



THE FRANKLIN Connection

FRANKLIN SENIOR CENTER'S MONTHLY NEWSLETTER

APRIL 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



Enjoying a Delicious Corned Beef and Cabbage dinner cooked and served by the Franklin Fire Department as well as BINGO with great prizes!

WHAT'S WHAT?

Page 1: Director's Message

Page 3: April Happenings

Page 4: April Presentations

Page 5: Caregiver Corner and Support Groups

Page 6 & 7: The April Calendar

Page 8: Low Vision Programs, Program Highlight, and Veterans Services

Page 9: FOFE Donations and Spring Cleaning Opportunity

Page 10: Up and Coming, Jokes & Games

DIRECTOR'S MESSAGE

I have always loved the quote "I can't stop the rain from falling, but I can always hold an umbrella over your head". I'm not even sure who said it, but I remember reading it my freshman year in college (many moons ago), and it has always stuck with me. It's the way I tend to see how I can make a difference and be there for others.

With everything that has happened since the beginning of February, we weren't able to stop the water, but between my staff, the town, you all, and this awesome community have held up the "umbrella" so to speak, and we have still been able to be open and successful. Taking things in stride and being flexible, and I can't thank you all enough for your support and understanding.

In the same breath as making a difference, April is Volunteer Appreciation Month, and I want to take this time as well to thank the many volunteers we have here that take time out of their own busy schedules to make sure our Senior Center runs smoothly- from working in the café, teaching classes, running the gift shop, being on a Board, greeting everyone, giving tours, helping at parties and more- I hope you all know what a difference you make -THANK YOU!

-Danielle Hopkins, Director



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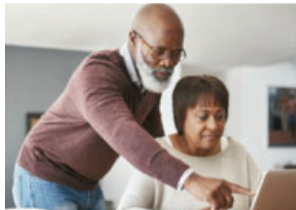
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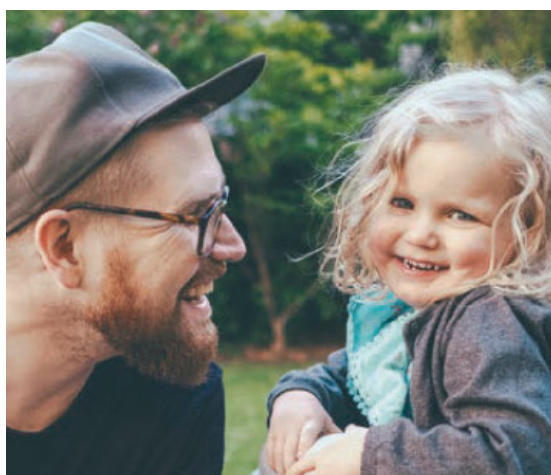
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Franklin Senior Center, Franklin, MA 06-5389

03 April Happenings

THE FRANKLIN SENIOR CENTER



FRANKLIN SENIOR GOLF LEAGUE

STARTING MID- APRIL, TUESDAY MORNINGS
PLAY 9 HOLES. \$19/PERSON
GOLF CARTS \$10/PERSON OR \$13 FOR SINGLE RIDER

IF INTERESTED IN PLAYING,
PLEASE CONTACT ROSE O'KOREN AT - OKORENJ@COMCAST.NET
PLEASE CONTACT ROSE BY APRIL 1ST TO SIGN UP

**Interested in being a member
of our Franklin Senior
Golf League?**

Contact Rose O'Koren at
okorenj@comcast.net NOW!
Starting Mid-April, Tuesday Mornings
at the Pinecrest Golf Course in
Holliston
Play 9 holes, \$19/person



EAT AROUND THE WORLD

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

This Month: **ITALY**

**Friday, April 14th at 11:00am.
Call to Register!**

THE SENIOR PLAYERS SPRING PERFORMANCE!

Don't Miss the Spring Performance of the
Senior Players.

Seating is Limited so Sign Up Now!

Tuesday April 18th or April 25th

Starts at 11:00am, Doors Open at 10:45am

See you at the Show!



RAINBOW CAFÉ

Are you a member or ally of the LGBTQ+ community?! Please join us for conversation and friendship with like minded people.

Tuesday, April 25th at 2:30pm



MONTHLY PARTY: APRIL SHOWERS PARTY WITH LIVE ENTERTAINMENT

April 21st at 11:00am

\$6.00/person

**Includes live entertainment
and luncheon**

**Menu: Brown Sugar
Pineapple Glazed Ham,
Baked Scalloped Potatoes,
Roasted Asparagus & Baby
Carrots, and Lemon Bars!**

Call now to Register!

