



APRIL 2021

FRANKLIN SENIOR CENTER'S CONNECTION MONTHLY NEWSLETTER

Earth Day LECTURE

Thursday, April 22nd @ 11:00 AM via Zoom. Join Dr. Jessica Pisano, Professor at Dean College, for a special Earth Day lecture. This talk will focus on the impact of current environmental practices on emerging public health trends. Dr. Pisano has also pre-recorded a series of videos which are posted on the Franklin Senior Center's website. Watch these informative videos prior to the lecture and Dr. Pisano will answer your questions! To sign up for this event, visit: <https://deancollege.wufoo.com/forms/virtual-earth-day-lecture-april-22-2021/> or call the Center.



New!
SUMMER SALADS!

FRANKLIN SENIOR CENTER
10 DANIEL McCaHILL ST.
FRANKLIN, MA 02038
PHONE: 508-520-4945
FAX: 508-520-4917
WWW.FRANKLINMA.GOV/FSC

Painting



& CREATIVE PLACE Thursdays in

April at 12:30 PM Come join

us for socialization, friendship and art. This program is supported in part by a grant from the Franklin Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency. Thanks to their financial support, the Franklin Senior Center has been able to purchase multiple paint-by-number kits for interested members. You can either pick up one to do at home, request a delivery, or sign up to attend one or all of our open "creative space" sessions with other artists. Space is limited and registration is required. A mask must be worn

over your mouth and nose. If you have your own self-contained art project you may also bring that to do. Call the Center or email Ariel at adoggett@franklinma.gov to request a paint-by-number kit or to sign up to attend in person.

Franklin's **ALAN EARLS** PRESENTS:

Tommaso Juglaris Wednesday, April 14th at 1:00 pm via Zoom. Alan Earls will present a slideshow and discussion about Tommaso Juglaris, the World -Class Artist who created the Ray Memorial Library murals– and so much more.



Two Tenors and a Passion for Wheels Tuesday, April 27th at 1:00 pm via Zoom. Although not well known today, tenor James Melton was a phenomenally popular star of opera, stage, records, radio and screen from the 1920s to the 1950s. He was also an obsessive collector of antique cars and, thanks to a Massachusetts man (also a tenor in amateur circles), became a collector of early antique bicycles as well. Meet the men, learn about their collections and spend a short sojourn in a simpler time.

To join either of these programs, email Ariel at adoggett@franklinma.gov.

*Please Note: The Center & Café will be CLOSED on MONDAY APRIL 19th



Council on Aging

The mission of the Franklin Council on Aging is to enhance the independence and quality of life for Franklin older adults by: Identifying the needs of this population and creating programs that meet those needs; Offering the knowledge, tools and opportunities to promote mental, social and physical well-being; Advocating for relevant programs and services in our community; Serving as a community focal point for aging issues and as a liaison to local, state & federal resources for older adults & their families.

OFFICERS: Bob Crowley; Chairman, Ron Higginbottom; Vice-Chair, Lyn O'Brien; Secretary.

MEMBERS: Faith Flaherty, Mary Hick, Jan Jewett, Janet Millici, Ken Norman, Lester Quan.

Next Meeting Tuesday, April 13th at 10:00 AM

This is an open meeting; the public is invited to attend.



Franklin Matters

Thursday, April 29th at 1:30 pm via

Zoom. Join Franklinite Steve Sherlock for a lively and informative discussion about current events in our town. Bring your questions for discussion.



SENIOR COFFEE HOUR

State Rep. Jeff Roy, Town Administrator Jamie Hellen and Town Council Members will be Available to Chat, Answer Questions and Provide Updates. **THURSDAY, APRIL 15TH AT 8:30 AM via Zoom.**



The YMCA's Diabetes Prevention Program and the **Medicare Diabetes Prevention Program**, is currently enrolling for spring classes. Due to the current state of the pandemic, classes will be offered both virtually and in-person. The virtual classes will meet either via Zoom or conference call, and in-person classes will meet at the YMCA and will follow the CDC protocol for group gatherings.



