



THE FRANKLIN Connection

FRANKLIN SENIOR CENTER'S MONTHLY NEWSLETTER

JULY 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



**ANOTHER SUCCESSFUL SENIOR OLYMPICS!
CONGRATULATIONS TO ALL OUR ATHLETES AND THANK
YOU TO EVERYONE WHO MADE THIS POSSIBLE!**

WHAT'S WHAT?

- Page 1: Message & Pictures
- Page 3: July Happenings
- Page 4: July Presentations
- Page 5: Caregiver Corner and Support Groups
- Page 6 & 7: The July Calendar
- Page 8: Low Vision Programs, Jokes of the Month, and Veterans Services
- Page 9: FOFE Donations
- Page 10: Best of Times Travel



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Franklin Senior Center, Franklin, MA 06-5389

03 July Happenings

THE FRANKLIN SENIOR CENTER



Come join Franklin Senior Center's

Luau Party

FRIDAY, JULY 21ST AT 11:00AM
WITH LIVE ENTERTAINMENT!

\$6.00/ PERSON.
CALL TO REGISTER



PIZZA & MOVIE NIGHT: "THE MONUMENTS MEN"

Come out for a night of fun to watch
"The Monuments Men"
starring George Clooney, Matt Damon,
Bill Murray, and many more!

Thursday, July 13th
at 4:30pm

\$3.00/person

Must call to Register by July 12th



Rainbow Café

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

Tues, July 25 @ 2:30pm



Chocolate Taste Testing!

In honor of National Chocolate Day- come test your chocolate tasting skills! Limited to 25 people
Friday, July 7th at 1:00pm



Come Enjoy the musical stylings of

THE SOUTHEASTERN MA COMMUNITY CONCERT BAND

with an Ice Cream Social

Monday, July 10th
6:00PM

Performance at 6:30pm

Call to Register
508-520-4945

Franklin Senior Center
10 Daniel McCahill Street
Franklin, MA 02038



04 July 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, JULY 12
at 11:00am

Danielle's Art Class

All levels Welcome

\$4/ person

Canvas & paints
included

Thursday, July 13th
at 1:00pm



EAT AROUND THE WORLD

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

This Month: **INDIA**

Friday, July 14th @ 11am

PRESENTATIONS- CALL TO REGISTER!

ONE STEP TO SAFETY

MONDAYS AT 11:00AM JULY 3, 10, 17

Learn blocks, strikes, grabs, and how it all works together. As well as different ways to defend yourself! Led by traveling martial artist Master Elijah Swain

NEED A NOTARY?

THURSDAYS AT 10:00AM JULY 13, 20, 27

Notary Alice Rose will be volunteering her time Thursday mornings in July to offer free notary services.

PERFORMANCE- SOUTHEASTERN MA COMMUNITY BAND

MONDAY, JULY 10TH AT 6:30PM

Come out for a night of music performed by the Southeastern MA Community Band. Doors opening and Ice Cream Social at 6:00pm

FISCAL YEAR 2024 FIRST QUARTER PRELIM. TAX BILL Q&A

WEDNESDAY, JULY 12TH AT 10:00AM

Come talk with Treasurer Kerri Bertone and Kevin Doyle from the assessor's office about your first quarter preliminary tax bills for FY 2024

HOW CAN I SAVE MONEY ON MY PRESCRIPTIONS

THURSDAY, JULY 13TH AT 10:00AM

Join local resident Patricia Prewitt of My Personal Rx Advisor as she explains how to save money on prescriptions- tips and options that may work even when you have Medicare coverage.

PLANNING FOR MEDICARE

WEDNESDAY, JULY 19TH AT 5:30PM

Presented by Susan Flanagan of Blue Cross Blue Shield MA. Let's talk and answer questions about Medicare.

FRANKLIN Q & A WITH STEVE SHERLOCK

WEDNESDAY, JULY 19TH AT 11:00AM

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

EXPLORING HEAD OF THE PLAINS- NANTUCKET

THURSDAY, JULY 20TH AT 10:00AM

Explore Head of the Plains on Nantucket with Conservation Ranger Allen Reinhard- in person and on zoom.

