



THE FRANKLIN Connection

Franklin Senior Center's Monthly Newsletter

March 2022

The Franklin Senior Center

10 DANIEL MCCAILL ST.
FRANKLIN, MA 02038
PHONE: 508-520-4945
FAX: 508-520-4917

OPEN MON-FRI
8:30am- 4:00pm

<http://www.franklinma.gov/>

**BEN'S BOUNTY
GIFT SHOP
10AM-1PM**

Open Mon-Thurs



**Make Sure to
Follow us on our
Social Media
Platforms to
Stay Informed
About the
Happenings at
The Senior Center!**



Director's Message

In the early Roman calendar, March used to be the first month of the year, a time for new beginnings. Now the third month, March welcomes the beginning of longer days, warm(er) weather, the pop of colors of budding flowers. And, here

at the senior center we are welcoming new beginnings as well.

Within the past month we have had at least 20 new members sign up for the Senior Center and more that have come to tour. We are seeing the COVID numbers going down, our vaccination rate for the center is 90%+, and our halls are bustling with the sounds of fitness classes, the smell of breakfast from the café, the busy hands of the busy bees: It's great to see the Senior Center start to come alive again!

With any new beginning, we build upon what has already been established. Karen Alves and Erin Rogers, the two previous directors, with the help of the FSC team have built a great foundation for the Senior Center. Looking to the future we plan on continuing to build upon that foundation. Within the next few months, we will be putting together a Community Needs Assessment in the form of surveys, suggestion boxes, public forums and discussions to hear from you. What programs and services are you looking for? What can the Franklin Senior Center do for you? All of this information will help us develop a 5 year strategic plan and provide services that match the needs of our community. Please be involved in this process- we want your input!

Christina and I wholeheartedly can't thank the residents and town of Franklin, the members of the Senior Center, and the fantastic FSC team enough for welcoming us with open arms, patience, positive advice, and kindness. From the Franklin Fire Dept. volunteering their time to cook breakfast at the Common Grounds Café, to local schools and Girl Scout troops donating candy, crafts, and cards for the seniors, to the ladies that taught me how to play Mah Jong (and let me win a couple games too may I add!), we are very blessed to have such a caring and involved community.

Christina and I are excited for our new beginning here with you all and look forward to what the future will bring for the Franklin Senior Center.

Swing on by and say hello if you haven't already!

-Director, Danielle Hopkins



Thank you to the Franklin Fire Dept.!



Local Daisy Troop delivering hand made Valentine's Day cards



FSC Team Fun at their Holiday Party

MARCH HAPPENINGS



Tuesday, March 15th @ 10:00AM

Enjoy Irish Music? Come listen to
The Black Velvet Band
play your favorite tunes! Call to Register!

It's so important to **MOVE YOUR BODY!**

Come and try out our variety of exercise classes!

Line Dancing: Wednesdays @ 1PM

Tai Chi: Thursdays @ 1PM

Low Impact Chair Tues & Thurs @ 10AM

Chair Yoga: Wednesdays @ 9:45AM

Cardio, Strength, & Balance: Tues & Thurs @ 11AM

Pound: Wednesdays @ 11AM

Zumba: Fridays @ 11:00AM



Calling All Comedians!

Come share your jokes and Make Em'
Laugh at the **Comedy Club**

Friday's at 10:00 AM

**LOOK AT OUR MARCH PRESENTATIONS
ON THE LAST PAGE AND
CALL TO REGISTER NOW!**



Come join Sue and
test your Knowledge
Mondays @ 11:00AM

PROGRAM HIGHLIGHT OF THE MONTH

Interested in playing or
learning how to play
CRIBBAGE?! Come join us!!

**Mondays @ 6:00PM
or Tuesdays @ 9:00AM**

**Instruction on
Tuesdays @ 1:00PM**



Monday Matinee
Every Monday at 1:15pm.
Call to find out what movie!

Interested in an
ART CLASS

Come join Danielle
**Friday, March 18th
at 1:00 PM**

to paint and learn
about the beautiful
cherry blossom trees!
All levels welcome!



Call to Register

HEALTH & WELLNESS SERIES

Health Corner: 5 Wishes

Wednesday, March 9th @ 1:00PM

Thursday, March 31st @ 6:00PM

Wellness Series

The Importance of Sleep: Thursday, March 10th @ 1:00PM

Stress Itself: Thursday, March 24th @ 1:00PM

Fall Safety & Balance Clinic: Wednesday, March 30th @ 1:00PM



CAREGIVER'S CORNER AND SUPPORT GROUPS

THE SUNSHINE CLUB has openings! This program offers seniors with memory loss, chronic medical issues, or social isolation a safe & engaging environment. Our day program provides individual attention, socialization, fun activities, lively discussion, & gentle exercises that make for a stimulating day! For more information, call Ariel Doggett at 508-520-4945.



