

THE FRANKLIN CONNECTION



Franklin Senior Center's Monthly Newsletter
NOVEMBER 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

BUSY BEES 

HOLIDAY BAZAAR

Save the date!

TUES. DECEMBER 2
&
WED. DECEMBER 3
9:30 AM – 1:00 PM

Handmade crafts for holiday gifts,
your home, and your loved ones!

Where's What?

Pg 1: Director's Message

Pg 3: What's New?

Pg 4: Support Corner

Pg 5: Low Vision Corner

Pg 6: November Programs

Pg 7: More Nov Programs

Pg 8 & 9: November Calendar

Pg 10: Regular Programs

Pg 11: FSC Van & Dec Events

Pg 12: Veterans' Corner

Pg 14: FOFE

As we move into this season of gratitude, November is a wonderful reminder of all we have to celebrate here at the Franklin Senior Center! This month, we're thrilled to host our first-ever Caregiver Appreciation Day, a special volunteer-led event honoring the selfless individuals who care for loved ones every day.

It's also time for our annual Pie Lottery, one of our favorite Thanksgiving traditions! Sign up for a chance to receive a delicious pie. While we call it a "lottery," everyone has an equal opportunity once we know how many pies we have to share.

Don't miss our Friendsgiving Party featuring the fan-favorite Beatles tribute band, a full Thanksgiving dinner, and professional photos by Vicario Studio. What a perfect way to celebrate the season with friends, food, and fun.

A heartfelt thank you to our Friends of Franklin Elders for helping refresh and repair our pool room! It's looking fantastic, so stop by, rack up a game; if you still want to blame your bad shots on the table, that's okay with me!

Wishing you all a warm, heartwarming November filled with connection, kindness, and gratitude.

–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

**THRIVE
LOCALLY**



**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



Care That Truly Understands

**Personal Care Assistance
Homemaking Support
Companion Care
Transportation
and Much More...**

CONTACT US:
508-320-4985



Learn More!

support@carehausagency.com • www.carehausagency.com

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**



COMPLETE SERVICE FACILITY

OPEN HOURS: MON - FRI: 8AM-6PM / SAT BAW - 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



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

Franklin Senior Center, Franklin, MA 06-5389

Volunteer Spotlight



For this month's Spotlight, Trudy Remissong!

A Franklin resident for 35 years, Trudy has been volunteering at the Senior Center for the past six years. Every Thursday in the Café, you'll find her at the register, taking orders, serving food, and helping create a warm, welcoming space for our members.

And Trudy doesn't just stay at the register — if there's no line, she jumps in wherever help is needed, whether it's washing dishes, refilling supplies, or tidying up. She's known for her teamwork and positive attitude, and often steps in beyond her regular shift when extra help is needed.

We're so grateful for her energy, dedication, and the joy she brings to our Senior Center every week. Next time you see Trudy, say hello!

Caregiver Appreciation Day

"It's time to care for yourself."

We're inviting all caregivers! Those caring for parents, spouses, grandparents, or loved ones, please join us for a special day of recognition, relaxation, and gratitude.

Friday, November 7, 2025

11:00 AM - 3:00 PM

**Franklin Senior Center, 10 Daniel McCahill St
(508) 520-4945**

Mini Spa & Wellness Services | Refreshments
Raffles & Giveaways | Entertainment & Music
Resource Tables & Community Support

FREE ADMISSION • ALL CAREGIVERS WELCOME

RSVP Appreciated for event. RSVP required for your loved one in our dedicated activity room while you are here. Please call the Senior Center and ask for Chasity.

Sponsored by Friends of Franklin Elders



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



Senior Tax Work-Off Program

The Senior Tax Work-Off Program for 2026 will start accepting applications on Monday, December 1.

Applications will be available to pick-up at the Franklin Senior Center on Monday, December 1.

Applications will also be available online at:
www.franklinma.gov/588

To participate in this program, you must submit an application every year.

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 will meet once this month, on Wed, Nov 12 at 4:00 PM.**

Memory Cafe: Join us on **Wednesday, November 19 at 1:00 PM** for this month's Memory Cafe! Live entertainment featuring Steve McGovern.

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.

