



THE FRANKLIN Connection

FRANKLIN SENIOR CENTER'S MONTHLY NEWSLETTER

NOVEMBER 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

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

WHAT'S WHAT?

Page 1: Vets Poem & Message

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Support Groups

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Veterans Services

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Wonderland, & Technology!

★ Veterans Day ★

POEM



On Veterans Day we honor all
Who answered to a service call.
Soldiers young and soldiers old
Fought for freedom, brave and bold.
Some have lived, while others died,
And all of them deserve our pride.
We're proud of all the soldiers who
Kept thinking of red, white, and blue.
They fought for us and all our rights.
They fought through many days and nights.
And though we may not know each name,
We thank all veterans just the same.

DIRECTOR'S MESSAGE

Thank you doesn't even begin to cover how grateful I am. As the holidays quickly approach, make sure you are taking the time to appreciate all the little things and show gratitude, it goes a long way! And a friendly reminder, that holidays can also be hard for people, so make sure you are checking in with your loved ones and taking care of yourself!

There are so many things to be thankful for, and we here at the Senior Center are so Thankful for all of you! Happy November!

-Danielle Hopkins, Director



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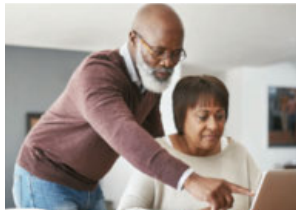
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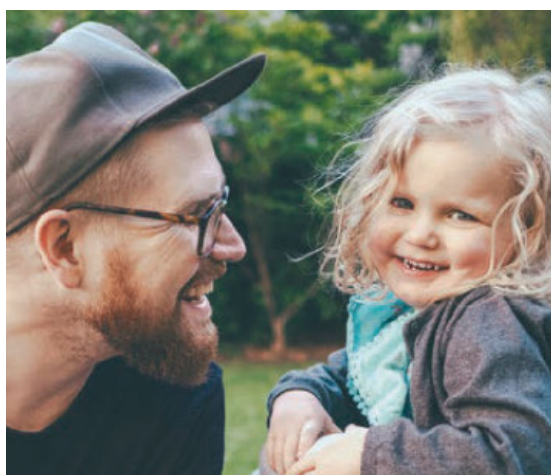
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Franklin Senior Center, Franklin, MA 06-5389

November Happenings

THE FRANKLIN SENIOR CENTER

03

YOU ARE INVITED TO A

FRIENDS GIVING WITH ELVIS

FRIDAY, NOVEMBER 17TH
AT 11:00AM

MUST REGISTER \$6/PERSON

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SIGN UP NOW!
NOVEMBER 7TH OR 14TH
AT 11:00AM
Seating Limited!



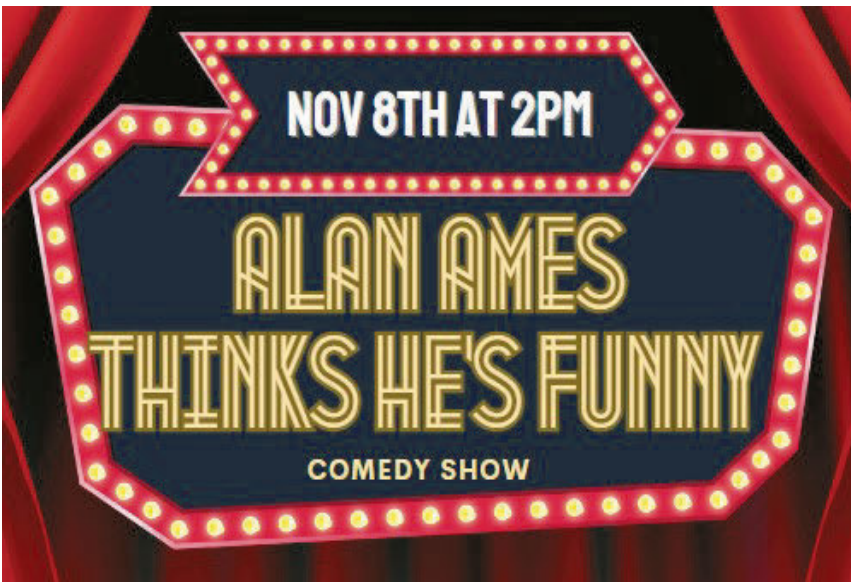
Calling All Book Lovers!
Interested in Joining our
Page Turner's Book Club?!

**We Meet the 1st Monday of Every
Month at 1:00pm! Call or just
Drop in if interested!**

November 6: The Alice Network

December 4: The Feather Thief

January 8: Normal People



**CONGRATS TO OUR SENIOR GOLF LEAGUE MEMBERS WHO JUST WRAPPED UP THEIR SEASON
PLAYING AT PINECREST GOLF COURSE IN HOLLISTON! SEE YOU IN THE SPRING!**

04 November 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, NOVEMBER 8TH
at 11:00am



PIZZA & MOVIE NIGHT

Thur, Nov 16 @ 4:30pm
\$3/ person



EAT AROUND THE WORLD

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

This Month: **Vietnam**

Friday, November 3 @ 11am

PRESENTATIONS- CALL TO REGISTER!

