

THE FRANKLIN CONNECTION



Franklin Senior Center's Monthly Newsletter
AUGUST 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?

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Summer is in full swing, and while we welcome the sunshine and longer days, we also know how important it is to stay cool and safe during the warmer months. We're keeping things comfortable so you can continue to enjoy all the activities and community without the heat slowing you down.

If you're looking for a refreshing place to spend your day, we invite you to drop by and enjoy our great company! Whether you're joining a fitness class, working on a craft, playing cards with friends, or just relaxing in our library, we are here to keep you busy and cool on these hot days.

Be sure to check out our summer programs. In August, we have a ukulele concert, mandala sand art class, pizza and a movie, karaoke, and much more! There's something for everyone, and it's a wonderful way to stay active, connected, and cool. Don't forget to drink plenty of water, dress for the heat, and look out for one another. We're so glad you're part of our community, and we look forward to seeing you soon!

– Chasity Cheng, Deputy 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
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 - Activities of daily living
 - Errands and transportation
- Companionship • Home exercises
 - Light house keeping
 - Escort to activities

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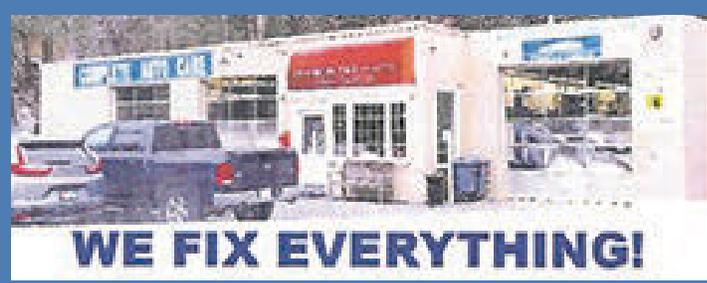
UP TO 5 QTS. 5W-30 OIL SUNOCO SYNTHETIC OIL, NEW FILTER, LUBE CHASSIS FITTINGS, TOP OFF MAJOR FLUIDS, 14-PT. SAFETY CHECK
Most cars & light trucks, With coupon, not valid with any other offer. Expires 12/31/25

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



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- 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



Next-up on our Volunteer Spotlight, the incredible **Jane Gil De Rubio!**

Jane has been a member of the Franklin community for over 50 years. Her children, grandchildren, and great-grandchildren adore her as much as we do. For over four years, she has volunteered her time at the Senior Center at least twice a week, and always stepping up to help on other days as needed.

Volunteering extensively with our Sunshine Club, Jane showed up one day, and we haven't been able to get rid of her since! Working with efficiency, dedication, and a gross dislike of nonsense in any form, she keeps the ship running smoothly. Her friendly attitude and helpful demeanor make her an ideal volunteer for our members, who clearly benefit from her presence. It is evident how dear the Sunshine Club is to her, and we are deeply thankful for her impactful contributions.

Next time you see Jane, say hello!

PAGE TURNERS

BOOK CLUB

The Senior Center Book Club is looking for more members! Group meets on the first Monday of each month.

Summer Reading:
The Optimist's Daughter
by Eudora Welty
and
The Gathering
by Ann Enright

NEXT MEETING:
MON, SEPTEMBER 8 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

- Rides within Franklin **free**
- Rides to local Medical Appointments **free**
- Outside Franklin (within 15 mile radius) **\$4 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

springwell

Ice Cream AND GAMES

RAINBOW CAFE

AUG 26 **2 PM**

COMING IN SEPTEMBER...

Intro & Intermediate Texas Hold 'Em Instruction

No Cash Needed to Play!



Minimum seven participants required for class to run.

EVERY MONDAY AT 10:30 AM

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 **Wed, August 20 at 1:00 PM** for this month's Memory Cafe! Live entertainment featuring Rich Teter.

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 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 the **Town of Franklin Public Health Nurse**. Services include blood sugar testing, blood pressure testing, pulse oximetry testing, education, and more!

Public Health Nurse Office Hours:
Thursdays 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, August 5 at 1:00 PM

Low Vision Support Group

On break for the summer, returning in September.

Low Vision Assistive Technology

Thursday, August 14 at 1:00 PM

Audio Book Club (Conference Call)

Tuesday, August 26 at 1:00 PM

The Housekeeper and the Professor by Yoko Ogawa



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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- Senior Residential Specialist
- Notary



06 AUGUST PROGRAMS

Franklin Senior Center

Call or stop by to sign-up!

