

December 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-2PM

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!

Connection

Franklin Senior Center's Monthly Newsletter



WITH LOVE FROM OUR FAMILY TO YOURS-HAPPY HOLIDAYS!!



WE ARE **LOOKING FOR A NEW LOGO** FOR THE SENIOR CENTER THAT WILL STRENGTHEN OUR CENTER'S BRAND AS

CALLING ALL ARTISTS:

WELL AS ENGAGE AND ATTRACT MEMBERS! THE NEW LOGO WILL BE USED ON FLYERS, PROMOTIONAL MATERIALS, OUR WEBSITE, AND SOCIAL MEDIA!

DEADLINE TO SUBMIT LOGO DESIGNS IS **<u>DECEMBER 9TH</u>** ALL ENTRIES CAN BE SUBMITTED TO OUR

GOOGLE FORM: https://forms.gle/9PMKvzutrM6r6PWz9 OR EMAILED TO DANIELLE: DHOPKINS@FRANKLINMA.GOV

CALL FOR MORE INFO 508-520-4945



DECEMBER HAPPENING

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



MOBILE FOOD PANTRY Wed, Dec 14th

11-12p

Partnering with the **Franklin Food Pantry** and the YMCA. Come to receive a bag of stable items, choice of proteins, and dairy items!

Come test your knowledge and join us for Trivia EVERY MONDAY at 1:00pm Have fun and win Prizes!



Come Enjoy the Holiday musical stylings of

The Southeastern MA Community **Concert Band**

Monday, December 5th @ 7:00PM AT THE FRANKLIN SENIOR CENTER

MASKS & SOCIAL DISTANCING ENC





CONGRATS TO OUR BUTTERBALL WEIGHTLOSS COMPETITION WINNERS!

> 1st: Phil P 2nd: Bill L 3rd: Debbie E

Goodbye 2022. Hello 2023! 🔩

Friday, December 30th @ 12:00

SENIOR PLAYERS:

You are invited to join us! Starting on Tuesday, January 17th! No experience required. On Stage or Backstage- it's all fun! Sign up and come out to PLAY! For more

info, call Jeanette 508-528-9503



ART CORNER

Art Class with Danielle December 14th at 1:00PM \$4.00/person All Levels Welcome Call to Register!



Winter Wonderland Memory Stockings



December 8th at 2:00PM Come decorate a stocking in memory of a loved one or friend to display at our Winter Wonderland Event.

Diamond Art Painting class Every Friday at 1:00pm

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**, **Dec 21st** at 1pm at our "Where's The Toast" memory Cafe. Justyna Giermola 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, so-

Mass Cultural Council

Mass cialization and engagement. Please RSVP to Ariel: <u>adoggett@franklinma.gov</u> 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 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. **December 14th at 1:30pm.**

HEARING AND VISION SUPPORT GROUPS

Thursday, December 1st at 1:00pm: Assistive Technology with Jerry Feliz

Tuesday, December 6th at 1:00pm: Audio Reading of the Senior Center December Newsletter. (PHONE)

Thursday, November 8th at 1:00pm: Low Vision Support Group

Thursday, December 15th at 1:00pm: Vision Loss Adjustment Counseling

Tuesday, December 20th at 1:00pm: Audio Book Club (PHONE)

Thursday, December 22nd at 1:00pm: Audio Described Movie: White Christmas

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



THE FRIENDS OF FRANKLIN ELDERS AND THE FRANKLIN SENIOR CENTER PRESENTS:



Come out for an evening of holiday cheer to see a display of beautifully decorated Holiday Trees while enjoying live entertainment and light refreshments

THURSDAY, DECEMBER 15TH 4:30-7:00PM



CONGRATULATIONS TO POLICE CHIEF THOMAS LYNCH AND THE ENTIRE FRANKLIN POLICE DEPARTMENT FOR THEIR ACCREDITATION BY THE MASSA-CHUSETTS POLICE ACCREDITA-TION COMMITTEE. THIS IS A HUGE ACCOMPLISMENT AND







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12 1:00PM AMERICAN MAH JONG 1:00PM TRIVIA! 1:15PM MOVIE MATINEE: A CHRISTMAS STORY 2:00PM ESTATE PLANNING SEMINAR** 4:30PM VINYASA YOGA 5:00PM POOL NIGHT 6:00PM CRIBBAGE	199:30AM6 WEEK SERIES:**\$9:30AM1TALIAN CONVO9:30AM1TALIAN CONVO10:30AMPOKER11:00AMLINE DANCING \$11:00PMLINE DANCING \$11:00PMLINE DANCING \$11:00PMNOLLEYBALL1:00PMAMERICANMAHJONG1:15PMMAH1:15PMMOVIE MATINEE:WHITE CHRISTMAS4:30PM5:00PMPOOL NIGHT6:00PMCRIBBAGE	26 SENIOR CENTER CLOSED CLOSED

