



THE FRANKLIN Connection

FRANKLIN SENIOR CENTER'S MONTHLY NEWSLETTER

JANUARY 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



Happy New Year From Our Franklin Senior Center Family to Yours!



WHAT'S WHAT?

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Support Groups

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Veterans Services, Volunteer

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and Winter Wonderland

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and Weather Robocalls

Hello 2024! What a wild ride 2023 was, now onto the New Year! We recently had the FHS 40% club stop by and drop off holiday cards. Did you know that 40% of our happiness is determined by our daily activities?! Come find some happiness here at the Franklin Senior Center this year, try something new, hang out with your friends, or even just come to eat Chef Anne's delicious food! A new year brings new opportunities, and allows us to turn the page, continuing our stories, whether that be to the next chapter, or to leave the past in the past. Remember what the new year brings depends on what you bring to the new year! And I hope to see all of your smiling faces here at the Senior Center!

-Danielle Hopkins, Director



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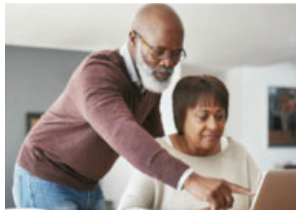
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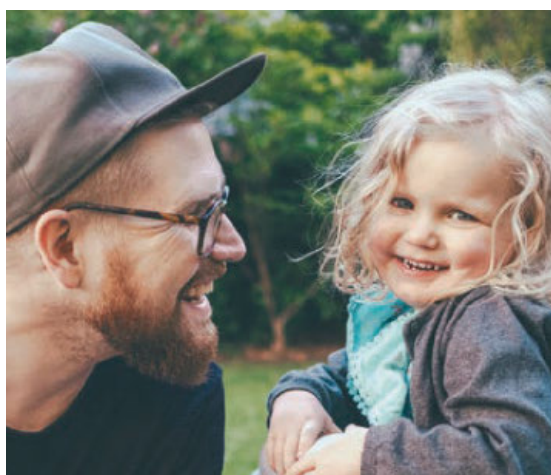
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Franklin Senior Center, Franklin, MA 06-5389

January Happenings

THE FRANKLIN SENIOR CENTER

03



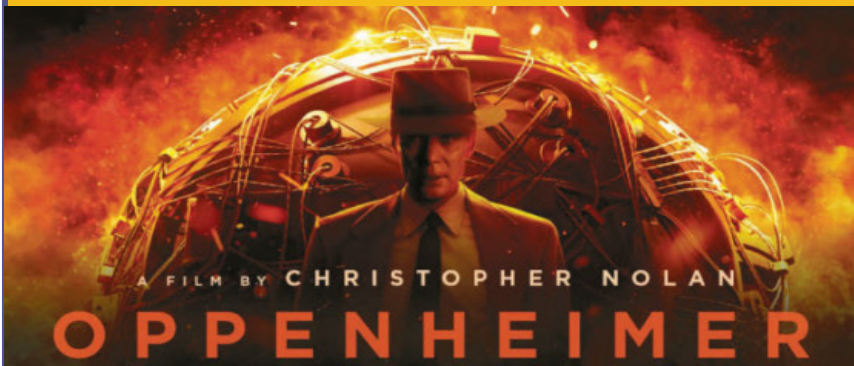
BREAKING NEWS

JOIN US FOR A TURKEY DINNER
PREPARED AND SERVED BY THE
FRANKLIN POLICE DEPARTMENT
Friday, January 19th at 11:00am
-Must call to Register-

Franklin Residents can sign up as of January 2nd.
Out of town residents can sign up as of January 10th

PIZZA AND MOVIE NIGHT: OPPENHEIMER

Thursday, January 25th at 3:30pm (\$3 / person)



Keep an Eye out for...



Cooking & Nutrition Classes



TECHNOLOGY CORNER

(Sign up now!)

- Dating Your Device

A 6 week beginner course for
the iPhone- Mondays at 2:30pm
(spots limited!)

- Let's Get Social

Come learn the pro's and cons of
social media- Thurs 1/18 at 1pm

- Google Bootcamps

Let's Talk Excel (Pt. 1 & 2)- we will
be going over the basics and
learning functional and formula
hacks- Tues 1/23 & 1/30 at 10am

- Protect Your Bits

Fraud Prevention Workshop on
Mon 1/29 at 10am

- 1:1 Technology Help

Contact the Senior Center to
work with our Tech Guru Ryan!

