



Creating Opportunities
for Independence
Education & Learning
Companionship & Fellowship
Community Resources Information

The Informer

Monthly News for Heritage Place Members

4550 North Illinois Street ■ Indianapolis, IN 46208 ■ (317) 283-6662

www.heritageplaceindy.org ■ admin@heritageplaceindy.org

Volume 42, No. 8

Published Monthly

August 2018

Welcome Edward Alexander!

Heritage Place welcomes new Executive Director Edward (Ed) Alexander! Ed previously served as National Field Director for the Lupus Foundation of America Inc. in Washington, D.C. and comes to us with more than 30 years of collective not-for-profit experience.

Ed is well prepared for managing and leading mission-driven organization addressing issues of housing, health-care and financial well-being, all of which are critically important to older adults. His extensive community service include key leadership roles with the Indianapolis Mental Health Task Force, Indianapolis Mayor's Advisory Council on Disability, National Rehabilitation Association and Step-Up Indianapolis, Inc.

If you have not met Mr. Alexander, stop by the Heritage Place office to chat. Ed's door is always open!



Our Members Make the Difference!

Meet Katie Davis!

As long as Heritage Place began providing space for Line Dancers, Katie Davis has been a member. While she is not sure how long ago that was (maybe 23 years), Katie still dances and provides leadership for the well-known Ladies of the Dance.

Ladies of the Dance is one of three dance groups that meet at Heritage Place every Thursday afternoon. Line dancing offers great exercise benefits and it provides many

KATIE continued on page 5 ➤



Meet Chair Aerobics Instructor Colela Bouye, CPT!

Colela began her fitness journey at the "ripe old weight" of 236 pounds. After joining local fitness centers, she discovered that exercise was the "MOST FUN SHE EVER HAD!"

Colela's mother helped her find Heritage Place when she would ask Colela to bring her in for her regularly scheduled "foot care" services. At the time, there were no Chair Aerobics offered at Heritage Place. Since Colela had just received her PACE Certification, she stepped up

COLELA continued on page 8 ➤



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Golf Scramble

June 28th was a GREAT day for GOLF! A total of 45 golfers from all over the city participated in the 9th Annual Golf Scramble. Good weather worked in their favor as they raised nearly \$4,000 for programs and services of Heritage Place. Raffles, silent auctions, and contests like the infamous putting, longest drive, and closest to the pin all had joyful winners. The grand prize for this year's scramble winner was a 3-day resort trip to Cibola Vista Resort and Spa in Arizona. Be watching for details for the 10th Annual event in 2019!



Spring Fling

The 21st Annual Spring Fling was a success! More than 100 people attended on the last day of spring to enjoy food, fun and fellowship.

If you wanted your picture with friends, Robert Woods Photography was ready with his camera! Special thanks goes out to our Senior Urban Line Dancers led by Shirley Ward, our Monday & Wednesday Chair Aerobics group led by Colela Bouye, our Tuesday and Friday Chair Aerobics instructor Joanie Belle, Spanish Instructor Dorian Pinner, Scrabble leader Carlotta Lanier and Anne Traynor, who spoke on behalf of our Choir group. The Fashion Show models were a real hit with Gail Guinn commentating, Cathy Brown showing and coordinating and models Sylvia Poindexter, Starr Bailey-Fox, Moses Harlan and Joe Hill.

Additional thanks goes out to Connie Palmer for her great help with our table decorations and Al la Arlette for her great salads, casseroles and desserts.

Notable sponsors who offered great information and fun take aways included Hooverwood, Humana, Crestwood Village, Clear Captions, Managed Health Services (MHS) and State Health Insurance Assistance Program. Vendors who offered worthwhile information and blingy things to buy included Bonsu Jewelry, Diva Accessories, King's Jewelry, Mary Kay, VLauray Insurance and Sho-Pro.

Thanks to everyone who made the event a lasting memory and enjoyable afternoon!



Gail Guinn



Cathy Brown



Knitting For A Cause

This past Spring, the knitting and crochet class project was to make afghans. In their honor, Heritage Place is hosting a Silent Auction of those Afghans to raise support. Funds raised from the auction will go toward the purchase of supplies. The Summer project this year will focus on making hats, blankets and pouches for preemie-babies in the critical care department at Methodist Hospital. Pictures of the afghans will be displayed in the Heritage Place hallway. Bids will open at \$10. Winners will be notified and afghans delivered to them. Pictured in the photo is Medora Lewis, class leader, who presented the Spring mats made for the homeless of our city.



