

THE FRANKLIN CONNECTION

Franklin Senior Center's Monthly Newsletter

June 2024



Franklin Senior Center

10 Daniel McCahill Street
Franklin, MA 02038

(508) 520-4945
www.franklinma.gov/fsc

Office Hours

Mon-Fri 8:30-4:00
Wed open until 5:30

Social Services available by
appointment

Ben's Bounty Gift Shop

Mon-Fri 10:00-1:00

Common Ground's Café

Mon-Fri
Breakfast 8:30-10:00
Lunch 11:30-1:00

To every:
Father
Grandfather
Step-father
Foster-father
Spiritual father
And all who
identify
with
fatherhood

HAPPY
FATHER'S
Day



What's What?

Page 1: Director's
Message

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Presentations

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Calendar

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Low Vision

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Happenings & Travel

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I've always been told the summer is a "quiet" time at the senior center. I'm not sure which center people are referring to, but definitely not Franklin's because let me tell you, June is an exciting month - warmer weather, garden beds in full swing, more programs than we have space for, and of course, what many of you wait for all year, the SENIOR OLYMPICS.

Last year we had 92 athletes compete, and this year I hope to see over 100! There may be some fierce competition, but in the end it's just an all around fun time. Join an event that you already do and love, AND join an event you've never tried before. I didn't win a medal in scrabble last year, but I had a blast trying. I can't wait to cheer you all on!

- Sarah Amaral, Acting Director



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Franklin Senior Center, Franklin, MA 06-5389

June Happenings

Franklin Senior Center

03

JUNE 10 - 21



SENIOR OLYMPICS

Sign-up today!

\$5 - unlimited events & T-shirt

\$6 - party ticket only

\$10 - unlimited events, T-shirt,
& party ticket



OVERRIDE PROPOSITION 2 1/2



INFO SESSION

Wed, June 5 at 1:30

Join the Town Administrator and the Superintendent for an informational session on Proposition 2 1/2 - Override. Get informed for the June 11 vote.

Technology Corner

Intermediate iPhone (6 wk series)

Join Ryan to learn more about what your iPhone can do.

Thursdays at 2:30

Password Protection

How to create and keep passwords safe.

Monday, 6/10 at 11:00



Safe Searching & Surfing

Learn about different search options online and keeping yourself safe.

Monday, 6/24 at 11:00



2024 SPECIAL ELECTION

PROPOSITION 2 1/2 OVERRIDE

Tuesday, June 11, 2024 6:00 a.m.— 8:00 p.m.

Franklin High School 218 Oak Street



IN-PERSON EARLY VOTING

IN THE TOWN CLERK'S OFFICE



DURING NORMAL BUSINESS HOURS

Mon, Tues, Thurs 8-4, Wednesday 8-6 and Friday 8-1

PLEASE CONTACT THE CLERK'S OFFICE @508-520-4900

WITH ANY QUESTIONS OR CONCERNS

IMPORTANT DATE TO REMEMBER:

Last Day to Register to Vote & In-Person Voting

Saturday, June 1, 2024

9:00 a.m.—5:00 p.m. in Town Clerk's Office

04 June Presentations

Franklin Senior Center

Call today to register for events!



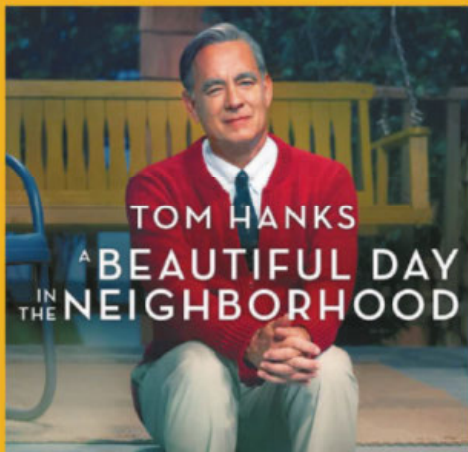
Mobile Food Pantry

partnering with Franklin Food Pantry and Hockomock YMCA

Receive a bag of pantry goods, dairy items, and choice of protein

Wed, June 12 at 11:00

Pizza & Movie Night



Thurs, June 6 at 4:30, \$3

Eat Around the World



This month: GREECE

Once a month, join us in exploring a different country's culture and cuisine!