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. **DATE CHANGE! The group will meet on Wed, Nov 5 & 19 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, November 4 at 1:00 PM

Low Vision Support Group

Thursday, November 20 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, November 20 at 1:00 PM

**Conference Call
Phone #:
(508) 206-8603**

Audio Book Club (Conference Call)

Tuesday, November 25 at 1:00 PM

This Month's Book: Change the Recipe by Jose Andres



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
781.784.0111 | 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 NOVEMBER PROGRAMS

Franklin Senior Center

Registration required, sign-up today!

50+ Job Seekers: Protecting Yourself from Job Scams – Monday, November 3 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 job scams to look out for, and how to protect yourself from job scams.

Joe Landry Talk: Schools of Franklin – Wednesday, November 5 at 1:00 PM

Join Joe Landry on a presentation of the schools of Franklin! We'll look back at the history of how education in Franklin evolved over the years, as well as look at the schoolhouses and buildings that have served Franklin.

Advanced Beginner Spanish with Conversation Session – Wed, Nov 5, 12, & 19 from 1:00 PM – 2:30 PM

Spanish class from 1 PM – 2 PM. Then stay after class to continue honing your language skills in an active, guided conversation with Señora Lerch! Skill level is advanced beginner to intermediate Spanish speakers.

Craft Corner – Thursday, November 6 at 1:00 PM

DATE CHANGE! Join Jean in the Craft Room as she illustrates how to make a fun, easy craft for fall!

Franklin Fire Department Community Connect – Wednesday, November 12 at 1:00 PM

Community Connect allows residents to enter information for first responders to use in an emergency. FFD will educate on Community Connect, and then assist with logging in, creating a profile, and entering info. Come create a profile so first responders can most effectively help you in the event of an emergency.

Intro to Amigurumi Crochet – Thursday, November 13 at 1:00 PM

Amigurumi is the art of crocheting small, stuffed animals, join Amanda to learn how! Total beginner friendly, you will learn basic crochet stitches, crocheting in the round, and reading basic patterns.

50+ Job Seekers: All About LinkedIn – Monday, November 17 at 1:30 PM

Learn about LinkedIn, using it in your job seeking, the LinkedIn profile, and utilizing it as a job search tool.

Senior Players Show – Tuesday, November 18 & Thursday, November 20 at 11:00 AM

Our Senior Players drama group have been preparing all fall to bring you their latest performance!

Differences Between Caregiver Companions, PCAs, HHAs, and CNAs – Tuesday, November 18 at 1:00 PM

Confused about the differences between PCAs, HHAs, and CNAs? You're not alone—it can be tough to determine the right care and training for you or your loved ones. Join Gabrielle from Advanced Home Care to help clarify which type of caregiver best fits you or your loved one's in-home care needs.

Reiki Meditation – Wednesday, November 19 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!

Wheelchair Demo – Thursday, November 20 at 1:00 PM

Local inventors will demo their device that transforms a standard wheelchair into a motorized wheelchair!

The Neuroscience of Longevity – Tuesday, November 25 at 1:00 PM

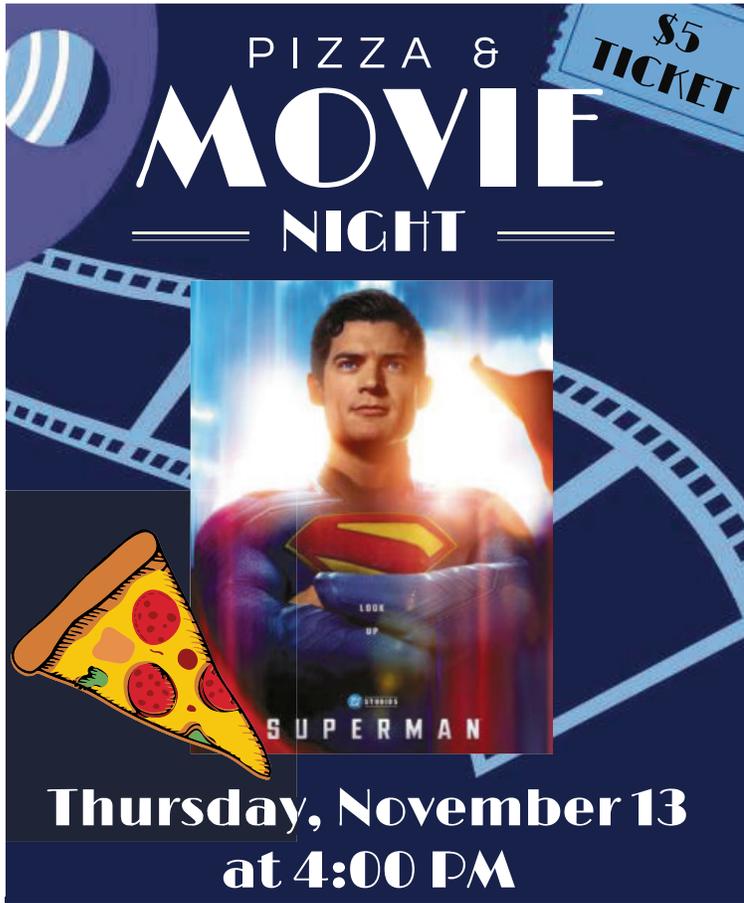
How does the brain age—and how can we slow it down? This energizing talk dives into the latest discoveries about neuroplasticity, memory, & cellular resilience. Learn how the brain responds to lifestyle choices, & walk away with science-backed tips to keep your mind sharp and your years vibrant. Led by Kymberlee O'Brien.

