

# THE FRANKLIN CONNECTION



Franklin Senior Center's Monthly Newsletter  
**JANUARY 2026**

## Franklin Senior Center

10 Daniel McCahill St  
Franklin, MA 02038

508-520-4945

[www.franklinma.gov/583/fsc](http://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: 2025 Pics & Snow Policy
- Pg 3: Director's Message
- Pg 4: Support Corner
- Pg 5: Low Vision Corner
- Pg 6: January Activities
- Pg 7: January Happenings
- Pg 8 & 9: January Calendar
- Pg 10: More Jan & Thank You
- Pg 11: FSC Van, Trips, Fitness
- Pg 12: Veterans' Corner
- Pg 14: FOFE



## Senior Center Inclement Weather Policy

In the event of snow, the center may close or have a delayed opening. Please sign-up for our Robo Call list so you will receive a call informing you if the Senior Center has a change in hours.

**Call (508) 520-4945 to be added to the list!**

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](http://www.athomehearinghealthcare.com)

Most Insurances Accepted

SALMON  
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Grateful Hearts,  
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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

THRIVE  
LOCALLY



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Franklin Senior Center, Franklin, MA 06-5389

# DIRECTOR'S MESSAGE

## Franklin Senior Center

# 03

### **A Message to Our Community: A Call to Engagement**

Like many communities across the Commonwealth, Franklin is facing a structural budget shortfall due to reduced state aid, rising fixed costs, and economic uncertainty. A recent public memo from the Town Administrator outlines possible scenarios the Town of Franklin may need to consider if budget gaps persist. We want to share this information clearly and directly with our community.

#### **What the Memo Does — and Does Not — Say**

✓ It DOES say:

- Closure of the Senior Center is listed as one of several potential reductions only if future budget gaps remain unresolved.
- These items are planning scenarios, not decisions or recommendations.

✗ It does NOT say:

- That the Senior Center should close.
- That senior services are expendable or unimportant.
- That any decisions have been made.

This is about planning, not panic.

#### **The Senior Center Is a Lifeline**

The Franklin Senior Center is more than a building or a budget line. It provides meals and nutrition support, social connection and mental wellness, caregiver and dementia support, health, wellness, and exercise programs, transportation, guidance, and trusted help during life's hardest moments. Your lived experiences matter in this conversation.

#### **We Need Your Voice**

We encourage residents to share their stories and perspectives directly with our Town Council members as part of the public process. We would also appreciate the opportunity to collect these stories to help demonstrate the real-world impact of senior services. Please send testimonials, reflections, or stories to: [samaral@franklinma.gov](mailto:samaral@franklinma.gov). With your permission, testimonials may be shared (anonymously if preferred) to help advocate for the services our community relies on.

#### **Stay Informed & Get Involved**

Residents are encouraged to attend Town Council and Finance Committee meetings, review agendas, and participate in public discussion. Visit the town website for current meeting schedules, agendas, and participation options: [www.franklinma.gov/101](http://www.franklinma.gov/101). If you need help accessing information or understanding how to participate, please contact the Senior Center.

#### **Moving Forward Together**

These conversations are not easy, but they are necessary. Our hope is that by engaging early and openly, our community can help identify creative, sustainable solutions that protect essential services, not just for today, but for years to come.

Thank you for lending your voice when it matters most.

Sarah Amaral  
Director, Franklin Senior Center

# 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, January 21 at 1:00 PM** for this month's Memory Cafe! Live entertainment featuring Patrick Durkin.

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:**  
**ON BREAK UNTIL SPRING** This support group focuses on a general caregiver's needs. Receive tips, support, and connection.

**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 Newsletter **CANCELED**

**Low Vision Support Group**  
Thursday, January 15 at 12:00 PM

**Low Vision Assistive Technology with MABVI**  
Thursday, January 15 at 1:00 PM

**Audio Book Club (Conference Call)**  
Tuesday, January 27 at 1:00 PM

Desi Arnaz: The Man Who Invented Television by Todd S. Purdum



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

**Low Vision Robo Calls are sent every Friday!  
Includes info on the upcoming week's programs.  
Call the Senior Center and ask for Jillian to sign-up!**



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



# 06 JANUARY ACTIVITIES

Franklin Senior Center

Call or stop by to sign-up!

