

# The Chatter

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

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## April 2024

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

# INFORMATION

## MANAGER'S MINUTE

*Hello Members!*

*We are so excited to share that Turning Point Church generously agreed to provide a large space in their church for the AAC to use during the transition!*

*We will provide a map for Turning Point Church and more details in the May Chatter.*

*This is such an exciting time for our AAC! We want to keep you informed of the transition to alternate location(s) as much in advance as possible and are looking forward to the brand new AAC! There could be some schedule changes as we transition, however, due to space and parking. We want to provide all the activities we currently provide and attendance will be key to continuing.*

*More information will be given on Wednesday, April 17, 2024 when Rocky Stultz, Franklin Parks & Rec Assistant Superintendent speaks at 11:00 AM. Please attend this informative presentation.*

*Thank you in advance for your patience and understanding as we make the transition as seamless 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](http://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](mailto:rstultz@franklin.in.gov)

### Glenna Escher

Center Manager  
[gescher@franklin.in.gov](mailto:gescher@franklin.in.gov)

### Luan Deskins

Office Manager, Newsletter Editor  
[ldeskins@franklin.in.gov](mailto: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](http://mycommunityonline.com) to receive it by email,, [franklin.myrec.com/info/default.aspx](http://franklin.myrec.com/info/default.aspx) or pick up a copy at the Active Adult Center or Franklin Parks & Rec.

# APPRECIATION



## BINGO SPONSORS

Franklin Meadows  
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  
Hickory Creek  
Tammy Sutton -  
Donna Watkins –Transitions Hospice

## WELLNESS AWARD SPONSOR

Frechette Eye Center

## LUNCH SPONSORS

Morning Pointe of Franklin  
Shiloh Community Church  
Astral at Franklin  
Franklin Meadows  
Otterbein  
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.  
Main Street Hospice

*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!

*Thank you to American Senior Communities for speaking and lunch! Suzan, Amanda and Katie, we appreciate your time, information and wonderful food!*



## SPECIALS



**SPEAKER—Wednesday,**  
**April 10th; 11:00 AM**  
 Tammy Sutton-Senior Helpers  
 Senior Fall Prevention

### FREE LUNCH FROM MORNING POINTE

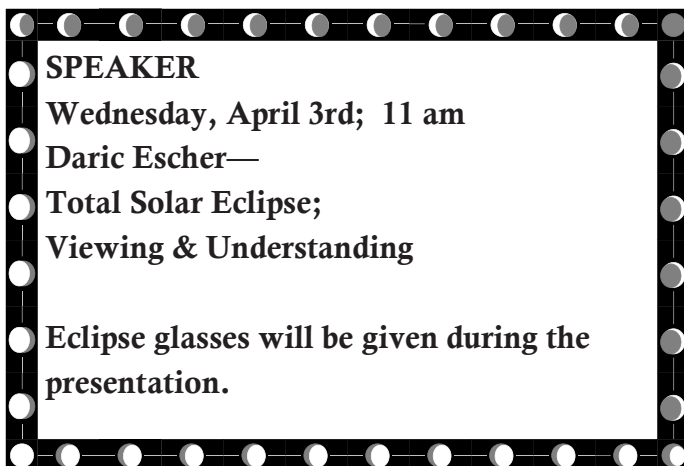
*Wednesday, April 10th; 12:00 noon*  
*lunch will be served at noon, Entrée & dessert provided*  
*by our friends from Morning Pointe of Franklin.*

### FUN FRIDAY— April 12, 2024

9 AM Coffee & Chat  
 10:00 Chair Volleyball w/Morning Pointe  
 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!*

### FREE LUNCH FROM OTTERBEIN

*Wednesday, April 3rd, 12:00 noon*  
*Lunch will be provided by our friends from Otterbein*



**SPEAKER**  
**Wednesday, April 3rd; 11 am**  
**Daric Escher—**  
**Total Solar Eclipse;**  
**Viewing & Understanding**  
  
**Eclipse glasses will be given during the**  
**presentation.**



**SPEAKER—April 17th; 11:00 am**  
 Rocky Stultz– The next steps  
 toward the new AAC

### CRAFTING WITH STAFF

**Thursdays, April 4, 18, 25**  
**10:30 AM**

### CRAFTING WITH KATHY

**Thursday, April 11; 10:30 AM**



### MONTHLY BIRTHDAY PARTY

*Wednesday, April 24, 2024*  
*10:30 am Live Music with the*  
*Willow Creek Band*  
*12:00 Cupcakes and Ice Cream*  
*Celebrating all April birthdays!*

# ANNOUNCEMENTS

## WINNER, WINNER

**Sue Schreiner** won a \$10.00 Kroger gift card, courtesy of **Frechette Eye Center**, in this month's *Wellness Drawing*. **Rose Purtlebaugh** won the word search drawing and **Verna Shacklett** 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 !

