

# The Chatter

FRANKLIN ACTIVE ADULT CENTER



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**Due to the uncertainty of the COVID-19 pandemic, the Franklin Active Adult Center is closed until further notice**

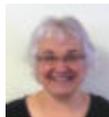
MARCH 2021

## MANAGER'S MINUTE



As I write this we are digging out from under the aftermath of an impressive snow storm that left behind 12" of snow by most accounts. It is difficult to imagine spring as I look out my window this morning, but spring arrives every year in the month of March, and even though I can't see it yet, I know spring is around the corner. With the vaccine roll-out proceeding and Indiana's covid numbers looking more promising, I have hope that recovery is just around the corner too, even though I can't see that yet either. More information about the month of March is scattered throughout this newsletter. March is Nutrition Month, a time to check in on our diet after the long winter months to see if a tune-up is in order. This is also the month to "spring forward," so get ready to set your clock ahead. (Check your smoke detector batteries at the same time.) March is also optimism month! Staying positive helps our mental health. If you need help in scheduling your covid vaccine appointment there is information about that on page 5. Shout out to the Johnson County Public Library for going the extra mile to help! (Be sure to check out their home delivery plan for library materials too!) Lately the two questions I have been asked most often involve yearly membership dues and reopening plans. The answer to these questions is connected. Dues will be "due" when the AAC officially reopens! Our reopening date has not been set, but I promise you that reopening is monitored carefully and revisited monthly.

Take care, stay well, we miss you!



## CENTER INFORMATION

160 East Adams | Franklin, IN 46131  
317-736-3696

Website: [www.franklin.in.gov](http://www.franklin.in.gov)

**OPEN**

**Monday through Friday**

**9:00 am – 3:00 pm**

**Yearly Membership: \$15.00**

**Ages 55+**

**The mission of the *Active Adult Center* is to offer programs and services to seniors that promote independence, healthy aging, social connection and lifelong learning.**

## CONTACTS

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Debbie Lock  
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You can view *The Chatter* online at [www.ourseniorcenter.com](http://www.ourseniorcenter.com) or [franklin.in.gov](http://franklin.in.gov), receive it by email or pick it up at the the Active Adult Center. *If you prefer to have yours mailed please make arrangements in the office to pay \$10 to cover postage.*

# APPRECIATION



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Ruth Hoffman

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Inc.

Main Street Hospice

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Compass Park  
Our Hospice  
Aperion Care

## **BLOOD PRESSURE CHECKS**

Legacy Healthcare

## **FIRST WEDNESDAY LUNCH & LEARN SPONSOR**

Morning Pointe

## **WELLNESS AWARD SPONSOR**

Frechette Eye Center  
Heartland Hospice

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For All  
The Special  
Things You Do*

*St. Rose of Lima Knights of Columbus,  
donation*

*Heartland Hospice*

*Frechette Eye Center*

*Johnson County Public Library*

*Mayor Steve Barnett*

*City and county road crews for clearing  
our roads*

*City and county police officers*

*Franklin Parks & Rec staff  
You!*



# ANNOUNCEMENTS



Remember to “Spring Forward” on March 14, 2021. Set your clock ahead one hour before you go to bed on Saturday night. (Check your smoke detector batteries too!)

## Did you know? FREE Meal!

“Turning Point Church- provides a meal on Tuesdays for the community. FREE! Between 5-7pm. This is a way for the church to get to know the community, give mom a night off cooking and enjoy a good meal. If you have any questions please feel free to call 979-665-2361. And hope to meet you there!”



Margie Hood family  
Roger Miller family



CONGRATULATIONS to Mary Conrad and Diana Moore, the lucky winners of the February monthly drawing.. You each won a \$10.00 Kroger gift card courtesy of *Frechette Eye Center*. You will receive your gift card by mail. Thanks to everyone for participating! Look for sheets enclosed with this newsletter for your chance to be the March lucky winners!



## AAC MEMBERSHIP FEES (“Dues”)

Will NOT be due until the AAC reopens. Everyone will remain on the active list during this time. Thanks for asking!

