

The Chatter

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

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September 2024

*Franklin Active Adult Center
Franklin, IN 46131*

MANAGER'S MINUTE

The new and improved Active Adult Center will include:

- Larger space for Franklin's seniors
 - Larger auditorium with more equipment
 - Separate, dedicated library
 - Dedicated game room
 - Significantly more parking
 - New, updated playground
- Updated landscaping

All Active Adult Center classes have temporarily moved to the Cultural Arts & Recreation Center (396 Branigin Blvd) and Turning Point Church (3600 N. Morton St, Franklin). Updates can be found on the Active Adult Center Facebook page or franklinparks.com

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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Program Assistants

Cora Gibbs
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
Marie Keegan, Take A Break Tours
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—Astral

SPECIAL SPONSORS/PARTNERS

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

Compass Park

Senior Helpers

Willow Creek Band

Franklin Parks & Rec

Johnson County Senior Services

AAC Members and Volunteers

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

Thank you Linda Clutz, Purdue Extension for the helpful information!



SPECIALS

SPEAKER— April-Otterbein
Thursday, September 5, 2024 11:15 AM

FREE LUNCH FROM OTTERBEIN
Thursday, September 5, 2024 12:00



Bingo with April—Otterbein
Thursday, Sept 5, 2024 12:45 PM

Bingo with Daulton-Alta
Tuesday, Sept 10, 2024 12:45 pm

Bingo with Kristi-My TruAdvantage
Thursday, Sept 12, 2024 12:45 PM

Bingo sponsored by Marie K, Take a Break
Tuesday, Sept 17, 2024 12:45 PM

Bingo with Jenna—Compass Park
Thursday, Sept 19, 2024 12:45 PM

Bingo with Adam—Humana
Thursday, Sept 26, 2024 12:45 PM

FREE LUNCH FROM COMPASS PARK
Thursday, September 19, 2024

SPEAKER— Tina E-Cedar Creek
Thursday, September 12, 2024 11:15 AM

FREE LUNCH FROM MORNING POINTE
Thursday, Sept 12, 2024 12:00 noon
Entrée & dessert provided by our friends from Morn-

SPEAKER-Daulton A—Alta
Thursday, September 19, 2024 11:15 AM

FLU CLINIC
Tuesday, Sept. 10, 2024
9:30—11:30 AM
Turning Point Church



SPEAKER— Jordan Curtis—The Insurance Guy
Thursday, September 26, 2024 11:15 AM

MONTHLY BIRTHDAY PARTY
Sept 26, 2024
Noon
Celebrating all September birth-days!
Sponsor—Stephen, Astral



ANNOUNCEMENTS

WINNER, WINNER

Charlotte Michelfelder won a \$10.00 Kroger gift card, courtesy of *Frechette Eye Center*, in this month's *Wellness Drawing*. *Diana Hamblen* 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 !

Constance (Connie) Quednau
Eddie Smithers
Ron Nichols
Janene Nichols
Ruth Carpenter
Kathy Dilk
Vonda Price



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



SEPTEMBER

Dean Griff
Forrest Lair
David Rook
Bob Rash
Bea Chandler
Marianne Black
Wayne Mayo
Richard Good
Macie Martin
Brenda McKain
Elspeth Mirchandani
Vicki Streeval
Kathy Streit
Nancy Waid
Bonnie Arnold
Donna Rash
Myra Duckworth
Marcia Kaye
Ruth Hall
Joan Douglas
Gerald Gaeschke
Sharon Brockman
Karen McCain
Maria Wilson
Jon Clark
Sandra Brumley
Sally Green
Louise Brinkman
Rose Vaughn
Vickie Delph
Dorothy Bolin
Lenora Fosbender
Brenda Luttrell
Linda Beck
Margie Zaring
Phil Brutsche
Rosemary Pierson

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

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 the game shelf & gather friends to play.

CARDS:

Monday 10:00 Hand & Foot

11:30 Pinochle **Franklin Parks & Rec**

Tuesday 11:30 Bid Euchre Turning Point Church

Wednesday 9:45 Bridge **Franklin Parks & Rec**

11:30 Euchre and other cards

See member Lyn Jerkins for more details (willing to teach beginners)

MEXICAN TRAIN DOMINOES: Thursday at 10:00 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

Wednesday morning at 9:45 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. **(FRANKLIN PARKS & REC)**

CRAFTY CLUB WITH STAFF

Most Wednesdays at 10:30. A variety of craft projects will be offered. **(FRANKLIN PARKS & REC)**



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)**

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.