Medora Lewis is pictured in the middle.

Thanks to our Home Services Volunteers

Finance of America

Thanks to thirty volunteers who served five Heritage Place members and clients for their community service day on a very hot and muggy afternoon. The accolades started rolling in as the volunteers completed projects and left the homes. The group completed some big and much needed projects. It's always great working with groups paying it forward!



Week of Hope

You can expect true miracles when this group is out helping Heritage Place. Week of Hope Group Mission Trips are packed with practical acts of love and service. This national youth ministry travels to communities across the United States and the world to bring meaningful service to the communities served. Heritage Place hosts groups for three weeks in the summer and serves approximately twenty-four members and clients in addition to helping with our own projects. Teens and their adult leaders help enrich the lives of those we serve. Ask them about their help with Spring Fling!

Common Ground Church

Thanks to three hard-working volunteers from the Common Ground community one of our Heritage Place clients was able to plant her vegetable garden. The volunteers also did trimming, weeding, and gutter cleaning and finished in time before a big rain. Thanks to our neighbors!

TeenWorks-College, Career, Community

For the fourth year in a row, Heritage Place worked with community partner TeenWorks. This year's project involved a collaboration with SHarP (Shared Harvest Project) Community Garden. The summer teen work crews weeded paths around the garden boxes, cleaned up the curbing and sidewalks, thinned the property boundary and learned about community gardens with Boulevard Place Food Pantry. The mission of TeenWorks is to empower teens to achieve excellence in college, career and community. TeenWorks provides a year-round employment and college readiness program for eligible teens ages 15-18. Heritage Place is proud to partner with TeenWorks to accomplish much needed work on the Common Ground and SHarP Community Garden properties.





34th Annual Hoosier Heritage Night Celebrates Lifetime Achievers!

Celebrating a lifetime of achievement after 38 years of dedicated service, Ruth Ann Hankins took center stage and offered a gracious farewell at the 34th Annual Hoosier Heritage Night. Ruth Ann was one of six 2018 Lifetime Achievement Honorees for this major fundraiser in June.

Ruth Ann was recognized as the force behind the success of Heritage Place. Her legacy included the management of budgets, organization of hundreds of volunteers, planned numerous Center activities and oversaw all fundraising and extensive evaluations like those required by United Way. Ruth Ann will tell you the best part of her job was being able to develop relationships with her clients and she did it all for the people she served.



Other notable Honorees included Karen Burns- Executive Vice President of the Indianapolis Zoological Society, Joyce Irwin -President and CEO of Community Health Network Foundation, Danny O'Malia -Owner of Indy's Trusted Servant, Patricia A. Payne – Administrator on Special Assignment for IPS and Joyce Q. Rogers – VP for Development and External Relations for Indiana University Foundation.

Master of Ceremonies Bryan Foley, Board Member and Investment Advisor for Foresight Wealth Advisory Team very artfully encouraged attendees to offer their acknowledgements on behalf of the Heritage Place during the Heads and Tails game. The event was well attended by more than 150 Heritage Place members, board members and ongoing supporters.

Home Services

Home Services is managed by Ann Homrighous who helps older adults with yard and home projects, senior companions, grocery shuttle, information and referral for community resources, and organizes community volunteers. For more information, call Ann at (317) 283-6662.

AN OFFICIAL MESSAGE FROM MEDICARE

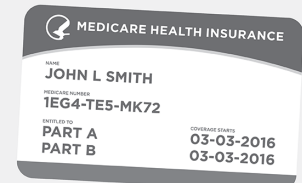
NEW MEDICARE CARDS ARE COMING!

Medicare is mailing millions of new cards with new numbers. Everyone with Medicare will get one. Your Medicare benefits stay the same.



NOTICE SOMETHING DIFFERENT?

Each new card will have a unique new Medicare number to help protect your identity.



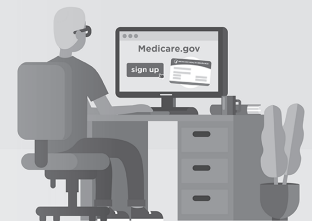
SOCIAL SECURITY NUMBERS HAVE BEEN REMOVED!

ARRIVING AUTOMATICALLY BY MAIL.

You don't have to do anything to get your new Medicare card. Remember, Medicare will never call you for your personal information—so beware of scams!

FIND OUT WHEN YOUR CARD IS MAILING.

Sign up at [medicare.gov/newcard](https://www.medicare.gov/newcard) to get emails that tell you when cards are being mailed to your area.



