

# THE FRANKLIN CONNECTION



Franklin Senior Center's Monthly Newsletter  
MARCH 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

*"Hope" is the thing with feathers  
That perches in the soul  
And sings the tune without the words  
And never stops - at all*

*And sweetest - in the Gale - is heard  
And sore must be the storm  
That could abash the little Bird  
That kept so many warm*

*I've heard it in the chillest land  
And on the strangest Sea  
Yet - never - in Extremity,  
It asked a crumb - of me.*

*- Emily Dickinson*

## Where's What?

- Pg 1: Director's Message
- Pg 3: What's New?
- Pg 4: Support Corner
- Pg 5: Low Vision Corner
- Pg 6: March Activities
- Pg 7: March Happenings
- Pg 8 & 9: March Calendar
- Pg 10: Regular Programs
- Pg 11: FSC Van & Day Trips
- Pg 12: Veterans' Corner
- Pg 14: FOFE

March is shaping up to be a lively and engaging month at the Franklin Senior Center! From our Celtic Celebration and Painting with Amy, to educational talks like the Gardner Museum Heist and meteorology presentation with Kevin Lemanowicz, there are plenty of opportunities this month to learn something new, stay active, and spend time together. We are also excited to welcome new offerings like the Healing Cancer with Grace support group and Money Matters office hours, continuing our commitment to supporting the whole person - socially, emotionally, and physically.

We're especially looking forward to our beloved Franklin Fire Department Monthly Party. This is a favorite tradition that brings laughter, great food, community spirit, and of course, Bingo!

You may also notice exciting updates in our fitness room! With support through an MCOA SIG Grant, we just added two new bikes, two treadmills, and two seated ellipticals, expanding accessible, low-impact options, so more members can feel confident and comfortable prioritizing their health and wellness.

As always, thank you to our incredible volunteers, staff, instructors, and community partners who help make this center feel like home. I hope you find something in this month's newsletter that inspires you to join us and I look forward to seeing you soon.

-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  
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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

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Franklin Senior Center, Franklin, MA 06-5389

# WHAT'S NEW?

## Franklin Senior Center

# 03

### Volunteer Spotlight



On this month's Volunteer Spotlight, **Sue Matto!**

Sue has been a Franklin resident for twenty years and part of our Senior Center family for the past two. In that time, she has become a cornerstone of our community. Sue is active member of our FOFE board and a true team player. She was instrumental in the success of last year's Busy Bees Holiday Bazaar.

Sue brings heart and energy to everything she does. This past holiday season, the staff could not have tackled taking down the Christmas decorations without her helping hands! She treasures the sense of community here—the fun, the laughter, and the way everyone shows up for one another.

Sue is here almost every day, brightening our Senior Center with her generosity and positivity. Make sure you say hello next time you see her!



### Money Matters OFFICE HOURS

Money questions can feel overwhelming—but you don't have to navigate them alone. Greg Safford will offer monthly office hours to provide one-on-one guidance on retirement, savings, and financial planning in a supportive, no-pressure setting.



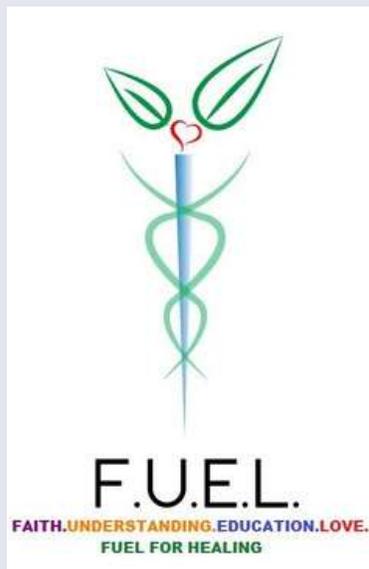
Financial Advisor  
**Greg Safford**  
CEPA®

**Second Thursday  
of every month  
from 1 PM - 3 PM**

**DROP IN & BRING YOUR QUESTIONS!**

### Cancer Support Program

A Support Group for Hope, Strength & Renewal



Join **Angel Moscatelli**, a rare cancer survivor, as she shares her personal journey of victory, resilience, and grace. Whether you choose to simply listen or share your own story, you'll be welcomed with compassion and understanding.

**HEALING CANCER WITH GRACE**

Third Wednesday each month at 12:30 PM

March session: Wednesday, 3/18

CALLING ALL MUSICIANS!

