



**July/August
2022**

The Franklin Senior Center

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

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

**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!**

THE FRANKLIN Connection

Franklin Senior Center's Monthly Newsletter



DIRECTORS MESSAGE

We hope you enjoyed the Senior Olympics as much as we did! We cannot thank you enough for your participation. We seriously could not have done this without all of you. We were blown away by the amount of registrations we received in such a short time. We recognize that this was something new and people were a bit skeptical, but you all tried it, and we had a blast! Seeing everyone with their matching blue Franklin Senior Olympics T Shirts nearly brought us to tears. This was such a feel good event that brought so many members of the community together. It was so great to see you all in friendly competition, making new friends and having fun. We hope you consider joining us next year for even more Olympic fun! As July gets underway we are welcoming summer! We can't wait for outdoor activities, cook outs, and sunshine! Consider playing some outdoor games like Bocce, Pickle Ball or Corn Hole here at FSC to start practicing for the 2023 Olympic games! Have a fun, happy and healthy summer everyone!

-Christina LaRose



JULY AND AUGUST HAPPENINGS

LOOK AT OUR JULY AND AUGUST PRESENTATIONS ON THE EIGHTH PAGE AND CALL TO REGISTER



PHOTOGRAPHY CLASS with Steve McGrath

5 week class

Starting Wednesdays at 10am

*July 20th, 27th and
August 3rd, 10th, and 17th*

Call to Register \$10.00



HEARING CLINIC CALL TO MAKE AN APPOINTMENT

Hearing assessment, ear
and hearing aid cleaning,
etc.

Wed, July 20th

August 17th

@ 10:00am

20 min appts.

COME CELEBRATE WORLD CHOCOLATE DAY CHOCOLATE TASTING!!!

**Thursday, July 7th
At 10:30AM**

*Test your taste buds and come try
to guess all the chocolate flavors!*

Call to Register!

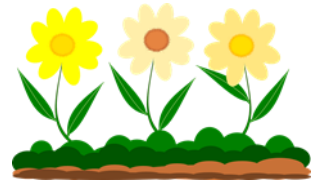


THE GARDEN YEARS CLUB

**Interested in a
gardening group?**

**Come join Christina
7/11, 7/18, 8/8, 8/22 at 10:30AM**

Bring your green thumbs!



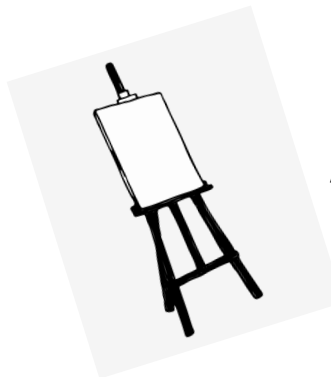
TECHNOLOGY CLINIC

Thursday, July 21st at 2:00PM

Come with your devices to work with
Ryan, our lovely technology guru!

Ryan is also available by appt too!

Call to Register!



Come join Danielle for
another art class!

**FRIDAY, JULY 15TH and
THURSDAY, AUGUST 4TH**

At 1:00 PM

\$4/person

All levels welcome!

Call to Register



**Interested in Learning to
Play Bridge?**

**We have an instructor every
Friday at 1:00pm!**

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, July 26th and
August 30th @ 10AM**