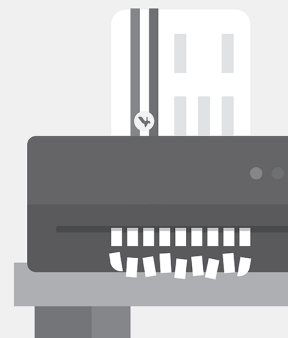
MY FRIEND GOT HER CARD. WHERE'S MINE?

It takes about a month for everyone in your mailing area to get their cards.

MY NEW CARD IS HERE. NOW WHAT?

When your new card arrives, destroy your old one. You can use your new card right away. Bring it to your next appointment.

GOT QUESTIONS? FIND OUT MORE HERE:
[medicare.gov/newcard](https://www.medicare.gov/newcard)
 1-800-MEDICARE



Information provided by the U.S. Department of Health & Human Services



Monthly Experiences: Seminars, Screenings and Outings

Saving Money on Everyday Expenses

Thurs., Aug 2. 10 a.m.

Budgeting and financial management are important aspects of everyone's life, especially for people who are on fixed incomes. In this 4 week series, Ellen Morley Matthews, former owner of Chelsea's in Broad Ripple, will share effective ways to reduce monthly expenses. Find out how you can save on expenses ranging from the cost of your cell phone service to insurance. Reduce the cost of necessary expenses simply by knowing where to look, what questions to ask, and how to make informed decisions.

Cost: Free for Members

\$2.00 Non-Members

Amazing Water

Tues., Aug. 21. 12 noon to 2 p.m.

Learn new and interesting facts about water!

2018 Indiana State Fair

August 3 – 19

Heritage Place Line Dancers, Ladies of the Dance Line Dance Group and Golden Line Dancers will be performing at the Indiana State Fair: The Greatest 17 days of Summer Entertainment!

For show times, visit www.indianastatefair.com or call (317) 927-7500.

Walking Club

Are you interested in walking the sidewalks or park in Butler Tarkington? If so, stop by the office to learn more or sign up on the bulletin board.



Oakstreet Health

The first Wednesday of every month, Oakstreet Health will be providing music, food and more. Keep an eye on the Newsletter and the daily bulletin board for updates and information.

Wed., Aug. 1, Jazz artist Greg Bacon will be performing an outdoor concert at Heritage Place. Enjoy food, music and fellowship at 1 p.m. to 2:30 p.m.

Arts & Crafts with Megan

Wed., Aug. 22. 1 p.m. to 3 p.m.

Whether you want to paint a flower pot, a canvas or tile, this month Megan Adams will lead the group in various arts and crafts projects. Bring a friend and enjoy the afternoon!

Cost: \$10.00 for Members

\$15.00 for Non-Members

Genealogy Studies Returns

Wed., Aug. 15. 10 a.m. to 11 a.m.

Explore your personal history and find new family members or interesting facts.

Cost: Free for Members

\$5.00 for Non-members

➤ KATIE from 1

opportunities to perform in the community. She states that she "loves to exercise but doesn't like to do it alone" and while being a part of the dance team offers great exercise benefits, she most values the great friendships she has made over the years. On the heels of Black Expo Summer Celebration, expect to see her and Ladies of the Dance at birthday parties, rehab centers and in August at the Indiana State Fair!

Prior to Katie's retirement, she worked for the State of Indiana in the Bureau of Motor Vehicles division (BMV) for 12 years. Driving Safety was her number one priority and as the BMV Hearings Officer and Assistant to the Director, she made sure that drivers remained safe. Katie will tell you that she "hated suspending anyone's license but if offenders did not fulfill their obligations, drivers left her with no choice."

When Katie retired, she said she was "bored out of her mind" and that's when

she found Heritage Place. She learned about Heritage place through CICOA when Heritage Place was offering the Senior Lunch Program. Her plan was to avoid supervision all together, but her great management skills couldn't be contained and she soon after stepped up to the lunch program manager role.

A mother of five and grandmother of nine, Katie has children that live all across the US. With three boys and two girls, she has much to celebrate and many opportunities to travel. One of her favorite places to visit is Dorchester, Massachusetts where her son owns an Air BnB called Dorchester House. If you are traveling to the Boston area and need a comfortable, cozy and affordable place to stay (with free parking), call Steve at (617) 513-5594.

With the loss of Katie's husband after 57 years of marriage, Katie attributes fitness as the reason for her longevity. She is open to trying new things and says that Heritage Place is a wonderful place to do just that.

