

THE FRANKLIN CONNECTION



Franklin Senior Center's Monthly Newsletter
OCTOBER 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?

Pg 1: Director's Message
Pg 3: What's New?
Pg 4: Support Corner
Pg 5: Low Vision Corner
Pg 6: October Programs
Pg 7: More Oct Programs
Pg 8 & 9: October Calendar
Pg 10: Continued Programs
Pg 11: FSC Van & Special Events
Pg 12: Veterans' Corner
Pg 14: FOFE

Did you know you can sign-up for Senior Center events **ONLINE?**

Register for an account on
MyActiveCenter!

To register, visit the website at:
www.myactivecenter.com/signup
or scan the QR code:



As the crisp autumn air settles in and the leaves turn brilliant shades of red and gold, our center is buzzing with excitement for the season ahead! Fall is a time for gathering, celebration, and creating new memories – and we have plenty of opportunities for just that!

This month, we are thrilled to invite you to our Spooktacular Monthly Party. Come dressed in your most creative costume and join in the fun – prizes will be awarded for the best costumes, so don't hold back! Whether spooky, silly, or stylish, your outfit could make you a winner.

And don't forget, you can now sign up for programs online through MyActiveCenter! Just scan the QR code above to explore upcoming activities and register from the comfort of your own home. It's quick, easy, and a great way to stay connected.

As always, we hope to see you enjoying all that our community has to offer. Let's celebrate the season together with spirit, smiles, and maybe a little spookiness!
– 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

Board Certified Hearing Instrument Specialist, Lic. #275

www.athomehearinghealthcare.com

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CALL FIRST/TEXT LATER



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- 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



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SALMON
HEALTH & RETIREMENT



Grateful Hearts,
A GIVING COMMUNITY

Discover a lifestyle where comfort, connection, and peace of mind come together. With independent living, assisted living, and memory care, our community helps you thrive today and into the future.

Call 508-533-3300 today to learn more — we can't wait to welcome you home.

SALMON at Medway
44 Willow Pond Circle
Medway, MA 02053

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



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

COMPLETE SERVICE FACILITY

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

5% SENIOR DISCOUNT



WHAT'S NEW?

Franklin Senior Center

03

Volunteer Spotlight



On this month's Volunteer Spotlight, we're thrilled to feature **Sandy Capen Kupiec!**

Our Cafe staff affectionately refers to Sandy as the "Speedy Gonzales" of our volunteers! They say that if you give her a task, it's completed before you've even finished your sentence. And she always tackles it with her wonderfully cheery attitude.

Sandy volunteers in our Cafe every week, preparing for meals and significantly easing the workload for our staff. Her friendly, can-do demeanor makes her a bright light for everyone at our center. Sandy's unwavering dedication and positive attitude make her an invaluable member of our volunteer team, and we extend our sincerest gratitude to her.

Next time you're here on a Thursday, say hi to Sandy!

HEALTH FAIR

Wed, October 1 from 3:00 PM - 5:00 PM
Franklin Public Library
118 Main Street, Franklin, MA

local vendors, prizes, giveaways, activities for kids,
face painting, HEALTH SCREENINGS, refreshments,
and much more!

FREE VACCINE CLINIC

Free vaccines
provided by:



FRI, OCTOBER 17 FROM 10 AM - 1 PM



AARP Tax-Aide Program Looking for Volunteers

Are you interested in helping your community? The AARP Tax-Aide program is looking for volunteers to help seniors, and people with low to moderate incomes of any age, file their tax returns. Previous tax prep or accounting experience is NOT required!

You will receive the training needed. Internet access and basic computer skills are necessary. Many of our volunteers are former teachers.

Tax-Aide volunteers work in teams of three to six during February and March at local senior centers and libraries in Bellingham, Franklin, Holliston, Hopedale, Hopkinton, Medway, Milford, and Upton.

Volunteers can work one, two, or more days a week depending on their schedules. Training will be in November, December, and January and is primarily online.

In addition to tax preparation, volunteers are needed in administrative and technical roles. Bilingual speakers are also needed.

For more information, contact Kirk Joslin at KirkNJoslin@gmail.com

Ben's Bucks

Did you know Ben's Bucks can be used anywhere in the Senior Center?

Cafe meals, gift shop, art classes, & exercise classes! Use your Ben's Bucks anywhere you'd spend cash.

SHRED

Event

Free!

