

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 Fun & Friends

9 Trips

10 Calendar

11 Resources

12 Thank You



February 2024

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

MANAGER'S MINUTE

Hello Members,

Winter has arrived and we hope you are able to remain warm and safe. Please watch for the Franklin Community Schools to be closed. In the event they are closed, the AAC will also close. Additional closings will be posted on the AAC face book page. You may also call the center to confirm the status before making a trip out. Our number is 317-736-3696.

As of the Chatter printing, we still do not have any further details regarding the new center. We will, as soon as we know, provide the information regarding our temporary location and schedule. As with all construction, we can expect delays and plans to change. There have been rumors, as we have heard. Please do not take any of these comments as truth.

I appreciate your patience and interest in our upcoming changes!

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

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

Glenna Escher

Center Manager
gescher@franklin.in.gov

Luan Deskins

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

Program Assistants

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
Otterbein SeniorLife

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

Otterbein

Kroger of Franklin

Senior Helpers

Willow Creek Band

Franklin Parks & Rec

AAC "Share Your Talent" participants

AAC Members and Volunteers

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

Thanks to Altra Homecare Group for assisting with bingo and prizes!



SPECIALS

Valentines Candy Jar

Starting Feb. 8th, look for the jar of candy and make your guess as to the amount inside. The winner will be announced on Feb. 14th by Gina James of Main Street Hospice.



SPEAKER—Wednesday, Feb 14th
11:00 AM
Mike Wynne and Daulton Arvin,
Altra Homecare Group

CRAFTING WITH STAFF

Thursday, Feb. 1, 8, 15, 22 & 29
10:30 AM

FREE LUNCH FROM MORNING POINTE

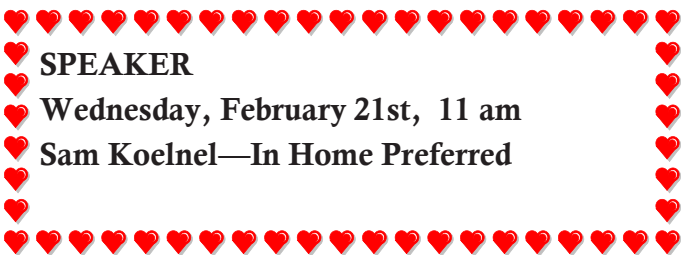
Wednesday, February 14th 12:00 noon
lunch will be served at noon, Entrée & dessert
provided by our friends from Morning Pointe of



FUN FRIDAY— February 16, 2024
9 AM Coffee & Chat
9:15 Chair Dancing
10:00 Chair Exercise
11:30 Lunch - **Dessert 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!

MONTHLY BIRTHDAY PARTY

Wednesday, February 28th
10:30 Live Music with the
Willow Creek Band
12:00 Cupcakes and Ice Cream
Celebrating all February birthdays!


SPEAKER
Wednesday, February 21st, 11 am
Sam Koelnel—In Home Preferred

ANNOUNCEMENTS

WINNER, WINNER

Ed Eaton 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!*



February BIRTHDAYS

Virginia Pollert
Janice Walker
Laura Buerger
Terri Feyen
Sue Schriener
Joe Petro
Donna Reel
Susan Lofgren
Ann Peperak
Gerald Schutz
Elaine Powers
Patricia Towey
Patricia Burton
Stewart Mitchell

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

WELCOME NEW MEMBERS !

Larry Pushor
Griff Dean
Pam Kerby



PLEASE NOTE:

The Active Adult Center will be **closed** due to inclement weather. Should the Franklin Community schools close, we will be closed.

Please watch the school posting on the news. Also, please watch for postings on the AAC face book page.

Regardless of the closings, if you are reluctant to attend, please stay safe at home!

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.

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

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.



