



THE FRANKLIN Connection

FRANKLIN SENIOR CENTER'S MONTHLY NEWSLETTER

MAY 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 | 8:30am-4:00pm

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

Acoustic Jam Session!



Eat Around the World ITALY

Thank you to the FHS Boys Lacrosse Team!



WHAT'S WHAT?

- Page 1: Director's Message
- Page 3: May Happenings
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- Page 5: Caregiver Corner and Support Groups
- Page 6 & 7: The May Calendar
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DEPUTY DIRECTOR'S MESSAGE

I can't believe I have been here for two months already! Starting a new job is always a little nerve-wracking, and to top it off I was walking into a partially open center still recovering from a pipe burst. I was preparing for disgruntlement, but instead was met with the most overwhelming welcome. Everyone I have met has been nothing but kind and joyful. There weren't complaints about the center being closed, but offers to help and anticipation of its reopening. I feel so lucky to be a part of this team and this community every day. If we haven't met, please come say hello because I can't wait to meet you.

Speaking of new beginnings, Spring is here! It's easier to wake up and move when the sun is up, birds are chirping, and my seasonal allergies notice the flowers. May is full of new programs and I encourage you to try one - learn some self defense, how to better use your iPhone, or join our don't be a beach ball challenge. Thank you for making my new beginning so wonderful!

Sarah Amaral, Deputy Director



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Franklin Senior Center, Franklin, MA 06-5389

03 May Happenings

THE FRANKLIN SENIOR CENTER



**BOCCE IS STARTING UP!
WEDNESDAYS AT 9:30am
IS STARTING UP!**

FRANKLIN GARDEN CLUB
Spring Craft: Felt Flower Arrangements
Friday, May 12th at 1:00pm
Franklin Senior Center
10 Daniel McCahill Street
Limited Spots- Sign up Now!



RAINBOW CAFÉ

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

Tuesday, May 30th at 2:30pm

**MEMORIAL DAY
BREAKFAST**
REMEMBER AND HONOR
FRIDAY, MAY 26TH @ 9:00AM
CALL TO REGISTER
508-520-4945

**Register by May 12th for
the Memorial Day
Breakfast on May 26th!**

PSYCHIC MEDIUM

**May 5th
At 6:30PM
\$25/ Ticket
For the
Entire
Community-
Buy your
tickets now!**

**THE FRIENDS OF FRANKLIN ELDERS
PRESENTS AN EVENING WITH
CATHY RIPLEY GREENE**
Psychic Medium
FRIDAY, MAY 5TH
DOORS OPEN AT 6PM,
READINGS BEGIN AT 6:30PM
\$25 PER TICKET
CALL THE FRANKLIN SENIOR CENTER
AT 508-520-4945 OR STOP BY TO BUY YOUR
TICKETS NOW!
FRANKLIN SENIOR CENTER
10 DANIEL MCCAHILL STREET
FRANKLIN, MA 02038



EAT AROUND THE WORLD

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

This Month: **MEXICO**

**Friday, May 12th at 11:00am.
Call to Register!**

PIZZA & MOVIE NIGHT: "A MAN CALLED OTTO"

Come out for a night of fun to watch "A Man Called Otto" Starring Tom Hanks

Thursday, May 11th

at 4:30pm

\$3.00/person

Must call to Register by May 9th

Disclaimer: The main character goes through some suicidal ideations



04 May 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, MAY 10TH
AT 11:00AM

May 16th @ 12:30PM

Come Enjoy an Ice Cream and Kick off the Warm Weather Season!
Compliments of Nancy Briggs- Realtor- Suburban Lifestyle



MAY 8TH @ 10AM

Calling all gardeners!

Join the Garden Years club to brainstorm the upcoming season! How do you want to get your hands dirty?

PRESENTATIONS- CALL TO REGISTER!

DEAN COLLEGE LECTURE SERIES: LITERATURE OF BASEBALL

WEDNESDAY, MAY 3RD AT 1:00PM

Join students from Prof. Skillings' "Literature of Baseball" course for a panel and discussion of their exploration of baseball in American Literature.

BEST OF TIMES PRESENTS: DAY & OVERNIGHT TRIPS

MONDAY, MAY 8TH AT 11:00AM

Come talk with Kevin at Best of Times about our day and overnight trips!

ONE STEP TO SAFETY MON, MAY 8TH, 15TH, & 22ND AT 11:00AM

This Prevention Concept program is a combination of basic strikes, tactics, & techniques. Focusing on verbal & physical self defense movements, blocks, and body positions & awareness. Led by traveling martial artist master Elijah Swain.