## BLUEGRASS & COUNTRY JAM CIRCLE

Please join us for a fun night of jamming at the Franklin Senior Center! We meet on the first Wednesday every month from 5:30 PM - 7:00 PM.

We welcome all ages & skill levels, and all acoustic & non-electric instruments. The theme is bluegrass and country/soft rock (e.g., Dead, Dylan, Eagles), with a flexible, open format.

Come play your favorite song or just play and sing along!

For more information, contact Jon Haddad at [jhaddad88@comcast.net](mailto:jhaddad88@comcast.net)

# 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, March 18 at 1:00 PM** for this month's Memory Cafe! Live entertainment featuring Mike Dardis.

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 month's Memory Cafe is generously sponsored by Seniors Helping Seniors.

Refreshments are graciously provided by Benchmark Senior Living at Forge Hill.

### Health & Wellness

We provide basic healthcare with the Senior Center's **Community Wellness Nurse** and the Health Dept's **Public Health Nurse**. Services include blood sugar testing, blood pressure testing, pulse oximetry testing, education, and more!

#### Community Wellness Nurse Office Hours:

Tuesdays & Wednesdays  
8:30 AM - 1:30 PM

#### Public Health Nurse Office Hours:

Thursdays  
8:30 AM - 2:30 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

### Low Vision Support Group

Thursday, March 19 at 12:00 PM

### Low Vision Assistive Technology

Thursday, March 19 at 1:00 PM

### Audio Book Club

Tuesday, March 31 at 1:00 PM

In-Person Meeting at the Senior Center

This Month's Book: The Children's Blizzard by David Laskin



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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Franklin Senior Center, Franklin, MA 06-5389

# 06 MARCH ACTIVITIES

## Franklin Senior Center

Call or stop by to sign-up!

### Monthly Party

#### Franklin Fire Dept



Franklin residents sign-up  
starting March 2

Non-Franklin residents  
sign-up starting March 9

Corned Beef & Cabbage  
plus BINGO with prizes!

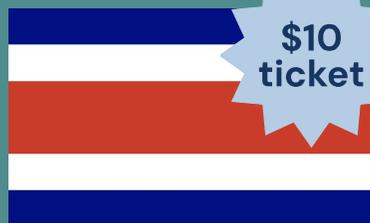
Fri, March 13 at 11 AM

### Pizza & Movie Night



Thur, March 26 at 4 PM

### Eat Around the World



This month: **Costa Rica**

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

Fri, March 27 at 11 AM

#### Joe Landry Talk: Morse Opera House – Wednesday, March 4 at 1:00 PM

Learn about the Morse Opera House, where Franklin Cinema and the Zeotrope once stood, as well as Darlene's Donuts, The Red Lion, and Bartlett & Fales.

#### What to Leave Behind with Amy Azza – Friday, March 6 at 12:00 PM

Attorney Amy Azza will share the details of exactly which documents you should be putting in your "emergency folder", and how to create a full legacy plan to protect you and your children's peace of mind. Free lunch provided!

#### National Grid Customer Energy Savings – Mon, March 9 from 10 AM – 2 PM

Meet with a customer advocate from National Grid to discuss options to manage your energy bill. See if you qualify for any type of discount or protections on your account. More information on page 7.

#### Kymerlee Neuro Talk: Age-less Eats – Tuesday, March 10 at 1:30 PM

Learn the neuroscience of how certain foods switch on your body's natural 'longevity pathways'. A practical, inspiring nutrition workshop for feeling your best at any age. Presented by neuroscientist Kymerlee O'Brien.

#### A Celtic Celebration – Wednesday, March 11 at 1:00 PM

Join us to celebrate Saint Patrick's Day, Celtic culture, and the arrival of Spring! Hear songs and stories from Ireland, Scotland, and Wales, from award-winning singer and storyteller Davis Bates!

#### Benefits of Pet Therapy – Thursday, March 12 at 11:00 AM

Therapy animals can help ease stress, encourage engagement, and create meaningful experiences that support overall well-being. Discover how the power of the human-animal bond can make a lasting impact! Meet Gabrielle and her certified therapy dog, Frankie!

#### 50+ Job Seekers: Cover Letters & Resumes – Monday, March 16 at 1:30 PM

What's important and not important on a resume and cover letter? Career Coach George Armstrong will walk you through a winning combination!