PIZZA & MOVIE NIGHT: "80 FOR BRADY"

Come out for a night of fun to watch
"80 for Brady"

starring Sally Fields, Jane Fonda, Rita
Moreno, and Lily Tomlin

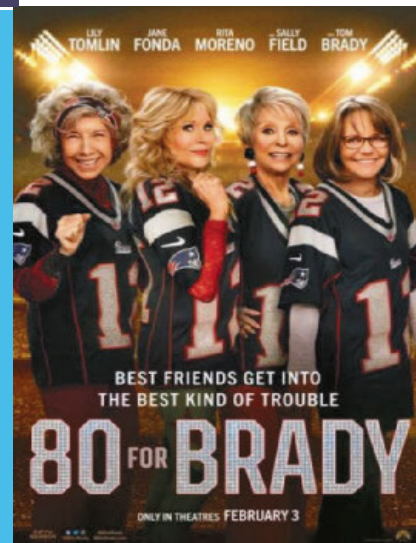
Thursday, April 13th

at 4:30pm

\$3.00/person

Must call to Register by April 12th

508-520-4945



04 April Presentations

THE FRANKLIN SENIOR CENTER



MOBILE FOOD PANTRY

PARTNERING WITH THE FRANKLIN FOOD PANTRY AND THE YMCA

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

**WEDNESDAY, APRIL 12TH
AT 11:00AM**

Danielle's Art Class



All levels welcome!

Call to Register

**THURSDAY, APRIL 27TH
At 1:00pm**

Franklin DPW Presents:

Rain Garden Workshop

The Franklin DPW and Franklin Senior Center invite you to join our discussion surrounding the installation and maintenance of a rain garden! Site-selection, native plant choices, benefits, and more!

April 18th 2023 @ 1:00

Free Entry

Location: Franklin Senior Center

PRESENTATIONS– CALL TO REGISTER!

LOCAL HISTORIAN, JOE LANDRY PRESENTS

WEDNESDAY, APRIL 5TH AT 1:00PM

Come learn about Franklin's Restaurants and Bars!

WHAT IS A SENIOR REAL ESTATE SPECIALIST

TUESDAY, APRIL 11TH AT 11:00AM

Come talk with Nancy Briggs from Suburban Lifestyle about what a Senior Real Estate Specialist is and how they can prepare a customized real estate plan to fit your personal, financial, and professional needs!

DPW PRESENTS: RAIN GARDEN WORKSHOP

TUESDAY, APRIL 18TH AT 1:00PM

Join our discussion surrounding installation and maintenance of a rain garden! Site– selection, native plant choices, benefits, and more!

AAA PRESENTS: LET'S TALK REAL ID

TUESDAY, APRIL 18TH AT 11:00AM

AAA will be providing you the best information to help you be prepared with the correct documentation necessary for the Real ID and to answer any questions you may have!

FRANKLIN Q & A WITH STEVE SHERLOCK

WEDNESDAY, APRIL 19TH 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.

STOP THE BLEED TRAINING

THURSDAY, APRIL 20TH AT 1:00PM

Join Public Health Nurse, Alisha Deptula in our Stop the Bleed Training. Learn how to become empowered to make a life or death difference when a bleeding emergency happens. Spots Limited to Register Now!

IS IT NORMAL AGING OR IS IT MEMORY LOSS

TUESDAY, APRIL 25TH AT 1:00PM

Memory Loss and Cognitive Impairment can play a major role in aging. Come talk with Alicia Seaver, the VP of Memory Care Operations at Epoch Senior Living to discuss what normal aging versus memory loss can look like.

PREPARING FOR A DR.'S APPOINTMENT WITH NURSE TRISH

WEDNESDAY, APRIL 26TH AT 1:00PM

Come Talk with Nurse Trish about ways to be best prepared for your doctor's appointments!

LET'S TALK ORGANIZING, DECLUTTER, AND STAGING YOUR HOME

THURSDAY, APRIL 27TH AT 11:00AM

Join Realtor Ted Cormier– Leger and professional organizer Joanne Fasano, to talk about estate sales and taking one room at a time for decluttering and organizing.

