

THE FRANKLIN CONNECTION



Franklin Senior Center's Monthly Newsletter SEPTEMBER 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

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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HONORING LABOR DAY

Labor Day is a federal holiday in the United States that honors the social and economic achievements of American workers. The holiday emerged from the labor movement of the late 19th century, which fought for better working conditions and rights for workers. It's a day to recognize the contributions of workers to our country's strength, prosperity, and well-being.

This year, Labor Day falls on Monday, September 1, and the Senior Center will be closed.

Director's Message

As we step into September and the start of a new season, it's a wonderful time to try something new, reconnect with friends, and embrace all that fall has to offer here at the Senior Center.

We are especially excited to share that the Center has received a grant of more than \$24,000 to replace all of our gym equipment. In preparation for the new equipment's arrival, we have relocated the Public Health Nurse's office and the gym to better accommodate this upgrade. These types of transitions take time, so we appreciate your patience as we finish updating the spaces, including reinstalling the TV and replacing the flooring in the new gym.

You will also notice that we have combined the Library and Computer Lab to open up another much-needed program and meeting space. While the computers are not yet set up, we expect to have this completed soon. In the meantime, we hope you'll take advantage of some of the wonderful programs happening this month, whether it's joining our Intro to Spanish class, attending the Jazz Brunch monthly party, or finding peace at a Reiki session.

Lastly, while we are in the process of hiring a new Social Services Coordinator, please know that social services support remains available. In the interim, our Deputy Director, Chasity Cheng, will be handling social services needs. Please don't hesitate to reach out to her if you require assistance.

Thank you for your patience and support as we continue to make improvements to the Senior Center. These updates, along with our growing slate of programs, will help us better serve you—today and for years to come.

- Sarah Amaral, Director

Complimentary Hearing Clinic at the Franklin COA!
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 - Errands and transportation
- Companionship • Home exercises
 - Light house keeping
 - Escort to activities



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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

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



WHAT'S NEW?

Franklin Senior Center

03

Volunteer Spotlight



For our next Volunteer Spotlight, **Kathie Egan!**

Kathie has been volunteering at our center for just over a year, and her stunning personality and high energy make her an unforgettable presence. You'll often find Kathie assisting in our Gift Shop, calling BINGO, or managing our greeter station. Kathie loves to stay active and help others as much as possible, so she's always on the move! You might also see her organizing our medical equipment, giving tours to new members, and generally keeping our center running smoothly.

Kathie's dedication, compassion, and energy are truly remarkable, and we are incredibly thankful for her commitment to our center.

The next time you see Kathie, say hello!

Senior Center Hours Change

The Senior will no longer be open late on Wednesday evenings.

Hours of Operation everyday will be Monday through Friday from 8:30 AM - 4:00 PM.

Intro & Intermediate Texas Hold 'Em Instruction

No Cash Needed to Play!



9:30 AM & 10:30 AM

MONDAY, SEPT 8, 15, 22, & 29

METACOMET PUBLIC HEALTH ALLIANCE
YOU ARE INVITED TO A COMMUNITY



RESIDENTS OF FRANKLIN, NORFOLK AND WRENTHAM

JOIN US FOR FREE RESOURCES, EDUCATION, BABY SHOWER GIFTS, AND MORE!

MON, SEPTEMBER 8, FROM 2 PM - 4 PM
Wrentham Public Library
110 Randall Rd, Wrentham, MA

FREE
diapers,
wipes,
formula,
pacifiers,
& more

FOR A FREE CAR SEAT
PLEASE REGISTER BY
SCANNING QR CODE
OR USING THIS LINK:



<https://tinyurl.com/carseat926>

DONATIONS PROVIDED BY:



FOR MORE INFORMATION CALL 508-384-5485

Stay Healthy This Flu Season!



SCAN ME



Get the flu shot!

- 📅 Thurs, September 25
- 📍 Franklin Senior Center
- 🕒 9:30 AM - 12:30 PM
- 📞 508-613-1334

Appointment required!
Scan the QR code or call to schedule.

FREE flu vaccines for adults and seniors!



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, September 17 at 1:00 PM** for this month's Memory Cafe! Live entertainment featuring Kalifornia Karl.

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 generously sponsored by Seniors Helping Seniors.

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

05

Franklin Senior Center

Audio Reading of the Newsletter (Conference Call)

Tuesday, September 2 at 1:00 PM

Low Vision Support Group

Canceled for September, check back for more info!



