



# THE FRANKLIN Connection

FRANKLIN SENIOR CENTER'S MONTHLY NEWSLETTER

OCTOBER 2023

## FRANKLIN SENIOR CENTER

10 Daniel McCahill Street  
Franklin, MA 02038

P | 508-520-4945

F | 508-520-4917

[www.franklinma.gov](http://www.franklinma.gov)

### OFFICE HOURS

Mon-Fri | 8:30am-4:00pm

Wednesday open until 5:30p

Social Services by appt.

### BEN'S BOUNTY GIFT SHOP

Mon-Fri | 10:00am-1:00pm

### COMMON GROUND'S CAFÉ

Monday - Friday

Breakfast | 8:30am-10:00am

Lunch | 11:30am-1:00pm

## WHAT'S WHAT?

Page 1: Message & Pictures

Page 3: October Happenings

Page 4: Oct. Presentations

Page 5: Caregiver Corner and  
Support Groups

Page 6 & 7: October Calendar

Page 8: Low Vision Programs,  
Jokes and Veterans Services

Page 9: FOFE Donations

Page 10: Travel Opportunities  
and Technology

and Summer Safety

FRANKLIN SENIOR CENTER'S

# Senior Expo '23

OCTOBER 6  
10AM - 1PM

Franklin Senior Center

10 Daniel McCahill Street  
Franklin, MA 02038



LIVE ENTERTAINMENT  
RAFFLES  
FLU SHOTS  
TONS OF RESOURCES  
AND MORE!

Join us on Friday, October 6th for our Senior Expo! We have over 40 vendors with tons of resources and information! The first 200 people will get a free lunch, and there will be raffles throughout. You even have the opportunity to get your flu shot!

Come on down and see what the Expo has to offer YOU!

All other programs cancelled, open for the Senior Expo from 10a-1pm



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> [edwardjones.com](http://edwardjones.com) | Member SIPC



**Kevin L Johnson**  
Financial Advisor

205 E Central St Suite 10  
Franklin, MA 02038-1364  
508-346-3750



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Franklin Senior Center, Franklin, MA 06-5389

IT'S A PARTY TO DIE FOR.

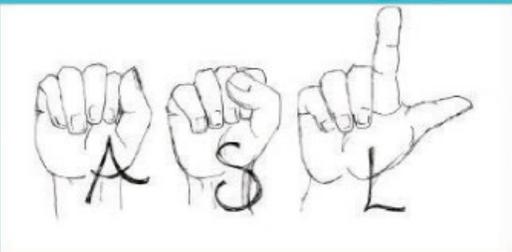
# Murder at the Senior Center

FRIDAY, OCTOBER 27TH AT 11:00AM  
\$6/PERSON- CALL TO REGISTER NOW!