TECH BUDDIES

WEDNESDAY, NOVEMBER 1ST AND 15TH AT 9:45AM

8th Graders from Horace Mann are coming to help YOU! Bring your technology needs or just come to socialize and play games!

BALANCE & WELLNESS SCREEN AND DISCUSSION

MONDAY, NOVEMBER 6TH AT 11:00AM

Come talk to a physical therapist and have them evaluate and provide tips and tricks to keep balanced!

LET'S TALK TECHNOLOGY- TUESDAY, NOVEMBER 7TH AT 10:00AM

Come talk with us about your technology needs and how we can help. We are building a technology curriculum and want YOUR input!

HOW TO SPOT AND AVOID SCAMS

WEDNESDAY, NOVEMBER 8TH AT 10:15AM

Tri-County Legal/Protective students present on preventing falling to scams.

MEET THE AUTHOR- WEDNESDAY, NOVEMBER 8TH AT 12:00PM

Christina Rondeau is a safety expert, 5th degree Black Belt, Pro Fighter, and Reality Self Defense instructor. She is also the author of numerous books! Come hear a sampling of her works!

ESTATE PLANNING AND PROTECTING YOUR ASSETS

THURSDAY, NOVEMBER 9TH AT 10:00AM

Learn about protecting your assets and long term care expenses

NOTARY THURSDAY, NOVEMBER 9TH AT 10:30AM

Need something notarized? Larry Maraghy, notary is here to help!

CURRENT STATE OF THE REAL ESTATE MARKET

MONDAY, NOVEMBER 13TH AT 11:00AM

Discuss the current state of the market, rates, and what you can do to prepare your home for spring.

ECDC AMBASSADOR PROGRAM-TUES, NOVEMBER 14TH AT 9:45AM

Come learn about Franklin's preschool (ECDC) Ambassador program. They are looking for volunteers and a great opportunity to connect with young children and be a role model. Discussion and tour of ECDC.

BRAIN FREEZE BASH WEDNESDAY, NOVEMBER 15TH AT 6:00PM

All in the LGBTQIA+ community are welcome to join us for an ice cream tasting with puzzles and games. Sponsored by Springwell in connection the "Non- Scene" Friends LGBTQ Meetup Group

BOSTON MARATHON ROUND TABLE

THURSDAY, NOVEMBER 16TH AT 11:00AM

Join Suzanne Wamsley, Director of Youth and Community Engagement at BAA for an informal round table discussion.

SIGN UP FOR OUR DRUM CIRCLE! MON, NOV. 20TH AT 11:00AM

An hour of drumming and fun! Drums supplied or bring your own!

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, Nov 15th 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.