This program is designed to support adults with prediabetes in reducing their risk for developing type 2 diabetes. This is accomplished through 25 sessions that follow a Centers for Disease Control and Prevention (CDC)-approved curriculum in the CDC's Diabetes Prevention Recognition Program. In a welcoming, small-group environment, participants work together with a Y-USA trained Lifestyle Coach to learn about eating healthier and increasing their physical activity. This program is offered as a covered benefit by Medicare Part B and some Medicare Advantage Providers.***

For questions, or to enroll, contact the Program Coordinator Donna Higgins, at 508-643-5271 or Donnah@hockymca.org. Research by the National Institutes of Health has shown that programs like the YMCA's Diabetes Prevention Program can reduce the number of new cases of type 2 Diabetes by 71% in adults over age 60.

***Medicare Advantage Plan beneficiaries are encouraged to talk with the Program Coordinator to confirm coverage.



Superfoods to Boost Memory, Mood and Mental Functioning

Thursday, April 15 at 10:00 am via Zoom. Can't remember where you left the keys? Feeling tired and down? Learn the tools of nutritional success for enhancing your brain power, increasing your energy, and improving your mood. Offered by Blue Cross Blue Shield. To register: https://well-b.zoom.us/webinar/register/WN_XtzrDHcpR8uknF07WMCoSv

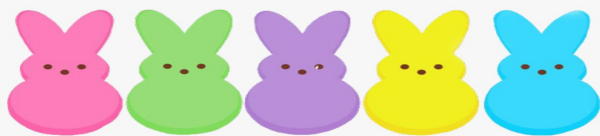







OPENING SOON!

The Franklin Senior Center will begin to offer some indoor programs and activities in the coming weeks. All indoor activities will be limited in size and

require pre-registration. Health and safety practices must be followed including wearing a mask and maintaining 6 feet of social distancing. More detailed information will follow in our May newsletter. Call the center with questions!



April '21

			THURS	FRI
			1 10:00 Discussion Group 10:00 Chair Exercise 11:00 Cardio Class 12:30 Painting Space 1:00 Tele-Bingo	2 11:00 Sunshine Club Zoom 12:30 TOPS
5 11:00 Book Club 1:00 Tele-Bingo	6 10:00 Chair Exercise 11:00 Cardio Class 1:00 Audio book Club 5:30 Quarantini Time	7 9:00 Wellness RN 10:00 Vets Coffee Hour 11:00 Zumba Gold 1:00 Writers Group 1:00 Fibromyalgia Support Group	8 10:00 Discussion Group 10:00 Chair Exercise 11:00 Cardio Class 12:30 Painting Space 1:00 Tele-Bingo	9 11:00 Sunshine Club zoom 12:30 TOPS
12 1:00 Tele-Bingo	13 10:00 Chair Exercise 10:00 COA Meeting 11:00 Cardio Class 1:00 Low Vision 5:30 Quarantini Time	14 9:00 Wellness RN 11:00 Mindful Movements 1:00 Tommaso Juglis 1:00 Writers Group 4:00 Alzheimer Caregiver's Support Group	15 8:30 Senior Coffee Hour 10:00 Superfoods 10:00 Discussion Group 10:00 Chair Exercise 11:00 Cardio Class 12:30 Painting Space 1:00 Tele-Bingo 6:30 Name that Tune!	16 11:00 Sunshine Club zoom 12:30 TOPS 
19 Patriot's Day Center Closed 	20 10:00 Chair Exercise 11:00 Cardio Class 1:00 Audio Book Club 5:30 Quarantini Time	21 9:00 Wellness RN 11:00 Zumba Gold 1:00 Writers Group 	22 10:00 Discussion Group 10:00 Chair Exercise 11:00 Cardio Class 11:00 Earth Day Lecture 12:30 Painting Space 1:00 Tele-Bingo	23 9:30 FOFE Meeting 11:00 Sunshine Club Zoom 12:30 TOPS
26 1:00 Tele-Bingo 2:00 Memory Cafe	27 10:00 Chair Exercise 11:00 Cardio Class 1:00 Low Vision 1:00 Two Tenors and a Passion for Wheels 5:30 Quarantini Time	28 9:00 Wellness RN 11:00 Mindful Movements 1:00 Writers Group 4:00 Alzheimer Caregiver's Support Group	29 10:00 Discussion Group 10:00 Chair Exercise 11:00 Cardio Class 12:30 Painting Space 1:00 Tele-Bingo 1:30 Franklin Matters Q&A	30 11:00 Sunshine Club Zoom 12:30 TOPS

entertainment

Quarantini Time!

