

Wrentham

COUNCIL ON AGING



LOOKING AHEAD

400 Taunton Street, Wrentham, MA 02093
508-384-5425 (phone), 508-384-5447 (fax)
www.wrentham.gov—read our newsletter online!

Office Hours

Mon – Thurs: 8:30 a.m. to 3:30 p.m., Fri.: Closed for May, we are sorry for the inconvenience

CENTER STAFF

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WRENTHAM COUNCIL ON AGING MEMBERS;

Kendra Farling - Chairwoman
Paul Bruneau—Vice Chairman
Wayne Burt—Secretary
Nancy Mure
Ann Smith
Robert Ayres
Judy Simonds

Spring has arrived and we are enjoying these nice, sunny days! We hope you are partaking in some of the classes/programs we have to offer! Our trips are also expanding and we welcome you to sign up for any or all of them. Please know we are here for you and we welcome any ideas or suggestions you may have for events or classes here at the Center. Coming back to the schedule is “Ask A Nurse/Blood Pressure Clinic” starting on May 6, from 9:30 a.m.—11:00 a.m. Take advantage of this great program and come in for a blood pressure check and ask any health questions you may have. Our Public Health Nurses will be happy to help you!

The Senior Center and the COA would like to acknowledge the grants we receive from the Friends of Wrentham Seniors and the Sweatt Fund, which allow the Senior Center to provide the activities, classes, trips and events held at the Center at a minimal cost to our senior population. Thank you!

PLEASE REMEMBER TO SIGN IN ON MYSENIORCENTER!

Just a reminder—it is important you scan your MySeniorCenter card every time you come into the Center.

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WEEKLY CLASSES & ACTIVITIES

2

MONDAY

HIKING GROUP

9:00 A.M., MEETS IN THE SENIOR CENTER PARKING LOT. MODERATE WALKING THRU THE TRAILS OF THE TOWN FOREST. SOME WINDING AND HILLY TERRAIN.

SHINE

9:00 A.M.—12:00 NOON
OUR VOLUNTEER SHINE COUNSELOR WILL BE AVAILABLE ON MONDAYS BY APPOINTMENT ONLY. PLEASE CALL FOR AN APPOINTMENT.

GAMES

10:00 A.M.—12 NOON
COME IN AND JOIN A FUN GROUP. VARIOUS GAMES ARE PLAYED, LET US KNOW WHAT GAMES YOU WOULD LIKE TO PLAY!

LINE DANCING

1:00 P.M.—2:00 P.M.
COST: \$2
ENJOY GREAT EXERCISE WHILE LEARNING THE LATEST LINE DANCES!

QI GONG—MOVEMENT & MINDFULNESS FOR WOMEN'S HEALTH

3:00 P.M.—3:45 P.M.
COST: \$2
BENEFITS OF QI GONG INCLUDE LOWERED STRESS AND ANXIETY, INCREASED FOCUS, AND IMPROVED BALANCE AND FLEXIBILITY.

TUESDAY

PAINTING GROUP

9:30 A.M.—11:30 A.M.
THE PAINTING GROUP IS A RELAXED GROUP OF PEOPLE WHO COME IN TO LEARN FROM EACH OTHER AND PRACTICE THEIR SKILLS.

CRIBBAGE

9:30 A.M.—11:00 A.M. ALL ARE WELCOME!

YMCA EXERCISE CLASS

12 Noon—12:45 P.M.
COST: \$2
GROUP EXERCISE CLASS SET TO MUSIC, INCLUDES STRENGTH TRAINING, BOTH SITTING AND STANDING. BUILDS STRENGTH, FLEXIBILITY, BALANCE AND ENDURANCE.

WEDNESDAY

MAH JONG

9:00 A.M.—11:30 A.M.

KNITTING & CROCHET

10:00 A.M.
OUR GROUP GETS TOGETHER TO WORK ON THEIR OWN PROJECTS AND TO HELP THOSE WHO NEED INSTRUCTION.