10 WEEK INTRODUCTORY CLASS

# American Sign Language

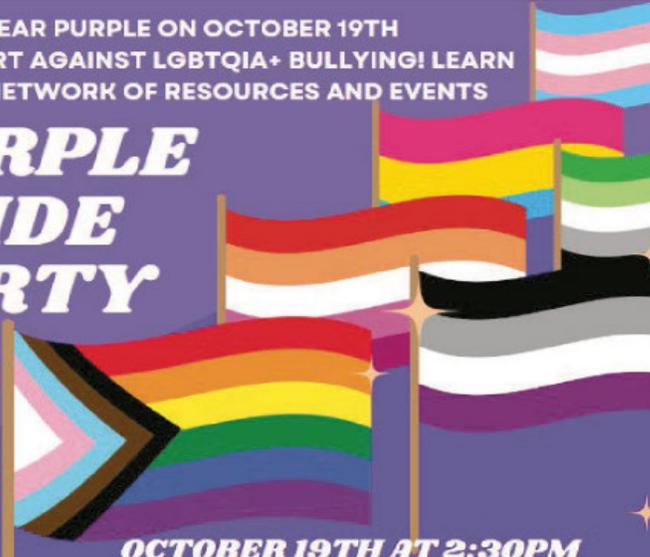
Wednesdays 1p-3p



Books Supplied  
\$50/person  
Starts 10/18

WEAR PURPLE ON OCTOBER 19TH TO SUPPORT AGAINST LGBTQIA+ BULLYING! LEARN ABOUT NETWORK OF RESOURCES AND EVENTS

# PURPLE PRIDE PARTY

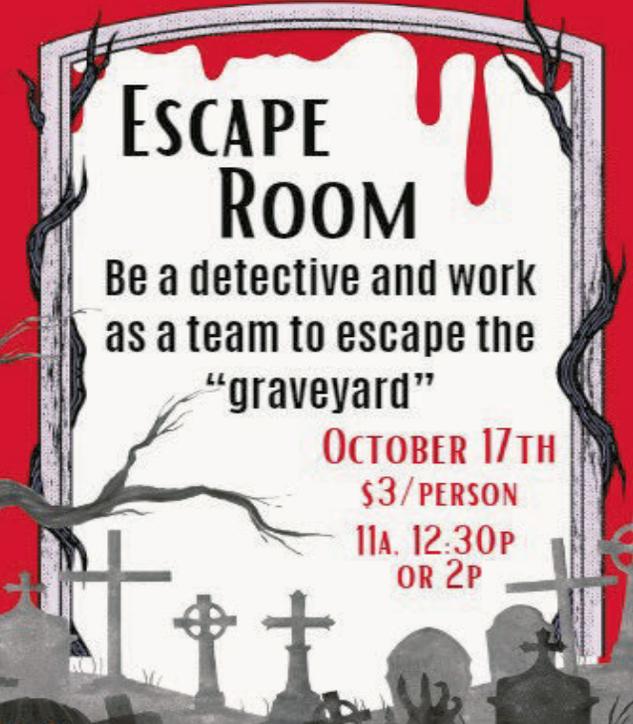


OCTOBER 19TH AT 2:30PM

# ESCAPE ROOM

Be a detective and work as a team to escape the "graveyard"

OCTOBER 17TH  
\$3/PERSON  
11A. 12:30P OR 2P



# SHREDDING EVENT

Sponsored by  
Norfolk County D.A.

October 19th  
10a-1p



# CRIBBAGE

*Tournament*

October 13th, 2023  
start time 9am  
\$3 to play

REGISTER NOW!



# 04 October 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, OCTOBER 11th  
at 11:00am



## Pizza and Movie Night

October 19th  
\$3/person



## EAT AROUND THE WORLD

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

This Month: **BRAZIL**

Friday, October 20th @ 11am

## PRESENTATIONS- CALL TO REGISTER!

### LOCAL REAL ESTATE UPDATE AND HOW IT AFFECTS YOU!

TUESDAY OCTOBER 3RD AT 11:00AM

Talk about the real estate market with Senior Realtor Specialist Nancy Briggs

### JOE LANDRY PRESENTS: FUNERAL HOMES IN FRANKLIN

WEDNESDAY, OCTOBER 4TH AT 1:00PM

Come hear from local historian Joe Landry

### THE BOSTON MARATHON

TUESDAY, OCTOBER 10TH AT 1:00PM

Hear about the history of the race, some fun facts, and trivia with local Resident and B.A.A. Director of Community Engagement, Suzanne Jones Wamsley.

### NAVIGATING LONG- TERM CARE INSURANCE

WEDNESDAY, OCTOBER 11TH AT 5:30PM

Review Key terms and policy structure in order to know what benefits and amounts a long term care insurance policy covers. And, learn the steps involved in filing a claim to be prepared to get what you deserve from policy.

### SCAM PREVENTION

MONDAY, OCTOBER 16TH AT 11:00AM

Join us to talk with Dean Bank about how best to prevent scams.

### ECDC AMBASSADOR PROGRAM

WEDNESDAY, OCTOBER 18TH AT 11:00AM

The ECDC Principal talks about their ambassador program.

### BOOSTING NEURAL HEALTH IN AGING

WEDNESDAY, OCTOBER 18TH AT 5:30PM

Discuss the evidence behind boosting overall brain health in aging.

### BEST HEALTH PLAN OPTIONS FOR PEOPLE WITH MEDICARE

MONDAY, OCTOBER 23RD AT 1:00PM

Talk with Susan Flanagan from Blue Cross Blue Shield

### ENDING BACK PAIN

TUESDAY, OCTOBER 24TH AT 10:00AM

Talk with MCR Chiropractic about how to end back pain.