#### Gardner Museum Heist – Wednesday, March 18 at 10:00 AM

Has anyone seen \$500 Million in art lying around? On March 18, 1990, two men dressed as Boston cops entered the Isabella Stewart Gardner Museum, stayed for about 90 minutes, and left with 13 pieces of art. None of the priceless items have been found. Author Bob Ainsworth will review the actual details of the theft, the suspects, and the motives behind the world's most valued art theft.

#### Painting with Amy – Thursday, March 19 at 1:00 PM

Join local artist Amy Adams for a painting class that fosters creativity, social connection, and joyful self-expression. Made possible by a grant from the Franklin Cultural Council, these sessions are FREE for our members!

#### Downsizing – Tuesday, March 24 at 1:00 PM

Brian Wotton, a local Realtor specialized in assisting retirees and seniors, will be speaking on the challenges that come with downsizing. We'll cover topics such as current real estate market conditions, planning for the future, how to approach the clean-out process, and evaluating your home for Aging in Place.

#### Meteorology with Kevin Lemanowicz – Tuesday, March 31 at 1:00 PM

Boston 25 Chief Meteorologist Kevin Lemanowicz will discuss how far meteorology has come, from the challenges of early forecasting to today's cutting-edge technology. He'll share personal insights on advances in forecasting and how accurate weather communication has shaped our world.

# MARCH HAPPENINGS

Franklin Senior Center

# 07

**nationalgrid**

## CUSTOMER ENERGY SAVINGS



Our Customer Advocates will be available to meet one-on-one to discuss options to manage your energy bill and help you find assistance, including:

- Discount Rate
- Payment Plans
- Budget Plan
- Arrears Management Program (AMP)

Life can be hard, but finding assistance shouldn't be

Mon, March 9  
10 AM - 2 PM

No appointment is needed, but please bring the following when you visit:  
If you receive SNAP, MassHealth, SSI, or WIC, please bring your benefit card and/or program acceptance letter.

## WHAT TO LEAVE BEHIND:

Creating an Emergency Folder for your Loved Ones

**FREE LUNCH!**

Fri, March 6  
at 12 PM



Attorney Amy Azza

## DOWN SIZING



Tues, March 24  
at 1 PM

## A CELTIC CELEBRATION

songs & stories from Ireland, Scotland, and Wales

WED, MARCH 11  
AT 1 PM



**DAVIS BATES**  
Parents' Choice Award-winning singer & storyteller



## BENEFITS OF PET THERAPY



Thurs, Mar 12  
at 11 AM

**FRANKIE**

## PAINTING WITH AMY



Learn to paint this!

