

# The Chatter

*Engage whatever your age...  
helping seniors engage, enrich, and empower their lives!*

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*March 2024*

*Franklin Active Adult Center  
160 E. Adams, Franklin, IN 46131*

## MANAGER'S MINUTE

*Hello Members!*

*We have last been told we will be at our current location until the end of April. So far, we do not have any other details to share. Of course, the end of April is not set in stone! We could still have changes.*

*If you have not had a chance to see the new renderings of the new AAC, please take a minute to check them out! You can find them on the tables outside the main office.*

*Our trips and lunch outings are in this newsletter. We have been able to get both March and April's events scheduled and set up. The trips are based on suggestions that were made, so THANK YOU for sharing!*

*Again we will ask for patience and flexibility as we will be meeting in our alternate location(s) in the near future!*

*This is going to be awesome!!!*

*Glenna Escher, Center Manager*



*Have you shared your ideas with Glenna yet? Please do!*

## CENTER INFORMATION

**160 East Adams | Franklin, IN 46131  
317-736-3696**

**Website: [www.franklin.in.gov](http://www.franklin.in.gov)**

**OPEN Monday through Thursday & select Fridays: 9:00 am – 3:00 pm**

**Yearly Membership: \$15.00**

**Ages 55+**

**The mission of the *Active Adult Center* is to engage with seniors in promoting healthy aging, social connection and lifelong learning.**



Franklin Parks & Recreation

## CONTACTS

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Rona Martin  
Kathy Ballou  
Kelsey Janeira

You can view *The Chatter* online at [mycommunityonline.com](http://mycommunityonline.com) or [franklin.in.gov](http://franklin.in.gov), receive it by email, or pick up a copy at the Active Adult Center.

# APPRECIATION



## BINGO SPONSORS

Franklin Meadows  
Adam Fleck, Humana  
Women of the Moose  
Oak Street Health  
Sandra Lowe, Ryan Homes  
Kristi Petro, My Tru Advantage  
Cathy Bailey  
Jordan Curtis, The Insurance Guy  
Otterbein SeniorLife  
Altra Homecare Group

## WELLNESS AWARD SPONSOR

Frechette Eye Center

## LUNCH SPONSORS

Morning Pointe of Franklin  
Shiloh Community Church  
Astral at Franklin  
AAC Member Donations

## SPECIAL SPONSORS/PARTNERS

Take a Break Tours  
Great Harvest Food Pantry  
Johnson County Senior Services  
Franklin Parks & Recreation  
Zeta Chapter of Tri Kappa, Inc.  
Main Street Hospice

*Contact Johnson County Senior Services to learn more about senior transportation opportunities, including transport to the Active Adult Center. (317-738-4544)*

## Special Thanks to

Morning Pointe of Franklin

Astral

Otterbein

Kroger of Franklin

Senior Helpers

Willow Creek Band

Franklin Parks & Rec

AAC "Share Your Talent" participants

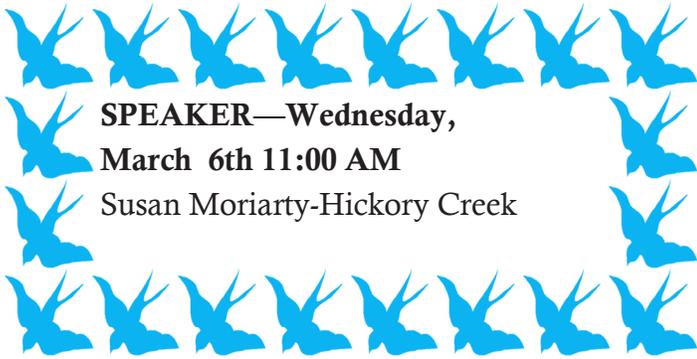
AAC Members and Volunteers

ALL sponsors/partners/friends, past, present, and future!



Thank you to Kim Smith, Johnson County Senior Services for the presentation, candy and drawing prizes!

