

THE FRANKLIN CONNECTION



Franklin Senior Center's Monthly Newsletter
JULY 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



Where's What?

Pg 1: Director's Message

Pg 3: What's New?

Pg 4: Support Corner

Pg 5: Low Vision Corner

Pg 6: July Presentations

Pg 7: More July Presentations

Pg 8 & 9: July Calendar

Pg 10: Regular Programs

Pg 11: FSC Van & Day Trips

Pg 12: Veterans' Corner

Pg 14: FOFE & COA

As we enter July, we are extremely sad to say goodbye to Nurse Trish; please see page 3 for our heartfelt note of gratitude for her years of service. We appreciate your patience as we navigate this transition and will share updates soon about continued services with support from Nurse Alisha, staff, and community partners.

We know change is in the air, including updates to program fees and registration. If you have any concerns or financial need, please don't hesitate to speak with a staff member; we're here to help.

Despite recent community challenges, we remain deeply grateful. With the support of the COA Board, FOFE, and all of you, we're moving forward with hope—committed to serving Franklin's older adults with compassion, care, and purpose.

– Sarah Amaral, 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 – 508-250-9324
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

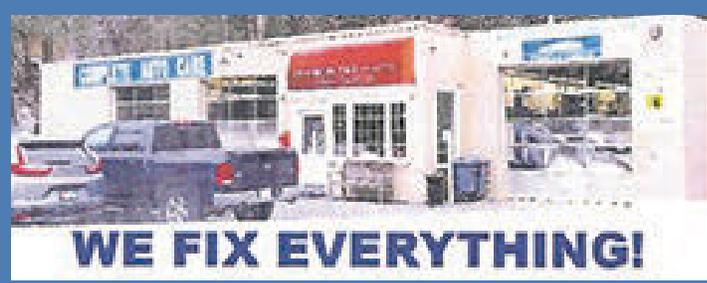
UP TO 5 QTS. 5W-30 OIL SUNOCO SYNTHETIC OIL, NEW FILTER, LUBE CHASSIS FITTINGS, TOP OFF MAJOR FLUIDS, 14-PT. SAFETY CHECK
Most cars & light trucks, With coupon, not valid with any other offer. Expires 12/31/25

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



On this month's Volunteer Spotlight, we're delighted to feature the outstanding **Kristi Stafford!**

A longtime Franklin resident, Kristi's commitment to our community is unmistakable. For the past four years, she has been a consistent and invaluable volunteer at the Senior Center. You can find Kristi in the Cafe every Tuesday, bussing tables, serving food, assisting our staff, and always sharing her characteristic kindness.

Kristi's dedication to our center is clear to all, she is flexible, dependable, and easygoing. Her warm smile and sunny personality make her a pleasure to work with, our members and staff are incredibly grateful for her unwavering support.

Next time you're here for breakfast, say hi to Kristi!

The Senior Center is implementing a new registration policy for both Eat Around the World and the Monthly Party.

Franklin residents will be eligible to sign-up starting on the first of the month.

Non-Franklin residents will be eligible to sign-up the following week.

Registration is required **IN-PERSON**, and payment is due at that time. These changes are due to many Franklin residents unable to sign-up and our effort to reduce food waste.

INTRO TO SPANISH



**WED, JULY 9, 16, 23, & 30
AT 1 PM**

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 **\$5**
- Monthly Party **\$10**

Common Grounds Cafe

- Breakfast & Lunch **\$1 – \$6**

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

Nurse Trish



It is with heartfelt gratitude that we say goodbye to our incredible Health & Wellness Nurse, Trish Collatos.

Since joining us in February of 2018, Trish has been a tireless advocate for our senior community, offering health classes, support groups, home visits, and one-on-one guidance with compassion and care.

Her work has empowered countless seniors to age in place, right here in the community they love—Franklin.

Thank you, Trish, for your unwavering dedication. You've made a lasting impact, and you will be deeply missed. We'll be holding a celebration in July to honor Trish—stay tuned for the date!

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, July 16 at 1:00 PM** for this month's Memory Cafe! Live entertainment featuring Mike Tarara.

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 by Salmon Health & Retirement at The Willows at Whitney Place, Medway.

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

Health & Wellness

The Senior Center has a nurse available for basic healthcare. Services include blood sugar testing, blood pressure testing, pulse oximetry testing, support groups, education, and more!

Caregiver Support Group

DATE CHANGE!