MEMORY CAFÉ Please join us **Wednesday March 16th** at 1pm at our "Where's The Toast" memory Cafe. Lenny Zarcone will be entertaining us with songs we know and love. 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 in part 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. On-site respite care is available if needed. Call The Senior Center for more information. The group meets every **second and fourth Wednesday at 4:00pm.**

FIBROMYALGIA 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 Wednesday of the month at 1:00pm.**

HEARING SUPPORT GROUP **Wednesday, March 23rd at 1:00PM**, Jonathan O'Dell, Director of Communications, Training and Technology Services at the Massachusetts Commission for the Deaf and Hard of Hearing, will be our guest speaker. Please call to register!



CALL TO RESERVE A SPOT!

100 IN PERSON SPOTS, AND 50 GRAB & GO AVAILABLE!

Thank you to the Elks and Franklin Fire Department for cooking and serving this delicious meal!

Reservations start March 3rd for Franklin Residents, March 9th for others

COMMON GROUNDS CAFÉ UPDATE

We are interviewing for a new chef for the café. In the meantime we will continue to offer breakfast




Tuesdays and Thursday
from 8:30-10:00am




until Tuesday March 15th
at which time we will close to deep clean
before hopefully
a grand reopening in April!!



**DON'T FORGET TO TURN YOUR
CLOCKS AHEAD 1 HOUR!**

BEGINS SUNDAY, MARCH 13TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>MARCH 2022</p>	<p>1 MARDI GRAS</p> <p>9:00AM CRIBBAGE 9:30AM LOW IMPACT W/ SHIRLEY MAE \$ 10:00AM HAND & FOOT 10:00AM SENIOR PLAYERS 11:00AM CARDIO, STRENGTH & BALANCE \$ 1:00PM MINDFUL MOVEMENTS \$ 1:00PM BINGO 1:00PM CRIBBAGE INSTR. 1:00PM QUILTING</p>	<p>2</p> <p>9:00AM WALKING GROUP 9:45AM CHAIR YOGA \$ 10:00PM KNITTING 10:00AM SCRABBLE 10:00AM ASIAN MAH JONG 10:00AM VETERANS COFFEE SOCIAL 11:00AM POUND FITNESS \$ 1:00PM LINE DANCING \$ 1:00PM CHAIR VOLLEYBALL 1:00PM SENIOR SCRIBBLERS 1:00PM FIBROMYALGIA SUPPORT GROUP</p>	<p>3</p> <p>9:00AM CRIBBAGE 9:30AM BUSY BEES 9:30AM LOW IMPACT W/ SHIRLEY MAE \$ 10:00AM CHAIR W/ JUDY-Z \$ 11:00AM CARDIO, STRENGTH & BALANCE \$ 12:00PM POKER 12:30PM OPEN ART STUDIO 1:00PM BINGO 1:00PM TAI CHI \$</p>	<p>4</p> <p>10:00AM WOODCARVING 10:00AM HAND & FOOT 10:00AM COMEDY CLUB 11:00AM ZUMBA GOLD \$ 12:00PM T.O.P.S (TAKING POUNDS SENSIBLY) 1:00PM POKENO 1:00PM POOL INSTRUCTION 2:00PM SILVERTONES CHORAL GROUP</p>
