



THE FRANKLIN Connection



November

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!

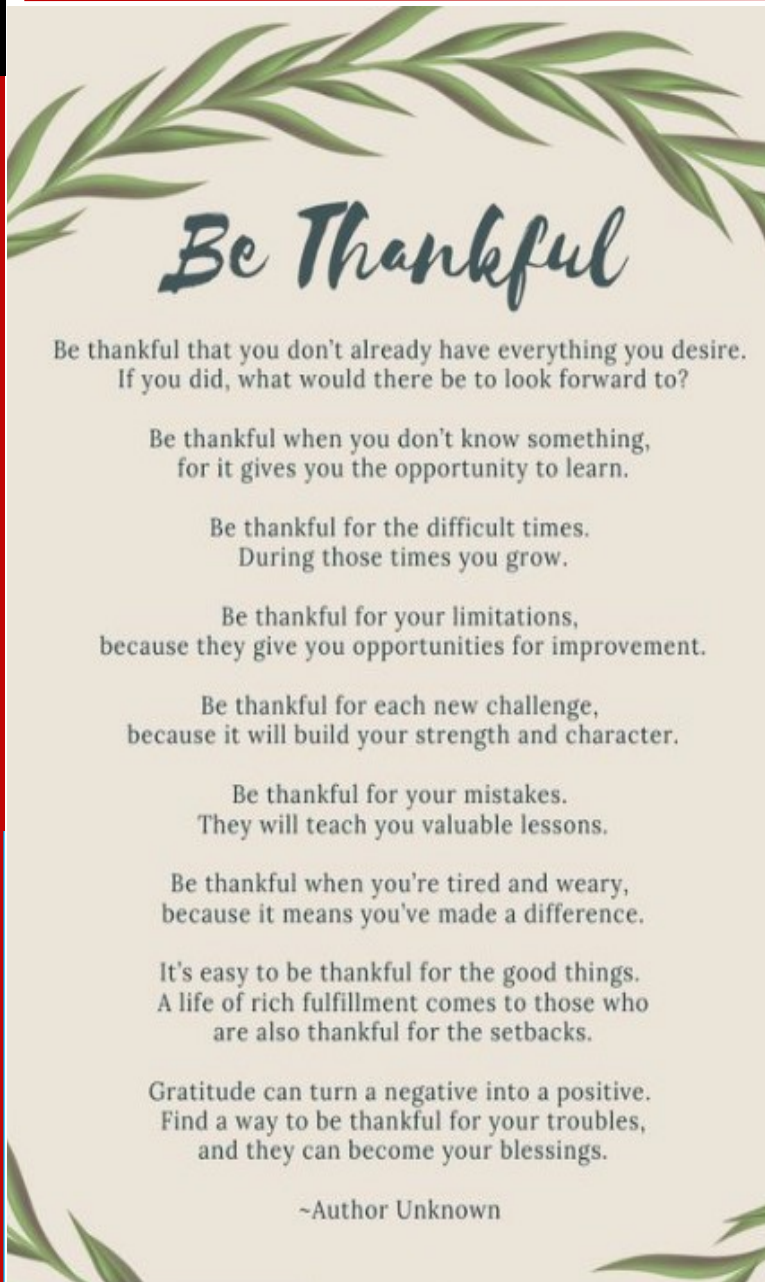
MON-FRI

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!



Be Thankful

Be thankful that you don't already have everything you desire.
If you did, what would there be to look forward to?

Be thankful when you don't know something,
for it gives you the opportunity to learn.

Be thankful for the difficult times.
During those times you grow.

Be thankful for your limitations,
because they give you opportunities for improvement.

Be thankful for each new challenge,
because it will build your strength and character.

Be thankful for your mistakes.
They will teach you valuable lessons.

Be thankful when you're tired and weary,
because it means you've made a difference.

It's easy to be thankful for the good things.
A life of rich fulfillment comes to those who
are also thankful for the setbacks.

Gratitude can turn a negative into a positive.
Find a way to be thankful for your troubles,
and they can become your blessings.

~Author Unknown



Art class with Danielle



Happy 100th Birthday Bob!



Congrats to Faith Flaherty for winning the Cribbage Tournament



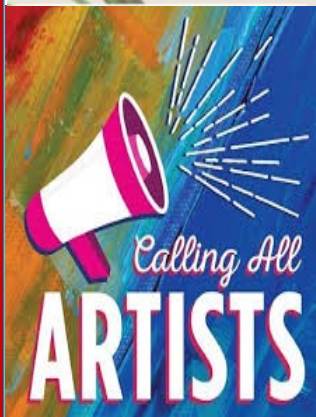
CALLING ALL ARTISTS:

WE ARE **LOOKING FOR A NEW LOGO** FOR THE SENIOR CENTER THAT WILL STRENGTHEN OUR CENTER'S BRAND AS 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 **NOVEMBER 30TH**.
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



NOVEMBER HAPPENINGS



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

MOBILE FOOD PANTRY

Wed, Nov 9th

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!