THURSDAY

CHAIR YOGA

9:00 A.M.—10:00 A.M.
COST: \$2
INCREASE STRENGTH & FLEXIBILITY IN THE COMFORT OF A CHAIR. REDUCE STRESS & JOINT STIFFNESS & BOOST YOUR MOOD!

SIT & STRETCH, NO CLASS ON MAY 29.

11:00 A.M.—12 NOON
COST: \$2
APPROPRIATE FOR ALL FITNESS LEVELS, INCLUDING ARTHRITIS AND OTHER CONDITIONS. GREAT FOR BALANCE, STABILITY AND OVERALL JOINT HEALTH.

GENTLE WALKING

12:30 P.M. POSTPONED UNTIL FURTHER NOTICE, SORRY FOR THE INCONVENIENCE.

DISCUSSION GROUP

1:00 P.M.—2:00 P.M.
VARIOUS TOPICS DISCUSSED—ALL ARE WELCOME!

FLOOR YOGA

2:00 P.M.—3:00 P.M.
COST: \$3
BASIC YOGA POSES, MEDITATION & BREATH WORK. YOU MUST BE ABLE TO SIT DOWN, LIE DOWN AND GET UP FROM THE FLOOR WITHOUT ASSISTANCE. BRING A YOGA MAT.

FRIDAY

GROCERY SHOPPING

9:00 A.M. VAN GOES TO STOP & SHOP IN PLAINVILLE FOR ONE HOUR OF SHOPPING.

****A Quick Note: all Senior Center programs are subject to change at any time. "Typos" may happen! Thanks for understanding!****

MONTHLY EVENTS AT THE SENIOR CENTER

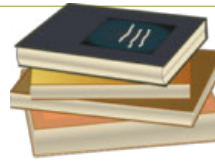
3

DRUMS ALIVE, Tues., May 6@ 1:30 p.m., \$3. It is a fun, high energy class combining movement and music with the power of drumming. You can do it either sitting or standing. The class uses large yoga balls on top of buckets with drum sticks to hit the beat to music. Call 508-384-5425 to register.

MANICURES/PEDICURES—May 1,13 & 15, by appointment only. Call the Center for an appointment for this treat!

CHAIR MASSAGE

The Senior Center offers monthly chair massages with LMT Joanne O'Brien! Chair Massages are on Tuesday, May 20, starting at 10:00 a.m. The cost of the massage is \$1.00 per minute with a maximum of 20 minutes; gratuity is optional. Call 508-384-5425.



**BOOK GROUP
THURSDAY, MAY 8 AT
3:30 P.M.**

This month's selection is Bear: A Novel by Julia Phillips. The story is about two sisters taking care of their mother on their island home in the Pacific Northwest. Struggling to support and care for their family, the presence of a bear on the island upends all their plans. Sign up at the Senior Center or by emailing lplympton@wrentham.gov

PODIATRIST, THURSDAY, MAY 22 @ 9:30 A.M. BY APPOINTMENT ONLY. CALL THE SENIOR CENTER AT 508-384-5425 TO MAKE AN APPOINTMENT.

ASK A NURSE/BLOOD PRESSURE CLINIC WILL BE HELD ON TUESDAY, MAY 6 FROM 9:30 A.M.—11:00 A.M. AT THE SENIOR CENTER. PLEASE COME IN WITH ANY HEALTH QUESTIONS & GET A BLOOD PRESSURE CHECK! NO APPOINT. NEEDED!



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Wrentham Council on Aging, Wrentham, MA

06-5380



Memorial Day is on Monday, May 26, 2025. It was first observed on May 30, 1868. The Senior Center and Meals on Wheels program will be

closed on Memorial Day. For Memorial Day details visit the Town website:

<https://www.wrentham.gov>

EVERSOURCE UPDATE:

Alongside state leaders and other natural gas providers in Massachusetts, we've reduced natural gas delivery rates by approximately 10%, which went into effect beginning March 1. You'll see the impact of the lower rates in your bill in April.