This support group focuses on a general caregiver's needs. Receive tips, support, and connection. **This month, the group will meet on Wednesday, July 9 at 1:00 PM.**

Pathway to Healing Bereavement Support

DATE CHANGE!

This bereavement support group is designed to help people in their journey of healing after a loved one passes. **This month, the group will meet on Wednesday, July 23 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, July 1 at 1:00 PM

Low Vision Support Group

On break for the summer, returning in September.

Low Vision Assistive Technology

Thursday, July 10 at 1:00 PM

Audio Book Club (Conference Call)

Tuesday, July 29 at 1:00 PM

This Month's Book: Spirit Crossing by William Kent Krueger



**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



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

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 • 675 South Main Street Sharon, MA 01359



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



06 JULY PROGRAMS

Franklin Senior Center

Sign-up today!

Monthly Party

Caribbean Carnival



Fri, July 11 at 11 AM, \$10

Declaration of Independence Reading – Wednesday, July 2 at 10:30 AM
Jillian will perform a reading of the Declaration of Independence.

Intro to Belly Dancing – Monday, July 7, 14, 21, & 28 at 9:45 AM
Reduce stress & learn the basics of belly dancing with instructor Thalia Del Fuego!

Credit Card Skimming – Monday, July 7 at 11:00 AM
What is credit card skimming? Join Ryan to learn how to protect your wallet.

Trust your Brain – Tuesday, July 8 at 1:00 PM
The brain has specialized areas for assessing moral infractions, particularly against other humans. We will review the the areas of morality in the brain and test your own moral dilemmas! Led by Neuroscientist Kymberlee O'Brien.

Hip Hop Chair Dance – Wednesday, July 9 at 1:00 PM
A complete exercise and hip hop dance class! Travel through time on the "Soul Train" and dance to hip hop and R&B music. Creative props and maracas used!

Private vs Insurance-Based Home Care – Thursday, July 10 at 11:00 AM
Hosted by Advanced Home Care. Explore the differences between private and insurance-based home care, and discover which option best suits your needs.

Thrive Beyond Time – Friday, July 18 & 25 at 1:00 PM
Join this 6-week wellness campaign! Topics will include heart health, fall prevention, and brain boosting activities.

Southeastern MA Community Concert Band – Monday, July 14 at 6:30 PM
Join us for an evening of music, free and open to all in the community!

Northbridge Coin & Gold – Tuesday, July 15 from 9:00 AM – 2:00 PM
Bring your coins, medals, sports memorabilia, trading cards, toys, and collectibles for valuation. Register for a 20-minute time slot to meet with an expert!

Medicare Options – Wednesday, July 16 at 11:30 AM
This presentation will discuss the differences between Medicare Supplement and Medicare Advantage plans, show real life case studies, and provide resources.

Hands-Only CPR – Thursday, July 17 at 11:00 AM
Join our EMS Captain & Public Health Nurse for a session with hands-on practice. Learn to recognize cardiac arrest and perform hands-only CPR. This class is for educational purposes only, participants will NOT receive a CPR certification.

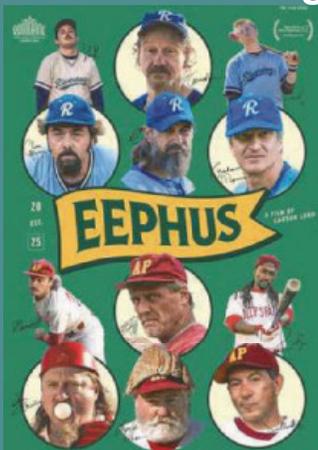
Mandala Sand Art – Thursday, July 17 from 10:00 AM – 12:00 PM – \$10
Join Vika on a peaceful, guided journey to create a beautiful sand mandala.

Drum Circle – Tuesday, July 22 at 1:00 PM
Join Neuroscientist Kymberlee O'Brien as she leads you through hand drumming rhythms. Drumming can reduce stress, lower blood pressure, increase brain activity, and burn calories. No experience needed and drums are provided!

Food and Mood – Tuesday, July 22 at 11:00 AM
Join registered dietitian, Judy Palken, in learning how food can affect your mood.