## Monthly Party Franklin Police Department Luncheon



Date & Details  
to be confirmed

Senior Center will  
send a Robo Call when  
party is scheduled

## Pizza & Movie Night



Thurs, Jan 22 at 4 PM

## Eat Around the World



\$10  
ticket

This month: **Ireland**

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

Fri, January 23 at 11 AM

### Joe Landry Talk: Depot Plaza – Wednesday, January 7 at 1:00 PM

This month's presentation will focus on the business block downtown known as Depot Plaza. Long-time Franklin residents will remember when J. J. Newberry, W. T. Grant, and Stop & Shop did business there.

### Spanish Class – Wednesday, January 7, 14, 21, & 28 at 1:00 PM

Did you know learning a new language can boost brain health, improve problem-solving, and enhance multitasking? Come join our Spanish class, all levels welcome!

### Language & Culture – Wednesday, January 7, 14, 21, & 28 at 2:00 PM

Everyone is welcome to join this discussion group on language and culture! Share your experiences and hear from others.

### Craft Corner – Thursday, January 8 at 1:00 PM

Join Jean for a fun, creative session where you'll paint and decorate a cutting board, then add a favorite recipe to create a charming keepsake.

### Balance 101 with FYZICAL – Monday, January 12 at 11:00 AM

Do you have balance concerns? Are you unsteady on your feet? Have you fallen? You may benefit from FYZICAL Therapy! Join this informational session and learn how to improve your balance. FYZICAL's approach to Physical Therapy improves your strength, coordination, and confidence! The FYZICAL team specializes in balance therapy and has quickly become a leading resource for balance cases.

### Technology Assistance – Tuesday, January 13 & 27 at 9:30 AM

Do you have technology troubles? Bring your device in, & Rich will help!

### 50+ Job Seekers: Your Career Brand – Tues, January 20 at 1:30 PM

The traditional career plan is dead! It's time to train yourself, invest in yourself and market yourself. Join 50+ Job Seekers Career Coach George Armstrong as he hits upon marketing yourself. It's an eye-opening master class!

### Cookies and Conversation with Synergy – Wed, Jan 21 at 11:00 AM

Have you ever wondered what questions you should be asking your doctor? Let's learn about things to ask annually about your health, with an emphasis on when you feel unwell and additional help is needed. Hosted by Synergy HomeCare.

### Kathy's Art Class – Thursday, January 22 at 1:00 PM – \$3

Join Kathy for an enjoyable, instructor-guided art class designed to spark your creativity and self-expression. No experience necessary—just bring your imagination and have fun creating!

### GATRA Public Meeting – Thursday, January 22 at 2:30 PM

Do you have questions about the GATRA bus? Join this open meeting!

### Crochet Class with Amanda – Thursday, January 29 at 1:00 PM

Beginner friendly! We'll be working in rows to learn common stitchwork.

# JANUARY HAPPENINGS

Franklin Senior Center

# 07



AARP Foundation Tax-Aide volunteers will help you prepare and file your return. The service is free and offered at the Franklin Senior Center!

AARP volunteers are IRS-certified, and help you file complete and accurate federal & state tax returns.

While these tax services are open to anyone of any age, AARP is focused on taxpayers who are over 50 and have low to moderate income.

Starting Friday, January 2, call or stop by the Franklin Senior Center to schedule an appointment!

**APPOINTMENTS ON FRIDAYS  
FEBRUARY 6 THRU APRIL 3  
FROM 9 AM - 2 PM**



This January, start the new year off by giving back to your community! When you purchase this specially marked \$11.99 Bloomin' 4 Good bouquet at the Franklin Stop & Shop, \$1 will go directly to the Franklin Senior Center!

Together, we can lend a hand to our neighbors in need and make 2026 a year that truly makes a difference.



STOP&SHOP

Bloomin' 4 Good Program

## JOIN THE SENIOR PLAYERS!

The Senior Players is the Franklin Senior Center's own theater troupe, and we're inviting new participants to join the fun! Whether you're an experienced performer or brand new to theater, all are welcome.

Rehearsals for the Spring show start on **Tuesday, January 20** and then continue **every Tuesday at 10:30 AM.**

No memorization required—just a chance to explore your theatrical side, share some laughs, and make some new friends!

