

Connection

FRANKLIN SENIOR CENTER'S MONTHLY NEWSLETTER

FEBRUARY 2023

FRANKLIN SENIOR CENTER

10 Daniel McCahill Street Franklin, MA 02038

> P | 508-520-4945 F | 508-520-4917

www.franklinma.gov

OFFICE HOURS

Mon-Fri | 8:00am-4:00pm

BEN'S BOUNTY GIFT SHOP

Mon-Fri | 10:00am-2:00pm

COMMON GROUND'S CAFÉ

Monday - Friday Breakfast | 8:30am-10:00am Lunch | 11:30am-1:00pm





WHAT'S WHAT?

Page 1: Director's Message

Page 3: February Happenings

Page 4:: February Presentations

Page 5: Caregiver Corner and

Support Groups

Page 6 & 7: The February

Monthly Calendar

Page 8: Low Vision Programs,

Winter Wellness Tips,

Veterans Services

Page 9 & 10: FOFE Donations

DIRECTOR'S MESSAGE

As a skier, I've always loved the winter months. But, as I get older, I've realized how much the winter can affect my mood, my motivation to do things, even my mental health. Coming down from the highs of the holiday season, the "New Year, New Me" resolutions, and now we're stuck in the dead of winter. Time to find ways to beat those Winter blues, and have some fun! I have a 12 year old Golden Lab named Harper. If it's raining, he hates going outside, but the snow is a different story. He is like a kid in a candy store. Every time it snows, I can't get him back inside- he'll be running in circles, jumping through the snow piles, catching snowballs. As I'm typing it is snowing, and he is staring at me wagging his tail to go out. Let us all take a note from Harper- be active, don't necessarily run around in circles, but enjoy the little things. Go out and get some fresh air, learn something new, do something you truly enjoy! On page 7, I found some tips and tricks for winter wellness as well that I will look to integrate into my own schedule and I hope you do too. The warm weather will come soon enough, but in the mean time find something you love to do this winter!

Stay Warm! -Danielle Hopkins, Director

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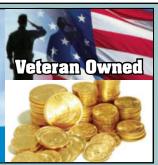
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We are looking for more bridge players to join us for social bridge every **Wednesday at 12:30!**Call for more information!



Did you know the Senior Center has a book club? The **Page Turners** meet the <u>first Monday of</u>

<u>the month</u> to discuss a variety of different genres of books!

February 6th at 1:00pm: Thunderstruck

March 10th (a Friday) at 2:30pm

We will be combining with Franklin High School student's book club: Daisy Jones and the Six



EAT AROUND THE WORLD

Once a month, come join us to explore a different country and try out its cuisine!

This Month: CHINA

Friday, February 24 at 11:00am. Call to Register!

THE SENIOR PLAYERS

C'mon out to Play! **The Senior Players**, our extraordinary acting group, every **Tuesdays at 10:00am**. On stage or Backstage– it's all fun! Call to Sign up today!



RAINBOW CAFÉ

Are you a member or ally of the LGBTQ+ community?! This month we will be watching a short video "Not Another Second, LGBTQ+ seniors share their stories" Conversation and friendship with like minded people to follow.

Tuesday, February 28th at 2:30pm





MONTHLY PARTY: MARDI GRAS WITH LIVE ENTERTAINMENT MONDAY, FEBRUARY 27TH

Come enjoy live music and a delicious meal to celebrate Mardi Gras in style!

AT 11:00AM

Bring your Masks & Beads!

Must Call to Register! \$6.00/person

PIZZA & MOVIE NIGHT: "THE BUTLER"

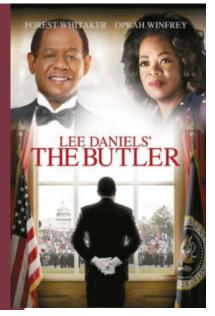
Come out for a night of fun to watch
"The Butler" starring Forest Whitaker, in
honor of African American Month &
President's Day!

Thursday, February 16th at 4:30pm

\$3.00/person

Must call to Register by Feb 15th

508-520-4945



04 January Presentations THE FRANKLIN SENIOR CENTER



MOBILE FOOD PANTRY

PARTNERING WITH THE FRANKLIN FOOD PANTRY AND THE YMCA

Come to receive a bag of stable items, choice of protein, and dairy items!

WEDNESDAY, FEB. 8TH
AT 11:00AM

Danielle's Art Class



All levels welcome!