To register, or for more information, contact Heritage Place:



CALL
317-283-6662


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EMAIL
admin@heritageplaceindy.org



August 2018

To register, or for more
information, contact
Heritage Place:

MONDAY		TUESDAY		WEDNESDAY	
 Birthdays of 2018 members		Juanita Hardiman ... 8/01 Darlene Smith. 8/02 Kristina Turner 8/05 Beverly James 8/07 Delores Phillips. 8/07 Rosemary Bickham .. 8/09 Fannie MaKinde 8/14 Exielo Bates 8/19 Ray Albritton 8/20		Minnie Bledsoe 8/22 Mary Squires 8/22 Beverly Timberlake... 8/22 Marty Montgomery .. 8/27 Bernice Walton 8/28 Gerald Dupree. 8/29 Judy Hanna. 8/31 Nancy Madar 8/31 Karen Smith 8/31	
10:00 Total Body – Chair Aerobics 12:00 Senior Urban Line Dance – Golden Line Dancers 12:00 Monday Open Bridge Club 1:00 SHIP – By Appointment Only		10:00 Balance and Stability Class 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 1:00 SHIP – By Appointment Only 2:00 Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class		10:00 Total Body – Chair Aerobics 11:30 SHIP – By Appointment Only 11:30 Spanish Class 12:00 Learn and Play Bridge	
10:00 Total Body – Chair Aerobics 11:00 Summer Inspirational Studies 12:00 Senior Urban Line Dance – Golden Line Dancers 12:00 Monday Open Bridge Club 1:00 SHIP – By Appointment Only		10:00 Balance and Stability Class 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 12:15 Bingo Lunch 1:00 SHIP – By Appointment Only 2:00 Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class		10:00 Genealogy Studies Class 10:00 Total Body – Chair Aerobics 11:00 Blood Pressure Screening – Villages of Avon 11:30 SHIP – By Appointment Only 11:30 Spanish Class 12:00 Learn and Play Bridge	
10:00 Total Body – Chair Aerobics 11:00 Summer Inspirational Studies 11:00 Blood Pressure Screening – American Village 12:00 Senior Urban Line Dance – Golden Line Dancers 12:00 Monday Open Bridge Club 1:00 SHIP – By Appointment Only		10:00 Balance and Stability Class 10:30 Healthy Feet – Foot Care with Dr. Litsey 1:00 Bingo Lunch 11:00 Mind and Body – Senior Yoga Class 12:00 Amazing Water 1:00 SHIP – By Appointment Only 2:00 Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class		10:00 Total Body – Chair Aerobics 10:00 Genealogy Studies 11:30 SHIP – By Appointment Only 11:30 Spanish Class 11:30 Nutrition in the New Year 12:00 Learn and Play Bridge 1:00 Arts and Crafts with Megan	
10:00 Total Body – Chair Aerobics 11:00 Summer Inspirational Studies 12:00 Senior Urban Line Dance – Golden Line Dancers 12:00 Monday Open Bridge Club 1:00 SHIP – By Appointment Only		10:00 Balance and Stability Class 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 1:00 SHIP – By Appointment Only 2:00 Silver Foxes Still Rock'n It – Beginner and Intermediate Line Dance Class		10:00 Genealogy Studies Class 10:00 Total Body – Chair Aerobics 11:30 SHIP – By Appointment Only 11:30 Spanish Class 12:00 Learn and Play Bridge	