TAKING AND ORGANIZING PHOTOS ON IPHONE

WEDNESDAY, JULY 26TH AT 1:00PM

Dive into the camera app on the iPhone, exploring different types of photos, adjustments, and different settings \$10/person

WRITING YOUR OBITUARY

THURSDAY, JULY 27TH AT 1:00PM

Sounds Morbid- but let's talk writing your obituary with Nurse Trish!

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 info call Kathleen Laughran at 508-520-4945

MEMORY CAFÉ Please join us Wednesday, July 19th 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. 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.

July 12th at 1:30pm



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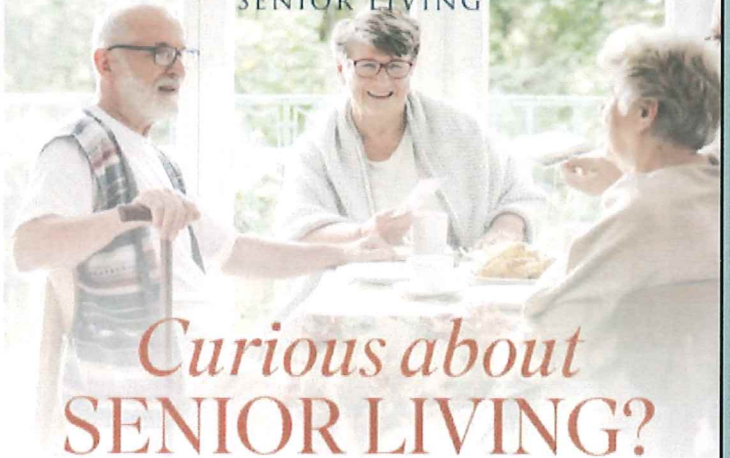
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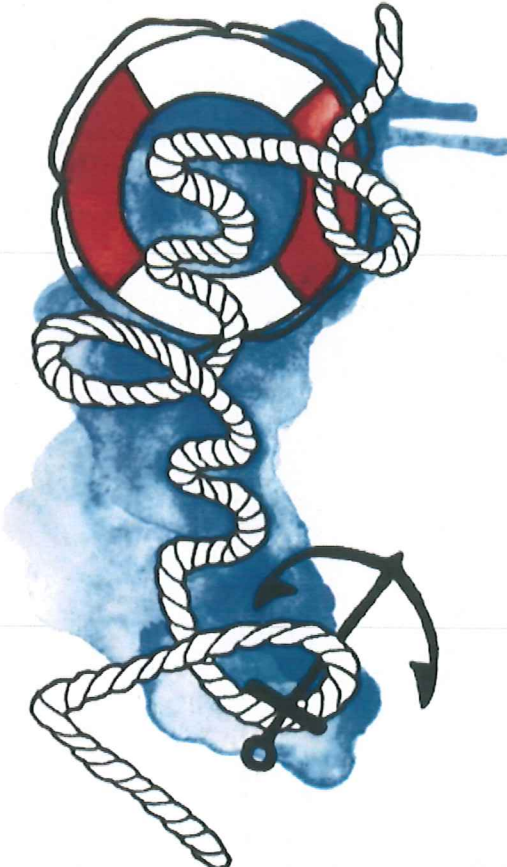
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 9:30am 6 Week Series with Steve Avellino \$ 9:30am Italian Novel Reading 10:30am Poker 11:00am Line Dancing \$ 11:00am One Step To Safety \$ 12:00pm Trivia! 1:00pm Chair Volleyball 1:00pm American Mah Jong 1:15pm Movie Matinee: Independence Day 4:00pm Pool Night 4:30pm DeLuna Yoga \$	04 SENIOR CENTER CLOSED  4th JULY INDEPENDENCE DAY	05 9:00am Walking Group 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong 10:00am Vets Coffee Social 11:00am Pound Fitness \$ 12:30pm Bridge 1:00pm Senior Scribblers 1:00pm Pokeno	06 9:00am Cribbage 9:30am Low Impact 9:30am Busy Bees 10:00am Discussion Group 10:15am Bible Study 11:00am Cardio, Strength, and Balance \$ (CSB) 12:00pm Poker 1:00pm Open Art Studio 1:00pm Autoimmune/Mobility Disorder Support 1:00pm BINGO 1:00pm Tai Chi \$ 5:30pm Acoustic Jam Session	07 10:00am Woodcarving 10:00am Hand & Foot 11:00am ZUMBA \$ 12:00pm T.O.P.S. (Taking Off Pounds Sensibly) 1:00pm Chocolate Tasting** 1:00pm Pokeno 1:00pm Darts 1:00pm Diamond Art 2:00pm Silvertones Choral Group