### YELLOW DOT PROGRAM

WEDNESDAY, OCTOBER 25TH AT 11:30AM

Let's Talk the Yellow Dot Program with Norfolk Sheriff's Department.

### WHAT WAS I DOING?

MONDAY, OCTOBER 30TH AT 10:30AM

Learn what the complex and sophisticated memory process look like in your brain- presented by Kimberlee O'Brian.

### RESTLESS ABANDONED

TUESDAY, OCTOBER 31ST AT 2:30PM

Photo journalist Jimmy shares his pictures and experiences of exploring abandoned places.

# 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 info call Kathleen Laughran at 508-520-4945

**MEMORY CAFÉ** Please join us Wednesday, Oct. 18th 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](mailto: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. 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 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. **October 11th at 1:00pm**





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>02</b> 9:30am 6 Week Series with Steve Avellino \$ (4) 9:30am Italian Novel Reading 10:30am Poker 11:00am Line Dancing \$ <b>12:15am One Step To Safety \$</b> 1:00pm Trivial! 1:00pm Book Club: "Wifey" 1:00pm Chair Volleyball 1:00pm American Mah Jong 1:15pm Movie Matinee: Non Stop Pool Night 4:00pm <b>4:30pm DeLuna Yoga \$</b>	<b>03</b> 9:00am Cribbage 9:30am Low Impact \$ 9:30am Busy Bees 10:00am Hand & Foot 10:30am The Senior Players 11:00am Cardio, Strength, & Balance (CSB) \$ <b>11:00am Real Estate Market</b> 1:00pm BINGO 1:00pm Chess 1:00pm Cribbage Instruct. 1:00pm Quilting <b>1:00pm Audio Reading of the Newsletter</b>	<b>04</b> 9:00am Walking Group 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong <b>10:00am Vets Coffee Social</b> 11:00am Pound Fitness \$ 12:30pm Bridge 1:00pm Senior Scribblers 1:00pm Pokeno <b>1:00pm Joe Landry Presents</b> 4:00pm Cardio Fusion \$	<b>05</b> 9:00am Cribbage 9:30am Low Impact 9:30am Busy Bees 10:00am Discussion Group 10:15am Bible Study 11:00am CSB \$ 12:00pm Poker <b>1:00pm Low Vision Tech.</b> 1:00pm Open Art Studio <b>1:00pm Autoimmune/ Mobility Disorder Support</b> 1:00pm BINGO 1:00pm Tai Chi \$ 5:30pm Acoustic Jam Session	<b>06</b> <b>OPEN 10AM -1PM FOR THE SENIOR EXPO</b> (ALL OTHER PROGRAMS CANCELLED AND CAFÉ CLOSED) 
<b>9</b> <b>SENIOR CENTER CLOSED</b> 	<b>10</b> 9:00am Cribbage 9:30am Low Impact \$ 9:30am Busy Bees 10:00am Hand & Foot 10:30am The Senior Players 11:00am CSB \$ 1:00pm BINGO 1:00pm Chess 1:00pm Cribbage Instruct. 1:00pm Quilting <b>1:00pm Boston Marathon</b>	<b>11</b> 9:00am Walking Group 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong <b>11:00am Mobile Food Pantry</b> 11:00am Pound Fitness \$ 12:30pm Bridge 1:00pm Senior Scribblers 1:00pm Pokeno <b>1:00pm Pathways to Healing Support Group</b> 4:00pm Cardio Fusion \$ <b>4:00pm Caregiver Support Group</b> <b>5:30pm Navigating LT Care</b>	<b>12</b> 9:00am Cribbage 9:30am Low Impact \$ 9:30am Busy Bees 10:00am Discussion Group 10:15am Bible Study 11:00am CSB \$ 12:00pm Poker 1:00pm BINGO 1:00pm Tai Chi \$ <b>1:00pm Low Vision Support</b>	<b>13</b> <b>9:00am Cribbage Tournament**\$</b> 10:00am Woodcarving 10:00am Hand & Foot 11:00am ZUMBA \$ 12:30pm T.O.P.S. 1:00pm Pokeno 1:00pm Darts 1:00pm Diamond Art 2:00pm Silvertones Choral Group
<b>16</b> 9:30am 6 Week Series with Steve Avellino \$ (5) 9:30am Italian Novel Reading 10:30am Poker <b>11:00am Scam Prevention</b> 11:00am Line Dancing \$ <b>12:15pm One Step To Safety \$</b>	<b>17</b> 9:00am Cribbage 9:30am Low Impact \$ 9:30am Busy Bees 10:00am Hand & Foot <b>10:30am Hearing Clinic</b> 10:30am The Senior Players <b>11:00am (and other times) : ESCAPE ROOM! **</b>	<b>18</b> 9:00am Walking Group 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong <b>11:00am ECDC Ambassadors</b> 11:00am Pound Fitness \$ <b>11:00am Franklin Q &amp; A</b>	<b>19 WEAR PURPLE!</b> 8:30am <b>Coffee Hour with State &amp; Local Officials</b> 9:00am Cribbage 9:30am Low Impact \$ 9:30am Busy Bees 10:00am Discussion Group <b>10:00am- 1:00pm Shredding Event!</b>	<b>20</b> 10:00am Woodcarving 10:00am Hand & Foot <b>11:00am Eat Around the World: BRAZIL **\$</b>