Fri, June 7 at 11:00, \$6

Sing-a-Long with George McPherson – Monday, June 3 at 2:00

Join us in the lobby with musician and guitar-player George!

Override Info Session – Wednesday, June 5 at 1:30

Join Jamie Hellen, Town Administrator, and Lucas Giguere, Superintendent of Schools, to discuss the upcoming override vote for the Town of Franklin. For more info, visit the town's override website:

www.franklinma.gov/home/urgent-alerts/fy25-override-information

Campaigning, including materials, flyers, signs, T-shirts, stickers, fundraising, and other campaign materials or actions are strictly prohibited. This forum is an opportunity to hear the factual information from the Town Administrator and Superintendent of Schools. All campaign materials are strictly prohibited.

Guided Meditation – Thursday, June 6, 13, 20 & 27 at 10:00

Join Vika Whitted for gentle yoga & guided meditation Thursdays in June.

Downsizing & Aging in Place – Thursday, June 6 at 11:00

How to overcome the challenges that come with downsizing. Go over the clean-out process and evaluating your home for aging in place.

Senior Olympics – June 10 thru June 21

Are you READY to compete?! Sign-ups are open for the Senior Olympics!

Drum Circle – Monday, June 10 at 11:00

Drums provided. Drumming can reduce stress, increase energy, lower blood pressure, and boost brain health. Feel the beat with the group!

Steve Avellino, Braking for Seniors – Mondays, June 10 thru July 15

Six-week program designed to work the eccentric contractions of the muscles (braking system). This training will help with the braking system while improving dynamic posture and stability. Program facilitated by Steve Avellino MFT, CES, SSF, SSN, CSCS, CET.

Gametopia Board Game Club – Wednesday, June 12 & 26 at 12:30

Join Pete from Pete's Nerd Emporium to play some new and exciting board games. Playing games improves brain function & reduces stress!

Ask a Lawyer – Monday, June 24 at 11:00

Bring your questions for Estate Planning Attorney Michael Kasberg. Prevent estate planning problems before they happen.

Physical Therapy Center – Monday, June 24 at 12:00

Presentation by APR Physical Therapy on balance! Learn what affects your balance and improving balance to prevent falls. **Lunch provided!**

Cooking Class: Soups – Tuesday, June 25 at 1:30

Join Chef Anne to learn about cooking soups, and make a tasty soup too!

Body Systems – Thursday, June 27 at 12:00

Join Nurse Trish and learn about the complete digestive system from your food to your poo!

Craft Corner – Thursday, June 27 at 1:00

Make a fun, easy craft for summer with Jean Tolland!

The Sunshine Club - The Sunshine Club is a supportive adult day program at the Franklin Senior Center. This program offers seniors with memory loss, chronic medical issues, or social isolation a safe and engaging environment. For more info, contact Kathleen Laughran at (508) 520-4945 or klaughran@franklin.gov.

Memory Cafe - DATE/TIME Change! Please join us on Wednesday, June 26 at 1:30 p.m. for our "Where's the Toast?" Memory Cafe. Live music featuring Mike Dardis.

Memory Cafes are safe and inviting spaces for those experiencing memory loss, as well as for their caregivers & families. Please RSVP to Ariel at (508) 520-4945 or adoggett@franklinma.gov.

This Memory Cafe is generously sponsored by Care One in Sharon. Refreshments are sponsored by All American in Wrentham.



Caregiver Support Group - Are you a caregiver for a loved one? This support group does not focus on Alzheimer's or dementia, but instead a general caregiver's needs. Join this monthly group to receive tips and support, as well as connection with other caregivers. The group meets the first Thursday of the month at 1:00 p.m.

Pathway to Healing Bereavement Group - This bereavement support group is designed to help people in their journey of healing after a loved one passes. The group meets the second and fourth Wednesday of the month at 1:00 p.m.