Eat Around the World



This month: **Louisiana, USA**

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

Fri, Aug 8 at 11 AM, \$10

Pizza & Movie Night



Wed, Aug 13 at 4 PM, \$5

Monthly Party



Featuring:
The Steve Rudolph Trio

Fri, Aug 22 at 11 AM, \$10

Thrive Beyond Time – Friday, August 1, 8, 15, & 22 at 1:00 PM

This wellness campaign is hosted by a local youth volunteer supported by an OT. Topics will include heart health, fall prevention tips, and brain boosting activities!

Concert U.F.O.s (Ukulele Friends Orchestra) – Wed, August 6 at 6:00 PM

Join us for an hour of fun ukulele music! Open to all in the community.

Social Neuroscience – Tuesday, August 12 at 1:00 PM

Are we wired to be kind or selfish? Together or alone? Learn about some of the classic studies in psychology & neuroscience that have defined our understanding of what it means to be human. Led by neuroscientist Kymberlee O'Brien.

Project Health – Wednesday, August 13 from 11:00 AM – 3:00 PM

Join CVS Health for a free check-up! Check your blood pressure, sugar levels, weight, cholesterol, and other screenings. No appointment, no insurance, no cost!

Dental Blue 65 – Wednesday, August 13 at 11:30 AM

BCBS offers dental plans for seniors that provide coverage for a wide range of dental procedures. Hear about dental plans that fit your exact needs & budget.

Mandala Sand Art – Thursday, August 14 at 10:00 AM – \$10

Join Vika on a peaceful, guided journey to create a beautiful sand mandala.

Fall Prevention & Home Safety Tips – Thursday, August 14 at 11:00 AM

Hosted by Advanced Home Care. Join this educational seminar to gain insight on preventative measures that help you reduce your risk of falling.

What to Leave Behind – Tuesday, August 19 at 11:00 AM

Come learn from Attorney Amy Azza how to create an emergency folder for your loved ones and what you should include in it. Lunch will be provided!

Bay State Physical Therapy Fall Prevention – Wed, August 20 at 12:00 PM

Learn about the role physical therapy plays in fall prevention. Free lunch!

Trivia with Ariel – Thursday, August 21 at 11:00 AM

Celebrate National Senior Citizen Day with a fun game of trivia. Prizes awarded!

Clay Art Class – Thursday, August 21 at 1:00 PM – \$3

Jillian will teach how to make a polymer clay goose for your garden!

Drum Circle – Tuesday, August 26 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!

Rainbow Cafe – Tuesday, August 26 at 2:00 PM

Join the group for ice cream and games, in collaboration with Springwell.

Fraud Prevention – Wednesday, August 27 at 11:00 AM

Join the Norfolk County Sheriff's Office to learn how to recognize and avoid common scams targeting seniors.

MORE AUGUST PROGRAMS

Franklin Senior Center

07



STOP THE BLEED

Tues, Aug 12
10 AM - 11 AM



HEALTH DEPARTMENT
TOWN OF FRANKLIN



U.F.O.'S Ukulele Friends Orchestra

WED,
AUGUST 6
AT 6 PM

DENTAL BLUE 65



WED, AUG 13
AT 11:30 AM



MASSACHUSETTS

Social Neuroscience

with neuroscientist Kymberlee O'Brien

Tues, Aug 12 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.

WHAT TO LEAVE BEHIND:

Creating an Emergency Folder
for your Loved Ones



FREE LUNCH!

