



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

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Summer time is the best time for meeting new friends!

Meet our Members!

Every day, more than 100 people are served daily by Heritage Place programs and services. Whether you are taking a class or calling for help with home care, Heritage Place is here for you.

Meet Judy

Judy has been a member of Heritage Place since 2007 (just over 11 years). Her favorite classes are the daily Chair Aerobics and Balance & Stability classes. But that's not all! She has been an instructor for Heritage Place, teaching Belly Dancing!

Since Judy was 3 years old, she was dancing. Her Father was a dancer and she followed closely in his foot-steps, performing for hundreds of events, venues and private parties. One of her most notable performances was for David Letterman's 40th Birthday Party. She remembers him saying "I can't believe this!"

When asked what her favorite thing was about Heritage Place, Judy said she feels at home here, like family. She said it's the best kind of therapy anywhere.

JUDY'S STORY continued on page 11 ➞



Meet our Instructors!

Meet Sally

Sally knows Computers! Whether you need help with your new iPhone or Android, or simply need to know how to turn on the computer, Sally is our go-to-gal!

Every Friday at 11 am, members come to Computer Club which offers a "freestyle" format of learning. Whatever the need, it will be addressed in the classroom and members are the ones who set the agenda. Need to know how to turn on the phone flash light? Want to send a picture from your phone? Sally can show you how!

SALLY'S STORY continued on page 11 ➞



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Gardening at SHarP Community Gardens

Ever drive up Illinois Street at 46th Street and see a garden tucked in the corner? Welcome to SHarP Garden which is the Shared Harvest Project.

From various vegetables to pollinating wildflowers the SHarP Community Garden offers growing space to individuals for their own use or “adopt” a community bed where produce from the community beds is donated to the Boulevard Place Food Pantry, an affiliate of St. Vincent DePaul, in the Butler Tarkington neighborhood.

There are more than 16 growing plots and Heritage Place grows within two beds. Some of that produce makes its way across the street to complement our Second Helpings donations.

Meet Ann Homrighous and Fred McDowell, Heritage Place staff who tend the garden daily and check on their carrots, tomatoes, peppers, lettuce, green beans and cabbage. It’s early enough in the season to see the starts and growth of many fun plants but like all of us, they need water almost daily.

This summer Heritage Place is partnering with TeenWorks to collaborate with SHarP Garden to do weeding, edging, property line trimming, mulching and cleaning up debris.

If you wish to learn more about SHarP Community Garden or Home-based Services, call Ann Homrighous at (317) 283-6662.



Ann Homrighous, left, and Fred McDowell



Hoosier Heritage Night Was A Huge Success!

Honorees included our very own Ruth Ann Hankins, as she shared the Heritage Place message with fun RAP’N Stories. A great way to honor Heritage Place and those who make a dif-

ference in our community. Thanks goes out to all board members, volunteers and guests who supported and attended the event! More on Hoosier Heritage Night in the August Informer.



Home Services

Grocery Shuttle

Heritage Place will no longer partner with CICOA Aging & In-Home Solutions Way2Go Transportation department to provide grocery shuttle service. While significant efforts were made to market the service, ridership continued to decline and minimum ridership requirements were not being met. We had to make the tough decision to discontinue the service, at least for now.

CICOA Way2Go will continue to provide Door2Door transportation service on an individual basis for medical appointments, pharmacy needs and grocery shopping within Marion County Monday through Friday from 8:00 a.m. to 6:00 p.m. Riders must be at least 60 years of age and live and travel in Marion County. To apply or schedule transport contact CICOA Way2Go at (317) 803-6151.

SHIP

What is SHIP? The State Health Insurance Assistance Program (SHIP) is a free and impartial counseling program for people with Medicare or soon to be eligible for Medicare. SHIP is provided by the Administration on Community Living and the Indiana Department of Insurance. SHIP is part of a federal network of State Health Insurance Assistance programs located in every state. All of SHIP services are free and not affiliated with any insurance company or agency and does not sell insurance.