## SPECIALS



### FREE LUNCH FROM MORNING POINTE

**Wednesday, March 13th 12:00 noon**  
*lunch will be served at noon, Entrée & dessert provided  
by our friends from Morning Pointe of Franklin.*

### CRAFTING WITH STAFF

Thursday, March 7, 14, 21, 28  
10:30 AM

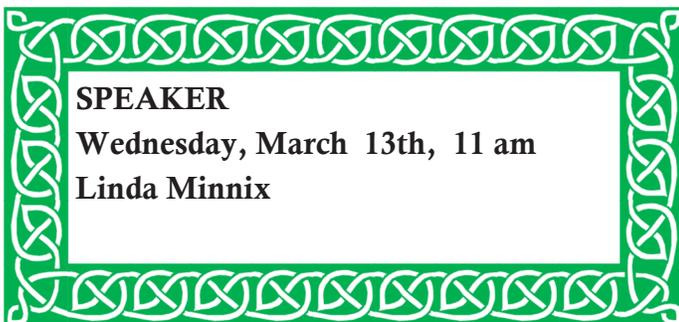
### FUN FRIDAY— March 15, 2024

9 AM Coffee & Chat  
9:15 Chair Dancing  
10:00 Chair Exercise  
11:30 Lunch - **Dessert Pitch-In**  
12:15 Movie & Popcorn  
Cards and Games  
**(FREE) but please sign up and share what you will  
be bringing outside the front office!**



### MONTHLY BIRTHDAY PARTY

**Wednesday, March 27, 2024**  
**10:30 am** Live Music with the  
*Willow Creek Band*  
**12:00** Cupcakes and Ice Cream  
*Celebrating all March birthdays!*



# ANNOUNCEMENTS

## WINNER, WINNER

*Eva Ward* won a \$10.00 Kroger gift card, courtesy of *Frechette Eye Center*, in this month's *Wellness Drawing*. *Sharon Brooks* won the word search drawing and *Janet Walsh* won a coloring book. *Well done!* All winners were chosen by random drawing. If you aren't sure how to enter, please ask! *Winners listed above should see Luan to claim your prize!*



## WELCOME NEW MEMBERS !

Randy Polston  
Susan Newman-Bourne  
Bruce Bourne  
Fred Fitzpatrick  
Randy Sample  
Thomas Wasniewski  
Judy Wright  
Nancy Fleshood  
Mary Cataldi  
Connie Roberts



## PLEASE NOTE:

The Active Adult Center will be **closed** due to inclement weather. Should the Franklin Community schools close, we will be closed.

Please watch the school posting on the news. Also, please watch for postings on the AAC face book page.

Regardless of the closings, if you are reluctant to attend, please stay safe at home!



## March

Sandy Kleine  
Tony Horton  
Dan Diersing  
Pam Kerby  
Mattie Dickey  
Frances Holsinger  
Jack Mason  
Charles Moore  
Eva Burke  
Carlton Downey  
Sharon David  
Dezra Findley  
Chuck Holmes  
Emmalea Butler  
Jade Meador  
Gary Sparks  
Lynde Snow  
Alta Hurst  
Vicotria Vennetti  
Robert Sample  
Mary Jane Conrad  
Nina Rockey  
Terry Vandiver  
Len Sexon

*Please let us know if anyone is missed.  
Our apologies as our report is automated.*

# PROGRAMS AND ACTIVITIES



**BINGO:** Play bingo at 1:00 on Monday and Wednesday afternoons. Play for regular, special and cover-all wins for a *donation* of \$1.00 per card, up to 4 cards

**BOARD GAMES:** Choose your favorite from our game shelf & gather friends to play.

## BRIDGE

Bridge enthusiasts play bridge on Wednesdays.

