

The Chatter

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

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Fun Friday

July 2024

Franklin Active Adult Center
Franklin, IN 46131

MANAGER'S MINUTE

Hello Members,

Thank you everyone for all your patience and cooperation with the transition to Turning Point. I want to thank the staff especially for their hard work in packing the AAC and hard work making Turning Point run smoothly. We are all learning together to adjust to our new spaces and change in schedule..

Don't forget Tai Chi and Chair Yoga is at Franklin Parks & Rec on Tuesdays and Thursdays. Everything else is at Turning Point Church.

We will be closed on July 4th for the holiday and the following week for Turning Point Vacation Bible School. We will also be closed on Thursday, July 25th for Turning Point's pre-school registration. We apologize for the inconvenience and appreciate your understanding as we adjust to a shared space.

Amy's Ice Paradise dessert truck will be at Turning Point on Tuesday, July 2nd from 1:30 PM—2:30 PM. Please enjoy a special treat courtesy of A Senior Retreat! It was a wonderful treat in May and we appreciate the opportunity to have it again in July! Thank you Susan with A Senior Retreat!

Glenna Escher, Center Manager

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



CENTER INFORMATION

PARKS & REC

396 BRANIGIN BLVD, FRANKLIN, IN 46131

Turning Point Church

3600 N Morton St | Franklin, IN 46131

317-736-3696

Website: www.franklin.in.gov

OPEN Monday through Thursday & select Fridays: 9:30 am – 2:30 pm

Yearly Membership: \$15.00

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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Susi Hoskins
Debbie Lock
Rona Martin
Kathy Ballou
Kelsey Janeria
Marilyn Bennett

You can view *The Chatter* online at mycommunityonline.com to receive it by email, franklinin.myrec.com/info/default.aspx or pick up a copy at the Active Adult Center or Franklin Parks & Rec.

APPRECIATION



BINGO SPONSORS

Franklin Meadows & Hickory Creek
Adam Fleck, Humana
Women of the Moose
Kristi Petro, My Tru Advantage
Jordan Curtis, The Insurance Guy
Otterbein SeniorLife
Altra Homecare Group
Ron R., Captel Captioned Phones
Tammy Sutton, Senior Helpers
Stacy Bunes, Clear Captions
Jenna Butler, Compass Park
Jeri Smith, Home Instead
Tina Everhart, McKay Manor

WELLNESS AWARD SPONSOR

Frechette Eye Center

LUNCH SPONSORS

Morning Pointe of Franklin
Shiloh Community Church
Astral at Franklin
Franklin Meadows
Otterbein
Compass Park
AAC Member Donations

BIRTHDAY SPONSOR—Main Street Hospice

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
A Senior Retreat

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

Turning Point Church

Morning Pointe of Franklin

Astral

Otterbein

Senior Helpers

Willow Creek Band

Franklin Parks & Rec

Whiteland Academy students & staff

Johnson County Senior Services

AAC “Share Your Talent” participants

AAC Members and Volunteers

ALL sponsors/partners/friends, past, present,

A huge thanks to Whiteland Academy for assisting with the Fun Friday Carnival! It was a pleasure to have you!



SPECIALS



Amy' Ice Paradise
Will be at
Turning Point on
Tuesday, July 2nd
1:30—2:30 PM
Compliments of
A Senior Retreat!
Don't miss the wonderful treats!



CRAFTING WITH STAFF
Wednesday, July 3, 17, 24, 31
10:30 AM

SPEAKER—
Thursday, July 18, 2024 11:15 AM
Jenna Butler, Compass Park



Bingo with Tammy/Senior Helpers
Tuesday, July 2, 2024 12:45 PM

Bingo with Valarie/Brunning Law
Thursday, July 18, 2024 12:45 PM

Bingo with Carmen/Cedar Creek
Tuesday, July 23, 2024 12:45 PM

Bingo with Kristi/MyTru Advantage
Tuesday, July 30, 2024 12:45 PM



MONTHLY BIRTHDAY PARTY
Will be held in August for all July and August birthdays!

FREE LUNCH FROM MORNING POINTE
Thursday, July 18, 2024 12:00 noon
Entrée & dessert provided by our friends from Morning Pointe of Franklin.

ANNOUNCEMENTS

WINNER, WINNER

Sharon Brockman won a \$10.00 Kroger gift card, courtesy of *Frechette Eye Center*, in this month's *Wellness Drawing*. *Gary Miles* won the *word search drawing* and *Frances Holsinger* 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 !

Martha Waas
Kimberly Kolthoff
Phyllis Kolthoff
Chris Wilson
Susan Bay
Buzz Bay



JULY

Nancy Leffler
Thelma Sammons
Mary Mitchell
Marty Eakright
Janis Griffith
Carol Burke
Jessy Casey
Shirley Woodrum
Richard Matthews
Diana Palasko
Herbert Burke
Laura Haw
Gary Pool
Carolyn McKnight
Beverly Bonsett
Richard Palmer
Pam Gherghin
Brenda Skaggs
Jim Browning
Lana Mayes
Gilbert Murphy
Marilyn Kean
Edith Bowden
Anna Cox

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

The AAC will be closed beginning Thursday, July 4th through July 14th for the Holiday and Vacation Bible School. We re-open on Monday, July 15, 2024.