Call to Register



NEW Deluna YOGA Class

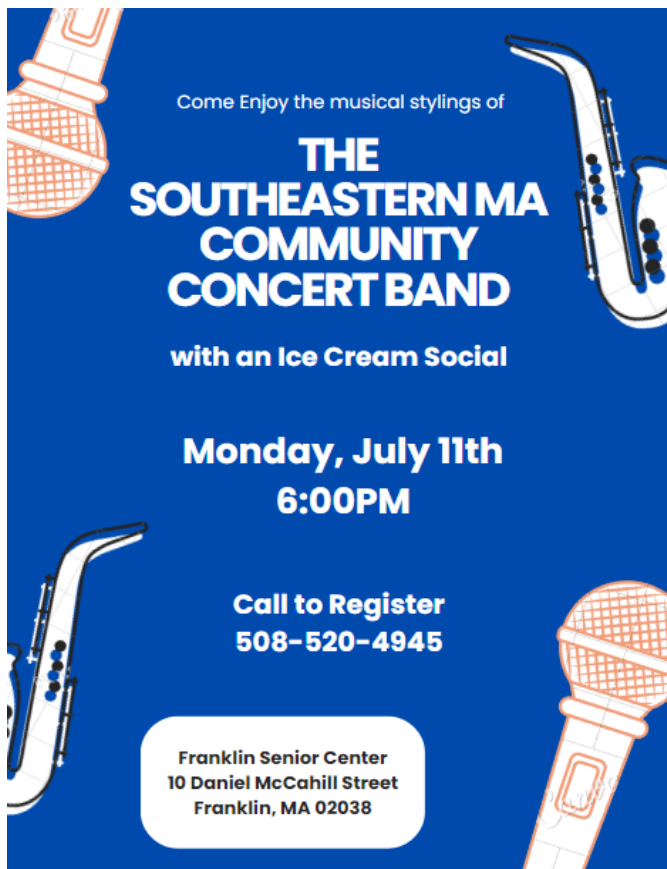
4 weeks: Monday August 1, 8, 15, 22

10:30AM

Virginia is a certified Vinyasa Yoga Flow in-
structor. Join for an hour of floor yoga.

Please bring your own mat!

\$3/class



EAT AROUND THE WORLD!

Every Wednesday throughout the month of August, join us for a culturally delicious experience!

Each week learn about a new country and new food to try!

\$20.00

Includes Lunch for the 5 Wednesdays in August!

Diamond Art Painting

Come join us every Friday in August at 1pm and learn how to do diamond art! (Bring your glasses!)



Movies and Mocktail Night!

Wednesday,
August 17th
6:30PM

Call to Register!

HOW TO SPOT MISINFORMATION ONLINE

Monday, July 18th and 25th



1:00pm

Join Steve Sherlock for a 2 week course to teach you how to tell what's true and false online. Learn techniques for identifying false info and how to seek out trustworthy sources.

Call to Register!



**WEDNESDAY
AUGUST 17TH
12:00PM**

Come meet an expert to train you on what to do in case of emergencies. Each attendee receives a backpack of supplies necessary to survive a few days in emergencies.

Call to Register

Limited to 40 backpacks

(one per household)

Sponsored by D.A.'s office!

Steve Avellino's Next 6 Week Series: Neck and Shoulders

Mondays at 9:30am

Starting on August 15th

\$35.00

Call to Register!



HEALTH & WELLNESS SERIES

Balance and Exercise 3 Week Series Class with Nurse Trish

Wednesday, July 6th @ 11:30AM

Wellness Series: The Many Types of Arthritis

Thursday, July 21st @ 1:00PM






5 Wishes Discussion

Thursday, July 28th @ 6:00PM

Anatomy of the Brain

Thursday, August 18th @ 1:00 PM



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 SENIOR CENTER CLOSED 4	9:00AM CRIBBAGE 9:30AM BUSY BEES 9:30AM LOW IMPACT W/ SHIRLEY MAE \$ 10:00AM HAND & FOOT 11:00AM CARDIO, STRENGTH & BALANCE \$ 1:00PM MINDFUL MOVEMENTS \$ 1:00PM BINGO 1:00PM CRIBBAGE INSTR. 1:00PM QUILTING 1:00PM AUDIO READING OF NEWSLETTER	HAIRDRESSER/BARBER MON & WED BY APPT  MANICURES: EVERY OTHER TUESDAY BY APPT  BLOOD PRESSURE & SUGAR TESTING WED & THURS  PODIATRIST AUGUST 12 TH 	9:00AM CRIBBAGE 9:30AM BUSY BEES 9:30AM LOW IMPACT W/ SHIRLEY MAE \$ 9:30AM BOCCIE 10:00AM DISCUSSION GROUP 10:30AM CELEBRATE WORLD CHOCOLATE DAY* 11:00AM CARDIO, STRENGTH & BALANCE \$ 12:00PM POKER 12:30PM OPEN ART STUDIO 1:00PM FIBROMYALGIA/ PARKINSONS SUPPORT GROUP 1:00PM BINGO 1:00PM TAI CHI \$	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 POOL 1:00PM BRIDGE INSTRUCTION 2:00PM SILVERTONES CHORAL GROUP
9:30AM 6 WEEK SERIES: ANKLES AND FEET* \$ 9:30AM ITALIAN CONVO 10:30AM POKER 10:30AM GARDEN YEARS CLUB** 11:00AM TRIVIA! 11:00AM LINE DANCING \$ 1:00PM CHAIR VOLLEYBALL 1:00pm BOOK CLUB	9:00AM CRIBBAGE 9:30AM BUSY BEES 9:30AM LOW IMPACT W/ SHIRLEY MAE \$ 10:00AM HAND & FOOT 11:00AM CARDIO, STRENGTH & BALANCE \$	9:00AM WALKING GROUP 10:00AM CHAIR YOGA \$ 10:00AM KNITTING 10:00AM ASIAN MAH JONG 11:00AM POUND FITNESS \$	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	10:00AM WOODCARVING 10:00AM HAND & FOOT 11:00AM ZUMBA \$ 12:00PM T.O.P.S (TAKING OFF POUNDS SENSIBLY) CAFÉ CLOSED TODAY!
11	12	13	14	15