WED, OCT 22
10 AM - 1 PM

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, October 15 at 1:00 PM** for this month's Memory Cafe! Live entertainment featuring the Kaufman-Stone & Tom Trio.

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.

Registration is required! Please call the Senior Center at 508-520-4945 to register.

The entertainment and refreshments for this Memory Cafe are generously sponsored by Care One at Sharon.

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, October 7 at 1:00 PM

Low Vision Support Group with MABVI

Thursday, October 9 at 12:00 PM

This meeting will be in-person, with the option to join via Zoom if you wish.

Low Vision Assistive Technology with MABVI

Thursday, October 9 at 1:00 PM

Audio Book Club (Conference Call)

Tuesday, October 28 at 1:00 PM

This Month's Book: American Treasures by Stephen Puleo



**Conference Call
Phone #:**

(508) 206-8603



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



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• Notary

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



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



Scan QR code to learn more about our facility and programs

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

CAREONE
At Sharon
1782 784-0111 • 675 South Main Street
Sharon, MA 01913

06 OCTOBER PROGRAMS

Franklin Senior Center

Call to sign-up today!

Eat Around the World



This month: **Sweden**

Sign-up starting early on 9/29
Payment required to sign-up!

Fri, Oct 10 at 11 AM, \$10

Pizza & Movie Night

Creature Double Feature



1 hour & 11 minutes



1 hour & 15 minutes

with homemade Fall desserts!

Thurs, Oct 23 at 4 PM, \$5

Monthly Party

Spooktacular

Come in costume! There will be a costume contest with prizes!



Live entertainment with musician Ryan Hood

Menu: Garlic & Rosemary Roast Chicken, Sweet Potatoes, Green Beans, Apple Blossoms

Fri, Oct 31 at 11 AM, \$10

Texas Hold'Em – Monday, October 6 & 20 at 9:30 AM & 10:30 AM

Intro class at 9:30 AM, then an intermediate class at 10:30 AM. Come learn the most popular version of poker! No cash needed to play.

50+ Job Seekers: Intro to Networking – Monday, October 6 at 1:30 PM

This group offers guidance to help you navigate the unique challenges of job searching later in life. This session will focus on an introduction to networking.

Advanced Beginner Spanish – Wed, October 8, 15, 22, & 29 at 1:00 PM

Continue your skills and keep learning Spanish!

Technology Assistance – Tuesday, October 14 & 28 at 9:30 AM

Bring your tech questions! Rich from Tinetrix will assist with all your tech needs.

7 Signs it's Time for Home Care – Tuesday, October 14 at 1:00 PM

Most older adults prefer to stay independent at home, but extra help may eventually be needed for safety and well-being. Recognizing the signs early can make a huge difference in ensuring that you receive the care you need.

Reiki Meditation – Wednesday, October 15 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!

Free Vaccine Clinic – Friday, October 17 from 10:00 AM – 1:00 PM

REGISTRATION REQUIRED! Flu, RSV, tetanus, pneumonia, and COVID vaccines will be available. Free vaccines provided by Shaw's Pharmacy.

50+ Job Seekers: Interviewing – Monday, October 20 at 1:30 PM

This session will focus on mastering the interview process as a 50+ job seeker!

SHINE Medicare Talk – Tuesday, October 21 at 1:00 PM

Learn about Medicare from a certified SHINE counselor, just in time for open enrollment! Come learn the Medicare options for people new to Medicare, and of changes to existing plans for 2026, plus info on the Medicare Savings Program.

Shred Event – Wednesday, October 22 from 10:00 AM – 1:00 PM

Free shredding! Paper, credit cards, licenses, passports, computer hard-drives, and laptops can all be shred. No need to remove staples, paper clips, or elastics.

From Hospital to Home – Tuesday, October 28 at 1:00 PM

Join this panel of experts to learn about the process of being released from a hospital stay, and what you need to be safe at home. Bring your questions!

A Dramatic Reading of "The Raven" – Thursday, October 30 at 12:30 PM

Jillian will perform a dramatic reading of Edgar Allan Poe's poem, "The Raven."

Neuroplasticity – Thursday, October 30 at 1:00 PM

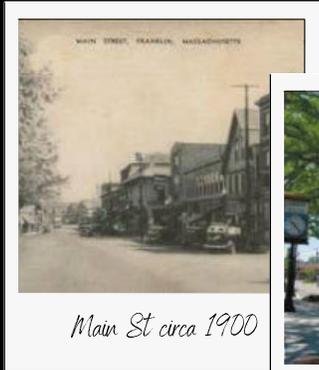
Neuroplasticity is the brain's ability to reorganize itself by forming new neural connections throughout life. We will review some practical applications to engage neuroplasticity and play a few brain games! Led by Kymberlee O'Brien.