**FREE ART CLASS!**

THURS, MARCH 19  
at 1 PM



# 08

# MARCH 2026 CALENDAR

## Franklin Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>02</b>            9:30 Steve Avellino \$42/srs            9:30 Italian Novel Reading            11:00 Line Dancing \$4  <b>11:00 Page Turners Book Club</b>            11:30 Tai Chi \$4            12:30 American Mah Jong            1:00 Trivia            1:00 Chair Volleyball  <b>1:00 Watercolor \$125/series</b>            1:15 Movie Matinee:            Pride &amp; Prejudice (2005)            4:00 Pool Night</p>	<p><b>03</b>            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 Cardio, Strength, and Balance (CSB) \$4            1:00 BINGO            1:00 Chess            1:00 Learn to Play Cribbage            1:00 Quilting</p>	<p><b>04</b>            9:00 Walking Group            9:30 Asian Mah Jong  <b>10:00 Vets Coffee Social</b>            10:00 Chair Yoga \$4            10:00 Knitting            10:00 Scrabble            11:00 Cardio Fusion \$4            11:30 Bridge  <b>1:00 Joe Landry Talk: Morse Opera House</b>            1:00 Pokeno  <b>1:00 Spanish Class</b>  <b>5:30 Bluegrass &amp; Country Jam Circle</b></p>	<p><b>05</b>            9:00 Cribbage            9:30 Low Impact Exercise \$4            10:00 Discussion Group            10:00 Wood Carving Group            10:15 Bible Study            11:15 Cardio, Strength, and Balance (CSB) \$4  <b>1:00 Tech Help with Mike</b>            1:00 BINGO            1:00 Open Art Studio            1:00 Cribbage            4:00 Pool Night</p>	<p><b>06</b>            9:30 Simply Fit \$4            9:30 Hand &amp; Foot Game            10:00 Political Discussion  <b>12:00 What to Leave Behind with Amy Azza</b>            12:30 T.O.P.S.            1:00 Pokeno            1:00 Diamond Art            2:00 Silvertones Singing</p>
<p><b>09</b>            9:30 Steve Avellino \$42/srs            9:30 Italian Novel Reading            11:00 Line Dancing \$4            11:30 Tai Chi \$4            12:30 American Mah Jong            1:00 Trivia            1:00 Chair Volleyball  <b>1:00 Watercolor \$125/series</b>            1:15 Movie Matinee:            Selma            4:00 Pool Night</p> <p><b>National Grid Customer Energy Savings</b>  <b>10 AM – 2 PM</b></p>	<p><b>10</b>            9:00 Cribbage            9:30 Low Impact Exercise \$4  <b>9:30 Tech Help with Rich</b>            9:30 Busy Bees Craft Group            9:30 Hand &amp; Foot Game  <b>10:30 Senior Players</b>            11:15 Cardio, Strength, and Balance (CSB) \$4            1:00 BINGO            1:00 Chess            1:00 Learn to Play Cribbage            1:00 Quilting  <b>1:30 Kymberlee Neuro Talk: Age-less Eats</b>  <b>Foods that Protect your Cells &amp; Slow Aging</b></p>	<p><b>11</b>            9:00 Walking Group            9:30 Asian Mah Jong            10:00 Chair Yoga \$4            10:00 Knitting            10:00 Scrabble  <b>11:00 Mobile Food Pantry</b>            11:00 Cardio Fusion \$4            11:30 Bridge  <b>1:00 Senior Scribblers</b>            1:00 Pokeno  <b>1:00 A Celtic Celebration</b>            1:00 Bereavement Support  <b>1:00 Spanish Class</b>  <b>2:45 Zentangle Art \$25</b>            4:00 Alzheimer's Support</p>	<p><b>12</b>            9:00 Cribbage            9:30 Low Impact Exercise \$4            10:00 Discussion Group            10:00 Wood Carving Group            10:15 Bible Study  <b>11:00 Benefits of Pet Therapy</b>            11:15 CSB \$4            1:00 BINGO  <b>1:00 Craft Corner</b>            1:00 Cribbage            4:00 Pool Night</p> <p><b>Money Matters Office Hours</b>  <b>1 PM – 3 PM</b></p>	<p><b>13</b>  <b>Cafe Closed</b>            9:30 Simply Fit \$4            9:30 Hand &amp; Foot Game            10:00 Political Discussion  <b>11:00 Monthly Party: Franklin Fire Dept Corned Beef Dinner</b>            12:30 T.O.P.S.            1:00 Pokeno            1:00 Diamond Art            2:00 Silvertones Singing</p>
<p><b>16</b>            9:30 Steve Avellino \$42/srs            9:30 Italian Novel Reading            11:00 Line Dancing \$4            11:30 Tai Chi \$4            12:30 American Mah Jong</p>	<p><b>17 Cafe Closed</b>            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></p>	<p><b>18</b>            9:00 Walking Group            9:30 Asian Mah Jong  <b>10:00 Gardner Museum Heist</b>            10:00 Chair Yoga \$4</p>	<p><b>19</b>  <b>8:30 Coffee Hour with State &amp; Local Officials</b>            9:00 Cribbage            9:30 Low Impact Exercise \$4  <b>9:45 FSC Van Trip: Gardner Museum</b></p>	<p><b>20</b>            9:30 Simply Fit \$4            9:30 Hand &amp; Foot Game            10:00 Political Discussion</p>

