



THE FRANKLIN Connection

Franklin Senior Center's Monthly Newsletter

**September
2022**

The Franklin Senior Center

10 DANIEL MCCAHL ST.
FRANKLIN, MA 02038
PHONE: 508-520-4945
FAX: 508-520-4917

**OPEN MON-FRI
8:30am- 4:00pm**

<http://www.franklinma.gov/>

BEN'S BOUNTY GIFT SHOP 10AM-1PM

Open Mon-Fri



**COMMON
GROUND'S CAFÉ!**

WE ARE OPEN!

MON-FRI

Breakfast 8:30- 10a

Lunch 11:30-1:00p



Make Sure to
Follow us on our
Social Media
Platforms to
Stay Informed
About the
Happenings at
The Senior Center!

DIRECTOR'S MESSAGE



I can't believe it is already September. Wow did the summer fly by! We have so many fun programs and activities planned for the fall, and I can't believe how busy this summer was. We are very blessed and thankful for all of you that come and enjoy what our Senior Center has to offer, and we hope you continue to share your ideas and thoughts!

July and August seemed to fly by- we beat the heat by making ice cream, taste testing chocolates for National Chocolate Day, learned about how to be prepared in an Emergency with the DA's office, celebrated in style at our American Pride Party, and then rocked out with some steel drums at our Luau Party. We have started to enjoy some night time programming and were lucky to have the South-eastern MA Community Concert Band perform and in August got out our convertibles, vinyl's, and pink ladies jackets for a night out to watch "Grease." The "Eat Around the World" program was a huge success and kudos to Chef Anne for her creativity and the delicious cultural cuisine she concocted for our 5 countries!

September we "fall" into a new season and some new opportunities to be engaged and socialize. From exercise classes, to a pizza and movie night out to see the new Elvis Movie, and even have a full spirit week to show your love for the Franklin Senior Center- we have something for everyone so stop on by!

I would also like to personally invite you all to our 9/11 Remembrance Ceremony on Friday, September 9th at 9am. Working in conjunction with the Franklin Police and Fire Departments, this will be a moving ceremony to remember and honor all those who lost their lives on that horrific day.

Happy Fall Y'All

-Danielle Hopkins



Eat Around the World



"Grease"
Night Out!



Franklin Senior Center

Spirit Week

Monday: Wear A Crazy Hat
Tuesday: Dress up as your favorite Superhero!
Wednesday: Wear your comfortable Pajamas (no nudity)
Thursday: Dress up like your favorite Decade!
Friday: Wear Your Favorite Sports Jersey

September 19th- 23rd 2022

SEPTEMBER HAPPENINGS ★

LOOK AT OUR SEPTEMBER PRESENTATIONS ON THE LAST PAGE AND CALL TO REGISTER



CRIBBAGE TOURNAMENT *Friday, Sept 30th*

*Check in at 9AM
\$3.00 to enter
Call to register.*

Interested in Photography?

Come to our

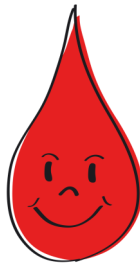
Photography Class

with Steve McGrath!
Wednesdays in
September @ 10am
\$5/class
Call to Register!



STOP THE BLEED training
will help bystanders become
empowered to make a life or death
difference when a
bleeding emergency happens.

Wednesday, Sept 14th
At 2:00PM. Call to Register!

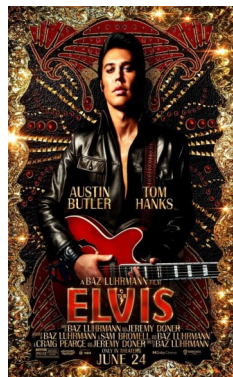


RAINBOW CAFÉ

**Are you a member or ally of the
LGBTQ+ community?! Come
join us and like-minded people
for coffee, conversation, and
friendship!**

Tuesday, Sept. 27th @ 10AM

Call to Register



MOVIE AND PIZZA NIGHT *September 8th @ 5pm*

Come out for a relaxing
night to watch the
new **Elvis movie**
and have some
pizza with friends!
\$3.00 /person
Call to Register by 9/7



HEARING CLINIC

*CALL TO MAKE AN
APPOINTMENT*

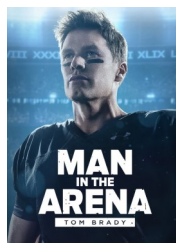
Hearing assessment, ear and
hearing aid cleaning, etc.