Raise a glass of your favorite beverage and join us for an hour of social conversation and friendship! New participants are welcome and encouraged! To join, email adoggett@franklinma.gov. Every **TUESDAY at 5:30 pm via Zoom.**

NAME THAT TUNE

THURSDAY APRIL 15th at 6:30 PM via Zoom

Whether you know your music or just enjoy listening to it, you are sure to have fun at this lively, fun-filled event! Prizes are awarded to top winners with a chance to win on a bonus question as well. Email adoggett@franklinma.gov to join.

wednesdays with trish

Health & Wellness Nurse Trish Collatos

Trish is available on Wednesdays for blood pressures, blood sugar testing & consultations.

By Appointment Only Please 508-520-4945



Fibromyalgia Support Group

Wednesday April 7 at 1:00pm



BINGO!

MONDAYS & THURSDAYS 1:00PM

Join Via Phone Call! No Computer Needed!. We'll provide a kit with everything you need to play. Call the Center to Sign Up.

Let's Get Physical!

MINDFUL MOVEMENTS

& ZUMBA GOLD

ALTERNATING WEDNESDAYS AT 11:00 AM

CHAIR EXERCISES

TUES & THUR AT 10:00 AM

CARDIO, STRENGTH & BALANCE CLASS

TUES & THUR AT 11:00 AM

FOR INFO OR TO SIGN UP

JUDIVPEREZ@GMAIL.COM



\$2.00 Lunch Combos & Specials served
Weekdays 11-1

PLEASE ORDER BY 9:00 AM or THE DAY
BEFORE.

WWW.FRANKLINMA.GOV/CURB
or **CALL: 508-613-1313**

Sandwiches AND.....

Tuna Salad Sub All White Meat Tuna with Mayo & Celery on a Soft Sub Roll, Served with Chips.

Chicken Salad Sub Chicken Breast, Mayo, Celery and a touch of Mango Chutney! Served on a roll with Chips.

Ham & Cheese Served on Rye Bread with Chips

Turkey & Cheese Served on Rye Bread with Chips

* ALL LUNCHESS SERVED WITH A BEVERAGE & DESSERT!

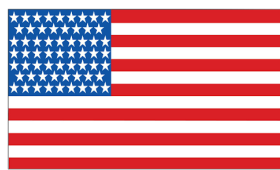
VETERANS' SERVICES OFFICE

VETERANS IN-PERSON COFFEE SOCIAL

WEDNESDAY, APRIL 07th

10:00 HOURS

Refreshments provided by Starbucks! Masks and social distancing will be required. All Vets are welcome!



Starting Monday, April 12, 2021, the Veterans' Services Office will have in-person appointments at the Senior Center. Appointments must be scheduled in advance and masks and social distancing will be required.

We are gearing up for our May engraved brick installation on the Veterans Memorial Walkway to coincide with Memorial Day. Thanks to all who have supported this project!

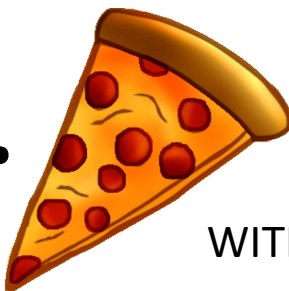
Plans are underway for a Memorial Day celebration. Stay tuned for details!

Veterans and Dependents – If you are a veteran or immediate family member of a veteran, please contact our office to find out if there may be any veterans' benefits or privileges available. Please visit our webpage at: <https://www.franklinma.gov/veterans-services>

Cyber Seniors Norfolk County RSVP is... excited to offer the opportunity for older adults age 55+ who live in Norfolk County to get free training from home over a two month training with group and individual sessions learning Zoom and Google Meet Platforms. Four weekly one hour group sessions will begin Wednesday, April 21st at 11 AM. Additionally, get help with ANY computer software need..spreadsheets, Facebook, Mac, etc. to become more proficient on computers through one-on-one phone support over a 6 month period. Instructors will be college students trained to work with older adults. Participants will have access to an ongoing online community for classes and special interest programming. We are asking participants once training is completed, to consider volunteering for one to two hours per week as remote friendly visitors with isolated elders on Zoom. Classes will begin Wednesday, April 21 at 11 AM. Please call Robert at 781-234-3445 for more info and to sign up.