# MARCH 2026 CALENDAR

Franklin Senior Center

# 09

<p><b>16 continued</b></p> <p>1:00 Trivia 1:00 Chair Volleyball <b>1:00 Watercolor \$125/series</b> 1:15 Movie Matinee: The Siege of Jadotville <b>1:30 50+ Job Seekers:</b> Cover Letters &amp; Resumes 4:00 Pool Night</p> <p><b>Hearing Clinic today!</b></p>	<p><b>17 continued</b></p> <p>11:15 CSB \$4 1:00 BINGO 1:00 Chess 1:00 Learn to Play Cribbage 1:00 Quilting <b>Legal Clinic today!</b> <b>Volunteer Appreciation Luncheon at 11 AM</b> <b>By Invitation Only</b></p>	<p><b>18 continued</b></p> <p>10:00 Knitting 10:00 Scrabble <b>11:00 Franklin Q&amp;A</b> 11:00 Cardio Fusion \$4 11:30 Bridge <b>12:30 Cancer Support Group</b> <b>1:00 Memory Cafe</b> 1:00 Pokeno <b>1:00 Spanish Class</b></p>	<p><b>19 continued</b></p> <p>10:00 Wood Carving Group 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 <b>1:00 Painting with Amy</b> 1:00 Cribbage <b>1:00 Tech Help with Mike</b> 4:00 Pool Night</p>	<p><b>20 continued</b></p> <p>12:30 T.O.P.S. 1:00 Pokeno 1:00 Diamond Art 2:00 Silvertones Singing</p> 
<p><b>23</b></p> <p>9:30 Steve Avellino \$42/srs 9:30 Italian Novel Reading 11:00 Line Dancing \$4 11:30 Tai Chi \$4 12:30 American Mah Jong 1:00 Trivia 1:00 Chair Volleyball <b>1:00 Watercolor \$125/series</b> 1:15 Movie Matinee: My Week with Marilyn 4:00 Pool Night</p>	<p><b>24</b></p> <p>9:00 Cribbage 9:30 Low Impact Exercise \$4 <b>9:30 Tech Help with Rich</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 <b>1:00 Crochet with Amanda</b> 1:00 Chess <b>1:00 Downsizing</b> 1:00 Learn to Play Cribbage 1:00 Quilting</p>	<p><b>25</b></p> <p>9:00 Walking Group 9:30 Asian Mah Jong 10:00 Chair Yoga \$4 10:00 Knitting 10:00 Scrabble 11:00 Cardio Fusion \$4 <b>11:00 COA Meeting</b> 11:30 Bridge <b>1:00 Senior Scribblers</b> 1:00 Pokeno 1:00 Bereavement Support <b>1:00 Spanish Class</b> 4:00 Alzheimer's Support</p>	<p><b>26</b></p> <p>9:00 Cribbage 9:30 Low Impact Exercise \$4 10:00 Wood Carving Group 10:00 Discussion Group 10:15 Bible Study 11:15 CSB \$4 1:00 BINGO 1:00 Open Art Studio 1:00 Cribbage 4:00 Pool Night <b>4:00 Pizza &amp; Movie Night:</b> <b>Wicked For Good \$5</b></p>	<p><b>27</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 Political Discussion <b>11:00 Eat Around the World:</b> <b>Costa Rica \$10</b> 12:30 T.O.P.S. 1:00 Pokeno 1:00 Diamond Art 2:00 Silvertones Singing</p>
<p><b>30</b></p> <p>9:30 Steve Avellino \$42/srs 9:30 Italian Novel Reading 11:00 Line Dancing \$4 11:30 Tai Chi \$4 12:30 American Mah Jong 1:00 Trivia 1:00 Chair Volleyball <b>1:00 Watercolor \$125/series</b> 1:15 Movie Matinee: The First Wives Club 4:00 Pool Night</p>	<p><b>31</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>1:00 Meteorology with Kevin Lemanowicz</b></p>	<div style="background-color: #2e8b57; color: white; padding: 10px; border-radius: 15px; text-align: center;">  <p><b>Haircuts</b> men's and women's cuts Mondays and Tuesdays Call 508-520-4945 for an appointment!</p> </div> <div style="background-color: #add8e6; padding: 10px; border-radius: 15px; text-align: center; margin-top: 10px;">  <p><b>Nail Appointments</b> manicures, pedicures, nail trims every other Tuesday Call 508-520-4945 for an appointment!</p> </div>		

# 10 REGULAR ACTIVITIES

## Franklin Senior Center

### Ben's Bounty Gift Shop

Have you visited our Gift Shop recently?  
Our expanded selection includes:

- Women's Clothing
- Jewelry
- Housewares
- Home Decor
- Accessories
- Seasonal Goods
- Children's Items
- Vintage Treasures

You never know what you may find!  
All proceeds help support the growth of the Franklin Senior Center. Our mission is to recycle, reuse, and repurpose.

We're open Monday through Friday  
from 10 AM - 1 PM. Come check us out!



**NOW OFFERED EVERY WEEK!**

# TECH HELP

Do you have technology troubles?  
Can't get your cell phone to work?  
Is your iPad or laptop acting up?

Our tech gurus can help you!