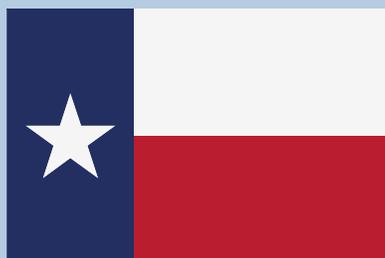
Fall Prevention Physical Therapy Class – Thursday, July 24 at 1:00 PM
Designed for older adults to improve balance, strength, & stability. Learn practical tips to help you stay on your feet! Hosted by Franklin Marshfield Physical Therapy.

Pizza & Movie Night



Wed, July 23 at 4 PM, \$5

Eat Around the World



This month: **Texas, USA**

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

Fri, July 25 at 11 AM, \$10

MORE JULY PROGRAMS

Franklin Senior Center

07



Is it Ageism?

What is the reality of ageism and what strategies can you use to combat it? Learn the best practices in managing age-related bias.

Mon, July 7 from 1:30 - 3:30

50+ Job Seekers Program Orientation

Learn about the 50+ Job Seekers and all their resources! Do you have questions about job searching, resumes, cover letters, techniques? Bring your questions!

Mon, July 21 from 1:30 - 3:30



Private vs Insurance-Based Home Care

DATE: THURS, JULY 10
TIME: 11:00 AM

Trust your Brain

with neuroscientist Kymberlee O'Brien

Tues, July 8 at 1 PM



This program is made possible by a generous grant from the Franklin Cultural Council, a local agency supported by the Mass Cultural Council, a state agency.

FOOD AND MOOD

**Tues,
July 22
at 11 AM**



We Believe it is time to Better Understand Dementia

The Dementia Experience

The Dementia Experience uses sensory modifications and role playing activities to depict real situations that a person living with Mild Cognitive Impairment or dementia would face. Getting dressed, taking your daily medications and preparing a meal, are all simple activities that are severely thwarted by cognitive disability.

The Dementia Experience thrusts you into the daily life of someone with dementia by simulating the physical ailments afflicting many seniors and creating the frustration, confusion and anxiety that accompanies cognitive impairment.

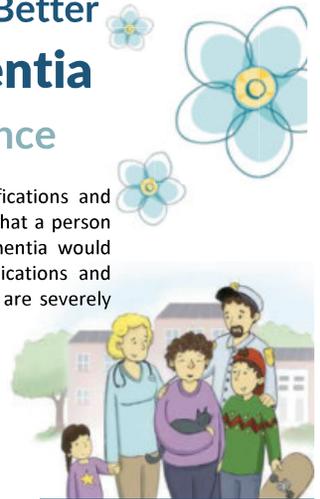
Join the Movement

**Tuesday, July 29
at 1:00 PM**

at the Franklin Senior Center



DFCommunities.org



More than 6 million Americans are living with Alzheimer's disease or another form of dementia.

Presented by:



ASSISTED LIVING &

COMPASS MEMORY SUPPORT
11 Birch Street, Milford MA
508-473-0035 | CornerstoneMilford.com