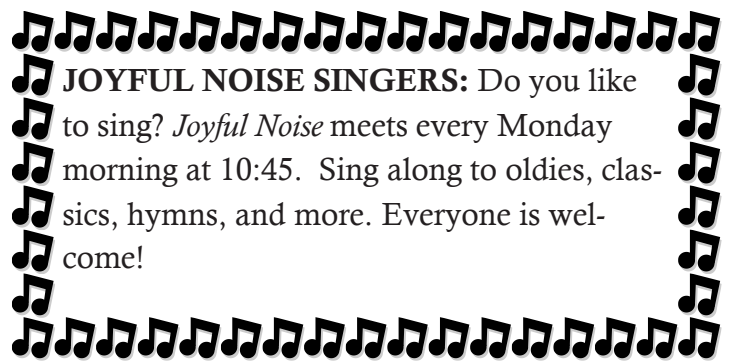
BIRTHDAY PARTY: Party with us on the last Wednesday of the month as we celebrate monthly birthdays. Enjoy live music from the *Willow Creek Band* at 10:30 am followed by cupcakes and ice cream at noon! Special thanks to the band and

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*.

A decorative border of black musical notes surrounds the text. The notes are arranged in a rectangular shape, with some notes being larger than others, creating a rhythmic pattern.
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.

TRIPS

The latest trip information can be found on page 9.

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.

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.

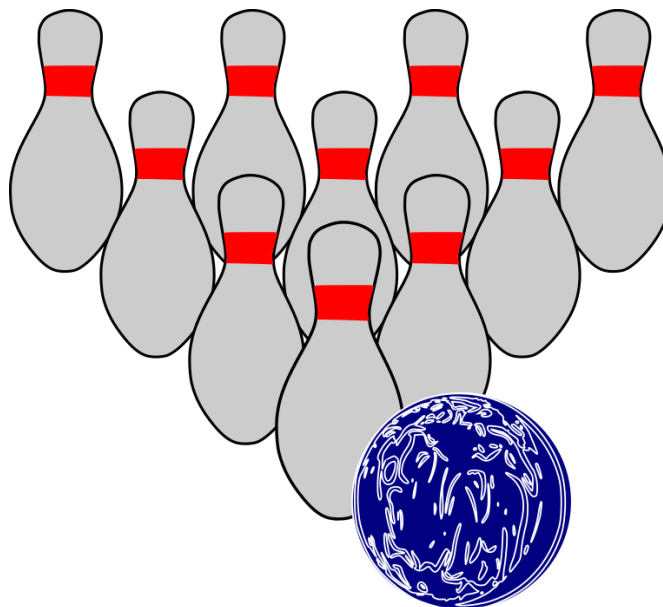
No refunds can be issued unless the **trip** is cancelled. Please ask if you have any questions.

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.

Weather permitting, we will have our first Lunch Bunch and outing in March! Details will be posted once we have information.



FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Leap Day Feb. 29, 2024</p> 			<p>1 9:00 Coffee/Chat 10:00 Tai Chi 10:30 Crafts with Staff 10:45 Chair Yoga Video 12:15 Euchre</p>	<p>2</p> <p style="text-align: center; font-size: 2em;">CLOSED</p>
<p>5 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</p>	<p>6 9:00 Coffee/Chat 9:15 Bible Study 10:00 Tai Chi 10:45 Chair Yoga in person 12:15 Bid Euchre</p>	<p>7 9:00 Coffee/Chat 9:15 Chair Dancing 10:00 Chair Exercise 11:00 Share Your Talent <i>12:00 Free Lunch – Otterbein SeniorLife</i> 1:00 Bingo</p>	<p>8 9:00 Coffee/Chat 10:00 Tai Chi 10:30 Crafts with Staff 10:45 Chair Yoga Video 12:15 Euchre</p>	<p>9</p> <p style="text-align: center; font-size: 2em;">CLOSED</p>
<p>12 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</p>	<p>13 9:00 Coffee/Chat 9:15 Bible Study 10:00 Tai Chi 10:45 Chair Yoga in person 12:15 Bid Euchre</p>	<p>14 9:00 Coffee/Chat 9:15 Chair Dancing 10:00 Chair Exercise 11:00 Mike Wynne-Altra Homecare Group <i>12:00 Free Lunch Morning Pointe</i> 1:00 Bingo –Altra</p>	<p>15 9:00 Coffee/Chat 10:00 Tai Chi 10:30 Crafts with Staff 10:45 Chair Yoga Video 12:15 Euchre</p>	<p>16 FUN FRIDAY 9 AM Coffee & Chat 9:15 Chair Dancing 10:00 Chair Exercise 10:45 Music with Michael Berry 12:00 Lunch /Dessert Pitch-in Please Sign up 12:45 Movie & Popcorn Cards/Games</p>
<p>19</p> <p style="text-align: center; font-size: 2em;">CLOSED</p> <p style="text-align: center;">PRESIDENTS' DAY</p>	<p>20 9:00 Coffee/Chat 9:15 Bible Study 10:00 Tai Chi 10:45 Chair Yoga in person 12:15 Bid Euchre</p>	<p>21 9:00 Coffee/Chat 9:15 Chair Dancing 10:00 Chair Exercise 11:00 Sam Koelnel –In Home Preferred <i>12:00 Free Lunch –Astral</i> 1:00 Bingo</p>	<p>22 9:00 Coffee/Chat 10:00 Tai Chi 10:30 Crafts with Staff 10:45 Chair Yoga Video 12:15 Euchre</p>	<p>23</p> <p style="text-align: center; font-size: 2em;">CLOSED</p>
<p>26</p> <p>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</p>	<p>27 9:00 Coffee/Chat 9:15 Bible Study 10:00 Tai Chi 10:45 Chair Yoga in person 12:15 Bid Euchre</p>	<p>28 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</p>	<p>29</p> <p>9:00 Coffee/Chat 10:00 Tai Chi 10:30 Crafts with Staff 10:45 Chair Yoga Video 12:15 Euchre</p> <p style="text-align: center;">LEAP DAY!</p>	<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>
317-736-3696			10	

