



IF YOU LIVE ALONE

MDMedAlert!™

At HOME and AWAY!

STARTING AT

\$19⁹⁵
/mo.

✓ Ambulance ✓ Police ✓ Family

"STAY SAFE in the HOME YOU LOVE!"
✓ GPS & Fall Alert



800.809.3570

md-medalert.com



PROFESSIONAL PHYSICAL THERAPY'S

FREE EDUCATIONAL WORKSHOPS HELD TWICE A MONTH!

Call or visit website for dates and details

508-528-6100

WWW.PROPTINC.COM

Accepting most major Insurances including
MEDICARE

SHOULDER PAIN & ROTATOR CUFF

BACK PAIN & SCIATICA



PROFESSIONAL
PHYSICAL THERAPY
& SPORTS MEDICINE

620 Old West Central Street, Franklin
340 East Central Street, Franklin



Dr. James A. Anderson, Jr. & Associates
PODIATRIC PHYSICIANS

184 West Central
Franklin, MA 02038
(508) 528-2525

160 West Street
Milford, MA 01757
(508) 473-3338

franklinfootcare.com

TRAIN with SHAIN

IN HOME PERSONAL TRAINING
FOR SENIORS

Gait, Balance/Fall Prevention
& Strength Training

(508) 231-6378

www.trainwithshain.net

FULLY INSURED



Milford

AUDIOLOGY CENTER

MARIA VERONICA VIVAS M.S. CCC-A

Hearing Aids • Consultations • Audiological Evaluations

215 West Street, Milford • Located in the Milford Medical Center

Call Today: (508) 478-0723

www.milfordaudiologycenter.com

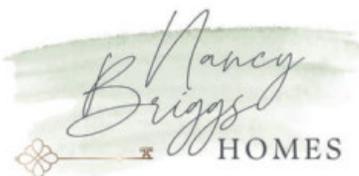
Mass. Licensed
and Certified

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME Karen Fontaine

kfontaine@lpicommunities.com • (800) 477-4574 x6350



SUBURBAN LIFESTYLE
REAL ESTATE

REAL ESTATE WITH A PERSONAL TOUCH

Senior Real Estate Specialist (SRES)

Servicing Real Estate needs for all generations.

• Selling • Buying • Estates

Call today for a Free consultation - 508-254-6393

nancybriggshomes@gmail.com | www.nancybriggshomes.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

Franklin Senior Center, Franklin, MA 06-5389

14 VETERANS & FOFE

Franklin Senior Center



Department of Veterans' Services (508) 613-1315

June 4 – Monthly Coffee Social – 10:00 AM at the Senior Center. All Veterans are welcome to join us for updates, coffee and conversation!

June 6 – 81st Anniversary of the D-Day Invasion – On June 6, 1944, Allied forces launched a combined naval, air and land assault on Nazi-occupied France which led to the liberation of Western Europe from Nazi control.

June 14 – U.S. Army's 250th Birthday

June 14 – Flag Day commemorates the adoption of the U.S. flag by the Continental Congress on June 14, 1777. In 1916, President Woodrow Wilson proclaimed June 14 as the official date to celebrate Flag Day.

June 19 – Veterans' Council Meeting – 7:00 PM at the Senior Center. Any Franklin resident interested in Veterans' activities is welcome to join us!

Purple Heart Recipients – Please let our office know if you or a family member (residing in Franklin) is a Purple Heart recipient so we can add you to our database. The Purple Heart is presented to service members who have been wounded or killed as a result of enemy action while serving in the U.S. military. 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! The last class of the season will be on June 10. Classes will resume on Tuesday, September 9.

The **Warrior Within Yoga** program for Veterans and First Responders meets on Thursdays from 6:00 PM – 7:00 PM at the Senior Center. No charge for classes. Call our office to sign up!

Veterans Memorial Walkway – The next engraved brick installation on the Veterans Memorial Walkway on the Town Common will be in November. Brick order forms are available in the Town Hall and Senior Center lobbies and online at: <https://www.franklinma.gov/335/Veterans-Services> Thank you to all who have supported the Memorial Walkway Project!

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.