Please leave a message if you call the AAC and don't reach a staff person directly. You **must** leave a message if you would like a return call; otherwise we won't know that you called! **This is especially important if you call after hours, on weekends, or holidays.** Also let us know if you would like a friendly call from time to time, just to check in! We are happy to do that!



## RESOURCES/INFORMATION: JCPL

Do you know someone who is having a difficult time scheduling their appointment for the COVID-19 vaccine? JCPL can assist eligible Indiana residents in scheduling their COVID-19 vaccination appointments. While talking with Johnson County health officials, it became clear that people without internet access or who are confused about how to schedule an appointment needed help. By partnering with the [Johnson County Health Department](#) and [Johnson Memorial Health](#) the Library can scan for open appointment slots that are updated in real-time. The Library will focus on filling open appointments at Johnson Memorial Hospital in Franklin. If someone would like to schedule an appointment at another location, JCPL can assist with scheduling an appointment through the Indiana Vaccine Registration site.

**All four Johnson County Library Branches are available to schedule eligible Hoosiers for a vaccination appointment.**

### HOURS:

Mon-Thu 11 a.m.-7 p.m.

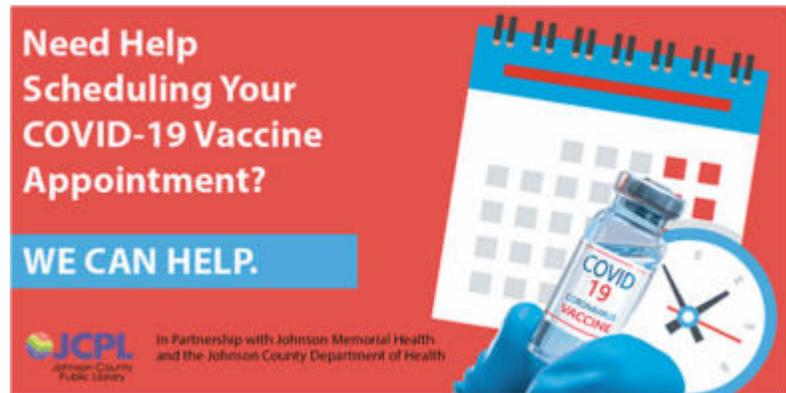
Fri & Sat 10 a.m.-6 p.m.

White River..... 317-885-1330

Franklin..... 317-738-2833

Trafalgar..... 317-878-9560

Clark Pleasant..... 317-535-6206



People may also call the Library's administration office, the JCPL Library Services Center, during these hours: Mon-Fri 8:30 a.m. If you have questions about the vaccine or this program please visit our website.

**[www.pageafterpage.org/vaccine-appointment-assistance](http://www.pageafterpage.org/vaccine-appointment-assistance)**



### JCPL-to-Your-Door

Unable to come to the library due to illness, disability or quarantine?  
No problem: JCPL will come to you!

**Call your branch** by 12 p.m. to request items for delivery Monday through Friday afternoon. The time between placing your request and delivery will vary depending on demand and item availability. Ask for an estimated delivery date when you place your request.

Your items will be packaged using stringent safety guidelines & a member of our staff will deliver your items to your home for a no-contact delivery experience. Items will be left at your front door unless you provide other instructions.

Place items you are returning in that same location and our staff member will retrieve them.

Questions? **Call your branch** (Note: see above for branch phone numbers)

**\*Service is available to residents of Johnson County that have a JCPL library card.\***

# PROGRAMS AND ACTIVITIES (ON HOLD UNTIL REOPENING)



**BINGO:** Play bingo at 1:00 on Monday and Wednesday afternoons. Play for regular, special and cover all wins for (*suggested donation*) 50-cents per card. *Members only.*

**BOARD GAMES:** Choose your favorite from our game shelf & gather friends to play. Yahtzee, Sorry, Monopoly, more. Available anytime.

**CARDS:** Three scheduled group card games are offered each week: *Bid Euchre* on Tuesday, *Euchre* on Thursday and *Pinochle* on Fridays. Games begin at 12:30; sign up by 12:15 on the day you play.

