

May 2022

The Franklin **Senior Center**

10 DANIEL MCCAHILL 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-Thurs



COMMON GROUND'S CAFÉ! WE ARE OPEN! MON-FRI Breakfast 8:30- 10a Lunch 11:30-1:00p

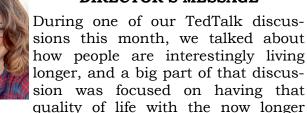


Make Sure to Follow us on our Social Media Platforms to Stay Informed About the Happenings at The Senior Center!

Connection

Franklin Senior Center's Monthly Newsletter

DIRECTOR'S MESSAGE



quantity of life. It's something that I think we all ponder about every now and again- what am I doing with my life, am I happy, what more do I want to do. It's the need to find a bigger purpose in life, to have made a difference. It's finding those things or people that challenge you, motivate you, inspire you to want to pursue things you love to do.

I coach a local USA club swim team, and in April we start our long course season. At the beginning of each season I challenge the kids to look at what they want to accomplish throughout the season (try a new race, complete a specific set, make a certain cut time), how they are going to get that done, and who is going to help them (hopefully they think I'll be a part of that as their coach haha). Some look at me confused, and other's take on the challenge. Which group do you think has more success?!

MAY I implore you to challenge yourself this month! What fills your cup up? What/ Who motivates you? What scares you? These things all make up who you are. Do some self First Annual Cribbage Tournament -reflecting and figure out what you want to accomplish, even just within the next month or by the end of the year. Maybe you've always wanted to learn to line dance, or learn to knit. step out of your comfort zone and try it out (the worst that can happen is you don't like it and you try something else). Make it a realistic goal, figure out who and what will motivate you! Share your successes with others, inspire others!

Come what MAY!

-Danielle Hopkins







The Franklin SR. Players Performance

MAY HAPPENINGS



LOOK AT OUR MAY PRESENTATIONS ON THE LAST PAGE AND CALL TO REGISTER NOW!



WOODCARVING EXPO

FRIDAY, May 20th

The Woodcarving group is having an expo to show off their hard work! Come and see all the talent!

Starting at 10:00am



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, May 31st @ 10AM
Call to Register

INTERGENERATIONAL PROGRAM!

Come exercise and share stories with students from Horace Mann

Friday, May 20th @ 2:00pm

Call to Register



THE GARDEN YEARS CLUB

Interested in a gardening group?

Come join Christina on

Monday, May 9th @ 10:30am

Bring your green thumbs!





AL TESTA and the CLASSIC JAZZ QUINTET PERFORMS

Come listen to some great music on a Friday afternoon!

Call to Register

May 13th @ 1:00PM



HEARING CLINIC

CALL TO MAKE AN APPOINTMENT

Hearing assessment, ear and hearing aid cleaning, etc.

Wed, May 18th 10a-12p

CRAFTING CORNER

(PLEASE REGISTER)

♦ TUESDAY, MAY 3RD @ 1:00PM

MOTHER'S DAY CRAFT WITH THE MERCER GROUP VOLUNTEERS

♦ FRIDAY, MAY 6TH @ 1:30PM

THE GARDEN CLUB IS PARTNERING WITH THE SENIOR CENTER TO MAKE SPRING WREATHS!

♦ FRIDAY, MAY 27TH @ 1:00PM

MAKE POPPIES FOR MEMORIAL DAY



Come join Danielle for another art class!

THURSDAY, MAY 19TH At 2:00 PM

Call to Register

TECHNOLOGY CLINIC

Wed, May 18 @ 2:30PM

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!



SHREDDING EVENT!

(D.A. Sponsored)

Come one come all for your shredding needs! We will have a box truck in the parking lot from 10AM-1PM.

No limit on shredding.

Tuesday, May 24th

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, May 18th at 1pm at our "Where's The Toast" memory Cafe. P.E. James 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: **Cultural** adoggett@franklinma.gov or 508-520-4945 This Memory Café' is supported in part by a **Council** 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.

FIBROMYALGIA SUPPORT GROUP Join this monthly group to help you find ways to improve your health ad 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, May 11th at 1:00pm: Ellen Perkins, a Hard of Hearing Skills Trainer from the Center for Independent Living in Worcester will be presenting.

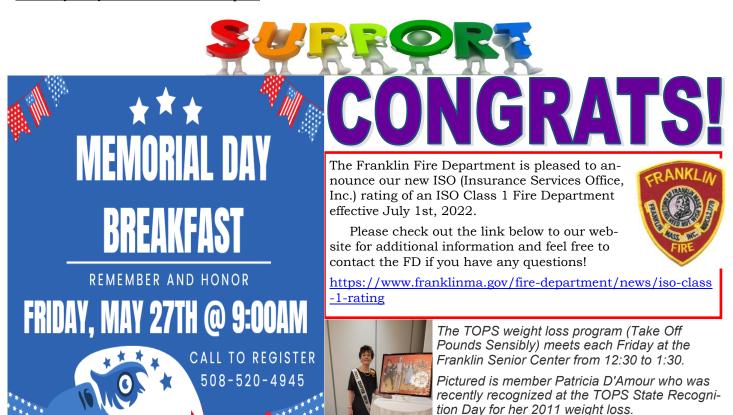
One on One Assistance with Low Vision Technology: Every Thursday by appt with Jerry 857-443-6366 (10a-2p)

Tuesday, May 3rd at 1:00pm: Audio Reading of the Senior Center May Newsletter.