**CARDS:** Games begin at 12:15 no sign ups required, but you must be here by 12:15 on the day you want to play to **guarantee** a seat. Late comers will be seated if possible, but not guaranteed. Card games include Pinochle (Monday), Bid Euchre (Tuesday), and Euchre

**DARTS:** Darts are available. Just ask!

**MEXICAN TRAIN DOMINOES:** Mondays at 10:00 AM. All are welcome to play!

**POOL:** Try out our recently renovated pool table! The new felt and pockets are compliments of Parks and Rec!

**PUZZLES:** A jigsaw puzzle is always in progress. Why not add a piece or two?



**CHAIR DANCING:** This dvd-based program meets Mondays and Wednesdays at 9:15. Chair dance and sing along to lively tunes! Good for beginners, those who like a slower, more gentle pace for exercise, and music lovers! Fun for everyone!

**CHAIR YOGA:** Led by certified yoga instructor and therapist Dee Woods on Tuesday at 10:45. Pay \$2.00 per class. Experience the benefits of yoga in a chair based setting.

Chair yoga will continue on Thursday at 10:45 am by video.

**EXERCISE EQUIPMENT:** Exercise bikes and treadmills are open unless the area is in use for a scheduled group activity. Please check.

**SIMPLY SEATED:** Chair based group exercise program on dvd. Monday & Wednesday at 10:00. Low impact, strengthen core, improve

**TAI CHI:** Slow movement, stretching and mindfulness program to help maintain strength, flexibility and balance. Tuesdays and Thursdays at 10:00. *(FREE)*

*Sign and date a ticket and deposit into the "Wellness Can" after any group exercise for a chance to win the Wellness Prize \$10.00 Gift Card in the monthly drawing sponsored by Frechette Eye Center. Chair Dancing, Simply Seated, Tai Chi and Chair Yoga all count! Sign and date a wellness ticket each time you exercise for your chance to win!*

## PROGRAMS AND ACTIVITIES

### BIBLE STUDY

Tuesday morning at 9:15 is a time of fellowship and learning under the guidance of AAC member Karyl Entner. Music, storytelling, and always a Bible passage explained. Meet with this group to share prayer burdens, encouragement and something challenging to take you through the week.



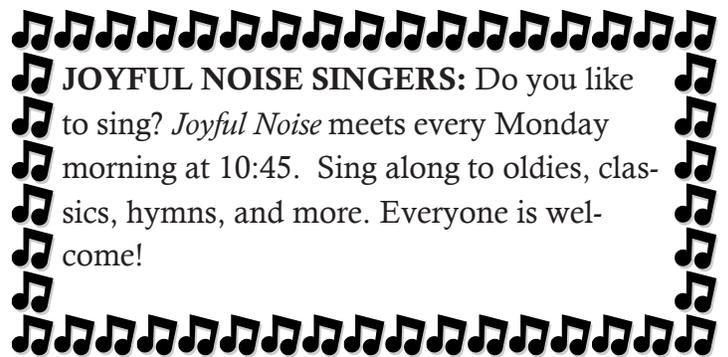
**BIRTHDAY PARTY:** Party with us on the last Wednesday of the month as we celebrate monthly birthdays. Enjoy live music from the *Willow Creek Band* at 10:30 am followed by cupcakes and ice cream at noon! Special thanks to the band and

### CRAFTY CLUB WITH STAFF

Most Thursdays at 10:30. A variety of craft projects will be offered.

### FUN FRIDAYS

Usually scheduled for the *second* Friday of the month. Refer to the newsletter for dates, times, and other details relevant to *Fun Friday*.



**JOYFUL NOISE SINGERS:** Do you like to sing? *Joyful Noise* meets every Monday morning at 10:45. Sing along to oldies, classics, hymns, and more. Everyone is welcome!

**LENDING LIBRARY:** Borrow books and dvds as often as you like on the honor system. Please deposit all materials in the labeled tub in the front office.

**POPCORN & A MOVIE:** Join us for free popcorn and a classic, fun, or inspirational movie. See announcements and calendar for information.