Wednesday,
September 7th and 21st
10a-12p; 20 min appts

Come and watch

Man in the Arena: Tom Brady's Documentary

Wednesdays at 2:00PM



TECHNOLOGY CLINIC

Wed, Sept. 21st @ 2:00PM

Come with your technology
(cell phone, laptop, iPad) to
work with Ryan, our lovely
technology guru! Ryan is also
available by appt too!

Call to Register!



3 Week

BALANCE CLINIC

With Nurse Trish

Wednesdays,
**September 7th, 14th,
and 21st**
1:00pm

**Call to Register*



NEW EXERCISE CLASS!

MOVEMENT AND MEDITATION WITH JUDY

Every Tuesday
At Noon!

\$3.00/class

CAREGIVER'S CORNER AND SUPPORT GROUPS

THE SUNSHINE CLUB This program offers seniors with memory loss, chronic medical issues, or social isolation a safe & engaging environment. Our day program provides individual attention, socialization, fun activities, lively discussion, & gentle exercises that make for a stimulating day! For more information, call Ariel Doggett at 508-520-4945.



MEMORY CAFÉ Please join us **Wednesday, Sept 21st** at 1pm at our "Where's The Toast" memory Cafe. Lenny Zarcone 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: adoggett@franklinma.gov or 508-520-4945 This Memory Café' is supported in part by a generous grant from the Franklin Cultural Council, a local agency supported by the Mass 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 and wellbeing whilst living with a long term health condition. Meets the **First Thursday of the month at 1:00pm.**

HEARING AND VISION SUPPORT GROUPS

Wednesday, Sept 14th at 1:00pm: Hearing Support Program

One on One Assistance with Low Vision Technology: Every Thursday by appt with Jerry 857-443-6366 (10a-2p)

Tuesday, Sept 6th at 1:00pm: Audio Reading of the Senior Center September Newsletter. (PHONE)

Thursday, Sept 8th at 1:00pm: Low Vision Monthly Support Group with guest speaker Karen Hatcher presenting "Independence and Fall Prevention for Low Vision Seniors"

Tuesday, Sept 13th at 1:00pm: Audio Potluck with Maggie (PHONE)

Thursday, September 15th at 1:00pm: Vision Loss Adjustment Counseling (peer support group)

Tuesday, September 20th and 27th at 1:00pm: Audio Book Club: "A City So Grand" by Stephen Puleo (PHONE)

Thursday, September 22nd at 1:00pm: Low vision Group Technology Session with Jerry Feliz from MABVI

All Tuesday Low Vision are via telephone: 508-206-8603, and all Thursday programs are at the Senior Center.



COME JOIN US FOR OUR

TAILGATE PARTY



FRIDAY, SEPTEMBER 23RD

11:00AM: ENTERTAINMENT WITH STEVE MCGOVERN

12:00PM: LUNCHEON

\$6.00/PERSON

CALL TO REGISTER 508-520-4945

FRANKLIN SENIOR CENTER

WEATHER PERMITTING- WE WILL BE OUTSIDE
BRING YOUR OWN CHAIRS!



Menu

Italian Sausage, Peppers,
and Onions,
Mac and Cheese, Salad,
Brownies and Ice Cream