MORE NOVEMBER PROGRAMS 07

Franklin Senior Center

PIZZA & **MOVIE** NIGHT

\$5 TICKET



Thursday, November 13
at 4:00 PM

ITALIAN ROUNDTABLE: Experiences of 20th Century Immigrants

Local Italian immigrants speaking about their experiences coming to America, and their life in the Franklin area. Open panel discussion, come curious and bring questions!



FRI, NOV 14
AT 1:30 PM

HOSTED BY:



MONTHLY PARTY

FRIENDSGIVING WITH THE BEATLES



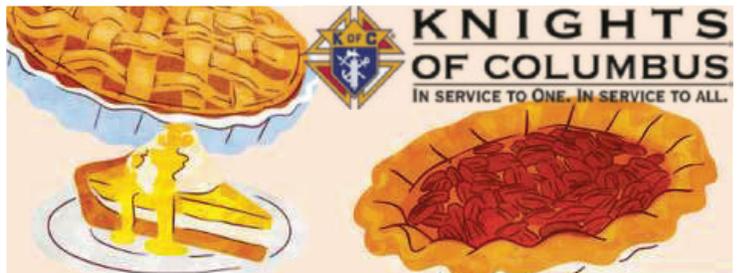

\$10 TICKET FEATURING: STUDIO TWO BEATLES TRIBUTE

FRI, NOVEMBER 21
AT 11 AM

Menu:
Full Turkey Dinner with all the fixin's and Pumpkin Pie

Get your photo taken by Vicario Studio!

VICARIO



KNIGHTS OF COLUMBUS PIE LOTTERY

Starting November 1, call the Senior Center to sign-up for the pie lottery!
Signing-up does NOT guarantee you a pie. If you are chosen to receive a pie, you will be notified on Monday, November 24.

PIE PICK-UP:
WED, NOVEMBER 26
9:30 AM - 11:00 AM

08

NOVEMBER 2025 CALENDAR

Franklin Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>03</p> <p>9:30 Steve Avellino \$42/srs 9:30 Italian Novel Reading 10:00 Poker 10:30 Texas Hold 'Em 11:00 Line Dancing \$4 12:30 American Mah Jong 1:00 Trivia 1:00 Chair Volleyball 1:00 Page Turners Book Club 1:15 Movie Matinee: The Intern 1:30 50+ Job Seekers: Protecting Yourself from Job Scams 4:00 Pool Night</p>	<p>04</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 Cardio, Strength, and Balance (CSB) \$4 1:00 BINGO 1:00 Chess 1:00 Audio Reading of November's Newsletter 1:00 Learn to Play Cribbage 1:00 Quilting</p>	<p>05</p> <p>9:00 Walking Group 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 Joe Landry Talk: Schools of Franklin 1:00 Pokeno 1:00 Advanced Beg Spanish 1:00 Bereavement Support 2:30 Watercolor \$75/series</p>	<p>06</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 Craft Corner 1:00 Cribbage 4:00 Pool Night 5:30 Acoustic Jam Session</p>	<p>07</p> <p>Cafe Closed</p> <p>All Friday programs canceled</p> <p>Caregiver Appreciation Day 11 AM - 3 PM</p>
<p>10</p> <p>9:30 Steve Avellino \$42/srs 9:30 Italian Novel Reading 10:00 Poker 10:30 Texas Hold 'Em 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: 1917 4:00 Pool Night</p>	<p>11 Closed</p> <div style="text-align: center;">  </div>	<p>12</p> <p>9:00 Walking Group 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 Franklin Fire Dept Community Connect 1:00 Pokeno 1:00 Advanced Beg Spanish 1:00 Senior Scribblers 2:30 Watercolor \$75/series 4:00 Alzheimer's Support</p>	<p>13</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 Intro to Crochet 1:00 Cribbage 1:30 Drum Circle 4:00 Pool Night 4:00 Pizza & Movie Night Superman (2025) \$5</p>	<p>14</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 Diamond Art 1:30 Italian Roundtable: Experiences of 20th Century Immigrants 2:00 Silvertones Singing</p>

