



# THE FRANKLIN Connection

FRANKLIN SENIOR CENTER'S MONTHLY NEWSLETTER

**AUGUST 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

### 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: Deputy Director's Message

Page 3: August Happenings

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Page 5: Caregiver Corner and  
Support Groups

Page 6 & 7: The August Calendar

Page 8: Low Vision Programs,  
Jokes of the Month, and  
Veterans' Services

Page 9: FOFE Donations & COA  
Board News

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Updates

### Don't Be a Beachball Winner Jim Lane



### Presidential Libraries with State Rep Jeff Roy



### Southeastern MA Community Band



### Eat Around the World INDIA

## DEPUTY DIRECTOR'S MESSAGE

I've always loved the summer months—maybe it's the vitamin D, but the sense of community rises as neighbors are outside talking to each other, yard sales, outside events, concerts at the common, lemonade stands, and more. At this center, the sense of community is strong year round and making my summer even better!

With the new fiscal year just starting, we have exciting things to share. Please welcome our newest staff member, Amanda Rabbit, as the Supportive Day Assistant. In additional news, we were awarded a Massachusetts Department of Transportation Grant to purchase a bus this fiscal year!

Even with new and exciting updates, we are constantly looking for new ideas and feedback about our current programs. Our doors are always open and let's rock the rest of this summer!

-Sarah Amaral



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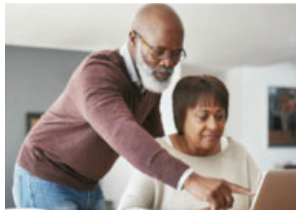
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Franklin, MA 02038-1364  
508-346-3750



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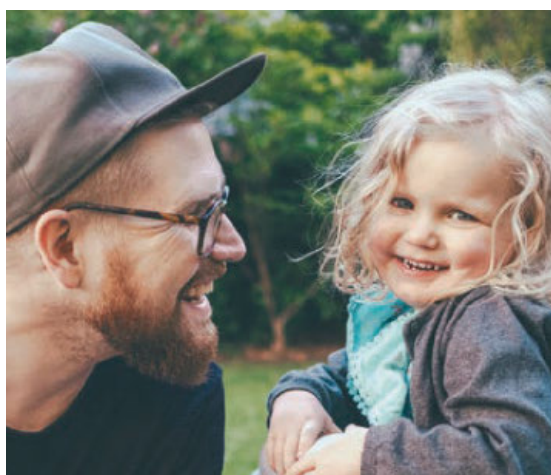
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Franklin Senior Center, Franklin, MA 06-5389



# August Happenings

THE FRANKLIN SENIOR CENTER

03



## PIZZA & MOVIE NIGHT:

Come out for a night of fun to watch  
“BOOK CLUB: THE NEXT CHAPTER”  
starring Diane Keaton, Jane Fonda, Mary  
Steenburgen, and Candice Bergen

THURSDAY, AUGUST 10th

at 4:30pm

\$3.00/person

Must call to Register by August 9th



## Moving in 3 Planes of Motion

### 6-week series with Steve Avellino

We should move in 3 planes of motion but often don't, allowing daily tasks like yard work or vacuuming to leave us in pain, unbalanced, or unstable. This series will help you rethink and redesign the way your body moves!

Starts September 11th!

6 classes—\$35/person



## 1ST ANNUAL

### CHEF SHOWDOWN

Come and taste the delicious creations from local restaurants as they battle head to head.



WEDNESDAY AUGUST 30th at 12:00pm

\$5 per person

Limited spots available: Registration opens August 1st

## PROGRAM SPOTLIGHTS

### SENIOR PLAYERS

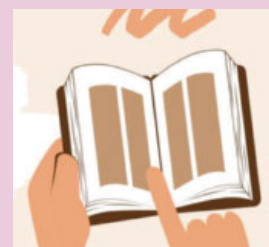
*The Senior Players will begin meeting again on Tuesday, August 29 at 10:30am. Be on stage or behind the scenes - there is fun had by all!*

*Register now*



### BIBLE STUDY

*This non-denominational bible study meets Thursdays at 10:15am. All are welcome for great conversation and friendship!*



### Rainbow Pizza Party in partnership with Pathways Café

Please join us in friendship and conversation for a multigenerational gathering with pizza and games. All those in the LGBTQ+ community, allies, and friends are welcome.