Alzheimer's Support Group - This group supports caregivers providing to their loved ones with Alzheimer's or dementia. Call the Senior Center for more information. The group meets the second and fourth Wednesday of the month at 4:00 p.m.



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>03</p> <p>9:30 Steve Avellino, Pt 6 9:30 Italian Novel Reading 10:00 Garden Club 10:30 Poker 11:00 Line Dancing \$3 1:00 Trivia 1:00 Book Club: Lady Tan's Circle of Women by Lisa See 1:00 Chair Volleyball 1:00 American Mah Jong 1:15 Movie Matinee: Captain Phillips 2:00 Sing-a-Long with George 4:00 Pool Night</p>	<p>04</p> <p>9:00 Cribbage 9:30 Low Impact \$3 9:30 Busy Bees 9:30 Hand & Foot Cards 10:00 COA Meeting 11:00 Cardio, Strength, & Balance (CSB) \$3 1:00 BINGO 1:00 Audio Reading of June's Newsletter 1:00 Chess 1:00 Cribbage Instruction 1:00 Quilting</p>	<p>05</p> <p>9:00 Walking Group 9:30 Bocce 10:00 Vets Coffee Social 10:00 Chair Yoga \$3 10:00 Knitting 10:00 Scrabble 10:00 Asian Mah Jong 11:00 Pound Fitness \$3 12:00 Bridge 1:00 Pokeno 1:30 Override Info Session 3:00 Women's Pool League 4:00 Cardio Fusion \$3</p>	<p>06</p> <p>9:00 Cribbage 9:30 Low Impact \$3 9:30 Busy Bees 10:00 Guided Meditation 10:00 Discussion Group 10:15 Bible Study 11:00 Downsize/Age in Place 11:00 CSB \$3 1:00 Low Vision Technology 1:00 BINGO 1:00 Caregiver Support 1:00 Open Art Studio 1:00 Tai Chi \$3 1:00 Cribbage 2:30 Intermediate iPhone, Pt 1 4:30 Pizza & Movie Night: A Beautiful Day in the Neighborhood 5:30 Acoustic Jam Session</p>	<p>07</p> <p>Limited Breakfast 9:30 ZUMBA \$3 9:30 Hand & Foot Cards 10:00 Woodcarving 10:00 Political Discussion 11:00 Eat Around the World: Greece 12:30 T.O.P.S. 1:00 Pokeno 1:00 Diamond Art 2:00 Silvertones</p>
<p>10 Senior Olympics</p> <p>9:30 Steve Avellino Series, Braking System Pt 1 9:30 Italian Novel Reading 10:00 Garden Club 10:00 Opening Ceremony 10:30 Half-Mile Race 10:30 Poker 11:00 Drum Circle 11:00 Password Protection 1:00 Trivia 1:00 Chair Volleyball 1:00 American Mah Jong 1:15 Movie Matinee: Catch me if you Can 4:00 Pool Night</p>	<p>11 Senior Olympics</p> <p>9:00 Cribbage 9:30 Low Impact \$3 9:30 Busy Bees 9:30 Hand & Foot Cards 10:00 Puzzle Wars 11:00 CSB \$3 1:00 Low Vision Support 1:00 BINGO 1:00 Chess 1:00 Cribbage Instruction 1:00 Quilting 1:00 Axe Throwing</p>	<p>12 Senior Olympics</p> <p>9:00 Walking Group 9:30 Bocce 10:00 Scrabble 10:00 Chair Yoga \$3 10:00 Knitting 10:00 Scrabble 10:00 Asian Mah Jong 11:00 Mobile Food Pantry 11:00 Pound Fitness \$3 11:00 Franklin Q&A 12:00 Bridge 12:30 Gametopia 1:00 Curling Competition 1:00 Senior Scribblers 1:00 Pokeno 1:00 Bereavement Support 3:00 Women's Pool League 4:00 Cardio Fusion \$3 4:00 Alzheimer's Support</p>	<p>13 Senior Olympics</p> <p>9:00 Cribbage 9:00 One-Mile Race 9:30 Low Impact \$3 9:30 Busy Bees 10:00 Guided Meditation 10:00 Discussion Group 10:15 Bible Study 10:30 Bocce Tournament 11:00 CSB \$3 1:00 BINGO 1:00 Open Art Studio 1:00 Tai Chi \$3 1:00 Cribbage 2:00 Hole-in-One Contest 2:30 Intermediate iPhone, Pt 2</p>	<p>14 Senior Olympics</p> <p>9:30 ZUMBA \$3 9:30 Hand & Foot Cards 10:00 Men's Cornhole Competition 10:00 Woodcarving 10:00 Political Discussion 12:30 T.O.P.S. 1:00 Pokeno 1:00 Diamond Art 1:00 Women's Cornhole Competition 2:00 Silvertones</p>