**DOMINOES:** Play *Mexican Train Dominoes* on Fridays at 11:00. Easy to learn! New players welcome!

**PUZZLES:** A jigsaw puzzle is always in progress. Why not add a piece or two?

**OTHER** Pool, darts, corn hole, Wii Fit, more. Just ask!

*Sign and date a ticket and deposit into the "Wellness Can" after all group exercise for a chance to win the Wellness Prize in the monthly drawing sponsored by Frechette Eye Center.*

**BLOOD PRESSURE CHECKS:** *Courtesy of Legacy Healthcare.* Last Wednesday of each month at 11:00 in the Activity Room.

**CHAIR VOLLEYBALL:** Lots of fun, anyone can play! Check newsletter for game and practice dates.

**CHAIR YOGA:** Led by certified yoga instructor and therapist Dee Woods on Tuesday and Thursday at 10:45. Pay \$2.00 per class. Experience the benefits of yoga in a chair based setting.

**EXERCISE EQUIPMENT:** Exercise bikes and treadmills are open unless the area is in use for a scheduled group activity.

**SIMPLY SEATED:** Chair based group exercise program that meets on Monday, Wednesday and Friday mornings at 10:00. Low impact, core strengthening.

**SILVER SNEAKERS:** Offered by *Franklin Parks & Recreation* for those with qualifying health plans or supplements. See (*silversneakers.com*) or call 1-888-423-4632 for details.

**TAI CHI:** Slow movement, stretching and mindfulness program to help maintain strength, flexibility and balance. Tuesdays and Thursdays at 10:00.

**WELLNESS WALKING:** Walk from 3-4:00 Monday through Thursday at the CARC indoor track at 396 Branigin Blvd. *Free to AAC members.*

**ALL PROGRAMS & ACTIVITIES ON HOLD.**

## PROGRAMS AND ACTIVITIES (ON HOLD UNTIL REOPENING)

**BIBLE STUDY: Devotions:** Join Karyl Entner on Wednesday mornings at 9:15 for bible stories, scripture, studies, hymns and more.

**Bible Study:** Bible study with Joe Petro Tuesday mornings at 9:15. Variety of topics.

**BIRTHDAY PARTY:** Party with us on the **last Wednesday** of the month as we celebrate monthly birthdays! Enjoy live music from *Chuck & Friends* at 11:00 followed by cupcakes and ice cream at noon!

**CRAFTS: Craft Corner:** Check the calendar/bulletin board for meeting dates on scheduled Fridays at 10:00. Most crafts are free. If there is a supply fee it will be listed in the description.

**Coloring** sheets and colored pencils are available in the dining room. Turn in coloring sheets for a random monthly prize drawing.

**COMPUTERS** are available for checking email, surfing the web, and playing games.

**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! Guitar, dulcimer, piano.

**LENDING LIBRARY:** Borrow books as often as you like on the honor system. Check out dvds in the office. Please return all borrowed materials to the office when finished.

**LINE DANCING** For beginners or pros, Mondays at 11:30. Led by Harold and Phyllis Parker.

**LUNCH & LEARN:** Enjoy the speaker and delicious lunch provided by *Morning Pointe of Franklin* on the **first Wednesday** of the month at 11:00.

**PITCH IN:** Mark your calendars for the *third Wednesday* of every month for a speaker, special presentation or entertainment at 11:00, followed at noon by a pitch in lunch with main dish provided. Bring a dish to share or pay for your meal at the lunch table (suggested donation \$4.00). *We appreciate your bringing a dish so there is plenty of food to enjoy.* Good food, fun, information and fellowship. No sign up. All members are welcome.

**POPCORN & A MOVIE:** Join us for free popcorn and a classic, fun, or inspirational movie on selected Fridays each month at 1:00.

**TRIPS:** Trips will resume in 2021.

**ALL PROGRAMS & ACTIVITIES ON HOLD.**

## FRIENDS... AND MEMORIES

From the family of Cindy Rogers...

"Thank you for your words of sympathy, your voice of concern, your gestures of caring, and the love you offered. Thank you for the peace plant, thoughts, and prayers during this difficult time. Thank you for the use of the facility for the family meal."



From the family of Bill Rash...

