



# THE FRANKLIN Connection

FRANKLIN SENIOR CENTER'S MONTHLY NEWSLETTER

SEPTEMBER 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

*Starting on Wed 9/13, Open Until 5:30p*

Social Services by appointment.

### 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: Director's Message & Pictures

Page 3: September Happenings

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Page 5: Caregiver Corner and  
Support Groups

Page 6 & 7: The September Calendar

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9/11 Remembrance Ceremony,  
and Veterans Services

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Senior Scribblers Book Release Party

### Message from the Director

September is National Senior Center Month— and we are bringing it in with style, positive energy, and lots of activities and programs! We are very blessed to have such an awesome senior center— a beautiful building, fantastic staff, full support from the community, delicious meals, and a slue of engaging programs. And KUDOS to ALL OF YOU who make the Franklin Senior Center, each and everyday, a FUN and VIBRANT place to be!

*-Danielle*





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**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





FRANKLIN SENIOR CENTER  
MONTHLY PARTY  
SPONSORED BY FOFE

# Blues Blues Blues

SEPTEMBER 15TH AT 11:00AM

**CALL TO REGISTER! \$6/PERSON**

HAM, AU GRATIN POTATOES,  
ASPARAGUS, WALDORF SALAD, &  
UPSIDEDOWN PINEAPPLE CAKE



## PIZZA & MOVIE NIGHT:

**"INDIANA JONES AND  
THE DIAL OF DESTINY"**

Thursday, September 14th

at 4:30pm

\$3.00/person

Must call to Register by Sept. 12th

## FLU CLINIC



AVOID the Flu and get  
the flu shot! Free flu  
clinic for adults over 18.  
Senior shots available.

September 28th from 12-3pm

For more information call 508-613-1334  
Franklin Health Department

## INTERESTED IN INTERNATIONAL TRAVEL!!

The Franklin Senior Center is going  
international! Join us for an informational  
session on Sept. 13th @ 1pm to hear all the  
details about our planned trips to Sunny  
Portugal (April 27-May 6) and Italy (Oct. 23-  
Nov. 1). Can't wait to hear the details, stop  
by the front desk and ask for Ariel.



## WANT TO JOIN OUR FANTASY FOOTBALL LEAGUE?

*Live and In Person Draft:  
Tues, Sept 5th at Noon*

*Contact Danielle  
for Details*

*\$10/ person*





# 04 September 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!

Wed. Sept. 13th at 11:00am



## CARDIO FUSION

High Intensity  
Cardio class with  
Judi.

Every Wednesdays @4:00 pm  
starting 9/13

All levels welcome - \$3/class



## EAT AROUND THE WORLD

This Month: FRANCE

Friday, Sept. 22nd  
at 11:00 am

Call to Register!- \$6/person



## Rainbow Café

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

Tues, Sept 26th @ 2:30pm



## PRESENTATIONS – CALL TO REGISTER!

### DRUM CIRCLE

SEPTEMBER 8TH AT 1PM

Drumming circles are an effective tool marking statistically significant changes in physical, emotional, mental health and wellness! Come join this informal group lead by percussionist Kimberlee O'Brian.

### MOVING IN THREE PLANES OF MOTION

MONDAYS: 9/11, 9/18, 9/25, 10/2, 10/16, 10/23 AT 9:30AM

A 6 week program designed to redesign the ways our bodies move. We should move in the three planes of motion (think vacuuming or yard work) but we don't. Program is facilitated by Steve Avellino CFT, CES, SSF, SSN, CSCS

### THE NEUROSCIENCE OF PREJUDICE

MONDAY, SEPT. 11TH AT 1:30PM

Where do unconscious biases come from? This presentation reviews the neuroscientific evidence of bias in the brain. Review evolutionary development of human cognition "us vs. them" and related behaviors. Explore strategies for reducing implicit prejudice.

### NAVIGATING LONG TERM CARE INSURANCE—PRESENTED BY AMANDA

~~TUESDAY, SEPT. 12TH AT 1PM~~

Wed, Sept. 20th at 11am

Review key terms and policy structure to know what benefits and amounts a long term care insurance policy will cover. Learn the steps to filing a claim!

### RED CROSS DISASTER PREPAREDNESS

MONDAY, SEPT. 18TH AT 11AM

Tips and tools to help you and your household be ready for an emergency.

### CHARM MEDICAL SUPPLY AND COFFEE HOUR

WEDNESDAY, SEPT. 20TH AT 11AM

Charm medical supplies free personal care and nutritional products. Bring your insurance card to see if you qualify.