BOOK CLUB

1st Monday at 1:00pm

JANUARY 8- NORMAL
PEOPLE BY SALLY ROONEY

February 5- Evicted: Poverty
and Profit in the American City
by Matthew Desmond

March 4- The Wind Knows My
Name by Isabel Allende

04 January 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, JANUARY 10th
at 11:00am

RAINBOW CAFÉ



Are you a member or ally of the LGBTQ+ community?!

Please join us for conversation and friendship with like minded people.

Last Tuesday of the month
at 2:30pm



EAT AROUND THE WORLD

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

This Month: **ISRAEL**

Friday, January 26th @ 11am

PRESENTATIONS– CALL TO REGISTER!

6 WEEK SERIES WITH STEVE AVELLINO

MONDAYS AT 9:30AM STARTING JANUARY 8TH

As the weather gets colder, we will be outside less. We need more physical exercise indoors. This six week program is designed to combat osteoporosis and sarcopenia (muscle loss). \$35/person

BALANCE, WELLNESS, AND MOVEMENT

MONDAY, JANUARY 8TH AT 11:15AM

This will be an interactive class that will focus on exercises and balance based activities to help prevent falls. There will be an opportunity for a gait analysis as well as questions and answers with Dr. Geena Terino PT/DPT

HERE'S TO A HEALTHY 2024!

THURSDAY, JANUARY 11TH AT 1:00PM

Come talk with Nurse Trish about how you can have a healthy and happy 2024! Learn some tips and tricks to make it a New Years Resolution that you can stick to!

LET'S TALK STOCKS AND LOANS FRIDAY, JANUARY 12TH AT 1:00PM

Learn about reverse mortgages, stock, and investing for retirees. Basic and easy to understand information– what you need to know!

WHAT IS CBD/THC?

WEDNESDAY, JANUARY 17TH AT 1:00PM

A representative from NETA, a Franklin based cannabis dispensary, will be here discussing what is CBD and THS, how to read a product label: onset, duration, dosing, alternatives for managing pain, sleep, stress, and reviewing the different cannabis modalities. Bring your questions!

SIGN UP FOR OUR DRUM CIRCLE!

MONDAY, JANUARY 22ND AT 11:00AM

Join us for an hour of drumming. Feel the beat, learn some new rhythms and make friends. Drums and percussion supplied or you can bring your own!

Q&A WITH REAL ESTATE ATTORNEY MICHAEL KASBERG

MONDAY, JANUARY 22ND AT 11AM

Bring your real estate questions to local real estate attorney Michael Kasberg and get all the answers!

FRAUD PREVENTION WORKSHOP

MONDAY, JANUARY 29TH AT 10:00AM

Rockland Trust will be providing a workshop on how to protect yourself against scams and fraud.

NOTARY MONDAY, JANUARY 29TH AT 12:00PM

We will have Larry Maraghy here to help you get things notarized!

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, January 17th 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.

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. **January 10th and 24th at 1:00pm**



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 CLOSED 	02 9:00am Cribbage 9:30am Busy Bees 9:30am Low Impact \$ 10:00am Hand & Foot 10:30am Hearing Clinic 11:00am Cardio, Strength, & Balance (CSB) \$ 1:00pm BINGO 1:00pm Chess 1:00pm Cribbage Instruct. 1:00pm Quilting 1:00pm Audio Reading of the Newsletter	03 9:00am Walking Group 10:00am Vets Coffee Social 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong 11:00am Pound Fitness \$ 12:30pm Bridge 1:00pm Sign Language \$ 1:00pm Pokeno 4:00pm Cardio Fusion \$	04 9:00am Cribbage 9:30am Low Impact \$ 9:30am Busy Bees 10:00am Discussion Group 10:15am Bible Study 11:00am CSB \$ 12:00pm Poker 1:00pm BINGO 1:00pm Tai Chi \$ 1:00pm Caretaker Support 1:00pm Cribbage 5:30pm Acoustic Jam Session	05 9:00am Hand & Foot Instruct. 10:00am Woodcarving 10:00am Political Discussion 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
08 9:30am 6 Week Series with Steve Avellino \$ (I) 9:30am Italian Novel Reading 10:30am Poker 11:00am Line Dancing \$ 11:15am Balance, Wellness, & Movement 1:00pm Trivia! 1:00pm Book Club: "Normal People" by Sally Rooney 1:00pm Chair Volleyball 1:00pm American Mah Jong 1:15pm Movie Matinee: Champions 2:30pm Dating Your Device 4:00pm Pool Night	09 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 Low Vision Support	10 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 \$ 12:30pm Bridge 1:00pm Sign Language \$ 1:00pm Senior Scribblers 1:00pm Pokeno 1:00pm Bereavement Support 4:00pm Cardio Fusion \$ 4:00pm Alzheimer's Support	11 9:00am Cribbage 9:30am Low Impact \$ 9:30am Busy Bees 10:00am Discussion Group 10:15am Bible Study 11:00am CSB \$ 12:00pm Poker 1:00pm A Healthy 2024! 1:00pm Low Vision Tech. 1:00pm BINGO 1:00pm Tai Chi \$ 1:00pm Cribbage	12 9:00am Hand & Foot Instruct. 10:00am Woodcarving 10:00am Political Discussion 10:00am Hand & Foot 11:00am ZUMBA \$ 12:30pm T.O.P.S. 1:00pm Pokeno 1:00pm Darts 1:00pm Diamond Art 1:00pm Stocks & Loans 2:00pm Silvertones Choral Group
15 CLOSED WE WILL BE CLOSED ON MLK DAY MARTIN LUTHER KING JR. DAY 	16 9:00am Cribbage 9:30am Low Impact \$ 9:30am Busy Bees 10:00am Hand & Foot 10:30am Hearing Clinic	17 9:00am Walking Group 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong 11:00am Pound Fitness \$ 11:00am Franklin Q & A	18 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 CSB \$	19 9:00am Hand & Foot Instruct. 10:00am Woodcarving 10:00am Political Discussion 10:00am Hand & Foot 11:00am MONTHLY PARTY: FRANKLIN POLICE TURKEY DINNER AND MUSIC TRIVIA**