Cathy, AAC Staff and Members—

Thank you for the card. Dad missed all of you so very, very much. Every time we were out in the town I had to drive by the center to see if just possibly there was any clues to when you would open again. Your center was a lifeline for him. He looked forward to the monthly newsletters, but was always disappointed to find he had to wait to see his friends for an "indefinite" amount of time. Thank you for always making him feel so welcome there and for watching over him."

Dora, Bill and Patty Rash

### "Snowy Days"



Every time Indiana Weather Online posts, the snowfall amounts increase! So thankful I have some boys on hand who have said they will come and shovel once the snow stops! I still like winter, BTW. Makes me want to be a kid again to make snow angels and play Fox and Goose.

I wonder why we didn't freeze our toes and fingers when I was a kid in country school (yes, a one-room school house) when we brought our sleds to school and had a lot of fun sliding on the big hill behind the school house, built snow forts on the ball field behind the woodshed, and played quick games of Fox and Goose at recess. We loved our hour-long lunch hour. Our teacher would take the mason jars of soup we brought for lunch and put them in a big pot of water on top of the big pot-bellied stove that heated our school room. By noon we all had our hot soup and got to the hill in time to fly down on our super waxed sleds at least three or four times. Most of us would ride double. I had a Flexible Flyer sled--wish I still had it, I see them now in antique shops.

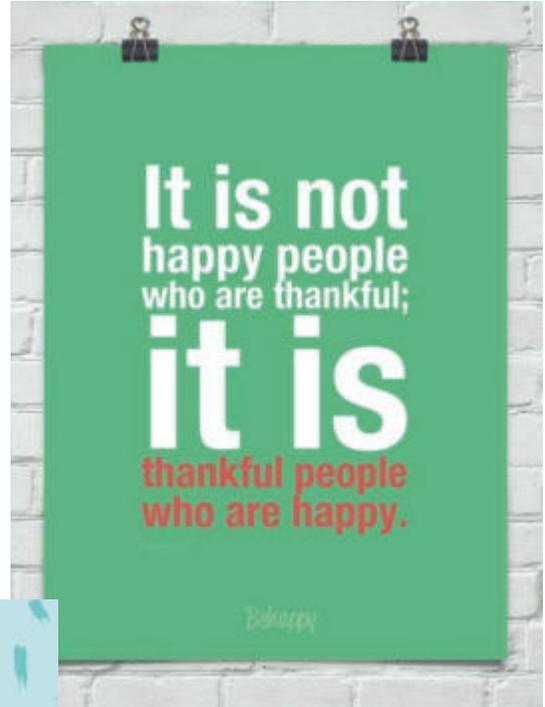
My farm yard had a good sized hill and I could start at the top and with a little extra push I could turn at the bottom and get almost to the end of my driveway. Once I missed the turn due to getting on some ice, and hit a fence post. I had to go to the hospital and get stitches. I was back out the next day though! Oddly, I did learn to skate, but didn't care to do that by myself It lacked the exhilaration of speed and the dog never went with me. Sometimes I would coax the dog to get on the sled with me and once he got the hang of it, he liked it. He also liked to race with me, and of course, he always won.

Thanks for strolling down memory lane with me!

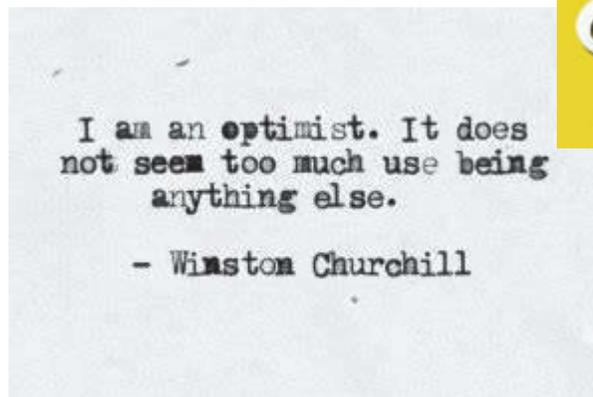
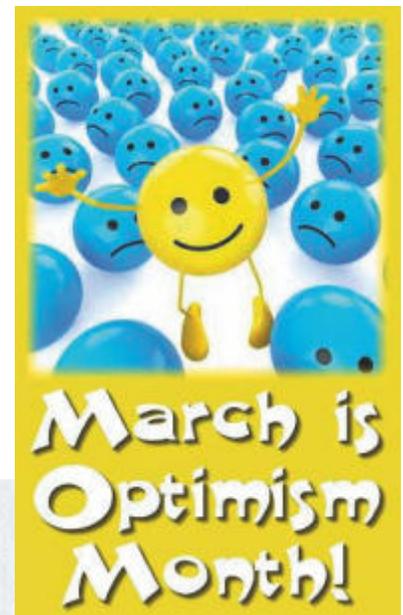
I am still a big proponent of allowing children to enjoy their childhood. It is so short, but if it is fun, holds a host of memories. Someone wisely said: "Memories are like roses in December."