# October 2023 Calendar Continued 07

FRANKLIN SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>16 CONTINUED</b>                      1:00pm Trivial!                      1:00pm Chair Volleyball                      1:00pm American Mah Jong                      1:15pm Movie Matinee:                      Philomena  <b>2:30pm Let's Talk Technology</b>                      4:00pm Pool Night</p>	<p><b>17 CONTINUED</b>                      1:00am CSB \$                      1:00pm BINGO                      1:00pm Chess                      1:00pm Cribbage Instruct.                      1:00pm Quilting  <b>1:00pm Legal Clinic</b></p>	<p><b>18 CONTINUED</b>                      12:30pm Bridge  <b>1:00pm Sign Language Class\$</b>                      1:00pm Senior Scribblers                      1:00pm Pokeno  <b>1:00pm Memory Café</b>                      4:00pm Cardio Fusion \$  <b>5:30pm Boosting Neural Health in Aging</b></p>	<p><b>19 CONTINUED</b>                      10:15am Bible Study                      11:00am CSB \$                      12:00pm Poker  <b>1:00pm Danielle's Art Class**\$</b>                      1:00pm BINGO  <b>1:00pm Balance Class</b>                      1:00pm Tai Chi \$                      1:00pm Open Art Studio  <b>4:30pm: Movie &amp; Pizza Night: Barbie**\$</b></p>	<p><b>20 CONTINUED</b>                      12:30pm T.O.P.S.                      1:00pm Pokeno                      1:00pm Darts                      1:00pm Diamond Art                      2:00pm Silvertones                      Choral Group</p>
<p><b>23</b>                      9:30am 6 Week Series with Steve Avellino \$ (6)                      9:30am Italian Novel Reading                      10:30am Poker                      11:00am Line Dancing \$  <b>12:15pm One Step to Safety \$</b>                      1:00pm Trivial!                      1:00pm Chair Volleyball  <b>1:00pm Health Plan Options</b>                      1:00pm American Mah Jong                      1:15pm Movie Matinee:                      Moving On                      4:00pm Pool Night</p>	<p><b>24</b>                      9:00am Cribbage                      9:30am Low Impact                      9:30am Busy Bees                      10:00am Hand &amp; Foot  <b>10:00am Ending Back Pain</b>                      10:30am The Senior Players                      11:00am CSB \$                      1:00pm BINGO                      1:00pm Chess  <b>1:00pm Audio Book Club</b>                      1:00pm Cribbage Instruct.                      1:00pm Quilting</p>	<p><b>25</b>                      9:00am Walking Group                      10:00am Chair Yoga \$                      10:00am Knitting                      10:00am Scrabble                      10:00am Asian Mah Jong                      11:00am Pound Fitness \$  <b>11:30am Yellow Dot Program</b>                      12:30pm Bridge  <b>1:00pm Sign Language Class\$</b>                      1:00pm Senior Scribblers                      1:00pm Pokeno                      4:00pm Cardio Fusion \$  <b>4:00pm Caregiver Support</b></p>	<p><b>26</b>                      9:00am Cribbage                      9:30am Low Impact                      9:30am Busy Bees                      10:00am Discussion Group                      10:15am Bible Study                      11:00am CSB \$  <b>11:00am Tech Talks</b>                      12:00pm Poker                      1:00pm BINGO                      1:00pm Tai Chi \$                      1:00pm Open Art Studio  <b>1:00pm Balance Class</b></p>	<p><b>27 CAFÉ CLOSED</b>                      10:00am Woodcarving  <b>11:00am MONTHLY PARTY: MURDER MYSTERY</b>                      10:00am Hand &amp; Foot                      12:30pm T.O.P.S.                      1:00pm Pokeno                      1:00pm Darts                      1:00pm Diamond Art                      2:00pm Silvertones                      Choral Group</p>
<p><b>30</b>  <b>9:30am 6 Week Series with Steve Avellino \$ (NEW-1): Dynamic Posture</b>                      9:30am Italian Novel Reading                      10:30am Poker  <b>10:30am What Was I Doing?</b>                      11:00am Line Dancing \$  <b>12:15pm One Step to Safety \$</b>                      1:00pm Trivial!                      1:00pm Chair Volleyball                      1:00pm American Mah Jong                      1:15pm Movie Matinee: IT                      4:00pm Pool Night</p>	<p><b>31 HALLOWEEN</b>                      9:00am Cribbage                      9:30am Low Impact                      9:30am Busy Bees                      10:00am Hand &amp; Foot                      10:30am The Senior Players                      11:00am CSB \$                      1:00pm BINGO                      1:00pm Chess  <b>1:00pm Audio Book Club</b>                      1:00pm Cribbage Instruct.                      1:00pm Quilting  <b>2:30pm Rainbow Café</b>  <b>2:30pm Restless Abandoned</b></p>	 <p>A large graphic of a pumpkin with the word 'OCTOBER' written across it in a stylized, decorative font. The pumpkin is orange with a green stem and leaves. The letters are black with white outlines and some green accents.</p>		