Tues, Aug 19
at 11 AM



Attorney
Amy Azza

mandala SAND ART



\$10

Thurs, Aug 14
at 10 AM



BAY STATE PHYSICAL THERAPY

FALL PREVENTION

WITH DR. JANEEN KOVACEVIC

lunch will be served

WED, AUG 20 AT 12 PM



Fall Prevention & Home Safety Tips

DATE: THURS, AUG 14
TIME: 11:00 AM

08

AUGUST 2025 CALENDAR

Franklin Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Haircuts men's and women's cuts Mondays and Tuesdays Call 508-520-4945 for an appointment!</p> 	<p>05 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 August's Newsletter 1:00 Learn to Play Cribbage 1:00 Quilting</p>	<p>06 9:00 Walking Group 9:30 Bocce 10:00 Vets Coffee Social 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 12:30 Historical Museum Van Trip 1:00 Pokeno 1:00 Intro to Spanish 6:00 Concert U.F.O.s</p>	<p>Nail Appointments manicures, pedicures, nail trims every other Tuesday Call 508-520-4945 for an appointment!</p> 	<p>01 9:30 Simply Fit \$4 9:30 Hand & Foot Card Game 10:00 Wood Carving Group 10:00 Political Discussion 12:30 T.O.P.S. 1:00 Pokeno 1:00 Thrive Beyond Time 2:00 Silvertones Singing</p>
<p>04 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: Kings of Summer 4:00 Pool Night</p>	<p>07 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 Caregiver Support Group 1:00 BINGO 1:00 Tai Chi \$4 1:00 Open Art Studio 1:00 Cribbage 4:00 Pool Night 5:30 Acoustic Jam Session</p>	<p>08 Limited Breakfast 9:30 Simply Fit \$4 9:30 Hand & Foot Card Game 10:00 Wood Carving Group 10:00 Political Discussion 11:00 Eat Around the World: Louisiana, USA \$10 12:30 T.O.P.S. 1:00 Pokeno 1:00 Thrive Beyond Time 2:00 Silvertones Singing</p>	<p>14 9:00 Cribbage 9:30 Low Impact Exercise \$4 10:00 Mandala Sand Art \$10 10:00 Discussion Group 10:15 Bible Study 11:00 Fall Prevention & Home Safety Tips 11:15 Cardio, Strength, and Balance (CSB) \$4 1:00 BINGO 1:00 Low Vision Assistive Technology 1:00 Tai Chi \$4 1:00 Open Art Studio 1:00 Cribbage 4:00 Pool Night</p>	<p>15 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>11 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: Back to the Future 4:00 Pool Night</p>	<p>12 9:00 Cribbage 9:30 Low Impact Exercise \$4 9:30 Busy Bees Craft Group 9:30 Hand & Foot Game 10:00 Stop the Bleed 10:45 Sing-a-Long with Cathy 11:15 Cardio, Strength, and Balance (CSB) \$4 1:00 BINGO 1:00 Chess 1:00 Social Neuroscience 1:00 Learn to Play Cribbage 1:00 Quilting</p>	<p>13 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 Cardio Fusion \$4 11:00 Mobile Food Pantry 11:30 Dental Blue 65 12:00 Bridge 1:00 Pokeno 1:00 Intro to Spanish 1:00 Senior Scribblers 1:00 Bereavement Support 4:00 Alzheimer's Support 4:00 Pizza & Movie Night: Twisters \$5 Project Health 11 AM - 3 PM</p>	<p>14 9:00 Cribbage 9:30 Low Impact Exercise \$4 10:00 Mandala Sand Art \$10 10:00 Discussion Group 10:15 Bible Study 11:00 Fall Prevention & Home Safety Tips 11:15 Cardio, Strength, and Balance (CSB) \$4 1:00 BINGO 1:00 Low Vision Assistive Technology 1:00 Tai Chi \$4 1:00 Open Art Studio 1:00 Cribbage 4:00 Pool Night</p>	<p>15 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>

AUGUST 2025 CALENDAR

Franklin Senior Center

09

<p>18</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 12:30 American Mah Jong 1:00 Trivia 1:00 Chair Volleyball 1:00 Zentangle Art Class \$25 1:15 Movie Matinee: It Happened One Night 4:00 Pool Night</p>	<p>19</p> <p>9:00 Cribbage 9:30 Low Impact Exercise \$4 9:30 Tech Assistance 9:30 Busy Bees Craft Group 9:30 Hand & Foot Game 11:00 What to Leave Behind 11:15 Cardio, Strength, and Balance (CSB) \$4 1:00 BINGO 1:00 Chess 1:00 Learn to Play Cribbage 1:00 Quilting</p> <p>Hearing Clinic & Legal Clinic today! Call for an appointment</p>	<p>20</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 Cardio Fusion \$4 12:00 Bay State Physical Therapy Fall Prevention 12:00 Bridge 1:00 Pokeno 1:00 Memory Cafe 3:00 Watercolor \$50/series</p> <p>Franklin Q&A cancelled</p>	<p>21</p> <p>8:30 Coffee Hour with State & Local Officials 9:00 Cribbage 9:30 Low Impact Exercise \$4 10:00 Discussion Group 10:15 Bible Study 11:00 Trivia with Ariel 11:15 Cardio, Strength, and Balance (CSB) \$4 1:00 BINGO 1:00 Tai Chi \$4 1:00 Clay Art Class \$3 1:00 Cribbage 4:00 Pool Night</p>	<p>22</p> <p>Cafe Closed 9:30 Simply Fit \$4 9:30 Hand & Foot Game 10:00 Wood Carving Group 10:00 Political Discussion 11:00 Monthly Party: The Good Ol' Days \$10 12:30 T.O.P.S. 1:00 Pokeno 1:00 Thrive Beyond Time 2:00 Silvertones Singing</p>
<p>25</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 12:30 American Mah Jong 1:00 Trivia 1:00 Chair Volleyball 1:15 Movie Matinee: American Graffiti 4:00 Pool Night</p>	<p>26</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 Book Club 1:00 Learn to Play Cribbage 1:00 Drum Circle 1:00 Quilting 2:00 Rainbow Cafe</p>	<p>27</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 Fraud Prevention 11:00 Cardio Fusion \$4 12:00 Bridge 1:00 Pokeno 1:00 Senior Scribblers 1:00 Bereavement Support 2:30 Karaoke 3:00 Watercolor \$50/series 4:00 Alzheimer's Support</p>	<p>28</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 Acrylic Paint Class \$3 1:00 Cribbage 4:00 Pool Night</p>	<p>29</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 2:00 Silvertones Singing</p>

BOLD = call to sign-up

10 REGULAR PROGRAMS

Franklin Senior Center

Watercolor Class

Wed, Sept 3, 10, & 17
3 PM - 5 PM

\$75

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 August 1!