Call to Register

THURSDAY, FEB. 16TH At 1:00pm

\$4.00/person

LET'S TALK FRANKLIN'S OPEN SPACE & RECREATION PLAN

Wednesday, Feb 15th at 11:00am

Come talk with Franklin's Conservation Agent about the resident survey and Open Space Plan!

PRESENTATIONS- CALL TO REGISTER!

BEST OF TIMES PRESENTS: DAY & OVERNIGHT TRIPS MONDAY, FEBRUARY 13TH AT 10:00AM

Come Talk with Kevin at Best of Times about our Day and Overnight Trips!

HEART HEALTH DISCUSSION WITH TRI COUNTY MEDICAL ASSISTING STUDENTS TUESDAY, FEBRUARY 14TH AT 11:00AM

The Tri County Medical Assisting Students will be presenting on Heart Disease and how to stay Heart Healthy!

FRANKLIN Q & A WITH STEVE SHERLOCK

WEDNESDAY, FEBRUARY 15TH AT 11:00AM

Please join Steve Sherlock, Franklin Matters & WFPR.fm Community Info Director, for an informal and informative Q & A session. Steve provides updates on what's happening from the past month and then opens the floor for discussion and questions.

THE RIGHT HOME AND MANAGING YOUR EQUITY WEDNESDAY, FEBRUARY 15TH AT 12:00PM

Come talk with Nancy Briggs from Suburban Lifestyle about how to manage your equity and what is the right home for you!

LET'S TALK TAXES AND THE TAX CODE

THURSDAY, FEBURARY 23RD AT 11:00AM

Join Realtor Ted Cormier– Leger and CPA Larry Rice as they present on changes to the tax code as well as a variety of tax related issues.

LET'S TALK CELLULITIS WITH NURSE TRISH

THURSDAY, FEBRUARY 23RD AT 1:00PM

Come talk about cellulitis, what it is, how to prevent or treat it.

HANDS ONLY CPR CLASS WITH OUR PUBLIC HEALTH NURSE TUESDAY, FEBRUARY 28TH AT 1:00PM

Join Public Health Nurse Alisha Deptula and the Franklin Fire Department for a Hands Only CPR Class!

BEST PICKUP LINES AND JOKES

WHY IS LOVING YOU LIKE AN OLD PAIR OF DENTURES? BECAUSE I CAN'T SMILE WITHOUT YOU! WHAT DO ITALIANS SAY TO EACH OTHER ON VALENTINE'S DAY? YOU'VE GOT A PIZZA MY HEART.

YOU AND I ARE LIKE SOCKS—WE MAKE A GREAT PAIR!



WHAT'S THE BEST BREAKFAST ON VALENTINE'S DAY? A HUG AND A QUICHE.

HOW DID THE PHONE PROPOSE? WITH A RING



FRANKLIN SENIOR CENTER INCLEMENT WEATHER POLICY

Call to sign up for our Robocall list to get updates on inclement weather.

Garegiver Corner and Support Groups

THE SUNSHINE CLUB This supportive adult day program offers seniors with memory loss, chronic medical issues, or social isolation a safe & engaging environment. For more information call Ariel Doggett at 508-520-4945

MEMORY CAFÉ Please join us Wednesday, February 15 at term health condition. Meets the First Thurslpm at our "Where's The Toast" memory Cafe. McGovern will be entertaining us with songs we know and love. Memory Café's are safe and inviting spaces for those who are experiencing memory loss and their families. Join us for an hour of music, socialization and engagement. Please RSVP to Ariel: <u>adoggett@franklinma.gov</u> or 508-520-**(&** 4945. This Memory Café' is supported by a generous grant from the Franklin Cultural Council, a local agency supported by the Mass Council Cultural Council , a state agency.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

Supports caregivers caring for their loved ones with Alzheimer's or dementia. On-site respite care is available if needed. Call The Senior Center for more information. The group meets every second and fourth Wednesday at 4:00pm.

AUTOIMMUNE/MOBILITY DISORDER SUPPORT GROUP Join this monthly

group to help you find ways to improve your health ad wellbeing whilst living with a long day of the month at 1:00pm.

PATHWAY TO HEALING BEREAVEMENT SUPPORT GROUP Join

this monthly group to help people with their journey of healing after a loved one passes.

February 8th at 1:30pm.