21ST ANNIVERSARY

9/11 Remembrance Ceremony

WE WILL NEVER FORGET


Please join us as we remember and
honor our heroes of 9/11

Friday, September 9th
at 9:00am

Located at the

Franklin Senior Center
10 Daniel McCahill Street
Franklin, MA 02038

Call for more information: 508-520-4945

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>2022</p>	<p>Interested in Learning how to Play Pool, Darts, or Bridge? Call for more information!</p> <p>Looking for <u>Poker Players</u> too!</p>	<p>HAIRDRESSER/ BARBER MON & WED BY APPT</p> <p>MANICURES: EVERY OTHER TUESDAY BY APPT</p> <p>BLOOD PRESSURE & SUGAR TESTING WED & THURS</p> <p>PODIATRIST CALL FOR INFO</p>	<p>1</p> <p>9:00AM CRIBBAGE 9:30AM BUSY BEES 9:30AM LOW IMPACT W/ SHIRLEY MAE \$</p> <p>9:30AM BOCCIE 10:00AM DISCUSSION GROUP 11:00AM CARDIO, STRENGTH & BALANCE \$</p> <p>12:00PM POKER 12:30PM OPEN ART STUDIO 1:00PM AUTOIMMUNE/ MOBILITY DISORDER SUPPORT GROUP</p> <p>1:00PM BINGO 1:00PM TAI CHI \$</p>	<p>2</p> <p>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</p>
<p>SENIOR CENTER CLOSED</p> <p>LABOR DAY</p>	<p>6</p> <p>9:00AM CRIBBAGE 9:30AM BUSY BEES 9:30AM LOW IMPACT W/ SHIRLEY MAE \$</p> <p>10:00AM HAND & FOOT 11:00AM CARDIO, STRENGTH & BALANCE \$</p> <p>12:00PM MOVEMENT AND MEDITATION \$</p> <p>1:00PM BINGO 1:00PM CRIBBAGE INSTR. 1:00PM QUILTING 1:00PM AUDIO READING OF NEWSLETTER</p>	<p>7</p> <p>9:00AM WALKING GROUP 10:00AM VETERANS COFFEE SOCIAL 10:00AM CHAIR YOGA \$</p> <p>10:00AM KNITTING 10:00AM HEARING CLINIC*</p> <p>10:00AM SCRABBLE 10:00AM PHOTOGRAPHY**\$ 10:00AM ASIAN MAH JONG 11:00AM POUND FITNESS \$</p> <p>11:30AM JOE LANDRY PRESENTS RAILROADS IN FRANKLIN**</p> <p>1:00PM SENIOR SCRIBBLERS 1:00PM BALANCE CLINIC 2:00PM MAN IN THE ARENA: TOM BRADY DOCUMENTARY EP. 1</p>	<p>8</p> <p>9:00AM CRIBBAGE 9:30AM BUSY BEES 9:30AM LOW IMPACT W/ SHIRLEY MAE \$</p> <p>9:30AM BOCCIE 10:00AM DISCUSSION GROUP 11:00AM CARDIO, STRENGTH & BALANCE \$</p> <p>12:00PM POKER 12:30PM OPEN ART STUDIO 1:00PM LOW VISION SUPPORT GROUP</p> <p>1:00PM BINGO 1:00PM TAI CHI \$ 5:00PM PIZZA AND MOVIE NIGHT: ELVIS**\$</p>	<p>9</p> <p>9:00AM SEPTEMBER 11TH REMEMBRANCE CEREMONY</p> <p>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</p>
<p>12</p> <p>9:30AM 6 WEEK SERIES: ANKLES AND FEET* \$ 9:30AM ITALIAN CONVO 10:30AM POKER 10:30AM GARDEN YEARS CLUB**</p> <p>11:00AM LINE DANCING \$ 1:00PM CHAIR VOLLEYBALL 1:00PM BOOK CLUB</p>	<p>13</p> <p>9:00AM CRIBBAGE 9:30AM BUSY BEES 9:30AM LOW IMPACT W/ SHIRLEY MAE \$</p> <p>10:00AM COA MEETING 10:00AM HAND & FOOT 11:00AM CARDIO, STRENGTH & BALANCE \$</p> <p>12:00PM MOVEMENT AND MEDITATION \$</p>	<p>14</p> <p>9:00AM WALKING GROUP 10:00AM CHAIR YOGA \$</p> <p>10:00AM KNITTING 10:00AM PHOTOGRAPHY**\$ 10:00AM SCRABBLE 10:00AM ASIAN MAH JONG 11:00AM POUND FITNESS \$</p> <p>1:00PM HEARING SUPPORT GROUP 1:00PM SENIOR SCRIBBLERS</p>	<p>15</p> <p>8:30AM COFFEE HOUR W/ STATE & LOCAL OFFICIALS</p> <p>9:00AM CRIBBAGE 9:30AM BUSY BEES 9:30AM LOW IMPACT W/ SHIRLEY MAE \$</p> <p>9:30AM BOCCIE 10:00AM DISCUSSION GROUP 11:00AM CARDIO, STRENGTH & BALANCE \$</p>	<p>16</p> <p>10:00AM WOODCARVING 10:00AM HAND & FOOT 11:00AM ZUMBA \$ 12:00PM T.O.P.S (TAKING OFF POUNDS SENSIBLY) 1:00PM DIAMOND ART PAINTING</p>