We will also be closed on Thursday, July 25, 2024 for Pre-School Round up.

We apologize for the inconvenience!

**To get the AAC Chatter online...
Go to <https://franklinin.myrec.com/info/default.aspx>
Click on View All
Click on the Chatter**

PROGRAMS AND ACTIVITIES



BINGO: Play bingo at 12:45 am on Tuesday and Thursday afternoons. Play for regular, special and cover-all wins for a *donation* of \$1.00 per card, up to 4 cards (TURNING POINT CHURCH)

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

BRIDGE

Bridge enthusiasts play bridge on Wednesdays. Subs are needed and new players are welcome to form another group of 4. (TURNING POINT CHURCH)

CARDS: Games begin at 11:30 no sign ups required, but you must be here by 11:30 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), Hand & Foot (Monday 10:00 AM) and Euchre (Wednesday). Card games are led by AAC member Lyn Jerkins. (TURNING POINT CHURCH)

MEXICAN TRAIN DOMINOES: Tuesday at 10:30 AM. All are welcome to play! (TURNING POINT CHURCH)

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



CHAIR DANCING: This dvd-based program meets Tuesdays and Thursdays at 9:45. 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! (TURNING POINT CHURCH)

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. (FRANKLIN PARKS & REC)

Chair yoga will continue on Thursday at 10:45 am by video. (FRANKLIN PARKS & REC)

SIMPLY SEATED: Chair based group exercise program on dvd. Tuesday & Thursday at 10:30 AM. Low impact, strengthen core, improve cardio, increase endurance. (FREE) (TURNING POINT CHURCH)

TAI CHI: Slow movement, stretching and mindfulness program to help maintain strength, flexibility and balance. Tuesdays and Thursdays at 10:15 AM (FREE) (FRANKLIN PARKS & REC)

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 9:30 am 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. **(TURNING POINT CHURCH)**



BIRTHDAY PARTY: Party with us on the last Thursday of the month as we celebrate monthly birthdays. Cupcakes and ice cream at noon! **(TURNING POINT CHURCH)**

CRAFTY CLUB WITH STAFF

Most Wednesdays at 10:30. A variety of craft projects will be offered. **(TURNING POINT CHURCH)**

JOYFUL NOISE SINGERS: Do you like to sing? *Joyful Noise* meets every Monday morning at 10:00 am. Sing along to oldies, classics, hymns, and more. Everyone is welcome! **(TURNING POINT CHURCH)**

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

TRIPS

The latest trip information can be found on page 9.

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

FUN FRIDAY



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, severe weather could cause the trips to be cancelled.

*****Starting in May, All trips & Lunch Bunch outings will depart and return at the Amphitheater.*****

JULY:

Stoll's Lakeview Restaurant & Amish Markets, Loogootee, IN Wednesday, July 17, 2024

Time: Meet at 9:15 AM Depart 9:30 AM

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

Sign-up begins on Monday, June 24, 2024 at 9:30 AM

Minimum of 12 must attend or the event will be cancelled.

Lunch Bunch: Knuckle Sandwich, Bargersville, IN Wednesday, July 24, 2024

Time: Meet at 10:30 AM Depart at 10:45 AM

Cost: \$4.00 for transportation plus the cost of your lunch Limit of 14 in the bus

Sign up begins on Monday, June 24, 2024 at 9:30 AM

Minimum of 5 must attend or the event will be cancelled.

AUGUST:

Derby Dinner Theater—Annie Wednesday, August 7, 2024

Sign up Monday, June 17, 2024 at 9:30 AM Cost \$48.00 per person—Payment due at time of sign-up. (14 Bus/5 van)

Time: Meet at 9 AM Depart at 9:15 AM

This is our only scheduled Derby Dinner event of the year. Don't miss it!

Minimum of 19 must attend or the event will be cancelled.

Lunch Bunch: Farm House Café, Nineveh, IN Wednesday, August 21, 2024

Time: Meet at 10:30 AM Depart 10:45 AM

Cost: \$3.00 for transportation plus the cost of your lunch and gratuity. Limit of 14 in the bus

Sign-up begins on Monday, August 5, 2024 at 9:30 AM

Minimum of 5 must attend or the event will be cancelled.

JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30 Coffee/Chat 10:00 Joyful Noise 10:00 Hand & Foot 11:30 Pinochle	2 9:30 Coffee/Chat 9:30 Bible Study 9:45 Chair Dancing 10:30 Mex Train Dom 10:30 Chair Exercise 11:30 Bid Euchre 12:45 Bingo Senior Helpers 1:30 Amy's Ice Paradise ***	3 9:30 Coffee/Chat 9:45 Bridge 10:30 Crafts with Staff 11:30 Euchre & other cards	4 <p style="text-align: center; font-size: 1.5em;">CLOSED</p>	5 <p style="text-align: center; font-size: 1.5em;">CLOSED</p>
8 <p style="text-align: center; font-size: 1.5em;">CLOSED</p>	9 <p style="text-align: center; font-size: 1.5em;">CLOSED</p>	10 <p style="text-align: center; font-size: 1.5em;">CLOSED</p>	11 <p style="text-align: center; font-size: 1.5em;">CLOSED</p>	12 <p style="text-align: center; font-size: 1.5em;">CLOSED</p>
15 9:30 Coffee/Chat 10:00 Joyful Noise 10:00 Hand & Foot 11:30 Pinochle	16 9:30 Coffee/Chat 9:30 Bible Study 9:45 Chair Dancing 10:30 Mex Train Dom 10:30 Chair Exercise 11:30 Bid Euchre 12:45 Bingo ***	17 9:30 Coffee/Chat 9:45 Bridge 10:30 Crafts with Staff 11:30 Euchre & other cards <i>Trip-Stoll's</i>	18 9:30 Coffee/Chat 9:45 Chair Dancing 10:30 Chair Exercise 11:15 Speaker-Clear Captions <i>12:00 Free Lunch –MP</i> 12:45 Bingo Brunning Law ***	19 <p style="text-align: center; font-size: 1.5em;">CLOSED</p>
22 9:30 Coffee/Chat 10:00 Joyful Noise 10:00 Hand & Foot 11:30 Pinochle	23 9:30 Coffee/Chat 9:30 Bible Study 9:45 Chair Dancing 10:30 Mex Train Dom 10:30 Chair Exercise 11:30 Bid Euchre 12:45 Bingo Cedar Creek ***	24 9:30 Coffee/Chat 9:45 Bridge 10:30 Crafts with Staff 11:30 Euchre & other cards <i>LB Knuckle Sandwich</i>	25 <p style="text-align: center; font-size: 1.5em;">CLOSED</p>	26 <p style="text-align: center; font-size: 1.5em;">CLOSED</p>
29 9:30 Coffee/Chat 10:00 Joyful Noise 10:00 Hand & Foot 11:30 Pinochle	30 9:30 Coffee/Chat 9:30 Bible Study 9:45 Chair Dancing 10:30 Mex Train Dom 10:30 Chair Exercise 11:30 Bid Euchre 12:45 Bingo MyTru Advantage ***	31 9:30 Coffee/Chat 9:45 Bridge 10:30 Crafts with Staff 11:30 Euchre & other cards	*** Parks & Rec 396 Branigin Blvd Franklin, IN 46131 10:15 Tai Chi 10:45 Chair Yoga Every Tuesday & Thursday	<p style="text-align: center;"><i>This calendar is subject to change. We apologize for any inconvenience or errors. Feel free to call/ask to confirm activities.</i></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

Interchurch Food Pantry of Johnson County

211 Commerce Dr., Franklin, IN 46131

Phone: 317-736-5090

Drive-Thru M-F noon to 3 PM

2nd and 4th Saturdays 9 AM—11 AM



PHOTO BOOTH



SOCIAL WELLNESS MONTH

July is Social Wellness Month, a time to focus on nurturing oneself and one's relationships. Social wellness focuses on the giving and receiving of social support, identifying the network of friends and family an individual can turn to in times of crisis as well as times of celebration, and ways to keep relationships healthy. Since social support acts as a buffer against adverse life events, it is especially vital for seniors to have a strong social network in place and to have ways to grow and nurture that social network. Volunteering, pursuing a hobby, or joining a local senior center are all ways for seniors to gain valuable social interaction and grow relationships.

Seniors reap the benefits of positive social interaction in a number of ways, from increased social and emotional well-being to improvements in physical and cognitive functions. Research shows that:

People who have a strong social network tend to live longer.

The heart and blood pressure of people with healthy relationships respond better to stress.

Strong social networks are associated with a healthier endocrine system and healthier cardiovascular functioning.

Healthy social networks enhance the immune system's ability to fight off infectious diseases.

<https://www.seniorlifestyle.com/resources/blog/social-wellness-month/#:~:text=July%20is%20Social%20Wellness%20Month,nurturing%20oneself%20and%20one's%20relationships>

RECIPE

Spicy Sweet Bacon Chicken Tenders 8 svgs.

8 thick slices of bacon
8 boneless, skinless chicken breast tenders
1/2 cup brown sugar
1-2 Tbsp. Chipotle chili powder (adjust to taste)

Preheat oven to 350 degrees F.

Wrap a bacon slice around each chicken tender. Secure top and bottom of bacon with two toothpicks per tender. In a shallow bowl, mix the sugar and chili powder. Roll bacon-wrapped chicken in mixture, then place on a rimmed baking sheet.

Bake for 35 minutes or until chicken is fully cooked and bacon crispy. Cook briefly and roll in drippings. Serve. (May place under broiler to crisp the bacon).