MORE OCTOBER PROGRAMS

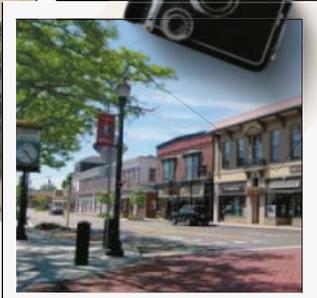
Franklin Senior Center

07

JOE LANDRY TALK FRANKLIN THEN & NOW



Main St circa 1900



Main St circa 2020

Take a trip down memory lane with Joe Landry! View old photography of downtown Franklin compared with current photos. See where schools and buildings were, what's there now, and other Franklin landmarks.

WED, OCTOBER 1 AT 1 PM

HISTORICAL PORTRAYS BY LADY J

Farm Girl on the Front Lines:

★ Deborah Sampson's Secret ★

Meet the woman who hoodwinked George Washington's army! A Massachusetts native, Deborah Sampson is the only woman known to have disguised herself as a man and serve as a soldier in the Continental Army without getting caught!

Follow Deborah as she tells her story as a poor farm girl who risked humiliation and imprisonment to help free the colonies from British rule.

Janet Parnes of Historical Portrayals by Lady J will portray Deborah Sampson. Ms. Parnes takes America's heroines out of history's dusty archives and brings them to life!

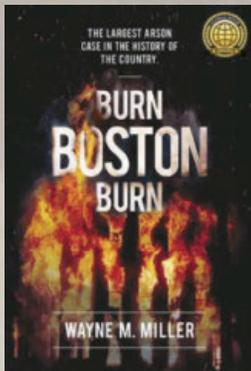


Tues, October 7 at 1 PM

INCREDIBLE TRUE STORY OF NINE DOMESTIC TERRORISTS WHO BURNED 264 BUILDINGS IN BOSTON IN THE EARLY 80S

BURN BOSTON BURN

PRESENTED BY ATF AGENT WAYNE MILLER



The Largest Arson Case in the History of the Country
Burn Boston Burn is an astounding true crime case about a conspiracy of 9 men, including 3 Boston cops and a Boston firefighter, who burned Boston and surrounding communities in the early 1980s due to tax-cutting measures that caused layoffs of hundreds of police and firefighters. Over 2 years, these fire buffs turned arsonists, torched 264 buildings, causing millions of dollars in damages and hundreds of injuries. The city was ablaze with nightly multiple-alarm fires, sirens wailing through the streets and people too afraid to sleep.

MON, OCTOBER 20 AT 11 AM

AUTHOR WILL DISCUSS THE STORY, PLUS SELL & SIGN BOOKS!

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.



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

Join the Movement

Thursday, October 16 at 1:00 PM

at the Franklin Senior Center

Presented by:



08

OCTOBER 2025 CALENDAR

Franklin Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday										
 <p>Haircuts men's and women's cuts Mondays and Tuesdays Call for an appointment!</p>	 <p>Nail Appointments manis, pedis, nail trims every other Tuesday Call for an appointment!</p>	<p>01 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 Joe Landry Talk: Franklin Then & Now</p>	<p>02 9:00 Cribbage 9:30 Low Impact Exercise \$4 10:00 Discussion Group 10:15 Bible Study 11:15 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>03 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>06 9:30 Steve Avellino \$42/srs 9:30 Italian Novel Reading 9:30 Intro to Texas Hold'Em 10:00 Poker 10:30 Intrmd. Texas Hold'Em 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: Arsenic and Old Lace 1:30 50+ Job Seekers: Intro to Networking 4:00 Pool Night</p>	<p>07 9:00 Cribbage 9:30 Low Impact Exercise \$4 9:30 Busy Bees Craft Group 9:30 Hand & Foot Game 10:30 Senior Players 11:15 Cardio, Strength, and Balance (CSB) \$4 1:00 BINGO 1:00 Historical Portrayals by Lady J: Deborah Sampson 1:00 Chess 1:00 Audio Reading of October's Newsletter 1:00 Learn to Play Cribbage 1:00 Quilting</p>	<p>08 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 1:00 Pokeno 1:00 Advanced Beg. Spanish 1:00 Senior Scribblers 1:00 Bereavement Support 4:00 Alzheimer's Support</p>	<p>09 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 12:00 Low Vision Support Group 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>10 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: Sweden \$10 12:30 T.O.P.S. 1:00 Pokeno 1:00 Diamond Art 2:00 Silvertones Singing</p>	<p>13 Closed</p>  <p>H A P P Y COLUMBUS DAY</p>	<p>14 9:00 Cribbage 9:30 Low Impact Exercise \$4 9:30 Busy Bees Craft Group 9:30 Hand & Foot Game 9:30 Tech Assistance 10:30 Senior Players 11:15 CSB \$4 1:00 BINGO 1:00 Chess 1:00 Learn to Play Cribbage 1:00 Quilting 1:00 7 Signs it's Time for Home Care</p>	<p>15 9:00 FSC Van Trip: Wachusett 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 12:30 Reiki Meditation 1:00 Pokeno 1:00 Advanced Beg. Spanish 1:00 Memory Cafe 2:30 Watercolor \$75/series</p>	<p>16 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 1:00 BINGO 1:00 Tai Chi \$4 1:00 Open Art Studio 1:00 The Dementia Experience 1:00 Cribbage 4:00 Pool Night</p>	<p>17 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 Free Vaccines today! 10 AM – 1 PM</p>
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OCTOBER 2025 CALENDAR

