

The Chatter

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

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January 2024

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



MANAGER'S MINUTE

Hello,

I hope everyone had a Merry Christmas and Happy New Year! It is good to be back together after the Christmas Break. I know we are getting ready for the challenges of moving from the building and there are a lot of unknowns about the details of the move. Luan and I are working with Rocky to answer our questions and will provide information as soon as it is worked out.

We have a great team of workers and I am confident they will make the transition as easy as possible. It will be a challenging time, but the rewards of a new building will be worth it!. My goal is to assist in making everything run as smooth as possible.

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

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

Rocky Stultz

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Franklin Parks & Recreation
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ldeskins@franklin.in.gov

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Cora Gibbs
Susi Hoskins
Debbie Lock
Rona Martin
Kathy Ballou
Kelsey Janeria

You can view *The Chatter* online at mycommunityonline.com or 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

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.

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

Kroger of Franklin

Zeta Chapter of Tri Kappa, Inc.

Senior Helpers

Willow Creek Band

Franklin Parks & Rec

AAC "Share Your Talent" participants

AAC Members and Volunteers

Thank you to Senior Helpers for calling bingo and bringing the holiday prizes!



SPECIALS

SPEAKER

Wednesday, January 10th, 11 AM
Kristi Petro, My Tru Advantage



**Snowman
Door Hanger**

FREE LUNCH FROM MORNING POINTE

Wednesday, January 10th 12:00 noon
lunch will be served at noon, Entrée & dessert provided
by our friends from Morning Pointe of Franklin.

Johnson County Library—

SNOWMAN DOOR HANGER CRAFT

Thursday, January 11th , 10:30AM

Please sign up outside the office. Limit 10 participants.

FUN FRIDAY—January 12, 2024

9 AM Coffee & Chat

9:15 Chair Dancing

10:00 Chair Exercise

11:30 Lunch - 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!*



SPEAKER

Wednesday, January 17th, 11 AM
Brad Calbert, Oak Street Health

MONTHLY BIRTHDAY PARTY

Wednesday, January 31st

10:30 Live Music with the

Willow Creek Band

12:00 Cupcakes and Ice Cream

Celebrating all December & January birthdays!

SPEAKER

Wednesday, January 24th, 11 am
Kim Smith, Johnson County
Senior Services

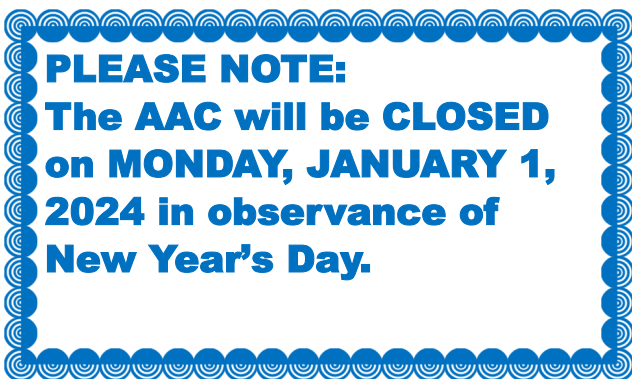
ANNOUNCEMENTS

WINNER, WINNER

Janet Walsh won a \$10.00 Kroger gift card, courtesy of *Frechette Eye Center*, in this month's *Wellness Drawing*. *Jeroma Miller* won the word search drawing and *Jim Browning* 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!*



BUNCO is now on the calendar on the second Tuesday of the month at 10:15 AM!



PLEASE NOTE:
The AAC will be CLOSED
on MONDAY, JANUARY 1,
2024 in observance of
New Year's Day.

WELCOME NEW MEMBERS !

Lee Duckworth
Marilyn Bennett
Cindy Noblitt



JANUARY BIRTHDAYS

Kyle Beth Lewis
Patricia Newlin
Lawrence Rybolt
Gail O'Connor
Jim Hyde
Terry Pierce
Kathy Decker
Marlene Gabehart
Samia Cote
Brenda Matthews
Sandie Rybolt
Judy Bruning
Gail Khan
Janet Walsh
Marjorie Shinn
Ruth Carpenter
Lynn Jewell
Hannelore Smith
Daniel Holsinger
Robert Cox
Patricia Bond
Audrey Sunman

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. Subs are needed and new players are welcome to form another group of 4.

BUNCO

Whether experienced or just learning, gather to play Bunco on the second Tuesday of the month at 10:15 AM.

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 (Thursday). Card games are led by AAC member Lyn Jerkins.

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 birthday sponsors!
The December birthdays will be celebrated in January due to the center closing the last week of December.



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.

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.

CRAFTING WITH Johnson County Library

Second Thursday at 10:30 AM

Join us in using your creative talents.

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!”*

SO MUCH FUN!!



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.



A great time for food and fellowship at Gray's Cafeteria and Derby Dinner Theater!



JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED HAPPY NEW YEAR!	2 9:00 Coffee/Chat 9:15 Bible Study 10:00 Tai Chi 10:45 Chair Yoga in person 12:15 Bid Euchre	3 9:00 Coffee/Chat 9:15 Chair Dancing 10:00 Chair Exercise 11:00 Social Time <i>12:00 Free Lunch</i> 1:00 Bingo	4 9:00 Coffee/Chat 10:00 Tai Chi 10:30 Crafts with Staff 10:45 Chair Yoga Video 12:15 Euchre	5 CLOSED
8 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	9 9:00 Coffee/Chat 9:15 Bible Study 10:00 Tai Chi 10:15 Bunco 10:45 Chair Yoga in person 12:15 Bid Euchre	10 9:00 Coffee/Chat 9:15 Chair Dancing 10:00 Chair Exercise 11:00 Kristi My Tru Advantage <i>12:00 Free Lunch – Morning Pointe</i> 1:00 Bingo	11 9:00 Coffee/Chat 10:00 Tai Chi 10:30 Johnson County Library Crafts 10:45 Chair Yoga Video 12:15 Euchre	12 FUN FRIDAY 9 AM Coffee & Chat 9:15 Chair Dancing 10:00 Chair Exercise 11:30 Lunch Pitch-In Please Sign up 12:15 Movie & Popcorn Cards/Games
15 9:00 Coffee/Chat 9:15 Chair Dancing 10:00 Mexican Train Dominoes 10:00 Chair Exercise 10:45 Joyful Noise 12:15 Pinochle	16 9:00 Coffee/Chat 9:15 Bible Study 10:00 Tai Chi 10:45 Chair Yoga in person 12:15 Bid Euchre	17 9:00 Coffee/Chat 9:15 Chair Dancing 10:00 Chair Exercise 11:00 Brad—Oak Street Health <i>12:00 Free Lunch</i> 1:00 Bingo	18 9:00 Coffee/Chat 10:00 Tai Chi 10:30 Crafts with Staff 10:45 Chair Yoga Video 12:15 Euchre	19 CLOSED
22 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	23 9:00 Coffee/Chat 9:15 Bible Study 10:00 Tai Chi 10:45 Chair Yoga in person 12:15 Bid Euchre	24 9:00 Coffee/Chat 9:15 Chair Dancing 10:00 Chair Exercise 11:00 Kim Smith– Jo Co Senior Services <i>12:00 Free Lunch</i> 1:00 Bingo	25 9:00 Coffee/Chat 10:00 Tai Chi 10:30 Crafts with Staff 10:45 Chair Yoga Video 12:15 Euchre	26 CLOSED
29 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	30 9:00 Coffee/Chat 9:15 Bible Study 10:00 Tai Chi 10:45 Chair Yoga in person 12:15 Bid Euchre	31 9:00 Coffee/Chat 9:15 Chair Dancing 10:00 Chair Exercise 10:30 Willow Creek Band 12:00 Birthday Party Cupcakes & Ice Cream 1:00 Bingo	<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



New Year's is a time to reflect on the things that made your year special. All the time we spent together in 2023 means the world to us. Looking forward to everything we tackle next year!



10 things you should know about glaucoma

January is Glaucoma Awareness Month. The National Eye Institute, part of NIH, is highlighting key facts about this blinding disease, important tips for prevention and treatment, and research updates you may not know about.

- 1. More than 2.7 million Americans over age 40 have glaucoma.** That number is estimated to more than double by 2050.
- 2. Anyone can develop glaucoma.** Though it's more common in people over the age of 45, babies and children can get a rare form of early onset glaucoma.
- 3. Getting a comprehensive dilated eye exam is the only way to catch glaucoma early.**
- 4. Don't wait for symptoms.**
- 5. Glaucoma damages the eye's optic nerve.** The optic nerve is like a data cable coming out of the back of your eye. It carries visual information to your brain. Glaucoma damages the nerve cells or "wires" in the cable, disrupting the flow of visual information.
- 6. Once glaucoma damages your optic nerve, lost vision cannot be restored.** Early detection combined with treatment can slow or stop glaucoma progression.
- 7. Eye pressure is a major risk factor for glaucoma.**
- 8. The only clinically proven treatment for glaucoma is to lower eye pressure.**
- 9. A new drug-delivery system is currently being tested.**
- 10. Studies in the laboratory and with patients are making key discoveries and giving new hope.**

<https://www.nei.nih.gov/about/news-and-events/news/10-things-you-should-know-about-glaucoma>

SEASONAL RECIPES

Coconut Snow Cake

Nina Burton

1 box white or yellow cake mix
1 can prepared coconut pecan icing
whipped cream
shredded coconut

Prepare cake according to box directions. Fold in coconut-pecan icing and mix well. Bake in a greased and floured Bundt pan at 350 degrees for 35-40 minutes. Cool in pan 10-15 minutes. Remove cake from pan and allow to cool completely. Top with whipped cream and shredded coconut to serve.

Cocoa Mix

Lynn Jewell

4 oz Nestle Quick
2 qt. size Carnation Dry Milk
1/4 cup powdered sugar
2 oz. Coffee Mate

Mix together and store in airtight container. When ready to use add 1/4 cup cocoa mix to 1 cup hot water. Top with marshmallows or marshmallow crème.

