



THE FRANKLIN Connection

Franklin Senior Center's Monthly Newsletter

October
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

<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!

DEPUTY DIRECTOR'S MESSAGE



We can't be-leaf-it, fall is already here! Time really does seem to fly when you're having fun. We hope you enjoyed your summer and had a chance to have some fun with us here at the Senior Center! Now that the rush of summer has died down, fall feels like a time to come back to ourselves, to find time for us and our hobbies. Feeling inspired by a quote I came across "There is something so special in the early leaves drifting from the trees—as if we are all to be allowed a chance to peel, to re-fresh, to start again."— *Ruth Ahmed* Consider starting something new for yourself this season. Try that exercise class you have been thinking about, try out a new hobby like painting, or knitting. Come join a lecture, or presentation. If you haven't yet, please try our Café, where you can try new foods and meet new friends. While at our Café, please welcome our new Line Cook/Assistant, Marilyn Howe, she comes to us with years of experience in the restaurant industry and we know she will make a great addition to our team!

"The wind is rising, and the air is wild with leaves. We have had our summer evenings; now for October eves!"— *Humbert Wolfe*

Stay well,

Christina LaRose



Painting
Class!



Pizza and Elvis Movie Night
was a huge success!



September 11th Ceremony



SPIRIT WEEK FUN!

OCTOBER HAPPENINGS



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

LOOKING FOR VOLUNTEERS!

From the café, to our supportive day program, we would love your help!

Call and talk to Sue if interested
508-520-4945

NEW EXERCISE DANCE CLASS

Learn various genres of Dance

For a great workout!

Starting on
Thursday, October 13th

And continuing
Thursdays at 2:00pm



MOVIE & PASTA NIGHT

October 6th @ 4:30pm

Come out for a relaxing
night to watch the
new **Marilyn Monroe**
Movie and have some
pasta with friends!

\$3.00 /person

Call to Register by 10/5



Interested in Photography?

Come to our

Photography Class

with Steve McGrath!

Wednesdays in

October @ 10am

\$5/class

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, Oct. 25th @ 2:30PM

Call to Register



HEARING CLINIC

CALL TO MAKE AN
APPOINTMENT

Hearing assessment, ear and
hearing aid cleaning, etc.

Wednesday,

October 5th and 19th

10a-12p; 20 min appts



TECHNOLOGY CLINIC

Wed, Oct 19th @ 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!



JOIN OUR BUTTERBALL COMPETITION!

Looking to find the motivation to lose some weight before the holidays?
Don't want to look like the butterball turkey served at Thanksgiving
Dinner? We have the program for you! Join us for a 6 week motivational
and healthy weight loss competition!

♦ \$5.00/person

♦ The person who loses highest percentage of weight loss wins!

♦ Winner = wins the \$ AND a Butterball Turkey!

♦ Look for Weekly programs posted to help you on your weight loss
journey: Starting with Food Journaling and Accountability on
Wednesday, October 5th at 1:00pm

♦ WEIGH INS at Senior Center Weekly (Wed or Thursday!)

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

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, Oct. 19th** at 1pm at our "Where's The Toast" memory Cafe. Mike Tarara 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.**

PATHWAY TO HEALING BEREAVEMENT SUPPORT GROUP Join this monthly group to help people with their journey of healing after a loved one passes. **October 12th at 1:30pm.**

HEARING AND VISION SUPPORT GROUPS

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

Thursday, October 6th at 1:00pm: Low vision Group Technology Session with Jerry Feliz from MABVI

Thursday, October 13th at 1:00pm: Low Vision Monthly Support Group: Learn about "Alexa"

Tuesday, October 11th at 1:00pm: Audio Potluck with Maggie: Visiting Paris Museums (PHONE)

Thursday, October 20th at 1:00pm: Vision Loss Adjustment Counseling (peer support group)

Tuesday, October 18th and 25th at 1:00pm: Audio Book Club: Frankenstein by Mary Shelly (PHONE)

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



SPOOKY HALLOWEEN PARTY

FRIDAY, OCTOBER 28TH AT 11:00AM

WITH A SPECIAL PERFORMANCE BY
ILLUSIONSIT LYN DILLIES

\$6.00/PERSON
CALL TO REGISTER
BY 10/25
508-520-4945

FRANKLIN SENIOR CENTER
10 DANIEL MCCAILL STREET
FRANKLIN, MA 02038


IT'S A PARTY TO DIE FOR.