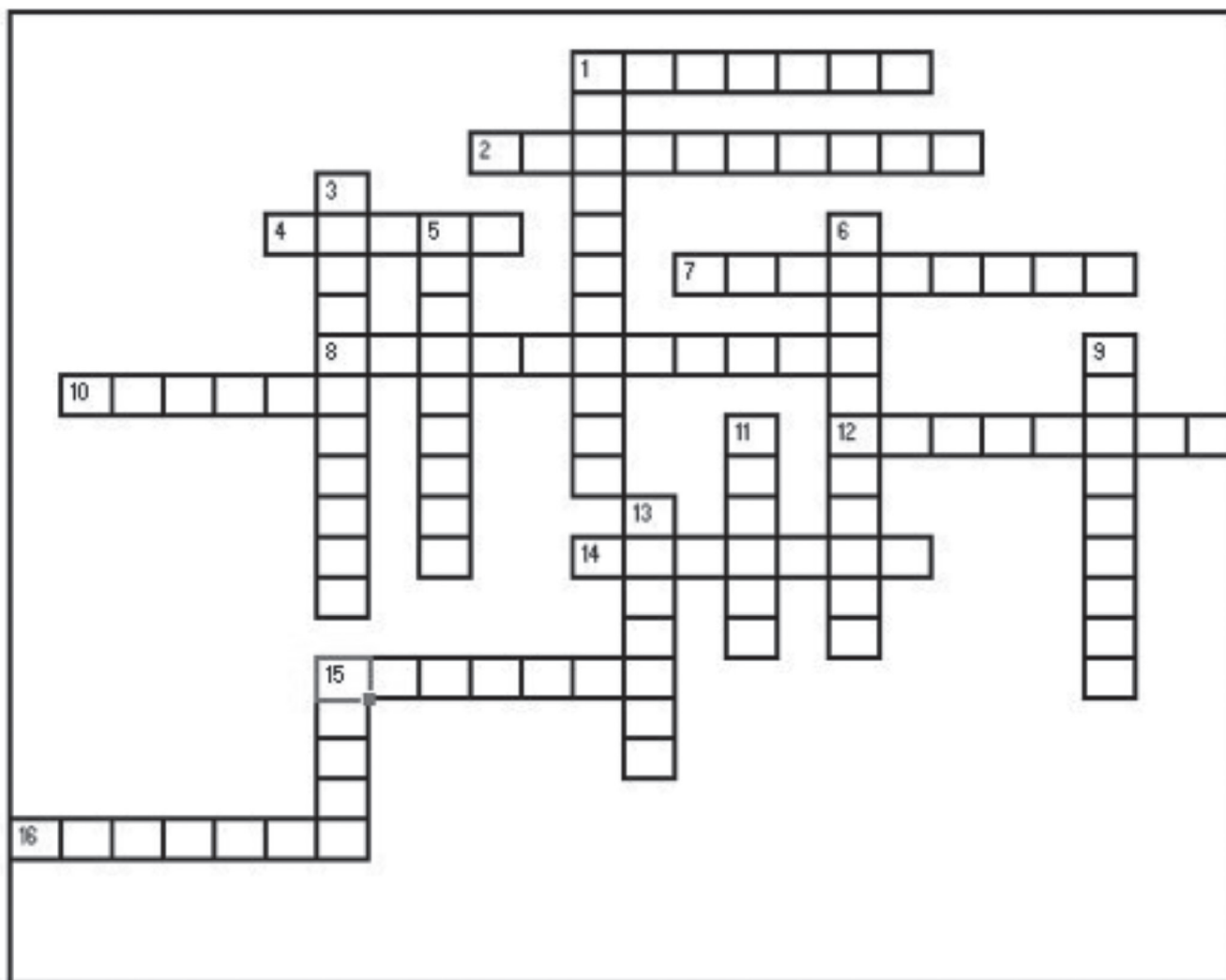
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EMAIL admin@heritageplaceindy.org