Thursday, May 12th at 1:00pm: Low Vision Monthly Support Group with guest speaker Steward Flom.

Thursday, May 19th at 1:00pm: Vision Loss Adjustment Counseling (peer support group)

Thursday, May 17th and 24th at 1:00pm: Audio Book Club



For further information about TOPS, contact Valerie Tessicini, email: vtessicini@comcast.net

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30AM 6 WEEK SERIES: BALANCE & POSTURE*\$ 9:30AM ITALIAN CONVERSATION 10:30AM POKER 11:00PM TRIVIA! 1:00PM CHAIR VOLLEYBALL 1:00PM BOOK CLUB 1:00PM AMERICAN MAH JONG 1:15PM MOVIE MATINEE: LICORICE PIZZA 6:00PM CRIBBAGE	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 MOTHER'S DAY CRAFT** 1:00PM MINDFUL MOVEMENTS \$ 1:00PM BINGO 1:00PM GRIBBAGE INSTR. 1:00PM GUILTING 2:00PM TED TALKS W/ DANIELLE	9:00AM WALKING GROUP 10:00AM CHAIR YOGA \$ 10:00AM VETERANS COFFEE SOCIAL 10:00AM KNITTING 10:00AM SCRABBLE 10:00AM ASIAN MAH JONG 11:00PM LINE DANCING \$ 1:00PM LINE DANCING \$ 1:00PM CHAIR VOLLEYBALL 1:00PM SENIOR SCRIBBLERS	NO LUNCH TODAY 5 9:00AM CRIBBAGE 9:30AM BUSY BEES 9:30AM LOW IMPACT W/ SHIRLEY MAE \$ 10:00AM DISCUSSION GROUP 11:00AM CARDIO,STRENGTH & BALANCE \$ 12:00PM POKER 12:30PM OPEN ART STUDIO 1:00PM FIBROMYALGIA SUPPORT GROUP 1:00PM AUDIO READING 0 FIBROMY ALGIA 1:00PM AUDIO READING 1:00PM BINGO 1:00PM TAI CHI \$	0:00AM WOODCARVING 10:00AM HAND & FOOT 10:00AM COMEDY CLUB 11:00AM ZUMBA \$ 12:00PM T.O.P.S (TAKING OFF POUNDS SENSIBLY) 1:00PM POOL 1:00PM POOL 1:30PM GARDEN CLUB: SPRING WREATH MAKING*** 2:00PM SILVERTONES CHORAL GROUP
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11:00AM FISH MEETING 1:00PM MEMORY CAFÉ** 1:00PM LINE DANCING \$ 1:00PM CHAIR VOLLEYBALL 1:00PM SENIOR SCRIBBLERS 2:30PM TECHNOLOGY CLINIC**	9:00AM WALKING GROUP 9:45AM CHAIR YOGA \$ 10:00AM FRANKLIN POLICE DEPT: SITUATIONAL AWARENESS CLASS*** 10:00AM KNITTING 10:00AM SCRABBLE 10:00AM ASIAN MAH JONG 11:00AM POUND FITNESS \$ 1:00PM LINE DANCING \$ 1:00PM CHAIR VOLLEYBALL 1:00PM SENIOR SCRIBBLERS 4:00PM CAREGIVER SUPPORT GROUP	
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1:00PM 1:00PM 1:15PM 6:00PM	9:30AM BALA 9:30AM 10:30AM 11:00PM 1:00PM 1:15PM 6:00PM	

** 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, May 20th @ 9:30 am. 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.

Claire Cox
Jeffery Nutting
Joanne Rossetti
Robert & Lynn Pisano
Joan & Wayne Toye
Abdulmessih/Ferial Nehme
Bassaleee

Margaret Derry
Barbara J. Pisani
Judy Noble
Kathleen Tayne
Rose Bertoni
Cora Cadillac

Donations

Gail and Paul Shew in memory of Harvey and Doey Nasuti
Leslie Hoop in memory of William Hoop
Marion Arcaro in memory of Michael and Julie Carlucci
and Mario and Angelo Arcaro

Robert & Maureen Armitage in memory of

John & Mary Cogne

Lucia Buchanio in memory of Donald Buchanio
Charlotte Corley in memory of Phil Mastrangelo
Ellien Kazijian in memory of Mary R O'Connell Vipraio
Ann Evans in memory of George J. Evans
Peter A. Melo in memory of Melo Family
Jeannette Hart in memory of Charles E. Hart
Carol J. Adiletto in memory of Donald (Danny) Adiletto
Charles Bertone in memory of his wife Jeanette Bertone
Priscilla Cornetta in memory of Susan Cornetta Pauplis,
Sheila A. Hooper, and Isabel Coyne

