

The Chatter

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

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February 2025

Franklin Active Adult Center

Franklin, IN 46131

INFORMATION

MANAGER'S MINUTE

Hello Members,

I hope everyone has had a great 2025 so far. This winter has already proved to be a challenge with snow. Please refer to the paragraph below for closings. We will continue to offer activities as weather allows. Be safe and stay warm.

The following is going to be our procedure for weather related closures of the Active Adult Center:

Watch Channel 13, WTHR or Wish TV for closure announcements.

Our new center is progressing well. Windows and dry-wall should be going in soon. The inside stage has been poured as well as the outside patio.

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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Cora Gibbs
Susi Hoskins
Debbie Lock
Rona Martin
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
Women of the Moose
Jordan Curtis, The Insurance Guy
Marie Keegan, Take A Break Tours
Jenna Butler, Compass Park
Jeri Smith, Home Instead
Carmen Bowling, Cedar Creek

WELLNESS AWARD SPONSOR

Frechette Eye Center

LUNCH SPONSORS

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

Birthday Sponsor

Grand Victorian of Greenwood

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

Compass Park

Willow Creek Band

Franklin Parks & Rec

Johnson County Senior Services

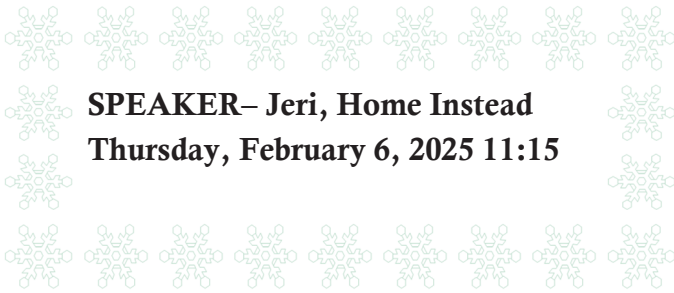
AAC Members and Volunteers

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

Thank you Mayor Barnett for speaking and taking questions! We appreciate your time and commitment to our new center!



SPECIALS



SPEAKER– Jeri, Home Instead
Thursday, February 6, 2025 11:15



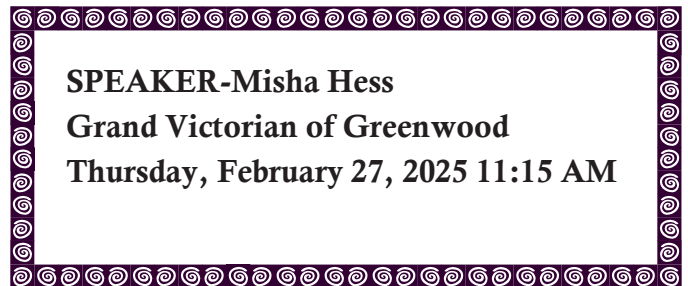
FREE LUNCH FROM
COMPASS PARK
Thursday, February 20, 2025 Noon
provided by your friends from Compass Park

SPEAKER– Justa Clark
Energy Assistance Program
Thursday, February 13, 2025 11:15

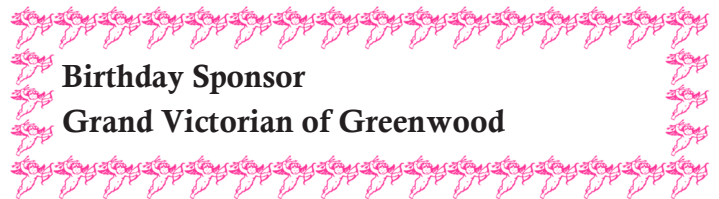
SPEAKER-David Allen,
Johnson County Library
Thursday, February 20, 2025 11:15 am