We accomplished this reduction with two actions:

1. We're taking some costs that are currently built into our winter bills and spreading them over the warmer months when natural gas usage and bills are typically lower.
2. We're waiving the interest charges associated with smoothing the collection of these rates.

Additionally, the Massachusetts Department of Public Utilities (DPU) reduced the amount that will be spent on the state's Mass Save energy efficiency programs by 10% over the next three years. This reduction will help mitigate future costs and bills.

While your usage and bill will decrease as the weather warms up, we encourage you to take advantage of our year round energy efficiency offerings, assistance programs or options like Budget Billing to help make your natural gas bill more predictable.



Caregivers Support Group

Attention Caregivers! The Senior Center and the Nurses of the Metacomet Public Health Alliance are pleased to announce that we will offer a monthly Caregivers Support Group, Wednesday, May 14 at 1:00 p.m. at the Wrentham Senior Center! If you are a Caregiver and in need of support please call the Center and reserve your name. We hope to see you there!



Memory Café Wrentham.
Tuesday, May 27 @ 2:00 p.m.

We are excited and pleased to announce the All American Assisted Living has become a Co-Sponsor to Wrentham Senior Center's Memory Café along with the Metacomet Public Health Nurses!

A Memory Café is a welcoming gathering place for people with forgetfulness or other changes in their thinking and for their family, friends, and caretakers. Memory cafés are happening all over Massachusetts. Each memory café is unique; for example some cafés invite guest artists, some offer education about memory changes, and some are just for relaxing and chatting. The goal of the Memory Café's to help guests feel comfortable and to know that they are not alone. Cafés are a place to talk with others who understand what you are going through, to forget about limitations and instead focus on strengths, to enjoy other's company, and to explore something new. The Memory Café will be held on the 4th Tuesday of each month from 2:00pm-3:00pm. Café's meet monthly for about 1 hour and there is no cost to attend. Please call the Wrentham Senior Center, 508-384-5425 to register!

Medical Equipment Reminder!

If you no longer need the equipment borrowed from the Senior Center please return the equipment to our Public Health Nurse's Office located at Town Hall, 79 South Street, Wrentham, 1st floor. 508-384-5485.



Need Help Buying Groceries?

SNAP (Supplemental Nutritional Assistance Program) can help! For example, if you are a two person household with a combined Gross Income of \$3,287.00 you could be eligible to receive a potential benefit of \$516.00 per month. Please call Outreach Worker, Robin Tobin at 505-384-5425, for income and eligibility criteria or the DTA (Department of Transitional Assistance) 877-382-2363.

Project Bread's Food Source Hotline (1-800-645-8333) is a statewide, confidential resource line designated to help people across Massachusetts access a variety of food resources including SNAP. Our hotline counselors can offer SNAP eligibility screenings and provide over-the-phone application assistance to help those who may be intimidated by the application process. We can also provide information on food pantries, community meals, and other low cost food programs.

WRENTHAM FOOD PANTRY

The Food Pantry provides a 3-day emergency supply of food to Wrentham residents of all ages in need every week. . The pantry is open every Saturday from 10:00a.m.—Noon and is located at the Whiston House behind the Original Congregational Church at the corner of Rt. 140 and 1A. You may contact the Food Pantry at 508-384-3110 or email: food.wrentham@gmail.com

HESSCO Meals on Wheels Program/ Home Delivered Meals: HESSCO provides home-delivered meals to consumers who would otherwise have difficulty getting to congregate meal sites, such as the senior center. For those who are determined to be eligible, a hot meal can be delivered between the hours of 10:30 am and 1:00 pm. Monday thru Friday. Others with additional needs may be able to receive a frozen or weekend meal. Lunches are the same hot meals that are served at our congregate meal sites. Breakfast meals are also available. Volunteer drivers bring all of these meals to consumers' homes. This person-to-person contact also serves as a check on the consumer's condition. Please contact HESSCO 781-784-4944 or Robin Tobin, Outreach Worker, 508-384-5425.