June 2024 Calendar

Franklin Senior Center

07

<p>17 Senior Olympics</p> <p>9:30 Steve Avellino Series, Braking System Pt 2 9:30 Italian Novel Reading 10:00 Pool Tournament 10:00 Garden Club 10:30 Poker 11:00 Line Dancing \$3 12:30 Cribbage Tournament 1:00 Trivia 1:00 Chair Volleyball 1:00 American Mah Jong 4:00 Pool Night</p> <p>No Movie Matinee today</p>	<p>18 Senior Olympics</p> <p>9:00 Cribbage 9:30 Low Impact \$3 9:30 Busy Bees 9:30 Hand & Foot Cards 10:00 Two-Mile Relay 10:00 Scrabble 10:30 Hearing Clinic 11:00 CSB \$3 12:30 Legal Clinic 1:00 Basketball Free-Throw 1:00 BINGO 1:00 Chess</p> <p>1:00 Audio Book Club 1:00 Cribbage Instruction 1:00 Quilting</p>	<p>19</p> <p style="background-color: black; color: white; text-align: center; padding: 10px;">Senior Center CLOSED in observance of JUNETEENTH</p>	<p>20 Senior Olympics</p> <p>8:30 Coffee Hour with State & Local Officials 9:00 Cribbage 9:30 Low Impact \$3 9:30 Busy Bees 10:00 Guided Meditation 10:00 Trivia 10:00 Discussion Group 10:15 Bible Study 11:00 CSB \$3 1:00 BINGO 1:00 Open Art Studio 1:00 Darts 1:00 Tai Chi \$3 1:00 Cribbage 2:30 Intermediate iPhone, Pt 3</p>	<p>21 Senior Olympics Café Closed</p> <p>9:30 ZUMBA \$3 9:30 Hand & Foot Cards 10:00 Woodcarving 10:00 Political Discussion 11:00 Senior Olympics Party & Award Ceremony 12:30 T.O.P.S. 1:00 Pokeno 1:00 Diamond Art 1:30 COA Meeting 2:00 Silvertones</p>
<p>24</p> <p>9:30 Steve Avellino Series, Braking System Pt 3 9:30 Italian Novel Reading 10:00 Garden Club 10:30 Poker 11:00 Line Dancing \$3 11:00 Ask a Lawyer 11:00 Safe Search & Surf 12:00 Physical Therapy Center: Balance 1:00 Trivia 1:00 Chair Volleyball 1:00 American Mah Jong 1:15 Movie Matinee: Saving Mr. Banks 4:00 Pool Night</p>	<p>25</p> <p>9:00 Cribbage 9:30 Low Impact \$3 9:30 Busy Bees 9:30 Hand & Foot Cards 11:00 CSB \$3 1:00 BINGO</p> <p>1:00 Audio Book Club 1:00 Chess 1:00 Portugal Trip Photos 1:00 Cribbage Instruction 1:00 Quilting 1:30 Cooking Class: Soups 2:30 Rainbow Café</p>	<p>26</p> <p>9:00 Walking Group 9:30 Bocce 10:00 Chair Yoga \$3 10:00 Knitting 10:00 Scrabble 10:00 Asian Mah Jong 11:00 Pound Fitness \$3 12:00 Bridge 12:30 Gametopia 1:00 Pokeno 1:00 Scribblers at Studio 1:00 Bereavement Support 1:30 Memory Café 3:00 Women's Pool League 4:00 Cardio Fusion \$3 4:00 Alzheimer's Support</p>	<p>27</p> <p>9:00 Cribbage 9:30 Low Impact \$3 9:30 Busy Bees 10:00 Guided Meditation 10:00 Discussion Group 10:15 Bible Study 11:00 CSB \$3 12:00 Body Systems 1:00 BINGO 1:00 Craft Corner 1:00 Tai Chi \$3 1:00 Cribbage 2:00 Thriving Solo 2:30 Intermediate iPhone, Pt 4</p>	<p>28</p> <p>9:30 ZUMBA \$3 9:30 Hand & Foot Cards 10:00 Woodcarving 10:00 Political Discussion 12:30 T.O.P.S. 1:00 Pokeno 1:00 Diamond Art 2:00 Silvertones</p>

