

# The Chatter

FRANKLIN ACTIVE ADULT CENTER



*Earth Day*  
**EVERY DAY**

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**Due to the uncertainty of the COVID-19 pandemic, the Franklin Active Adult Center is closed until further notice. READ THE MANAGER'S MINUTE AND THE ANNOUNCEMENTS ON PAGE 4 FOR BREAKING NEWS!**

APRIL 2021

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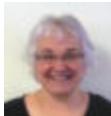
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# INFORMATION

## MANAGER'S MINUTE

Breaking news!



**HELLO!** After a year of shutting the doors due to the covid-19 pandemic, the AAC is ready to announce significant scheduling changes! **Please read carefully so you will know how to participate at the AAC in April!** We aren't open for "business as usual," but some activities are being phased back in in anticipation of reopening in months to come. Beginning in April members may borrow library books, puzzles, and dvds on **Wednesdays** from 9-3. (April 7, 14, 21, and 28). You don't have to call ahead, but remember to bring a mask. If you don't have a mask you will be provided with one at the door. In addition, the AAC will sponsor 2 free "Bingo Fridays" on April 9 and 23 from 10:00-11:30 a.m. You **MUST sign up** in advance by calling the AAC. **Sign ups begin April 1**, seats will be limited to accommodate physical distancing, and masks are required. Doors open at **9:45** and will close at the conclusion of bingo. **No snacks or drinks will be served, but you may bring your own drink from home.** Please don't come if you haven't signed up in advance, are feeling unwell, or are running a fever. We will be using **paper bingo cards** and **markers** to mark the bingo cards for these special *free* Bingo Fridays. We can have lots of fun and practice safety measures at the same time. Check out page 5 for information about a once-in-a-lifetime experience coming to Franklin in June, led by some of the AAC's own! Medication Safety Week occurs annually in April. Read the article on page 9 for tips on ensuring that your medication is safe from children. Until we see you, stay safe and enjoy the sunshine.



## 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

**Rocky Stultz**

Assistant Superintendent,  
Franklin Parks & Recreation  
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Franklin Parks & Recreation

**Program Coordinators**

Kim Baird  
Debbie Lock  
Laura Stevenson

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 at 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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**Main Street Hospice**

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## BLOOD PRESSURE CHECKS

**Legacy Healthcare**

## FIRST WEDNESDAY LUNCH &

**LEARN SPONSOR**

**Morning Pointe**

## WELLNESS AWARD SPONSOR

**Frechette Eye Center  
Heartland Hospice**

Shout Out to...

Heartland Hospice

Frechette Eye Center

Johnson County Public Library

Franklin Parks & Rec staff

AAC MEMBERS...you!

Diana Tames, for the fun pictures of card players/friends playing in downtown Franklin



# ANNOUNCEMENTS

## APRIL AT THE AAC

**Please read carefully!**

**Ask for masks if you need them.**



Library books, puzzles, and dvds may be checked out on **Wednesdays** from 9-3. (April 7, 14, 21, and 28). You may also drop off completed sheets from the monthly mailers. (Or you can also continue to mail them in.)



- FREE bingo Fridays, April 9 and 23, from 10-11:30.
- Sign up starts on April 1 (by phone.)
- You must sign up in order to play.
- Doors open at 9:45 and will close at the end of bingo.
- No drinks or snacks will be served, but you may bring a drink from home if you like.
- Seats are limited to allow for physical distancing.
- Maximum of 30 players allowed.

**important**

April schedule changes assume Johnson County stays in the “blue” zone (lowest risk) and covid numbers remain low. Schedule adjustments may be necessary if the county status changes due to increased covid cases.

CONGRATULATIONS to

***Penny Wells and Joe Marowski,***

the lucky winners of the March monthly drawing. They each won



a \$10.00 Kroger gift card courtesy of ***Frechette Eye Center*** and will receive their card by mail. *Thanks to everyone for participating!*

**Julia Jamieson** family

**James Loftis** family

**Lee Taulman** family



Please leave a message if you call the AAC and your call is not answered. You must leave a message if you would like a return call.



**This is especially important if you call after hours, on weekends, or holidays.**

# THE WALL THAT HEALS

*The Wall That Heals* is coming to Franklin!



*The Wall That Heals* is a mobile three-quarter scale replica (375 feet long) of the Vietnam Veterans Memorial in Washington D.C. and honors the more than three million Americans who served in the U.S. Armed Forces during the Vietnam war. It bears the names of over 58,000 courageous military members who made the ultimate sacrifice in defense of freedom.