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LEGAL CLINIC

Next Legal Clinic will take place Monday, June 30, from 1:00-3:00pm. MetroWest Legal Services through its Senior Citizen's Legal Project, MWLS provides legal services to individuals 60 years and over living in Wrentham as well as other communities in their service area. MWLS advocates help clients with the following: Housing, Benefits, Bankruptcies and Consumer, Nursing Home, Elder Abuse and Restraining Orders, Limited Family Law matters including Divorces and Contempt actions, Durable Powers of Attorney and Health Care Proxies. Clinics will take place at the Wrentham Senior Center every other month with Attorney, Vera Ochea. The consultations are FREE and typically last 20 minutes. Call the Senior Center, 508-384-5425, to reserve your spot!

Elder Abuse HOTLINE Elder Abuse reports can be filed 24 hours a day either online <https:ssmaprod.wellsky.com/intake/>, or by phone at (800) 922-2275. Elder abuse includes physical, sexual, and emotional abuse, caretaker neglect, financial exploitation and self-neglect. Elder Protective Services can only investigate cases of abuse where the person is age 60 and over and lives in the community. To report abuse of a person with a disability under the age of 60, call the Disabled Persons Protection Commission at (800) 426-9009. To report abuse of a person by nursing home or hospital, call the Department of Public Health at (800) 462-5540. Call 911 or local police if you have an emergency or life-threatening situation.

988—Suicide & Crisis Lifeline

The Suicide and Crisis Lifeline can help prevent suicide in individuals of ALL ages. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. Call the Lifeline, 988, anytime 24/7. When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Life line NE Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

Mass. Behavioral Health Help Line (BHHL)

The Behavioral Health Help Line (BHHL) is available 24/7, 365 days per year and is available for all residents of Massachusetts. Call or text 833-773-2445. Visit the website to chat online @masshelpline.com. The Behavioral Health Help Line (BHHL) connects individuals and families to the full range of treatment services for mental health and substance use offered in Massachusetts, including outpatient, urgent, and immediate crisis care. **Call** for real-time support, initial clinical assessment, and connection to the right evaluation and treatment.



Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility, whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

This six-week class series gives you the confidence and support to better care for your loved one – and yourself.

The classes give caregivers tools to help:

Reduce stress, Improve self-confidence, Manage time, set goals, and solve problems, Better communicate your feelings, Make tough decisions, Locate helpful resources

In this free class, caregivers receive *The Caregiver Helpbook*, which follows the curriculum and provides additional tools to address specific caregiver issues.

**In-person: Tuesdays, 10:15 – 11:45, May 6 – June 10, 2025, 2 Liberty Lane - Norfolk Library
Call Judy Wood at HESSCO to register (781)784-4944 ext 220**

"After taking this class I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, healthier me...and a healthier 'us!'"

Powerful Tools for Caregivers is owned and managed by Iowa State University of Science and Technology.