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February 2023 Calendar THE FRANKLIN SENIOR CENTER

FRIDAY	10:00am Woodcarving 10:00am Hand & Foot 11:00am ZUMBA \$ 12:00pm T.O.P.S. (Taking Off Pounds Sensibly) 1:00pm Pokeno 1:00pm Diamond Art Painting 2:00pm Silvertones Choral Group	10:00am Woodcarving 10:00am Hand & Foot 11:00am ZUMBA \$ 12:00pm T.O.P.S. (Taking Off Pounds Sensibly) 1:00pm Pokeno 1:00pm Diamond Art Painting 2:00pm Silvertones Choral Group	10:00am Woodcarving 10:00am Hand & Foot 11:00am ZUMBA \$ 12:00pm T.O.P.S. (Taking Off Pounds Sensibly)
THURSDAY	9:30am Cribbage 9:30am Low Impact w/ Shirley Mae \$ 10:00am Discussion Group 10:00am Busy Bees 11:00am Cardio, Strength, and Balance \$ 12:00pm Poker 1:00pm Poker 1:00pm Open Art Studio 1:00pm Autoimmune/ Mobility Disorder Support Group 1:00pm BINGO 1:00pm TaiChi \$	9:00am Cribbage 9:30am Low Impact w/ Shirley Mae \$ 10:00am Discussion Group 10:00am Busy Bees 11:00am Cardio, Strength, and Balance \$ 12:00pm Poker 1:00pm Low Vision Support Group 1:00pm SINGO 1:00pm Tai Chi \$	8:30am Coffee Hour with State & Local Officials 9:00am Cribbage 9:30am Low Impact w/ Shirley Mae \$ 10:00am Discussion Group
WEDNESDAY	9:00am Walking Group 9:00am Veterans Coffee Social 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong 11:00am Pound Fitness \$ 1:00pm Senior Scribblers 1:00pm Bridge 1:00pm Bridge 1:00pm Bridge	9.00am Walking Group 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong 11:00am Asian Mah Jong 11:00am Pathways to 11:30pm Pathways to Healing Support Group 1:00pm Senior Scribblers 1:00pm Bridge 4:00pm Caregiver Support Group	9:00am Walking Group 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong 11:00am Pound Fitness \$ 11:00am Let's Talk Open Space with Town of Franklin
TUESDAY		9:00am Cribbage 9:30am Low Impact w/ Shirley Mae \$ 10:00am Hand & Foot 10:00am The Senior Players 10:00am Busy Bees 10:30am Hearing Clinic 11:00am Cardio, Strength, and Balance \$ 1:00pm BINGO 1:00pm Chess 1:00pm Cribbage Instruct. 1:00pm Quilting	9:00am Cribbage 9:30am Low Impact w/ Shirley Mae \$ 10:00am COA Meeting 10:00am The Senior Players 10:00am Hand & Foot 10:00am Busy Bees 11:00am "Heart Health" Talk
MONDAY	FEBRUARY	9.30am 6 Week Series with Steve Avellino \$ 9.30am Italian Conversation 10.30am Poker 11:00pm Chair Volleyball 1:00pm Trivia! 1:00pm Page Turners Book Club: Thunderstruck 1:00pm American Mah Jong 1:15pm Movie Matinee: Purple Hearts 5:00pm Pool Night 6:00pm Cribbage	9:30am 6 Week Series with Steve Avellino \$ 9:30am Italian Conversation 10:00am Let's Talk the Best of Times Trips! 10:30am Poker II:00am Line Dancing \$