<p>7</p> <p>9:30AM ITALIAN CONVERSATION 10:00AM SENIOR PLAYERS 10:30AM POKER 11:00AM TRIVIA W/ SUE 1:00PM CHAIR VOLLEYBALL 1:00PM BOOK CLUB 1:00PM AMERICAN MAH JONG 1:15PM MOVIE MATINEE 6:00PM CRIBBAGE</p>	<p>8</p> <p>9:00AM CRIBBAGE 9:30AM LOW IMPACT W/ SHIRLEY MAE \$ 10:00AM COA MEETING 11:00AM CARDIO, STRENGTH & BALANCE \$ 1:00PM MINDFUL MOVEMENTS \$ 1:00PM BINGO 1:00PM CRIBBAGE INSTR. 1:00PM QUILTING 2:00PM FAMOUS WOMEN IN HISTORY DISCUSSION</p>	<p>9</p> <p>9:00AM WALKING GROUP 9:45AM CHAIR YOGA \$ 10:00PM KNITTING 10:00AM SCRABBLE 10:00AM ASIAN MAH JONG 11:00AM POUND FITNESS \$ 1:00PM HEALTH CORNER: 5 WISHES** 1:00PM LINE DANCING \$ 1:00PM CHAIR VOLLEYBALL 1:00PM SENIOR SCRIBBLERS 4:00PM CAREGIVER SUPPORT GROUP</p>	<p>10</p> <p>9:00AM CRIBBAGE 9:30AM BUSY BEES 9:30AM LOW IMPACT W/ SHIRLEY MAE \$ 10:00AM CHAIR W/ JUDY-Z \$ 11:00AM CARDIO, STRENGTH & BALANCE \$ 12:00PM POKER 12:30PM OPEN ART STUDIO 1:00PM WELLNESS SERIES: IMPORTANCE OF SLEEP** 1:00PM BINGO 1:00PM TAI CHI \$ 4:00PM CONSOLIDATING CREDIT PRESENTATION**</p>	<p>11</p> <p>10:00AM WOODCARVING 10:00AM HAND & FOOT 10:00AM COMEDY CLUB 11:00AM ZUMBA GOLD \$ 12:00PM T.O.P.S (TAKING POUNDS SENSIBLY) 1:00PM POKENO 1:00PM POOL INSTRUCTION 2:00PM SILVERTONES CHORAL GROUP</p>
<p>14</p> <p>9:30AM ITALIAN CONVERSATION 10:00AM SENIOR PLAYERS 10:30AM POKER 11:00AM TRIVIA W/ SUE</p>	<p>15</p> <p>9:00AM CRIBBAGE 9:30AM LOW IMPACT W/ SHIRLEY MAE \$ 10:00AM IRISH MUSIC W/ THE BLACK VELVET BAND** 10:00AM HAND & FOOT 10:00AM SENIOR PLAYERS</p>	<p>16</p> <p>9:00AM WALKING GROUP 9:45AM CHAIR YOGA \$ 10:00PM KNITTING 10:00AM SCRABBLE 10:00AM ASIAN MAH JONG 11:00AM POUND FITNESS \$</p>	<p>17 ST PATRICK'S DAY</p> <p>8:30AM COFFEE HOUR W/ STATE & LOCAL OFFICIALS 9:00AM CRIBBAGE 9:30AM BUSY BEES 9:30AM LOW IMPACT W/ SHIRLEY MAE \$ 10:00AM CHAIR W/ JUDY-Z \$ 11:00AM CARDIO, STRENGTH & BALANCE \$</p>	<p>18</p> <p>10:00AM WOODCARVING 10:00AM HAND & FOOT 10:00AM COMEDY CLUB 11:00AM ZUMBA GOLD \$ 12:00PM T.O.P.S (TAKING POUNDS SENSIBLY)</p>