Low Vision Assistive Technology with MABVI

Thursday, September 11 at 1:00 PM

Conference Call
Phone #:
(508) 206-8603

Audio Book Club (Conference Call)

Tuesday, September 30 at 1:00 PM

This Month's Book: Cronkite by Douglas Brinkley

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



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• Notary

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



06 SEPTEMBER PROGRAMS

Franklin Senior Center

Call or stop by to sign-up!

Eat Around the World



This month: **Cuba**
Payment required to sign-up

Franklin residents sign-up
starting Sept 2

Non-Franklin residents sign-up
starting Sept 8

Fri, Sept 12 at 11 AM, \$10

Pizza & Movie Night



Movie Description:

Four retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a thrilling turn when they find themselves with a real who-dun-it on their hands!

Thur, Sept 18 at 4 PM, \$5

Monthly Party Jazz Brunch



featuring live entertainment
with musician Carine Paul

Menu: Spiral Ham, Au Gratin
Potatoes, French Toast
Casserole, Fresh Fruit

Fri, Sept 26 at 11 AM, \$10

Intro to Spanish – Wednesday, September 3, 10, 17, & 24 at 1:00 PM

Join this 4-week class to learn the fundamentals of Spanish. All levels welcome!

Senior Connection – Tuesday, September 9 at 10:00 AM

Senior Connection connects older adults to services that enable independent living within their community. Learn about services designed for your needs!

Solo Ager Support – Tuesday, September 9 at 11:00 AM

Join this session to learn about services available to you that can reduce loneliness, isolation, and anxiety associated with aging alone.

Reiki Meditation – Wednesday, September 10 at 12:30 PM

Join Sharon in meditation and a group Reiki session. Learn how Reiki can open new ways of welcoming an abundance of joy, kindness, and peace into your life!

50+ Job Seekers: Labor Market Info – Monday, September 15 at 1:30 PM

50+ Job Seekers offers guidance to help you navigate the unique challenges of job searching later in life. This session will focus on info on the labor market.

Estate Planning – Tuesday, September 16 at 11:00 AM

Join attorney Amy Azza and financial advisor Todd Miller in learning about estate planning, social security benefits, and scam protection. Free lunch and dessert!

A Little Philosophy – Tuesday, September 16 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.

Senior Living & Home Care – Wednesday, September 17 at 1:00 PM

Understanding senior living options with clarity. Join this info session on navigating senior living and home care options. Refreshments will be provided!

Seniors Helping Seniors – Thursday, September 18 at 11:30 AM

Learn about this organization that connects seniors to help other seniors, with anything from companionship, personal care, and daily tasks. Free lunch served!

Fraud Prevention – Tuesday, September 23 at 1:00 PM

Department of Treasury will discuss senior scams, including cashing fake checks, impersonation scams, and overcoming feelings of shame from being targeted.

File of Life – Wednesday, September 24 at 11:00 AM

Norfolk County Sheriff's Office will educate on FILE OF LIFE and it's importance.

GATRA Info Table – Thursday, September 25 from 9:30 AM – 12:00 PM

GATRA GO can take you shopping, to medical appointments, the Senior Center, and more. Come learn about this bus service from GATRA representatives!

Coffee & Conversation with Benchmark – Tuesday, Sept 30 at 10:00 AM

Benchmark at Forge Hill will host a Q&A on senior living. Refreshments served!

MORE SEPTEMBER PROGRAMS 07

Franklin Senior Center



INTRO TO SPANISH

WED, SEPT 3, 10, 17, & 24
AT 1 PM



Advanced Home Care **Dignity Hospice**
Compassion • Comfort • Support

Solo Ager Support

DATE: TUES, SEPT 9
TIME: 11:00 AM

Richard Frongillo from Tinetrex presents:

TECHNOLOGY ASSISTANCE

Tues, September 9 & 23
at 9:30 AM



50+ JOB SEEKERS IN MA

Labor Market Info

Mon, Sept 15 from 1:30 - 3:30



Seniors Helping Seniors
...A WAY TO GIVE AND TO RECEIVE

INFO SESSION

FREE LUNCH!

THURS, SEPT 18
AT 11:30 AM

A Little Philosophy
with neuroscientist Kymberlee O'Brien

Tues, Sept 16 at 1 PM

FRANKLIN Cultural Council **Mass Cultural Council**

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.

ESTATE PLANNING

FREE LUNCH AND DESSERT!