February 2023 Calendar Continued 17

			FRANKLIN SENIOR CENTER U
FRIDAY	17 CONTINUED 1:00pm Pokeno 1:00pm Diamond Art Painting 2:00pm Silvertones Choral Group	9:30am FOFE Meeting 10:00am Woodcarving 10:00am Hand & Foot 11:00am ZUMBA \$ 11:00am Eat Around the World: CHINA **\$ 12:00pm T.O.P.S. (Taking Off Pounds Sensibly) 1:00pm Pokeno 1:00pm Pokeno 1:00pm Pokeno 1:00pm Pokeno 1:00pm Sensibly 3:00pm Silvertones Choral Group	HAIRDRESSER/BARBER TUES & WED BY APPT MANICURES: EVERY OTHER TUESDAY BY APPT TUESDAY BY APPT WED & THURS WED & THURS
THURSDAY	16 CONTINUED II:00am Cardio, Strength, and Balance \$ 12:00pm Poker 1:00pm BINGO 1:00pm Danielle's Art Class*\$ 1:00pm Tai Chi \$	9:30am Cribbage 9:30am Low Impact w/ Shirley Mae \$ 10:00am Discussion Group 10:00am Busy Bees 11:00am Cardio, Strength, and Balance \$ 11:00am Let's Talk Taxes & the Tax Code 12:00pm Poker 12:00pm Poker 11:00pm Tai Chi \$ 11:00pm Let's Talk about Cellulitis!	
WEDNESDAY	15 CONTINUED 11:00am Pound Fitness \$ 11:00am Franklin Q & A 12:00pm The Right Home & Managing Your Equity 1:00pm Senior Scribblers 1:00pm Bridge 1:00pm Memory Café	9:00am Walking Group 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong 1:00pm Senior Scribblers 1:00pm Bridge 4:00pm Caregiver Support Group	
TUESDAY	14 CONTINUED The cardio, Strength, and Balance \$ 1:00pm BINGO 1:00pm Chess 1:00pm Cribbage Instruct. 1:00pm Quilting	9:00am Cribbage 9:30am Low Impact w/ Shirley Mae \$ 10:00am The Senior Players 10:00am Hand & Foot 10:00am Busy Bees 10:00am Hearing Clinic 11:00am Cardio \$ 10:00pm BINGO 12:30pm Legal Clinic 1:00pm Chess 1:00pm Quilting 1:00pm Audio Book Club	9:00am Cribbage 9:30am Low Impact w/ Shirley Mae \$ 10:00am The Senior Players 10:00am Hand & Foot 10:00am Busy Bees 11:00am Cardio, Strength, and Balance \$ 1:00pm BINGO 1:00pm BINGO 1:00pm Cribbage Instruct. 1:00pm Quilting 1:00pm Audio Book Club 2:30pm Rainbow Café
MONDAY	13 CONTINUED 1:00pm Chair Volleyball 1:00pm Trivia! 1:00pm American Mah Jong 1:15pm Movie Matinee: The Big Wedding 4:30pm Vinyasa Yoga \$ 5:00pm Pool Night 6:00pm Cribbage	20 SENIOR CENTER CLOSED CLOSED PRESIDENTS' DAY	9:30am 6 Week Series with Steve Avellino \$ 9:30am Italian Conversation 10:30am Poker 11:00am Line Dancing \$ 11:00am Monthly Party: MARDI GRAS with Live Entertainment! 1:00pm Chair Volleyball 1:00pm Trivia! 1:00pm American Mah Jong 1:15pm Movie Matinee: Whiplash 5:00pm Cribbage

LOW VISION PROGRAMS

<u>Thursday</u>, <u>February 2nd at 1:</u>00pm: Assistive Technology with Jerry Feliz

<u>Tuesday, February 7th at 1:00pm:</u>
Audio Reading of the Senior Center
February Newsletter. (PHONE)

Thursday, February 9th at 1:00pm: Low Vision Support Group via ZOOM: Guest Speaker Debra Erikson from The Blind Kitchen

<u>Thursday, February 16th at 1:00pm:</u> Vision Loss Adjustment Counseling

Tuesday, February 21 & 28th at 1:00pm: Audio Book Club: *The Golden Couple*[a thriller suspense novel by Greer Hedricks and Sarah Pekkanen (PHONE)

All Tuesday Low Vision are via telephone: 508-206-8603

BEAT THE WINTER BLUES:

TIPS FOR WINTER WELLNESS

There are a number of techniques that can help keep your immunity high and your body in good condition to support wellness all season long so that you can enjoy the chillier months.

Get Up & Moving

Winter brings fewer hours of sunlight during the day, and per the National Sleep Foundation, darkness naturally causes the brain to release melatonin, a hormone that triggers sleepiness. Exercise can counteract this drowsiness.

Add Herbal Supplements

Herbal supplements can help support overall health. For example, the supplement turmeric, derived from root extracts of the Curcuma longa plant, is widely regarded to have numerous positive health implications.

Get Ample Rest

The National Sleep Foundation recommends older adults get at least 7-8 hours of sleep each night for optimal health.

Boost Immunity

During the winter months, when fresh fruit can be harder to find, supplements like Echinacea & Vitamin C from Nature's Way can be another source of vitamin C.

Maintain Skin Health

You can take steps to minimize painful redness and flakiness or cracking by regularly moisturizing your skin with fragrance-free lotions and herbal oils.

Note: Always consult your healthcare provider when contemplating new ideas to promote better health. (Courtesy of Family Features)

©LPi

VETERANS' SERVICES OFFICE (508) 613-1315

February 1 - Veterans' Monthly Coffee Social – 10:00 a.m. at the Franklin Senior Center. All Veterans are invited for coffee and conversation. Refreshments will be provided by our wonderful friends at Starbucks!