## Chair VOLLEYBALL

EVERY MONDAY AT 1 PM

Come be a FIRECRACKER!

We play fully seated and are wheelchair accessible. There's no scoring and no pressure—just gentle upper-body movement, a lightweight ball, and lots of laughter. Perfection isn't required—just come have fun, make new friends, and laugh with us.

Even our directors love the game!

A photograph showing a group of people sitting in chairs on a gymnasium floor, playing a game of chair volleyball. A volleyball is in the air.

# 08

# JANUARY 2026 CALENDAR

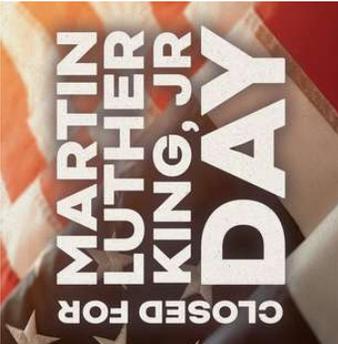
## Franklin Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>05</b></p> <p>9:30 Steve Avellino \$42/srs            9:30 Italian Novel Reading            10:00 Poker            11:00 Line Dancing \$4  <b>11:00 Page Turners Book Club</b>            12:30 American Mah Jong            1:00 Trivia            1:00 Chair Volleyball  <b>1:00 Watercolor \$75/series</b>            1:15 Movie Matinee:                Across the Universe            4:00 Pool Night</p>	<p><b>06</b></p> <p>9:00 Cribbage            9:30 Low Impact Exercise \$4            9:30 Busy Bees Craft Group            9:30 Hand &amp; Foot Game            11:15 Cardio, Strength,            and Balance (CSB) \$4            1:00 BINGO            1:00 Chess            1:00 Learn to Play Cribbage            1:00 Quilting</p>	<p><b>07</b></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            12:00 Bridge  <b>1:00 Joe Landry Talk:            Depot Plaza</b>            1:00 Pokeno  <b>1:00 Spanish Class</b>  <b>2:00 Language &amp; Culture</b></p>	<p><b>01 Closed</b></p>  <p><b>08</b></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  <b>1:00 Craft Corner</b>            1:00 Cribbage            4:00 Pool Night</p>	<p><b>02</b></p> <p>9:30 Simply Fit \$4            9:30 Hand &amp; 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><b>12</b></p> <p>9:30 Steve Avellino \$42/srs            9:30 Italian Novel Reading            10:00 Poker            11:00 Line Dancing \$4  <b>11:00 Balance 101 with FYZICAL</b>            12:30 American Mah Jong            1:00 Trivia            1:00 Chair Volleyball  <b>1:00 Watercolor \$75/series</b>            1:15 Movie Matinee:                The Hunt for Red October            4:00 Pool Night</p> <p><b>Hearing Clinic today!</b></p>	<p><b>13</b></p> <p>9:00 Cribbage            9:30 Low Impact Exercise \$4  <b>9:30 Tech Assistance</b>            9:30 Busy Bees Craft Group            9:30 Hand &amp; Foot Game            11:15 Cardio, Strength,            and Balance (CSB) \$4            1:00 BINGO            1:00 Chess            1:00 Learn to Play Cribbage            1:00 Quilting</p>	<p><b>14</b></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  <b>11:00 Mobile Food Pantry</b>            12:00 Bridge  <b>1:00 Senior Scribblers</b>            1:00 Pokeno            1:00 Bereavement Support  <b>1:00 Spanish Class</b>  <b>2:00 Language &amp; Culture</b>  <b>2:45 Zentangle Art \$25</b>            4:00 Alzheimer's Support</p>	<p><b>15</b></p> <p><b>8:30 Coffee Hour with            State &amp; Local Officials</b>            9:00 Cribbage            9:30 Low Impact Exercise \$4            10:00 Discussion Group            10:15 Bible Study            11:15 CSB \$4  <b>12:00 Low Vision Support</b>  <b>1:00 Assistive Technology</b>            1:00 BINGO            1:00 Tai Chi \$4            1:00 Open Art Studio            1:00 Cribbage            4:00 Pool Night</p>	<p><b>16</b></p> <p>9:30 Simply Fit \$4            9:30 Hand &amp; 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>