MAY CALENDAR

MON	TUES	WED	THURS	FRI
			01	02
 <p>shutterstock - 628156235</p>			9:00 Chair Yoga 10:00 Mani/Pedi 11:00 Sit & Stretch 1:00 Discussion 2:00 Floor Yoga	9:00 Grocery Shopping <u>Senior Center is Closed today.</u>
05	06	07	08	09
9:00 SHINE 9:00 Hiking Group 10:00 Games 1:00 Line Dance 3:00 Qi Gong	9:30 New! Ask a Nurse/Blood Pressure Clinic 9:30 Painting 9:30 Cribbage 12:00 Exercise 1:30 Drums Alive	8:45 Titanic 9:00 Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go Lunch **Senior Center closes at 12:30	9:00 Chair Yoga 11:00 Sit & Stretch 1:00 Discussion 1:00 Low Vision Support, Franklin 2:00 Floor Yoga 3:30 Book Group	9:00 Grocery Shopping <u>Senior Center is Closed today.</u>
12	13	14	15	16
9:00 SHINE 9:00 Hiking Grp. 10:00 Games 1:00 Line Dance 3:00 Qi Gong	9:30 Painting 9:30 Cribbage 10:00 Mani/Pedi 12:00 Exercise	10:00 Gardner Museum 9:00 Mah Jong 10:00 Knit/Croch. 12:00 Grab & Go Lunch 1:00 Caregivers' Support Group	9:00 Chair Yoga 10:00 Mani/Pedi 11:00 Sit & Stretch 12:30 Veterans' Memorial Day Luncheon 2:00 Floor Yoga	9:00 Grocery Shopping <u>Senior Center is Closed today.</u>
19	20	21	22	23
9:00 SHINE 9:00 Hiking Grp. 10:00 Games 1:00 Line Dance 3:00 Qi Gong	9:30 Painting 9:30 Cribbage 10:00 Chair Massage 12:00 Exercise	9:00 Mah Jong 10:00 Knit/Crochet 11:00 Doobie Brothers 12:00 Grab & Go Lunch 1:30 Creative Oasis	9:30 Podiatrist 9:00 Chair Yoga 11:00 Sit & Stretch 1:00 Discussion 2:00 Floor Yoga	9:00 Grocery Shopping <u>Senior Center is Closed today.</u>
26	27	28	29	30
HOLIDAY MEMORIAL DAY Senior Center is Closed today.	9:30 Painting 9:30 Cribbage 12:00 Exercise 2:00 Memory Cafe	9:00 Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go Lunch	9:00 Chair Yoga 1:00 Discussion 2:00 Floor Yoga	9:00 Grocery Shopping <u>Senior Center is Closed today.</u>

SENIOR CENTER TRIP ANNOUNCEMENTS

WE AGAIN THANK THE FRIENDS OF WRENTHAM SENIOR CITIZENS INC., FOR PROVIDING A GRANT TO THE WRENTHAM SENIORS THAT WILL PAY 1/2 THE COST OF DAY TRIPS IN 2025 UP UNTIL THE TIME THE GRANT IS DEPLETED. THERE ARE MORE 2025 DAY TRIPS BEING PLANNED, STAY TUNED!!

TITANIC WED., 5/7/2025.....\$141.00
Experience the wonder and tragedy of the world's most famous ocean liner! This exhibition is one of the highest attended in history. We travel to The Castle at Park Place, Boston, for our tour of the respectfully recovered artifacts. NOTE: There is a lot of walking on this tour and it may not be ideal for mobility challenged guests. Depart time is 8:45 a.m., with an estimated return time of 4:00p.m. Our lunch will be at Maggiano's for a delicious family style lunch; refer to the flyer for the menu. **WAIT LIST ONLY!!**

ISABELLA STEWART GARDENER MUSEUM WEDNESDAY, 5/14/2025.....ALL PAY \$30.00
We travel via motor coach to the renown Isabella Stewart Gardner Museum in Boston. A guided tour will be planned for 11:30 a.m. and after the tour you are free to visit other exhibitions and botanical garden on your own. Café G is on the premises for lunch on your own. Depart at 10:00, with an est. return time of 3:30. **WAIT LIST ONLY!**

THE DOOBIE BROTHERS WEDNESDAY, 5/21/2025.....\$94.00
The National Touring Show, Takin It To The Streets, will perform all of The Doobie Brothers great hits with vocal skill and top notch musicianship! This is a Drive On Your Own event a Lake Pearl, arriving no earlier than 11:00 a.m. Select lunch entrée of either Baked Stuffed Chicken or Vegetable Lasagna at sign up. No refunds for cancellations after 4/29. Pay in full at sign up!