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, Nov. 29th @ 2:30 PM

Call to Register



TECHNOLOGY CLINIC

Nov 16th @ 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!



KNIGHTS OF COLUMBUS PIE DONATIONS

CALL TO RESERVE A PIE: LIMITED AVAILABILITY
PIE PICKUP: NOVEMBER 23RD, 11:00AM-1:00PM
Franklin Senior Center 508-520-4945



HEARING CLINIC

CALL TO MAKE AN APPOINTMENT

Hearing assessment, ear and hearing aid cleaning, etc.

Wednesday,

November 2nd and 16th

10a-12p; 20 min appts

DINNER AND A MOVIE NIGHT: DOG

November 10th @ 4:30pm



Come out for a relaxing night out to eat dinner and watch a movie with friends

Dinner: Hot Dogs, Beans, and Brown Bread

\$3.00 /person

Call to Register
by 11/9

ART CORNER

Art Class with Danielle

November 16th at 1:00PM

\$4.00/person

All Levels Welcome

Call to Register!



Holiday Fabric Postcards

November 17th at 1:30PM

Come learn how to make holiday fabric postcards by Sue Lynch!

Call to Register

Seats Limited to 15

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, Nov. 16th** at 1pm at our "Where's The Toast" memory Cafe. Alex Connolly 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. **November 9th at 1:30pm.**

HEARING AND VISION SUPPORT GROUPS

Tuesday, November 1st at 1:00pm: Audio Reading of the Senior Center November Newsletter. (PHONE)

Thursday, November 3rd at 1:00pm: Assistive Technology with Jerry Feliz

Tuesday, November 8th at 1:00pm: Tele-a-phun with Maggie

Thursday, November 10th at 1:00pm: Low Vision Support Group

Thursday, November 17th at 1:00pm: Vision Loss Adjustment Counseling (peer support group)

Tuesday, November 15th and 22nd at 1:00pm: Audio Book Club: Kane and Abel by Jeffrey Archer (PHONE)

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



You are invited to a

Friends giving

with live entertainment

FRIDAY, NOVEMBER 18TH

AT 11:00 AM

\$6.00/person

Call to Register 508-520-4945

MENU:

ROASTED BROWN SUGAR CINNAMON SWEET POTATOES

MAPLE GLAZED BRUSSEL SPROUTS

ROASTED HERB CHICKEN THIGHS WITH GRAVY





Cheers to Retirement!

COME PARTY LIKE IT'S SUE BARBOUR'S LAST DAY!