November 8th at 1:00pm



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
06 9:30am 6 Week Series with Steve Avellino \$ (2) 9:30am Italian Novel Reading 9:30am Memory Café 10:30am Poker 11:00am Line Dancing \$ 11:00am Balance & Wellness Screening & Discussion 1:00pm Trivial 1:00pm Book Club: "The Alice Network" by Kate Quinn 1:00pm Chair Volleyball 1:00pm American Mah Jong 1:15pm Movie Matinee: CoCo 4:00pm Pool Night	 07 9:00am Cribbage 9:30am Low Impact \$ 9:30am Busy Bees 10:00am Technology Talk 10:30am Hearing Clinic 10:00am Hand & Foot 11:00am The Senior Players Performance** Cardio, Strength, & Balance (CSB) \$ BINGO Chess Cribbage Instruct. Quilting 1:00pm Audio Reading of the Newsletter	01 9:00am Walking Group 9:45am Tech Buddies 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 Sign Language \$ 1:00pm Senior Scribblers 1:00pm Pokeno 4:00pm Cardio Fusion \$	02 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 Low Vision Tech. 1:00pm Open Art Studio 1:00pm Support Group 1:00pm BINGO 1:00pm Tai Chi \$ 5:30pm Acoustic Jam Session	03 10:00am Woodcarving 10:00am Hand & Foot 11:00am ZUMBA \$ 11:00am Eat Around the World: VIETNAM **\$ 12:30pm T.O.P.S. 1:00pm Pokeno 1:00pm Darts 1:00pm Diamond Art 2:00pm Silvertones Choral Group
06 9:30am 6 Week Series with Steve Avellino \$ (2) 9:30am Italian Novel Reading 9:30am Memory Café 10:30am Poker 11:00am Line Dancing \$ 11:00am Balance & Wellness Screening & Discussion 1:00pm Trivial 1:00pm Book Club: "The Alice Network" by Kate Quinn 1:00pm Chair Volleyball 1:00pm American Mah Jong 1:15pm Movie Matinee: CoCo 4:00pm Pool Night	07 9:00am Cribbage 9:30am Low Impact \$ 9:30am Busy Bees 10:00am Technology Talk 10:30am Hearing Clinic 10:00am Hand & Foot 11:00am The Senior Players Performance** Cardio, Strength, & Balance (CSB) \$ BINGO Chess Cribbage Instruct. Quilting 1:00pm Audio Reading of the Newsletter	08 9:00am Walking Group 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong 10:15am Spot/ Avoid Scams 11:00am Pound Fitness \$ 11:00am Mobile Food Pantry 12:00pm Meet the Author 12:30pm Bridge 1:00pm Sign Language \$ 1:00pm Senior Scribblers 1:00pm Pokeno 1:00pm Pathways to Healing 2:00pm Comedy: Alan Ames 4:00pm Cardio Fusion \$ 4:00pm Caregiver Support	09 9:00am Cribbage 9:30am Low Impact \$ 9:30am Busy Bees 10:00am Discussion Group 10:00am Estate Planning 10:15am Bible Study 10:30am Notary** 11:00am CSB \$ 12:00pm Poker 1:00pm BINGO 1:00pm Tai Chi \$ 1:00pm Low Vision Support 1:00pm Cribbage	10 CLOSED 
13 9:30am 6 Week Series with Steve Avellino \$ (3) 9:30am Italian Novel Reading 10:30am Poker 11:00am Line Dancing \$ 11:00am Current Market	14 9:00am Cribbage 9:30am Low Impact \$ 9:30am Busy Bees 9:45am ECDC Ambassador 10:00am Hand & Foot 11:00am The Senior Players Performance**	15 9:00am Walking Group 9:45am Tech Buddies 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong 11:00am Pound Fitness \$	16 8:30am Coffee Hour with State & Local Officials 9:00am Cribbage 9:30am Low Impact \$ 9:30am Busy Bees 10:00am Discussion Group 11:00am Boston Marathon	17 CAFÉ CLOSED 10:00am Woodcarving 10:00am Hand & Foot 11:00am Monthly Party: Friendsgiving Elvis Style**\$

November 2023 Calendar Continued

FRANKLIN SENIOR CENTER

07

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13 CONTINUED 1:00pm Trivia! 1:00pm Chair Volleyball 1:00pm American Mah Jong 1:15pm Movie Matinee: A Few Good Men 4:00pm Pool Night	14 CONTINUED 11:00am CSB \$ 1:00pm BINGO 1:00pm Chess 1:00pm Cribbage Instruct. 1:00pm Quilting	15 CONTINUED 11:00am Franklin Q & A 12:30pm Bridge 1:00pm Sign Language \$ 1:00pm Senior Scribblers 1:00pm Pokeno 1:00pm Memory Café 4:00pm Cardio Fusion \$ 6:00pm Brain Freeze Bash!***	16 CONTINUED 10:15am Bible Study 11:00am CSB \$ 12:00pm Poker 12:30pm Health Care Proxy 1:00pm BINGO 1:00pm Danielle's Art Class** 1:00pm Tai Chi \$ 1:00pm Cribbage 4:30pm: Movie & Pizza Night: American Made***\$	17 CONTINUED 12:30pm T.O.P.S. 1:00pm Pokeno 1:00pm Darts 1:00pm Diamond Art 2:00pm Silvertones Choral Group
20 9:30am 6 Week Series with Steve Avellino \$ (4) 9:30am Italian Novel Reading 10:30am Poker 11:00am Line Dancing \$ 11:00am Drum Circle \$ 1:00pm Trivia! 1:00pm Chair Volleyball 1:00pm American Mah Jong 1:15pm Movie Matinee: The Big Chill 4:00pm Pool Night	21 9:00am Cribbage 9:30am Low Impact 9:30am Busy Bees 10:00am Hand & Foot 10:30am Hearing Clinic 11:00am CSB \$ 1:00pm BINGO 1:00pm Chess 1:00pm Audio Book Club 1:00pm Cribbage Instruct. 1:00pm Quilting 1:00pm Legal Clinic	22 9:00am Walking Group 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong 11:00am Pie Pickup 11:00am Pound Fitness \$ 12:30pm Bridge 1:00pm Senior Scribblers 1:00pm Pokeno	23 CLOSED	24 CLOSED
27 9:30am 6 Week Series with Steve Avellino \$ (5) 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: The Holiday 4:00pm Pool Night	28 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 Café	29 9:00am Walking Group 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong 11:00am Pound Fitness \$ 11:30am Levels of Care in MA 12:30pm Bridge 1:00pm Sign Language \$ 1:00pm Senior Scribblers 1:00pm Pokeno 4:00pm Cardio Fusion \$	30 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 Open Art Studio 1:00pm Cribbage	HAIRDRESSER/BARBER TUES & WED BY APPT MANICURES: EVERY OTHER TUESDAY BY APPT BLOOD PRESSURE & SUGAR TESTING WED & THURS