MOBSTERS & LOBSTERS TROLLEY WEDNESDAY, 6/4/2025.....\$191.00
Back by popular demand! We depart the Senior Center via motor coach at 9:00 a.m., with an estimated return time of 3:30 p.m., to pick up our Trolley in Boston to start our tour taking in historic heists, mobster hideaways, 'hangouts', all the while listening to tales of thievery & scams. After the tour, we will have lunch at The Venezia where your meal choice will be served. Please select one of the following entrees at sign up; lobster, New York sirloin steak, Chicken Parmesan, Baked Haddock, Braised Short Rib or Vegetarian. Pay in full by 5/6/25. **WAIT LIST ONLY!!**

FLEETWOOD MACKED TUES., 6/17/2025.....\$94.00
The show is considered the most visually and sonically authentic tribute to Fleetwood Mac in the U>S>A. This is a Drive On Your Own to Lake Pearl, arriving no earlier than 11:00 a.m. Select lunch entrée of either Chicken Parmesan or Wild Mushroom Risotto at sign up. This is a power packed show; do not miss this amazing performance. There are no refunds for cancellations after 5/27/25. Pay in full by 5/8/25.

SALEM CROSS INN TUES., 7/8/25.....\$114.00
The inn was built in 1705 and retains an extensive collection of American antiques, fine furnishings and an enormous fireplace! A step on guide will narrate the history of the reservoir and how four towns in Swift River Valley were flooded to create a drinking supply for Boston and surrounding towns. After our tour, a traditional New England luncheon awaits! Choose entrée of Chicken Pot Pie or Yankee Pot Roast at sign up. Motor coach departs at 8:45 a.m., est. return of 4:30 p.m. Pay in full by Tues., 6/3/25.

GLOUCESTER HARBOR CRUISE WEDNESDAY, 7/23/2025.....\$198.00
This is a Lobster bake cruise aboard the Beaufort Princess! Onboard, we will cruise the historic harbor and witness extraordinary views only seen by water. Enjoy live entertainment; sumptuous cuisine and impeccable service. There is an All you can Eat Buffet; however, it is one lobster per person. Depart time TBA. Payment is due no later than Thursday, 6/19/25 with no refund for cancellations after 6/23/2025.

ESSEX STEAM TRAIN & RIVERBOAT THURSDAY, 8/7/2025.....\$137.00
We travel to Essex, CT to enjoy an unforgettable rail and river adventure. After boarding the steam locomotive, we will be seated in vintage coaches through New England town of Deep River and Chester. It is in 1920's Pullman dining cars where you will be served your entrée selection. At sign up, please select either Braised Porchetta, Chicken Francaise or Eggplant Rollatini. After our train travel and lunch, we board the Mississippi style riverboat, Becky Thatcher to transport us for the return trip back to Essex station. Depart time is 9:00 a.m., est. return time is 5:15 p.m. Sign up and pay in full no later than Tuesday, 7/1/2025.

TRIPS (Continued)

TOM JONES TRIBUTE. Wednesday, 8/20/25. Cost is \$94.00. Tino Macchia is praised as the best person to pay tribute to the legend Tom Jones. Drive on Your Own event to Lake Pearl, arriving no earlier than 11:30. Select either Chicken Piccata or Veg. Lasagna at sign up. Pay in full by 7/10/25. No refunds after 7/30/25.

NEW YORK CITY

3 DAYS/2 NIGHTS

JUNE 19 -21, 2025

Motor coach transportation, we will visit the September 11 Museum & Memorial along with a visit to the Statue of Liberty & Ellis Island! Perfect trip for travelers wanting to truly experience NYC and have free time to enjoy it. A Broadway show is included—you get to choose from what is offered prior to your final payment. More details in flyer. \$1,119 per person/dbl. Optional trip insurance is \$74 per person. Deposit of \$350 at sign up, Final payment due April 18, 2025.

MONTREAL/QUEBEC

4 DAYS/3 NIGHTS

JULY 15—18, 2025

Full itinerary highlighting 2 of Canada's great cities. Travel via motor coach to Montreal. Two nights lodging at Marriott Chateau Champlain in downtown Montreal and one night at Marriot Delta in Quebec; 4 meals and touring as described in detail in flyer. \$1,319 per person/dbl. . Optional trip insurance is \$86 per person. A deposit of \$300 is due at registration with final payment due May 15, 2025.

