



THE FRANKLIN Connection

FRANKLIN SENIOR CENTER'S MONTHLY NEWSLETTER
FEBRUARY 2024

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
Wednesday open until 5:30p
Social Services by appt.

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



A HUGE THANK YOU TO OUR AMAZING FRANKLIN POLICE DEPARTMENT FOR PROVIDING AND SERVING A DELICIOUS TURKEY DINNER IN JANUARY! WE APPRECIATE ALL YOU DO FOR OUR COMMUNITY!



Technology Classes!

Meet our new Administrative Assistants Emily Dellorco and Jillian Tehan!

Congrats to our Fantasy Football Champions Paula (1), Linda (2), and Anne (3)

WHAT'S WHAT?

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For being the shortest month, February sure does pack a punch! Let's see- we have Groundhog Day (yay animals), Black History Month (yay diversity), Valentine's Day (yay love), President's Day (yay History), Mardi Gras (yay parties), Chinese New Year (yay dragons), and even a Leap Day (yay science)- so much to celebrate! Though the weather outside may be frightful, the fun at the Senior Center will be delightful! Check out all the awesome programs we have lined up for you and come on down! As President Abraham Lincoln (happy birthday!) once said, "In the end, it's not the years in your life that count. It's the life in your years!" .
-Danielle Hopkins, Director

FRANKLIN SENIOR CENTER : INCLEMENT WEATHER POLICY

As we all know living in New England, Snow Happens! Please call us 508-520-4945 to sign up for our Robocall list to get updates on inclement weather for when the Franklin Senior Center may be closed or have a delayed opening!





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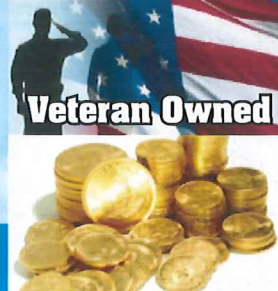
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Franklin Senior Center, Franklin, MA 06-5389

COOKING & NUTRITION CLASSES

TUESDAY, FEB 13TH
AT 1:30PM

JOIN CHEF ANNE FOR A
KNIFE SKILLS COOKING CLASS

WEDNESDAY, FEB 21ST
AT 10:00AM

JOIN THE PUBLIC HEALTH NURSE &
EPIDEMIOLOGIST TO TALK AND
TEST YOU ON YOUR SUGAR
KNOWLEDGE IN
"RETHINK YOUR DRINK"



TECHNOLOGY

CORNER

(Sign up now!)

- Let's Get Social

Have a New Years resolution to be more creative?! Let's Talk Pinterest on February 22nd at 10:30am

- Google Bootcamps

Let's Talk the Google Drive on Thurs., February 8th at 10:00am

- Protect Your Bits

Spotting and Avoiding Financial Scams on Friday 2/16 at 10am

- 1:1 Technology Help

Work with our Tech Guru Ryan 1:1

Let the Good Times Roll!

MARDI GRAS

with live
entertainment
by the R.O. Trio!

Friday, February 9th at 11:00am
Franklin Senior Center

Register on Feb 1st. - \$6/person

Wear your purple, green, and gold! Don't forget your masks and beads!

MILK JUG SOWING

February 15th @ 10:00 am

Get a jump start on the gardening season! Join Kate with Blackstone Valley Veggie Gardens to plant winter crops in milk jugs that act as mini greenhouses! No experience required; some plants

will be used in our garden beds, while others will be potted in the spring for our members to take home.



THRIVING SOLO!

FEBRUARY 21ST AT 2:00PM

JOIN OTHER SOLO AGERS (SINGLE OR PARTNERED ADULTS 55+ WITHOUT THE SUPPORT OF ADULT CHILDREN OR CLOSE FAMILY MEMBERS) FOR A SOCIAL GROUP FOCUSED ON WHAT IT MEANS TO NAVIGATE AGING ON ONE'S OWN AND MEETING FELLOW SOLO AGERS!

04 February Presentations

THE FRANKLIN SENIOR CENTER



MOBILE FOOD PANTRY

PARTNERING WITH THE FRANKLIN FOOD PANTRY AND THE YMCA

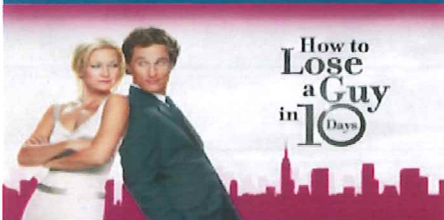
Come to receive a bag of staple items, choice of protein, and dairy items!