11 1:00PM AMERICAN MAH JONG 1:15PM MOVIE MATINEE: TOP GUN 2:00 PM REAL ESTATE ** 5:00PM CRIBBAGE 6:30PM SOUTHEASTERN MA COMMUNITY CONCERT BAND AND ICE CREAM SOCIAL**	12 1:00PM MINDFUL MOVEMENTS \$ 1:00PM BINGO 1:00PM CRIBBAGE INSTR. 1:00PM QUILTING 2:00PM TED TALKS: NELSON MANDELA	13 1:00PM HEARING SUPPORT GROUP 1:00PM CHAIR VOLLEYBALL 1:00PM SENIOR SCRIBBLERS 4:00PM CAREGIVER SUPPORT GROUP	14 12:30PM OPEN ART STUDIO 1:00PM LOW VISION SUPPORT GROUP 1:00PM BINGO 1:00PM TAI CHI \$	15 1:00PM POKENO POOL 1:00PM INSTRUCTION BRIDGE 1:00PM INSTRUCTION 1:00PM ART CLASS WITH DANIELLE**\$ 2:00PM SILVERTONES CHORAL GROUP
18 9:30AM 6 WEEK SERIES: ANKLES AND FEET* \$ 9:30AM ITALIAN CONVO 10:30AM GARDEN YEARS CLUB** 10:30AM POKER 11:00AM TRIVIA 1:00PM LINE DANCING \$ 1:00PM CHAIR VOLLEYBALL 1:00PM AMERICAN MAH JONG 1:00PM HOW TO SPOT MISINFORMATION ** 1:15PM MOVIE MATINEE: UNCHARTED 5:00PM CRIBBAGE	19 9:00AM CRIBBAGE 9:30AM BUSY BEES 9:30AM LOW IMPACT W/ SHIRLEY MAE \$ 10:00AM HAND & FOOT 11:00AM CARDIO, STRENGTH & BALANCE \$ 12:30PM LEGAL CLINIC** 1:00PM MINDFUL MOVEMENTS \$ 1:00PM AUDIO BOOK CLUB 1:00PM BINGO 1:00PM CRIBBAGE INSTR. 1:00PM AUDIO BOOK CLUB 1:00PM QUILTING	20 9:00AM WALKING GROUP 9:45AM CHAIR YOGA \$ 10:00AM KNITTING 10:00AM HEARING CLINIC** 10:00AM SCRABBLE 10:00AM ASIAN MAH JONG 10:00AM PHOTOGRAPHY CLASS**\$ 11:00AM POUND FITNESS \$ 11:00AM FRANKLIN Q & A 1:00PM CHAIR VOLLEYBALL 1:00PM MEMORY CAFÉ ** 1:00PM SENIOR SCRIBBLERS	21 8:30AM COFFEE HOUR W/ STATE & LOCAL OFFICIALS 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 VISION LOSS COUNSELING 1:00PM MANY TYPES OF ARTHRITIS** 1:00PM BINGO 1:00PM TAI CHI \$ 2:00PM TECH CLINIC**	22 10:00AM WOODCARVING 10:00AM HAND & FOOT 11:00AM ZUMBA \$ 11:00AM LET'S TALK OCCUPATIONAL THERAPY* 12:00PM T.O.P.S (TAKING OFF POUNDS SENSIBLY) 1:00PM MAKE YOUR OWN ICECREAM** 1:00PM POKENO POOL 1:00PM INSTRUCTION 2:00PM SILVERTONES CHORAL GROUP
25 9:30AM 6 WEEK SERIES: ANKLES AND FEET* \$ 9:30AM ITALIAN CONVO 10:30AM POKER 11:00AM TRIVIA 1:00PM LINE DANCING \$ 1:00PM CHAIR VOLLEYBALL 1:00PM AMERICAN MAH JONG 1:00PM HOW TO SPOT MISINFORMATION** 1:15PM MOVIE MATINEE: CRAZY, STUPID LOVE 5:00PM CRIBBAGE	26 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 \$ 1:00PM MINDFUL MOVEMENTS \$ 1:00PM AUDIO BOOK CLUB 1:00PM BINGO 1:00PM CRIBBAGE INSTR. 1:00PM QUILTING	27 9:00AM WALKING GROUP 10:00AM CHAIR YOGA \$ 10:00AM KNITTING 10:00AM SCRABBLE 10:00AM ASIAN MAH JONG 10:00AM PHOTOGRAPHY CLASS**\$ 11:00AM POUND FITNESS \$ 1:00PM CHAIR VOLLEYBALL 1:00PM SENIOR SCRIBBLERS 4:00PM CAREGIVER SUPPORT GROUP	28 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 \$ 6:00PM 5 WISHES DISCUSSION**	29 10:00AM WOODCARVING 10:00AM HAND & FOOT 11:00AM ZUMBA \$ 12:00PM T.O.P.S (TAKING OFF POUNDS SENSIBLY) 1:00PM POKENO POOL 1:00PM INSTRUCTION 2:00PM SILVERTONES CHORAL GROUP