Franklin Senior Center

09

<p>20</p> <p>9:30 Steve Avellino \$42/srs 9:30 Italian Novel Reading 9:30 Intro to Texas Hold'Em 10:00 Poker 10:30 Intrmd. Texas Hold'Em 11:00 Line Dancing \$4 11:00 Burn Boston Burn 12:30 American Mah Jong 1:00 Trivia 1:00 Chair Volleyball 1:00 Zentangle Art \$25 1:15 Movie Matinee: Practical Magic 1:30 50+ Job Seekers: Interviewing 4:00 Pool Night</p> <p>Hearing Clinic today!</p>	<p>21</p> <p>9:00 Cribbage 9:30 Low Impact Exercise \$4 9:30 Busy Bees Craft Group 9:30 Hand & Foot Game 10:30 Senior Players 11:15 CSB \$4 1:00 BINGO 1:00 Chess 1:00 SHINE Medicare Talk 1:00 Learn to Play Cribbage 1:00 Quilting</p> <p>Legal Clinic today!</p>	<p>22</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 12:00 Bridge 1:00 Pokeno 1:00 Advanced Beg. Spanish 1:00 Bereavement Support 2:30 Watercolor \$75/series 4:00 Alzheimer's Support</p> <p>Free Shredding today! 10 AM - 1 PM</p>	<p>23</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 Art Class \$3 1:00 Cribbage 4:00 Pool Night 4:00 Pizza & Movie Night \$5 Creature Double Feature! Frankenstein (1931) AND Bride of Frankenstein (1935)</p>	<p>24</p> <p>9:00 FOFE Meeting 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 2:00 Silvertones Singing</p>
<p>27</p> <p>9:30 Steve Avellino \$42/srs 9:30 Italian Novel Reading 10:00 Poker 11:00 Line Dancing \$4 12:30 American Mah Jong 1:00 Trivia 1:00 Chair Volleyball 1:15 Movie Matinee: The Crucible 4:00 Pool Night</p>	<p>28</p> <p>9:00 Cribbage 9:30 Low Impact Exercise \$4 9:30 Busy Bees Craft Group 9:30 Hand & Foot Game 9:30 Tech Assistance 10:30 Senior Players 11:15 CSB \$4 1:00 BINGO 1:00 Drum Circle 1:00 Chess 1:00 Audio Book Club 1:00 Learn to Play Cribbage 1:00 From Hospital to Home 1:00 Quilting 2:00 Rainbow Cafe</p>	<p>29</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 12:00 Bridge 1:00 Pokeno 1:00 Advanced Beg. Spanish 1:00 Senior Scribblers 2:30 Watercolor \$75/series</p>	<p>30</p> <p>9:00 Cribbage 9:30 Low Impact Exercise \$4 10:00 Discussion Group 10:15 Bible Study 11:15 CSB \$4 12:30 A Dramatic Reading of "The Raven" 1:00 BINGO 1:00 Neuroplasticity 1:00 Tai Chi \$4 1:00 Open Art Studio 1:00 Cribbage 4:00 Pool Night</p>	<p>31</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 Spooktacular \$10 12:30 T.O.P.S. 1:00 Pokeno 1:00 Diamond Art 2:00 Silvertones Singing</p>