Murder at the Senior Center

OCTOBER **all month long** 2022

USE THE CLUES AND ASK THE
RIGHT QUESTIONS!
WHO KILLED MR. NOAH OPINION

PLAY IF YOU DARE. SUBMIT YOUR ANSWER
BY THURSDAY, OCTOBER 27TH
IF GUESSED CORRECTLY YOU WIN A PRIZE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30AM 6 WEEK SERIES: CORE STABILITY**\$ 9:30AM ITALIAN CONVO 10:30AM POKER 10:30AM GARDEN YEARS CLUB** 11:00AM LINE DANCING \$ 1:00PM CHAIR VOLLEYBALL 1:00PM BOOK CLUB 1:00PM AMERICAN MAH JONG 1:00PM TRIVIA BEE! 1:15PM MOVIE MATINEE: ARGO 4:30PM VINYASA YOGA \$ 5:00PM POOL NIGHT 6:00PM CRIBBAGE	4 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 \$ 1:00PM BINGO 1:00PM CRIBBAGE INSTR. 1:00PM QUILTING 1:00PM CHESS 2:00PM TED TALKS: INDIGENOUS VS. COLUMBUS	5 9:00AM WALKING GROUP 10:00AM VETERANS COFFEE SOCIAL 10:00AM CHAIR YOGA \$ 10:00AM KNITTING 10:00AM HEARING CLINIC* 10:00AM SCRABBLE 10:00AM PHOTOGRAPHY**\$ 10:00AM ASIAN MAH JONG 11:00AM POUND FITNESS \$ 1:00PM^FOOD JOURNALING 1:00PM SENIOR SCRIBBLERS 2:00PM RMV: REAL ID PRESENTATION** 2:00PM MAN IN THE ARENA: TOM BRADY DOCUMENTARY EP. 5	6 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 AUTOIMMUNE/ MOBILITY DISORDER 1:00PM BINGO 1:00PM COMPASSION FATIGUE & BURNOUT 1:00PM TAI CHI \$ 4:30PM BLONDE: MOVIE NIGHT & PASTA DINNER**\$	7 10:00AM WOODCARVING 10:00AM HAND & FOOT 11:00AM ZUMBA \$ 11:00AM LET'S TALK AUDIOLOGY** 12:00PM T.O.P.S (TAKING OFF POUNDS SENSIBLY) 1:00PM POKENO 1:00PM DIAMOND ART PAINTING 1:00PM REDUCING ISOLATION AND IMPROVING MENTAL HEALTH 2:00PM SILVERTONES CHORAL GROUP
10 SENIOR CENTER CLOSED 	11 9:00AM CRIBBAGE 9:30AM BUSY BEES 9:30AM LOW IMPACT W/ SHIRLEY MAE \$ 10:00AM HAND & FOOT 10:00AM COA MEETING 11:00AM CARDIO, STRENGTH & BALANCE \$ 12:00PM MOVEMENT AND MEDITATION \$ 1:00PM BINGO 1:00PM CRIBBAGE INSTR. 1:00PM CHESS 1:00PM QUILTING 1:00PM BSM: MOBILE HEALTH CARE**	12 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 \$ 11:00AM FRANKLIN Q & A 1:00PM SENIOR SCRIBBLERS 1:30PM PATHWAYS TO HEALING SUPPORT GROUP 2:00PM MAN IN THE ARENA: TOM BRADY DOCUMENTARY EP. 6 4:00PM CAREGIVER SUPPORT GROUP	13 WEAR PINK FOR BREAST CANCER AWARENESS! 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 COMMUNIST SCARE IN FRANKLIN** 1:00PM BINGO 1:00PM TAI CHI \$ 2:00PM DANCE EXERCISE*\$	14 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
17 9:30AM 6 WEEK SERIES: CORE STABILITY**\$ 9:30AM ITALIAN CONVO 10:30AM POKER 11:00AM LINE DANCING \$	18 9:00AM CRIBBAGE 9:30AM BUSY BEES 9:30AM LOW IMPACT W/ SHIRLEY MAE \$ 10:00AM HAND & FOOT 11:00AM CARDIO, STRENGTH & BALANCE \$	19 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	20 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	21 10:00AM WOODCARVING 10:00AM HAND & FOOT 12:00PM T.O.P.S (TAKING OFF POUNDS SENSIBLY)