Vickie Liggett  
Philip Liggett  
James Mize  
Jeff Hamilton  
Dedria Hamilton  
Pat Barnes  
Earl Barnes  
Wayne Mayo



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

The AAC will be closed on  
Monday, April 8, 2024  
for the Total Solar Eclipse

Please wear your viewing glasses  
and be safe! Enjoy this once in a  
life-time experience!



## April

Maria King  
Shirley Roberts  
Elaine Cole  
Richard Martin  
Marie Keegan  
Patti Branlett  
Robert Hendricks  
Maria Poeck  
Charles Shirley  
Helen Orman  
Judith McGinnis  
Rita Harting  
Janice Arnold  
Betty Lockhart  
Dan Sunman  
Betty Bryant  
Jan Pennington  
Betty Garrison  
Donna McFarland  
Randy Shirley  
Reba McMullen  
Charren Nelson  
Phillip Liggett  
Jane Gribbons  
Beverly Thorpe  
Ethel Savage  
Joanie Fox  
Carolyn McTarsney  
Dillon Grider  
Larry Donathen  
Nettie Love  
Carolyn Williams  
Mike Bullington

*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.

**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), Hand & Foot (Tuesday 11:00 AM) and Euchre (Thursday). Card games are led by AAC member Lyn Jenkins.

**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.



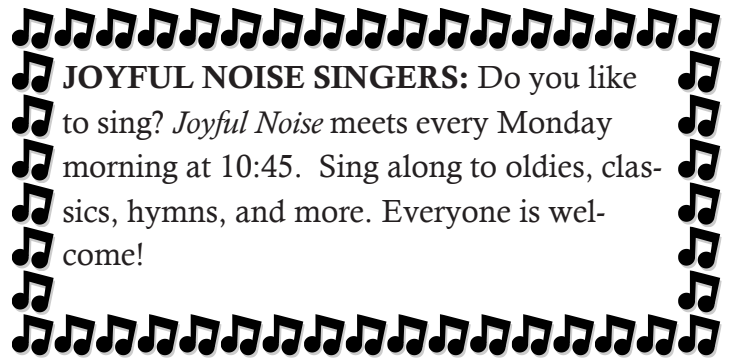
**BIRTHDAY PARTY:** Party with us on the last **Wednesday** of the month as we celebrate monthly birthdays. Enjoy live music from the *Willow Creek Band* at 10:30 am followed by cupcakes and ice cream at noon! Special thanks to the band and

### 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*.



**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!”*

## RENDERINGS OF OUR NEW AAC



Left-The North side of the new building. Additional parking will be included with the new build.

Right-Lobby of the new AAC- Large restrooms will be located in this area and additional in the Dining/Event area.



Left-Dining/Event area in new AAC - Please note: Our tables and chairs will not be the same as depicted.

## 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.

### **APRIL: Jungle Jim's International Market & CiCi's Pizza, Cincinnati, OH, Thurs., April 18, 2024**

**Time:** 9:15 am Check in at the AAC; 9:30 am Departure time

Cost: \$8.00 for transportation plus the cost of your lunch /shopping. Limit of 19 (14 bus/5 van)

Please note: Jungle Jim's is a large market. Please wear comfortable shoes. **Lots** of walking! Food items from around the world will be available for purchase. A great time to try something new!

**Sign-up** begins on Monday, April 1, 2024 at 9:00 am.

**A minimum of 10 members must attend or the event will be cancelled.**

### **Lunch Bunch: Grillerz, Nineveh, Tuesday, April 2, 2024**

**Time:** 10:30 am Check-in time; 10:45 am Departure time

Cost: \$3.00 for transportation plus the cost of your lunch including gratuity (tip). Limit 14/bus

**Sign-up** begins on Monday, March 25th at 9:00 am

**A minimum of 5 members must attend, or the event will be cancelled.**

**\*\*\*Starting in May, All trips & Lunch Bunch outings will depart and return at the Amphitheater.\*\*\***

### **MAY: Nashville, IN Thursday, May 2, 2024**

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

Cost: \$5 for transportation plus the cost of your lunch and shopping. Limit of 19 (14 bus/5 van)