Attorney Amy Azza Todd Miller, CEPA

Tues, September 16 at 11 AM

08

SEPTEMBER 2025 CALENDAR

Franklin Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>01 Closed</p> 	<p>02</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 September's Newsletter 1:00 Learn to Play Cribbage 1:00 Quilting 2:00 Senior Players</p>	<p>03</p> <p>9:00 Walking Group 9:30 Bocce 10:00 Vets Coffee Social 10:00 Chair Yoga \$4 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 2:30 Watercolor \$100/series</p>	<p>04</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 Caregiver Support 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>FOFE Raffle Drawing today!</p>	<p>05</p> <p>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 Diamond Art 2:00 Silvertones Singing</p>
<p>08</p> <p>9:30 Physical Therapy \$42/srs 9:30 Italian Novel Reading 9:30 Intro to Texas Hold'Em 10:00 Poker 10:30 Intrmd. Texas Hold'Em 10:30 Let's Talk Sports 11:00 Line Dancing \$4 12:30 American Mah Jong 1:00 Page Turners Book Club 1:00 Trivia 1:00 Chair Volleyball 1:15 Movie Matinee: Pleasantville 4:00 Pool Night</p>	<p>09</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 10:00 Senior Connection 11:00 Solo Ager Support 11:15 Cardio, Strength, and Balance (CSB) \$4 1:00 BINGO 1:00 Chess 1:00 Learn to Play Cribbage 1:00 Quilting 2:00 Senior Players</p>	<p>10</p> <p>9:00 Walking Group 9:30 Bocce 10:00 Chair Yoga \$4 10:00 Knitting 10:00 Scrabble 10:00 Asian Mah Jong 11:00 Cardio Fusion \$4 11:00 Mobile Food Pantry 12:00 Bridge 12:30 Reiki Meditation 1:00 Pokeno 1:00 Intro to Spanish 1:00 Senior Scribblers 1:00 Bereavement Support 2:30 Watercolor \$100/series 4:00 Alzheimer's Support</p>	<p>11</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 Low Vision Assistive Technology with MABVI 1:00 BINGO 1:00 Tai Chi \$4 1:00 Craft Corner 1:00 Cribbage 4:00 Pool Night</p>	<p>12 Limited Breakfast</p> <p>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: Cuba \$10 12:30 T.O.P.S. 1:00 Pokeno 1:00 Diamond Art 2:00 Silvertones Singing</p>