### TRIPS

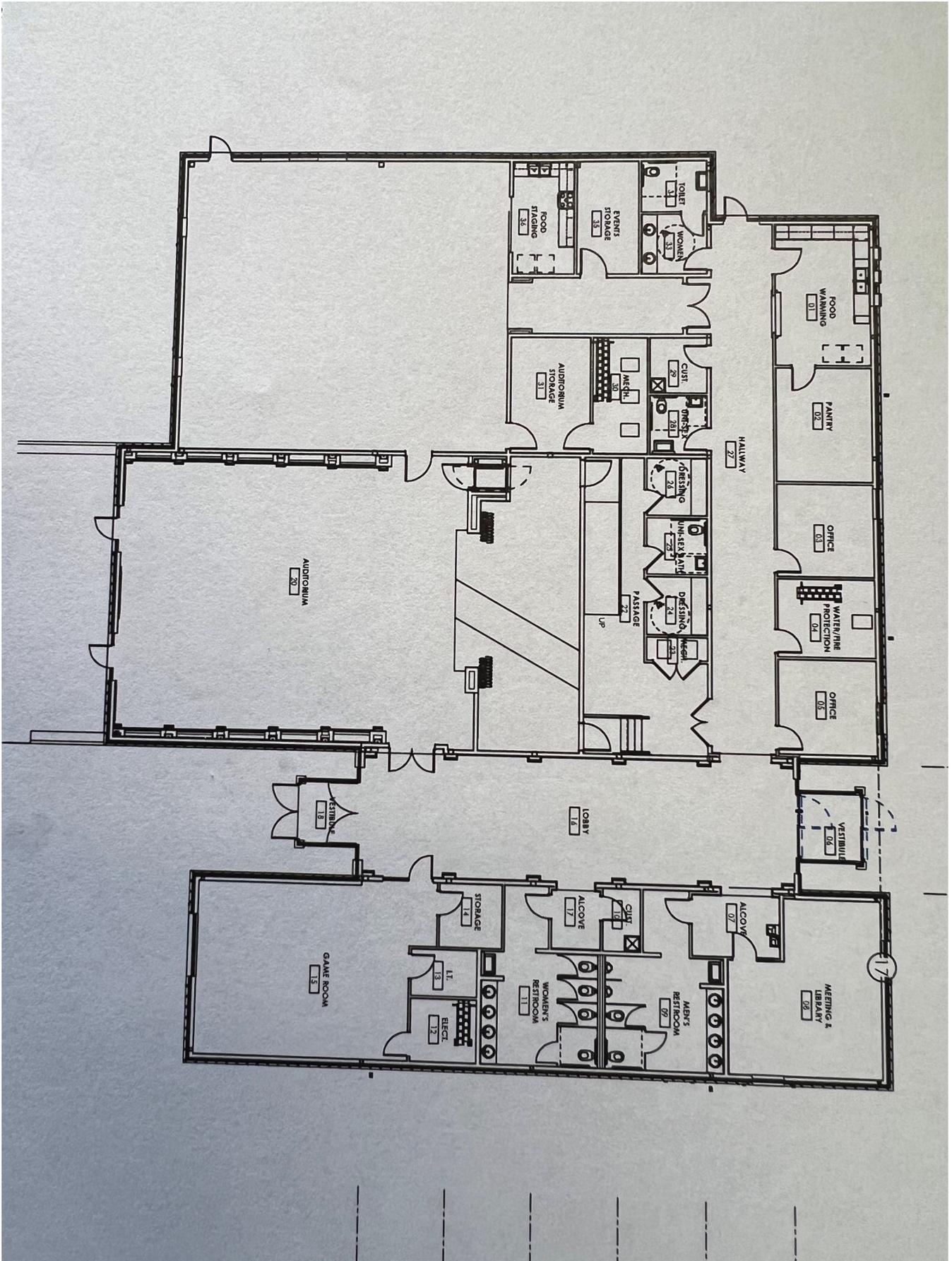
The latest trip information can be found on page 9.