10 9:30am 6 Week Series with Steve Avellino \$ 9:30am Italian Novel Reading 10:30am Poker 11:00am Line Dancing \$ 11:00am One Step To Safety \$ 12:00pm Trivia! 1:00pm Chair Volleyball 1:00pm American Mah Jong 1:15pm Movie Matinee: Apollo 13 4:00pm Pool Night 4:30pm DeLuna Yoga \$ 6:00pm Southeastern MA Community Band	11 9:00am Cribbage 9:30am Low Impact \$ 9:30am Busy Bees 10:00am Hand & Foot 11:00am CSB \$ 1:00pm BINGO 1:00pm Chess 1:00pm Cribbage Instruct. 1:00pm Quilting 1:00pm Audio Reading of the Newsletter	12 11a Mobile food PANTRY * 9:00am Walking Group 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong 10:00am Let's Talk Tax Bill 11:00am Pound Fitness \$ 12:30pm Bridge 1:00pm Senior Scribblers 1:00pm Pokeno 1:30pm Pathways to Healing Support Group 4:00pm Caregiver Support Group	13 9:00am Cribbage 9:30am Low Impact \$ 9:30am Busy Bees 10:00am Prescription Talk 10:00am Discussion Group 10:00am Need a Notary? 10:15am Bible Study 11:00am CSB \$ 11:00am Realty Talk 12:00pm Poker 1:00pm Low Vision Support 1:00pm Danielle's Art Class** 1:00pm BINGO 1:00pm Tai Chi \$ 4:30pm: Movie & Pizza Night: The Monuments Men**\$	14 10:00am Woodcarving 10:00am Hand & Foot 11:00am ZUMBA \$ 11:00am Eat Around the World: INDIA **\$ 12:00pm T.O.P.S. 1:00pm Pokeno 1:00pm Darts 1:00pm Diamond Art 2:00pm Silvertones Choral Group
17 9:30am 6 Week Series with Steve Avellino \$ 9:30am Italian Novel Reading 10:30am Poker 11:00am Line Dancing \$ 11:00am One Step To Safety \$	18 9:00am Cribbage 9:30am Low Impact \$ 9:30am Busy Bees 10:00am Hand & Foot 10:30am Hearing Clinic	19 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 & A	20 8:30am Coffee Hour with State & Local Officials 9:00am Cribbage 9:30am Low Impact \$ 9:30am Busy Bees 10:00am Discussion Group 10:00am Explore Nantucket	21 CAFÉ CLOSED 10:00am Woodcarving 10:00am Hand & Foot 11:00am MONTHLY PARTY: LUAU WITH LIVE ENTERTAINMENT **\$