"Like" Heritage
Place Inc. on Facebook

THURSDAY		FRIDAY	
<div>2</div> <p> 10:00 Saving Money on Everyday Expenses 10:00 Grocery Shuttle 11:00 Heritage Place Ladies of the Dance Line Dance Class 12:00 Heritage Place Ladies of the Dance Line Dance Practice 1:00 Scrabble Club 1:00 SHIP – By Appointment Only </p>		<div>3</div> <p> 10:00 SilverSneakers Classic (Chair Aerobics) 11:00 Computer Club 11:00 Knitting, Loom Knitting and Crocheting for a Cause 12:00 Friday Open Bridge Club 1:00 Sewing 1:00 Jewelry Clasps and Repair </p>	
<div>9</div> <p> 10:00 Good Grief Talks from the Heartland 10:00 Diabetes Jeopardy 11:00 Heritage Place Ladies of the Dance Line Dance Class 12:00 Heritage Place Ladies of the Dance Line Dance Practice 1:00 Scrabble Club 1:00 SHIP – By Appointment Only </p>		<div>10</div> <p> 10:00 SilverSneakers Classic (Chair Aerobics) 11:00 Computer Club 11:00 Knitting, Loom Knitting and Crocheting for a Cause 12:00 Friday Open Bridge Club 1:00 Sewing </p>	
<div>16</div> <p> 9:00 Foot Care with Debbie Ryan 10:00 Grocery Shuttle 11:00 Heritage Place Ladies of the Dance Line Dance Class 12:00 Heritage Place Ladies of the Dance Line Dance Practice 1:00 SHIP – By Appointment Only 1:00 Scrabble Club </p>		<div>17</div> <p> 10:00 SilverSneakers Classic (Chair Aerobics) 11:00 Computer Club 11:00 Knitting, Loom Knitting and Crocheting for a Cause 12:00 Friday Open Bridge Club 1:00 Sewing </p>	
<div>23</div> <p> 10:00 Good Grief Talks from the Heartland 11:00 Heritage Place Ladies of the Dance Line Dance Class 12:00 Heritage Place Ladies of the Dance Line Dance Practice 1:00 SHIP – By Appointment Only 1:00 Scrabble Club </p>		<div>24</div> <p> 10:00 SilverSneakers Classic (Chair Aerobics) 11:00 Computer Club 11:00 Out to Lunch Group 11:00 Knitting, Loom Knitting and Crocheting for a Cause 12:00 Friday Open Bridge Club 1:00 Sewing </p>	
<div>30</div> <p> 11:00 Heritage Place Ladies of the Dance Line Dance Class 12:00 Heritage Place Ladies of the Dance Line Dance Practice 1:00 SHIP – By Appointment Only 1:00 Scrabble Club </p>		<p>Upcoming events for the remainder of the year include:</p> <ul style="list-style-type: none"> • Trivia Bowl on Thursday, November 1st, 2018 at St. Paul's Episcopal Church • Holiday Celebration scheduled on Wednesday, December 5th, 2018 at Heritage Place. <p>Important fundraising events like these make all the difference in the operation of Heritage Place. Contact Heritage Place for event details at (317) 283-6662.</p> <p><i>The first 10 people to sign up for these event will receive a special gift from Heritage Place.</i></p>	

**Across**

- 1 Fair Food
- 2 Juicy Fruit
- 4 Blanket Art
- 7 Unusual cookie
- 8 Fried Bread
- 10 Hot Season
- 12 Summer Sport
- 14 Morning Yodeler
- 15 Farm Equipment
- 16 Swine Food

Down

- 1 Stringed Sugar
- 3 Winged Insects
- 5 Animals
- 6 Favorite Ride
- 9 Custard
- 11 Mane Animal
- 13 Public Music
- 15 Free Ride

Answers on page 11

➤ COLELA from 1

and offered to teach the class. Heritage Place was thrilled to offer the class, members were delighted to have the class and now Colela has been our Chair Aerobics instructor for over 18 years.

Chair Aerobics is primarily a cardio-vascular exercise with emphasis on muscle strength, flexibility and endurance. While Chair Aerobics have been her primary focus here, she also teaches for Silver Sneakers and has offered Strength and Stretch classes, Better Bones Aerobics classes and is a personal fitness trainer. With more than eight fitness certifications behind her name, Colela has served on the board of the Arthritis Foundation Indianapolis Chapter, has been a notable project facilitator for the University Diabetes Research & Training Center, and for the Go On Girl Book Club Annual Awards Weekend.

She states that it's "The People" that keep her going. "Seeing people get stronger and staying independent for as long as they can," is what motivates her to continue.

2018 Membership

Memberships for your lifestyle ...

Heritage Place offers a variety of center-based classes, activities and home services to encourage and promote healthy lifestyles, independence, well-being and quality of life. Choose the membership that fits your lifestyle.

Green Membership

- Access to all social activities, fitness, education and health classes and seminars at the Heritage Place member rate, or free
- Receive *The Informer Special Edition* newsletter mailed to your home twice a year
- Choose how you want to receive your monthly issue of *The Informer*:
 - Pick up *The Informer* monthly as you visit Heritage Place
 - Emailed to you (email address required)
 - Mailed to your home for an additional \$5.00 for the year

Cost: \$47.00 for 2018



Dancers at Spring Fling.

Blue Membership

- Access to all social activities, fitness, education and health classes and seminars at the Heritage Place member rate, or free
- Receive *The Informer Special Edition* newsletter mailed to your home twice a year
- Choose how you want to receive your monthly issue of *The Informer*:
 - Pick up *The Informer* monthly as you visit Heritage Place
 - Emailed to you (email address required)
 - Mailed to your home for an additional \$5.00 for the year
- Exclusive to Blue membership:
 - (2) Tickets, per event, to performances, sporting and community events
 - Online communications and event reminders (Email address required)
 - Advance registration for Heritage Place outings
 - Invitation to Heritage Place Corporate Partner events

Cost: \$57.00 for 2018

Payment: Check, MasterCard, VISA and Discover.
Make check payable to Heritage Place

Please note: You will be required to complete a new membership application each year and have your photo taken if we do not have one on file.