DRUM CIRCLE



FRANKLIN Cultural Council

Mass Cultural Council

AUG 26 1 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, SEPT 22, 1 PM - 3 PM

SIGN-UP STARTING AUGUST 1!

Karaoke



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

WED, AUG 27 AT 2:30 PM

FITNESS



Steve Avellino PT
\$42 for 6-week series
Join Steve Avellino for effective and practical physical therapy

Line Dancing \$4
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 \$4
Enjoy the benefits of exercise while minimizing stress on your joints

Cardio, Strength, and Balance \$4
Combining light cardio with strength and balance training

Chair Yoga \$4
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 \$4
Join Judi for a mash-up of cardio, drumming, and balance exercises!

Tai Chi \$4
Gentle exercise with slow movements, controlled breathing, and a meditative state of mind

Simply Fit \$4
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 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

Something Old and Something New



Join us on a guided tour of the Franklin Historical Museum! See gowns worn by Franklin-area brides in a range of fashions throughout the decades, from the late 1800s, right up to the 2000s.

Wednesday, August 6

Bus Departs FSC at 12:30 PM

UPCOMING DAY TRIPS

SIGN-UP AT THE SENIOR CENTER TODAY!

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, AUTUMN SALAD, OR HAM SANDWICH

\$155



ROCKY MOUNTAIN HIGH

JOHN DENVER TRIBUTE SHOW

TUES, SEPTEMBER 16, DOORS OPEN AT 11:30 AM

LAKE PEARL, WRENTHAM (DRIVE YOURSELF)

BAKED STUFFED CHICKEN OR VEGETABLE LASAGNA

\$94

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.

August 4 – U.S. Coast Guard's 235th Birthday

August 6 – Veterans Coffee Social – 10:00 AM at the Senior Center. In honor of National Purple Heart Day, we will recognize several Franklin Purple Heart recipients.

August 7 – National Purple Heart Day – The Purple Heart is a distinguished military decoration awarded in the name of the President to those who have been wounded or killed as a result of enemy action while serving in the U.S. Armed Forces. 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.

August 21 – Veterans Council Meeting – 7:00 PM at the Senior Center. Any Franklin resident interested in Veterans' activities is welcome to join us.

August 29 – Marine Corps Reserve 109th Birthday

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 FOR VETERANS AND FIRST RESPONDERS WILL NOT MEET IN JULY AND AUGUST.

Classes will resume in the fall. Stay tuned!

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.

Looking ahead... On Monday, September 15 at 9:00 AM, the VSO will host a VA and State Survivor Benefits information session for Veterans, service members, and spouses in the Senior Center's multipurpose room.

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



Veterans'
Memorial
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2025

Department of Veterans' Services

(508) 613-1315

www.franklinma.gov/335/Veterans-Services
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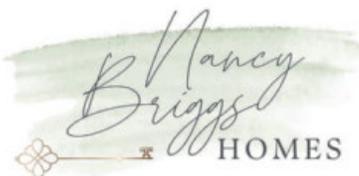
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14 FRIENDS OF FRANKLIN ELDERS

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 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.

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William Koplín in Memory of Linda Koplín, Bob and Marsha Simmler

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your thoughtful donations!**

A Message from FOFE President

Although The Friends of Franklin Elders don't meet formally during the summer, we are continuing to work on plans for the Winter Wonderland, which is scheduled for Thursday, December 11. We will also be participating in the Downtown Partnership's Harvest Festival on Saturday, September 27. If you are interested in helping with either of these, please let one of us know. In addition, we are also planning other fun activities to take place during coming months so keep your eyes open for updates!

The next regular Friends meeting is scheduled for Friday, September 26 at 9:00 AM at the Senior Center. The public is welcome to attend. We also have openings for two Associate Members to join us.

– Jean Tolland, President



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Supportive Day Assistant.....Amanda Rabbitt
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Line Cook.....Marilyn Howe
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Van Driver.....Russ Pratt
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The Franklin Connection is distributed with funds provided by the Friends of Franklin Elders.

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