<p>12 1:00PM AMERICAN MAH JONG 1:15PM MOVIE MATINEE: TOP GUN: MAVERICK 2:00 PM EDWARD JONES FINANCIAL ADVISOR TALK 5:00PM POOL NIGHT 6:00PM CRIBBAGE</p>	<p>13 1:00PM LOW VISION AUDIO DISCUSSION 1:00PM BINGO 1:00PM CRIBBAGE INSTR. 2:00PM QUILTING 2:00PM ANTHONY SAMMARCO PRESENTS THE HISTORY OF HOWARD JOHNSON'S</p>	<p>14 1:00PM BALANCE CLINIC 2:00PM MAN IN THE ARENA: TOM BRADY DOCUMENTARY EP. 2 2:00PM STOP THE BLEED TRAINING** 4:00PM CAREGIVER SUPPORT GROUP</p>	<p>15 12:00PM POKER 12:30PM OPEN ART STUDIO 1:00PM VISION LOSS COUNSELING 1:00PM BINGO 1:00PM TAI CHI \$</p>	<p>16 1:00PM POKENO 2:00PM SILVERTONES CHORAL GROUP</p>
<p>19 CRAZY HAT DAY 9:30AM 6 WEEK SERIES: ANKLES AND FEET* \$ 9:30AM ITALIAN CONVO 10:30AM POKER 11:00AM LET'S TALK OSTEOPOROSIS** 11:00AM LINE DANCING \$ 1:00PM CHAIR VOLLEYBALL 1:00PM AMERICAN MAH JONG 1:15PM MOVIE MATINEE: QUARTET 5:00PM POOL NIGHT 6:00PM CRIBBAGE</p>	<p>20 SUPERHERO DAY 9:00AM CRIBBAGE 9:30AM BUSY BEES 9:30AM LOW IMPACT W/ SHIRLEY MAE \$ 10:00AM HAND & FOOT 11:00AM CARDIO, STRENGTH & BALANCE \$ 12:00PM MOVEMENT AND MEDITATION \$ 12:30PM LEGAL CLINIC** 1:00PM AUDIO BOOK CLUB 1:00PM BINGO 1:00PM CRIBBAGE INSTR. 2:00PM QUILTING 2:00PM 10 WARNING SIGNS OF DEMENTIA AND ALZHEIMERS</p>	<p>21 PAJAMA DAY 9:00AM WALKING GROUP 10:00AM CHAIR YOGA \$ 10:00AM KNITTING 10:00AM HEARING CLINIC** 10:00AM SCRABBLE 10:00AM PHOTOGRAPHY**\$ 10:00AM ASIAN MAH JONG 11:00AM ART CLASS WITH DANIELLE **\$ 11:00AM POUND FITNESS \$ 11:00AM FRANKLIN Q & A 1:00PM MEMORY CAFÉ ** 1:00PM SENIOR SCRIBBLERS 1:00PM BALANCE CLINIC 2:00PM MAN IN THE ARENA: TOM BRADY DOCUMENTARY EP. 3 2:00PM TECHNOLOGY CLINIC</p>	<p>22 DECADES DAY 9:00AM CRIBBAGE 9:30AM BUSY BEES 9:30AM LOW IMPACT W/ SHIRLEY MAE \$ 9:30AM BOCCIE 10:00AM DISCUSSION GROUP 11:00AM CARDIO, STRENGTH & BALANCE \$ 12:00PM POKER 12:30PM OPEN ART STUDIO 1:00PM LOW VISION TECHNOLOGY GROUP 1:00PM BINGO 1:00PM TAI CHI \$</p>	<p>23 SPORTS DAY 9:30AM FOFE MEETING 10:00AM WOODCARVING 10:00AM HAND & FOOT 11:00AM SEPTEMBER TAILGATE PARTY WITH LIVE ENTERTAINMENT!*** 12:00PM T.O.P.S (TAKING OFF POUNDS SENSIBLY) 1:00PM POKENO 1:00PM DIAMOND ART PAINTING 2:00PM SILVERTONES CHORAL GROUP</p>
<p>26 9:30AM 6 WEEK SERIES: ANKLES AND FEET* \$ 9:30AM ITALIAN CONVO 10:30AM POKER 11:00AM LINE DANCING \$ 1:00PM CHAIR VOLLEYBALL 1:00PM AMERICAN MAH JONG 1:15PM MOVIE MATINEE: THIRTEEN LIVES 5:00PM POOL NIGHT 6:00PM CRIBBAGE</p>	<p>27 9:00AM CRIBBAGE 9:30AM BUSY BEES 9:30AM LOW IMPACT W/ SHIRLEY MAE \$ 10:00AM HAND & FOOT 10:00AM RAINBOW CAFÉ** 11:00AM CARDIO, STRENGTH & BALANCE \$ 12:00PM MOVEMENT AND MEDITATION \$ 1:00PM AUDIO BOOK CLUB 1:00PM BINGO 1:00PM CRIBBAGE INSTR. 2:00PM REDUCING RISKS OF HEART DISEASE**</p>	<p>28 9:00AM WALKING GROUP 10:00AM CHAIR YOGA \$ 10:00AM KNITTING 10:00AM SCRABBLE 10:00AM PHOTOGRAPHY**\$ 10:00AM ASIAN MAH JONG 11:00AM POUND FITNESS \$ 1:00PM SENIOR SCRIBBLERS 2:00PM MAN IN THE ARENA: TOM BRADY DOCUMENTARY EP. 4 4:00PM CAREGIVER SUPPORT GROUP</p>	<p>29 9:00AM CRIBBAGE 9:30AM BUSY BEES 9:30AM LOW IMPACT W/ SHIRLEY MAE \$ 9:30AM BOCCIE 10:00AM DISCUSSION GROUP 11:00AM CARDIO, STRENGTH & BALANCE \$ 12:00PM POKER 12:30PM OPEN ART STUDIO 1:00PM BINGO 1:00PM TAI CHI \$ 1:00PM ANATOMY OF THE SPINAL COLUMN</p>	<p>30 9:00AM CRIBBAGE TOURNAMENT**\$ 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</p>