**HAIRDRESSER/BARBER**  
TUES & WED BY APPT



**MANICURES:**  
EVERY OTHER  
TUESDAY BY APPT



**BLOOD PRESSURE & SUGAR TESTING**  
WED & THURS

# 08 Low Vision and Veterans Services

THE FRANKLIN SENIOR CENTER

## LOW VISION PROGRAMS

**Tuesday, October 3 at 1:00pm:** Audio Reading of the Senior Center October Newsletter. (PHONE)

**Thursday, October 5 at 1:00pm:** Assistive Technology with Jerry Feliz

**Thursday, October 12 at 1:00pm:** Low Vision Support Group. Discussion with Amy Ruell, MABVI

**Tuesday October 24 & 31 at 1:00pm:** Audio Book Club : *Dutch Girl Audrey Hepburn and WWII* (PHONE)

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

## Jokes of the Month

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

**Who won the skeleton beauty contest?** No body...

**Why did the vampire read the Wall Street Journal?** He heard it had great circulation...

**What do you call a ghost's mom and dad?** Transparents...

**Why don't angry witches ride their brooms?** They're afraid of flying off the handle

**Riddle:** The Maker does not want it, the buyer does not use it, and the user does not see it, what is it?  
(A coffin)



## VETERANS' SERVICES OFFICE (508) 613-1315

**October 4 – Coffee Social** – Wednesday, October 4 at 10:00 a.m. in the Senior Center Café.

**October 13 – U.S. Navy's 248<sup>th</sup> Birthday**

**October 19 – Veterans' Council Meeting** – 7:00 p.m. at the Senior Center. All Franklin residents interested in Veterans' activities are welcome to join us!

**October 26 – National Day of the Deployed** annually honors United States military personnel deployed around the globe. The designation recognizes all of the brave military personnel who have been deployed, are sacrificing, or have sacrificed their lives to defend our country.



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 our office for details.