08

JULY 2025 CALENDAR

Franklin Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>June 30</p> <p>9:30 Physical Therapy \$42/srs 9:30 Italian Novel Reading 10:00 Poker 10:30 Let's Talk Sports 11:00 Line Dancing \$4 12:15 Drum Circle 12:30 American Mah Jong 1:00 Trivia 1:00 Chair Volleyball 1:15 Movie Matinee: Hamilton 4:00 Pool Night</p>	<p>01</p> <p>9:00 Cribbage 9:30 Low Impact Exercise \$4 9:30 Busy Bees Craft Group 9:30 Hand & Foot Game 11:15 Cardio, Strength, and Balance (CSB) \$4 1:00 BINGO 1:00 Chess 1:00 Audio Reading of July's Newsletter 1:00 Learn to Play Cribbage 1:00 Quilting</p>	<p>02</p> <p>9:00 Walking Group 9:30 Bocce 10:00 Chair Yoga \$4 10:00 Knitting 10:00 FSC Garden Club 10:00 Scrabble 10:00 Asian Mah Jong 10:30 Declaration of Independence Reading 11:00 Cardio Fusion \$4 12:00 Bridge 1:00 Pokeno 3:00 Watercolor \$75/series</p>	<p>03</p> <p>9:00 Cribbage 9:30 Low Impact Exercise \$4 10:00 Discussion Group 10:15 Bible Study 11:15 Cardio, Strength, and Balance (CSB) \$4 1:00 BINGO 1:00 Tai Chi \$4 1:00 Open Art Studio 1:00 Cribbage 4:00 Pool Night</p>	<p>04 Closed</p>  <p>HAPPY Independence DAY</p>
<p>07</p> <p>9:30 Physical Therapy \$42/srs 9:30 Italian Novel Reading 9:45 Intro to Belly Dancing 10:00 Poker 10:30 Let's Talk Sports 11:00 Credit Card Skimming 11:00 Line Dancing \$4 12:30 American Mah Jong 1:00 Trivia 1:00 Chair Volleyball 1:15 Movie Matinee: The Help 1:30 Is this Ageism? 4:00 Pool Night</p>	<p>08</p> <p>9:00 Cribbage 9:30 Low Impact Exercise \$4 9:30 Busy Bees Craft Group 9:30 Hand & Foot Game 11:15 Cardio, Strength, and Balance (CSB) \$4 1:00 BINGO 1:00 Chess 1:00 Learn to Play Cribbage 1:00 Quilting 1:00 Trust your Brain</p>	<p>09</p> <p>9:00 Walking Group 9:30 Bocce 10:00 Chair Yoga \$4 10:00 Knitting 10:00 FSC Garden Club 10:00 Scrabble 10:00 Asian Mah Jong 11:00 Mobile Food Pantry 12:00 Bridge 1:00 Pokeno 1:00 Intro to Spanish 1:00 Senior Scribblers 1:00 Hip Hop Chair Dance 2:30 Karaoke 3:00 Watercolor \$75/series 4:00 Alzheimer's Support Cardio Fusion cancelled</p>	<p>10</p> <p>9:00 Cribbage 9:30 Low Impact Exercise \$4 10:00 Discussion Group 10:15 Bible Study 11:00 Private vs Insurance-Based Home Care 1:00 Low Vision Assistive Technology 1:00 BINGO 1:00 Tai Chi \$4 1:00 Craft Corner 1:00 Cribbage 4:00 Pool Night Cardio, Strength, & Balance cancelled</p>	<p>11</p> <p>Cafe Closed 9:30 Simply Fit \$4 9:30 Hand & Foot Game 10:00 Political Discussion 11:00 Monthly Party: Caribbean Carnival \$10 12:30 T.O.P.S. 1:00 Pokeno 2:00 Silvertones Singing</p>