WEDNESDAY
NOVEMBER
30TH
AT 1:30PM

FRANKLIN
SENIOR
CENTER

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| November 2022  | 1 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 BINGO 1:00PM CRIBBAGE INSTR. 1:00PM QUILTING 1:00PM CHESS 1:00PM AUDIO READING OF NEWSLETTER | 2 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 SENIOR SCRIBBLERS 1:00PM: JOE LANDRY TALK 1:00PM BRIDGE 1:00PM: BUTTERBALL TALK 2:00PM MAN IN THE ARENA: TOM BRADY | 3 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 SUPPORT GROUP 1:00PM BINGO 1:00PM TAI CHI \$ 2:00PM DANCE EXERCISE \$ | 4 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 |
| 7 9:30AM 6 WEEK SERIES: CORE STABILITY*\$ 9:30AM ITALIAN CONVO 10:30AM POKER 11:00AM LINE DANCING \$ 1:00PM CHAIR VOLLEYBALL 1:00PM AMERICAN MAH JONG 1:00PM TRIVIA! 1:15PM MOVIE MATINEE: THE AMERICAN PRESIDENT 4:30PM VINYASA YOGA 5:00PM POOL NIGHT 6:00PM CRIBBAGE | 8 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 \$ 1:00PM BINGO 1:00PM MEL STILLER SING ALONG 1:00PM CHESS 1:00PM CRIBBAGE INSTR. 1:00PM QUILTING 2:00PM TED TALKS W/ DANIELLE: GRATITUDE** | 9 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 MOBILE FOOD PANTRY 1:00PM SENIOR SCRIBBLERS 1:00PM PATHWAYS TO HEALING SUPPORT GROUP 1:00PM BRIDGE 2:00PM MAN IN THE ARENA: TOM BRADY 4:00PM CAREGIVER SUPPORT GROUP | 10 9:00AM CRIBBAGE 9:30AM BUSY BEES 9:30AM LOW IMPACT \$ 9:30AM BOCCIE 10:00AM FRAUD, LEGAL, & PROTECTIVE SERVICES** 10:00AM DISCUSSION GROUP 11:00AM CARDIO, STRENGTH & BALANCE \$ 11:00AM: BUTTERBALL TALK 12:00PM POKER 12:30PM OPEN ART STUDIO 1:00PM LOW VISION 1:00PM BINGO 1:00PM TAI CHI \$ 2:00PM DANCE EXERCISE \$ 4:30PM DINNER AND A MOVIE: DOG | 11 SENIOR CENTER CLOSED  |
| 14 9:30AM 6 WEEK SERIES: CORE STABILITY*\$ 9:30AM ITALIAN CONVO 10:30AM POKER 11:00AM LINE DANCING \$ 1:00PM TRIVIA! 1:00PM CHAIR VOLLEYBALL 1:00PM BOOK CLUB | 15 9:00AM CRIBBAGE 9:30AM BUSY BEES 9:30AM LOW IMPACT W/ SHIRLEY MAE \$ 10:00AM HAND & FOOT 11:00AM CARDIO, STRENGTH & BALANCE \$ | 16 9:00AM WALKING GROUP 10:00AM CHAIR YOGA \$ 10:00AM KNITTING 10:00AM HEARING CLINIC* 10:00AM PHOTOGRAPHY**\$ 10:00AM SCRABBLE 10:00AM ASIAN MAH JONG 11:00AM POUND FITNESS \$ | 17 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 11:00AM CARDIO, STRENGTH & BALANCE \$ | 18 9:30AM FOFE MEETING 10:00AM WOODCARVING 10:00AM HAND & FOOT 11:00 AM FRIENDSGIVING MONTHLY PARTY 12:00PM T.O.P.S (TAKING OFF POUNDS SENSIBLY) |

| | | | | |
|--|--|--|---|--|
| 14 1:00PM AMERICAN MAH JONG TRIVIA! 1:00PM MOVIE MATINEE: HUSTLE 1:15PM VINYASA YOGA 4:30PM POOL NIGHT 5:00PM CRIBBAGE 6:00PM | 15 12:30PM LEGAL CLINIC** 1:00PM BINGO 1:00PM CHESS 1:00PM CRIBBAGE INSTR. 1:00PM QUILTING 2:00PM MUSIC APPRECIATION CLASS WITH DANIELLE** 5:30PM VETERANS: TUNE IT OUT GUITAR LESSONS | 16 11:00AM FRANKLIN Q & A 1:00PM SENIOR SCRIBBLERS 1:00PM ART CLASS W/ DANIELLE**\$ 1:00PM BRIDGE 1:00PM MEMORY CAFÉ ** 2:00PM MAN IN THE ARENA: TOM BRADY DOCUMENTARY EP. 10 2:30PM TECHNOLOGY CLINIC** | 17 12:00PM POKER 12:30PM OPEN ART STUDIO 1:00PM BINGO 1:00PM TAI CHI \$ 1:30PM HOLIDAY FABRIC POSTCARDS** 2:00PM DANCE EXERCISE \$ | 18 1:00PM POKENO 1:00PM DIAMOND ART PAINTING 2:00PM SILVERTONES CHORAL GROUP CAFÉ CLOSED TODAY |
| 21 9:30AM 6 WEEK SERIES:**\$ BRAIN HEALTH MOVEMENT 9:30AM ITALIAN CONVO 10:30AM POKER 11:00AM LINE DANCING \$ 1:00PM CHAIR VOLLEYBALL 1:00PM AMERICAN MAH JONG TRIVIA! 1:15PM MOVIE MATINEE: THE UPSIDE 4:30PM VINYASA YOGA 5:00PM POOL NIGHT 6:00PM CRIBBAGE | 22 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 AUDIO BOOK CLUB 1:00PM BINGO 1:00PM CHESS 1:00PM CRIBBAGE INSTR. 1:00PM QUILTING 5:30PM VETERANS: TUNE IT OUT GUITAR LESSONS | 23 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 PIE PICKUP ** 1:00PM SENIOR SCRIBBLERS 1:00PM BRIDGE 4:00PM CAREGIVER SUPPORT GROUP | 24 SENIOR CENTER CLOSED  | 25 SENIOR CENTER CLOSED  |
| 28 9:30AM 6 WEEK SERIES:**\$ BRAIN HEALTH MOVEMENT 9:30AM ITALIAN CONVO 10:30AM POKER 11:00AM LINE DANCING \$ 1:00PM CHAIR VOLLEYBALL 1:00PM AMERICAN MAH JONG TRIVIA! 1:15PM MOVIE MATINEE: THE PREACHER'S WIFE 4:30PM VINYASA YOGA 5:00PM POOL NIGHT 6:00PM CRIBBAGE | 29 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 BINGO 1:00PM CHESS 1:00PM CRIBBAGE INSTR. 1:00PM QUILTING 2:30PM RAINBOW CAFÉ** 5:30PM VETERANS: TUNE IT OUT GUITAR LESSONS | 30 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 \$ 1:00PM SENIOR SCRIBBLERS 1:00PM BRIDGE 1:30PM WE'RE GONNA PARTY LIKE IT'S SUE'S LAST DAY! | HAIRDRESSER/BARBER MON & WED BY APPT  MANICURES: EVERY OTHER TUESDAY BY APPT  BLOOD PRESSURE & SUGAR TESTING WED & THURS  PODIATRIST CALL FOR INFO  |  Save the Date: Winter Wonderland FRANKLIN SENIOR CENTER DECEMBER 15TH 4P-7P |