05 Caregiver Corner and Support Groups

THE FRANKLIN SENIOR CENTER

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, April 19th** at 1pm at our "Where's The Toast" memory Cafe. We will have live entertainment! 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 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.**

PATHWAY TO HEALING

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

April 12th at 1:30pm.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 9:30am 6 Week Series with Steve Avellino \$ 9:30am Italian Conversation 10:30am Poker 11:00am Line Dancing \$ 1:00pm Chair Volleyball 1:00pm Trivia! 1:00pm American Mah Jong 1:00pm Page Turner's Book Club: The Disappearing Earth by Julia Phillips 1:15pm Movie Matinee: Wonder 5:00pm Pool Night 6:00pm Cribbage	04 9:00am Cribbage 9:30am Low Impact w/ Shirley Mae \$ 9:30am Busy Bees 10:00am Hand & Foot 10:00am The Senior Players 10:30am Hearing Clinic 11:00am Cardio, Strength, and Balance \$ 1:00pm BINGO 1:00pm Chess 1:00pm Cribbage Instruct. 1:00pm Quilting	05 9:00am Walking Group 10:00am 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 12:30pm Bridge 1:00pm Pokeno 1:00pm Joe Landry Presents: Restaurants and Bars In Franklin	06 9:00am Cribbage 9:30am Low Impact w/ Shirley Mae \$ 9:30am Busy Bees 10:00am Discussion Group 11:00am Cardio, Strength, and Balance \$ 12:00pm Poker 1:00pm Low Vision Technology Group 1:00pm Open Art Studio 1:00pm Autoimmune/Mobility Disorder Support Group 1:00pm BINGO 1:00pm Tai Chi \$	07 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 9:30am 6 Week Series with Steve Avellino \$ 9:30am Italian Conversation 10:30am Poker 11:00am Line Dancing \$ 1:00pm Chair Volleyball 1:00pm Trivia! 1:00pm American Mah Jong 1:15pm Movie Matinee: Tick, Tick...Boom! 5:00pm Pool Night 6:00pm Cribbage	11 9:00am Cribbage 9:30am Low Impact w/ Shirley Mae \$ 9:30am Busy Bees 10:00am COA Meeting 10:00am Hand & Foot 10:00am The Senior Players 11:00am Cardio, Strength, and Balance \$ 11:00am What is a Senior Real Estate Specialist? 1:00pm BINGO 1:00pm Chess 1:00pm Cribbage Instruct. 1:00pm Quilting	12 9:00am Walking Group 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong 11:00am Mobile Food Pantry 11:00am Pound Fitness \$ 12:30pm Bridge 1:30pm Pathways to Healing Support Group 1:00pm Senior Scribblers 1:00pm Pokeno 4:00pm Caregiver Support Group	13 9:00am Cribbage 9:30am Low Impact w/ Shirley Mae \$ 9:30am Busy Bees 10:00am Discussion Group 11:00am Cardio, Strength, and Balance \$ 12:00pm Poker 1:00pm Low Vision Support Group 1:00pm Open Art Studio 1:00pm BINGO 1:00pm Tai Chi \$ 4:30pm Pizza & Movie Night: 80 For Brady **\$	14 10:00am Woodcarving 10:00am Hand & Foot 11:00am ZUMBA \$ 11:00am Eat Around the World: ITALY **\$ 12:00pm T.O.P.S. (Taking Off Pounds Sensibly) 1:00pm Pokeno 1:00pm Diamond Art Painting 2:00pm Silvertones Choral Group
17 SENIOR CENTER CLOSED!	18 9:00am Cribbage 9:30am Low Impact w/ Shirley Mae \$ 9:30am Busy Bees 10:00am Hand & Foot 10:30am Hearing Clinic	19 9:00am Walking Group 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong 11:00am Franklin Q & A	20 8:30am Coffee Hour with State & Local Officials 9:00am Cribbage 9:30am Low Impact w/ Shirley Mae \$ 9:30am Busy Bees 10:00am Discussion Group	21 CAFÉ CLOSED TODAY 9:30am FOFE Meeting 10:00am Woodcarving 10:00am Hand & Foot 11:00am MONTHLY PARTY: APRIL SHOWERS WITH LIVE ENTERTAINMENT JAZZ TRIO PLOWMAN FISHER