<p>17</p> <p>1:00PM CHAIR</p> <p>1:00PM VOLLEYBALL</p> <p>1:00PM AMERICAN</p> <p>1:15PM MAH JONG</p> <p>1:15PM MOVIE MATINEE:</p> <p>SHUTTER ISLAND</p> <p>5:00PM POOL NIGHT</p> <p>6:00PM CRIBBAGE</p>	<p>18</p> <p>12:30PM LEGAL CLINIC**</p> <p>12:00PM MOVEMENT AND MEDITATION \$</p> <p>1:00PM SHINE MEDICARE PRESENTATION**</p> <p>1:00PM BINGO</p> <p>1:00PM CRIBBAGE INSTR.</p> <p>1:00PM CHESS</p> <p>1:00PM QUILTING</p> <p>1:00PM ART CLASS W/ DANIELLE**\$</p>	<p>19</p> <p>11:00AM POUND FITNESS \$</p> <p>1:00PM MEMORY CAFÉ **</p> <p>1:00PM SENIOR SCRIBBLERS</p> <p>2:00PM MAN IN THE ARENA: TOM BRADY DOCUMENTARY EP. 7</p> <p>2:30PM TECHNOLOGY CLINIC**</p>	<p>20</p> <p>11:00AM MUSIC WITH MEL STILLER</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>2:00PM DANCE EXERCISE*\$</p>	<p>21</p> <p>1:00PM POKENO</p> <p>1:00PM DIAMOND ART PAINTING</p> <p>2:00PM SILVERTONES</p> <p>CHORAL GROUP</p>
<p>24</p> <p>9:30AM 6 WEEK SERIES: CORE STABILITY**\$</p> <p>9:30AM ITALIAN CONVO</p> <p>10:30AM POKER</p> <p>11:00AM LINE DANCING \$</p> <p>1:00PM CHAIR</p> <p>VOLLEYBALL</p> <p>1:00PM AMERICAN</p> <p>MAH JONG</p> <p>1:15PM MOVIE MATINEE: LITTLE SHOP OF HORRORS</p> <p>4:30PM VINYASA YOGA \$</p> <p>5:00PM POOL NIGHT</p> <p>6:00PM CRIBBAGE</p>	<p>25</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>11:00AM CARDIO, STRENGTH & BALANCE \$</p> <p>12:00PM MOVEMENT AND MEDITATION \$</p> <p>1:00PM BINGO</p> <p>1:00PM CRIBBAGE INSTR.</p> <p>1:00PM QUILTING</p> <p>1:00PM CHESS</p> <p>2:00PM UNDERSTANDING ALZHEIMER'S/ DEMENTIA*</p> <p>2:30PM RAINBOW CAFÉ**</p>	<p>26</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 PHOTOGRAPHY**\$</p> <p>10:00AM ASIAN MAH JONG</p> <p>11:00AM POUND FITNESS \$</p> <p>1:00PM SENIOR SCRIBBLERS</p> <p>1:00PM PUMPKIN CARVING/ PAINTING! **</p> <p>2:00PM MAN IN THE ARENA: TOM BRADY DOCUMENTARY EP. 8</p> <p>4:00PM CAREGIVER SUPPORT GROUP</p>	<p>27</p> <p>9:00AM CRIBBAGE</p> <p>9:30AM BUSY BEES</p> <p>9:30AM LOW IMPACT W/ SHIRLEY MAE \$</p> <p>9:30AM BOCCIE</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>2:00PM DANCE EXERCISE*\$</p>	<p>28</p> <p>9:30AM FOFÉ MEETING</p> <p>10:00AM WOODCARVING</p> <p>10:00AM HAND & FOOT</p> <p>11:00AM ZUMBA \$</p> <p>11:00AM SPOOKY MONTHLY PARTY WITH AN ILLUSIONIST! **\$</p> <p>12:00PM T.O.P.S (TAKING OFF POUNDS SENSIBLY)</p> <p>1:00PM POKENO</p> <p>1:00PM DIAMOND ART PAINTING</p> <p>2:00PM SILVERTONES</p> <p>CHORAL GROUP</p> <p>CAFÉ CLOSED</p>
<p>31</p> <p>9:30AM 6 WEEK SERIES: CORE STABILITY**\$</p> <p>9:30AM ITALIAN CONVO</p> <p>10:30AM POKER</p> <p>11:00AM LINE DANCING \$</p> <p>1:00PM CHAIR</p> <p>VOLLEYBALL</p> <p>1:00PM AMERICAN</p> <p>MAH JONG</p> <p>1:15PM MOVIE MATINEE: WHERE THE CRAWDAD SING</p> <p>4:30PM VINYASA YOGA \$</p> <p>5:00PM POOL NIGHT</p> <p>6:00PM CRIBBAGE</p>	<p>HAIRDRESSER/ BARBER</p> <p>MON & WED BY APPT</p> <p>MANICURES:</p> <p>EVERY OTHER TUESDAY BY APPT</p> <p>BLOOD PRESSURE & SUGAR TESTING</p> <p>WED & THURS</p> <p>PODIATRIST</p> <p>CALL FOR INFO</p>	<p>BUTTERBALL COMPETITION</p> <p>WEIGH IN - WED & THURS</p> <p>A EDUCATIONAL CLASS TO HELP WITH YOUR JOURNEY!</p>		

**** 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, October 28th @ 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 October 28th at 9:30AM.