Front Porch Planning

What happens to my assets, if I die without a will?

If you have no will, the State of Indiana has a system in place to distribute your assets. Keep in mind, Indiana's system may not match your wishes for distributing your assets to your relatives or to charities, such as Heritage Place. To ensure your wishes are honored and followed, write a will with an attorney.

Puzzle answers:

Across

- | | | | |
|----|--------------|----|-----------|
| 1 | Corndog | 14 | Rooster |
| 2 | Watermelon | 15 | Tractor |
| 4 | Quilt | 16 | Pork Tent |
| 7 | Fried Oreo | | |
| 8 | Elephant Ear | | |
| 10 | Summer | | |
| 12 | Swimming | | |

Down

- | | |
|----|--------------|
| 1 | Cotton Candy |
| 3 | Butterflies |
| 5 | Livestock |
| 6 | Ferris Wheel |
| 9 | Dairy Barn |
| 11 | Horse |
| 13 | Concerts |
| 15 | Train |

Puzzle is on page 8.

Weekly Class Descriptions

Group Games

Bridge

**Mondays are Open Bridge Classes,
Wednesdays are for Beginners and
Fridays are Open Bridge Games
Between noon and 3:30 p.m.**

Members of the American Bridge Association play "Duplicate Bridge" while earning points for national competition. Anyone can learn to play! There are three opportunities throughout the week to play. The more you play, the more opportunity there is to learn complex moves and strategy. Come socialize, make new friends and exercise the brain!

See the calendar for dates and times.

Cost: \$3.00 for Members
\$8.00 for Non-Members

Scrabble

Thursdays: 1 p.m. to 4 p.m.

Come Learn new words and more while making new friends! Boards and materials are provided.

Cost: \$2.00 for Members
\$5.00 for Non-Members

Enrichment and Education

Good Grief Talks from the Heartland

Thursdays: 2nd and 4th of every month; 10 a.m. to 11 a.m.

Any loss can be difficult and there is no need to be alone during tough times of grief or loss. Support is offered for adults who want extra help coping with loss of any kind. Stop in for a confidential conversation.

Cost: Free for Members

Knitting and Crochet for a Cause

Fridays: 11 a.m. to 1 p.m.

Learn how to knit and crochet, all for a good cause. Whether you want to work on individual projects, support organizations like Riley Children's Hospital or individuals who are homeless, this class will provide all the opportunities to create and contribute.

Cost: FREE for Members
\$5.00 for Non-members
(additional fees for materials as needed)

Sewing

Fridays: 1 p.m. to 3 p.m.

Learn from a professional garment seamstress. For the beginner, you can learn to read patterns, make small alterations, sew on monograms by machine; for the more experienced, bring your ideas and work on projects. Bring your own sewing machine or use one of ours!

Cost: \$5.00 per lesson for Members,
\$6.00 per lesson for Non-members (participants must register for a minimum of four lessons and pay in advance, cash only)

Spanish (El Club de la Tercera Edad)

Wednesdays: 11 a.m. to 12:30 p.m.

It's never too late! Learn Spanish vocabulary, grammar and culture through study practice and experiences. All levels welcome!

Cost: \$1.00 per class for Members
\$5.00 per class for Non-Members
Book & Dictionary Fees: \$10.00 for book, \$5.00 for dictionary

Summer Inspirational Studies

Mondays: 11 a.m. to 12:30 p.m.

Join others in a God-inspired group study & discussion of biblical scriptures as presented from the King James Bible. This Summer Series will continue through the month of August.

Fitness

Total Body Chair Aerobics

**Mondays, Wednesdays and Fridays:
10 a.m. to 11 a.m.**

This very popular one-hour workout offers a solid low-impact cardiovascular workout, set to up-tempo music. You can expect to increase your stamina, muscle strength, endurance and flexibility. Fitness bands, small hand-held weights or any extra equipment may be used. This is a perfect class for any adults with limited mobility or confined to a wheelchair.

Mind and Body Senior Yoga

Tuesdays: 11 a.m. to 12 noon

A well-attended class for older adults who are on walkers, in wheel chairs or suffer from chronic illness. Set to soothing instruction and relaxing music, this class is designed to promote bone strengthening, increased flexibility, coordination, balance, reduce stress and to help manage chronic pain or depression.



To register, or for more information, contact Heritage Place:

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Weekly Class Descriptions

Line Dance Teams

Senior Urban Line Dance – Golden Line Dancers

Mondays: 12 noon to 1 p.m.