# JANUARY 2026 CALENDAR

## Franklin Senior Center

# 09

<p><b>19 Closed</b></p>  <p><b>MARTIN LUTHER KING, JR. DAY</b></p>	<p><b>20</b></p> <p>9:00 Cribbage            9:30 Low Impact Exercise \$4            9:30 Busy Bees Craft Group            9:30 Hand &amp; Foot Game  <b>10:30 Senior Players</b>            11:15 CSB \$4            1:00 BINGO            1:00 Chess            1:00 Learn to Play Cribbage            1:00 Quilting  <b>1:30 50+ Job Seekers: Your Career Brand</b></p> <p><b>Legal Clinic today!</b></p>	<p><b>21</b></p> <p>9:00 Walking Group            10:00 Chair Yoga \$4            10:00 Knitting            10:00 Scrabble            10:00 Asian Mah Jong  <b>11:00 Franklin Q&amp;A</b>            11:00 Cardio Fusion \$4  <b>11:00 Cookies &amp; Conversation with Synergy</b>            12:00 Bridge            1:00 Pokeno  <b>1:00 Memory Cafe</b>  <b>1:00 Spanish Class</b>  <b>2:00 Language &amp; Culture</b></p>	<p><b>22</b></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  <b>1:00 Kathy's Art Class \$3</b>            1:00 Cribbage  <b>2:30 GATRA Public Meeting</b>            4:00 Pool Night  <b>4:00 Pizza &amp; Movie Night</b>  <b>Mission: Impossible - The Final Reckoning \$5</b></p>	<p><b>23</b></p> <p><b>Limited Breakfast</b>  <b>9:00 FOFE Meeting</b>            9:30 Simply Fit \$4            9:30 Hand &amp; Foot Game            10:00 Wood Carving Group            10:00 Political Discussion  <b>11:00 Eat Around the World: Ireland \$10</b>            12:30 T.O.P.S.            1:00 Pokeno            1:00 Diamond Art            2:00 Silvertones Singing</p>
<p><b>26</b></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  <b>1:00 Watercolor \$75/series</b>            1:15 Movie Matinee: I, Tonya            4:00 Pool Night</p>	<p><b>27</b></p> <p>9:00 Cribbage            9:30 Low Impact Exercise \$4  <b>9:30 Tech Assistance</b>            9:30 Busy Bees Craft Group            9:30 Hand &amp; Foot Game  <b>10:30 Senior Players</b>            11:15 CSB \$4            1:00 BINGO            1:00 Chess  <b>1:00 Audio Book Club</b>            1:00 Learn to Play Cribbage            1:00 Quilting</p>	<p><b>28</b></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            12:00 Bridge  <b>1:00 Senior Scribblers</b>            1:00 Pokeno            1:00 Bereavement Support  <b>1:00 Spanish Class</b>  <b>2:00 Language &amp; Culture</b>            4:00 Alzheimer's Support</p>	<p><b>29</b></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  <b>1:00 Crochet Class with Amanda</b>            1:00 Open Art Studio            1:00 Cribbage            4:00 Pool Night</p>	<p><b>30</b></p> <p>9:30 Simply Fit \$4            9:30 Hand &amp; 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>

**Haircuts**

men's and women's cuts

Mondays and Tuesdays

Call 508-520-4945 for an appointment!



**Nail Appointments**

manicures, pedicures, nail trims

every other Tuesday

Call 508-520-4945 for an appointment!



# 10 MORE JANUARY & THANK YOU

## Franklin Senior Center

### Ben's Bounty Thank You

On behalf of the Senior Center's Gift Shop, Ben's Bounty, we'd like to extend a sincere THANK YOU to our entire community.

The donations we received throughout 2025 were truly awe-inspiring. Our shoppers continue to sustain and strengthen the shop with their patronage. And none of this would be possible without the devotion of our volunteers who keep the shop running.

Thank you to all for your generosity and support!

### Volunteer Spotlight



To kick off the new year, we're thrilled to spotlight **Joyce Hutchinson!**

Joyce has been volunteering at our center for over 10 years. A Franklin resident born and raised, she's a townie through and through. For the past 4 years, Joyce has been holding court as our Wednesday gift shop cashier, where her quick wit and spittfire personality keep patrons smiling—and on their toes.

