

The Chatter

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

Contents

2 Center Info

3 Appreciation

4 Specials

5 Announcements

6-7 Activities

8 New AAC

9 Trips

10 Calendar

11 Resources

12 Resources



March 2025

*Franklin Active Adult Center
Franklin, IN 46131*

MANAGER'S MINUTE

Hello Members,

We are looking forward to adding Willow Creek Band back on the schedule once a month. We are also starting trips and lunch bunch trips back this month. Please keep in mind March is still unpredictable with weather so if weather is bad trips, etc.. would be cancelled.

I appreciate everyone being patient with our change in locations and scheduling due to the build. It will be so worth it when we get to enjoy the new AAC.

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

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

The new AAC is looking great they have window in and 80% of the drywall done. It is exciting to see the progress.

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

Rocky Stultz

Assistant Superintendent,
Franklin Parks & Recreation
rstultz@franklin.in.gov

Glenna Escher

Center Manager
gescher@franklin.in.gov

Luan Deskins

Office Manager, Newsletter Editor
lideskins@franklin.in.gov

Program Assistants

Cora Gibbs
Susi Hoskins
Debbie Lock
Rona Martin
Kelsey Janeria
Marilyn Bennett
DJ Parker

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
Casey Hadley, 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

Main Street Hospice

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, Tom Trowbridge with Costco audiology for sharing information regarding hearing aids.!

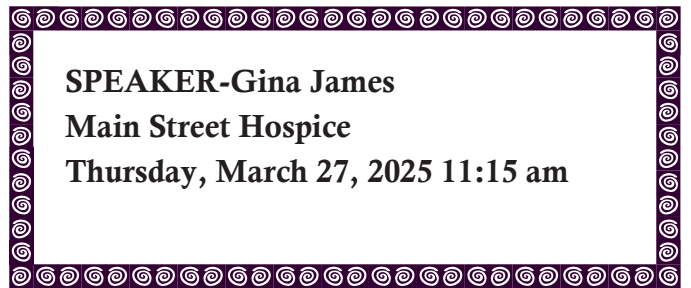


SPECIALS

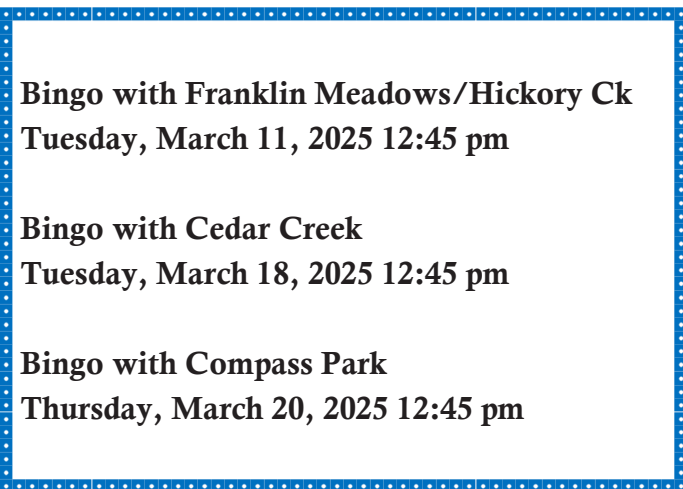


SPEAKER— Marie Keegan—
Take A Break Tours
Thursday, March 13, 2025 11:15 am

SPEAKER-Susan Moriarty– Franklin Meadows & Hickory Creek
Thursday, March 20, 2025 11:15 am



Craft with Johnson County Public Library
Wednesday, March 26, 2025 10:30 am
Limit 10, Please sign up



March Birthday Party

Cupcakes & Ice Cream
Thursday, March 27,
2025 at noon

Celebrating all
March Birthdays!



ANNOUNCEMENTS

WINNER, WINNER

Ed Eaton won a \$10.00 Kroger gift card, courtesy of *Frechette Eye Center*, in this month's *Wellness Drawing*. *Sharon Brockman* won the *word search drawing* and *Kathy Miller* 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 !