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CHICKEN CAESAR WRAP
CHEF'S SALAD!
TUNA SALAD PLATE
CHICKEN SALAD PLATE



APRIL SPECIAL:



PIZZA & HOUSE SALAD
WITH BEVERAGE AND DESSERT! \$2

*** NEW ITEMS!**



* ALL SERVED WITH PITA BREAD & DRESSING ON SIDE

support groups

Alzheimer's Caregiver Support Group

Meets on April 14 & 28 at 4:00 PM via Zoom. To join, email Elaine at elaine.owens@verizon.net



memory loss. Gentle exercises, games, music, jokes and socialization to wrap up your week. Email Ariel for more info.

The Low Vision Support Group

meets via Conference Call on April 13 & 27 at 1:00 PM. **The Audio Book Club** meets on April 6 & 20 at 1:00 PM. The conference call number is **508-206-8603**. For more info, contact Maggie at 508-520-4945 or mgundersen@franklinma.gov.

Mass Commission for the Blind Virtual

Town Hall Thursday April 8 at 12:00 pm via Zoom. Please join MCB for a Virtual Town Hall as we aim to build a community of support for individuals who are blind, visually impaired, and Deaf

Blind across the Commonwealth. *A Vision for the Future: Strengthening Connections with the Blindness Community.* For joining information, contact Maggie at 508-520-4945 or mgundersen@franklinma.gov.

Hearing Loss Assoc. of America.

Veteran's Across America Virtual Chapter Meeting Tuesday April 20 at 8:00 pm via Zoom. HLAA's monthly zoom meeting for veterans with hearing loss. For the link to attend : www.hearingloss.org.

Fibromyalgia Support Group

Meets Wednesday April 7 at 1:00pm. Call Nurse Trish to register at 508-520-4945.

Memory Cafe Monday, April 26th at 2:00 pm via Zoom. Franklin Senior Center's 'Where's the Toast?' Memory Cafe offers people with memory loss and their care partners the opportunity to socialize with others in similar circumstances in a safe, engaging and welcoming environment. Email adoggett@franklinma.gov for the link to attend.

Sunshine Club *ONLINE!*

Meets Fridays at 11:00 am via Zoom. The Sunshine Club is for people with mild to moderate

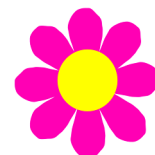


Information & Referral

MassHealth Buy-in Program, also called Medicare Savings Program, will pay for the Part B monthly premium, \$148.50 per month. The Buy-In program can also help pay some of your out-of-pocket costs of Medicare, and get Medicare Part B for people who only have Medicare Part A. If you are in a Buy-In program, you will also be automatically enrolled in the Medicare Part D Extra Help program, through Social Security, which can help with pharmacy costs.

The information below is the financial eligibility for April, 2021

	Monthly Gross Income	Assets (i.e. savings account)
Individual	\$1, 771	\$15, 940
Couple	\$2, 396	\$23, 920



If you feel you may be eligible under these new income guidelines feel free to call the SHINE Program for more information at 508-422-9931 or email: info@shinema.org

The "Are You Ok?" Program

is a daily telephone reassurance program offered by the Sheriff's Office in partnership with Fallon Ambulance. Each morning, enrolled seniors receive a call to check on their well-being. If an individual fails to respond or requires assistance, staff notifies their family, and if necessary, local police and/or emergency services. This program is offered free of charge to Norfolk County residents and has saved the lives of a number of seniors. The automated call takes approximately 24 seconds and is monitored by a Norfolk Sheriff Deputy Sheriff or Fallon Ambulance Staff. Individuals may determine how many days a week the call is placed and may suspend calls when they know they will be away from home. Seniors interested in signing up for this no cost, potentially lifesaving, program are encouraged to contact 1-866-900-7865.

Tri-Valley Elder Services

announces a new grant-funded program that will provide FREE local transportation to seniors and adults with disabilities. Transportation Services can be accessed for medical and non-medical needs as available. Some examples include but not limited to: Doctor/Dentist, Hairdresser/Barber, Tax prep appointments, Lunch out with friends, shopping, Church, Support Groups, Gym. For more information, contact the Information & Referral Department at Tri-Valley 1-800-286-6640.



Thank You!

Volunteers Wanted

We are looking for both cafe workers and building monitors. Call the center for more information!
508-520-4945



Franklin Fire Department Battalion Chief Chuck Allen shows one of the corned beef meals the fire union served up to seniors during a drive-up St. Patrick's Day luncheon at the Franklin Senior Center on March 17. *Wicked Local Staff Photo/Heather McCarron*

Thank You to the Franklin Firefighters Union for serving up over 200 Corned Beef & Cabbage lunches on St. Patrick's Day!