While Wednesdays are her usual day, Joyce is often here helping out whenever she's needed. A true team player, her dedication, commitment, and positive attitude make her an invaluable part of our Senior Center family, and we couldn't be more thankful.

Next time you're here on a Wednesday, be sure to stop by the gift shop and say hello!

PAGE TURNERS  
**BOOK CLUB**  
MON, JANUARY 5 AT 11 AM  
**NEW MEETING TIME!**  
OUR BOOK CLUB MEETS ON THE FIRST MONDAY OF EACH MONTH AT 11 AM!

Pick-up a bookmark at the Senior Center, it lists out all the books for this year!

## Winter Wonderland Thank You

3 Restaurant  
AAA  
Altitude  
Apricot Lane  
Aubuchon  
Bellagio Nail  
Benchmark Senior Living  
Big Y  
Black Box Theater  
Boston Celtics  
Care One at Sharon  
Chateau  
Claymark Studio  
Colette Ferguson  
Commission on Disabilities  
Connie Comuso  
Cornerstone at Milford  
Curtain Store  
Daddarios

Dan Gyves  
Dardens  
Dave's Hot Chicken  
David Marshack  
Dean College  
Elizabeth's Bagels  
FISH Window  
Flowers & More  
Franklin Art Association  
Franklin Culture  
Franklin Children's Museum  
Franklin Fire Department  
Franklin Food Pantry  
Franklin Garden Club  
Franklin Girl Scouts  
Franklin Glass  
Franklin Health Department  
Franklin Historical Museum  
Franklin Police Department  
Franklin Subway

Franklin TV & Radio  
Franklin Town Council  
Franklin Varsity Boys Soccer  
Franklin Veterans' Department  
Grove Street Auto  
Hiliary Perry  
Kathie Egan  
King Street Cafe  
Laura Bascom  
Learning Express  
Linda Rondeau  
Lion's Heart Volunteers  
Low Vision Group  
L'Equipe  
Meredith Albright  
Mykonos Greek Kitchen  
Notturmo  
Pet Supplies Plus  
Pete's Nerd Emporium  
Pisini Shoes

Pokimoto  
Pour Richards  
Pretty in Pink  
Railery  
Roche Bros  
Rockland Trust  
Ryan Pellacchia  
Sachs Jewelers  
Santa Fe Burrito  
Senior Center Low Vision  
Senior Center T.O.P.S.  
Seniors Helping Seniors  
Shaws  
Starbucks  
Stop N Shop  
Teddy Gallaghers  
The Shed  
Tropical Smoothie  
Vallee Jewelers  
Vet Med

*Thank you to everyone who donated their time, energy, and services. On behalf of the Friends of Franklin Elders and the Franklin Senior Center, we'd like to express our heartfelt gratitude to everyone who made Winter Wonderland a success!*

# FSC VAN, DAY TRIPS, FITNESS

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 select option #1.

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.

Ride must be confirmed with Emily to be on the schedule.

Van is available to Franklin residents only.

Wheelchair and walker accessible. Drivers are trained in assisting seniors and are equipped to handle mobility aids.

## 2026 Day Trips

As you're starting to plan your 2026 calendar, keep these dates in mind for our upcoming Day Trips!

**Saint Patrick's Day – March 10 – \$142**

**Elvis Presley – April 16 – \$138**

**Country Jamboree – June 24 – \$94**

**Tall Ships – July 16 – \$179**

**The Beach Boys – August 19 – \$149**

**Solid Golds – September 17 – \$142**

**Lovin' Spoonful – November 11 – \$138**

**Barry Manilow – December 3 – \$142**

Full information available on our website and in the Senior Center lobby. Call the center or stop by the front desk to sign-up!

# 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 with a lightweight ball. No scoring, just have fun!

### 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

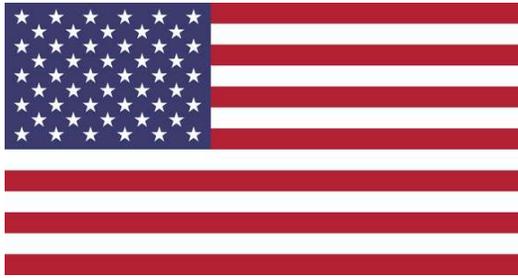
Simple and low impact! Strength and balance training combined with a core work-out

### Exercise Room free

The Senior Center has a fully equipped exercise room. Doctor's clearance required, forms at center

# 12 VETERANS' CORNER

## Franklin Senior Center



The Town of Franklin Department of Veterans' Services offers assistance to any Franklin resident who has served the country in the United States Armed Forces and who may be entitled to receive benefits from local, state, or federal agencies. Our department also serves spouses and dependents of Veterans who reside in Franklin. Our goal is to provide services with the dignity and respect our Veterans have earned through their service to our country.