**Sign-up** begins on Monday, April 15th at 9:00 AM

Stroll the historic streets, visit a variety of unique shops and dine at historic restaurants on your own

**A minimum of 10 members must attend or the event will be cancelled.**

### **Lunch Bunch : Rustic Root Tea House, Beech Grove, IN Tuesday, May 7, 2024**


**Time:** 10:15 am check in Depart at 10:30AM

Cost: \$4 plus the cost of your meal and gratuity Limit of 14 members on the bus

**A minimum of 5 members must attend or the event will be cancelled.**

**Sign-up** begins on Monday, April 15, 2024 at 9:00 AM

# APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 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	<b>2</b> <i>Lunch Bunch-Grillerz</i> 9:00 Coffee/Chat 9:15 Bible Study 10:00 Tai Chi 10:45 Chair Yoga Video 11:00 Hand & Foot 12:15 Bid Euchre	<b>3</b> 9:00 Coffee/Chat 9:15 Chair Dancing 10:00 Chair Exercise 11:00 Speaker –Daric Total Solar Eclipse <i>12:00 Free Lunch – Otterbein</i> 1:00 Bingo Otterbein	<b>4</b> 9:00 Coffee/Chat 10:00 Tai Chi 10:30 Crafts with Staff 10:45 Chair Yoga Video 12:15 Euchre	<b>5</b>  <b>CLOSED</b>
<b>8</b>  <b>CLOSED</b>  Total Solar Eclipse	<b>9</b> 9:00 Coffee/Chat 9:15 Bible Study 10:00 Tai Chi 10:45 Chair Yoga in person 11:00 Hand & Foot 12:15 Bid Euchre	<b>10</b> 9:00 Coffee/Chat 9:15 Chair Dancing 10:00 Chair Exercise 11:00 Speaker –Tammy <i>12:00 Free Lunch – Franklin Meadows</i> 1:00 Bingo Kristi P. -MyTru Advantage	<b>11</b> 9:00 Coffee/Chat 10:00 Tai Chi 10:30 Crafts with Kathy 10:45 Chair Yoga Video 12:15 Euchre	<b>12 FUN FRIDAY</b> 9 AM Coffee & Chat 10:00 Chair Volleyball w/ Morning Pointe 11:30 Lunch/ Dessert Pitch-in <b>Please Sign up</b> 12:15 Movie & Popcorn Cards/Games all day
<b>15</b> 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	<b>16</b> 9:00 Coffee/Chat 9:15 Bible Study 10:00 Tai Chi 10:45 Chair Yoga in person 11:00 Hand & Foot 12:15 Bid Euchre	<b>17</b> 9:00 Coffee/Chat 9:15 Chair Dancing 10:00 Chair Exercise 11:00 Speaker – Rocky—Temp AAC <i>12:00 Free Lunch</i> 1:00 Bingo	<b>18</b> <i>Trip-Jungle Jim's</i> 9:00 Coffee/Chat 10:00 Tai Chi 10:30 Crafts with Staff 10:45 Chair Yoga Video 12:15 Euchre	<b>19</b>  <b>CLOSED</b>
<b>22</b> 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	<b>23</b> 9:00 Coffee/Chat 9:15 Bible Study 10:00 Tai Chi 10:45 Chair Yoga in person 11:00 Hand & Foot 12:15 Bid Euchre	<b>24</b> 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	<b>25</b> 9:00 Coffee/Chat 10:00 Tai Chi 10:30 Crafts with Staff 10:45 Chair Yoga Video 12:15 Euchre	<b>26</b>  <b>CLOSED</b>
<b>29</b> 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	<b>30</b> 9:00 Coffee/Chat 9:15 Bible Study 10:00 Tai Chi 10:45 Chair Yoga in person 11:00 Hand & Foot 12:15 Bid Euchre			<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



## WHAT IS A TOTAL SOLAR ECLIPSE?



A total solar eclipse occurs when the moon passes between Earth and the sun, completely blocking the sun's face.

Those within the path of totality, or locations where the moon's shadow will completely cover the sun, will see a total solar eclipse. People outside the path of totality will still be able to see a partial solar eclipse, where the moon only blocks part of the sun's face.

During a total solar eclipse, the sky will darken as it would at dawn or dusk, and there are several stages of the eclipse for sky-gazers to anticipate.