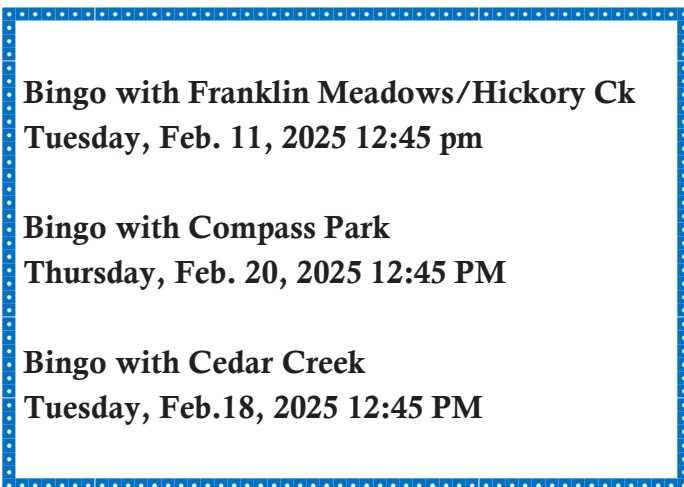
FREE LUNCH FROM
MORNING POINTE
Thursday, February 13, 2025 12:00 noon



SPEAKER-Misha Hess
Grand Victorian of Greenwood
Thursday, February 27, 2025 11:15 AM



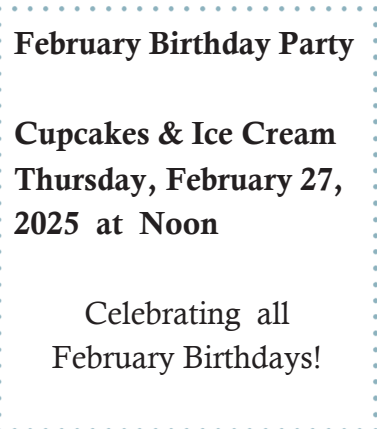
Birthday Sponsor
Grand Victorian of Greenwood



Bingo with Franklin Meadows/Hickory Ck
Tuesday, Feb. 11, 2025 12:45 pm

Bingo with Compass Park
Thursday, Feb. 20, 2025 12:45 PM

Bingo with Cedar Creek
Tuesday, Feb.18, 2025 12:45 PM



February Birthday Party

Cupcakes & Ice Cream
Thursday, February 27,
2025 at Noon

Celebrating all
February Birthdays!



ANNOUNCEMENTS

WINNER, WINNER

Audrey Turnmire 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 *Diana Hamblen* 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!**



PLEASE NOTE: Membership renewals will be completed by AAC staff. You may leave them with Parks & Rec reception, however, they are unable to process your application. Thank you for your understanding!

WELCOME NEW MEMBERS !

Star Dunson
Cynthia Lebre
Michael Lehman



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



FEBRUARY

Virginia Pollert
Janice Walker
Sheila Gaeschke
Vickie Thornburg
Sue Schreiner
Mary Jo Lowe
Karen Hickey
Mark Spencer
Ann Peperak
Gerald Schutz
Dianne Niper
Patricia Burton
Martha Waas
Stewart Mitchell

*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**

11:00 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)**

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 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.

Please sign up to participate in crafts. The page will be at our sign in table daily.

We will also take monetary donations during crafts.

(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)

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)**

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!”*

THE NEW AAC IS PROGRESSING!



Covered drive –thru



Adam's Street



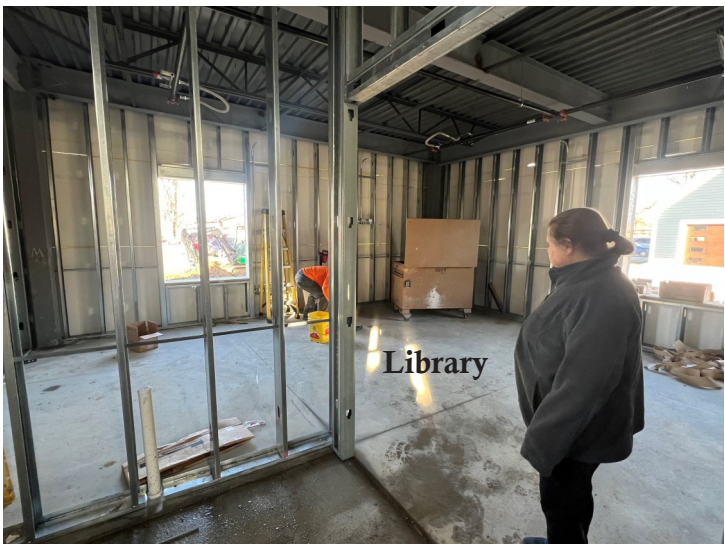
Games Room



Glenna's Office



Kitchen



Library

The most recent photos of our new center at time of publishing.