April 2023 Calendar Continued 07

FRANKLIN SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17 SENIOR CENTER CLOSED FOR MARATHON MONDAY 	18 CONTINUED 11:00am Senior Players Spring Performance** 11:00am Cardio, Strength, and Balance \$ 12:30pm Legal Clinic 1:00pm BINGO 1:00pm Audio Book Club 1:00pm Chess 1:00pm Cribbage Instruct. 1:00pm DPW Presents: Rain Garden Workshop 1:00pm Quilting 1:30pm AAA Presents: Let's Talk Real ID	19 CONTINUED 11:00am Pound Fitness \$ 12:30pm Bridge 1:00pm Senior Scribblers 1:00pm Pokeno 1:00pm Memory Cafe	20 CONTINUED 11:00am Cardio, Strength, and Balance \$ 12:00pm Poker 1:00pm BINGO 1:00pm Tai Chi \$ 1:00pm Stop The Bleed Training	21 CONTINUED 12:00pm T.O.P.S. (Taking Off Pounds Sensibly) 1:00pm Pokeno 1:00pm Diamond Art Painting 2:00pm Silvertones Choral Group
24 9:30am 6 Week Series with Steve Avellino \$ 9:30am Italian Conversation 10:30am Poker 11:00am Line Dancing \$ 1:00pm Chair Volleyball 1:00pm Trivia! 1:00pm American Mah Jong 1:15pm Movie Matinee: The Day After Tomorrow 5:00pm Pool Night 6:00pm Cribbage	25 9:00am Cribbage 9:30am Low Impact w/ Shirley Mae \$ 9:30am Busy Bees 10:00am Hand & Foot 11:00am Senior Players Spring Performance** 11:00am Cardio \$ 1:00pm BINGO 1:00pm Chess 1:00pm Audio Book Club 1:00pm Cribbage Instruct. 1:00pm Is It Normal Aging or Memory Loss? 1:00pm Quilting 2:30pm Rainbow Cafe	26 9:00am Walking Group 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong 11:00am Pound Fitness \$ 12:30pm Bridge 1:00pm Senior Scribblers 1:00pm Prep for a Dr.'s Appt. 1:00pm Pokeno 4:00pm Caregiver Support Group	27 9:00am Cribbage 9:30am Low Impact w/ Shirley Mae \$ 9:30am Busy Bees 10:00am Discussion Group 11:00am Cardio, Strength, and Balance \$ 11:00am Estate Sales and How to Organize Yourself 12:00pm Poker 1:00pm BINGO 1:00pm Tai Chi \$ 1:00pm Danielle's Art Class**\$	28 CAFÉ CLOSED TODAY 10:00am Woodcarving 10:00am Hand & Foot 10:30am Volunteer Appreciation Brunch (INVITE ONLY) 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
HAIRDRESSER/BARBER TUES & WED BY APPT  MANICURES: EVERY OTHER TUESDAY BY APPT  BLOOD PRESSURE & SUGAR TESTING WED & THURS 				

LOW VISION PROGRAMS

Thursday, April 6 at 1:00pm: Assistive Technology with Jerry Feliz

Tuesday, April 4 at 1:00pm: Audio Reading of the Senior Center April Newsletter. (PHONE)

Thursday, April 13th at 1:00pm: Tour and Talk with the Franklin Public Library (**Meet at the Franklin Public Library**)

Tuesday April 18 and 25 at 1:00pm: Audio Book Club : *The Hello Girls, America's First Women Soldiers* by Elizabeth Cobbs (PHONE)

All Tuesday Low Vision are via telephone: 508-206-8603 and Thursday Low Vision are in person at the Senior Center

Program Highlight

Have an interest in writing or are you an author/poet yourself?
Join our weekly writer's group:



The Senior Scribblers

They meet weekly at the Senior Center on **Wednesday's at 1:00pm,** once a month meeting at the Franklin TV studio to record their radio show/ podcast!
A remote option is available too— call for more info!



We have many **sewing machines** that were graciously donated looking for a home!
Call to pick one up today!

VETERANS' SERVICES OFFICE (508) 613-1315

April 5 – Veterans' Coffee Social – 10:00 a.m. at the Senior Center. Please join us for a celebration of the Starbucks team this month. All Veterans are welcome to join us for coffee and conversation!

April 14 – Air Force Reserve's 75th Birthday

April 23, 2022 – Army Reserve's 115th Birthday

April 27 – Memorial Day Parade Planning/Veterans' Council Meeting – 7:00 p.m. at the Senior Center. All members of the community interested in Veterans' activities are invited. Please note this month's meeting is off-cycle. Regular meeting cycle (3rd Thurs of the month) will resume in May.

The next brick installation on the Veterans Memorial Walkway will be in May. Engraved bricks make great birthday, Mother's or Father's Day gifts for your special veteran or current military service member. The deadline for ordering for this installation is April 15. Brick order forms are available in the Town Hall and Senior Center lobbies or online at: www.franklinma.gov/veterans-services. Please return orders to the Veterans' Services Office.