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



"There is nothing on this earth more to be prized than true friendship."

~ Thomas Aquinas

*Happy Valentine's Day,
my friend!*



Age-related macular degeneration (AMD).

AMD is a common eye disease among people aged 60 and older. It gradually destroys the macula, the part of the eye that provides sharp, central vision needed for seeing objects clearly. It comes in two forms: dry and wet. Each form requires different techniques to be used by eye care professionals to treat the condition.

What is low vision? People who have age-related eye disease are more likely to develop low vision. Low vision means that, even with regular glasses, contact lenses, medicine, and surgery, everyday tasks are difficult to do. Reading the mail, shopping, cooking, seeing the TV, and writing can seem challenging. Fortunately, help is available. Low vision specialists can offer a variety of services that help people make the most of their remaining vision. They cannot, however, restore lost vision. As a result, people with low vision can continue enjoying friends, family, hobbies, and other interests just as they always have.

Get a dilated eye exam.

If you are aged 50 or older, make a point of visiting your eye care professional annually. Having a dilated eye exam every year or as recommended by your eye care professional can help detect age-related eye diseases in their early stages. Early detection and treatment can help save your sight. So even if you are not experiencing vision problems, you should get an annual eye exam. This is one of the best things you can do to protect your sight.

For more information about age-related eye diseases and conditions, visit www.nei.nih.gov/agingeye.

Age Related Macular Degeneration (AMD)/Low Vision Month

SEASONAL RECIPES

Caramelized Bananas

Cook Time 15 Minutes

The bananas have to get in and out of the pan in 1 1/2 minutes, no longer, so they stay firm in the center. If you are cooking for 4, you can easily double the recipe; it is important not to crowd the skillet, so get everything ready to go and make it in 2 batches.

2 medium-small firm bananas, peeled, 1/2 tablespoon butter, 3 tablespoons light brown sugar, 1/4 cup dark rum, or orange juice, 1/8 teaspoon ground cinnamon, 1 cup low-fat vanilla ice cream, or frozen yogurt

Cut bananas in half lengthwise. Melt butter in a nonstick skillet over medium-high heat. Add brown sugar and lay the banana slices on top, cut side up. Cook undisturbed for 20 seconds, then add rum (or orange juice) and cinnamon. Cook for 10 seconds, then turn bananas carefully and cook for 45 to 60 seconds more, basting with the pan sauce. Divide the bananas between 2 dessert plates, drizzling the sauce on top. Serve immediately, with a scoop of ice cream (or frozen yogurt).