NOVEMBER 2025 CALENDAR

Franklin Senior Center

09

<p>17 9:30 Steve Avellino \$42/srs 9:30 Italian Novel Reading 10:00 Poker 10:30 Texas Hold 'Em 11:00 Line Dancing \$4 12:30 American Mah Jong 1:00 Trivia 1:00 Chair Volleyball 1:15 Movie Matinee: Rudy 1:30 50+ Job Seekers: All About LinkedIn 4:00 Pool Night Hearing Clinic today!</p>	<p>18 9:00 Cribbage 9:30 Low Impact Exercise \$4 9:30 Busy Bees Craft Group 9:30 Tech Assistance 9:30 Hand & Foot Game 11:00 Senior Players Show 11:15 Cardio, Strength, and Balance (CSB) \$4 1:00 BINGO 1:00 Chess 1:00 Differences Between Caregiver Companions, PCAs, HHAs, and CNAs 1:00 Learn to Play Cribbage 1:00 Quilting Legal Clinic today!</p>	<p>19 9:00 Walking Group 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 1:00 Senior Scribblers 1:00 Bereavement Support 2:30 Watercolor \$75/series</p>	<p>20 8:30 Coffee Hour with State & Local Officials 9:00 Cribbage 9:30 Low Impact Exercise \$4 11:00 Senior Players Show 10:00 Discussion Group 10:15 Bible Study 11:15 Cardio, Strength, and Balance (CSB) \$4 12:00 Low Vision Support 1:00 BINGO 1:00 Wheelchair Demo 1:00 Tai Chi \$4 1:00 Acrylic Art Class \$3 1:00 Cribbage 4:00 Pool Night</p>	<p>21 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 Friendsgiving with The Beatles \$10 12:30 T.O.P.S. 1:00 Pokeno 1:00 Diamond Art 1:30 COA Meeting 2:00 Silvertones Singing</p>
<p>24 9:30 Steve Avellino \$42/srs 9:30 Italian Novel Reading 10:00 Poker 10:30 Texas Hold 'Em 11:00 Line Dancing \$4 12:30 American Mah Jong 1:00 Trivia 1:00 Chair Volleyball 1:15 Movie Matinee: Grumpy Old Men 4:00 Pool Night</p>	<p>25 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 Audio Book Club 1:00 Chess 1:00 The Neuroscience of Longevity 1:00 Learn to Play Cribbage 1:00 Quilting 2:00 Rainbow Cafe</p>	<p>26 9:00 Walking Group 10:00 Chair Yoga \$4 10:00 Knitting 10:00 Scrabble 10:00 Asian Mah Jong Pie Lottery today! Pick-up from 9:30 AM – 11:00 AM</p>	<p>27 Closed</p>  <div data-bbox="1177 592 1554 945" style="background-color: #2e8b57; color: white; padding: 10px; border-radius: 15px;">  <p>Haircuts men's and women's cuts Mondays and Tuesdays Call for an appointment!</p> </div>	<p>28 Closed</p> <div data-bbox="1177 231 1554 592" style="background-color: #add8e6; color: black; padding: 10px; border-radius: 15px;">  <p>Nail Appointments manis, pedis, nail trims every other Tuesday Call for an appointment!</p> </div>