08 Low Vision, Veterans Services, Stella Jeon

THE FRANKLIN SENIOR CENTER

LOW VISION PROGRAMS

Tuesday, November 7 at 1:00pm:

**Audio Reading of the Senior Center
November Newsletter. (PHONE)**

Thursday, November 2nd at 1:00pm:

Assistive Technology with Jerry Feliz

Thursday, November 9 at 1:00pm:

**Low Vision Support Group:
Discussion with Danielle Hopkins**

Tuesday Nov. 21 & 28 at 1:00pm:

**Audio Book Club : *The Music Shop* by
Rachel Joyce (PHONE)**

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

STELLA JEON

SILVER SPIRIT AWARD WINNER: PAULA LOMBARDI

Congratulations to Paula Lombardi, this year's recipient of the Stella Jeon Silver Spirit Award, for her dedication and outstanding service to the Franklin Community and the Franklin Senior Center. Paula has volunteered at the Senior Center for the past 12 years, always with a smile and welcoming approach. We are so grateful for you Paula and congrats on this well deserved award! Thank you for making a difference!



VETERANS SERVICE OFFICE (508) 613-1315

November 1 – Monthly Coffee Social – 10:00 a.m. New England Center and Home for Veterans will make a presentation about their new program, “MA Veteran Connect,” which offers housing, health navigation, case management, food and transportation assistance and outreach services for Massachusetts Veterans.

November 10 – Marine Corps 248th Birthday

November 10 - Veterans' Day Luncheon – 11 a.m. – 1 p.m. at the Elks Lodge #2136 at 1077 Pond Street. Franklin Resident Travis Bowser, Major, U.S. Marine Corps (Ret.), Senior Marine Instructor, JROTC, Assabet Valley Regional Technical High School will be the featured speaker. Reservations are required. The event will be videotaped and shown on Franklin TV. Check their program guide for dates and times. THANK YOU to the Elks for sponsoring the annual luncheon. THANK YOU to all who have served in the U.S. Military! We are the Land of the Free because of the Brave!

November 11 – Veterans' Day - Is the anniversary of the signing of the armistice treaty which ended WWI and the day to thank military Veterans for their service and sacrifices.

November 16 - Veterans' Council Meeting – 7:00 p.m. at the Senior Center. All members of the Franklin community interested in Veterans' activities are welcome to join us!

The next brick installation on the Veterans Memorial Walkway is scheduled to coincide with Veterans' Day. Brick orders are now being accepted for the Memorial Day 2024 installation.

The Tune It Out guitar lessons program for Veterans meets on Tuesdays at 5:30 p.m. at the Senior Center. Call the Veterans' Services office for details.

Holiday cards for Veterans who are deployed are available to sign in the Senior Center lobby.



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, November 15th @ 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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In Memory/Honor of:

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IN MEMORIAL/HONOR OF- DONATIONS

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MURPHY, KEVIN MURPHY, TERRI JOHNSON, AND ROBERT ADAMS

NANCY RAPPA IN MEMORY OF JOANNE SIMS, BOB RAPPA, AND LESLIE RAPPA

PAULINE MEDEIROS IN MEMORY OF NICOLETTA DINUNZIO



I would like to thank everyone on the board of FOFE for volunteering to help out and everyone who stopped by the Harvest Festival and Senior Center Expo to visit our booth or table. It was our first time participating in these two events and both were very successful.

Congratulations to Jenny Callaghan who won the plant at the Harvest Festival and John Yoder and Lisa Boyd who won beautiful wreaths that were donated by the Franklin Garden Club at the Senior Center Expo.

I would also like to congratulate our board member and past chair/president of FOFE, Paula Lombardi, for being the recipient of the Stella Jeon Silver Spirit Award.

JoAnn Wright - President

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10 Travel, Pie, Save the Date, & Technology!

THE FRANKLIN SENIOR CENTER

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- ♦ **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**



KNIGHTS OF COLUMBUS PIE DONATIONS

CALL TO RESERVE A PIE: LIMITED AVAILABILITY

PIE PICKUP: NOVEMBER 22ND, 11:00AM-12:00PM

Franklin Senior Center 508-520-4945

★ *Save the Date* ★
THE FRIENDS OF FRANKLIN ELDERS
AND THE FRANKLIN SENIOR CENTER PRESENTS:

★ *Winter* ★
Wonderland
A COMMUNITY HOLIDAY LIGHT EVENT

★ Thursday, December 14th 4:30PM- 7PM ★

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