Wed, August 23rd at 12:30pm

Please call to register by 8/21



# 04 August 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, AUGUST 9th**

**AT 11:00AM**

## Danielle's Art

### Class



All levels welcome

**\$4 per person**

*Canvas & paints included*

**THURSDAY, AUGUST 10th**

**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: **The Philippines**

**FRIDAY, AUGUST 11th**

**AT 11:00AM**

## PRESENTATIONS— CALL TO REGISTER!

### BOARD GAMES WITH LEVI

**WEDNESDAY AT 1:00PM AUGUST 9TH AND 16TH**

For his 8th grade capstone project, Levi is learning about our center and Franklin's senior community. What better way to do that, then quality time playing board games with all of you!

### STAY COOL—TIPS TO STAY HEALTHY IN THE HEAT

**TUESDAY, AUGUST 15 AT 1:00PM**

Stay cool with the Franklin Health Department. Learn tips and tricks to stay safe with the rising temperatures this summer. Understand the signs of heat stroke/exhaustion and the importance of staying hydrated!

### RESTLESS ABANDONED—A PHOTO JOURNEY

**WEDNESDAY, AUGUST 16TH AT 11AM**

Join photo journalist Jimmy as he shares his photos and experiences of exploring abandoned places.

### FRANKLIN Q & A WITH STEVE SHERLOCK

**WEDNESDAY, AUGUST 16TH 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.

### FIVE WISHES

**WEDNESDAY, AUGUST 23RD AT 11:00AM**

Talk about advance directive planning with Nurse Trish. Five Wishes focuses on YOUR needs and wants, and how to share them with your loved ones.

### ORGANIZING YOUR SMARTPHONE

**WEDNESDAY, AUGUST 23RD AT 1:00PM**

Learn to use your phone to get organized. Ryan will share instruction and pointers on using notes, the calendar and other applications to keep you on track.

### LET'S TALK FUEL ASSISTANCE

**TUESDAY, AUGUST 29TH AT 10:00AM**

Join Raeleen, our Social Services Coordinator, as she talks about how to apply for fuel assistance, who is eligible, and walk you through the application process.

### STROKE AWARENESS

**WEDNESDAY, AUGUST 30TH AT 11:00AM**

Recognize the signs and symptoms of having a stroke with Nurse Trish, talking about life after a stroke and the path forward.



# Caregiver Corner and Support Groups

THE FRANKLIN SENIOR CENTER

05

**THE SUNSHINE CLUB** This supportive adult day program offers seniors with memory loss, chronic medical issues, or social isolation a safe and engaging environment. For more info call Kathleen Laughran at 508-520-4945 or email at [klaughran@franklinma.gov](mailto:klaughran@franklinma.gov).

**MEMORY CAFÉ** Please join us Wednesday, August 16th, 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 well-being 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. **Wednesday, August 9th at 1:30pm**