**Where?** Johnson County Fairgrounds, 250 Fairgrounds Street, Franklin, IN 46131

**When?** June 3-6, 2021, open 24 hours a day

**How?** The Wall That Heals Franklin is a 501(c )(3) nonprofit organization being brought to Franklin through the generosity of donors and fundraising efforts by a dedicated group of Franklin residents. **NOTE:** AAC member *Kathy Ballou* is the driving force behind the effort to bring The Wall That Heals to Franklin. She has worked tirelessly for months to raise funds, coordinate, and oversee the project and has been assisted by AAC Office Manager *Rona Martin* and others. Hats off to them and everyone involved in making this once-in-a-lifetime experience a reality!

**For whom?** Anybody and everybody! The memorial is appropriate and educational for all ages! Veterans, students, and certainly those who engaged in the war or who lived through this time will benefit from this experience.

**Cost?** FREE to the public!

**Questions?** 317-513-4566    [www.wall-that-heals-Franklin-2021.com](http://www.wall-that-heals-Franklin-2021.com)

## 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](http://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.**

# EASTER CRAFT IDEAS FOR YOU



## Mason Jar Easter Bunnies

- Mason jar, wide or regular mouth
- Easter grass
- Chocolate bunny
- Candy—Peanut M&M's are egg shaped, but choose your favorite candies!
- Card stock
- Ribbon or twine (optional)

Place the Easter grass in the jar, and make a nest using a pencil to press it down. Then add the chocolate bunny and the m&m's. Trace the lid onto the back of your card stock paper and cut it out. Place it inside the lid and screw it on closed.

Add a bright springy colored ribbon/bow to top it off! Add a gift tag saying "Hoppy Easter" if you like!

## Bunny Cookie Treats

Slip a cookie into a cellophane sleeve and seal it.  
Tape the corners down to the backside.  
You could use plastic wrap too...just wrap it tight and tape it.  
Cut 2 ears out of white paper and the middle of the ears out of pink!  
Cut a heart shape for the nose.  
Use tape to stick the pieces on...and a glue dot to stick a pom pom on the tail.

**Idea:** Could use Little Debbie Oatmeal Pies or other large cookies that are already wrapped.



# MEDICATION SAFETY WEEK

## Keeping Meds Safe from Kids

Grandparents love spending time with their grandchildren. Grandbabies bring so much joy. However, it's not unusual for the curious, tiny fingers of youngsters to end up in places they shouldn't be. Putting precious or breakable objects out of reach is important, and so is keeping medicines and vitamins up and away and out of sight of young children.

More than 70,000 children end up in emergency departments each year after getting their hands on medicines left within reach. That's 165 kids — or roughly four busloads of kids — per day. Far too often, that medicine belonged to a grandparent.

Where are young children getting their hands on medicines? From countertops and bedside tables, purses and pockets, and loose pills on tables or floors. Weekly pill minders can help you keep track of multiple medications, but they rarely have child-resistant features.

"Grandparents and parents may not be aware of the danger posed by leaving medications where young children can reach or see them," says Dr. Dan Budnitz, director of the Medication Safety Program at the Centers for Disease Control and Prevention (CDC). "A few simple steps — followed every time — can protect our children."

So, grandparents, enjoy your precious time with your young grandchildren. But whether hosting them in your house or visiting at theirs, remember to store your medicines in a place they cannot access.

### Here are some tips from CDC's "Up and Away and Out of Sight" initiative:

Keep all medicines and vitamins up and away and out of sight in a high cabinet or other place inaccessible to your grandchildren. If you think you may forget to take your medicines if they are not in sight, leave yourself a reminder on the refrigerator or somewhere you check daily.

Never leave medicine or vitamins out on a counter or bedside table, even if you have to take the medicine again in a few hours.

Always relock the safety cap on a medicine bottle. If it has a locking cap that turns, twist it until you hear the click.

Never tell children medicine is candy so they'll take it, even if your grandchild doesn't like to take his or her medicine.

Keep purses, bags, or coats that have medicines or vitamins in them out of reach and sight of young children.

Program the Poison Help number (1-800-222-1222) into your phone so you have it in case of emergency.

Visit UpandAway.org for more tips on safe medicine storage.