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\$ EXERCISE CLASSES COST BETWEEN \$2-\$3 PER CLASS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30AM 6 WEEK SERIES: ANKLES AND FEET** \$ 9:30AM ITALIAN CONVO 10:30AM POKER 10:30AM YOGA**\$ NEW!! 11:00AM TRIVIA 1:00PM LINE DANCING \$ 1:00PM CHAIR VOLLEYBALL 1:00PM AMERICAN MAH JONG 1:15PM MOVIE MATINEE: MAUDIE 5:00PM CRIBBAGE	2 9:00AM CRIBBAGE 9:30AM BUSY BEES 9:30AM LOW IMPACT W/ SHIRLEY MAE \$ 10:00AM HAND & FOOT 11:00AM CARDIO, STRENGTH & BALANCE \$ 1:00PM MINDFUL MOVEMENTS \$ 1:00PM BINGO 1:00PM CRIBBAGE INSTR. 1:00PM QUILTING 1:00PM AUDIO READING OF NEWSLETTER	3 9:00AM WALKING GROUP 10:00AM CHAIR YOGA \$ 10:00AM KNITTING 10:00AM PHOTOGRAPHY**\$ 10:00AM SCRABBLE 10:00AM ASIAN MAH JONG 11:00AM GERMANY 11:00AM POUND FITNESS \$ 1:00PM ESTATE PLANNING BASICS** 1:00PM CHAIR VOLLEYBALL 1:00PM SENIOR SCRIBBLERS	4 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 FIBROMYALGIA/ PARKINSONS SUPPORT GROUP 1:00PM BINGO 1:00PM TAI CHI \$ 1:00PM ART CLASS WITH DANIELLE**\$	5 10:00AM WOODCARVING 10:00AM HAND & FOOT 11:00AM ZUMBA \$ 12:00PM T.O.P.S (TAKING POUNDS SENSIBLY) 1:00PM POKENO 1:00PM POOL 1:00PM BRIDGE INSTRUCTION 1:00PM DIAMOND ART PAINTING 2:00PM SILVERTONES CHORAL GROUP
8 9:30AM ITALIAN CONVO 10:30AM GARDEN YEARS CLUB** 10:30AM POKER 10:30AM YOGA**\$ NEW!! 11:00AM TRIVIA 1:00PM LINE DANCING \$ 1:00PM CHAIR VOLLEYBALL 1:00PM AMERICAN MAH JONG 1:15PM MOVIE MATINEE: GIFTED 2:00PM FINANCIAL ADVISOR TALK ** 5:00PM CRIBBAGE	9 9:00AM CRIBBAGE 9:30AM BUSY BEES 9:30AM LOW IMPACT W/ SHIRLEY MAE \$ 10:00AM HAND & FOOT 11:00AM CARDIO, STRENGTH & BALANCE \$ 1:00PM MINDFUL MOVEMENTS \$ 1:00PM BINGO 1:00PM CRIBBAGE INSTR. 1:00PM QUILTING 2:00PM TED TALKS WITH DANIELLE: THE SUPREME COURT**	10 9:00AM WALKING GROUP 10:00AM CHAIR YOGA \$ 10:00AM KNITTING 10:00AM PHOTOGRAPHY**\$ 10:00AM SCRABBLE 10:00AM ASIAN MAH JONG 11:00AM THAILAND 11:00AM POUND FITNESS \$ 11:00AM HISTORICAL MEDICINE** 1:00PM HEARING SUPPORT GROUP 1:00PM CHAIR VOLLEYBALL 1:00PM SENIOR SCRIBBLERS 4:00PM CAREGIVER SUPPORT GROUP	11 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 LOW VISION SUPPORT GROUP	12 10:00AM WOODCARVING 10:00AM HAND & FOOT 11:00AM ZUMBA \$ 11:00AM LUAU WITH LIVE ENTERTAINMENT!***\$ 12:00PM T.O.P.S (TAKING POUNDS SENSIBLY) 1:00PM POKENO 1:00PM POOL INSTRUCTION 1:00PM BRIDGE INSTRUCTION 1:00PM DIAMOND ART PAINTING 2:00PM SILVERTONES CHORAL GROUP CAFÉ CLOSED TODAY
15 9:30AM 6 WEEK SERIES: SHOULDERS AND NECK** \$ 9:30AM ITALIAN CONVO 10:30AM YOGA**\$ NEW!! 10:30AM POKER 11:00AM TRIVIA! 11:00AM LINE DANCING \$ 1:00PM CHAIR VOLLEYBALL	16 9:00AM CRIBBAGE 9:30AM BUSY BEES 9:30AM LOW IMPACT W/ SHIRLEY MAE \$ 10:00AM HAND & FOOT 11:00AM CARDIO, STRENGTH & BALANCE \$	17 9:00AM WALKING GROUP 10:00AM HEARING CLINIC** 10:00AM CHAIR YOGA \$ 10:00AM KNITTING 10:00AM PHOTOGRAPHY**\$ 10:00AM ASIAN MAH JONG 11:00AM POUND FITNESS \$ 11:00AM GREECE	18 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 \$	19 10:00AM WOODCARVING 10:00AM HAND & FOOT 11:00AM ZUMBA \$ 12:00PM T.O.P.S (TAKING POUNDS SENSIBLY) OFF