SEPTEMBER 2025 CALENDAR

Franklin Senior Center

09

<p>15 9:30 Physical Therapy \$42/srs 9:30 Italian Novel Reading 9:30 Intro to Texas Hold'Em 10:00 Poker 10:30 Intrmd. Texas Hold'Em 10:30 Sing-a-Long with Tom 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 Young Victoria 1:30 50+ Job Seekers: Labor Market Information 4:00 Pool Night</p>	<p>16 9:00 Cribbage 9:30 Low Impact Exercise \$4 9:30 Busy Bees Craft Group 9:30 Hand & Foot Game 11:00 Estate Planning 11:15 CSB \$4 1:00 BINGO 1:00 Chess 1:00 Learn to Play Cribbage 1:00 Quilting 1:00 A Little Philosophy 2:00 Senior Players Hearing Clinic & Legal Clinic today!</p>	<p>17 9:00 Walking Group 9:30 Bocce 10:00 Chair Yoga \$4 10:00 Knitting 10:00 Scrabble 10:00 Asian Mah Jong 11:00 Cardio Fusion \$4 11:00 Franklin Q&A 12:00 Bridge 1:00 Senior Living & Home Care 1:00 Pokeno 1:00 Intro to Spanish 1:00 Memory Cafe 2:30 Karaoke 2:30 Watercolor \$100/series</p>	<p>18 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 11:15 CSB \$4 11:30 Seniors Helping Seniors 1:00 BINGO 1:00 Tai Chi \$4 1:00 Cribbage 4:00 Pizza & Movie Night: The Thursday Murder Club \$5 4:00 Pool Night</p>	<p>19 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 Diamond Art 1:30 COA Meeting 2:00 Silvertones Singing</p>	
<p>22 9:30 Physical Therapy \$42/srs 9:30 Italian Novel Reading 9:30 Intro to Texas Hold'Em 10:00 Poker 10:30 Intrmd. Texas Hold'Em 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 \$25 1:15 Movie Matinee: North by Northwest 4:00 Pool Night</p>	<p>23 9:00 Cribbage 9:30 Low Impact Exercise \$4 9:30 Tech Assistance 9:30 Busy Bees Craft Group 9:30 Hand & Foot Game 11:15 CSB \$4 1:00 BINGO 1:00 Chess 1:00 Fraud Prevention 1:00 Learn to Play Cribbage 1:00 Quilting 1:00 Drum Circle 2:00 Senior Players</p>	<p>24 9:00 Walking Group 9:30 Bocce 10:00 Chair Yoga \$4 10:00 Knitting 10:00 Scrabble 10:00 Asian Mah Jong 11:00 File of Life 11:00 Cardio Fusion \$4 12:00 Bridge 1:00 Pokeno 1:00 Intro to Spanish 1:00 Senior Scribblers 1:00 Bereavement Support 2:30 Watercolor \$100/series 4:00 Alzheimer's Support</p>	<p>25 9:00 Cribbage 9:30 GATRA Info Table 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 Art Class \$3 1:00 Cribbage 4:00 Pool Night Flu Clinic today! Call 508-613-1334</p>	<p>26 Cafe Closed 9:00 FOFE Meeting 9:30 Simply Fit \$4 9:30 Hand & Foot Game 10:00 Wood Carving Group 10:00 Political Discussion 11:00 Monthly Party: Jazz Brunch \$10 12:30 T.O.P.S. 1:00 Pokeno 1:00 Diamond Art 2:00 Silvertones Singing</p>	
<p>29 9:30 Physical Therapy \$42/srs 9:30 Italian Novel Reading 9:30 Intro to Texas Hold'Em 10:00 Poker 10:30 Intrmd. Texas Hold'Em 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: Good Will Hunting 4:00 Pool Night</p>		<p>30 9:00 Cribbage 9:30 Low Impact Exercise \$4 9:30 Busy Bees Craft Group 9:30 Hand & Foot Game 10:00 Coffee & Conversation with Benchmark 11:15 CSB \$4 1:00 BINGO 1:00 Chess 1:00 Audio Book Club 1:00 Learn to Play Cribbage 1:00 Quilting 1:00 Rainbow Cafe 2:00 Senior Players</p>		<p>30 9:00 Cribbage 9:30 Low Impact Exercise \$4 9:30 Busy Bees Craft Group 9:30 Hand & Foot Game 10:00 Coffee & Conversation with Benchmark 11:15 CSB \$4 1:00 BINGO 1:00 Chess 1:00 Audio Book Club 1:00 Learn to Play Cribbage 1:00 Quilting 1:00 Rainbow Cafe 2:00 Senior Players</p>	
<p>Haircuts men's and women's cuts Mondays and Tuesdays Call 508-520-4945 for an appointment!</p>		<p>Nail Appointments manis, pedis, nail trims every other Tuesday Call 508-520-4945 for an appointment!</p>		<p>Nail Appointments manis, pedis, nail trims every other Tuesday Call 508-520-4945 for an appointment!</p>	

10 REGULAR PROGRAMS

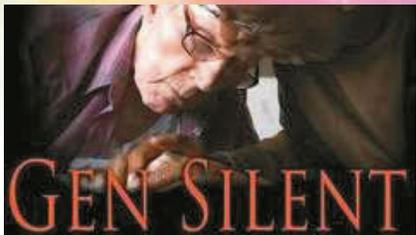
Franklin Senior Center

RAINBOW CAFE SPECIAL EVENT

MOVIE SCREENING & DISCUSSION

Experience the powerful documentary "Gen Silent" which illuminates the unique needs, challenges, and triumphs of rainbow elders.

Stay after the screening for a group discussion with Sarah Boyer!



Tues, September 30 at 1 PM

DRUM CIRCLE

FRANKLIN Cultural Council | Mass Cultural Council

SEPT 23 1 PM

PAGE TURNERS BOOK CLUB

MON, OCTOBER 6 AT 1 PM

BOOK FOR OCTOBER'S MEETING:
THE KITCHEN HOUSE
BY KATHLEEN GRISSON

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 & SPECIAL EVENTS

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.

DAY TRIPS

FOLIAGE TURKEY TRAIN

NH SCENIC RAILWAY & MOULTON FARM TOUR

WEDNESDAY, OCTOBER 22
BUS DEPARTS 9:00 AM
RETURNS APPROX 7:00 PM
FULL TURKEY DINNER
WITH ALL THE FIXIN'S

\$140



SIGN-UP AT THE SENIOR CENTER TODAY!