Cancelled

### MEDICARE: SUPPLEMENTAL VS. ADVANTAGE PLANS

MONDAY, SEPT. 25TH AT 1PM

Medicare Supplement plans or advantage plans? Which coverage is right for me? Presented by Susan Flanagan of BCBSMA

### MA COLLEGE OF PHARMACY AND HEALTH SERVICES—PHARMACY OUTREACH

THURSDAY, SEPT. 28TH AT 1PM

Learn about reducing the cost of your medications, medication therapy management, and your Medicare prescription plan.



# Caregiver Corner and Support Groups 05

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 info call Kathleen Laughran at 508-520-4945 or email at [klaughran@franklinma.gov](mailto:klaughran@franklinma.gov)

**MEMORY CAFÉ** Please join us Wednesday, Sept. 20th 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 and wellbeing whilst living with a long term health condition. **Sept. 7th at 1pm**

## PATHWAY TO HEALING BEREAVEMENT

**SUPPORT GROUP** Join this monthly group to help people with their journey of healing after a loved one passes. **Sept. 13th at 1:30pm**



**FRANK'S APPLIANCE**  
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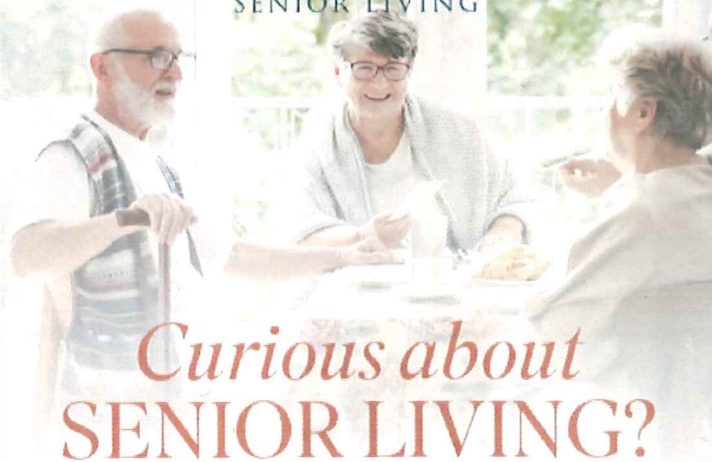
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## September 2023 Calendar

THE FRANKLIN SENIOR CENTER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



# HELLO September

04 SENIOR CENTER

CLOSED



11 CAFE closed for  
Breakfast only

9:00am 9/11 Remembrance

Ceremony

9:30am Italian Novel Reading

9:30am 6 Week Series with

Steve Avellino \$ (Wk 1)

10:30am Poker

11:00am Line Dancing \$

12:15pm One Step To Safety \$

1:00pm Trivia!

1:00pm Chair Volleyball

05

9:00am Cribbage

9:30am Low Impact \$

9:30am Busy Bees

10:00am The Senior Players

10:00am Hand &amp; Foot

10:30am Hearing Clinic

11:00am Cardio, Strength, Balance \$

12:00pm Fantasy Football Draft

1:00pm BINGO

1:00pm Chess

1:00pm Cribbage Instruct.

1:00pm Quilting

1:00pm Audio Reading of  
the Newsletter

06

9:00am Walking Group

10:00am Veterans Coffee Social

10:00am Chair Yoga \$

10:00am Knitting

10:00am Scrabble

10:00am Asian Mah Jong

11:00am Five Wishes (Pt 2)

11:00am Pound Fitness \$

12:30pm Bridge

1:00pm Senior Scribblers

1:00pm Pokeno

07

9:00am Cribbage

9:30am Low Impact \$

9:30am Busy Bees

10:00am Discussion Group

10:15am Bible Study

11:00am Cardio, Strength, Balance \$

12:00pm Poker

1:00pm Low Vision Technology

1:00pm BINGO

1:00pm Tai Chi \$

1:00pm Autoimmune/ Mobility

Disorder Support Group

1:00pm Cribbage (ACC)

5:30pm Acoustic Jam Session

08

10:00am Woodcarving

10:00am Hand &amp; Foot

11:00am ZUMBA \$

12:30pm T.O.P.S.