<p>15</p> <p>1:00PM AMERICAN MAH JONG</p> <p>1:15PM MOVIE MATINEE: THE GUERNSEY LITERARY AND POTATO PEEL PIE SOCIETY</p> <p>5:00PM CRIBBAGE</p>	<p>16</p> <p>12:30PM LEGAL CLINIC**</p> <p>1:00PM MINDFUL MOVEMENTS \$</p> <p>1:00PM BINGO</p> <p>1:00PM CRIBBAGE INSTR.</p> <p>1:00PM QUILTING</p> <p>1:00PM AUDIO BOOK CLUB</p>	<p>17</p> <p>12:00PM EMERGENCY PREPAREDNESS</p> <p>WITH THE DA'S OFFICE **</p> <p>1:00PM CHAIR VOLLEYBALL</p> <p>1:00PM MEMORY CAFÉ**</p> <p>1:00PM SENIOR SCRIBBLERS</p> <p>6:30PM MOVIES AND MOCKTAILS: GREASE**</p>	<p>18</p> <p>12:00PM POKER</p> <p>12:30PM OPEN ART STUDIO</p> <p>1:00PM ANATOMY OF THE BRAIN**</p> <p>1:00PM BINGO</p> <p>1:00PM TAI CHI \$</p> <p>1:00PM VISION LOSS COUNSELING</p>	<p>19</p> <p>1:00PM POKENO POOL</p> <p>1:00PM INSTRUCTION BRIDGE</p> <p>1:00PM INSTRUCTION DIAMOND ART</p> <p>2:00PM PAINTING** SILVERTONES</p> <p>CHORAL GROUP</p>
<p>22</p> <p>9:30AM 6 WEEK SERIES: SHOULDERS AND NECK** \$</p> <p>9:30AM ITALIAN CONVO</p> <p>10:30AM GARDEN YEARS CLUB**</p> <p>10:30AM POKER</p> <p>10:30AM YOGA**\$ NEW!!</p> <p>11:00AM TRIVIA</p> <p>1:00PM LINE DANCING \$</p> <p>1:00PM CHAIR VOLLEYBALL</p> <p>1:00PM AMERICAN MAH JONG</p> <p>1:15PM MOVIE MATINEE: FSC STAFF CHOICE</p> <p>5:00PM CRIBBAGE</p>	<p>23</p> <p>9:00AM CRIBBAGE</p> <p>9:30AM BUSY BEES</p> <p>9:30AM LOW IMPACT W/ SHIRLEY MAE \$</p> <p>10:00AM HAND & FOOT</p> <p>10:30AM LET'S TALK FUEL ASSISTANCE**</p> <p>11:00AM CARDIO, STRENGTH & BALANCE \$</p> <p>1:00PM MINDFUL MOVEMENTS \$</p> <p>1:00PM AUDIO BOOK CLUB</p> <p>1:00PM BINGO</p> <p>1:00PM CRIBBAGE INSTR.