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>01</b> 9:00am Cribbage 9:30am Low Impact \$ 9:30am Busy Bees 10:00am Hand & Foot <b>10:30am Hearing Clinic</b> 11:00am Cardio, Strength, & Balance 1:00pm BINGO 1:00pm Chess 1:00pm Cribbage Instruct. 1:00pm Quilting <b>1:00pm Audio Reading of the Newsletter</b>	<b>02</b> 9:00am Walking Group <b>10:00am Veterans Coffee Social</b> 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 Pokeno	<b>03</b> 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 Open Art Studio <b>1:00pm Autoimmune/Mobility Disorder Support</b> 1:00pm BINGO 1:00pm Tai Chi \$ 1:00pm Cribbage (ACC Rules) 5:30pm Acoustic Jam Session	<b>04</b> 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	<b>11</b> 10:00am Woodcarving 10:00am Hand & Foot 11:00am ZUMBA \$ <b>11:00am Eat Around the World: THE PHILIPPINES \$</b> 12:30pm T.O.P.S. 1:00pm Pokeno 1:00pm Darts 1:00pm Diamond Art 2:00pm Silvertones Choral Group
<b>07</b> 9:30am Italian Novel Reading <b>10:00am FSC Garden Club</b> 10:30am Poker 11:00am Line Dancing \$ 1:00pm Trivia! 1:00pm Chair Volleyball 1:00pm American Mah Jong 1:15pm Movie Matinee: The Bodyguard 4:00pm Pool Night <b>4:30pm Deluna Yoga \$</b>	<b>08</b> 9:00am Cribbage 9:30am Low Impact \$ 9:30am Busy Bees 10:00am Hand & Foot 11:00am Cardio, Strength, & Balance 1:00pm BINGO 1:00pm Chess 1:00pm Cribbage Instruct. 1:00pm Quilting	<b>09</b> 9:00am Walking Group 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong 11:00am Pound Fitness \$ <b>11:00am Mobile Food Pantry</b> 12:30pm Bridge <b>1:00pm Board Games w/ Levi</b> 1:00pm Senior Scribblers 1:00pm Pokeno <b>1:30pm Pathways to Healing Support Group</b> <b>4:00pm Caregiver Support Group</b>	<b>10</b> 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 <b>1:00pm Danielle's Art Class \$</b> 1:00pm BINGO 1:00pm Tai Chi \$ 1:00pm Cribbage (ACC Rules) <b>4:30pm: Movie &amp; Pizza Night: Book Club: the Next Chapter \$</b>	<b>18 CAFÉ CLOSED</b> 10:00am Woodcarving 10:00am Hand & Foot <b>11:00am MONTHLY PARTY: COUNTRY WESTERN PARTY with live entertainment- TRIBUTE TO JOHNNY CASH \$</b>
<b>14</b> 9:30am Italian Novel Reading 10:30am Poker 11:00am Line Dancing \$ 1:00pm Trivia! 1:00pm Chair Volleyball 1:00pm American Mah Jong	<b>15</b> 9:00am Cribbage 9:30am Low Impact \$ 9:30am Busy Bees 10:00am Hand & Foot <b>10:30am Hearing Clinic</b> 11:00am Cardio, Strength, & Balance	<b>16</b> 9:00am Walking Group 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong <b>11:00am Restless Abandoned</b> 11:00am Pound Fitness \$ <b>11:00am Franklin Q &amp; A</b>	<b>17</b> 8:30am <b>Coffee Hour with State &amp; Local Officials</b> 9:00am Cribbage 9:30am Low Impact \$ 9:30am Busy Bees 10:00am Discussion Group 10:15am Bible Study	

# August 2023 Calendar Continued 07

FRANKLIN SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>14 CONTINUED</b> 1:15pm Movie Matinee: Walk the Line 4:00pm Pool Night <b>4:30pm DeLuna Yoga \$</b>	<b>15 CONTINUED</b> <b>1:00pm Stay Healthy in the Heat</b> 1:00pm BINGO 1:00pm Chess 1:00pm Cribbage Instruct. 1:00pm Quilting <b>12:30pm Legal Clinic</b>	<b>16 CONTINUED</b> 12:30pm Bridge <b>1:00pm Board Games w/ Levi</b> 1:00pm Senior Scribblers 1:00pm Pokeno <b>1:00pm Memory Café</b>	<b>17 CONTINUED</b> 11:00am Cardio, Strength, & Balance 12:00pm Poker 1:00pm BINGO 1:00pm Tai Chi \$ 1:00pm Open Art Studio 1:00pm Cribbage (ACC Rules) <b>7:00pm Veterans Council Mtg</b>	<b>18 CONTINUED</b> 12:30pm T.O.P.S. 1:00pm Pokeno 1:00pm Darts 1:00pm Diamond Art 2:00pm Silvertones Choral Group
<b>21</b> 9:30am Italian Novel Reading 10:30am Poker 11:00am Line Dancing \$ 1:00pm Trivia! 1:00pm Chair Volleyball 1:00pm American Mah Jong 1:15pm Movie Matinee: Blended 4:00pm Pool Night <b>4:30pm DeLuna Yoga \$</b>	<b>22</b> 9:00am Cribbage 9:30am Low Impact 9:30am Busy Bees 10:00am Hand & Foot 11:00am Cardio, Strength & Balance 1:00pm BINGO 1:00pm Chess <b>1:00pm Audio Book Club</b> 1:00pm Cribbage Instruct. 1:00pm Quilting	<b>23</b> 9:00am Walking Group 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong 11:00am Pound Fitness \$ <b>11:00am 5 Wishes</b> 12:30pm Bridge <b>12:30pm Rainbow Pizza Party</b> 1:00pm Senior Scribblers <b>1:00pm Organize your Smart Phone</b> 1:00pm Pokeno <b>4:00pm Caregiver</b> Support Group	<b>24</b> 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 Rules)	<b>25</b> 10:00am Woodcarving 10:00am Hand & Foot 11:00am ZUMBA \$ 12:30pm T.O.P.S. 1:00pm Pokeno 1:00pm Darts 1:00pm Diamond Art 2:00pm Silvertones Choral Group
<b>28</b> 9:30am Italian Novel Reading 10:30am Poker 11:00am Line Dancing \$ 1:00pm Trivia! 1:00pm Chair Volleyball 1:00pm American Mah Jong 1:15pm Movie Matinee: Pitch Perfect 4:00pm Pool Night <b>4:30pm DeLuna Yoga \$</b>	<b>29</b> 9:00am Cribbage 9:30am Low Impact 9:30am Busy Bees <b>10:00am Let's Talk Fuel Assistance</b> 10:00am Hand & Foot 10:30am Senior Players 11:00am Cardio, Strength & Balance 1:00pm BINGO 1:00pm Chess <b>1:00pm Audio Book Club</b> 1:00pm Cribbage Instruct. 1:00pm Quilting <b>2:30pm Rainbow Cafe</b>	<b>30</b> 9:00am Walking Group 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong <b>11:00am Stroke Awareness</b> 11:00am Pound Fitness \$ <b>12:00pm 1st Annual Chef Showdown</b> 12:30pm Bridge 1:00pm Senior Scribblers 1:00pm Pokeno		