Theatre

AAC ON THE GO TRIPS 2025

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.

Not Just Popcorn & Cracker Barrel, Edinburg-Wednesday, March 26, 2025

Sign Up Monday, March 3, 9:30 am

Cost \$6.00 per person—Payment due at the time of sign-up

Time: Meet at 9:30 AM Depart at 9:45 AM

Minimum 9, Maximum 19 (14 bus/5 van)

Lunch Bunch: Grandma’s Pancake House, Shelbyville, March 12, 2025

Sign Up Monday, March 3, 9:30 am

Cost \$3.00 per person– Payment due at the time of event

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

Minimum 7, Maximum 14 (14 bus)

Save the Date!!!

Derby Dinner Playhouse

Singin’ In The Rain



May 7, 2025

Sign up Monday, March 17, 2025 at 9:30 AM

Minimum 19 participants



FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">***</p> <p style="text-align: center;">Parks & Rec 396 Branigin Blvd Franklin, IN 46131 10:15 Tai Chi 10:45 Chair Yoga Every Tuesday</p>		<p style="text-align: center;"><u>Monday & Wednesday</u> Franklin Parks & Rec 396 Branigin Blvd Franklin</p> <p style="text-align: center;"><u>Tuesday & Thursday</u> Turning Point Church 3600 N Morton Franklin</p>		<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 style="text-align: center; font-size: 2em;">3</p> <p style="text-align: center;">9:30 Coffee/Chat 10:00 Joyful Noise 10:00 Hand & Foot 11:30 Pinochle</p>	<p style="text-align: center; font-size: 2em;">4</p> <p style="text-align: center;">9:30 Coffee/Chat 9:45 Chair Dancing 10:30 Chair Exercise 11:30 Bid Euchre 12:45 Bingo ***</p> <p style="text-align: center; background-color: #ffff00;">10:15 Tai Chi 10:45 Chair Yoga</p>	<p style="text-align: center; font-size: 2em;">5</p> <p style="text-align: center;">9:30 Coffee/Chat 9:45 Bible Study 9:45 Bridge 10:30 Crafts with Staff Please sign up 11:00 Euchre</p>	<p style="text-align: center; font-size: 2em;">6</p> <p style="text-align: center;">9:30 Coffee/Chat 9:45 Chair Dancing 10:00 M T Dominoes 10:30 Chair Exercise 11:15 Speaker-Jeri Home Instead 12:00 Free Lunch 12:45 Bingo</p>	<p style="text-align: center; font-size: 2em;">7</p> <p style="text-align: center; font-size: 1.5em; color: #008080;">CLOSED</p>
<p style="text-align: center; font-size: 2em;">10</p> <p style="text-align: center;">9:30 Coffee/Chat 10:00 Joyful Noise 10:00 Hand & Foot 11:30 Pinochle</p>	<p style="text-align: center; font-size: 2em;">11</p> <p style="text-align: center;">9:30 Coffee/Chat 9:45 Chair Dancing 10:30 Chair Exercise 11:30 Bid Euchre 12:45 Bingo-FM/HC ***</p> <p style="text-align: center; background-color: #ffff00;">10:15 Tai Chi 10:45 Chair Yoga video</p>	<p style="text-align: center; font-size: 2em;">12</p> <p style="text-align: center;">9:30 Coffee/Chat 9:45 Bible Study 9:45 Bridge 10:30 Crafts with Staff Please sign up 11:00 Euchre</p>	<p style="text-align: center; font-size: 2em;">13</p> <p style="text-align: center;">9:30 Coffee/Chat 9:45 Chair Dancing 10:00 MT Dominoes 10:30 Chair Exercise 11:15 Speaker-J Clark-Energy Assistance Pgrm 12:00 Free Lunch –MP 12:45 Valentine's Bingo</p>	<p style="text-align: center; font-size: 2em;">14</p> <p style="text-align: center; font-size: 1.5em; color: #008080;">CLOSED</p>
<p style="text-align: center; font-size: 2em;">17</p> <p style="text-align: center;">9:30 Coffee/Chat 10:00 Joyful Noise 10:00 Hand & Foot 11:30 Pinochle</p>	<p style="text-align: center; font-size: 2em;">18</p> <p style="text-align: center;">9:30 Coffee/Chat 9:45 Chair Dancing 10:30 Chair Exercise 11:30 Bid Euchre 12:45 Bingo –Cedar Creek ***</p> <p style="text-align: center; background-color: #ffff00;">10:15 Tai Chi 10:45 Chair Yoga</p>	<p style="text-align: center; font-size: 2em;">19</p> <p style="text-align: center;">9:30 Coffee/Chat 9:45 Bible Study 9:45 Bridge 10:30 Crafts with Staff Please sign up 11:00 Euchre</p>	<p style="text-align: center; font-size: 2em;">20</p> <p style="text-align: center;">9:30 Coffee/Chat 9:45 Chair Dancing 10:00 MT Dominoes 10:30 Chair Exercise 11:15 Speaker-David Jo Co Library 12:00 Free Lunch – CP 12:45 Bingo–Compass Park</p>	<p style="text-align: center; font-size: 2em;">21</p> <p style="text-align: center; font-size: 1.5em; color: #008080;">CLOSED</p>
<p style="text-align: center; font-size: 2em;">24</p> <p style="text-align: center;">9:30 Coffee/Chat 10:00 Joyful Noise 10:00 Hand & Foot 11:30 Pinochle</p>	<p style="text-align: center; font-size: 2em;">25</p> <p style="text-align: center;">9:30 Coffee/Chat 9:45 Chair Dancing 10:30 Chair Exercise 11:30 Bid Euchre 12:45 Bingo ***</p> <p style="text-align: center; background-color: #ffff00;">10:15 Tai Chi 10:45 Chair Yoga</p>	<p style="text-align: center; font-size: 2em;">26</p> <p style="text-align: center;">9:30 Coffee/Chat 9:45 Bible Study 9:45 Bridge 10:30 Crafts with Staff Please sign up 11:00 Euchre</p>	<p style="text-align: center; font-size: 2em;">27</p> <p style="text-align: center;">9:30 Coffee/Chat 9:45 Chair Dancing 10:00 MT Dominoes 10:30 Chair Exercise 11:15 Speaker-Misha Grand Victorian 12:00 Birthday Party 12:45 Bingo</p>	<p style="text-align: center; font-size: 2em;">28</p> <p style="text-align: center; font-size: 1.5em; color: #008080;">CLOSED</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