Donna Morrow
Barbara Weingart
Nancy Skaggs
Pam Lefave
Dana Hauer

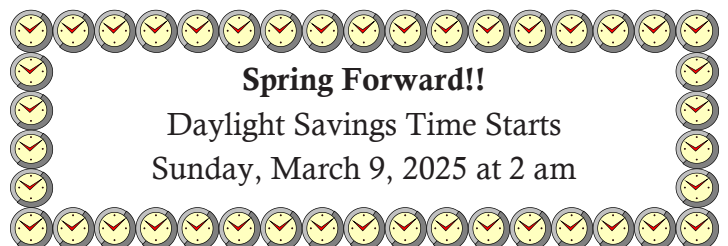


MARCH

Sandy Kleine
Tony Horton
Dana Hauer
Mattie Dickey
Carlton Downey
Jack Mason
Charles Moore
Emmalea Butler
Kimberly Kolthoff
Eva Burke
Pamela Lefave
Kathy Francis
Dezra Findley
Sharon Davie
Sarah Williams
Kimberly Clark

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

**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 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 Mondays at 10:30 am. 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!

East Exterior



Covered Drive-Thru



Dining Room



Games Room



Theatre



Lobby



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.

MARCH:

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-Wednesday. 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)

APRIL:

Cedar Creek Winery, Martinsville-Wednesday, April 9, 2025

Sign Up Monday, March 31, 2025 9:30 am

Cost \$4.00 plus the cost of meal, gratuity and \$5 for wine tasting, if desired

Time: Meet at 11:15 am Depart 11:30 am

Minimum 10, Maximum 19 (14 bus/5 van)

Lunch Bunch: Huckaby's Smokehouse, Greenwood-Wednesday, April 23, 2025

Sign Up Monday, March 31, 2025 9:30 am

Cost \$3.00 for transportation plus the cost of meal/gratuity

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

Minimum 9, Maximum 14 (14 bus)

MAY:

Derby Dinner Playhouse, Clarksville-Wednesday, May 7, 2025


Singin' In The Rain

Sign Up Monday, March 17, 2025 at 9:30 am

Cost: \$48.00 due at the time of sign-up, includes meal, show and transportation

Minimum 19 participants(14 bus/5 van)

MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>***</p> <p>Parks & Rec 396 Branigin Blvd Franklin, IN 46131 10:15 Tai Chi 10:45 Chair Yoga Every Tuesday</p>		<p><u>Monday & Wednesday</u> Franklin Parks & Rec 396 Branigin Blvd Franklin</p> <p><u>Tuesday & Thursday</u> Turning Point Church 3600 N Morton Franklin</p>	 <p>shutterstock · 191116658</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>3</p> <p>9:30 Coffee/Chat 10:00 Joyful Noise 10:00 Hand & Foot 10:30 Crafts with Staff <i>Please sign up</i> 11:30 Pinochle</p>	<p>4</p> <p>9:30 Coffee/Chat 9:45 Chair Dancing 10:30 Chair Exercise 11:30 Bid Euchre 12:45 Bingo ***</p> <p>10:15 Tai Chi 10:45 Chair Yoga</p>	<p>5</p> <p>9:30 Coffee/Chat 9:45 Bible Study 9:45 Bridge 11:00 Euchre</p>	<p>6</p> <p>9:30 Coffee/Chat 9:45 Chair Dancing 10:00 M T Dominoes 10:30 Chair Exercise 11:15 Trivia/Stories 12:00 Free Lunch 12:45 Bingo</p>	<p>7</p> <p>CLOSED</p>
<p>10</p> <p>9:30 Coffee/Chat 10:00 Joyful Noise 10:00 Hand & Foot 10:30 Crafts with Staff <i>Please sign up</i> 11:30 Pinochle</p>	<p>11</p> <p>9:30 Coffee/Chat 9:45 Chair Dancing 10:30 Chair Exercise 11:30 Bid Euchre 12:45 Bingo-FM/HC ***</p> <p>10:15 Tai Chi 10:45 Chair Yoga Video</p>	<p>12</p> <p>9:30 Coffee/Chat 9:45 Bible Study 9:45 Bridge 11:00 Euchre</p>	<p>13</p> <p>9:30 Coffee/Chat 9:45 Chair Dancing 10:00 MT Dominoes 10:30 Chair Exercise 11:15 Speaker-Marie K Take-A-Break Tours 12:00 Free Lunch –MP 12:45 Valentine's Bingo</p>	<p>14</p> <p>CLOSED</p>
<p>17</p> <p>9:30 Coffee/Chat 10:00 Joyful Noise 10:00 Hand & Foot 10:30 Crafts with Staff <i>Please sign up</i> 11:30 Pinochle</p>	<p>18</p> <p>9:30 Coffee/Chat 9:45 Chair Dancing 10:30 Chair Exercise 11:30 Bid Euchre 12:45 Bingo –Cedar Creek ***</p> <p>10:15 Tai Chi 10:45 Chair Yoga</p>	<p>19</p> <p>9:30 Coffee/Chat 9:45 Bible Study 9:45 Bridge 11:00 Euchre</p>	<p>20</p> <p>9:30 Coffee/Chat 9:45 Chair Dancing 10:00 MT Dominoes 10:30 Chair Exercise 11:15 Speaker-Susan M. FM/HC 12:00 Free Lunch – CP 12:45 Bingo– Compass Park</p>	<p>21</p> <p>FUN FRIDAY</p> <p>10:30—12:45 Willow Creek Band</p>
<p>24</p> <p>9:30 Coffee/Chat 10:00 Joyful Noise 10:00 Hand & Foot 11:30 Pinochle</p>	<p>25</p> <p>9:30 Coffee/Chat 9:45 Chair Dancing 10:30 Chair Exercise 11:30 Bid Euchre 12:45 Bingo ***</p> <p>10:15 Tai Chi 10:45 Chair Yoga</p>	<p>26</p> <p>9:30 Coffee/Chat 9:45 Bible Study 9:45 Bridge 10:30 Crafts with Johnson Co Public Library <i>Please sign up</i> 11:00 Euchre</p>	<p>27</p> <p>9:30 Coffee/Chat 9:45 Chair Dancing 10:00 MT Dominoes 10:30 Chair Exercise 11:15 Speaker-Gina J Main St Hospice 12:00 Birthday Party MSH 12:45 Bingo</p>	<p>28</p> <p>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 pm