# 08 Low Vision Programs, Jokes and Veterans' Services

THE FRANKLIN SENIOR CENTER

## **LOW VISION PROGRAMS**

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

**No Adaptive Technology or Support Group**  
**this Month**

**August 22nd and 29th at 1:00pm:** Audio Book Club : *Rebecca by Daphne DuMaurier*. (PHONE)

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



**DON'T JUNE KNOW IT'S AUGUST? I CAN'T DECEMBER**

**WHEN DO YOU GO AT RED, AND STOP AT GREEN?**  
When you're eating watermelon

**DAD WAS GRILLING AND BURNED OUR LUNCH. MISTEAKS WERE MADE.**

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

**August 2** – Veterans Coffee Social - Wednesday, August 2 at 10:00 a.m. in the Senior Center Café. In honor of National Purple Heart Day, we will recognize Franklin Purple Heart recipients at the Social. All Veterans are welcome to join us for updates, coffee and conversation!

**August 4** - Coast Guard's 233 Birthday

**August 7** - National Purple Heart Day - Honors the brave men and women who were either wounded or killed as a result of enemy action while serving in the U.S. military. Please let our office know if you or a family member (residing in Franklin) is a Purple Heart recipient and we'll add them to our database.

**August 17** - Veterans' Council Meeting - 7:00 p.m. at the Senior Center. All Franklin residents interested in Veterans' events and activities are welcome.

**August 29** - Marine Corps Reserve 107th Birthday

**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.

The Tune It Out guitar lessons program for Veterans will not meet in July and August. Classes will resume on Tuesday, September 12. There is no charge for lessons and no guitar experience is needed. Call the Veterans' Services Office for details.





## 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

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thank  
you

## CALLING ALL SENIORS!

**THE COUNCIL ON AGING BOARD IS  
SEEKING NEW MEMBERS**

**-MUST BE A FRANKLIN RESIDENT-**



If you are interested in joining the team, have questions, or want to learn more, please reach out to the

Senior Center Director,

Danielle Hopkins

[dhopkins@franklinma.gov](mailto:dhopkins@franklinma.gov)

# 10 Best of Times Travel and Updates

## 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

## TAKING NOMINATIONS

*for the*

**Stella Jeon Silver Spirit Award**

This award recognizes a senior citizen from Franklin who has consistently contributed to their community by volunteering their time and energy to improving the quality of life for its citizens.



Please visit the front desk for a nomination form



The TOPS weight loss program (Take Off Pounds Sensibly) meets each Friday at the Franklin Senior Center at 12:30pm.

They're celebrating some major wins and we want to congratulate them:

- **Patricia Seery** was recognized as our Chapter Queen, with the most weight loss last year.
- **Paula Lombardi** received a special award honoring her perseverance to the program.
- **Nan Rafter, Barbara Swasey, and Patricia D'Amour** were also honored

For more info on joining TOPS, please contact Valerie Tessicini at 508-473-4258, [vtessicini@gmail.com](mailto:vtessicini@gmail.com), or call the front desk.

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