Monday, 17 February 2025

Presidents' Day



Presidents' Day, officially known as **Washington's Birthday**, is an American Federal Holiday that is celebrated every year on the **third Monday of February**.

President's Day was established as a federal holiday in 1885 to celebrate George Washington's birthday on February 22nd. Although it was originally a day to celebrate the lives of George Washington and Abraham Lincoln, many use it now to honor all US Presidents, past and present.

President's Week, is observed in the United States during that week. This week includes Presidents' Day, with special recognition of George Washington and Abraham Lincoln.

Many schools and businesses take advantage of this week for a mid-winter break, commonly referred to as "President's Week." It's a time when people often take vacations, engage in historical events and educational programs, and enjoy sales promotions tied to the holiday.

February is American Heart Month, a time to focus on heart health.



Heart health

Exercise: Get at least 2.5 hours of physical activity each week. You can break this up into smaller chunks throughout the day.

Eat well: Eat a balanced diet with lots of fruits, vegetables, and whole grains

Limit alcohol: Drink alcohol in moderation

Avoid smoking: Smoking can increase your risk of heart disease

Maintain a healthy weight: Being overweight can increase your risk of heart disease

Get enough sleep: Getting quality sleep can help your heart

[https://www.google.com/search?](https://www.google.com/search?q=Health+Matters+February&rlz=1C1GCEU_enUS1046US1046&oq=Health+Matters+February&gs_lcrp)

[q=Health+Matters+February&rlz=1C1GCEU_enUS1046US1046&oq=Health+Matters+February&gs_lcrp](https://www.google.com/search?q=Health+Matters+February&rlz=1C1GCEU_enUS1046US1046&oq=Health+Matters+February&gs_lcrp)



Chocolate Mug Cake

1 egg

2 TB Cocoa

1/4 cup Sugar

In microwaveable mug, beat egg with fork. Add Cocoa and Sugar. Mix well. Place in microwave on high for 50-60 minutes. Cool slightly before topping or eating.

May top with whipped cream, chocolate chips and/or fruit.

Enjoy!