**** 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.

In Memory of...

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, November 18 @ 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.

William R. Koplin in memory of **Linda Koplin Janet Boudreau and Rick Brown** in memory of **James Thomas Bradley, Jr.**

Helen and William Power in memory of **David McSwain, Ted Carpenter, and Honoring all the Silvertone Singers who performed and sang in the past and present.**

Nancy Rappa in memory of **Bob Rappa and Joe Rappa**

Excelsior Lodge AF & AM Medway in memory of **Dona Mackintosh**

Donations

Helen and William Power

Veterans' Services Office (508) 613-1315

November 2 – Monthly Coffee Social – 10:00 a.m. at the Senior Center. All veterans are invited.

Franklin veteran Bob Crowley will share information and photos about his recent Honor Flight trip to Washington, DC to view our military memorials. Honor Flights are available to WWII, Korean and Vietnam Veterans at no cost. Information about applying for an Honor Flight trip will be available at the Social.

November 10 – Marine Corps 247th Birthday



November 11 – Veterans' Day - Is the anniversary of the signing of the armistice treaty which ended WWI and the day to thank military veterans for their service.

Veterans' Day Luncheon – 11 a.m. at the Elks Lodge at 1077 Pond Street. Franklin Purple Heart recipient Robert Gardner will be the featured speaker. The event will be videotaped and shown on Franklin TV. THANK YOU to all who have served in the U.S. Military! We are the Land of the Free because of the Brave!

November 15 - Tune It Out Open House - 5:30 p.m. - 6:30 p.m. Any veteran interested in learning to play the guitar is welcome. Meet the instructors and other learners. No guitar experience needed.

November 17 - 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!

The next brick installation on the Veterans Memorial Walkway is scheduled to coincide with Veterans' Day. Brick orders are now being accepted for the Memorial Day installation.

Holiday cards for veterans who are deployed are available to sign in the Senior Center lobby.



HONORING THOSE WHO HAVE SERVED

VETERANS DAY LUNCHEON

Friday, November 11th at 11:00am

Featuring Guest Speaker and
Purple Heart Recipient Robert Gardner

RSVP 508-613-1315 @Franklin Veterans' Services
At the Franklin Elks Club, 1077 Pond Street, Franklin, MA

**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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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

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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 Chair.....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

November Presentations– Call to Register!

Joe Landry Presentation

Wednesday, November 2nd at 1:00PM

Ted Talks: The art of Gratitude and Life's Simplest Pleasures

Tuesday, November 8th at 2:00PM

Fraud, Legal, and Protective Services by Tri County Students

Thursday, November 10th at 10:00AM

Music Appreciation Class with Danielle

Tuesday, November 15th at 2:00pm

Franklin Q & A with Steve Sherlock

Wednesday, November 16th at 11:00AM

Butterball Competition Health & Diet Educational Classes

Wednesday, November 2nd at 1:00PM: Move Your body: Active vs. Sedentary Lifestyles

Thursday, November 10th at 11:00AM: Maintenance & Mentality



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

"Why did the farmer have to separate the chicken and the turkey?" "He sensed fowl play."

"What key has legs and can't open a door?" "A turkey."

"Why did they let the turkey join the band?" "Because he had his own drumsticks."

"What happened to the turkey that got in a fight?" "He got the stuffing knocked out of him!"

"What do you call a running turkey?" "Fast food."

"What do you get if you cross a turkey with a ghost?" "A poultry-geist."



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



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