January 2023 Calendar Continued

FRANKLIN SENIOR CENTER

07

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15 CLOSED 	16 CONTINUED 11:00am CSB \$ 1:00pm BINGO 1:00pm Chess 1:00pm Cribbage Instruct. 1:00pm Quilting 1:00pm Legal Clinic	17 CONTINUED 12:30pm Bridge 12:30pm Sign Language \$ 1:00pm Memory Café 1:00pm Pokeno 1:00pm What is CBD/THC? 4:00pm Cardio Fusion \$	18 CONTINUED 12:00pm Poker 1:00pm BINGO 1:00pm Tai Chi \$ 1:00pm Cribbage 1:00pm Let's Get Social: Pro's & Cons of Social Media	19 CONTINUED 12:30pm T.O.P.S. 1:00pm Pokeno 1:00pm Darts 1:00pm Diamond Art 2:00pm Silvertones Choral Group
22 9:30am 6 Week Series with Steve Avellino \$ (2) 9:30am Italian Novel Reading 10:30am Poker 11:00am Drum Circle 11:00am Line Dancing \$ 11:00am Q&A Estate Attorney 1:00pm Trivia! 1:00pm Chair Volleyball 1:00pm American Mah Jong 1:15pm Movie Matinee: Leave The World Behind 2:30pm Dating Your Device 4:00pm Pool Night	23 9:00am Cribbage 9:30am Low Impact 9:30am Busy Bees 10:00am Hand & Foot 10:00am Let's Talk Excel Pt 1 11:00am CSB \$ 1:00pm BINGO 1:00pm Chess 1:00pm Audio Book Club 1:00pm Cribbage Instruct. 1:00pm Quilting	24 9:00am Walking Group 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong 11:00am Pound Fitness \$ 11:00am Franklin Q & A 12:30pm Bridge 1:00pm Scribblers at Studio 1:00pm Pokeno 100pm Bereavement Support 4:00pm Cardio Fusion \$ 4:00pm Alzheimer's Support	25 9:00am Cribbage 9:30am Low Impact 9:30am Busy Bees 10:00am Discussion Group 10:15am Bible Study 11:00am CSB \$ 12:00pm Poker 1:00pm BINGO 1:00pm Tai Chi \$ 1:00pm Danielle's Art Class 1:00pm Cribbage 3:30pm Movie & Pizza Night: Oppenheimer	26 9:00am Hand & Foot Instruct. 10:00am Woodcarving 10:00am Political Discussion 10:00am Hand & Foot 11:00am ZUMBA \$ 11:00am Eat Around the World: ISRAEL**\$ 12:30pm T.O.P.S. 1:00pm Pokeno 1:00pm Darts 1:00pm Diamond Art 2:00pm Silvertones Choral Group
29 9:30am 6 Week Series with Steve Avellino \$ (3) 9:30am Italian Novel Reading 10:00am Fraud Prevention 10:30am Poker 11:00am Line Dancing \$ 12:00pm Notary 1:00pm Trivia! 1:00pm Chair Volleyball 1:00pm American Mah Jong 1:15pm Movie Matinee: Family Switch 2:30pm Dating Your Device 4:00pm Pool Night	30 9:00am Cribbage 9:30am Low Impact 9:30am Busy Bees 10:00am Hand & Foot 10:00am Let's Talk Excel Pt 2 11:00am CSB \$ 1:00pm BINGO 1:00pm Chess 1:00pm Audio Book Club 1:00pm Cribbage Instruct. 1:00pm Quilting 2:30pm Rainbow Café	31 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 Pokeno 4:00pm Cardio Fusion \$		