1:00pm Drum Circle

1:00pm Pokeno

1:00pm Darts

1:00pm Diamond Art

2:00pm Silvertones Choral Group

12

9:00am Cribbage

9:30am Low Impact \$

9:30am Busy Bees

10:00am COA Meeting

10:00am The Senior Players

10:00am Hand &amp; Foot

11:00am Cardio, Strength, Balance \$

13

9:00am Walking Group

10:00am Chair Yoga \$

10:00am Knitting

10:00am Scrabble

10:00am Asian Mah Jong

11:00am Mobile Food Pantry

11:00am Pound Fitness \$

11:00am Franklin Q &amp; A

12:30pm Bridge

14

9:00am Cribbage

9:30am Low Impact \$

9:30am Busy Bees

10:00am Discussion Group

10:15am Bible Study

11:00am Cardio, Strength, Balance \$

12:00pm Poker

1:00pm Cribbage (ACC)

15

CAFÉ CLOSED

10:00am Woodcarving

10:00am Hand &amp; Foot

11:00am MONTHLY PARTY:

BLUES, BLUES, BLUES

WITH LIVE ENTERTAINMENT \*\*\$

01

HAIRDRESSER/BARBER  
TUES & WED BY APPT



MANICURES:  
EVERY OTHER  
TUESDAY BY APPT



BLOOD PRESSURE  
& SUGAR TESTING  
WED & THURS



10:00am Woodcarving  
10:00am Hand & Foot  
11:00am ZUMBA \$  
12:30pm T.O.P.S. (Taking Off  
Pounds Sensibly)  
1:00pm Pokeno  
1:00pm Darts  
1:00pm Diamond Art  
2:00pm Silvertones Choral Group