10 CONTINUED PROGRAMS

Franklin Senior Center



SHINE MEDICARE TALK

TUES, OCT 21 AT 1 PM



50+ JOB SEEKERS IN MA



STATEWIDE NETWORKING GROUP

Intro to Networking
Monday, October 6 at 1:30 PM

Interviewing
Monday, October 20 at 1:30 PM

ADVANCED BEGINNER SPANISH



**WED, OCT 8, 15, 22, & 29
AT 1 PM**

Richard Frongillo from Tinetrix presents:

TECHNOLOGY ASSISTANCE

**Tues, October 14 & 28
at 9:30 AM**



FROM HOSPITAL TO HOME



TUES, OCTOBER 28 AT 1 PM



7 Signs it's Time for Home Care

**DATE: TUES, OCT 14
TIME: 1:00 PM**

Neuroplasticity

with neuroscientist Kymberlee O'Brien

Thurs, Oct 30 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.

DRUM CIRCLE



OCT 28 1 PM

FSC VAN & SPECIAL EVENTS

Franklin Senior Center

11

Senior Center Van

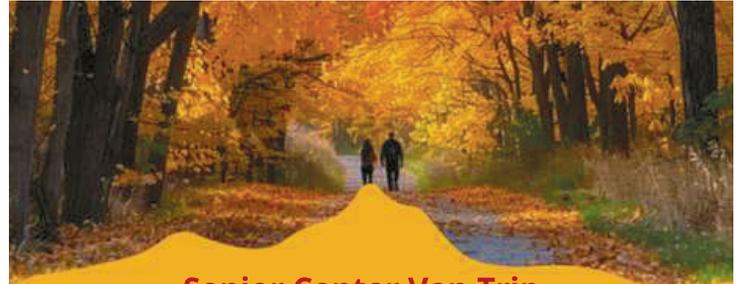
The Franklin Senior Center Van is available for rides Monday – Friday from 9:00 AM to 3:30 PM. To schedule, call the center and ask for Emily!

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.



Senior Center Van Trip AUTUMN WALK AT WACHUSETT

Bus departs FSC at 9 AM

WED, OCTOBER 15

Hop on the van and enjoy a ride up to Wachusett Mountain! Join us for an autumn walk, followed by lunch at 1761 Old Mill Restaurant.

Trail is 2 miles and the terrain is moderate. Please dress in layers and wear comfortable walking shoes. Van ride is \$5, member pays for their lunch.



FREE HAIRCUTS FOR VETERANS

In recognition of Veterans' Day, every Wednesday in November at the Franklin Senior Center, Veterans can get a FREE haircut!

Haircuts will be on:

Wed, November 5, 12, 19, & 26 from 10 AM – 1 PM
at the Franklin Senior Center,
10 Daniel McCahill St, Franklin MA.

Appointment required! Please call the Senior Center at 508-520-4945 to schedule. Sign-up starting now!

Thank you to all who have served our country.



FRANKLIN
SENIOR CENTER
TOWN of FRANKLIN



DEPARTMENT OF
VETERANS' SERVICES
TOWN of FRANKLIN



Mitten Tree

for Winter Wonderland

The Friends of Franklin Elders are looking for donations of mittens, scarves, and hats. Handmade or store-bought!

All donations will be featured on the Mitten Tree at the Senior Center's Winter Wonderland on Thurs, December 11, and donated to people in need.

Last year, over 300 items were distributed to people in need within Franklin!

Also accepting cash donations to purchase knitwear!

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.

October 1 – Monthly Coffee Social – 10:00 AM in the Senior Center Café. Socials are held the first Wednesday of every month. All Veterans are welcome!

October 13 – U.S. Navy's 250th Birthday – On October 13, 1775, the Continental Congress established a naval force, hoping that a small fleet of privateers could attack British commerce and offset British sea power.

October 16 – Veterans' Council Meeting – 7:00 PM at the Senior Center. All Franklin residents interested in Veterans' activities are welcome to join us!

October 26 – National Day of the Deployed annually honors United States military personnel deployed around the globe. The designation recognizes all of the brave military personnel who have been deployed, are sacrificing, or have sacrificed their lives to defend our country.

The **Tune It Out Guitar Lessons** program for Veterans meets on Tuesdays at 5:30 PM at the Senior Center. There is no charge for lessons and no guitar experience is required. We have guitars! Call our office for details.