Blood Sugar & Blood Pressure Testing
every Wednesday & Thursday

BOLD = call to sign-up

Call for an appointment:
Haircuts
every Monday & Wednesday
Manicures & Pedicures
every other Tuesday

08 Veterans & Low Vision

Franklin Senior Center

Veterans Services Office
(508) 613-1315

June 5 - Monthly Coffee Social - 10:00 a.m. at the Senior Center. All Veterans are welcome to join us for updates, coffee and conversation!

June 6 - D-Day Invasion Anniversary - On June 6, 1944, Allied forces launched a combined naval, air and land assault on Nazi-occupied France which led to the liberation of Western Europe from Nazi control.

June 14 - Flag Day - Flag Day commemorates the adoption of the U.S. flag by the Continental Congress on June 14, 1777. In 1916, President Woodrow Wilson proclaimed June 14 as the official date to celebrate Flag Day.

June 14 - U.S. Army's 249th Birthday

June 20 - Veterans' Council Meeting - 7:00 p.m. at the Senior Center. Any Franklin resident interested in Veterans' activities is welcome to join us!

Purple Heart - Please let our office know if you or a family member (residing in Franklin) is a Purple Heart recipient so we can add you to our database. The Purple Heart is presented to service members who have been wounded or killed as a result of enemy action while serving in the U.S. military. National Purple Heart Day is celebrated on August 7 every year.

Tune It Out - 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. We have guitars! The last class of the season will be on June 11. Classes resume on Tuesday, September 10.

Warrior Within Yoga - The Warrior Within Yoga program for Veterans and First Responders meets on Thursdays from 6:00 p.m. - 7:00 p.m. at the Senior Center. No charge for classes. Call our office to sign-up.

Veterans Memorial Walkway - The next engraved brick installation on the Veterans Memorial Walkway on the Town Common will be in November. Brick order forms are available in the Town Hall and Senior Center lobbies, and online at: www.franklinma.gov/veterans-services
Thank you to all who have supported the Memorial Walkway Project!

Low Vision Events

Audio Reading of Newsletter

Tues, June 4 at 1:00 (Phone)

Assistive Technology with Jerry

Thurs, June 6 at 1:00

Low Vision Support

Tues, June 11 at 1:00

Attendance encouraged! Enjoy an ice cream social to plan fall topics.

Audio Book Club

Tues, June 18 & 25 at 1:00 (Phone)

Teacher Man: A Memoir by Frank McCourt



**Conference Call
Phone #:**

(508) 206-8603

More June Happenings & Travel

09

Franklin Senior Center

A PHOTO JOURNEY
SUNNY PORTUGAL

TUES, JUNE 21
AT 1:00

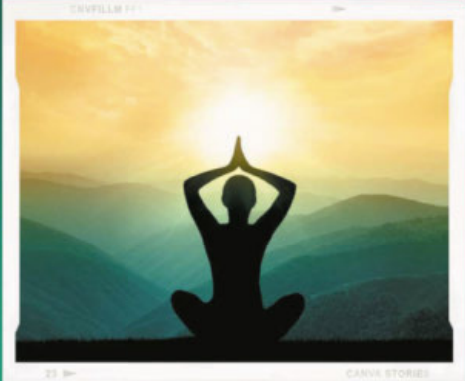


JOIN US ON A PHOTO JOURNEY RELIVING OUR RECENT TRIP TO SUNNY PORTUGAL. SEE WHAT INTERNATIONAL TRAVEL HAS IN STORE FOR YOU!