This advanced senior urban line dance group is for both men and women. Learn the latest dances and participate in community performances at the Indiana State Fair, Black Expo, etc.

Cost: \$3.00 per class for Members
\$5.00 per class for Non-members
(modest fee for performance T-Shirts)

Silver Foxes Rock'n It – Beginner and Intermediate Line Dancers

Tuesdays: 2 p.m. to 4 p.m.

Whether you are performing or seeking an additional day of exercise, this intermediate line dance class offers something for everyone. Additional opportunity is available to perform in the community.

Cost: \$3.00 for Members
\$5.00 for Non-members

Ladies of the Dance – Line Dancers Class, Team Rucker

Thursdays: 11 a.m. to noon

Learn the latest line dances set to popular music. Review and Prepare for

community performances at the Indiana State Fair and other venues.

Cost: \$3.00 for Members,
\$5.00 for Non-members, (additional cost for Costumes and Accessories)

Ladies of the Dance – Line Dancers, Team Davis

Thursdays: 12 noon to 1 p.m.

Learn and review the latest line dances and enjoy the excitement of performing a minimum of one day per month in the community and annually at the Indiana State Fair, Indiana Black Expo and rehab centers!

Cost: Free for Members
\$5.00 for Non-members

Center Services

Monthly Health Screenings - Blood Pressure

Presented by Eric Satterthwaite,
American Village
**Monday, Aug. 16 and Wednesday,
Aug. 18, 11 a.m. to 12 noon**
Cost: Free for members and
non-members

Foot Care with J. David Litsey, D.P.M.

By appointment only,
**Tuesdays: Aug. 7, 14, 21, and 28
10:30 a.m. to 3 p.m.**

Treatment includes management of calluses, corns and toenails.
Cost: \$15.00 members
\$20.00 for non-members

Foot Care with Debbie Ryan, RN

By appointment only.
Thursday, Aug. 16, 9 a.m. to 4 p.m.
Cost: \$20.00 for members
\$25.00 for non-members

Bread, Sweet Treats and More

**Tuesdays and Thursdays
Delivered by Second Helpings
after 2 p.m.**
Selection varies.
Cost: Free while supplies last.

Notary Service

**Monday – Friday, 12 noon
to 4:30 p.m.**

By appointment only;
**24-hour scheduling and
cancelation required.**

Two pieces of I.D. required, one must be a photo with current address.
Cost: \$5.00 for members
\$8.00 for non-members

SHIP

SHIP counselors are available
**Monday through Thursday,
1 p.m. to 3 p.m. and
Fridays, 2 p.m. to 4 p.m.** to help guide individuals through Medicare options

and answer questions about Medicaid and health insurance.

Call (317) 283-6662 to schedule an appointment or for more information about SHIP services.

Cost: Free for members and
non-members

Center Resources

Corporate Partner Kiosk

Daily, 8:00 a.m. to 5:00 p.m.

Help yourself to informative brochures and consumer literature provided by the Heritage Place Corporate Partners.

Book Lending Library

Visit the lending library and enjoy a variety of donated books and magazines. Keep them or read and return. We accept gently used books and magazines.



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of Indianapolis, Inc.
4550 N. Illinois St.
Indianapolis, IN 46208

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The Informer is the monthly publication of the Heritage Place Senior Center.

Mission Statement

Heritage Place of Indianapolis, Inc. provides older adults with comprehensive and coordinated human services to encourage and promote healthy lifestyles, independence, well-being and quality of life.

Staff

Edward Alexander, Executive Director
Ann Homrighous, Home Services Manager
Gretchen Meitzler, Program Manager
Fred McDowell, Goodwill SCSEP

Heritage Place

4550 North Illinois Street
Indianapolis, IN 46208
(317) 283-6662
admin@heritageplaceindy.org
www.heritageplaceindy.org

Open 8 a.m. to 5:00 p.m. Monday – Friday

To receive this publication digitally, email us at admin@heritageplaceindy.org.

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MHS - Healthy Indiana Plan

The Healthy Indiana Plan is a health insurance program for qualified adults. It pays for medical costs for members and can include dental, vision and chiropractic. It also rewards members for taking better care of their health. The plan covers Hoosiers ages 19 to 64 who meet specific income levels. For more information call (317) 684-9478.

“It is not what a man does that is of final importance, but what he is in what he does; the atmosphere produced by him, much more than his activities.”

– Oswald Chambers



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