**\*Save the Date...The Veterans' Day Luncheon** is scheduled for Friday, November 10 at 11:00 a.m. at the Elks Lodge #2136 on Pond Street. Reservations are required. Call the Veterans' Services Office to RSVP by October 27. Thank you to the Elks' membership for their ongoing support of Veterans' events and programs!

Please visit our webpage at: <https://www.franklinma.gov/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, October 27th @ 9:30 am.**

The public is welcome to attend.



JoAnn Wright, President  
 Nan Rafter, Vice President  
 Pam Spicer, Treasurer  
 Margie Lane, Secretary

Eileen Burnard, Pat Donnelly, Carol Ellsworth,  
 Julie Garilli, Paula Lombardi, Jan Prentice,  
 Jean Tolland, and Helen Powers

**FOFE MEMORIAL/HONOR DONATION**

Your Name

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In Memory/Honor of:

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

**DONATIONS**

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**IN MEMORIAL/HONOR OF**

**VANCE & RONA ELY IN MEMORY OF ALEX MANOCCHIO**

**LOUISE C. VOZELLA IN MEMORY OF EILEEN A. TULLI**

**ROBERTA CLARY IN MEMORY OF NICOLETTA DINUNZIO**

**LINDA SIMARRIAN IN MEMORY BENNY, JULIA, BIRDIE, & BUTCH GIALONARDO-JETTE**

**RONALD & CAROL COWEN IN MEMORY OF ALEX MANOCCHIO**

**LAWRENCE RAPISARDA IN MEMORY OF EILEEN A. TULLI**

**VITO & MARY GIACOLONE IN MEMORY OF NICOLETTA DINUNZIO**

**PRISCILLA CORNETTA IN MEMORY OF SUSAN PAUPLIS, SHEILA HOOPER, & ISABEL COYNE**

**RONALD AND CAROL COWEN IN MEMORY OF ALEX MANOCCHIO**

**ROBERTA AND RICHARD DEANGELIS IN MEMORY OF NICOLETTA DINUNZIO**

**CLAUDETTE & RICHARD HEWITT IN MEMORY OF NICOLETTA DINUNZIO**

**EDWARD & LAUREL CALLAHAN IN MEMORY OF NICOLETTA DINUNZIO**

**JANE GIALONDARDO IN MEMORY OF NICOLETTA DINUNZIO**

**VALERIE BLAINE IN MEMORY OF NICOLETTA DINUNZIO**

**FRANK PALMIERI & PHYLLIS COLACE IN MEMORY OF NICOLETTA DINUNZIO**

**EDWARD & MARIA COLACE IN MEMORY OF NICOLETTA DINUNZIO**

**HAGOP & ELEANOR EKNAIAN IN MEMORY OF NICOLETTA DINUNZIO**

**ROBERT & ELEANOR FICCO IN MEMORY OF NICOLETTA DINUNZIO**

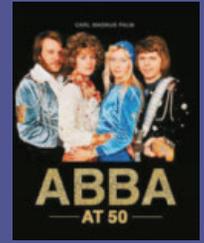


# 10 Travel Opportunities and Technology!

THE FRANKLIN SENIOR CENTER

## BEST OF TIMES TRAVEL OPPORTUNITIES

- ◆ **Mamma Mia– the Ultimate ABBA tribute band! At Lake Pearl!**– celebrate the music of ABBA at Lake Pearl in Wrentham. Wed, Nov 15th \$85/person
- ◆ **Merry Country Christmas**– All of your favorite Christmas songs are presented in authentic Nashville country style at Lake Pearl in Wrentham. Wed, Dec 6th \$89/person



## COLLETTE TRAVEL OPPORTUNITIES (INTERNATIONAL TRAVEL!)



- **Sunny Portugal**—Experience the postcard-worthy coastlines brushing against crystal water, stunning cliffs plunging into the rocky waves below, and awe inspiring vistas. Ancient castles and Roman ruins, groves of lemons and almond trees, quiet whitewashed villages and welcoming locals—**Portugal is waiting for you!** 10 days \* 13 meals \* airfare \* excursions \* 4 star hotel accommodations \* transfers included—  
Cost: Double \$3,599, Single \$4,199, Triple \$3,569 **April 27—May 6, 2024**

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