By Karyl Entner

# MARCH IS OPTIMISM MONTH



*Optimism is a happiness magnet*



# MARCH 2021

| MONDAY   | TUESDAY  | WEDNESDAY        | THURSDAY   | FRIDAY   |
|--|--|------------------|--|--|
| <p><b>1</b></p>  <p>National Peanut Butter Lover's Day</p>  | <p><b>2</b></p>  <p>HAPPY BIRTHDAY Dr. Seuss</p>              | <p><b>3</b></p>  | <p><b>4</b> National Hug a G.I. Day</p>  <p>HUG A GI DAY MARCH 4TH</p>         | <p><b>5</b></p> <p>World Book Day</p>                |
| <p><b>8</b></p> <p>International Women's Day</p>  <p>Happy Women's Day</p>   | <p><b>9</b></p>  | <p><b>10</b></p> | <p><b>11</b> Johnny Appleseed Day</p>  <p>Johnny Appleseed Day</p>             | <p><b>12</b></p> <p>Plant a Flower Day</p>           |
| <p><b>15</b></p>   | <p><b>16</b></p> <p>Freedom of Information Day</p>   | <p><b>17</b></p> | <p><b>18</b> Supreme Sacrifice Day</p>  <p>National Supreme Sacrifice Day</p> | <p><b>19</b></p>                                     |
| <p><b>22</b> American Diabetes Alert Day</p>  <p>1 OUT OF 3 U.S. ADULTS HAVE PREDIABETES, ONLY 10% KNOW THEY HAVE IT.</p> | <p><b>23</b></p>   | <p><b>24</b></p> | <p><b>25</b></p>   | <p><b>26</b></p> <p>Make Up Your Own Holiday Day</p> |
| <p><b>29</b></p>   | <p><b>30</b></p>  <p>Happy Take A Walk In The Park Day!</p> | <p><b>31</b></p> |  |  |

## THIS MONTH'S BIRTHDAYS

Jim Butts  
Paul Campbell  
Mary Jane Conrad  
Nina Rockey  
Mattie Dickey  
Frances Holsinger  
Sue Hoffman  
Zella Rose  
Jade Meador

Sharon David  
Linda Rasmussen  
Chuck Holmes  
Debra Dillard  
Horace Brown  
Alta Hurst  
Victoria Venetti  
Milly Haptonstall  
Chester Chandler



Happy Belated  
Birthday to  
Bob Murphy!

## RECIPES

### **Crock Pot Mississippi Chicken**

3 pounds boneless, skinless chicken breasts  
6 pepperoncini peppers  
1/2 cup salted butter

Add chicken breasts to bottom of crock pot. Sprinkle packet of ranch dressing mix and au jus gravy mix over chicken. Top with stick of butter. Cover and cook on low for 6-8 hours.

*Dorothy Chandler*

1 package au jus gravy mix  
1 package ranch dressing mix

### **Chicken and Dressing Casserole**

4 chicken breasts or other chicken parts  
1 can cream of mushroom soup (or cream of chicken)  
1 onion, chopped  
1/2 cup milk  
2 eggs, beaten

Boil chicken with onion and celery until done. Dice chicken into small pieces. Mix in large bowl: dressing mix, soup, milk, eggs, broth and melted butter. Stir in chicken and mix well. Pour into baking dish and bake at 350 degrees for 45 minutes. \*May sprinkle on crushed Ritz cracker on top during last 10 minutes.