WEDNESDAY, FEBRUARY 14th
at 11:00am

PIZZA & MOVIE NIGHT:

"HOW TO LOSE A GUY IN 10 DAYS"

Thursday, February 15th
at 4:30pm (\$3/ person)



EAT AROUND THE WORLD

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

This Month: **PORTUGAL**

Friday, February 23 @ 11am

PRESENTATIONS- CALL TO REGISTER!

EXPLORING MEDICARE ADVANTAGE PLANS

TUESDAY, FEBRUARY 6TH AT 10:30AM

Join us as a BCBS of MA rep unravels the options. Learn about Medicare Advantage Plans, the differences between HMOs and PPOs, and get a closer look at the Blue Cross Blue Shield Medicare Advantage plans. Discover benefits and understand your healthcare options better!

FALL PREVENTION FOCUS ON NEUROLOGICAL CONDITIONS

WEDNESDAY, FEBRUARY 7TH AT 11:00AM

Personal Best Physical Therapy presents on Fall Risk Reduction for those with neurological conditions: Parkinson's Disease, Stroke, MS, TBI and more.

JOE LANDRY PRESENTS: THE HURRICANE OF 1938

WEDNESDAY, FEBRUARY 7TH AT 1:00PM

Join Joe Landry as he presents on the hurricane of 1938. Complete with Stanley Chilson films of the aftermath.

REAL ESTATE AND FRANKLIN BASED TRIVIA

FRIDAY, FEBRUARY 9TH AT 1:00PM

Join Ted Cormier-Ledger and Bob Melone as they test your basic real estate and Franklin based knowledge in a friendly trivia game! Valentine's Day treats and PRIZES!

SENATOR RAUSCH OPEN OFFICE HOURS

MONDAY, FEBRUARY 12TH AT 1:00PM

Join Senator Becca Rausch for open office hours at the senior center.

BIOCHEMISTRY OF LOVE **WEDNESDAY, FEBRUARY 14TH AT 1:00PM**

Love is deeply biological. It pervades every aspect of our lives. The brain has everything to do with Love. And as hormones and neurotransmitters change over time, so do our love relationships. We explore the biological origins of lust, infatuation, love, and compassionate love through a neuroscience lens.

STRAIGHT TO THE HEART **THURSDAY, FEBRUARY 15TH AT 12:00PM**

Join Nurse Trish to talk about the importance of heart health!

GAMETOPIA!

WEDNESDAY FEBRUARY 21ST AND 28TH AT 12:30PM

Playing games improves brain function, enhances multitasking, reduces stress and provides a social connection. Join Pete from Pete's Nerd Emporium to learn and play some new and exciting games.

FILM SCREENING

WEDNESDAY, FEBRUARY 28TH AT 4:30PM

Please join us for a screening of five short local history documentaries produced and edited by Dean College students in an innovative digital history course overseen by Prof. of History David Dennis in collaboration with Prof. of Communication, Gregg Seibert.

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 more info call Kathleen Laughran at 508-520-4945

MEMORY CAFÉ Please join us Wednesday, February 21st 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.



GENERAL CAREGIVER SUPPORT

GROUP Are you a caregiver? Join this monthly group to talk with other caregivers and provide with you tips and support. 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. **February 14th and 28th at 1:00pm**