</p> <p>1:00PM AUDIO BOOK CLUB</p> <p>1:00PM QUILTING</p>	<p>24</p> <p>9:00AM WALKING GROUP</p> <p>9:45AM CHAIR YOGA \$</p> <p>10:00AM KNITTING</p> <p>10:00AM SCRABBLE</p> <p>10:00AM ASIAN MAH JONG</p> <p>11:00AM POUND FITNESS \$</p> <p>11:00AM PERU</p> <p>1:00PM CHAIR VOLLEYBALL</p> <p>1:00PM SENIOR SCRIBBLERS</p> <p>2:00PM PAOLO: VELVET REVOLUTION **</p> <p>4:00PM CAREGIVER SUPPORT GROUP</p>	<p>25</p> <p>8:30AM COFFEE HOUR W/ STATE & LOCAL OFFICIALS</p> <p>9:00AM CRIBBAGE</p> <p>9:30AM BUSY BEES</p> <p>9:30AM LOW IMPACT W/ SHIRLEY MAE \$</p> <p>9:30AM BOCCE</p> <p>10:00AM DISCUSSION GROUP</p> <p>11:00AM CARDIO, STRENGTH & BALANCE \$</p> <p>12:00PM POKER</p> <p>12:30PM OPEN ART STUDIO</p> <p>1:00PM BINGO</p> <p>1:00PM TAI CHI \$</p>	<p>26</p> <p>10:00AM WOODCARVING</p> <p>10:00AM HAND & FOOT</p> <p>11:00AM ZUMBA \$</p> <p>12:00PM T.O.P.S (TAKING OFF POUNDS SENSIBLY)</p> <p>1:00PM POKENO POOL</p> <p>1:00PM INSTRUCTION</p> <p>1:00PM DIAMOND ART</p> <p>PAINTING**</p> <p>2:00PM SILVERTONES</p> <p>CHORAL GROUP</p>
<p>29</p> <p>9:30AM 6 WEEK SERIES: SHOULDERS AND NECK** \$</p> <p>9:30AM ITALIAN CONVO</p> <p>10:30AM POKER</p> <p>11:00AM TRIVIA</p> <p>1:00PM LINE DANCING \$</p> <p>1:00PM CHAIR VOLLEYBALL</p> <p>1:00PM AMERICAN MAH JONG</p> <p>1:15PM MOVIE MATINEE: THE LOST CITY</p> <p>5:00PM CRIBBAGE</p>	<p>30</p> <p>9:00AM CRIBBAGE</p> <p>9:30AM BUSY BEES</p> <p>9:30AM LOW IMPACT W/ SHIRLEY MAE \$</p> <p>10:00AM HAND & FOOT</p> <p>10:00AM RAINBOW CAFÉ**</p> <p>11:00AM CARDIO, STRENGTH & BALANCE \$</p> <p>1:00PM MINDFUL MOVEMENTS \$</p> <p>1:00PM BINGO</p> <p>1:00PM CRIBBAGE INSTR.</p> <p>1:00PM QUILTING</p>	<p>31</p> <p>9:00AM WALKING GROUP</p> <p>10:00AM CHAIR YOGA \$</p> <p>10:00AM KNITTING</p> <p>10:00AM SCRABBLE</p> <p>10:00AM ASIAN MAH JONG</p> <p>11:00AM POUND FITNESS \$</p> <p>11:00AM THE PHILIPPINES</p> <p>1:00PM CHAIR VOLLEYBALL</p> <p>1:00PM SENIOR SCRIBBLERS</p>	<p>HAIRDRESSER/ BARBER</p> <p>MON & WED BY APPT</p> <p>MANICURES: EVERY OTHER TUESDAY BY APPT</p> <p>BLOOD PRESSURE & SUGAR TESTING WED & THURS</p> <p>PODIATRIST AUGUST 12TH</p>	<p>AUGUST</p>  <p>2022</p>