CAFÉ CLOSED TODAY

**** PLEASE CALL THE SENIOR CENTER TO RESERVE A SPOT FOR THIS PROGRAM #508-520-4945
\$ EXERCISE CLASSES COST BETWEEN \$2-\$3 PER CLASS**

Friends of Franklin Elders, INC.

The Friends of Franklin Elders, Inc. (FOFE) is a private, non-profit organization 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. The Friends raise funds through membership fees, donations, and special events. Our next meeting is scheduled for

Friday, September 23rd @ 9:30 am.

The public is welcome to attend.



JoAnn Wright, President

Nan Rafter, Vice President

Julie Garilli, Treasurer

Margie Lane, Secretary

Carol Ellsworth, Helen Power, Paula Lombardi, Pam Spicer.



Great Volunteer Opportunity

The Friends of Franklin Elders, Inc. (FOFE) now has immediate openings for people who are interested in helping out with the Franklin Senior Center.

FOFE is a private, non-profit organization whose purpose is to provide funds for programs, services and equipment for the Franklin Senior Center that cannot be provided by state and local government. The FOFE objectives are to help fund programs and services that inform the Elder community and their family of the valuable resource information on daily activities, health and services, and events that are offered and provided through the Franklin Senior Center.

We meet from September to May and take the summer off. Our meetings usually run 45 minutes to an hour and are held at 9:30AM on the 4th Friday of each month.

If you feel that this is your calling or have any other questions, please contact me by email at joannw826@gmail.com or attend our meeting on September 23rd at 9:30AM.

FOFE Chair, JoAnn Wright

In Memory of...

Suzanne Gurrie in memory of **Paul Gurrie**

Donation by **Suzanne Gurrie**

Marie MacSwain in memory of **David R. MacSwain & Josephine Henault**

Mrs. Shirley Aragon/Grace Galanti in memory of **Leondes (Eddoe) Aragon**

Brenda Hutchinson in memory of **Anne C. LaVoie**

Claire Flynn in memory of **Suzanne Wade**

David Mackintosh and Linda Perkins in memory of **Dona Mackintosh**

Veterans' Services Office (508) 613-1315

September 7- Monthly Coffee Social- 10:00am at the Senior Center. All veterans welcome!

September 9- 9/11 Remembrance Ceremony outside at the Senior Center at 9:00am

September 13- Tune it Out Guitar Classes- Weekly classes resume Tuesdays at 5:30pm at the Senior Center. Call our office for details.

September 15- Veterans' Council meeting- 7:00pm at the Senior Center. All members of the community interested in veterans' activities are welcome to join us!

September 15- Veterans Memorial Walkway- Deadline for engraved brick orders for November installation

September 16- National POW/MIA Recognition Day- A day to remember and honor those Americans who were prisoners of war and those who served and never returned home.

September 18- U.S. Air Force 75th Birthday- Before the creation of the Air Force, the military's flying operations were handled by the U.S. Army on land and the Navy by sea. The history of this branch of service is an important part of the history of air power in the United States.