BASICS OF IPHONE AND IPAD MONDAY, MAY 8TH AT 1:00PM

This class introduces apple users to the basics of navigation and features of the device from the hardware of the iPhone, to navigating to important areas of the phone, and iPhone applications for calling and messaging

DEAN COLLEGE LECTURE SERIES: CREATIVE WRITING

TUESDAY, MAY 9TH AT 1:00PM

Come take a creative writing course with Dr. Liz Faber from Dean College

LET'S TALK VARIOUS FORMS OF DEMENTIA

TUESDAY, MAY 9TH AT 1:00PM

Come talk with Alicia Seaver, the VP of Memory Care Operation at Epoch Senior Living to discuss the various forms of Dementia

FRANKLIN Q & A WITH STEVE SHERLOCK

WEDNESDAY, MAY 10TH AT 11:00AM

Please join Steve Sherlock, Franklin Matters & WFPR.fm Community Info Director, for an informal and informative Q & A session providing updates on what's happening from the past month and open floor discussion.

LOCAL HISTORIAN, JOE LANDRY PRESENTS

WEDNESDAY, MAY 10TH AT 1:00PM

Come learn about Franklin's Shoe Stores

HOUSING MARKET UPDATE THURSDAY, MAY 11TH AT 11:00AM

Join Realtor Ted Cormier Leger and Mike Dunsy, from Fairmount Mortgage to talk titles, housing market updates, and current mortgage rates.

HANDS ONLY CPR CLASS W/ PUBLIC HEALTH NURSE & FFD

THURSDAY, MAY 18TH AT 2:00PM

Join Public Health Nurse Alisha Deptula and the Franklin Fire Dept. for a Hands Only CPR Class. Space is limited so reserve your spot now!

TRACKING PRIORITIES WITH IPHONES/ IPADS

MONDAY, MAY 22ND AT 1:00PM

This course introduces users to methods for keeping track of different priorities, tasks, and events using Notes, Reminders, Calendar, and SIRI

TRI COUNTY STUDENTS PRESENT: MENTAL HEALTH

TUESDAY, MAY 23RD AT 11:00AM

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, May 17th** 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. **May 10th at 1:30pm.**