Hilary Perry
Karen McWilliams
Bernard & Marie Mullaney
James O'Connor
Lorraine Schratz
Joanna & Dennis Marguerite

Linda Dornan

Jeanne Scoba
Betty Connolly
Gail Borstell
Barbara Cook
Linda Massey
Mary Jo Yasutovich

Veterans' Services Office (508) 613-1315

May 4 – Veterans' Coffee Social – 10:00 a.m. at the Senior Center. Cris Goldsmith, Volunteer Coordinator at RSVP, the Rides for Veterans Program, will make a short presentation. All veterans are welcome to join us for updates, coffee and conversation!

May 6 – Military Spouse Appreciation Day – This date recognizes the services and sacrifices of military spouses. Thank you to all military spouses for your love, loyalty and support!

May 19 - Veterans' Council Meeting - 7:00 p.m. at the Senior Center. All members of the community interested in veterans' activities are invited.

May 21— Armed Services Day is an annual holiday observed to pay tribute to men and women currently serving in the U.S. armed forces. Thank you to all members of the military. We salute you for your service and sacrifice!

May 27 - Annual Memorial Day Breakfast - 9:00 a.m. - 11:00 a.m. at the Senior Center. Reservations required. Call Mary at: (508) 520-4945 to sign up.

May 30 – Memorial Day honors the men and women who died while serving in the U.S. military. The Memorial Day Parade will begin at 10:30 a.m., starting at Dean College, proceeds to Union Street and St. Mary's Cemeteries via School, West Central and Beaver Streets and concludes on the Town Common, where a Memorial Day Ceremony will be held at 12:00 p.m. If any veteran would like to participate in the parade, please contact our office.

Veterans Memorial Walkway - The May installation of engraved bricks on Walkway will be completed by Memorial Day. Thank you to all who've supported this project by honoring their special U.S. service members with a brick. The next installation will be in November to coincide with Veterans' Day. 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. National Purple Heart Day is celebrated on August 7 every year.

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.

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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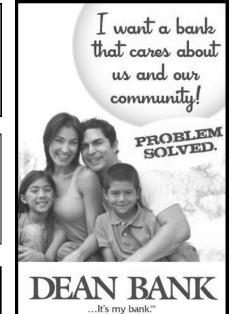
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The Friends of Franklin

Elders are looking for new members. If you would be interested in serving on the Friends Board, please call the Senior Center at (508) 520-4945.





Certified & Licensed Audiologist



milfordaudio@gmail.com

215 West St, Milford MA at Milford Medical Center

NEWSLETTER ADVER-TISING

Over the years, the generous and continuing support of area businesses has enabled publication of our informative 10 month "The Connection" newsletter. If you aren't already part of our advertising team and would like your advertising message to reach 3,000 seniors, please contact Pam Spicer at rhspc@comcast.net for more information.



& Franklin Public Radio Comcast 96 11



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

A HUGE THANK YOU TO ALL THE HIGH SCHOOL KIDS THAT HELPED OUT AND RAKED LEAVES AND DID CLEAN UP AT THE VARIOUS HOUSES! YOU ALL DID A GREAT JOB AND IT WAS VERY MUCH APPRECIATED!!





FRANKLIN COUNCIL ON AGING

Officers:

Chairman	Bob Crowley
Vice-Chairman	Ron Higginbottom
Secretary	Lyn O'Brien

Members:

Faith Flaherty, Jan Jewett, Janet Milici, Ken Norman, Lester Quan

Staff:

Director	Christina LaRose Sue Barbour .Maggie Gundersen Mary Hynes Ariel Doggett Donna Haynes Drish Collatos
Veterans' Services Assistant. Public Health Nurse	Debra Martin
T ubile Health Nurse	Alisha Deplaia

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

May Presentations - Call to Register!

Ted Talks/ Discussion Group with Danielle- Every Tuesday at 2pm

May 3: We Can Make COVID-19 the Last Pandemic

May 10: For Women in Pursuit of Motherhood and Career

May 17: President's Children: Where Are They Now?!

May 24: A Different Understanding of American Patriotism

May 31: How Today's Veterans Build Community Differently

Health Corner: New England Donor Donation Presentation

Thursday, May 12th @ 11:15AM

Estate Planning Seminar

Monday, May 9th @ 2:00pm

Franklin Police Dept.: Situational Awareness Class

Wednesday, May 25th @ 10:00am

Virtual Tour and Presentation of Arlington National Cemetery

Thursday, May 26th @ 2:00pm

My Five Wishes

Thursday, May 26th @ 6:00pm

Jokes of the Month

How did the daffodil win the car race? Petal to the metal.

Why are birds terrible gift givers? They are cheep.

What do you get if you cross a bee and a rabbit? A honey bunny.

Where do sheep go for their spring haircut? A baa-baa shop.

Why are frogs so happy? They eat whatever bugs them!







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.