

FRANKLIN SENIOR CENTER
UPCOMING EVENTS
June, 2012

Monday, June 4: Bereavement Support Group at the Senior Center starts at 7:00 p.m. This 6-week program will be offered on Monday evenings and facilitated by **Marjorie Gonzalez, LICSW, Bereavement Counselor**, from the **VNA/Hospice of Greater Milford**. The Group will meet on June 4th, 11th, 18th, and 25th, and on July 2nd & 9th from 7:00 to 8:30 p.m. For more information or to register, call 508 473-0862.

Tuesday, June 5: Spring Concert presented by **Davis Thayer 5th Graders** at 1:45 p.m. Join us!

Tuesday, June 12: Low Vision Group meets at 1:00 p.m. All are welcome.

Tuesday, June 12: Low Vision Group hosts **Andrea Schein** from the **MA Commission for the Blind** at 1:00 p.m. All are welcome.

Wednesdays, June 13 & 27: Blood Sugar Testing from 8:45 to 10:00 a.m.

Wednesday, June 13: “Senior Striders - The Health Benefits of Walking” presented by **Wellness Nurse, Linda Hastings** at 10:00 a.m. Whether you never walk at all or are an active walker, join our new group, the **Senior Striders**, to walk around the Senior Center while tracking steps with a free pedometer. This will be a fun way to connect with others and get motivated to walk to better health. At 10:00 a.m., **Wellness Nurse, Linda Hastings**, will kick-off the program with a brief info session on the benefits of walking. After walking 2 days, you'll receive your pedometer! Many thanks to **Blue Cross, Blue Shield of Massachusetts** for donating pedometers.

Wednesday, June 13: Yellow Dot sign up at 1:00 p.m. The Yellow Dot is a free program that provides a sticker for your vehicles' rear windshield, directing first responders at a crash site to the driver's medical information in the glove compartment. Packets of this information will be distributed and ID photos will be taken. Please call to sign up.

Thursday, June 14: Free Digital Camera classes will be offered on Thursdays at 1:00 p.m. Please call to sign up for an information session on June 14 at 1:00 p.m. to learn more about the classes which will be held on June 21 & 28, July 12, 19, & 26th at 1:00 p.m.

Tuesday, June 19: Free Video Oral Histories will be offered this summer with a program entitled “**Through Your Eyes**”. Learn about how you can give your family a lasting legacy by telling your life's story on film. You can find out more at an informational meeting at 1:30 p.m. Please call to sign up.

Wednesday, June 20: Meditation Classes will be offered on Wednesdays at 11:30 a.m. for 4 weeks for \$5.

Wednesday, June 20: Caregivers Support Group meets at 4:00 p.m. Respite can be provided by calling ahead.

Friday, June 22: Nonagenarian Party & Boston Post Cane Presentation is planned for 10:30 a.m. **Helen Carberry** turns 103 in July, and as the oldest resident in Franklin, she will be awarded the **Boston Post Cane** by Franklin's Town Clerk, **Debbie Pellegrini**, at our **Nonagenarian Party** on Friday, June 22, at 10:30 a.m. Along with Helen, we've invited all Franklin's nonagenarians and a guest to the party and you can join us to honor them. Luncheon will be Chicken a la King and we'll enjoy some great entertainment with **Jack Ryan, Magician and ESP Entertainer**. Stop by to purchase your tickets (\$6) by June 15 for this great event. Many thanks to **New Pond Village** for sponsoring the entertainment for this event!

June Movies: Movies are shown on Mondays at 1:15. The schedule for this month is as follows:

June 4: *We Bought a Zoo*(PG) with Matt Damon & Scarlett Johansson.

June 11: *Joyful Noise* (PG-13) with Dolly Parton & Queen Latifah.

June 18: *Albert Nobs* (R) with Glenn Close & Wasikowska.

June 25: *W.E.* (R) with Abbie Cornish & James D'Arcy

Date to be announced: Healthy Eating for Successful Living is an evidence-based program for older adults who want to learn more about nutrition and physical activity to achieve improved health. (Evidence-based programs are those that have been "validated" or proven and the evidence that these programs work is typically published in academic journals.) This 6-week program focuses on nutrition strategies for heart and bone health to help maintain or improve your wellness and independence and to prevent the development or progression of chronic disease. We will be offering this great program starting in June (date to be announced) so call us today if you are interested in gaining the skills to manage your health and well-being! Many thanks to **Hebrew Senior Life** for sponsoring this great program.