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.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>05</p> <p>9:30am 6 Week Series with Steve Avellino \$ (4)</p> <p>9:30am Italian Novel Reading</p> <p>10:00am Garden Club</p> <p>10:30am Poker</p> <p>11:00am Line Dancing \$</p> <p>1:00pm Trivia!</p> <p>1:00pm Book Club</p> <p>1:00pm Chair Volleyball</p> <p>1:00pm American Mah Jong</p> <p>1:15pm Movie Matinee: Men of Honor</p> <p>2:30pm Dating Your Device</p> <p>4:00pm Pool Night</p>	<p>06</p> <p>9:00am Cribbage</p> <p>9:30am Low Impact \$</p> <p>9:30am Busy Bees</p> <p>10:00am Hand & Foot</p> <p>10:30am Hearing Clinic</p> <p>10:30am Senior Players</p> <p>11:00am CSB \$</p> <p>12:30pm Exploring Medicare</p> <p>1:00pm BINGO</p> <p>1:00pm Chess</p> <p>1:00pm Cribbage Instruct.</p> <p>1:00pm Quilting</p> <p>1:00pm Audio Reading of the Newsletter</p>	 <p>07</p> <p>9:00am Walking Group</p> <p>10:00am Vets 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>11:00am Fall Prevention</p> <p>12:30pm Bridge</p> <p>1:00pm Senior Scribblers</p> <p>1:00pm Pokeno</p> <p>1:00pm Joe Landry Presents: The Hurricane of 1938</p> <p>4:00pm Cardio Fusion \$</p>	<p>01</p> <p>9:00am Cribbage</p> <p>9:30am Low Impact \$</p> <p>9:30am Busy Bees</p> <p>10:00am Discussion Group</p> <p>10:15am Bible Study</p> <p>11:00am Cardio, Strength, and Balance (CSB \$)</p> <p>1:00pm Low Vision Tech.</p> <p>1:00pm BINGO</p> <p>1:00pm Open Art Studio</p> <p>1:00pm Tai Chi \$</p> <p>1:00pm Caretaker Support</p> <p>1:00pm Cribbage</p> <p>5:30pm Acoustic Jam Session</p>	<p>02</p> <p>10:00am Woodcarving</p> <p>10:00am Political Discussion</p> <p>10:00am Hand & Foot</p> <p>11:00am ZUMBA \$</p> <p>12:30pm T.O.P.S.</p> <p>1:00pm Pokeno</p> <p>1:00pm Darts</p> <p>1:00pm Diamond Art</p> <p>2:00pm Silvertones</p> <p>Choral Group</p>
<p>05</p> <p>9:30am 6 Week Series with Steve Avellino \$ (5)</p> <p>9:30am Italian Novel Reading</p> <p>10:30am Poker</p> <p>11:00pm Trivial!</p> <p>11:30am Craft Corner</p> <p>1:00pm Trivial!</p> <p>1:00pm Senator Rausch Office Hours</p>	<p>13</p> <p>9:00am Cribbage</p> <p>9:30am Low Impact \$</p> <p>9:30am Busy Bees</p> <p>10:00am Hand & Foot</p> <p>10:30am Senior Players</p> <p>11:00am Low Vision Support</p>	<p>14</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 Asian Mah Jong</p> <p>11:00am Pound Fitness \$</p> <p>11:00am Mobile Food Pantry</p>	<p>15</p> <p>8:30am Coffee Hour with State & Local Officials</p> <p>9:00am Cribbage</p> <p>9:30am Low Impact \$</p> <p>9:30am Busy Bees</p> <p>10:00am Discussion Group</p> <p>10:00am Milk Jug Sowing</p>	<p>16</p> <p>10:00am Woodcarving</p> <p>10:00am Political Discussion</p> <p>10:00am Hand & Foot</p> <p>10:00am Spotting and Avoiding Financial Scams</p> <p>11:00am ZUMBA \$</p>
<p>09 CAFÉ CLOSED</p> <p>10:00am Woodcarving</p> <p>10:00am Political Discussion</p> <p>10:00am Hand & Foot</p> <p>11:00am MONTHLY PARTY: Mardi Gras Luncheon **\$</p> <p>12:30pm T.O.P.S.</p> <p>1:00pm Pokeno</p> <p>1:00pm Real Estate and Franklin Based Trivia</p> <p>1:00pm Darts</p> <p>1:00pm Diamond Art</p> <p>2:00pm Silvertones</p> <p>Choral Group</p>	<p>08</p> <p>9:00am Cribbage</p> <p>9:30am Low Impact \$</p> <p>9:30am Busy Bees</p> <p>10:00am Discussion Group</p> <p>10:00am Google Drive</p> <p>10:15am Bible Study</p> <p>11:00am CSB \$</p> <p>1:00pm BINGO</p> <p>1:00pm Open Art Studio</p> <p>1:00pm Tai Chi \$</p> <p>1:00pm Cribbage</p>	<p>09 CAFÉ CLOSED</p> <p>9:00am Cribbage</p> <p>9:30am Low Impact \$</p> <p>9:30am Busy Bees</p> <p>10:00am Discussion Group</p> <p>10:00am Google Drive</p> <p>10:15am Bible Study</p> <p>11:00am CSB \$</p> <p>1:00pm BINGO</p> <p>1:00pm Open Art Studio</p> <p>1:00pm Tai Chi \$</p> <p>1:00pm Cribbage</p>	<p>09 CAFÉ CLOSED</p> <p>9:00am Cribbage</p> <p>9:30am Low Impact \$</p> <p>9:30am Busy Bees</p> <p>10:00am Discussion Group</p> <p>10:00am Google Drive</p> <p>10:15am Bible Study</p> <p>11:00am CSB \$</p> <p>1:00pm BINGO</p> <p>1:00pm Open Art Studio</p> <p>1:00pm Tai Chi \$</p> <p>1:00pm Cribbage</p>	<p>09 CAFÉ CLOSED</p> <p>9:00am Cribbage</p> <p>9:30am Low Impact \$</p> <p>9:30am Busy Bees</p> <p>10:00am Discussion Group</p> <p>10:00am Google Drive</p> <p>10:15am Bible Study</p> <p>11:00am CSB \$</p> <p>1:00pm BINGO</p> <p>1:00pm Open Art Studio</p> <p>1:00pm Tai Chi \$</p> <p>1:00pm Cribbage</p>