**There will be NO Veterans Coffee Social in January.** The next Social will be held on Wednesday, February 4, 2026 at 10:00 AM at the Senior Center. All Veterans are welcome!

**January 15 - Veterans' Council Meeting** - 7:00 PM at the Senior Center. All Franklin residents interested in Veterans' activities are welcome to join us!

**January 27 - Vietnam Peace Day** - On this day in 1973, the Paris Peace Accords arranged a ceasefire which officially ended America's involvement in the 20-year Vietnam War.

Thank you to members of the Franklin Federated Church, and Kathy & Brian Durand for donating homemade baked goods for our December Coffee Social. Our Vets appreciated all the delicious goodies and holiday cheer!

Many thanks to Art Buliung, Frank Coughlin, Lori Doyle, Pat Doyle, Jim Gurganus, Dick Hynes, Jan Prentice, Rose Turco, and John Yoder for braving the cold weather to help us hang holiday wreaths on the Fallen Hero pedestals on the Veterans Memorial Walkway in December.

Thank you to Gerry Bradie, Art Buliung, Mike Druar, and John Yoder for helping us decorate our Veterans' Tree for Senior Center's Winter Wonderland, and to those who donated military decorations and combat boots for the tree.

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 to sign-up!

**Warrior Within Yoga Classes for Veterans and First Responders** meets Thursdays at 4:00 PM at the Franklin Senior Center. There is no charge for classes. Call the Veterans' Services Office to sign-up. There will be NO yoga class on Thursday, January 1. Classes will resume on January 8.

The next engraved brick installation on the **Veterans Memorial Walkway** will be in May. Bricks are installed in May and November to coincide with Memorial Day and Veterans' Day. Thank you to all who have supported this project! Brick order forms are available in the Senior Center and Town Hall lobbies and on the Veterans' Services web page.

Thank you to  
Kathy & Brian Durand  
for baking Christmas  
cookies for our  
December Veterans'  
Coffee Social.



### Department of Veterans' Services

(508) 613-1315

[www.franklinma.gov/335/Veterans-Services](http://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

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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.

### DONATIONS TO FRANKLIN SENIOR CENTER

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Pasqualina Pagliocca  
Robert Catalano  
Patio Rocking Chair IMO John Bryda  
from Senior Center Cribbage Group

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Jean Boyd IMO Joanne Pisani and Mary Sweeney  
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Joseph Bertone IMO Frances Franny Bertone, Primo and Jennie DeBaggis, Leon and Priscilla Bertone

### FOFE OFFICERS:

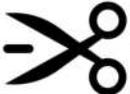
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Margie Lane, Kathy Lesica, Nan Rafter, Joan Deam



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In Memory / In Honor Of \_\_\_\_\_

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**Mail to:**  
Friends of Franklin Elders, Inc.  
10 Daniel McCahill St, Franklin MA 02038

The next FOFE meeting is scheduled for:  
**Friday, January 23 at 9:00 AM.**  
**The public is welcome to attend.**

### A Message from FOFE President

Winter Wonderland was a great success. In terms of fundraising, FOFE almost doubled last years raffles! We want to thank all of our vendors, most of whom are small local businesses, who were very generous. We also want to thank those who attended – it truly was a community event. I personally want to thank all the FOFE members, staff members, and the volunteers who made the Wonderland happen. 2025 has been an interesting and challenging year and now we look forward to whatever 2026 brings. We wish you all a happy, healthy, and safe New Year!

– Jean Tolland, President

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Line Cook.....Pam Young  
Van Driver.....Kathy Lewis  
Van Driver.....Russ Pratt  
Director of Veterans' Services.....Shannon Nisbett  
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The Franklin Connection is distributed with funds provided by the Friends of Franklin Elders.

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