February 4 - United Service Organization's (USO) 82rd **Birthday** - Founded in 1941, the USO is a private, not-for-profit organization that serves men and women in the U.S. military and their families throughout their time in the service.

/ access

February 8 - Greater Franklin Virtual Career Fair with MassHire. Veterans have early access to this online career fair beginning at 3:30 pm. Call the VSO for more details.

February 16 - Veterans' Council Meeting - 7:00 p.m. at the Senior Center. All Franklin residents interested in veterans' activities and events are welcome to join us!

May 2023 - The next engraved brick installation on the Veterans Memorial Walkway is scheduled to coincide with Memorial Day. An engraved brick makes a great birthday or Mother's or Father's Day gift for your special veteran or current military service member. Brick order forms are available in the Town Hall and Senior Center lobbies as well as on the Veterans' Services page on the Town web site. Thank you to all who have supported the Walkway Project!

The **Tune It Out guitar lessons program** for veterans meets on Tuesdays at 5:30 p.m. at the Senior Center. There is no charge for lessons and no guitar experience is required. Guitars are available in the Veterans' Services Office. Call for details.





IN MEMORY OF

Hiliary Perry in Memory of Geoff Perry

Louise C. Vozzella in Memory of Joseph P. Vozzella

Nancy Rappa in Memory of Bob Rappa

Bill Reynolds in Memory of Barbara Reynolds

Karen McGuire in Memory of John McGuire

Michael Ellsworth in Memory of Lee Ellsworth, Sr.

Jacqueline Carroll in Memory of Judy Cunningham

Ernestine V. Gilmore in Memory of Howard A. Gilmore, Jr.

Diane Rappa in Memory of Joseph Rappa

Connie Dunn & Joyce C. Adams in Memory of Harriet Fisher

William Laquidara in Memory of Betty Laquidara

Anthony Gromelski in Memory of Ed & Mary Gromelski;

Ralph & Dorothy Mendall

Kerri Bertone in Memory of Richard & Marilyn Croke

Bob White in Memory of Rose M. White

Marie L. Dalo in Memory of Steve Dalo

Phyllis Molloy in Memory of Paul Molloy

Ann E. Seymour in Memory of Donald J. Seymour

Richard & Helen Hastry in Memory of Jimmy Molloy &

Charlotte Webber

Robert Weidman in Memory of Mary Ellen Weldman

Nancy R. Oson in Memory of Raymond T. Olson

Ellen D. Sugarman in Memory of Audrey Zides

Paula & John Lombardi in Memory of Charlotte Webber &

Franny E. Bertone

Pierina D'Ascenzo in Memory of Domenic Paul D'Ascenzo

Robert & Joannah Brunelli in Memory of Anita & Nelsi Brunelli;

Anna & Armetti Bassignani

Anne Saunders in Memory of Douglas L. Saunders

Christina Ferrara in Memory of Pietro Ferrara

Richard & Theresa Tomaino in Memory of Barry Teplow

Carol J. Adiletto in Memory of Her Husband Danny Adiletto &

Her Son, Danny Adiletto

Margaret D'Angelo in Memory of John M. D'Angelo

Peter & Jane Coppola in Memory of Andrew Coppola

Grace Dion in Memory of Pasquale Tessicini

James & Bernice Adams in Memory of Kevin Murphy &

Rob Adams

Barbara Ann Kelly in Memory of John D. Kelly, Jr.

Anthony M. Vignone in Memory of Pete D'Amelio, Billy Cornetta,

Francis Baro in Memory of Debi Baro

Mary-Regina Bennett in Memory of Panetta & Bennett Families

Charles Bertone in Memory of Jeanette Bertone

Anne Bissanti in Memory of Tony Bissanti

Shirley Borruso in Memory of Francis "Franny" Bertone

Gail Borstell in Memory of Ralph & Beatrice Fulton

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Josephine Melo

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Muriel Goyer in Memory of Rita Lovejoy

Janet Y. Jewett in Memory of Christiane Goguen

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James Sugrue in Memory of Sheila Sugrue & James Sugrue, Jr.

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Pamela Webber in Memory of Charlotte Webber

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Elizabeth Stow
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Barbara Swasey
Colette Sweeney
Karen & Bob Swenson

Judith Vroman Dianne Wilson

Wanda & William Yadisernia

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Pamela & George Young

Busy Bees T.O.P.S. Miriam Steel

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2 Locations in Franklin, MA

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Areas of Pain We Treat:

- Jaw/TMJ
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