BJ's Wholesale for donating the cookies and Irish Soda Bread for the Corned Beef & Cabbage Luncheon

The Franklin Democratic Town Committee for their handwritten cards on St. Patrick's Day

A generous donation from Mary Roberts in honor of Steve Cohen

Mary Jane Behnke for donating embroidery kits

Hilary Cohen for her donation of handmade items

Dean College for inviting Franklin Senior Center members to attend classes this Spring Semester

Mary Higginbottom, Nancy Ross & Sandra Seibel for generous donations to support our fitness classes

Edward & Maria Colace for a generous donation

A generous donation from an anonymous donor



Franklin Fire Dept. 1949

The American-LaFrance Aerial Ladder Truck was on display during their Annual St. Patrick's Day Luncheon.



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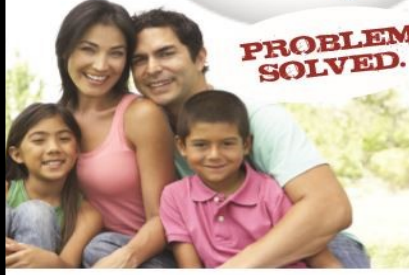


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Several Upcoming Programs ...

are supported in part by a grant from the Franklin Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency. Thanks to their generous financial support We will be hosting:

Outdoor Concert Series The Mark Shilansky Jazz Trio will kick off the first of 3 outdoor concerts this Spring/Summer on May 11th!

Drum Connection Drumming has been shown to: Improve social cohesion, reduce tension and anxiety, induce alpha brain waves which make you feel calm and relaxed, incite laughter, and generate positive energy. Join us as we come together in music and friendship. Drums will be available to participants.



An hour of crafting and socialization with Stampin' Up! Instructor Barbara Lash. In-person at the Center in May.



The Annual Spring Fling will take place as a drive-thru *at the Senior Center* this year. Franklin High School National Honor Society Students will provide free lunches and other goodies! Event will take place on May 16th from 3-5 pm. Space is limited, please call to sign up for this fun, free event!



Feeling lonely at home? Interested in learning more about voice-activated technology to use in your home? You may be eligible to receive a free Alexa device! Alexa is a voice-activated virtual assistant that works through a smart speaker and can help you with daily tasks, connect with the world and be a virtual companion. The Alexa program is supported through a generous grant from the Metrowest Health Foundation. Eligible seniors will receive a device, set-up assistance and ongoing instruction! Already have an Alexa device and want to learn more about it? Join our Alexa Club! At a time when many are staying home, the Alexa program goal is to make being home less lonely. Call the center for more information!



F.O.F.E.I.N.C.



Friends of Franklin Elders, Inc.

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.

Thank you to the following for their Generous Donations to the Friends...

Carol Ross
Bruce & Eileen Watkins
Eileen Burnard
Tracy & Malcolm MacLeod
Rich & Karen Miller
Ernest Collamati
Stephen G. Sherlock
Robert & Joyce Collemer
Charles Yergation
Gail Lemo
Jeanne Scoba
Nancy & Ron Standing

Maureen Murphy
Jeannette Hart
Leo & Karen Van Glabbeek
Faye Caribardi
William Leonard
Muriel Goyer
Barbara Cook
Marc & Karen Tardif
Judy Noble
Jeff Nutting
Ernest Collamati

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In Memoriam



Gloria Rollinson in memory of Nicholas, Antoinette Mucciarone & Sons, John & Henry DeGregorio & Edgar Rollinson

Marie L. Pettitt in memory of Everett Pettitt Jr., Brunetti Family & Hutcheson Family