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 pm 4th Friday.

Age 60+; ID required.

Franklin, United, Needham Township Trustee's Office

20 Circle Drive

317-736-7511

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



Creamy Corn Chowder with Bacon

Ingredients

- 1/2 pound bacon strips, chopped
- 1/4 cup chopped onion
- 1-1/2 pounds Yukon Gold potatoes (about 5 medium), peeled and cubed
- 1 can (14-3/4 ounces) cream-style corn
- 1 can (12 ounces) evaporated milk
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Directions:

In a large skillet, cook bacon over medium heat until crisp, stirring constantly. Remove and drain on paper towels. Discard drippings., reserving 1 1/2 teaspoons in pan. Add onion to drippings and cook and stir over medium-high heat until tender.

Meanwhile place potatoes in a large saucepan add water to cover. Bring to a boil over high heat. Reduce heat to medium and cook uncovered for 10-14 minutes or until tender. Drain, reserving 1 cup potato water.

Add corn, milk, salt, pepper, potatoes and reserved potato water to saucepan. Heat through. Stir in bacon and onion.

Serve.

Nutrition Facts

1 cup 335 calories, 13 g fat(6 saturated fat, 37 mg cholesterol 592 mg sodium, 44 g carbohydrates (10g sugars, 3 g fiber, 12 g protein.



Caring for Your Mental Health

Mental health includes emotional, psychological, and social well-being. It is more than the absence of a mental illness—it's essential to your overall health and quality of life. Self-care can play a role in maintaining your mental health and help support

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. This can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

How to take care of your mental health

Here are some self-care tips:

- **Get regular exercise.** Just 30 minutes of walking every day can boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.
- **Eat healthy, regular meals and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day. Pay attention to your intake of caffeine and alcohol and how they affect your mood and well-being—for some, decreasing caffeine and alcohol consumption can be helpful.
- **Make sleep a priority.** Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.
- **Try a relaxing activity.** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy, such as listening to music, reading, spending time in nature, and engaging in low-stress hobbies.
- **Set goals and priorities.** Decide what must get done now and what can wait. Learn to say “no” to new tasks if you start to feel like you're taking on too much. Try to appreciate what you have accomplished at the end of the day.
- **Practice gratitude.** Remind yourself daily of things you are grateful for. Be specific. Write them down or replay them in your mind.
- **Focus on positivity.** Identify and challenge your negative and unhelpful thoughts.
- **Stay connected.** Reach out to friends or family members who can provide emotional support and practical help. Self-care looks different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you. <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>



Craft with Johnson County Public Library

Wednesday, March 26, 2025

10:30 am

Limit 10 participants

Please sign up!