(Courtesy of NewsUSA)

# APRIL 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Bingo sign up begins 	2
5	6	7 Borrow library books, dvds, puzzles from the AAC. 9 a-3 p 	8	9  10-11:30 Sign up in advance
12 	13	14 Borrow library books, dvds, puzzles from the AAC. 9 a-3 p	15	16
19	20 	21 Borrow library books, dvds, puzzles from the AAC. 9 a-3 p	22 	23  10-11:30 Sign up in advance
26	27	28 Borrow library books, dvds, puzzles from the AAC. 9 a-3 p 	29	30

## BIRTHDAYS



**Richard Martin  
Pam Walker  
Bob Hendricks  
Jane Gribbons  
Maria Poeck  
Charles Shirley  
Carolyn McTarsney  
Helen Orman  
Hershel Fee  
Judy McGinnis  
Sharlie Smith  
Vickie Carpenter**

**Alicia DeJesus-Rodriguez  
Nancy Hunt  
Dan Sunman  
Jan Pennington  
Barb Strack  
Betty Bryant  
Tony Towey  
Martha Morales  
Virginia Clayburn  
Eva Ward  
Reba McMullen**

## RECIPES

### Grape Salad

1 pkg. cream cheese, softened (8-oz.)  
1/3 cup sugar  
2 lbs. seedless green grapes  
2 lbs. seedless red grapes

Wash and dry the grapes. In a large bowl, beat cream cheese, sour cream, sugar and vanilla until blended. Add grapes and toss to coat. Transfer to a serving bowl. Cover and refrigerate until serving. Sprinkle with brown sugar and pecans just before serving.

*Rona Martin*

1 cup sour cream  
2 tsp. vanilla extract  
3 Tbs. brown sugar  
3 Tbs. chopped pecans

### Hawaiian Banana Nut Bread

3 cups flour  
1 tsp. baking powder  
1 tsp. ground cinnamon  
2 cups mashed bananas  
1 cup vegetable oil  
2 tsp. vanilla extract

Combine flour, salt, baking powder, sugar and cinnamon; stir in nuts. Combine remaining ingredients. Add to flour mixture, stirring just until dry ingredients are moistened. Spoon batter into 2 greased and floured pans. Bake at 350 degrees for 1 hour (Additional baking time may be needed). Cool in pan 10 minutes. Remove from pans and finish cooling.

*Mary Mitchell*

3/4 tsp. salt  
2 cups sugar  
3 eggs, beaten  
1 (8-oz.) can crushed pineapple  
1 cup chopped nuts

## ALL ABOUT APRIL

April is known for beautiful spring weather, the start of warmer weather, and right about the time when the Easter bunny will make an appearance!

In the Southern Hemisphere, April is the seasonal equivalent to October.

No one is sure how the month ended up with its name, but we do know the Romans named it "Aprillis."

The etymology behind the word "April" comes from the verb "aperire," which means "to open." It's commonly believed that the word refers to the season of trees and flowers beginning to "open" or bloom.

Those who were born in April have a diamond as their birthstone, which represents innocence. Their birth flower is either a Daisy or a Sweet Pea.

There are two zodiac signs in April. Aries, which is until April 19<sup>th</sup>, and Taurus, which is April 20<sup>th</sup> and onwards.

April is a great month for meteor showers. One of which is the Lyrids meteor shower, which appears from April 16<sup>th</sup> to April 26<sup>th</sup> each year. There's another one called the Eta Aquariids meteor shower that can be seen onwards from April 21<sup>st</sup>.

There are quite a few notable historical people born in April, such as Shakespeare, Queen Elizabeth II, and Leonardo da Vinci.

On April 15, 1912, the famous Titanic ship hit an iceberg and sunk on her first and only voyage.

April starts on the same day of the week as July and ends on the same day of the week as December in common years. During leap years, April starts on the same day of the week as January.

For all the car enthusiasts out there, Ford unveiled their first Mustang on April 17, 1964, costing \$2,368.

As you can see, there's more to April than just April Fool's Day, although that is definitely one of the most fun days of the month!



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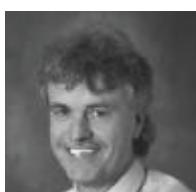


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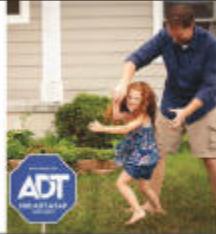
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# SPACE IS LIMITED

*An Affordable Assisted Lifestyle Community for the Older Adult*



## Amenities

- 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



Managed by Gardant Management Solutions

For more information, call  
**317-885-4446**

8601 South Shelby Street  
Indianapolis, Indiana 46227

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

Franklin Active Adult Center, Franklin, IN

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