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. Call the Veterans' Services Office for details.

SAVE-THE-DATES – Friday, May 26 – Memorial Day Breakfast – Monday, May 29 – Memorial Day Parade and Ceremony on the Town Common. Stay tuned for details!

Please visit our webpage at: <https://www.franklinma.gov/veterans-services> to learn more about Franklin Veterans' Services.



FRIENDS OF FRANKLIN ELDERS

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, April 21st @ 9:30 am.

The public is welcome to attend.



JoAnn Wright, President

Nan Rafter, Vice President

Julie Garilli, Treasurer

Margie Lane, Secretary

Eileen Burnard, Pat Donnelly, Carol Ellsworth,

Paula Lombardi, Jan Prentice, Pam Spicer,

Jean Tolland, and Helen Powers

FOFE MEMORIAL/HONOR DONATION

Your Name

Address

In Memory/Honor of:

**MAIL TO: Friends of Franklin Elders, Inc.
10 Daniel McCahill St. Franklin, MA 02038**

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Sharon Whalen

Eileen Wheeler

Kelly- Anne Sullivan

Jean Bachelder

Christin Hulbig

Maureen T Kravatas

Suzy & Steve Nurnberg

Bill Quinn

Maureen E. Ward

Paul D'Amelio

Debra Degrazia

Jim and Kathy Ginley

Sally Grant

Joan and Bob LeBlanc

Edward & Linda McCarthy

Stephen & Renea Pisani

Linda & Wayne Simarrian

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Margaret Maietta-Kelleher in Memory of James Kelleher

Marie MacSwain in Memory of David MacSwain

Gabrielle Fields in Memory of Cydney Nichole Fields

Rachel & Joseph Lenzi in Memory of Lil LaRosa

Pamela Spicer in Memory of Richard H. Spicer

Rose Bertone in Memory of Felix & Stephen Bertone; Celide Barolone

Barbara DeCosta in Memory of Robert DeCosta & Daughter, Carleen

Joanne Rossetti in Memory of Marion Arcaro & Luisa Arcaro

Louise Vozzella in Memory of Gloria Gelineau

Esther Marie Huber in Memory of Gloria Gelineau

Camille & Peter Molloy in Memory of Marlene Fregeau

Thomas & Kathleen Hally Sullivan in Memory of Gloria Gelineau

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Valerie Blaine in Memory of Gloria Gelineau

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DATE TBD- WEEK OF APRIL 17TH

10 Up and Coming Opportunities

COME REPRESENT YOUR SENIOR CENTER!

Located at the Franklin Senior Center
10 Daniel McCahill Street, Franklin, MA

CRIBBAGE TOURNAMENT

*We had so much fun last year, why not do it again!
Come join us for another Cribbage Tournament at the Franklin Senior Center*

Wednesday, May 17th, 2023

Check in at 9:00AM
Play begins at 9:30AM Sharp!
\$3.00 to Enter

Contact the Franklin Senior Center for more information and to register! #508-520-4945
Pre-registration is required by Monday, May 15th! Money collected at door
Must be able to play a game in 20 minutes

SUMMER BODY LOADING...

SIGN UP NOW
\$5.00/PERSON

DON'T BE A BEACHBALL WEIGHT LOSS COMPETITION

MAY 1- JUNE 9

FRANKLIN SENIOR CENTER

Looking to find the motivation to lose some weight before the SUMMER! Don't want to look like A BEACHBALL? We have the program for you!
Join us for a 6 week motivational and healthy weight loss competition!
The person who loses highest percentage of weight loss wins! \$ and a Beach Bag of Prizes. Weekly Programs to help you on your weight loss journey and weekly weigh ins at the Senior center!

April Jokes

Did you hear about the guy who swapped the labels on the pumps at the gas station? It was an April Fuels' joke.

Why was everyone so tired on April 1?

Because they just finished a long 31-day March.

What do you say when it's raining chickens and ducks on April Fools' Day? It's fowl spring weather

Did you hear about the human cannonball? Too bad he got fired!

I lost all my winter weight, now I just have spring rolls.

Why are recycle bins optimistic? — Because they're full of cans.

What's the difference between weather and climate? — You can't weather a tree, but you can climate



Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

6				1				
9			7				8	2
1		3		4				
					8		1	
						6		9
							3	
7		6			4	8		
	3		6		7	9		
4	9	1	2				7	

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- Back & Sciatica
- Hip & Knee
- Foot & Ankle

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- Pre/Post Surgical Rehab
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- Pain Management

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