Ann Franciose in memory of Henry Franciose

Dr. William Koplin in memory of Linda M. Koplin

Donna Midgley in memory of David Midgley

Jim & Anne Morash in memory of Linda Koplin

Mary Evelyn Pelletier in memory of Norman Pelletier

Ms. Fannie Pizzi in memory of Paul Pizzi

Joseph Pulsone in memory of Nicholas R. Pulsone & The Pulsone Family

Janice Corso in memory of Frank Corso

Mary Brunelli in memory of Albert Brunelli

Conrad P. Caligaris in memory of Barbara Caligaris

Marie Campbell in memory of Robert L. Campbell

Rose Carlucci in memory of Rudolph Carlucci

Gerald Fagan in memory of The Fagan Family

Carlo & Rita Geromini in memory of Frank Geromini

Wanda Mercer in memory of Dr. Raymond Mercer

Ann E. Seymour in memory of Donald J. Seymour

Ron & Jean Daddario in memory of Elda M. Daddario

John Triolo in memory of Susanne Triolo

MaryJane Whitten in memory of Allan Wilbee

Robert F. Hannon in memory of Kathleen M. Hannon

Nancy McDonald in memory of Agnes D'Aniello

Margaret Natan in memory of Max Natan

William Reynolds in memory of Barbara Reynolds

JoAnn Wright in memory of Anna & Lester Vanderwal

Carol Belcher in memory of Allan Belcher

Roberta Clary in memory of Paul Clary

Florence Doo in memory of Willie Doo

Carol & Michael Giardino in memory of John & Inez Lavigne

Jeanne Mourey in memory of Richard Mourey

Aldora Sacchetine in memory of Mario & Diane Sacchetine

Beverly Watts in memory of Claire Watts

Jodi Kanadanian in memory of Robert J. Rappa

Hilary Perry in memory of Geoff Perry

Joe & Rae Bethoney in memory of Raymond & Louise Brown

Mary Foley in memory of Walter T. Foley

Donald & Eileen Mallinson in memory of Richard F. Lyons

Pauline Santino in memory of Frank DeGrazia

Betty Cirotski in memory of Leo G. Cirotski

James & Margie Lane in memory of Conrad Caligaris

John & Paula Lombardi in memory of Conrad Caligaris & Alice Vendetti

MaryLou Degnim in memory of Conrad Caligaris

Kathy B. & Edward T. Dunne in memory of Conrad Caligaris

Janet Y. Jewett in memory of Christiane Goguen

Pam Spicer in memory of Richard H. Spicer

George Gotsis in memory of Conrad Caligaris

Jim Hosford in memory of Sandra Hosford, Judy McGrath, Bill Pisani, Don Bucchanio

The Rontiris Family in memory of Conrad Caligaris

June Diehl in memory of Robert Diehl

Lisa Vicaro in memory of Aldina Vicaro

Constance & Mike Doughty, Nicky & Mary Antonuccio, Anthony & Sarah Antonuccio in memory of Frank G. DeGrazia

John & Paula Lombardi in memory of Frank G. DeGrazia

Nancy O'Rourke in memory of Frank G. DeGrazia

Nancy Rappa in memory of Frank G. DeGrazia

Terry Robbins in memory of Frank G. DeGrazia

Mrs. Louise Vozzella in memory of Frank G. DeGrazia

Cora Labossiere in memory of Francis Labossiere

Nancy Olson in memory of Roberta Franklin-Kritz

Joanne Rossetti in memory of Mary & Joseph Lozzi, Ann Rao

Dick & Judy Hynes in memory of Ruth Anderson

Committee:

Paula Lombardi; Chair Marge Capezza; Secretary. Julie Garilli; Treasurer | Carol Ellsworth, Barbara Lane, Margie Lane, Nan Rafter, Helen Power, Judy Pfeiffer, Pam Spicer, JoAnn Wright.

In Memoriam



Barbara DeCosta in memory of Robert DeCosta & Daughter Carleen

Mary Crehan in memory of John Crehan

Rose Bertoni in memory of Celio Bertolomei, Felix Bertone, Stephen Bertoni

Lynne Narum in memory of Mom & Dad

Carol Gillespie in memory of Peter H. Gillespie

Anthony & Massimina Vignone in memory of Peter D'Amelio, Fred Pecci, Roy Tucci, Nick Santoro, Greg Ballarino, Harvey Nasuti, Al Lewis

Laura Brook in memory of Kenneth E "Ted" Brook

Ralph Masi in memory of Phyllis Masi, Elizabeth Masi

Susan Shluger in memory of Rita Scher

Donna & Bill Cupelo in memory of William J. Cupelo, Angela A. Chevalier

Carole Taddeo in memory of Oscar & Theresa Bouchard

Kaye & Bob Crowley in memory of Paul Clary

Yvette Buffone in memory of Robert J. Buffone, Sr.