*Nina Burton*

1 small pkg. Stove Top dressing  
1 stick margarine  
1 cup celery, chopped  
1/2 cup chicken broth

# ALL ABOUT MARCH



March has two birthstones, not unlike some of other months. Aquamarine is the first birthstone for the month, which symbolizes youth, health, and hope. Bloodstone, which looks very different from aquamarine, is a type of quartz known for its fiery flecks of red, representing strength and stealth.

## March Monthly Holidays and Observances

- Women's History Month
- Deaf History Month (March 13-April 15)
- National Craft Month
- Optimism Month
- Honor Society Awareness Month
- National Foreign Language Month
- Irish American Heritage Month
- National Ethics Month
- Expanding Girls' Horizons in Science and Engineering Month
- Bleeding Disorders Awareness Month
- National Cheerleader Safety Month
- National Kidney Month
- National Nutrition Month
- National Colorectal Cancer Awareness Month
- Save Your Vision Month, Workplace Eye Wellness Month
- Trisomy Awareness Month
- Problem Gambling Awareness Month



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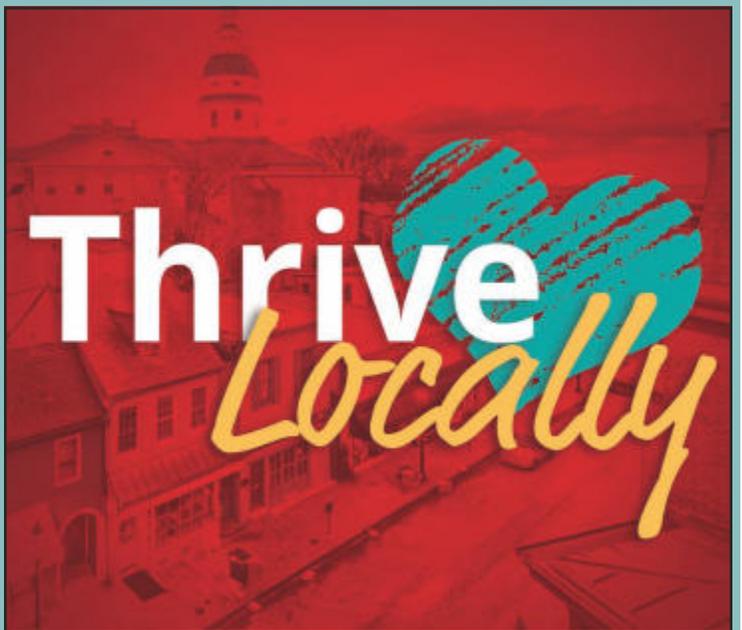
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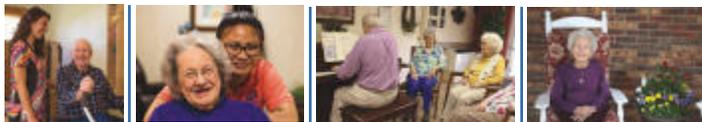
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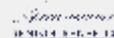
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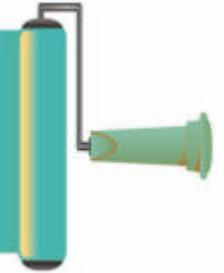
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- Private apartment with full, private bathroom
- Kitchenette with sink, refrigerator and microwave
- Ample closet space
- Individually controlled heating and air conditioning
- Carpet in living and sleeping areas
- Linoleum in kitchen and ceramic tile in bathroom
- Emergency call devices in bathroom and bedroom
- Pre-wired for cable TV and telephone
- Mini-blinds provided

### Services

- Ongoing health monitoring and nursing assessments
- Assistance with activities for daily living: bathing, dressing, walking, personal grooming and hygiene
- Medication reminders and assistance
- Three restaurant-style meals served daily plus snacks
- Weekly housekeeping and laundry services
- Assistance with transportation needs
- 24-hour staffing and reception desk
- Range of interesting and varied programs and events
- Medicaid accepted

For more information, call

**317-885-4446**



Managed by Gardant Management Solutions

8601 South Shelby Street  
Indianapolis, Indiana 46227

[hellenicseiorliving-indianapolis.com](http://hellenicseiorliving-indianapolis.com)



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