## WITH RICH

2ND & 4TH TUESDAY  
OF EVERY MONTH AT 9:30 AM

## WITH MIKE

1ST & 3RD THURSDAY  
OF EVERY MONTH AT 9:30 AM

# FITNESS

- |   |   |  |   |
|---|---|--|---|
| <p><b>Steve Avellino PT</b><br/>\$42 for 6-week series<br/>Join Steve Avellino for effective and practical physical therapy</p> | <p><b>Line Dancing \$4</b><br/>Kick up your heels with Steve Cavanaugh in a fun, group line dance!</p>                  | <p><b>Chair Volleyball free</b><br/>Play seated with your team with a lightweight ball. No scoring, just have fun!</p> | <p><b>Walking Group free</b><br/>Meet at the Senior Center to join the group for conversation and a stroll!</p>                         |
| <p><b>Low Impact \$4</b><br/>Enjoy the benefits of exercise while minimizing stress on your joints</p>                          | <p><b>Cardio, Strength, and Balance \$4</b><br/>Combining light cardio with strength and balance training</p>           | <p><b>Chair Yoga \$4</b><br/>Gentle yoga poses done seated or using a chair for balance</p>                            | <p><b>T.O.P.S. \$1</b><br/>Taking Off Pounds Sensibly<br/>Weight loss support group with education &amp; resources</p>                  |
| <p><b>Cardio Fusion \$4</b><br/>Join Judi for a mash-up of cardio, drumming, and balance exercises!</p>                         | <p><b>Tai Chi \$4</b><br/>Gentle exercise with slow movements, controlled breathing, and a meditative state of mind</p> | <p><b>Simply Fit \$4</b><br/>Simple and low impact! Strength and balance training combined with a core work-out</p>    | <p><b>Exercise Room free</b><br/>The Senior Center has a fully equipped exercise room. Doctor's clearance required, forms at center</p> |

# FSC VAN & DAY TRIPS

Franklin Senior Center

# 11

## Senior Center Van

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

## SENIOR CENTER VAN TRIP

# GARDNER MUSEUM



**\$25** MUSEUM TICKET + VAN RIDE

**THURSDAY, MARCH 19**

**VAN DEPARTS FSC AT 9:45 AM**

Museum Admission Ticket is \$20, the Van Ride is \$5, and member pays for their own lunch at the museum cafe. Franklin-residents get priority signing-up. Sign-up by calling Emily!

# UPCOMING DAY TRIPS

SIGN-UP AT THE SENIOR CENTER TODAY!



## DAN FONTAINE'S VIVA LAS ELVIS

### ELVIS PRESLEY TRIBUTE SHOW

THURSDAY, APRIL 16

BUS DEPARTS 9:45 AM, RETURNS APPROX 5:15 PM  
CHICKEN PARMESAN OR VEGETABLE LASAGNA

**\$145**

## CATHEDRAL IN THE PINES

### MOUNT MONADNOCK, WOODBOUND INN, RED APPLE FARM, & SMITH'S COUNTRY CHEESE

TUESDAY, MAY 5

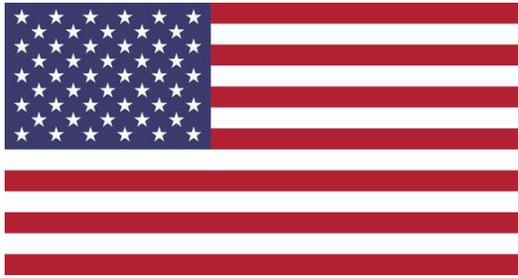
BUS DEPARTS 8:00 AM, RETURNS APPROX 5:30 PM  
BUFFET: BAKED HADDOCK AND STUFFED CHICKEN

**\$115**



# 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.

**March 3 – Navy Reserve's 111th Birthday**

**March 4 – Veterans' Coffee Social** – 10:00 AM at the Senior Center. All Veterans are welcome!

**March 5 – Navy Seabee's 84th Birthday**

**March 15 – American Legion's 107th Birthday**

**March 19 – Veterans' Council Meeting** – 7:00 PM at the Franklin Senior Center. All members of the community interested in Veterans' activities are invited. Memorial Day Parade planning is in progress. Volunteers for the parade are needed!

**March 29 – National Vietnam War Veterans' Day** – This day honors Vietnam Veterans and their families for their service and sacrifices.

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!

The **Warrior Within Yoga Class for Veterans and First Responders** meets on Thursdays from 4:00 PM – 5:00 PM at the Senior Center. There is no charge for classes. Call Veterans' Services to register for guitar and yoga.