Warrior Within Yoga for Veterans and First Responders meets on Thursdays at 4:00 PM at the Senior Center. No charge for classes. Call our office to sign up.

UPCOMING NOVEMBER EVENTS

FREE HAIRCUTS FOR VETERANS EVERY WEDNESDAY IN NOVEMBER AT THE SENIOR CENTER! Thank you to hair stylist Debey for making this very generous offer to Franklin Veterans in honor of Veterans' Day! Please call the Senior Center at (508) 520-4945 to make an appointment.

Save the Date – The Veterans' Day Luncheon is scheduled for Tuesday, November 11 at 11:00 AM at the Elks Lodge #2136 on Pond Street in Franklin. Reservations are required. Call the Veterans' Services Office to RSVP by Monday, October 27. Thank you to the Elks' membership for their generous ongoing support of Veterans' events and programs!

Please visit our webpage at: www.franklinma.gov/335/Veterans-Services

Tune It Out Guitar Classes for Veterans have resumed after summer break!



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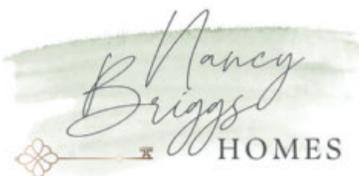
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14 FRIENDS OF FRANKLIN ELDERS

Franklin Senior Center



The next FOFE meeting is scheduled for:
Friday, October 24 at 9:00 AM.
The public is welcome to attend.

DONATIONS TO FRANKLIN SENIOR CENTER

FHS Class of 1957
Maureen Murphy

DONATIONS TO FOFE

Liz Reazor

IN MEMORY OF

Karen Sappos in memory of Ellen Rosetti
Lauralyn Smith in memory of Joannah Brunelli
Ronald and Rita Gianetti in memory of Joannah Bruelli
Joseph and Frances Bertone and Family in memory of Joannah Brunelli
Todd and Christy Blakely in memory of Joannah Brunelli

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

A Message from FOFE President

The Friends of Franklin Elders, Inc (FOFE) has been a 501c3 private, non-profit organization since 1990. Its purpose is to raise funds for programs, services, and equipment for the Franklin Senior Center which cannot be provided by state or local governments. FOFE raises funds through membership fees, donations, and special events. Some examples we have funded so far this year include: all the coffee and tea, funding for the Volunteer Appreciation and First Responders lunches, decorations and entertainment for the monthly parties, the Senior Olympics t-shirts, medals, and related expenses, the monthly Connection, among other programs and services. And, lest I forget to mention it, all the coffee and tea served in the café and the main room!

We hope you had a great summer and are ready for fall and all the activities that come with it. The center's crafters and artists are working on fall and Halloween crafts for the gift shop and other crafts for the Busy Bees' Bazaar. In addition, FOFE will continue to support the Council on Aging as they prepare for the Caregivers' Appreciation Day on Friday, November 7. The event is free and open to Franklin residents who are unpaid caregivers for adults. If you can offer/donate services to pamper these unsung caregivers (EG: mini spa treatments, Reiki/Healing Arts, raffle items, entertainment, snacks) we'd like to hear from you. If you are a caregiver, no registration is required, so please come for part or all of the event. If you have questions or need more information contact Lyn O'Brien, COA Chair, at LynOB@comcast.net or 617-686-9595.

And then we will be moving into high gear to finish preparations for the 2025 Winter Wonderland! If you are able to help during the event, or know anyone who might be able to donate raffle items or offer financial support, please let us know.

– Jean Tolland, President



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**TOWN of
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SENIOR CENTER &
THE COUNCIL ON AGING

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Vice Chair.....Phyllis Malcolm
Secretary.....Faith Flaherty

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Tina Powderly, Elizabeth Sawyer

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Deputy Director.....Chasity Cheng
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Administrative Assistant.....Emily Dellorco
Administrative Assistant.....Jillian Rochat
Program & Volunteer Coordinator.....Ariel Doggett
Supportive Day Coordinator.....Kathleen Laughran
Supportive Day Assistant.....Amanda Rabbitt
Chef & Kitchen Manager.....Anne Scungio
Line Cook.....Marilyn Howe
Line Cook.....Pam Young
Van Driver.....Kathy Lewis
Van Driver.....Russ Pratt
Director of Veterans' Services.....Shannon Nisbett
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Franklin, MA 02038

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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.

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