ARK ENCOUNTER

6 DAYS/5NIGHTS

\$2,019 pp dbl

NOVEMBER 15—20,

2025

This is the Ultimate Combination Trip! The itinerary is full (refer to flyer), including NOAH at the Sight and Sound Theater; Ohio River Dinner Cruise; full visit to experience the Creation Museum and full visit and experience of the Ark Encounter. 12 meals/5 nights hotel accommodations! Optional trip insurance of \$98 pp dbl which, if wanted, must be paid with deposit of \$500 at sign up. Final payment date 9/5/25. Gratuities included!

PAY ALL TRIPS BY CHECK PAYABLE TO WRENTHAM SENIOR TRAVEL. YOUR FILE OF LIFE IS YOUR BOARDING PASS. SPECIAL REQUESTS FOR ASSISTANCE ON BUS AND /OR AT VENUES MUST BE MADE KNOWN AT THE TIME YOU SIGN UP FOR A TRIP. NO REFUND IS GIVEN AFTER PAY IN FULL DATE UNLESS STATED TO THE CONTRARY!! REFUNDS WILL BE GIVEN, HOWEVER, IF YOUR SPACE IS FILLED.

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Partner



David M. Gresham
Partner

In 2024 we celebrated our *20th anniversary* serving the people of Wrentham and surrounding community!

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Memorial Day
*Never Forget
Ever Honor*

VETERANS' LUNCHEON **THURSDAY, MAY 15, 2025** **AT 12:30 P.M.**

A LUNCHEON FOR VETERANS AND THEIR GUESTS.

VETERANS' AGENT SCOTT SMITH WILL BE IN ATTENDANCE TO WELCOME YOU AND ANSWER ANY QUESTIONS YOU MAY HAVE.

CALL THE CENTER @ 508-384-5425 TO SIGN UP BY THURSDAY, MAY 8.

CREATIVE OASIS

Wednesday, May 21 at 12:30 p.m.



Join us for a free program of movement and mindfulness celebrating the abundance of spring. Follow a step by step guide to a colorful art project this afternoon. Space is limited.

Please call the Senior Center at 508-384-5425 to sign up for this class.

A GENTLE REMINDER!

IF YOU HAVE SIGNED UP FOR A CLASS, TRIP OR ACTIVITY AT THE CENTER AND YOU ARE UNABLE TO COME, PLEASE LET US KNOW!!

LOW VISION SUPPORT GROUP FRANKLIN SENIOR CENTER

The Low Vision Support group meets every 2nd Thursday of the month (except in the summer) at 1:00 p.m. The meeting is on Thursday, March 13. All are welcome.

On the first Thursday of the month, Dave Dunham will be providing one on one assistive tech. support. Please call 508-519-0411. to set up an appointment with him.

We have a volunteer who is willing to help you with tech questions or troubleshooting for your devices—cell phones, iPad, laptops, etc. Please call the Senior Center if you would like to come in and get help!

PIZZA & A MOVIE!

THERE IS NO PIZZA & MOVIE DAY IN MAY. THE NEXT PIZZA & MOVIE DAY WILL BE WED., JUNE 18. PIZZA AT 12:30 P.M., MOVIE AT 1:15 P.M. COST IS \$4, PAYABLE AT SIGN UP.

SWIMMING SCHEDULE AT THE WRENTHAM STATE SCHOOL POOL

TUESDAYS, FROM 10:00—11:00 A.M.

WEDNESDAYS, FROM 2:00—3:00 P.M.

FRIDAYS, FROM 10:00—11:00 A.M.

IMPORTANT: YOU MUST FILL OUT FORMS AT THE POOL BUILDING PRIOR TO YOUR FIRST SWIM. BE SURE TO CALL BEFORE YOU GO—508-384-3116—TO CONFIRM THE POOL IS OPEN. A GREAT WAY TO EXERCISE AND THE WATER IS WARM! BE SURE TO CALL FIRST TO MAKE SURE THEY ARE OPEN BEFORE GOING!

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