**COLORING** sheets and “brain-teaser” sheets are available in the dining room. Return sheets to the blue basket in the dining room for the random monthly prize drawing.

*Come to the AAC!*

*“Where the young at heart gather to share old memories  
...and make new ones!”*

# NEW AAC FLOOR PLAN



## AAC ON THE GO TRIPS 2024

**Please read trip information carefully.** The *AAC Code of Conduct* applies in its entirety to trips as well as at the AAC. Trips open and sign up begins on the date listed in the newsletter. All sign ups must be made **in person**. Payment terms are noted for each trip. If the trip requires payment at sign up you **must** pay at that time to secure your seat. No seats can be held in anticipation of later payment.

No refunds can be issued unless the **trip** is cancelled. Please ask if you have any questions.

Please arrive 15 minutes before the stated departure time. This information is listed in the trip details.

All passengers on the van are required to wear a seat belt. Courtesy is expected at all times.

**TRIPS ARE BACK!** Refer to the Chatter each month to verify which trips are open. When the trip seat limit is reached we will be happy to add your name to a "Wait List" to indicate your interest in the trip and you will be notified in order if a seat opens up.

We are happy to resume offering Lunch Bunch and trips! Please join us for fellowship and fun!

Please understand, weather could cause the trips to be cancelled.

**MARCH: Exit 76 Antique Mall and Cracker Barrel, Edinburgh, Thursday, March 7, 2024**

**Time:** 10:30 am Check in at the AAC; 10:45 am Departure time

Cost: \$3.00 for transportation plus the cost of your lunch including an automatic gratuity (tip) and shopping. Limit of 19. (14 members on the bus and 5 in the van)

**Sign-up** begins on Monday, February 26th at 9:00 am

Please note: The Antique Mall is 72,000 square feet so wear comfortable shoes. Lots of walking!

There is an area to sit if needed.

**Lunch Bunch: Friends Diner, Whiteland, Tuesday, March 12, 2024**

**Time:** 10:30 am Check-in at the AAC, 10:45 am Departure time

Cost: \$3.00 for transportation plus the cost of your lunch including gratuity (tip) Limit 14 members

**Sign-up** begins on Monday, March 4, 2024 at 9:00 am.

**APRIL: Jungle Jim's International Market & CiCi's Pizza, Cincinnati, OH, Thurs., April 18, 2024**

**Time:** 9:15 am Check in at the AAC; 9:30 am Departure time

Cost: \$ 8.00 for transportation plus the cost of your lunch and shopping. Limit of 19 (14 members on the bus and 5 in the van)

Please note: Jungle Jim's is a large market. Please wear comfortable shoes. **Lots** of walking! Food items from around the world will be available for purchase. A great time to try something new!

**Sign-up** begins on Monday, April 1, 2024 at 9:00 am.

**Lunch Bunch: Grillerz, Nineveh, Tuesday, April 2, 2024**

**Time:** 10:30 am Check-in time; 10:45 am Departure time

Cost: \$3.00 for transportation plus the cost of your lunch including gratuity (tip). Limit 14 members