Claire Lombardi in memory of Donald Gelineau

Joanne Roche in memory of Neil J Roche

Ernestine V. Gilmore in memory of Howard A. Gilmore Jr.

Murray & Patricia Davis in memory of Pearce Murphy, Peggy Corsini, Dick Lyons

Tony Gromelski in memory of Mr. & Mrs. Ralph H & Dorothy Mendall

Floyd & Sylvia Bent in memory of Ralph Bent & Rosina Bent

Valerie Blaine in memory of Mary Ledwith

Lucille Buchanio in memory of Donald A Bucchanio

Betty Cronin in memory of Richard Lyons

Joan Cussen in memory of James Cussen

Pierina D'Ascenzo in memory of Domenic & Paul D'Ascenzo

Donna Ebel in memory of Ian

Judith Ferland in memory of Randall & Alice Berndt

Mary & Ron Higginbottom in memory of Dear Friends- Bob & Gena Gagnon, Louie Blaine & Maryellen Weidman

Catherine McNiff in memory of Kevin McNiff

Mike & Mary O'Neill in memory of a dear and much loved friend- Mary Ledwith

Mary Elizabeth Ranieri in memory of Donald George Ranieri, Sr

The Bohac Family in memory of Frank DeGrazia

Ann Evans in memory of George J Evans

Ann (Nancy) McCarthy in memory of John H McCarthy

Marylee Mutrie in memory of Frank DeGrazia

Leon Niro in memory of Frank G. DeGrazia

William Nethercote in memory of Frank DeGrazia

David & Lisa Oxford in memory of Frank DeGrazia

Marie Santoro in memory of Nick Santoro

Anthony & Massimina Vignone in memory of Frank DeGrazia

Mark & Carol Henney in memory of Frank DeGrazia

Nan Rafter in memory of Conrad Caligaris

The Salvucci's in memory of Frank DeGrazia

Mario Dalo in memory of Alice Vendetti

Marge & Nick Capezza in memory of Conrad Caligaris

Greg & Michelle Allegrezza in memory of Frank DeGrazia

James Brown in memory of Conrad Caligaris

Linda Staffiere in memory of Frank DeGrazia

Amy & Mike Grucan in memory of Conrad Caligaris

Ruth Chick in memory of George Marshall Chick

Bob Weidman in memory of Mary Ellen Weidman

Dona P. Mackintosh in memory of Donald Mackintosh

Stanley & Theresa Perron in memory of Frank DeGrazia

Ellien Kazijian in memory of Madeline Jerrett

Jan & Rick Parmenter in memory of Ruth Anderson

Audrey Alberts in memory of Frank DeGrazia

George & Theresa Perron in memory of Frank DeGrazia

F.O.F.E. 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

Erin Rogers
Senior Center Director

Sue Barbour
Program Director

Maggie Gunderson
Social Services Coord.

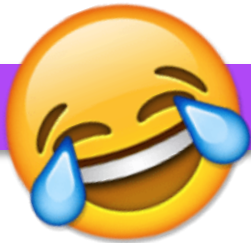
Ariel Doggett
Virtual Program Coord.

Trish Collatos
Wellness Nurse

Paul Ledwith
Food & Beverage Dept.

Dale Kurtz
Veterans Service Officer

Debra Martin
Veterans Services
Assistant



On The Lighter Side...

Three old guys are out walking. The first one says, 'Windy, isn't it?' The second one says, 'No, it's Thursday!' The third one says, 'So am I. Let's go get a beer.'

I just saw a grandpa help a youngster who was staring into his phone to cross the street.

"So, I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But by the time I got my leotard on, the class was already over."

I told my physical therapist that I broke my arm in two places...He told me to stop going to those places.

A retired man now volunteers to entertain patients in assisted living homes and hospitals. He visited one hospital in Brooklyn and brought along his portable keyboard. After telling jokes and singing songs at patients' bedsides, he said in farewell, 'I hope you get better.' One elderly gentleman replied, 'I hope you get better, too.'"

A woman in labor suddenly shouts, "Shouldn't! Wouldn't! Couldn't! Didn't! Can't!" "Don't worry," said the doctor. "Those are just contractions."

How do you keep a bagel from getting away? Put lox on it.

Why did the golfer bring an extra pair of pants? In case he got a hole in one.

What do you call someone with no body and no nose? Nobody knows.