September 25- Gold Star Mothers and Families Day- A day to honor the families of fallen service members.

Veterans and Dependents- If you are a veteran or immediate family of a veteran, please contact our office to find out if there may be any veterans' benefits of privileges available. Please visit our webpage at <https://www.franklinma.gov/veterans-services>



F.O.F.E. MEMORIAL DONATION

Your Name

Address

In Memory of:

MAIL TO:

Friends of Franklin Elders, Inc.
10 Daniel McCahill St. Franklin,
MA 02038

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— OF FRANKLIN —

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LORY STEEVES
ELDER CARE SERVICES LLC

Lory Steeves is a home healthcare agency that provides you quality, reliable, compassionate and professional health care at home. Now seniors can spend their golden years at home, which makes their daily living more enjoyable and offers family caregivers much-needed respite. Contact us today to learn more!

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loryshealthcare.com



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Maria Vivas MS CCC-A
Certified & Licensed Audiologist



(508) 478-0723

milfordaudio@gmail.com

215 West St, Milford MA
at Milford Medical Center

Weightloss Competition
**Don't be a
Butterball**

Join us in October for a 6 week
weightloss competition
weekly weigh-ins, nutrition classes, and a
chance to win \$ and a butterball turkey!



\$5.00 to join
Oct 3- Nov 14

FRANKLIN SENIOR CENTER

FranklinTV

& Franklin Public Radio

Comcast 08
96 11



email or call: info@wfpr.fm / 508-528-9377

DELAND, GIBSON
INSURANCE

36 Washington Street
Suite 40

Wellesley Hills, MA 02481-1904

781-237-1515 ~ 800-697-7657

FRANKLIN COUNCIL ON AGING

Officers:

Chairman.....Bob Crowley
Secretary.....Lyn O'Brien

Members:

Faith Flaherty, Jan Jewett, Robert Kaufman,
Phyllis Malcolm, Ken Norman, and Lester Quan

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Deputy Director.....Christina LaRose
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Social Svc. Coordinator.....Maggie Gundersen
Administrative Assistant.....Mary Hynes
Respite Coordinator.....Ariel Doggett
Supportive Day Coordinator.....Donna Haynes
Wellness Nurse.....Trish Collatos
Kitchen Manager.....Anne Scungio
Veterans' Services Officer.....Shannon Nisbett
Veterans' Services Assistant.....Debra Martin
Public Health Nurse.....Alisha Deptula

The Franklin Connection is distributed with funds provided by the Executive Office of Elder Affairs, and the Friends of Franklin Elders, Inc.

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

Pre-Sorted
Standard
Franklin, MA
Permit No. 13

Franklin Senior Center

"Independence, Engagement & Connection!"

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/wellness activities and services for our aging population.

We are trying to go **Green** more at the
Franklin Senior Center.

If you would rather have your newsletter emailed to you
please email Danielle : dhopkins@franklinma.gov

September Presentations– Call to Register!

Joe Landry Presents Railroads in Franklin

Wednesday, September 7th, @ 11:30AM

Financial Advisor Talk with Chris Peterson from Edward Jones

Monday, September 12th @ 2:00pm

Anthony Sammarco Presents The History of Howard Johnsons

Tuesday, September 13th @ 2:00pm

Let's Talk Osteoporosis

Monday, September 19th @ 11:00AM

Alzheimer's Association Presents: 10 Warning Signs of Dementia/ Alzheimer's

Tuesday, September 20th @ 2:00pm

Reducing Risks of Heart Disease

Tuesday, September 27th @ 2:00pm

Anatomy of the Spinal Column

Thursday, September 29th @ 1:00pm



Jokes of the Month– We hope these “leaf” you smiling

Why did the scarecrow win the Nobel Prize? Because he was out-standing in his field!

What is it called when a tree takes time off from work in Autumn? Paid leaf.

Why did the football player miss the game? He had Appled hamstring

Why do trees hate going back to school in the fall? Because they're easily stumped

It's been raining for 3 days without stopping. My wife is in depression, she is standing and looking through the window. If the rain doesn't stop tomorrow, I'll have to let her in.

Why do birds fly south in the fall? Because it's too far to walk.



COME AND
TOUR THE
SENIOR CENTER
AND SEE WHAT
GREAT THINGS
WE ARE DOING!



REMINDER: All entrants are now required to show proof of full vaccination against COVID-19 or wear a mask while not consuming food or beverages.