** 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 Fr	anklin Elders, INC.	In Memory of
a private, non-profit is to provide funds equipment for the Fra not be provided by st Friends raise funds th nations, and special scheduled for Friday, Decen The public i	 Iklin Elders, Inc. (FOFE) is organization whose purpose for programs, services, and inklin Senior Center that canate or local government. The nrough membership fees, doevents. Our next meeting is Iber 16th @ 9:30 am. swelcome to attend. JoAnn Wright, President Nan Rafter, Vice President Julie Garilli, Treasurer Margie Lane, Secretary arol Ellsworth, Helen Power, Paula Lombardi, Pam Spicer. 	James and Pat Santoro in memory of Ed- ward Hunchard Stephen Arnold in memory of Steven Haskell Pam DeGrazia in memory of Frank DeGrazia and Paul DeGrazia Ronald Taddeo in memory of Jean Taddeo Doris and Kathleen Duggan in memory of Ire- ne Jones Chris and Kerriann Malatesta in memory of Ed Hunchard Louise Vozzella in memory of Lillian Morris- sey Claire and Walter Vaughan in memory of Fil Morrissey Donations Marjorie C. Hanavan

Veterans' Services Office (508) 613-1315

December 7th - Monthly Coffee Social featuring a holiday performance by the Silvertones!

December 8th – Veterans' Resume Writing Workshop: 11:00am- 1:00pm. Call Veterans' Services Office to sign up and for more details.

The *Tune It Out* guitar lessons program for veterans meets on **Tuesdays at 5:30pm** at the Senior Center. There is no charge for lessons and no guitar experience is required. Call the Veterans' Services Office for details.



THANK YOU SUE BARBOUR AND MAGGIE GUNDERSEN!



After 20+ years of dedication and work at the Senior Center, **Sue Barbour**, our program coordinator, has decided to RE-TIRE. Although we are sad to see her leave, we are so excited for this new chapter in her life and wish her only the best! Hopefully she continues to stop by and take advantage of all the fun things to do at the Senior Center too!

We will miss you!

We are also sad to see **Maggie Gunderson**, our social services coordinator, leave as well. Maggie has been instrumental in providing resources and assistance to our community and she will be missed. We wish her the best in her new adventure!





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

<u>781-237-1515</u> ~ <u>800-697-7657</u>

FRANKLIN COUNCIL ON AGING

Officers:

Chairman	Bob Crowley
Vice Chair	Jan Jewett
Secretary	Lyn O'Brien

Members:

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

Staff:

Director Deputy Director Administrative Assistant Respite Coordinator Supportive Day Coordinator Supportive Day AssistantKa Wellness Nurse Kitchen Manager Line Cook	Christina LaRose Mary Hynes Ariel Doggett Donna Haynes athleen Laughran Trish Collatos Anne Scungio
Line Cook Line Cook Veterans' Services Officer Veterans' Services Assistant	Marilyn Howe Loretta Taddeo Shannon Nisbett
Public Health Nurse	Alisha Deptula

The Franklin Connection is distributed with funds provided by the Executive Office of Elder Affairs, and FOFE

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

December Presentations- Call to Register!

Let's Discuss Rightsizing with Suburban Lifestyle Tuesday, December 6th at 12:00PM
Holiday Traditions Around the World with Danielle Tuesday, December 6th at 2:00PM
Joe Landry Presents: Franklin Trivia Wednesday, December 7th at 1:00pm
Estate Planning Seminar Monday, December 12th at 2:00pm
Stop the Bleed Training with the Health Dept. Tuesday, December 13th at 2:00pm
Franklin Q & A with Steve Sherlock Wednesday, December 21st at 11:00AM

Jokes of the Month-

What goes "Oh, Oh, Oh"? Santa walking backwards!

Why are Christmas trees so bad at sewing? They always drop their needles!

What is the difference between snowmen and snowwomen? Snowballs

How did Mary and Joseph know Jesus' weight when he was born? They had a weigh in a manger!

Who is Santa's favorite singer? Elf-is Presley!

People think it's easy being a comedian in the winter. But it's snow joke.

By the end of the Twelve Days of Christmas song, your home is crammed with 23 flying Birds and 50 hyperactive Humans.

REMINDER: All entrants are now required to show proof of vaccination against COVID-19 or wear a mask while not consuming food or beverages.



COME AND TOUR THE SENIOR CENTER AND SEE WHAT GREAT THINGS WE ARE DOING!