July 2023 Calendar Continued 07

FRANKLIN SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>17 CONTINUED 12:00pm Trivia! 1:00pm Chair Volleyball 1:00pm American Mah Jong 1:15pm Movie Matinee: Harriet 4:00pm Pool Night 4:30pm DeLuna Yoga \$</p>	<p>18 CONTINUED 11:00am CSB \$ 1:00pm BINGO 1:00pm Chess 1:00pm Cribbage Instruct. 1:00pm Quilting 1:00pm Legal Clinic 1:00pm Audio Book Club</p>	<p>19 CONTINUED 12:30pm Bridge 1:00pm Senior Scribblers 1:00pm Pokeno 1:00pm Memory Café 5:30pm Medicare Talk</p>	<p>20 CONTINUED 10:00am Need a Notary? 10:15am Bible Study 11:00am CSB \$ 12:00pm Poker 1:00pm BINGO 1:00pm Tai Chi \$ 1:00pm Open Art Studio</p>	<p>21 CONTINUED 12:00pm T.O.P.S. 1:00pm Pokeno 1:00pm Darts 1:00pm Diamond Art 2:00pm Silvertones Choral Group</p>
<p>24 9:30am 6 Week Series with Steve Avellino \$ 9:30am Italian Novel Reading 10:30am Poker 11:00am Line Dancing \$ 12:00pm Trivia! 1:00pm Chair Volleyball 1:00pm American Mah Jong 1:15pm Movie Matinee: Mr. Smith Goes To Washington 4:00pm Pool Night 4:30pm DeLuna Yoga \$</p>	<p>25 9:00am Cribbage 9:30am Low Impact 9:30am Busy Bees 10:00am Hand & Foot 11:00am CSB \$ 1:00pm BINGO 1:00pm Chess 1:00pm Audio Book Club 1:00pm Cribbage Instruct. 1:00pm Quilting 2:30pm Rainbow Cafe</p>	<p>26 9:00am Walking Group 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 Photos on iPhone \$ 1:00pm Pokeno 4:00pm Caregiver Support Group</p>	<p>27 9:00am Cribbage 9:30am Low Impact 9:30am Busy Bees 10:00am Discussion Group 10:00am Need a Notary? 10:15am Bible Study 11:00am CSB \$ 12:00pm Poker 1:00pm BINGO 1:00pm Tai Chi \$ 1:00pm Open Art Studio 1:00pm Obituary Writing</p>	<p>28 10:00am Woodcarving 10:00am Hand & Foot 11:00am ZUMBA \$ 12:00pm T.O.P.S. 1:00pm Pokeno 1:00pm Darts 1:00pm Diamond Art 2:00pm Silvertones Choral Group</p>
<p>31 9:30am 6 Week Series with Steve Avellino \$ 9:30am Italian Novel Reading 10:30am Poker 11:00am Line Dancing \$ 12:00pm Trivia! 1:00pm Chair Volleyball 1:00pm American Mah Jong 1:15pm Movie Matinee: First Man 4:00pm Pool Night 4:30pm DeLuna Yoga \$</p>				<p>HAIRDRESSER/BARBER TUES & WED BY APPT</p> <p>MANICURES: EVERY OTHER TUESDAY BY APPT</p> <p>BLOOD PRESSURE & SUGAR TESTING WED & THURS</p>

LOW VISION PROGRAMS

Tuesday, July 11th at 1:00pm: Audio Reading of the Senior Center July Newsletter. (PHONE)

No Adaptive Technology or Support Group this Month

Tuesday June 20 and 27 at 1:00pm: Audio Book Club : *The Rosie Project* by Graeme Simsion. (PHONE)

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



VETERANS' SERVICES OFFICE (508) 613-1315

July 4 – Independence Day

July 5 – **Veterans' Coffee Social** – 10:00 a.m. at the Senior Center. In honor of National Korean War Veterans Armistice Day, the Massachusetts Quilts of Valor Foundation Coordinator will be awarding Quilts of Valor to 14 Korean War Veterans at the July Coffee Social. All Veterans are welcome to join us!



There will be no Veterans' Council Meeting in July. The next Council meeting will be on Thursday, August 17 at 7:00 pm at the Senior Center.

The Tune It Out guitar lessons program for Veterans will not meet in July and August. Classes will resume on Tuesday, September 12. Call the Veterans' Services Office for details.

Purple Hearts - Please let our office know if you or a family member (residing in Franklin) is a Purple Heart recipient and we will add them to our database. National Purple Heart Day is celebrated on August 7 every year.