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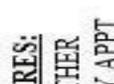
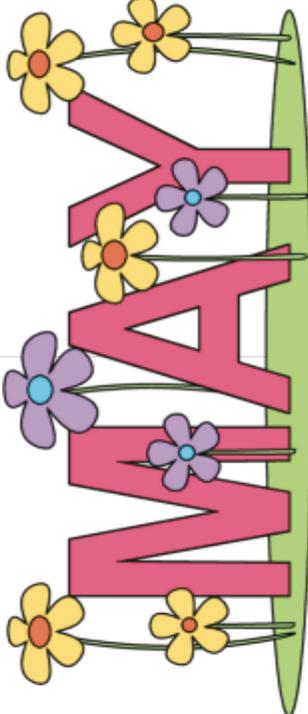
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>01</p> <p>9:30am 6 Week Series with Steve Avellino \$</p> <p>9:30am Italian Conversation</p> <p>10:30am Poker</p> <p>11:00am Line Dancing \$</p> <p>1:00pm Chair Volleyball</p> <p>1:00pm Trivia!</p> <p>1:00pm American Mah Jong</p> <p>1:00pm Page Turner's Book Club: Truth and Beauty by Ann Patchett</p> <p>1:15pm Movie Matinee: The Imitation Game</p> <p>5:00pm Pool Night</p> <p>6:00pm Cribbage</p>	<p>02</p> <p>9:00am Cribbage</p> <p>9:30am Low Impact w/ Shirley Mae \$</p> <p>9:30am Busy Bees</p> <p>10:00am Hand & Foot</p> <p>10:00am The Senior Players</p> <p>10:30am Hearing Clinic</p> <p>11:00am Cardio, Strength, and Balance \$</p> <p>1:00pm BINGO</p> <p>1:00pm Chess</p> <p>1:00pm Cribbage Instruct.</p> <p>1:00pm Quilting</p>	<p>03</p> <p>9:00am Walking Group</p> <p>9:30am Bocce</p> <p>10:00am Veterans Coffee Social</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>1:00pm Senior Scribblers</p> <p>12:30pm Bridge</p> <p>1:00pm Pokeno</p> <p>1:00pm Dean College: Literature of Baseball</p>	<p>04</p> <p>9:00am Cribbage</p> <p>9:30am Low Impact w/ Shirley Mae \$</p> <p>9:30am Busy Bees</p> <p>10:00am Discussion Group</p> <p>11:00am Cardio, Strength, and Balance \$</p> <p>12:00pm Poker</p> <p>1:00pm Low Vision Technology Group</p> <p>1:00pm Open Art Studio</p> <p>1:00pm Autoimmune/Mobility Disorder Support</p> <p>1:00pm BINGO</p> <p>1:00pm Tai Chi \$</p> <p>5:30pm Acoustic Jam Session</p>	<p>05 CAFÉ CLOSED FOR LUNCH</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</p> <p>1:00pm Diamond Art</p> <p>2:00pm Painting</p> <p>2:00pm Silvertones</p> <p>Choral Group</p> <p>6:30pm A Night Out with Psychic Medium, Cathy Ripley Greene**\$</p>
<p>08</p> <p>9:30am 6 Week Series with Steve Avellino \$</p> <p>9:30am Italian Conversation</p> <p>10:00am Garden Years Club</p> <p>10:30am Poker</p> <p>11:00am Best of Times Travel</p> <p>11:00am Line Dancing \$</p> <p>11:00am One Step to Safety \$</p> <p>1:00pm Chair Volleyball</p> <p>1:00pm Trivia!</p> <p>1:00pm American Mah Jong</p> <p>1:00pm Basics of iPhone/iPad</p> <p>1:15pm Movie Matinee: 80 For Brady</p> <p>5:00pm Pool Night</p> <p>6:00pm Cribbage</p>	<p>09</p> <p>9:00am Cribbage</p> <p>9:30am Low Impact w/ Shirley Mae \$</p> <p>9:30am Busy Bees</p> <p>10:00am COA Meeting</p> <p>10:00am Hand & Foot</p> <p>10:00am The Senior Players</p> <p>11:00am Cardio, Strength, and Balance \$</p> <p>1:00pm BINGO</p> <p>1:00pm Various Forms of Dementia</p> <p>1:00pm Chess</p> <p>1:00pm Cribbage Instruct.</p> <p>1:00pm Quilting</p> <p>1:00pm Dean College: Creative Writing</p>	<p>10</p> <p>9:00am Walking Group</p> <p>9:30am Bocce</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 Mobile Food Pantry</p> <p>11:00am Pound Fitness \$</p> <p>11:00am Franklin Q & A</p> <p>12:30pm Bridge</p> <p>1:00pm Joe Landry Presents: Shoe Stores In Franklin</p> <p>1:30pm Pathways to Healing Support Group</p> <p>1:00pm Senior Scribblers</p> <p>1:00pm Pokeno</p> <p>4:00pm Caregiver Support</p>	<p>11</p> <p>9:00am Cribbage</p> <p>9:30am Low Impact w/ Shirley Mae \$</p> <p>9:30am Busy Bees</p> <p>10:00am Discussion Group</p> <p>11:00am Cardio, Strength, and Balance \$</p> <p>11:00am Housing Market Update</p> <p>12:00pm Poker</p> <p>1:00pm Low Vision Support</p> <p>1:00pm Danielle's Art Class*\$</p> <p>1:00pm Open Art Studio</p> <p>1:00pm BINGO</p> <p>1:00pm Tai Chi \$</p> <p>4:30pm Pizza & Movie Night: A Man Called Otto **\$</p>	<p>12</p> <p>10:00am Woodcarving</p> <p>10:00am Hand & Foot</p> <p>11:00am ZUMBA \$</p> <p>11:00am Eat Around the World: MEXICO **\$</p> <p>12:00pm T.O.P.S. (Taking Off Pounds Sensibly)</p> <p>1:00pm Pokeno</p> <p>1:00pm Diamond Art</p> <p>Painting</p> <p>1:00pm Franklin Garden Club Presents: Spring Craft!</p> <p>2:00pm Silvertones</p> <p>Choral Group</p>
<p>15</p> <p>9:30am 6 Week Series with Steve Avellino \$</p> <p>9:30am Italian Conversation</p> <p>10:30am Poker</p> <p>11:00am Line Dancing \$</p>	<p>16</p> <p>9:00am Cribbage</p> <p>9:30am Low Impact w/ Shirley Mae \$</p> <p>9:30am Busy Bees</p> <p>10:00am Hand & Foot</p>	<p>17</p> <p>9:00am Annual Cribbage Tournament *\$</p> <p>9:00am Walking Group</p> <p>9:30am Bocce</p> <p>10:00am Chair Yoga \$</p>	<p>18</p> <p>8:30am Coffee Hour with State & Local Officials</p> <p>9:00am Cribbage</p> <p>9:30am Low Impact w/ Shirley Mae \$</p>	<p>19</p> <p>9:30am FOFE Meeting</p> <p>10:00am Woodcarving</p> <p>10:00am Hand & Foot</p> <p>10:00am Wood Carving Expo in honor of Basil LeBlanc</p>