10 REGULAR PROGRAMS

Franklin Senior Center



50+ JOB SEEKERS IN MA



STATEWIDE NETWORKING GROUP

Protecting yourself from Job Scams

Monday, November 3 at 1:30 PM

All About LinkedIn

Monday, November 17 at 1:30 PM

Richard Frongillo from Tinetrix presents:

TECHNOLOGY ASSISTANCE

Tues, November 4 & 18

at 9:30 AM

The Neuroscience of Longevity

with neuroscientist Kymberlee O'Brien

**Tues, Nov 25
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



NOV 13

1:30 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 & DECEMBER EVENTS

11

Franklin Senior Center

Senior Center Van

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

The FSC Van provides our senior community with transport to a variety of locations including:

- Medical appointments
- Shopping trips
- Local errands
- Social events
- Senior Center activities
- and more!



Trips must be scheduled 48 hours in advance. Van is available to Franklin residents only. Flexible scheduling. Wheelchair and walker accessible. Drivers are trained in assisting seniors and are equipped to handle mobility aids.

DAY TRIPS

BENNETT & STREISAND CHRISTMAS SHOW

TONY BENNETT AND BARBARA STREISAND TRIBUTE

SIGN-UP AT THE SENIOR CENTER TODAY!

\$94

TUESDAY, DECEMBER 2
DOORS OPEN 11:30 AM
LAKE PEARL, WRENTHAM
(DRIVE YOURSELF)



MEAL CHOICE:
BAKED STUFFED CHICKEN
OR VEGETABLE LASAGNA

FELTED WINTER COUNTRYSIDE CRAFT

FREE — Thurs, Dec 4 from 1:00 - 2:30

SPONSORED BY FOFE

POP UP ART SCHOOL

SIGN UP NOW!

Craft a charming winter scene featuring a cozy home in a snowy countryside. Using a felting needle, you'll shape and layer the wool to create a wintry landscape scene nestled into a terra-cotta saucer.

Learn the joy of needle felting with the Pop Up Art School! You'll gain the basic skills of needle felting, walking away with a finished piece, and the confidence to continue your felting journey independently.

Save the date!

SOUTHEASTERN MA COMMUNITY CONCERT BAND

Mon, Dec 1 at 7 PM

Winter Wonderland

A COMMUNITY HOLIDAY EVENT

SAVE THE DATE!

THURS, DEC 11 4:30 PM - 7:00 PM

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.

November 5 – Monthly Veterans Coffee Social – 10:00 AM – Franklin Senior Center Café. Socials are held the first Wednesday of every month. Veterans are invited to join us for coffee and pastries, conversation and announcements.

November 10 – Marine Corps 250th Birthday

November 11 – Veterans' Day Luncheon – 11 AM – 1 PM at Elks Lodge #2136 at 1077 Pond Street. Franklin USAF Veteran Ronald Seyffert will be the featured speaker. Reservations are required. The event will be videotaped and shown on Franklin TV. Check their program guide for dates and times. THANK YOU to the Elks membership for generously sponsoring the annual luncheon!

November 11 – Veterans' Day – Is the anniversary of the signing of the armistice treaty which ended WWI in 1918 and is a day to thank all military Veterans for their patriotism, service and sacrifices.

November 20 – Veterans' Council Meeting – 7:00 PM at the Senior Center. All members of the Franklin community interested in Veterans' activities are welcome to join us!

The next engraved brick installation on the Veterans Memorial Walkway is scheduled to coincide with Veterans' Day. Brick orders are now being accepted for the May 2026 installation.

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 Mary at: (508) 520-4945 to make an appointment.

The Tune It Out guitar lessons program for Veterans meets on Tuesdays at 5:30 PM at the Senior Center. No charge. Guitar experience is not needed and we have guitars! Call the Veterans' Services office for details.

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

Our office recently installed a new display in the Town Hall lobby which highlights Women in the U.S. Military, and features some local SHEROES. Check out the display the next time you're visiting the Town Offices!

Holiday cards for deployed U.S. troops are available to sign in the Senior Center lobby. Please show your support and appreciation for our military service members and let them know they are not alone during the holiday season!

The Veterans Memorial Walkway was dedicated on November 11, 2018. So far, there are 1,925 engraved bricks in the Walkway!