JULY 2025 CALENDAR

Franklin Senior Center

09

<p>14</p> <p>9:30 Physical Therapy \$42/srs 9:30 Italian Novel Reading 9:45 Intro to Belly Dancing 10:00 Poker 10:30 Let's Talk Sports 11:00 Line Dancing \$4 12:30 American Mah Jong 1:00 Trivia 1:00 Chair Volleyball 1:15 Movie Matinee: The Right Stuff 4:00 Pool Night 6:30 Southeastern MA Community Concert Band</p>	<p>15</p> <p>9:00 Cribbage 9:00 Coin & Gold 9:30 Low Impact Exercise \$4 9:30 Tech Assistance 9:30 Busy Bees Craft Group 9:30 Hand & Foot Game 11:15 CSB \$4 1:00 BINGO 1:00 Chess 1:00 Learn to Play Cribbage 1:00 Quilting Hearing Clinic & Legal Clinic today!</p>	<p>16</p> <p>9:00 Walking Group 9:30 Bocce 10:00 Chair Yoga \$4 10:00 Knitting 10:00 FSC Garden Club 10:00 Scrabble 10:00 Asian Mah Jong 11:00 Franklin Q&A 11:00 Cardio Fusion \$4 11:30 Medicare Options 12:00 Bridge 1:00 Pokeno 1:00 Memory Cafe 1:00 Intro to Spanish 3:00 Watercolor \$75/series</p>	<p>17</p> <p>8:30 Coffee Hour with State & Local Officials 9:00 Cribbage 9:30 Low Impact Exercise \$4 10:00 Discussion Group 10:00 Mandala Sand Art \$10 10:15 Bible Study 11:00 Hands-Only CPR 11:15 CSB \$4 1:00 BINGO 1:00 Tai Chi \$4 1:00 Open Art Studio 1:00 Cribbage 4:00 Pool Night</p>	<p>18</p> <p>9:30 Simply Fit \$4 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 Thrive Beyond Time 1:30 COA Meeting 2:00 Silvertones Singing</p>
<p>21</p> <p>9:30 Physical Therapy \$42/srs 9:30 Italian Novel Reading 9:45 Intro to Belly Dancing 10:00 Poker 10:30 Let's Talk Sports 11:00 Line Dancing \$4 12:30 American Mah Jong 1:00 Trivia 1:00 Chair Volleyball 1:15 Movie Matinee: Mamma Mia! 1:30 50+ Job Seekers Program Orientation 4:00 Pool Night</p>	<p>22</p> <p>9:00 Cribbage 9:30 Low Impact Exercise \$4 9:30 Busy Bees Craft Group 9:30 Hand & Foot Game 11:00 Food & Mood 11:15 CSB \$4 1:00 BINGO 1:00 Chess 1:00 Learn to Play Cribbage 1:00 Quilting 1:00 Drum Circle</p>	<p>23</p> <p>9:00 Walking Group 9:30 Bocce 10:00 Chair Yoga \$4 10:00 FSC Garden Club 10:00 Knitting 10:00 Scrabble 10:00 Asian Mah Jong 11:00 Cardio Fusion \$4 12:00 Bridge 1:00 Pokeno 1:00 Intro to Spanish 1:00 Bereavement Support 4:00 Alzheimer's Support 4:00 Pizza & Movie Night: Eephus \$5</p>	<p>24</p> <p>9:00 Cribbage 9:30 Low Impact Exercise \$4 10:00 Discussion Group 10:15 Bible Study 11:15 CSB \$4 1:00 BINGO 1:00 Tai Chi \$4 1:00 Acrylic Paint Class \$3 1:00 Cribbage 2:30 GATRA Public Meeting 2:30 Fall Prevention Physical Therapy Class 4:00 Pool Night</p>	<p>25</p> <p>Limited Breakfast 9:30 Simply Fit \$4 9:30 Hand & Foot Game 10:00 Wood Carving Group 10:00 Political Discussion 11:00 Eat Around the World: Texas, USA \$10 12:30 T.O.P.S. 1:00 Pokeno 1:00 Thrive Beyond Time 2:00 Silvertones Singing</p>
<p>28</p> <p>9:30 Physical Therapy \$42/srs 9:30 Italian Novel Reading 9:45 Intro to Belly Dancing 10:00 Poker 10:30 Let's Talk Sports 11:00 Line Dancing \$4 12:30 American Mah Jong 1:00 Trivia 1:00 Chair Volleyball 1:15 Movie Matinee: Stand by Me 4:00 Pool Night</p>	<p>29</p> <p>9:00 Cribbage 9:30 Low Impact Exercise \$4 9:30 Busy Bees Craft Group 9:30 Hand & Foot Game 11:15 CSB \$4 1:00 Dementia Experience 1:00 BINGO 1:00 Chess 1:00 Audio Book Club 1:00 Learn to Play Cribbage 1:00 Quilting 2:00 Rainbow Cafe</p>	<p>30</p> <p>9:00 Walking Group 9:30 Bocce 10:00 FSC Van Trip Woo Sox 10:00 Chair Yoga \$4 10:00 Knitting 10:00 FSC Garden Club 10:00 Scrabble 10:00 Asian Mah Jong 11:00 Cardio Fusion \$4 12:00 Bridge 1:00 Pokeno 1:00 Intro to Spanish 1:00 Senior Scribblers 3:00 Zentangle Art \$25</p>	<p>31</p> <p>9:00 Cribbage 9:30 Low Impact Exercise \$4 10:00 Discussion Group 10:15 Bible Study 11:15 CSB \$4 1:00 BINGO 1:00 Tai Chi \$4 1:00 Open Art Studio 1:00 Cribbage 4:00 Pool Night</p>	

10 REGULAR PROGRAMS

Franklin Senior Center

Watercolor Class

Wed, August 20 & 27
3 PM - 5 PM

\$50

Fee includes both 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 July 1!

DRUM CIRCLE



FRANKLIN Cultural Council

Mass Cultural Council

JULY 22 1:00 PM

ZENTANGLE ART CLASS

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.

\$25

MON, AUG 18, 3 PM - 5 PM
SIGN-UP STARTING JULY 1!

Karaoke



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

WED, JULY 9 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 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 our senior community with transportation 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.



UPCOMING DAY TRIPS

SIGN-UP AT THE SENIOR CENTER TODAY!