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! **(FRANKLIN PARKS & REC)**

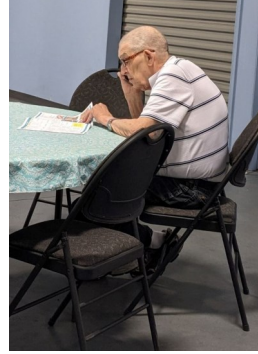
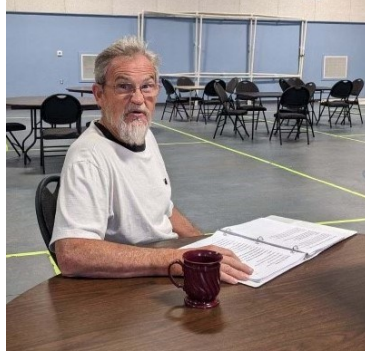
TRIPS

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!”*

SOMETHING FOR EVERYONE!



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.*****

SEPTEMBER:

Indiana Basketball Hall of Fame and Park Restaurant, New Castle, IN September 11, 2024

Sign up Monday, August 19, 2024 at 9:30 AM

Cost \$10 per person (transportation and admission plus the cost of your meal and gratuity)

Time: Meet at 9:00 AM Depart 9:15 AM

Minimum 10 must attend or the event will be cancelled. Limit 19 (14 bus/5 van)

Lunch Bunch: Zaharako's Ice Cream Shop, Columbus, IN September 25, 2024

Sign up Monday, August 19, 2024 at 9:30 AM

Cost \$4.00 per person for transportation plus cost of your meal and gratuity

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

Minimum of 5 and maximum of 14 on the bus

OCTOBER:

Muscatatuck Wildlife Refuge & Buffet China, Seymour, IN October 9, 2024

Sign Up Monday, September 9, 2024 at 9:30 AM

Cost \$6.00 per person (transportation plus the cost of your meal and gratuity)

Time: Meet at 9:00 AM Depart 9:15 AM

Minimum of 10 must attend or the event will be cancelled. Limit 19 (14 bus/5 van)

Lunch Bunch: Johnson's BBQ, Bargersville, IN October 23, 2024

Sign up Monday, September 9, 2024 at 9:30 AM

Cost \$3.00 per person for transportation plus the cost of your meal and gratuity