14 1:00PM CHAIR 1:00PM VOLLEYBALL 1:00PM BOOK CLUB 1:00PM AMERICAN 1:15PM MAH JONG 6:00PM MOVIE MATINEE 6:00PM CRIBBAGE	15 11:00AM CARDIO, STRENGTH & BALANCE \$ 12:30PM LEGAL CLINIC** 1:00PM MINDFUL 1:00PM MOVEMENTS \$ 1:00PM BINGO 1:00PM CRIBBAGE INSTR. 1:00PM QUILTING	16 1:00PM MEMORY CAFÉ ** 1:00PM LINE DANCING \$ 1:00PM CHAIR 1:00PM VOLLEYBALL 1:00PM SENIOR 1:00PM SCRIBBLERS	ST PATRICK'S DAY 17 11:30AM CORNED BEEF & CABBAGE MEAL ** 12:00PM POKER 1:00PM FIREMAN BINGO 12:30PM OPEN ART STUDIO 1:00PM TAI CHI \$	18 1:00PM ART CLASS W/ DANIELLE ** 1:00PM POKENO 1:00PM POOL 2:00PM INSTRUCTION SILVERTONES CHORAL GROUP
21 9:30AM ITALIAN CONVERSATION 10:00AM SENIOR PLAYERS 10:00AM SAFETY AWARENESS W/ POLICE ** 10:30AM POKER 11:00AM TRIVIA W/ SUE 1:00PM CHAIR 1:00PM VOLLEYBALL 1:00PM BOOK CLUB 1:00PM AMERICAN 1:15PM MAH JONG 6:00PM MOVIE MATINEE 6:00PM CRIBBAGE	22 9:00AM CRIBBAGE 9:30AM LOW IMPACT W/ SHIRLEY MAE \$ 10:00AM SENIOR PLAYERS 11:00AM CARDIO, STRENGTH & BALANCE \$ 1:00PM MINDFUL 1:00PM MOVEMENTS \$ 1:00PM BINGO 1:00PM CRIBBAGE INSTR. 1:00PM QUILTING	23 9:00AM WALKING GROUP 9:45AM CHAIR YOGA \$ 10:00PM KNITTING 10:00AM SCRABBLE 10:00AM ASIAN MAH JONG 11:00AM POUND FITNESS \$ 1:00PM ALAN EARLES ON SENATOR ED BROOKS** 1:00PM LINE DANCING \$ 1:00PM CHAIR 1:00PM VOLLEYBALL 1:00PM SENIOR 1:00PM SCRIBBLERS 4:00PM CAREGIVER SUPPORT GROUP	24 9:00AM CRIBBAGE 9:30AM BUSY BEES 9:30AM LOW IMPACT W/ SHIRLEY MAE \$ 10:00AM CHAIR W/ JUDY-Z \$ 11:00AM CARDIO, STRENGTH & BALANCE \$ 12:00PM POKER 12:30PM OPEN ART STUDIO 1:00PM WELLNESS SERIES: STRESS ITSELF** 1:00PM BINGO 1:00PM TAI CHI \$ 4:00PM PROGRESSION OF AGING: LEVELS OF CARE**	25 9:30AM FOFE MEETING 10:00AM WOODCARVING 10:00AM HAND & FOOT 10:00AM COMEDY CLUB 11:00AM ZUMBA GOLD \$ 12:00PM T.O.P.S (TAKING OFF POUNDS SENSIBLY) 1:00PM POKENO 1:00PM POOL 2:00PM INSTRUCTION SILVERTONES CHORAL GROUP
28 9:30AM ITALIAN CONVERSATION 10:30AM POKER 11:00AM TRIVIA W/ SUE 1:00PM CHAIR 1:00PM VOLLEYBALL 1:00PM BOOK CLUB 1:00PM AMERICAN 1:15PM MAH JONG 6:00PM MOVIE MATINEE 6:00PM CRIBBAGE	29 9:00AM CRIBBAGE 9:30AM LOW IMPACT W/ SHIRLEY MAE \$ 10:00AM SENIOR PLAYERS 11:00AM CARDIO, STRENGTH & BALANCE \$ 1:00PM MINDFUL 1:00PM MOVEMENTS \$ 1:00PM BINGO 1:00PM CRIBBAGE INSTR. 1:00PM QUILTING	30 9:00AM WALKING GROUP 9:45AM CHAIR YOGA \$ 10:00PM KNITTING 10:00AM SCRABBLE 10:00AM ASIAN MAH JONG 11:00AM POUND FITNESS 1:00PM BALANCE CLINIC 1:00PM LINE DANCING \$ 1:00PM CHAIR 1:00PM VOLLEYBALL 1:00PM SENIOR 1:00PM SCRIBBLERS	31 9:00AM CRIBBAGE 9:30AM BUSY BEES 9:30AM LOW IMPACT W/ SHIRLEY MAE \$ 10:00AM CHAIR W/ JUDY-Z \$ 11:00AM CARDIO, STRENGTH & BALANCE \$ 12:00PM POKER 12:30PM OPEN ART STUDIO 1:00PM BINGO 1:00PM TAI CHI \$ 6:00PM HEALTH CORNER: 5 WISHES**	HAIRDRESSER/BARBER MON & WED BY APPT   MANICURES: TUESDAYS BY APPT PODIATRY CLINIC CALL FOR DATE   BLOOD PRESSURE & SUGAR TESTING WED & THURS

**** PLEASE CALL THE SENIOR CENTER TO RESERVE A SPOT FOR THIS PROGRAM #508-520-4945
\$ EXERCISE CLASSES COST BETWEEN \$2-\$3 PER CLASS**

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, March 25th @9:30 am.

The public is welcome to attend.



JoAnn Wright, President
Nan Rafter, Vice President
Julie Garilli, Treasurer
Margie Lane, Secretary

Carol Ellsworth, Judy Pfeffer, Marge Capezza, Helen Power, Paula Lombardi, Pam Spic-

THANK YOU!!