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



LOBSTER ROLL CRUISE

BAY CRUISE, LUNCH, ICE CREAM & DOWNTOWN HYANNIS

TUESDAY, AUGUST 12
BUS DEPARTS 10:00 AM, RETURNS APPROX 6:00 PM
LOBSTER ROLL, ROAST BEEF ROLL-UP, CHICKEN CAESAR SALAD, OR VEGGIE ROLL-UP

\$132



CAPE COD TRAIN

WITH LUNCH AND DOWNTOWN HYANNIS SHOPPING

WEDNESDAY, SEPTEMBER 10
BUS DEPARTS 9:00 AM, RETURNS APPROX 5:30 PM
HUNTER'S HARVEST CHICKEN, SWEET POTATO PECAN CRUSTED SALMON, OR AUTUMN SALAD

\$155



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.

There will be NO VETERANS COFFEE SOCIAL IN JULY.

The next Social will be on Wednesday, August 6 at 10:00 AM at the Senior Center Cafe. All Veterans are invited!

There will be NO VETERANS COUNCIL MEETING IN JULY.

The next Council meeting will be on Thursday, August 21 at 7:00 PM at the Senior Center. Any Franklin resident interested in Veterans' activities is welcome to join the Veterans' Council.

TUNE IT OUT GUITAR LESSONS FOR VETERANS WILL NOT MEET IN JULY AND AUGUST.

Classes will resume on Tuesday, September 9 with an Open House at 5:30 PM at the Senior Center. Any Veteran interested in learning more about guitar lessons is welcome! There is no fee for lessons and we provide guitars! Call our office for details.

WARRIOR WITHIN YOGA CLASS FOR VETERANS AND FIRST RESPONDERS WILL NOT MEET IN JULY.

Stay tuned for updates!

Purple Hearts – Please let our office know if you or a family member (residing in Franklin) is a Purple Heart recipient and we will add them to our database. National Purple Heart Day is celebrated on August 7 every year. The Purple Heart is a distinguished military decoration awarded in the name of the President to those who have been wounded or killed while serving in the U.S. Armed Forces.

Veterans Memorial Walkway – The next engraved brick installation will be in November to coincide with Veterans' Day. Veterans need not be from Franklin to be honored with a brick. All members of the U.S. military are eligible. Brick order forms are available in the Town Hall and Senior Center lobbies and on the Veterans' Services page on the Town website.

Please visit our webpage (URL below) to learn more about Franklin Veterans' Services.

WWII Veteran
Cas Salemi
celebrated his
103rd birthday
at the June
Veterans' Coffee
Social.



Department of Veterans' Services

(508) 613-1315

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

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

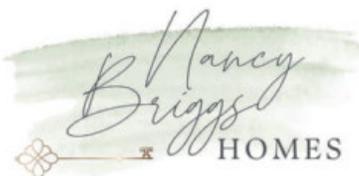
Mass. Licensed
and Certified

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME Karen Fontaine

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



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



14 FOFE & COA

Franklin Senior Center



DONATIONS TO FOFE

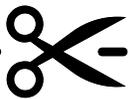
Tina Powderly and Scott Mason
Deborah Herereillers
Marie and Bernard Mullaney
Karen McWilliams
Fran and Marjorie Duggan
William Cornetta
Marilyn Corrigan

DONATIONS TO FRANKLIN SENIOR CENTER

Shirley Brown
Tilly Kaufman
Trust the Light Foundation, Inc.

IN MEMORY OF

Edward Colace in Memory of Maria Colace
Phyllis and Ugo Ciannavei In Memory of
Emilio DeBaggis, Sr., Palmina DeBaggis,
Emilio DeBaggis, Jr., Leo R. Chambers



Friends of Franklin Elders
Memorial / Honor Donation

Your Name _____

Your Address _____

In Memory / In Honor Of _____

Mail to:

Friends of Franklin Elders, Inc.
10 Daniel McCahill St, Franklin MA 02038

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 Friends of Franklin Elders is currently on break for the summer.

The next FOFE meeting is scheduled for:

Friday, September 26 at 9:00 AM.

The public is welcome to attend.

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



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



**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



OFFICERS

Chair.....Lyn O'Brien
 Vice Chair.....Phyllis Malcolm
 Secretary.....Faith Flaherty

MEMBERS

Robert Kaufman, Kim Mu-Chow, Tina Powderly,
 Elizabeth Sawyer

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.....Alicia 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

Our Community Access

102.9 **wfpr.fm**
Franklin.TV

FranklinMatters.org
 Watch, Listen, & Read

Get our on-line program guide at Franklin.TV

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

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