February 2024 Calendar Continued **07**

FRANKLIN SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>12 CONTINUED 1:00pm Trivia! 1:00pm Chair Volleyball 1:00pm American Mah Jong 1:15pm Movie Matinee: Casablanca 2:30pm Dating Your Device 4:00pm Pool Night</p>	<p>13 CONTINUED 11:00am CSB \$ 1:00pm BINGO 1:00pm Chess 1:00pm Cribbage Instruct. 1:00pm Quilting 1:30pm Cooking Class: Knife Skills with Chef Anne**</p>	<p>14 CONTINUED 12:30pm Bridge 1:00pm Senior Scribblers 1:00pm BioChemistry of Love 1:00pm Pokeno 1:00pm Bereavement Support 4:00pm Cardio Fusion \$ 4:00pm Alzheimer's Support</p>	<p>15 CONTINUED 10:15am Bible Study 11:00am CSB \$ 12:00pm Straight to the Heart 1:00pm BINGO 1:00pm Danielle's Art Class** 1:00pm Tai Chi \$ 1:00pm Cribbage 4:30pm Movie & Pizza Night: How to Lose a Guy 10 Days* \$</p>	<p>16 CONTINUED 12:30pm T.O.P.S. 1:00pm Pokeno 1:00pm Darts 1:00pm Diamond Art 2:00pm Silvertones Choral Group</p>
<p>19 CLOSED</p> <div data-bbox="597 1633 971 1942" data-label="Image"> </div>	<p>20 9:00am Cribbage 9:30am Low Impact 9:30am Busy Bees 10:00am Hand & Foot 10:30am Hearing Clinic 10:30am Senior Players 11:00am CSB \$ 1:00pm BINGO 1:00pm Chess 1:00pm Audio Book Club Cribbage Instruct. 1:00pm Quilting 1:00pm Legal Clinic</p>	<p>21 9:00am Walking Group 10:00am Rethink Your Drink 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong 11:00am Pound Fitness \$ 12:30pm Gametopia! 12:30pm Bridge 1:00pm Memory Café 1:00pm Scribblers at Studio 1:00pm Pokeno 2:00pm Thriving Solo! 4:00pm Cardio Fusion \$</p>	<p>22 9:00am Cribbage 9:30am Low Impact 9:30am Busy Bees 10:00am Discussion Group 10:15am Bible Study 10:30am Let's Talk Pinterest 11:00am CSB \$ 1:00pm BINGO 1:00pm Open Art Studio 1:00pm Tai Chi \$ 1:00pm Cribbage</p>	<p>23 LIMITED BREAKFAST 9:30am FOFE Meeting. 10:00am Woodcarving 10:00am Political Discussion 10:00am Hand & Foot 11:00am ZUMBA \$ 11:00am Eat Around the World: PORTUGAL**\$ 12:30pm T.O.P.S. 1:00pm Pokeno 1:00pm Darts 1:00pm Diamond Art 2:00pm Silvertones Choral Group</p>
<p>26 9:30am 6 Week Series with Steve Avellino \$ (6) 9:30am Italian Novel Reading 10:30am Poker 11:00am Drum Circle* 11:00am Line Dancing \$ 12:00pm Notary Services 1:00pm Trivia! 1:00pm Chair Volleyball 1:00pm American Mah Jong 1:15pm Movie Matinee: Leap Year 2:30pm Dating Your Device 4:00pm Pool Night</p>	<p>27 9:00am Cribbage 9:30am Low Impact 9:30am Busy Bees 10:00am Hand & Foot 10:30am Senior Players 11:00am CSB \$ 1:00pm BINGO 1:00pm Chess 1:00pm Audio Book Club Cribbage Instruct. 1:00pm Quilting 2:30pm Rainbow Café</p>	<p>28 OPEN AT 10AM 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong 11:00am Pound Fitness \$ 12:30pm Gametopia! 12:30pm Bridge 1:00pm Pokeno 1:00pm Bereavement Support 4:00pm Cardio Fusion \$ 4:00pm Alzheimer's Support 4:30pm Film Screening</p>	<p>29 Leap Day Scavenger Hunt! 9:00am Cribbage 9:30am Low Impact 9:30am Busy Bees 10:00am Discussion Group 10:15am Bible Study 11:00am CSB \$ 1:00pm BINGO 1:00pm Open Art Studio 1:00pm Tai Chi \$ 1:00pm Cribbage</p>	<p>HAIRDRESSER/BARBER MON & WED BY APPT</p> <p>MANICURES: EVERY OTHER TUESDAY BY APPT</p> <p>BLOOD PRESSURE & SUGAR TESTING WED & THURS</p> <p>PODIATRIST CALL FOR INFO</p>