May 2023 Calendar Continued 07

FRANKLIN SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>15 CONTINUED 11:00am One Step to Safety \$ 1:00pm Chair Volleyball 1:00pm Trivial 1:00pm American Mah Jong 1:15pm Movie Matinee: Mrs. Harris Goes To Paris 5:00pm Pool Night 6:00pm Cribbage</p>	<p>16 CONTINUED 10:30am Hearing Clinic 11:00am Cardio, Strength, and Balance \$ 12:30pm Ice Cream Truck! 12:30pm Legal Clinic 1:00pm BINGO 1:00pm Chess 1:00pm Cribbage Instruct. 1:00pm Quilting</p>	<p>17 CONTINUED 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong 11:00am Pound Fitness \$ 12:30pm Bridge 1:00pm Senior Scribblers 1:00pm Pokeno 1:00pm Memory Café</p>	<p>18 CONTINUED 9:30am Busy Bees 10:00am Discussion Group 11:00am Cardio, Strength, and Balance \$ 12:00pm Poker 1:00pm BINGO 1:00pm Tai Chi \$ 2:00pm Hands Only CPR Class*</p>	<p>19 CONTINUED 12:00pm T.O.P.S. (Taking Off Pounds Sensibly) 1:00pm Pokeno 1:00pm Diamond Art Painting 2:00pm Silvertones Choral Group</p>
<p>22 9:30am 6 Week Series with Steve Avellino \$ 9:30am Italian Conversation 10:30am Poker 11:00am Line Dancing \$ 1:00pm Tracking Priorities with iPhones and iPads 1:00pm Chair Volleyball 1:00pm Trivial 1:00pm American Mah Jong 1:15pm Movie Matinee: Purple Hearts 5:00pm Pool Night 6:00pm Cribbage</p>	<p>23 9:00am Cribbage 9:30am Low Impact w/ Shirley Mae \$ 9:30am Busy Bees 10:00am Hand & Foot 11:00am Cardio \$ 11:00am Let's Talk Mental Health 1:00pm BINGO 1:00pm Chess 1:00pm Audio Book Club 1:00pm Cribbage Instruct. 1:00pm Quilting</p>	<p>24 9:00am Walking Group 9:30am Bocce 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 Pokeno 4:00pm Caregiver Support Group</p>	<p>25 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 BINGO 1:00pm Tai Chi \$</p>	<p>26 CAFÉ CLOSED TODAY 10:00am Woodcarving 10:00am Hand & Foot 9:00am Memorial Day Breakfast* 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</p>
<div style="display: flex; justify-content: space-between; align-items: center;"> <div data-bbox="1079 178 1193 556" style="text-align: center;">  HAIRDRESSER/BARBER TUES & WED BY APPT </div> <div data-bbox="1201 178 1323 556" style="text-align: center;">  MANICURES: EVERY OTHER TUESDAY BY APPT </div> <div data-bbox="1331 178 1542 556" style="text-align: center;">  BLOOD PRESSURE & SUGAR TESTING WED & THURS </div> </div> <div style="text-align: center; margin: 20px 0;">  </div> <div data-bbox="1079 1291 1193 2032" style="text-align: center;"> <p>30 9:00am Cribbage 9:30am Low Impact w/ Shirley Mae \$ 9:30am Busy Bees 10:00am Hand & Foot 11:00am Cardio \$ 1:00pm BINGO 1:00pm Chess 1:00pm Audio Book Club 1:00pm Cribbage Instruct. 1:00pm Ted Talks w/ Danielle 1:00pm Quilting 2:30pm Rainbow Cafe</p> </div> <div data-bbox="1201 1291 1542 2032" style="text-align: center;">  <p>29 SENIOR CENTER CLOSED</p> </div>				

LOW VISION PROGRAMS

Thursday, May 4th at 1:00pm:

Assistive Technology with Jerry Feliz

Tuesday, May 9th at 1:00pm:

Audio Reading of the Senior Center May Newsletter. (PHONE)

Thursday, May 11th at 1:00pm:

Low Vision Support Group Discussion on needs, concerns, topics of interest for future.