# September 2023 Calendar Continued

FRANKLIN SENIOR CENTER

07

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>11 CONTINUED</b> 1:00pm Page Turner's Book Club: For Whom the Bell Tolls by Ernest Hemingway AND Love & Ruin by Paula McLain 1:00pm American Mah Jong 1:15pm Movie Matinee: <i>Extremely Loud and Incredibly Close</i> 1:30pm Neuroscience of Prejudice 4:00pm Pool Night <del>4:30pm Deluna Yoga \$</del>	<b>12 CONTINUED</b> 1:00pm BINGO 1:00pm Navigating Long-Term Care Insurance 1:00pm Chess 1:00pm Cribbage Instruct. 1:00pm Quilting 1:00pm The Senior Players 1:00pm Hand & Foot 1:00pm Cardio, Strength, Balance \$ 1:00pm Maximizing Mobility 1:00pm BINGO 1:00pm Legal Clinic 1:00pm Chess 1:00pm <b>Audio Book Club</b> 1:00pm Cribbage Instruct. 1:00pm Quilting 1:00pm	<b>13 CONTINUED</b> 1:00pm Collette International Travel 1:00pm Senior Scribblers 1:00pm Pokeno 1:30pm Pathways to Healing Support Group 4:00pm Caregiver Support Group 4:00pm Cardio Fusion \$	<b>14 CONTINUED</b> 1:00pm <b>Low Vision Support: Field Trip to Stony Brook</b> 1:00pm BINGO 1:00pm Obituary Writing (Pt 2) 1:00pm Tai Chi \$ 1:00pm Danielle's Art Class \$ 4:30pm: Movie & Pizza Night: Indiana Jones and the Dial of Destiny***\$	<b>15 CONTINUED</b> 12:30pm T.O.P.S. 1:00pm Pokeno 1:00pm Darts 1:00pm Diamond Art 2:00pm Silvertones Choral Group
<b>18</b> 9:30am 6 Wk Series w/ Steve \$ (2) 9:30am Italian Novel Reading 9:30am <b>FSC Garden Club</b> 10:30am Poker 11:00am Disaster Preparedness 11:00am Line Dancing \$ 12:00pm Trivia! 12:15pm One Step To Safety \$ 1:00pm Chair Volleyball 1:00pm American Mah Jong 1:15pm Movie Matinee: <i>Happiness for Beginners</i> <del>4:30pm Deluna Yoga \$</del>	<b>19</b> 9:00am Cribbage 9:30am Low Impact 9:30am Busy Bees 10:00am The Senior Players 10:00am Hand & Foot 10:30am Hearing Clinic 11:00am Cardio, Strength, Balance \$ 12:00pm Maximizing Mobility 1:00pm BINGO 1:00pm Legal Clinic 1:00pm Chess 1:00pm <b>Audio Book Club</b> 1:00pm Cribbage Instruct. 1:00pm Quilting	<b>20</b> 9:00am Walking Group 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scabble 10:00am Asian Mah Jong 11:00am <del>Charm Medical Supply</del> 11:00am Pound Fitness \$ 12:30pm Bridge 1:00pm Senior Scribblers 1:00pm Pokeno 1:00pm <b>Memory Café</b> 4:00pm Cardio Fusion \$	<b>21</b> 8:30am Coffee Hour with State & Local Officials 9:00am Cribbage 9:30am Low Impact 9:30am Busy Bees 10:00am Discussion Group 10:15am Bible Study 11:00am Cardio, Strength, Balance \$ 12:00pm Poker 1:00pm BINGO 1:00pm Tai Chi \$ 1:00pm Open Art Studio 1:00pm Cribbage (ACC) 7:00pm Veterans Council Meeting	<b>22</b> 9:30am FOFE Meeting 10:00am Woodcarving 10:00am Hand & Foot 11:00am ZUMBA \$ 11:00am Eat Around the World: FRANCE**\$ 12:30pm T.O.P.S. 1:00pm Pokeno 1:00pm Darts 1:00pm Diamond Art 2:00pm Silvertones Choral Group
<b>25</b> 9:30am 6 Wk Series w/ Steve \$ (3) 9:30am Italian Novel Reading 10:30am Poker 11:00am Line Dancing \$ 12:00pm Trivia! 12:15pm One Step To Safety \$ 1:00pm Chair Volleyball 1:00pm American Mah Jong 1:00pm Medicare Plans 1:15pm Movie Matinee: Crash 4:00pm Pool Night <del>4:30pm Deluna Yoga \$</del>	<b>26</b> 9:00am Cribbage 9:30am Low Impact 9:30am Busy Bees 10:00am Scribbler's Book Release Party!!! 10:00am The Senior Players 10:00am Hand & Foot 11:00am Cardio, Strength, Balance \$ 1:00pm BINGO 1:00pm Chess 1:00pm <b>Audio Book Club</b> 1:00pm Cribbage Instruct. 1:00pm Quilting 2:30pm <b>Rainbow Café</b>	<b>27</b> 9:00am Walking Group 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scabble 10:00am Asian Mah Jong 11:00am Pound Fitness \$ 12:30pm Bridge 1:00pm Senior Scribblers 1:00pm Pokeno 4:00pm <b>Caregiver Support Group</b> 4:00pm Cardio Fusion \$	<b>28</b> 9:00am Cribbage 9:30am Low Impact 9:30am Busy Bees 10:00am Discussion Group 10:15am Bible Study 11:00am <b>MCPHS Prescription Costs</b> 11:00am Cardio, Strength, Balance \$ 12:00pm Poker 12:00pm <b>Flu Clinic</b> 1:00pm BINGO 1:00pm Tai Chi \$ 1:00pm Open Art Studio 1:00pm Cribbage (ACC)	<b>29</b> 10:00am Woodcarving 10:00am Hand & Foot 11:00am Tech Talks: Reduce your Cable/ Internet Bill 11:00am ZUMBA \$ 12:30pm T.O.P.S. 1:00pm Pokeno 1:00pm Darts 1:00pm Diamond Art 2:00pm Silvertones Choral Group

" No Deluna Yoga this month



## LOW VISION PROGRAMS

Tuesday, September 5th at 1:00pm: Audio Reading of the Senior Center September Newsletter. (PHONE)

Thursday, September 7th at 1:00pm: Assistive Technology with Jerry Feliz

Thursday, September 14 at 1:00pm: Field Trip to Stony Brook (Lunch & Transportation Included) \$3 Admission Fee. Reserve a Spot Now!

Tuesdays, September 19 & 26 at 1:00pm: Audio Book Club: Collared by David Rosenfeld

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

22ND ANNIVERSARY

## 9/11 Remembrance Ceremony

WE WILL NEVER FORGET  
Please join us as we remember and honor our heroes of 9/11

*Monday, September 11th  
at 9:00am*

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

September 6 – Monthly Coffee Social - 10:00 a.m. at the Senior Center. All Veterans are welcome!

September 12 – “Tune It Out” Guitar Classes resume – Weekly classes meet on Tuesdays at 5:30 p.m. at the Senior Center. Call our office for details.

September 15 – National POW/MIA Recognition Day – A day to remember and honor those Americans who were prisoners of war and those who served and never returned home.

September 15 – Veterans Memorial Walkway - Deadline for engraved brick orders for November installation.

September 18 – U.S. Air Force and Air National Guard's 76 th Birthday - Before the creation of the Air Force, the military's flying operations were handled by the U.S. Army on land and the Navy by sea. The history of the U.S. Air Force is an important part of the history of air power in the United States. The official birth date of the Air National Guard as a reserve component of the Air Force is also September 18, 1947.