The next engraved brick installation on the **Veterans Memorial Walkway** is scheduled to coincide with Memorial Day. Engraved bricks make great birthday, Mother's or Father's Day gifts for your special Veteran or current U.S. service member. Brick orders are now being accepted for the May installation.

Deadline for ordering is March 31. Order forms are available in the Town Hall and Senior Center lobbies, and on the Veterans' Services page online. Thank you to all who have supported the Memorial Walkway Project.

WWII Veteran  
Art Zeimer shows off his  
Valentine's Day card at  
our February Vets  
Coffee Social. Thank you  
to Lincoln Street School  
students who made  
beautiful cards for all of  
our Veterans!



**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.

### 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, Joanie Deam

### HONOR DONATIONS

Patricia Vintinner in Honor of Pam Spicer  
Helen Kelley in Honor of Mary R. O'Connell

### MEMORIAL DONATIONS

Susan & Joseph Leary in Memory of Jill Rappa  
Donna & John Reardon in Memory of Jill Rappa  
Roger & Roberta Trahan in Memory of Barbara Deely  
Roger & Roberta Trahan in Memory of Jill Rappa  
Blue Hill Athletic Hall of Fame Committee in Memory of Barbara Deely  
The Peace Corps Crew in Memory of Jill Rappa  
Barbara Bantimba in Memory of Barbara Deely  
Chris & Diane Feeley in Memory of Jill Rappa  
Henry & Donna Strok in Memory of Jill Rappa  
Bibiana Nowacki in Memory of Jill Rappa  
Kloos Family in Memory of Barbara Deely  
Robert & Eleanor Ficco in Memory of Marie Daddario  
Pauline Medeiros in Memory of Jill Rappa  
Carmella & Robert Lussier in Memory of Jill Rappa  
Georgiana Fitzgerald in Memory of Jill Rappa  
Rosemary Guilbault in Memory of Jill Rappa  
Peter & Leila Milley in Memory of Jill Rappa  
Debra & Michael Gillespie in Memory of Jill Rappa  
Robert & Eleanor Ficco in Memory of Jill Rappa  
Fish of Franklin in Memory of Jill Rappa  
T.O.P.S. in Memory of Jill Rappa  
Liz Martin in Memory of Jill Rappa  
Bob Wheeler in Memory of Susan Futon  
Karen Dauer in Memory of Roger Bailey  
Mary Ginivan in Memory of Jill Rappa  
The Gazzola Family in Memory of Jill Rappa

The next FOFE meeting is scheduled for:  
**Friday, March 27 at 9:00 AM.**  
**The public is welcome to attend.**

Shanna McKelvie in Memory of Steve McKelvie  
Wanda Mercer in Memory of Raymond Mercer  
Kathryn M. Nicholson in Memory of Wayne P. Nicholson  
Bill & Deborah McClennan in Memory of Robert Bielski  
Patricia Vintinner in Memory of Dick Spicer  
Anne Brunelli in Memory of Paul N. Brunelli  
Betty Connolly in Memory of Mr. & Mrs. James Connolly  
Donna & Bill Cupelo in Memory of William J. Cupelo & Anna Chevrier  
Pierina D'Ascenzo in Memory of Dominic & Paul D'Ascenzo  
Pam De Grazia in Memory of Marie Daddario  
Muriel M. Goyer in Memory of Jim  
Kathleen A Hadden in Memory of Baby Boy Hadden  
Joe & Rachel Lenzi in Memory of Jill Rappa & Nick LaRosa  
Sherri & Joe Richardson in Memory of Marie Richardson  
Jonane Rosetti in Memory of Mary & Joe Wozzi  
Anne Saunders in Memory of Douglas Saunders  
Susan & Lawrence Shluger in Memory of Rita Scer  
Kathy Stoffel in Memory of John Stoffel  
Lucille Vanderveld in Memory of Loved Ones

### A Message from FOFE President

Spring is almost here and so is the Red Sox season. And to everyone who is "Irish" at least once a year, Happy Saint Patrick's Day! Welcome to everyone who has joined FOFE and to those members who have renewed their memberships. We appreciate your support. Many of you have also made memorial donations and we thank you for those as well. I am listing as many of the donations as there is room for this month and will continue the list next month.

– Jean Tolland, President

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& Special Projects Coordinator.....Amanda Rabbitt  
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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

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

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

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