FOFE Chair, JoAnn Wright

In Memory of...

Maureen Murphy in memory of her husband

Pearce (Pat) Murphy, and also **Terri Johnson**,

Kevin Murphy, and **Robert Adams**

Rosemarie and Edward Boudreau in memory of James **Bradley**

William Koplin in memory of **Marsha and Bob Simmler**

Elizabeth Fisk in memory of **Chester Fisk**

Donations

Martha Gordon

Charles and Martha Brewer

Veterans' Services Office (508) 613-1315

October 5 – Monthly Coffee Social - 10:00 a.m. at the Senior Center. All veterans are welcome!

October 13 – U.S. Navy's 247th Birthday

October 15 – Bus Trip to the American Heritage Museum in Hudson, MA. This amazing museum features one of the largest collections of WWII military vehicles in North America as well as tanks, aircraft and other military artifacts and chronologically arranged dioramas and exhibits from the Revolutionary War to today. Tickets are \$15/pp and include the bus (a school bus), admission and a box lunch and are only available at the Veterans' Services Office. Bus leaves Senior Center at 8:30 a.m. and returns at 1:45 p.m. Sign-up now as space is limited!

October 20 – Veterans' Council Meeting - 7:00 p.m. at the Senior Center. All members of the Franklin community 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.

Tune It Out Guitar Classes – Weekly classes for veterans are held on Tuesdays at 5:30 p.m. at the Senior Center. No guitar experience needed. Call our office for details.

RSVP – RIDES FOR VETERANS PROGRAM is looking for volunteer drivers to drive veterans to medical appointments. Volunteer drivers use their own vehicles and are reimbursed at \$.40 per mile up to \$300 per month. This is a flexible volunteer program. Drivers have the option of providing one or two-way rides and can say no when called and choose to provide a ride when it works with their schedule. If interested, please call Chris or Robert at RSVP: (781) 329-5728 for details.

***Save the Date...The Veterans' Day Luncheon** is scheduled for Friday, November 11 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 29.

Veterans and Dependents – If you are a veteran or immediate family member of a veteran, please contact our office to find out if there may be any veterans' benefits or 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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Franklin Funeral Home
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(508) 528-0011
Charles F. Oteri - Type 3
Sean A. Oteri - Type 3
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**ROCKLAND
TRUST**

Blue Hills Charitable Foundation



LORY STEEVES
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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



**Eileen
Mason**
REALTY

508-330-4234

emason4234@gmail.com
SENIOR RESIDENTIAL SPECIALIST *

**VOLUNTEERS NEEDED FOR
TAX PREPARATION!**

**Interested in being a volun-
teer counselor with AARP?**

**Volunteers work 4-6 per
week during 11 week tax
preparation season (Feb-Apr)**

Call for more information!

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
Vice Chairman.....Jan Jewett
Secretary.....Lyn O'Brien

Members:

Faith Flaherty, Robert Kaufman, Phyllis Malcolm,
Kim Mu-Chow, Ken Norman, and Lester Quan

Staff:

Director.....Danielle Hopkins
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

September Presentations– Call to Register!

RMV Presents: Real ID Presentation

Wednesday, October 5th @ 2:00PM

Compassion Fatigue and Burnout Syndrome: Alzheimer's Association

Thursday, October 6th @ 2:00PM

Let's Talk Audiology

Friday, October 7th @ 11:00AM

Reducing Isolation and Improving Mental Health

Friday, October 7th @ 11:00AM

Boston Senior Medicine Presents: Mobile Health Care

Tuesday, October 11th @ 1:00PM

Jim Buckley presents: Communist Scare in Franklin

Thursday, October 13th @ 1:00PM

Shine Presentation on Medicare Open Enrollment

Tuesday, October 18th @ 1:00PM

Understanding Alzheimer's & Dementia: Alzheimer's Association

Tuesday, October 25th @ 2:00PM



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

Why are vampires like my dentures? They always come out at night!

What do you call a beautiful pumpkin? Gourd-geous!

What do Italians eat on Halloween? Fettuccini Afraid-o

What happened to the cannibal who came late to the Halloween dinner? They gave him the cold shoulder.

Why do cemeteries have the best stories? Because they have so many plots.

Humpty Dumpty had a great fall– hope you do too!



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.