Department of Veterans' Services

(508) 613-1315

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

By Appointment Only:

Mon, Tues, Thurs: 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



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

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



Milford AUDIOLOGY CENTER

Mass. Licensed
and Certified

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



**ARE YOU REACHING
THE MEMBERS IN YOUR
COMMUNITY?**

To advertise here
visit [lpicommunities.com](http://lpicommunities.com/adcreator)
/adcreator

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



Nancy Briggs
HOMES

SUBURBAN LIFESTYLE
REAL ESTATE

REAL ESTATE WITH A PERSONAL TOUCH

Senior Real Estate Specialist (SRES)

Servicing Real Estate needs for all generations.

• Selling • Buying • Estates

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

nancybriggshomes@gmail.com | www.nancybriggshomes.com



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.

DONATIONS TO FRANKLIN SENIOR CENTER

Janice D'Alessandro
Barbara Murphy
Eleanor Eknaian
Tracy MacLeod

IN MEMORY OF

JoAnn Wright in memory of Joannah Brunelli
Ann and Mark Martello in memory of Joannah Brunelli
Kathryn Quinn in memory of Leslie Rappa, Robert Rappa, and Joseph Rappa
Gunnlogh Bloemink in memory of Joannah Brunelli

FOFE OFFICERS:

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

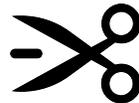
MEMBERS:

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

ASSOCIATES:

Margie Lane, Kathy Lesica, Nan Rafter, Joan Deam

The next FOFE meeting is scheduled for:
Friday, November 21 at 9:00 AM.
The public is welcome to attend.



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

A Message from FOFE President

FOFE is providing support to the COA caregiver appreciation day on November 7 from 11 AM- 3 PM. If you are planning to attend, RSVPs are appreciated. If you plan to bring the person you care for, we will need some information to be sure we have adequate staffing available. Please call the Senior Center at 508-520-4945 and ask for Chasity.

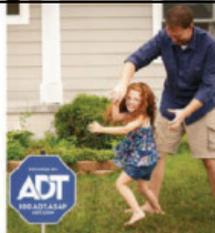
Then we begin to finalize preparations for the 2025 Winter Wonderland. It's hard to believe that this is the fourth year for this event! This is one of FOFE's major fundraisers so we are looking for donations of raffle items and financial donations. If you are able to make a contribution, or know someone who is willing to make a donation, please let us know.

- Jean Tolland, President

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502

Junk it Now!

PRO-JUNK-REMOVAL

"We empty - the Junk Bag"
(3 cubic yards) Call For Price
Buy at store - Fill it - We empty & Leave it

Homes • Apartments • Businesses
Yard Waste • Pools • Boilers • Hot Tubs
Sheds Removed • Appliances
* Fully Insured *

\$20 OFF
CLEANOUT COUPON
ONE COUPON. EXCLUDING JUNK BAG REMOVAL



Call Tom Cassidy

1-855-533-JUNK (5865)

Call Only **1-508-308-2279**

junkitnow.us

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

 **OUR COMMUNITY NEWSLETTER**
OCTOBER EDITION



Engaging,
ad-supported
print and digital
newsletters to reach
your community.

Visit lpicommunities.com

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Karen Fontaine

kfontaine@lpicommunities.com

(800) 477-4574 x6350

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



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

Franklin Senior Center, Franklin, MA 06-5389



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

OFFICERS

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

MEMBERS

Kim Mu-Chow, Tina Powderly, Jim Lane, Elizabeth Sawyer

STAFF

Director.....Sarah Amaral
Deputy Director.....Chasity Cheng
Executive Assistant.....Mary Hynes
Administrative Assistant.....Emily Dellorco
Administrative Assistant.....Jillian Rochat
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
Veterans' Executive Assistant.....Debra Martin
Public Health Nurse.....Alisha Sullivan

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

Postage Paid
Non-Profit
Franklin, MA
Permit #13

Franklin Senior Center

Independence, Engagement, Connection

OUR MISSION

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

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

MICHAEL A. KASBERG
Attorney At Law

The Time To Solve Estate Planning Problems is Before They Happen

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

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

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

195 Main Street, Suite 11, Franklin
www.kasberglaw.com
Check your calendar for upcoming presentations



Michael A. Kasberg, ESQ.



LANDMARK PLACE
MODERN 55+ APARTMENT LIVING

Now Leasing!
Call 508-492-1084

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