September 21 – Veterans' Council Meeting - 7:00 p.m. at the Senior Center. All Franklin residents interested in Veterans' activities are welcome to join us!

September 24 – Gold Star Mothers and Families Day - A day to honor the families of fallen service members.





## 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, September 22nd @ 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

Address

In Memory/Honor of:

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

## IN MEMORY OF:

Anne Saunders in Memory of Douglas L. Saunders  
Pam DiGrazia in Memory of John E. Jardine  
Karen Dauer in Memory of George Franklin  
Louise Breed in Memory of Arthur C. Breed & Mark Young

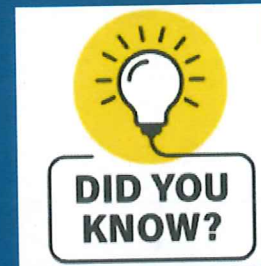
## IN HONOR OF:

Lonnie & Dennis Grillo in Honor of Wanda Mercer

## DONATIONS

Tilly Kaufman  
Eileen Kelliher

thank you



- ◆ We have 8 full time staff and 3 part time staff. Can you name us all?
- ◆ July had 815 hours of volunteer help in our building
- ◆ In July we served over 500 breakfasts. That's a lot of eggs!
- ◆ Each week we offer over 50 programs!
- ◆ Mary answered 10,597 calls! We don't actually keep track of this, but you know who you are!
- ◆ There are 8 bathrooms in the Senior Center!
- ◆ July averaged around 160 people/day



# 10 Travel and Trips, Senior Expo, Senior Scribblers

THE FRANKLIN SENIOR CENTER

## Collette 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**



- ♦ **Reflections of Italy**—Welcome to Italy, a land rich in history, culture, art and romance. Discover Roman ruins, winding medieval streets and beautiful churches. Highlights: Rome, Vatican Museums, Sistine Chapel, St. Peter's Basilica, Assisi, Perugia, Cortona, Florence, Michelangelo's David, Chianti Wineries & cooking class, Venice, Murano Island & Lake Como.—Cost: Double \$4,599, Single \$5,399, Triple \$4,569 **October 23—November 1, 2024**

\*\*\*JOIN US FOR A SPECIAL TRAVEL PRESENTATION ON WEDNESDAY SEPT. 13TH AT 1PM\*\*\*

## Best of Times Travel Tours

- ♦ **NEW\*\* NH Turkey Train**—Featuring foliage train ride, turkey farm, luncheon, mystery stop and sightseeing—Travel to central NH for a day of fun. Take in the foliage as the train rides along the shores of the lake and through wooded areas. Plus a "mystery stop" to sweeten your day. **Oct. 4th, \$149pp**  
\*\*\*We have lots of trip opportunities— call or come to the Senior Center to find out more info!\*\*\*

**SAVE THE DATE**

FRANKLIN SENIOR CENTER'S

**Senior  
Expo '23**

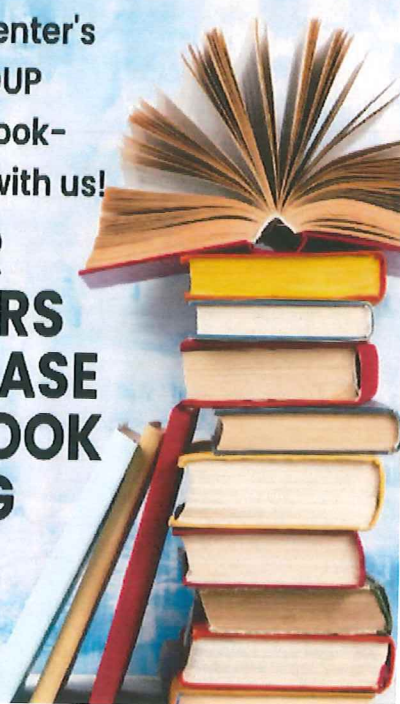
**October 6th  
10a-1p**

**LIVE ENTERTAINMENT  
RAFFLES  
FLU SHOTS  
TONS OF RESOURCES  
AND MORE!**

Franklin Senior Center's  
**WRITING GROUP**  
has written a book—  
Come celebrate with us!

**SENIOR  
SCRIBBLERS  
BOOK RELEASE  
PARTY & BOOK  
SIGNING**

**Sept 26th  
at 10:00am**





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