**Sign-up** begins on Monday, March 25th at 9:00 am

# MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>This calendar is subject to change. We apologize for any inconvenience or errors. Feel free to call/ask to confirm activities.</i></p>			<p><b>1</b></p> <p><b>CLOSED</b></p>	
<p><b>4</b></p> <p>9:00 Coffee/Chat 9:15 Chair Dancing 10:00 Mexican Train Dominoes 10:00 Chair Exercise 10:45 Joyful Noise 12:15 Pinochle 1:00 Bingo</p>	<p><b>5</b></p> <p>9:00 Coffee/Chat 9:15 Bible Study 10:00 Tai Chi 10:45 Chair Yoga in person 12:15 Bid Euchre</p>	<p><b>6</b></p> <p>9:00 Coffee/Chat 9:15 Chair Dancing 10:00 Chair Exercise 11:00 Speaker –Suzan Moriarty <i>12:00 Free Lunch – Franklin Meadows</i> 1:00 Bingo</p>	<p><b>7</b></p> <p>9:00 Coffee/Chat 10:00 Tai Chi 10:30 Crafts with Staff 10:45 Chair Yoga Video 12:15 Euchre <i>10:30 Trip to Exit 76 Antique Mall</i></p>	<p><b>8</b></p> <p><b>CLOSED</b></p>
<p><b>11</b></p> <p>9:00 Coffee/Chat 9:15 Chair Dancing 10:00 Mexican Train Dominoes 10:00 Chair Exercise 10:45 Joyful Noise 12:15 Pinochle 1:00 Bingo</p>	<p><b>12</b></p> <p>9:00 Coffee/Chat 9:15 Bible Study 10:00 Tai Chi 10:45 Chair Yoga in person 12:15 Bid Euchre <b>10:30 Lunch Bunch</b></p>	<p><b>13</b></p> <p>9:00 Coffee/Chat 9:15 Chair Dancing 10:00 Chair Exercise 11:00 Speaker Linda Minnix <i>12:00 Free Lunch Morning Pointe</i> 1:00 Bingo</p>	<p><b>14</b></p> <p>9:00 Coffee/Chat 10:00 Tai Chi 10:30 Crafts with Staff 10:45 Chair Yoga Video 12:15 Euchre</p>	<p><b>15 FUN FRIDAY</b></p> <p>9 AM Coffee &amp; Chat 9:15 Chair Dancing 10:00 Chair Exercise 11:30 Lunch /Dessert Pitch-in <b>Please Sign up</b> 12:15 Movie &amp; Popcorn Cards/Games</p>
<p><b>18</b></p> <p>9:00 Coffee/Chat 9:15 Chair Dancing 10:00 Mexican Train Dominoes 10:00 Chair Exercise 10:45 Joyful Noise 12:15 Pinochle 1:00 Bingo</p>	<p><b>19</b></p> <p>9:00 Coffee/Chat 9:15 Bible Study 10:00 Tai Chi 10:45 Chair Yoga in person 12:15 Bid Euchre</p>	<p><b>20</b></p> <p>9:00 Coffee/Chat 9:15 Chair Dancing 10:00 Chair Exercise 11:00 Speaker Kristi Petro <i>12:00 Free Lunch</i> 1:00 Bingo</p>	<p><b>21</b></p> <p>9:00 Coffee/Chat 10:00 Tai Chi 10:30 Crafts with Staff 10:45 Chair Yoga Video 12:15 Euchre</p>	<p><b>22</b></p> <p><b>CLOSED</b></p>
<p><b>25</b></p> <p>9:00 Coffee/Chat 9:15 Chair Dancing 10:00 Mexican Train Dominoes 10:00 Chair Exercise 10:45 Joyful Noise 12:15 Pinochle 1:00 Bingo</p>	<p><b>26</b></p> <p>9:00 Coffee/Chat 9:15 Bible Study 10:00 Tai Chi 10:45 Chair Yoga in person 12:15 Bid Euchre</p>	<p><b>27</b></p> <p>9:00 Coffee/Chat 9:15 Chair Dancing 10:00 Chair Exercise 10:30 Willow Creek Band 12:00 Birthday Party Cupcakes &amp; Ice Cream 1:00 Bingo</p>	<p><b>28</b></p> <p>9:00 Coffee/Chat 10:00 Tai Chi 10:30 Crafts with Staff 10:45 Chair Yoga Video 12:15 Euchre</p>	<p><b>29</b></p> <p><b>CLOSED</b></p>

# RESOURCES

**Johnson County Senior Services** offers **transportation** for Johnson County residents 60 and older at no charge. Service is door to door and wheelchair accessible. They also offer durable medical equipment and a food pantry. 317-738-4544