08 Low Vision, Veterans, Volunteer Spotlight

THE FRANKLIN SENIOR CENTER

LOW VISION PROGRAMS

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

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

Tuesday, February 13th at 11:00am: Low Vision Support: Guest Speaker Scott Krug from New England Low Vision to discuss Envision glasses and other low vision devices.

Tuesday, February 20th and 27th at 1:00pm: Audio Book Club: Symphony of Secrets by Brendan Slocumb (PHONE)

*For Low Vision via Telephone : 508-206-8603
For more info on Low Vision Programs- give us a call and talk to Danielle or Sarah*

VOLUNTEER SPOTLIGHT!

If you've ever been to the Senior Center, or have a love for cribbage, then I'm sure you've met our volunteer spotlight:



Pat Llewelyn.

Pat volunteers as a greeter at the front desk, and also teaches cribbage instruction and has run multiple cribbage tournaments. She is beloved by many, and even though she may not live in Franklin, we are so appreciative of her love and dedication to our Senior Center and our members! Thanks for all you do!

VETERANS SERVICE OFFICE (508) 613-1315

February 4 - United Service Organization's (USO) 83rd Birthday - Founded in 1941, the USO is a private, not-for-profit organization that raises morale and provides emergency contact, financial assistance, educational aid, live entertainment, care packages and more for American troops serving all over the world.

February 7 - Veterans Monthly Coffee Social - 10:00 a.m. at the Franklin Senior Center. All Veterans are invited for coffee and conversation. Refreshments will be provided by our wonderful friends at Starbucks!

February 15 - Veterans' Council Meeting - 7:00 p.m. at the Senior Center. All Franklin residents interested in Veterans' activities and events are welcome to join us!

February 19 - Coast Guard Reserve's 85th Birthday

The next engraved brick installation on the Veterans Memorial Walkway is scheduled to coincide with Memorial Day. An engraved brick makes a great birthday or Mother's or Father's Day gift for your special Veteran or current military service member. Brick order forms are available in the Town Hall and Senior Center lobbies as well as on the Veterans' Services page on the Town web site. Thank you to all who have supported the Walkway Project!

The Tune It Out guitar lessons program for Veterans meets on Tuesdays at 5:30 p.m. at the Senior Center. There is no charge for lessons and no guitar experience is required. Guitars are available in the Veterans' Services Office. Call for details.

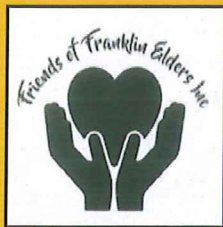


FRIENDS OF FRANKLIN ELDERS

The Friends of Franklin Elders, Inc. (FOFE) is a private, non-profit 501c3 organization since 1990, 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, February 23rd @ 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**

DONATIONS

- | | | | |
|-------------------------|----------------------------|------------------------------|---------------------------------------|
| Nancy Rappa | Bill Laquidara | Robert & Barbara Shaaf | Elaine Costello |
| Anne Saunders | Carol Adiletto | Lucy Semerjian | Barbara Pisani |
| Joseph & Kathleen Lynch | Wolfgang Bauer | Stephen Semerjian | Noreen Beecher |
| Palma DiGrazia | Herta Bolyan | Anne E. Seymour | Nick & Marge Capezza |
| Stephen Skaza | Phyllis Bremer | Sue Shulger | Joanne Carden |
| Bob Catalano | Thomas & Michelle Carlow | Rose M. Turco | Linda Collins |
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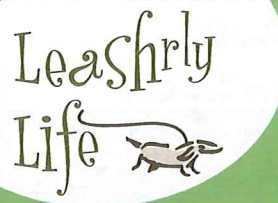
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