To kick off the first Patriot's home game of the season, FOFE is sponsoring...

PATRIOTS RAFFLE



Purchase any amount of raffle tickets with the front desk staff!

DRAWING ON THURS, SEPT 4

All proceeds go to the Friends of Franklin Elders to support Senior Center activities



SENATOR BECCA RAUSCH



FRANKLIN SENIOR CENTER
TOWN of FRANKLIN

Senator Rausch Office Hours



Constituents can schedule to meet with the Senator in-person for 15 minute appointments. Office hours are by appointment only for the first hour, and walk-ins are available for the last 30 minutes.



Monday, October 20, 1:00 PM – 2:30 PM



Franklin Senior Center
10 Daniel McCahill St, Franklin MA 02038



Sign-up here:



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.

September 3 – Monthly Coffee Social – 10:00 AM at the Senior Center. VA Nurses will discuss the VA Home Health Care Program. All Veterans are welcome!

September 9 – Tune It Out Guitar Lessons for Veterans OPEN HOUSE – 5:30 PM – Meet the instructors and other Vets who are learning to play guitar. Weekly classes meet on Tuesdays from 5:30 PM – 6:30 PM at the Senior Center. No fee and guitar experience is not needed. We have guitars!

September 15 – Veterans Survivor Benefits Discussion – 9:00 AM at the Senior Center. Veterans, service members, and their spouses are welcome. RSVP encouraged: (508) 613-1315

September 15 – Veterans Memorial Walkway – Deadline for engraved brick orders for the November installation. Brick order forms are available in the Town Hall and Senior Center lobbies, as well as online.

September 18 – U.S. Air Force's 78th birthday – Before the creation of the Air Force, the military's flying operations were handled by the U.S. Army on land and the Navy by sea. The history of the U.S. Air Force is an important part of the history of air power in the United States.

September 18 – Veterans' Council Meeting – 7:00 PM at the Senior Center. All Franklin residents interested in Veterans' activities are welcome to join us!

September 19 – National POW/MIA Recognition Day – A day to remember and honor those Americans who were prisoners of war and those who served and never returned home.

September 28 – Gold Star Mothers & Families Day – A day to honor the families of fallen Service members.

Stay tuned for updates on **Warrior Within Yoga for Veterans and First Responders...**

BFCCPS student
Max G.
volunteered at a
recent Veterans
Coffee Social



Department of Veterans' Services

(508) 613-1315

www.franklinma.gov/335/Veterans-Services
10 Daniel McCahill St, Franklin, MA 02038

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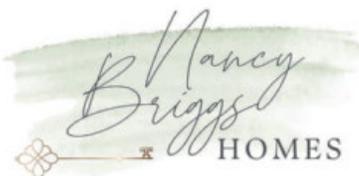
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14 FRIENDS OF FRANKLIN ELDERS

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

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Peter and Donna Allen
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IN MEMORY OF

Nancy Rappa in Memory of Bob and Leslie Rappa
Michelle Sherwin in Memory of her twin sister, Dr. Maura Marks

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

ASSOCIATES:

Nan Rafter, Margie Lane, Kathy Lesica

A Message from FOFE President

FOFE has been preparing for the Franklin Downtown Partnership's annual Harvest Festival, which is scheduled for Saturday, September 27 from 12 PM – 5 PM. We will have a table with information, fun displays, and maybe some giveaways! We hope that you will visit the Festival and, especially, our table. If you would like to help us that day, please let us know.

November is National Caregivers Month. In recognition, the Franklin Council on Aging is hosting a Caregiver Appreciation Day, scheduled for Friday, November 7. FOFE is helping support this event. The event is free and open to unpaid caregivers for adults. No registration is required, just come in and be pampered!

Community members are invited to participate in this special day dedicated to honoring caregivers. We are looking for anyone who can offer services such as Mini Spa Treatments, Reiki/Healing Arts, Raffle Items, Live Entertainment, Food Donations (small bites and snacks), etc. Whether you're a professional, a student building experience, or someone passionate about giving back, we'd love to have you.

More information on Caregiver Appreciation Day will be available in this space next month! You can also contact Lyn O'Brien, COA Chair, at LynOB@comcast.net or 617-686-9595 for more info.

Finally, thank you to everyone who participated in FOFE's Patriots Opening Day Raffle. The drawing is on September 4 in time for the first home game on September 7. Your donations go to the continued support for services at the Franklin Senior Center. Congratulations to the winner!

- Jean Tolland, President



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

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