***The Hub, Impact Christian Church***

2800 N. Graham Rd., Franklin

**Open every Tuesday, 5-6:30 p.m.**

Food, clothing and more! 317-346-0452

***Great Harvest Food Pantry***

6766 Us Hwy 31 N, New Whiteland. 317-657-4998

**Senior Community Day 12-1:45 p.m. 4th. Friday.**

***Franklin, United, Needham Township Trustee's Office***

20 Circle Drive

Franklin, IN 46131

317-736-7511

*By Appointment Only*

***Veterans Affairs***

The *Johnson County Veterans Affairs* office is here to **assist veterans and their families** with VA disability and educational benefits.

***Seneca Harbin, Director***

18 W. Jefferson St.

Franklin, IN 46131

Phone: 317-346-4563



## Latest renderings of our new AAC!!!



Mr. and Mrs. Glenn Burke

Proudly invite

All Seniors of the Active Adult Center to attend

Eagle Court Of Honor Conducted by Troop 227

As they formally bestow the rank of Eagle Scout upon

Damien Burke

Saturday, March 16, 2024 at Noon

St. Rose of Lima Church, 114, Lancelot Dr., Franklin, IN

Please join us for a reception following the ceremony

RSVP by March 8, 2024

317-474-7621

317-736-3696

## National Kidney Month

### What can I do to keep my kidneys healthy?

You can protect your kidneys by preventing or managing health conditions that cause kidney damage, such as diabetes and high blood pressure. The steps described below may help keep your whole body healthy, including your kidneys.

During your next medical visit, you may want to ask your health care provider about your kidney health. Early kidney disease may not have any symptoms, so **getting tested** may be the only way to know your kidneys are healthy. Your health care provider will help decide how often you should be tested.

See a provider right away if you develop a **urinary tract infection** (UTI), which can cause kidney damage if left untreated.

### Make healthy food choices

Choose foods that are healthy for your heart and your entire body: fresh fruits, fresh or frozen vegetables, whole grains, and low-fat or fat-free dairy products. Eat healthy meals, and cut back on salt and added sugars. Aim for less than 2,300 milligrams of **sodium** each day. Try to have less than 10 percent of your daily calories come from added sugars.

Choose foods that are healthy for your body.

### Tips for making healthy food choices

Cook with a mix of spices instead of salt.

Choose veggie toppings such as spinach, broccoli, and pep-

pers for your pizza.

Try baking or broiling meat, chicken, and fish instead of frying.

Serve foods without gravy or added fats.

Try to choose foods with little or no added sugar.

Gradually work your way down from whole milk to 2 percent milk until you're drinking and cooking with fat-free (skim) or low-fat milk and milk products. Eat foods made from whole grains—such as whole wheat, brown rice, oats, and whole-grain corn—every day. Use whole-grain bread for toast and sandwiches; substitute brown rice for white rice for home-cooked meals and when dining out.

Read food labels. Choose foods low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

Slow down at snack time. Eating a bag of low-fat popcorn takes longer than eating a slice of cake. Peel and eat an orange instead of drinking orange juice.

Try keeping a written record of what you eat for a week. It can help you see when you tend to overeat or eat foods high in fat or calories.

<https://www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd/prevention>

## SEASONAL RECIPE

### Strawberry Fluff

1 box strawberry gelatin  
2 pounds of sliced strawberries

1 can evaporated milk/Milnot  
1 large angel food cake

Mix strawberries and dry gelatin. Whip milk and fold into the berry mixture. Cut angel food cake into small pieces and fold in. Chill overnight.

Recipe from the Johnson County Neighborhood Cooks 2003 submitted by Glenda Bowman of Franklin



## WELCOME LITTLE ONE

Mercy's little sister arrived on Saturday, February 3, 2024 at 7:18AM. She weighted 6 pounds 13 ounces. Her name is Jubilee May Janeira. Welcome Jubilee and Congratulations to Kelsey, Adam and Mercy!!