The moon doesn't suddenly appear between Earth and the sun — the event begins with a partial eclipse in which it looks like the moon is taking a "bite" out of the sun, causing the sun to resemble a crescent. Depending on your location, the partial eclipse can last between 70 and 80 minutes, according to [NASA](#).

When the moon begins to cross in front of the sun, the sun's rays will shine around valleys on the moon's horizon, creating glowing drops of light around the moon in a phenomenon called Bailey's beads.

As totality nears, Bailey's beads will quickly disappear until a single point of light remains, resembling a glistening giant diamond ring.

The diamond ring will disappear when totality arrives, and there is no longer any sign of direct sunlight. Bright stars or planets may shine in the dark sky, and the air temperature will drop as the sun disappears. The sudden darkness causes animals to grow quiet.

The chromosphere, or part of the sun's atmosphere, may glow in a thin pink circle around the moon during totality, while the sun's hot outer atmosphere, or corona, will appear as white light. As the moon continues its trek across the sun's face, the diamond ring and Bailey's beads and the partial solar eclipse will appear on the opposite side of the moon until the sun fully reappears.

## STRESS MANAGEMENT

Stress management and resilience building are particularly important to the health of women. Here are several tips to help women as well as men: **Recognize and counter signs of stress.** Your body sends signals that it's stressed, including difficulty concentrating, headaches, cold hands, tight muscles, a nervous stomach, clenched teeth, feeling on edge, fidgety, irritable or withdrawn. Knowing how your body communicates can help you deal with stressful moments. Learn to not only recognize but also to name these feelings, either to oneself or to a friend. Then, take action to counter their effects. For example, deep breathing, stretching, going for a walk, writing down your thoughts and taking quiet time to focus can help induce relaxation and reduce tension. **Take time for yourself.** Make taking care of yourself a daily routine. It's not selfish or self-indulgent — and it might require saying “no” to requests or prioritizing yourself along with your responsibilities. Start with small changes in your routine to help build resilience to stressful circumstances. Work in time to exercise, eat healthy foods, participate in relaxing activities and sleep. In fact, including a regimen of exercise, which for some may include yoga or meditation, can be very important when feeling stressed. Also, take time to notice the “good minutes” in each day or to do something that you enjoy, such as reading a book or listening to music, which can be a way to shift your attention and focus on the positive rather than the negative. **Try new routines.** From scheduling bath and bedtimes to blocking off time to plan and prioritize tasks, additional structure can provide a daily framework that allows you to attune to your body's signals. Then, you can take steps to potentially manage stress earlier than you once did. **Stay connected and make new friends.** Stay in touch with family, friends and groups in your life — technology makes this easier than ever. Having or being a person to talk with can be reassuring and calming. Using video features can enhance the connection in telecommunication or online communications for some people. **See problems through a different lens.** Experts call changing the way we think about and respond to stress “reframing.” View sitting in traffic or around the house as an opportunity to enjoy music, podcasts or pleasant views. Reduce anger in response to rude or aggressive behavior by imagining what might be happening in that person's life. Keeping situations in perspective is an important way to boost stress resilience. Other steps include positive thinking and creating plans before you begin to resolve problems. You can practice reframing and get better at it over time. **Seek help with problems.** Many people experience the same day-to-day strains related to caregiving, relationships, health, work and money. Look to friends and family, as appropriate, or other trusted individuals or resources for tips and information.

**Talk to a health professional if stress is affecting your well-being, you feel you cannot manage the stress you're experiencing, or stress has caused you to engage in or increase substance use.**

*Excerpt from <https://orwh.od.nih.gov/in-the-spotlight/all-articles/7-steps-manage-stress-and-build-resilience>*

## MEMBER RECIPE

### No Bake Cookies

*Rona Martin*

- 1 1/2 lbs. white or chocolate bark
- 2 cups dry roasted peanuts
- 2 cups miniature marshmallows
- 1 cup peanut butter
- 3 cups rice crispy cereal

Line cookie sheets with waxed paper. Melt bark in microwave or double boiler. Stir in peanut butter and mix well. Stir in remaining ingredients. Drop by spoonful onto waxed paper. Put in freezer or let stand to harden.



### Blue-Butterfly Day by Robert Frost

It is blue-butterfly day here in spring,  
And with these sky-flakes down in flurry on flurry  
There is more unmixed color on the wing  
Than flowers will show for days unless they hurry.

But these are flowers that fly and all but sing:  
And now from having ridden out desire  
They lie closed over in the wind and cling  
Where wheels have freshly sliced the April mire.