Guided Meditation

Learn the power and benefits of meditation. This class will use gentle yoga moves and lead you through a guided meditation.

June 6, 13, 20 & 27 at 10am



DELUNA
YOGA & HEALING



Sign-Up at the Senior Center!

Rolling Stones: Wed, June 19, Lake Pearl, Wrentham MA

Jimmy Buffett: Wed, July 17, York ME (bus included)

Lobsterbake Cruise: Wed, July 24, Gloucester Harbor MA (bus included)

On Golden Pond Tour: Thurs, August 8, Canterbury NH (bus included)

Happy Gather 2: Wed, September 18, Lake Pearl, Wrentham MA

Rod Stewart: Wed, October 23, Lake Pearl, Wrentham MA

The Sicilian Tenors: Wed, November 13, Lake Pearl, Wrentham MA

10 Friends of Franklin Elders – F.O.F.E.

Franklin Senior Center

Memorial Donations

The Monagle Family in memory of Marie Nameth
Patricia Nunes in memory of Pat Mahoey
June Kelso in memory of Nora Peters
Helen Hastry in memory of Maria Orlando

In Honor Of

Mary O'Neill in honor of Danielle Hopkins

Donations to FOFE

Barbara Swasey

Donations to Senior Center

Jim Morash



FRIENDS OF FRANKLIN ELDERS, INC.

The Friends of Franklin Elders, Inc. (FOFE) is a private, non-profit 501c3 organization since 1990, 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. FOFE raises funds through membership fees, donations, and special events. Our next meeting is scheduled for:

Friday, September 27 at 9:30 a.m. The public is welcome to attend.

FOFE OFFICERS:

JoAnn Wright, President
Nan Rafter, Vice President
Pam Spicer, Treasurer
Margie Lane, Secretary

MEMBERS:

Eileen Burnard, Pat Donnelly,
Julie Garilli, Karen Juhl, Paula Lombardi,
Jan Prentice, Jean Tolland

ASSOCIATES:

Carol Ellsworth, Helen Powers

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Franklin Senior Center, Franklin, MA 06-5389

Franklin Council on Aging

OFFICERS

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 Vice Chair.....Jan Jewett
 Secretary.....Phyllis Malcolm

MEMBERS

Colette Ferguson, Faith Flaherty, Robert Kaufman,
 Kim Mu-Chow, Ken Norman, Lester Quan

STAFF

Acting Director.....Sarah Amaral
 Executive Assistant.....Mary Hynes
 Administrative Assistant.....Emily Dellorco
 Administrative Assistant.....Jillian Rochat
 Social Services Coordinator.....Raeleen Gallivan
 Program & Volunteer Coordinator....Ariel Doggett
 Supportive Day Coordinator...Kathleen Laughran
 Supportive Day Assistant.....Amanda Rabbitt
 Wellness Nurse.....Trish Collatos
 Kitchen Manager.....Anne Scungio
 Line Cook.....Marilyn Howe
 Line Cook.....Lauretta Taddeo
 Veterans' Services Officer.....Shannon Nisbett
 Veterans' Services Assistant.....Debra Martin
 Public Health Nurse.....Alisha Sullivan
 Epidemiologist.....Cassia Monteiro

Friends of Franklin Elders, Inc.
 c/o Franklin Council on Aging
 10 Daniel McCahill Street
 Franklin, MA 02038

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Franklin Senior Center

Independence, Engagement, Connection

OUR MISSION

The mission of the Franklin Council on Aging, with the support of the community, is to identify, advocate, and implement meaningful educational, cultural, social, health and wellness activities and services for our aging population.

The Franklin Connection is distributed with funds provided by EOEA & Friends of Franklin Elders

MICHAEL A. KASBERG

Attorney At Law

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- Estate Administration

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Michael A. Kasberg, ESQ.




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