DONATIONS TO FOFE

Larry and Gail Tocci
June and Bill Kelso
Tom and Jackie Gibbons
Carolyn Marr
Audrey Kelley
Maureen Gordon
Roger and Jean Bachelder

DONATIONS TO FRANKLIN SENIOR CENTER

Barbara Murphy
Tilly Kaufman
The Ed Vroman Family in Memory of Anita Vroman Carrico

IN MEMORY OF

Linda King in Memory of Aldo Bartelloni
Jean Bethoney in Memory of Michael J. Bethoney
June and Bill Kelso in Memory of Nora Peters
Eleanor Ficco in Memory of Bob F. Jr., Leslie R, John C. Susan CP
Valerie Gagliard in Memory of Paul Gagliard

FOFE OFFICERS:

Jean Tolland, President | JoAnn Wright, Vice President
Pam Spicer, Treasurer | Karen Juhl, Secretary

MEMBERS:

Eileen Burnard, Pat Donnelly, Julie Garilli,
Paula Lombardi, Sue Matto, Jan Prentice

ASSOCIATES:

Nan Rafter, Margie Lane, Kathy Lesica

The next FOFE meeting is scheduled for:
Friday, September 26 at 9:00 AM.
The public is welcome to attend.



**SUPPORT THE
ADVERTISERS**
that Support our
Community!

**NEVER MISS
OUR NEWSLETTER!**

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

Franklin Senior Center, Franklin, MA 06-5389



**TOWN of
FRANKLIN**
SENIOR CENTER &
THE COUNCIL ON AGING

OFFICERS

Chair.....Lyn O'Brien
Vice Chair.....Jan Jewett
Secretary.....Phyllis Malcolm

MEMBERS

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

STAFF

Director.....Sarah Amaral
Deputy Director.....Chasity Cheng
Executive Assistant.....Mary Hynes
Administrative Assistant.....Emily Dellorco
Administrative Assistant.....Jillian Rochat
Social Services Coordinator.....Raeleen Gallivan
Program & Volunteer Coordinator.....Ariel Doggett
Supportive Day Coordinator.....Kathleen Laughran
Supportive Day Assistant.....Amanda Rabbitt
Health & Wellness Nurse.....Trish Collatos
Chef & Kitchen Manager.....Anne Scungio
Line Cook.....Marilyn Howe
Van Driver.....Kathy Lewis
Van Driver.....Russ Pratt
Director of Veterans' Services.....Shannon Nisbett
Veterans' Executive Assistant.....Debra Martin
Public Health Nurse.....Alisha Sullivan

Friends of Franklin Elders, Inc.
c/o Franklin Council on Aging
10 Daniel McCahill Street
Franklin, MA 02038

Postage Paid
Non-Profit
Franklin, MA
Permit #13

Franklin Senior Center

Independence, Engagement, Connection

OUR MISSION

The mission of the Franklin Council on Aging, with the support of the community, is to identify, advocate, and implement meaningful educational, cultural, social, health and wellness activities and services for our aging population.

The Franklin Connection is distributed with funds provided by the Friends of Franklin Elders.

MICHAEL A. KASBERG

Attorney At Law

The Time To Solve Estate Planning Problems is Before They Happen

Proper estate planning is the best way to provide your family with security and peace of mind

For A Free No Obligation Initial Consultation Call Attorney Michael Kasberg today at (508) 213-8223

- Estate Planning
- Elder Law
- Family Law
- Business Law
- Estate Administration

195 Main Street, Suite 11, Franklin
www.kasberglaw.com

Check your calendar for upcoming presentations



Michael A. Kasberg, ESQ.

LANDMARK PLACE
MODERN 55+ APARTMENT LIVING

Now Leasing!
Call 508-492-1084

All American at Wrentham

ASSISTED LIVING, MEMORY CARE, RESPITE



SEASONAL SAVINGS IN ORDER! LIMITED AVAILABILITY!



We Put the Emphasis on Living!

A friendly neighborhood community in the truest sense of the word.
Rates Starting at: \$4,400 for Assisted Living, \$6,600 for Memory Care



ALL AMERICAN ASSISTED LIVING AT WRENTHAM
30 Ledgeview Way • Wrentham, MA 02093
774-210-8108 | AllAmericanAtWrentham.com

Our Community Access

102.9 **wfpr.fm**
Franklin.TV

FranklinMatters.org

Watch, Listen, & Read

Get our on-line program guide at Franklin.TV



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

Franklin Senior Center, Franklin, MA 06-5389