Time: Meet at 10:45 AM Depart 11:00 AM

Minimum of 5 must attend or the event will be cancelled. Limit 14 on the bus

SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <div style="background-color: #e0f0ff; padding: 10px; text-align: center;"> CLOSED LABOR DAY </div>	3 9:30 Coffee/Chat 9:45 Chair Dancing 10:30 Chair Exercise 11:30 Bid Euchre 12:45 Bingo <div style="text-align: center;">***</div>	4 9:30 Coffee/Chat 9:45 Bridge 9:45 Bible Study 10:30 Crafts with Staff 11:30 Euchre & other cards <div style="text-align: center;">***</div>	5 9:30 Coffee/Chat 9:45 Chair Dancing 10:30 Chair Exercise 10:00 M T Dominoes 11:15 Speaker – April –O 12:00 Free lunch – O 12:45 Bingo April-Otterbein <div style="text-align: center;">***</div>	6 <div style="background-color: #e0f0ff; padding: 10px; text-align: center;"> CLOSED </div>
9 9:30 Coffee/Chat 10:00 Joyful Noise 10:00 Hand & Foot 11:30 Pinochle <div style="text-align: center;">***</div>	10 9:30-11:30 Flu Clinic 9:30 Coffee/Chat 9:45 Chair Dancing 10:30 Chair Exercise 11:30 Bid Euchre 12:45 Bingo –Daulton Alta <div style="text-align: center;">***</div>	11 <i>IN BB Hall of Fame</i> 9:30 Coffee/Chat 9:45 Bible Study 9:45 Bridge 10:30 Crafts with Staff 11:30 Euchre/ other cards <div style="text-align: center;">***</div>	12 9:30 Coffee/Chat 9:45 Chair Dancing 10:00 M T Dominoes 10:30 Chair Exercise 11:15 Speaker-Tina E-Cedar Creek <i>12:00 Free Lunch –MP</i> 12:45 Bingo-Kristi-MyTruAdvantage <div style="text-align: center;">***</div>	13 <div style="background-color: #e0f0ff; padding: 10px; text-align: center;"> CLOSED </div>
16 9:30 Coffee/Chat 10:00 Joyful Noise 10:00 Hand & Foot 11:30 Pinochle <div style="text-align: center;">***</div>	17 9:30 Coffee/Chat 9:45 Chair Dancing 10:30 Chair Exercise 11:30 Bid Euchre 12:45 Bingo –MK Take A Break <div style="text-align: center;">***</div>	18 9:30 Coffee/Chat 9:45 Bible Study 9:45 Bridge 10:30 Crafts with Staff 11:30 Euchre/ other cards <div style="text-align: center;">***</div>	19 9:30 Coffee/Chat 9:45 Chair Dancing 10:00 MT Dominoes 10:30 Chair Exercise 11:15 Speaker-Alta <i>12:00 Free Lunch –CP</i> 12:45 Bingo Compass Park <div style="text-align: center;">***</div>	20 <div style="background-color: #e0f0ff; padding: 10px; text-align: center;"> CLOSED </div>
23 9:30 Coffee/Chat 10:00 Joyful Noise 10:00 Hand & Foot 11:30 Pinochle <div style="text-align: center;">***</div>	24 9:30 Coffee/Chat 9:45 Chair Dancing 10:30 Chair Exercise 11:30 Bid Euchre 12:45 Bingo – <div style="text-align: center;">***</div>	25 <i>Lunch Bunch</i> 9:30 Coffee/Chat 9:45 Bible Study 9:45 Bridge 10:30 Crafts with Staff 11:30 Euchre & other cards <div style="text-align: center;">***</div>	26 9:30 Coffee/Chat 9:45 Chair Dancing 10:00 MT Dominoes 10:30 Chair Exercise 11:15 Speaker-Jordan Curtis <i>12:00 Birthday Party-Astral</i> 12:45 Bingo Adam Humana <div style="text-align: center;">***</div>	27 FUN FRIDAY 10:30—1:30 Willow Creek Band Snacks Provided Franklin Parks & Rec Beeson Hall
30 9:30 Coffee/Chat 10:00 Joyful Noise 10:00 Hand & Foot 11:30 Pinochle <div style="text-align: center;">***</div>	<div style="text-align: center;">***</div> Parks & Rec 396 Branigin Blvd Franklin, IN 46131 10:15 Tai Chi 10:45 Chair Yoga in Person Every Tuesday	<u>Monday & Wednesday</u> Franklin Parks & Rec 396 Branigin ,Blvd Franklin <u>Tuesday & Thursday</u> Turning Point Church 3600 N Morton, Franklin		<i>This calendar is subject to change. We apologize for any inconvenience or errors. Feel free to call/ask to confirm activities.</i>

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



Flu Clinic

Turning Point Church

Tuesday, September 10, 2024

9:30 — 11:30 AM

Please bring your insurance information and identification with you.

They will also have the COVID booster and pneumonia vaccine as available while supplies last.

REMEMBERING SEPTEMBER 11, 2001



"IF WE LEARN NOTHING ELSE FROM THIS TRAGEDY, WE LEARN THAT LIFE IS SHORT AND THERE IS NO TIME FOR HATE."

SANDY DAHL,
wife of Flight 93 pilot Jason Dahl

SUCCESS

Healthy Aging Month is recognized as a time to celebrate life and the positive aspects of growing older.

As we age, we become aware that our physical and mental health, as well as dietary and social needs, change over time. However, that doesn't mean you've lost control. You can take charge of your well-being, by taking steps to age with a healthy body and a healthy mind.

Get Moving

It is important to consult your doctor before exercising. Start slow, know your limitations and modify activities if needed. Adults should aim for at least 150 minutes of moderate-intensity physical activity each week. Beginning physical activity can be as easy as walking for ten to fifteen minutes for three to four days per week and increasing as you go. Maintaining regular physical activity can help maintain a healthy weight, lower blood pressure, blood cholesterol, and blood sugar levels.

Make your physical activity FUN and something you enjoy doing!

Maintain a Healthy Diet

Eat proper portion sizes.

Overeating can lead to obesity and increase the risk of diabetes and heart disease.

Eat a variety of fresh fruits and vegetables and have them make up half of your plate.

Avoid excess processed foods.

Stay hydrated- adults should drink between 10-16 cups of water per day, depended on gender, living environment, and activity level

Stay Social

Try something new by attending online or socially distant in-person classes that interest you.

Use technology like Zoom or Facetime to stay in touch with friends and family.

Balance your body and mind

Keep a positive attitude.

Keep your mind active by reading or doing puzzles.

Keep your body active through stretches and yoga.

Be proactive

Receive regular checkups, physicals and medical tests when needed as many diseases can be prevented when caught early.

Don't forget appointments with the dentist and optometrist too.

Take vitamins, supplements and medications as prescribed.

<https://www.dhd10.org/september-is-healthy-aging-month/>