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July Presentations– Call to Register!

Real Estate and Investing with Chris Peterson

Monday, July 11th at 2:00PM

Ted Talks with Danielle: Nelson Mandela

Tuesday, July 12th @ 2:00PM

How to Spot Misinformation 2 week Course with Steve Sherlock

Monday, July 18th and 25th at 1:00pm

Franklin Q & A with Franklin Matters Steve Sherlock

Wednesday, July 20th @ 11:00AM

Technology Clinic with Ryan

Thursday, July 21st at 2:00PM

Wellness Series: The Many Types of Arthritis and What Makes Them Different

Thursday, July 21st @ 1:00PM

Let's Talk Occupational Therapy

Friday, July 22nd at 11:00am

5 Wishes (continued)

Thursday, July 28th @ 6:00PM



UNSCRAMBLE THESE SUMMER WORDS!

CIE RAMCE _____

NSHFIGI _____

WMSINMGI _____

NGIDGNARE _____

HECBA _____

NVCTIOAA _____

CINPCO _____

HTAE _____

MDELOEAN _____

ROMEWATENL _____

OPLO RPYAT _____

MAICNPG _____

NUSASLSGSE _____



August Presentations– Call to Register!

Estate Planning Basics

Join us for Estate Planning Basic with local estate planning attorney, Jennifer D. Taddeo, of Estatewise Advisory, to talk about estate planning basics. While she can't offer any legal advice in our session, she can demystify wills, trusts, health care proxies, and power of attorney. Feel free to send any questions in advance to dhopkins@franklinma.gov so that Jenn can be sure to address it in her talk.

Wednesday, August 3rd at 1:00PM

Talk with Financial Advisor Chris Peterson from Edward Jones

Monday, August 8th at 2:00PM

Ted Talks with Danielle: The Supreme Court

Tuesday, August 9th at 2:00PM

Discussion on Historical Medicine

Wednesday, August 10th at 11:00AM

Let's Talk Fuel Assistance with Christina

Tuesday, August 23rd at 10:30AM

Velvet Revolution: Popular Protest and the Fall of the Iron Curtain with Paolo D.

Wednesday, August 24th at 2:00pm

Anatomy of the Brain

Thursday, August 18th at 1:00pm



CAREGIVER'S CORNER AND SUPPORT GROUPS

MEMORY CAFÉ Please join us for our “Where’s the Toast” memory café’s with 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 in part by a generous grant from the Franklin Cultural Council, a local agency supported by the Mass Cultural Council, a state agency. **Wednesday, July 6th** at 1pm live entertainment by Patrick Durkin, sponsored by Benchmark at Forge Hill, **Wednesday, July 20th** at 1pm live entertainment by Mel Stiller, and **Wednesday, August 17th** at 1pm live entertainment by Steve McGovern,



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.**

FIBROMYALGIA/PARKINSONS 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

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

Tuesday, July 5th and August 2nd at 1:00pm: Audio Reading of the Senior Center June Newsletter.

Hearing Support Group: **Wednesday, July 13th at 1:00pm:** Audiologist, Dr. Cliff video presentation: “Don’t Buy Hearing Aids Until You Watch This”, and **Wednesday August 10th at 1:00pm.**

Low Vision Support Group: **Thursday, July 14th at 1:00pm:** Guest Speaker: Chrys Peralta, OTR/L, CLVT, Certified Low Vision Therapist from the Massachusetts Association for the Blind and Visually Impaired. And **Thursday, August 11th at 1:00pm:** Ice Cream Social!

Thursday, June 21st and August 18th at 1:00pm: Vision Loss Adjustment Counseling (peer support group)

Audio Book Club: **Thursday, July 19th and 26th at 1:00pm:** Robin by Dave Itzkoff #508-206-8603 and **Thursday, August 16th and 23rd at 1:00pm**



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 at 9:30am



The public is welcome to attend.