D O N A T I O N S

John and Mary Balcewicz in memory of
Adlora Sacchetine

Tina and Nancy Carlucci in memory of
Fannie Pizzi

Janice Kenelly in memory of
Barbara Besterfield

Irene Mahr in memory of
Barbara Besterfield

Rose Turco in memory of
Barbara Besterfield

The Busy Bees for their generous donation!

Veterans' Services Office (508) 613-1315

March 2 – Veterans Coffee Social – 10:00 a.m. at the Senior Center. Sue Reagan from the Franklin Assessor's Office will discuss property tax exemptions for eligible veterans. All veterans are welcome to join us for coffee and conversation!

March 3 – Navy Reserve's 107th Birthday

March 5 – Seabee's 78th Birthday

March 15 – American Legion's 102nd Birthday

March 24 – Veterans' Council Meeting – 7:00 p.m. at the Senior Center.

All members of the community interested in veterans' activities are invited.

March 29 – National Vietnam War Veterans Day honors Vietnam veterans and their families for their service and sacrifice.



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. Call the Veterans' Services Office for details.

The next engraved brick installation on the Veterans Memorial Walkway is scheduled to coincide with Memorial Day. Brick orders are now being accepted for the May installation. 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.

For information about COVID-19 booster appointments and clinics in the Boston VA Healthcare System, go to: <https://www.va.gov/boston-healthcare/>

Proof of full COVID-19 vaccination or masks will be required at all Veterans' events.



F.O.F.E. MEMORIAL DONATION

Your Name

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The Friends of Franklin

Elders are looking for new
members. If you would be
interested in serving on the
Friends Board, please call
the Senior Center at (508)
520-4945.



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Over the years, the generous
and continuing support of ar-
ea businesses has enabled
publication of our informative
10 month "The Connection"
newsletter. If you aren't al-
ready part of our advertising
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vertising message to reach
3,000 seniors, please contact
Pam Spicer at
rhspc@comcast.net for more
information.

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RECENT REVIEWS

"We had a fantastic experience with Warren. He was very attentive and listened. With his help we listed higher than 3 other realtors recommended and got our asking price! I am beyond thrilled!" KA

"Having used Warren to sell 8 houses, I can't say enough about his professionalism. He is extremely responsive and works hard to follow the sale to the end. You won't be disappointed." PW

See reviews, Warren's recent sales and learn more at 02038.com.
Berkshire Hathaway HomeServices Commonwealth • Warren Reynolds, Esq. • 508-561-6259

FRANKLIN COUNCIL ON AGING

Officers:

Chairman.....Bob Crowley
Vice-Chairman..... Ron Higginbottom
Secretary.....Lyn O'Brien

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Faith Flaherty, Mary Hick, Jan Jewett, Janet
Milici, Ken Norman, Lester Quan

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Deputy Director.....Christina LaRose
Program Coordinator.....Sue Barbour
Social Svc. Coordinator.....Maggie Gundersen
Administrative Assistant.....Mary Hynes
Respite Coordinator.....Ariel Doggett
Supportive Day Coordinator.....Donna Haynes
Wellness Nurse.....Trish Collatos
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

Pre-Sorted
Standard
Franklin, MA
Permit No. 13

Franklin Senior Center

"Independence, Engagement & Connection!"

The Franklin Council on Aging meets on the second Tuesday of the month at
10 :00 a.m. This is an open meeting; the public is invited to attend.

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 liaison to local, state and Federal resources for older adults and their families.

March Presentations– Call to Register!

Tuesday, March 8th @ 2:00PM: Famous Women in History Discussion

Thursday, March 10th @ 4:00PM: Consolidating your Credit

Monday, March 21st @ 1:00PM: Safety Awareness Discussion with Franklin Police Dept.

Wednesday, March 23rd @ 1:00PM: Alan Earls Presents on Senator Ed Brooks

Thursday, March 24th @ 4:00PM: Progression of Aging Presentation: Different Levels of Care



JOKES ON JOKES

Can February March? No but April May

Why was the sports fan acting so crazy?

He had March Madness

What do you get when you cross poison ivy with a
four leaf clover? A rash of good luck

What's Irish and come out during March?

Paddy O'Furniture

How did the tree feel in spring? ReLEAVED



COME AND
TOUR THE
SENIOR CENTER
AND SEE WHAT
GREAT THINGS
WE ARE DOING!



REMINDER: All entrants are now required to show proof of full vaccination against
COVID-19 or wear a mask while not consuming food or beverages.