Veterans Memorial Walkway - The next engraved brick installation will be in November to coincide with Veterans' Day. Veterans need not be from Franklin to be honored with a brick. All members of the U.S. military are eligible. Brick order forms are available in the Town Hall and Senior Center lobbies and on the Veterans' Services page on the Town website.

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

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Louise Comeau in Memory of Chief Andrew Comeau & Master Chief George Comeau
Brenda Hutchinson in Memory of Jean Franklin
Glenn & Nancy Ross in Memory of Judy Ferland
Helen & Kenneth Wood in Memory of Judy Ferland

10 Best of Times Travel and Summer Safety

BEST OF TIMES TRAVEL OPPORTUNITIES

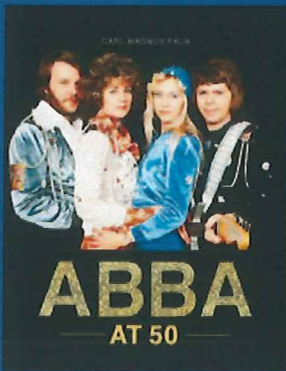
- ◆ **Lake George Balloon Festival (3 days/ 2 Nights) including transportation, 3 meals, dinner cruise on Lake George with entertainment, access to the balloon festival, and your own tour guide!**

September 22nd– 24th \$699pp Dbl, \$899 single,

- ◆ **Neil Diamond & Friends (including transportation, lunch, & show) in Windham, NH**– will have you dancing and singing your day away performing the biggest hits from artists like Neil Diamond, Roy Orbison, Carole King, Johnny Cash, and more! Thursday, Sept 7th \$109/person



- ◆ **'Splish, Splash' The Music of Bobby Darin starring Ron Gartner at Lake Pearl**– celebrate everything Bobby Darin– Teen Idol, singer–Songwriter, Movie Star, and nightclub Performer– his music, his life, and times. Wed, Oct 18th &79/person



- ◆ **Mamma Mia– the Ultimate ABBA tribute band! At Lake Pearl!**– celebrate the music of ABBA at Lake Pearl in Wrentham. Wed, Nov 15th \$85/person

6 Summer Safety Tips for Adults

1. Apply Sunscreen.

As we age, skin usually becomes thinner and more fragile. That puts adults (especially seniors) at higher risk for sunburn or the more dangerous sun poisoning. Sunscreen with an SPF of 30 to 50 should be applied and reapplied every two to four hours, or more frequently when swimming. Sunscreen also helps protect you from another growing problem: skin cancer. It's one of the fastest-spreading, and most preventable, forms of cancer.

2. Wear Sunglasses.

Sunglasses are more than just a fashion statement. They are also essential for protecting your eyes from the sun's harmful rays. Research shows that routinely wearing a quality pair of sunglasses aids in preventing cancerous growths and cataracts.

3. Protect your Feet.

While it's fun to wear attractive sandals during the summer months, footwear plays a vital role in summer safety. Shoes that cover the fragile skin on the top of the foot, as well as those that have a sturdy sole to protect against cuts and falls, are best.

4. Shield the Face and Neck.

The face and back of the neck are two of the first places on the body where skin cancer develops. Augment your sunscreen by wearing a hat with a brim wide enough to shield both.

5. Stay Hydrated.

Sometimes people have a difficult time adjusting to fluctuating temperatures and humidity. Unfortunately, this put can put you at high risk for dehydration. Medication side effects and some health conditions, like chronic obstructive pulmonary disease, diabetes, and heart disease, further exacerbate the problem. Taking extra precautions to stay hydrated is vital.

6. Invest in Bug Spray.

Insects that make their return during the warmer months are more than just pests. Some carry with them health concerns, such as Lyme disease and West Nile virus. Wear bug spray when you are outdoors. Long sleeves and pants offer another layer of protection. Also be sure to check your clothing, skin, and hair for ticks.

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Line Cook.....Marilyn Howe
Line Cook.....Lauretta Taddeo
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

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Franklin Senior Center

"Independence, Engagement, & Connection!"

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.

WE'RE TRYING TO GO GREEN!

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Attorney At Law

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