Tuesday May 23rd & 30th at 1:00pm:

Audio Book Club : *Anxious People*
by Fredrick Backman

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



"Scams targeting older adults are on the rise. In 2021, there were 92,371 older victims of fraud resulting in \$1.7 billion in losses (a 74% increase in losses compared to 2020). The most common financial scams targeting older people include government impersonation scams (IRS, Social Security, Medicare), sweepstakes scams (you're a winner), and robocall scams (Can you Hear me?). Financial crimes against older adults can be devastating, often leaving victims with no way to recoup their losses.

Scams are specifically designed to catch us off guard, and they can happen to anyone. Keep handy the phone numbers of resources that can help including the local police, your bank, and your local Senior Center. Report the scam, there's no need to be ashamed! Sharing your experience can help prevent it from happening to another older adult!"

<https://ncoa.org/article/top-5-financial-scams-targeting-older-adults>

VETERANS' SERVICES OFFICE (508) 613-1315



May 3 – Veterans' Coffee Social – 10:00 a.m. at the Senior Center. All Veterans are welcome to join us for updates, coffee and conversation!

May 12 – 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 18 – Veterans' Council/Memorial Day Parade Meeting – 7:00 p.m. at the Senior Center. All members of the community interested in Veterans' activities are invited.

May 20 - 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 26 – 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 29 – 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 School Street, to Union Street and St. Mary's Cemeteries via 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 the 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.

09 FOFE Donations & Cribbage Tournament

THE FRANKLIN SENIOR CENTER

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, May 19th @ 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**

IN MEMORY/HONOR OF...

JoAnn Wright **in Memory of** Gloria Gelineau
 Jean Tolland **in Memory of** Gloria Gelineau
 Donna Swift **in Memory of** Dominick Forti
 Paulette Mabardy **in Honor of** Donna Haynes
 Catherine McNiff **in Memory of** J. Kevin McNiff
 Steven & Linda Carlucci; Maria & Bob Mucciarone **in Memory of** Anthony M. Carlucci, Angelina C. Carlucci, and Anthony N. Carlucci
 Joseph & Carol Wheeler **in Memory of** Roger Hines
 JoAnn Wright **in Memory of** Roger Hines
 Richard & Marie Blouin **in Memory of** Gloria Gelineau
 Patricia Santoro **in Memory of** Marion Arcaro
 Bill Laquidera **in Memory of** Leon "Sonny" Bertone
 Edward Colace **in Memory of** Leon "Sonny" Bertone

DONATIONS

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 Deryl Gilbane
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 Julie & Richard McAllister
 Bernard & Marie Mullaney
 Desiree Aselbekian
 Karen McWilliams
 Joseph & Kathleen Lynch
 Dianne Reinhardt

THANK YOU!

CRIBBAGE TOURNAMENT

Wednesday, May 17th

Check in at 9:00am

Play begins at 9:30am Sharp!

\$3.00 to Enter

Represent your Senior Center—Register Now!



10 Exciting Opportunities and Laughs

Franklin Senior Center's Second Annual

SENIOR OLYMPICS

June 12- June 23, 2023

\$5 to compete in any and all events

\$10 to compete and join the Go For the Gold Party Friday 6/23!

REGISTER BY JUNE 5TH IF INTERESTED IN COMPETING!

KICKOFF EVENT at GILLETE STADIUM
TUESDAY, MAY 16TH (TIME: TBD)



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LOADING...

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\$5.00/PERSON

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MAY 1- JUNE 9

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WEIGH INS EVERY WEEK

Every Wednesday at 1:00pm come for a program to assist you on your weight loss journey!

- May 3: Food Journaling & Recognizing What we Eat
- May 10th: Meal Food Prep w/ Chef Anne
- May 17th: Importance of Moving Your Body
- May 24th: Summer Holidays & Food Choices
- May 31st: Let's Talk Fad Diets

Call and Sign Up Now!! 508-520-4945
Prizes for Winners!

May Jokes

It's allergy season again?! You've got to be pollen my leg.

What's a flower's favorite type of pickle? A daffo-dill

When is it impossible to plant flowers? When you haven't botany

What did Luke Skywalker say while playing golf?... May the course be with you!

What do you call Mexican food that slowly moves? Inch-iladas.

What does a bee get from visiting too many flowers? High bud- pressure

What did the alien say to the flower bed? Take me to your weeder!

Who conducts the spring orchestra? The May- stro



BRAVA to all of our Senior Players on their Spring Performance! It was a hit!

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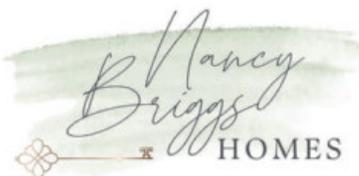
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Franklin Senior Center

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OUR MISSION

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.

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