08 Low Vision, Veterans, Volunteer Spotlight

THE FRANKLIN SENIOR CENTER

LOW VISION PROGRAMS

Tuesday, January 2nd at 1:00pm: Audio Reading of the January Newsletter. (PHONE)

Tuesday, January 9th at 1:00pm: **Low Vision Support:** Information on white cane accessories and smart white canes with navigation apps (Now on the 2nd Tuesday of the month going forward)

Thursday, January 11th at 1:00pm: Assistive Technology with Jerry Feliz (Second Tuesday just for this month)

Tuesday, January 23rd and 30th at 1:00pm: Audio Book Club: All the Light We Cannot See by Anthony Duerr. (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!

Continuing to recognize all of our amazing volunteers, say hello to Sue Lynch. If you have visited our Common Grounds Café in the last two years, then you have definitely met Sue! She also is extremely crafty and has run a fabric postcard class too. She started volunteering when she moved to Franklin to meet people, and now she can't imagine life without the great friends she sees at the Senior Center. Fun fact about Sue, her family owned the 1st American flag!



VETERANS SERVICE OFFICE (508) 613-1315

January 3 – Veterans' Monthly Coffee Social – 10:00 a.m. at the Senior Center. All Veterans are invited for coffee and conversation. Refreshments will be provided by our wonderful friends at Starbucks!

January 18 - 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!

January 27 - Vietnam Peace Day – On this day in 1973, the Paris Peace Accords agreement arranged a ceasefire which officially ended America's involvement in the 20-year Vietnam War.

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.

The Warrior Within yoga classes for Veterans and First Responders meets Thursdays at 6:00 p.m. at the Franklin Senior Center. There is no charge for classes. Call the Veterans' Services Office to sign up for guitar or yoga classes.

The next engraved brick installation on the Veterans Memorial Walkway will be in May. Brick order forms are available in the Senior Center and Town Hall lobbies and on the Veterans' Services web page at: <https://www.franklinma.gov/veterans-services>. Thank you to all who have supported this project!



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, January 26th @ 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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A HUGE THANK YOU to everyone who helped make Winter Wonderland 2023 possible! From donated trees, ornaments, inflatables, and décor, to refreshments and time- it was a huge success!

Special thanks to

The Lionsheart Group

The Enclave

All American

Benchmark at Forge Hill

BJ's Wholesale

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All our community partners that decorated a tree



10 Trips, AARP Taxes, & Winter Robocalls

THE FRANKLIN SENIOR CENTER

COLLETTE TRAVEL OPPORTUNITIES (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, Cortona, Florence, Michelangelo's David, Chianti Winery & cooking class, Venice, & Lake Como.—Cost: Double \$4,599, Single \$5,399, Triple \$4,569 **October 23—November 1, 2024**



BEST OF TIMES (DAY TRIPS)

- **Andy Cooney- Irish Celebration**—showcasing Ireland's Music, Song, Comedy, and Dance on Wed, March 6th in Danvers, MA. \$129/person (includes luncheon and transportation)
 - **The Beach Boys Ultimate Tribute Show**— Lake Pearl, Wrentham \$89/ person w/ luncheon on Wednesday, April 24th
 - **Ricky Nelson Remembered- Live in Concert**— Lake Pearl, Wrentham, \$89/person w/ luncheon on Wednesday May 22nd



AARP TAX PREPARATION AND FILING

SIGN UP FOR FREE NOW!

AARP Foundation Tax- Aide volunteers will help you prepare and file your return. The service is free and offered at our Senior Center!

AARP volunteers are IRS certified and can help you file a complete and accurate return— both federal and state.

The service is free of charge. While it is focused on taxpayers who are over 50 and have low to moderate income, it is open to anyone of any age from any community.

Appointments begin on Friday, February 9th and continue each Friday through the end of March.

Call the Senior Center now at 508-520-4945 for more info and to make an appointment.



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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