JoAnn Wright, President
Nan Rafter, Vice President
Julie Garilli, Treasurer
Margie Lane, Secretary

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

Donations

*Thank you for your donations to the
Friends of Franklin Elders*

Mary Elizabeth Ranieri and Paul Molla

In Memory Of

Deborah Von Rueden in memory of **James Stoffel**
Osseo Association c/o Stephen Pessinis, President in
memory of **Hazel Witzel**

Mary Elizabeth Ranieri in memory of **Donald G. Ranieri, Sr.**

Louise Vozzella in memory of **Dona Mackintosh**

Helen Kidess in memory of **Dona Mackintosh**

Charles and Patty Feeley in memory of **Dona Mackintosh**

Dottie, PJ, and Nantz in memory of **Dona Mackintosh**
Bonnie Mercer Cohn and Laurie Mercer in memory of
Dona Mackintosh

Jim and Anne Morash in memory of **Linda Koplin**

Veterans' Services Office (508) 613-1315

July 4th - Independence Day

August 3 - Coffee Social (None in July) - Wednesday, August 3 at 10:00 a.m. in the Senior Center Café. In honor of National Purple Heart Day, we will recognize Franklin Purple Heart recipients at the Social. All veterans are welcome to join us for updates, coffee and conversation!

July 21st and August 18 - Veterans' Council Meeting - 7:00 p.m. at the Senior Center. All those interested in veterans' events and activities are welcome.

July 27th - Korean War Veterans Armistice Day

August 4 - Coast Guard's 232 Birthday

August 6 - Franklin Elks Lodge #2136 on Pond Street is sponsoring a **Dinner-Dance FUNdraiser** on Saturday, August 6 from 6-10 p.m. with all proceeds going to the Monument Restoration Fund. Tickets are \$20/pp. All members of the community are invited to join us for a night of fun featuring a pasta dinner, DJ with dancing and raffle baskets! Tickets are available in the Veterans' Services office.

August 7 - National Purple Heart Day - Honors the brave men and women who were either wounded or killed as a result of enemy action while serving in the U.S. military.

August 29 - Marine Corps Reserve 107th Birthday

Veterans Memorial Walkway - The next engraved brick installation will be in November to coincide with Veterans' Day. Veterans need not be from Franklin to be honored with a brick. All members of the U.S. military are eligible. Brick order forms are available in the Town Hall and Senior Center lobbies and on the Veterans' Services page on the Town website.

Please let our office know if you or a family member (residing in Franklin) is a **Purple Heart** recipient and we'll add them to our database.

The *Tune It Out* guitar lessons program for veterans meets on Tuesdays at 5:30 p.m. at the Senior Center. **Classes are suspended for the summer and will resume on Tuesday, September 13.** There is no charge for lessons and no guitar experience is required. Call the Veterans' Services Office for details. For information about COVID-19 booster appointments and clinics in the Boston VA Healthcare System, go to: <https://www.va.gov/boston-healthcare/>



F.O.F.E. MEMORIAL DONATION

Your Name

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**The Friends of Franklin
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members. If you would be
interested in serving on the
Friends Board, please call
the Senior Center at (508)
520-4945.



**Milford
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at Milford Medical Center

NEWSLETTER ADVER- TISING

Over the years, the generous
and continuing support of ar-
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publication of our informative
10 month "The Connection"
newsletter. If you aren't al-
ready part of our advertising
team and would like your ad-
vertising message to reach
3,000 seniors, please contact
Pam Spicer at
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email or call: info@wfpr.fm / 508-528-9377

FREE COVID-19 TEST



KITS



Curbside Pickup at Franklin Senior Center

(508) 613-1341



One kit per household member

FRANKLIN COUNCIL ON AGING

Officers:

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

Members:

Faith Flaherty, Jan Jewett, Janet Milici, Ken Norman, Lester Quan, Robert Kauffman, Phyllis Malcolm

Staff:

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Deputy Director.....Christina LaRose
Program Coordinator.....Sue Barbour
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

Jokes of the Month

What was Thomas Jefferson's favorite dessert? Monti jello!

What would you get if you crossed George Washington with cattle feed? The Fodder of Our Country!

What did the visitor say as he left the Statue of Liberty? "Keep in torch!"

Which one of Washington's officers had the best sense of humor? Laughayette!

Which colonists told the most jokes? Punsylvanians!



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1			4	3		2	
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				8	1		
		2					5
4						3	



Instead of the John I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim first thing every morning!!!

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.