Schedule an appointment with a Heritage Place volunteer counselor who can offer you objective assistance in complete confidence. Counselors can also assist to see if you qualify for the Medicare Savings Program and Extra Help. Call (317) 283-6662 to schedule an appointment.

Home and Yard Work Services

Summer has arrived! Need help with that yard work or home organization project? Heritage Place is still accepting requests for service to be provided by volunteer groups this summer and fall. You provide the materials, supplies and tools to complete the job and Heritage Place will provide the volunteers. Service is provided on a first come first serve basis so call today to be added to the list.

Senior Companion Program

Heritage Place is a host station for senior companion volunteers to provide friendly visiting to homebound and frail older adults. The program is focused on socialization, encouragement and support to help older adults age in place. Services are for individuals who reside in independent living in their own residence or apartment. If you or a loved one need some friendly support give us a call. A needs assessment will determine eligibility for the program. Placement of a senior companion is based on availability.

If you are interested in becoming a senior companion, you must meet an income guideline and be at least 55 years of age. Volunteers are paid a tax free stipend. Women and men are welcome to apply.

Senior Medicare Patrol

The Senior Medicare Patrol (SMP) programs help Medicare and Medicaid beneficiaries avoid, detect, prevent and report health care fraud. Protect yourself and your loved ones from Medicare fraud. Be sure to review your Medicare Summary Notice to check for billing errors or inappropriate charges for services. To report suspected health care fraud, call (317) 205-9201.

New Medicare cards will be issued to all beneficiaries over the next year. Social Security numbers will be removed and a new unique number will be assigned. Your card will be mailed to you and there is no charge. Medicare WILL NOT call you so hang up if you receive a call regarding your new Medicare card; it's a scam. Be sure to destroy your old card when you receive your new card. Protect your Medicare card like a credit card.

Thanks to Senior Medicare Patrol, they keep abreast of other frauds and scams. The best policy if you do not recognize an incoming telephone number, don't answer it. Being on the 'Do Not Call' list may stop some scam calls, but doesn't stop all scam calls and texts. Remember, scammers are not following the letter of the law to begin with so beware. There is a new growing and disturbing trend called "neighbor spoofing" where scammers spoof numbers you recognize such as neighbors, doctor's office, pharmacy or other familiar numbers. A best practice is if you did not initiate a call, do not give any personal information over the telephone.

Contact Ann Homrighous, Home Services Manager, at (317) 283-6662 or email ann.homrighous@heritageplaceindy.org if you need information or referrals for community resources, caregiver support, consumer literature and home services.

Monthly Experiences: Seminars, Screenings and Outings



Marion County Council on Aging

Thursday, July 5, 9:30 – 10:30 a.m.

Venue: Heritage Place of Indianapolis

4550 North Illinois Street

Indianapolis, IN 46208

RSVP: cicoa.org/events/casoa-marion/ or call
317-803-6034

Computer Club

Every Friday, July 6, 13, 20 and 27

11:00 a.m. – 12:15 p.m.

Share your technology struggles and we'll share our tech knowledge. Make computer problems a thing of the past and dominate our new tech era.

Be sure to sign up in the front office!

BINGO LUNCH

Tuesday, July 10

1:00 p.m. – 3:00 p.m.

Sponsored by CRESTWOOD VILLAGE

Play and WIN prizes! Come for lunch and FUN!

Diabetes Jeopardy

Thursday, July 12

10:00 a.m. – 12:00 p.m.

This is a fun, interactive program based on the Jeopardy TV show. Questions are answered on portions, diabetes, food labels, recipe makeovers & physical activity.

Make your own Jewelry!

Friday, July 13

1:00 p.m. – 3:00 p.m.

Taught by our very own member, Debra Bonsu, come learn how to make earrings, necklaces and eye glass holders! Take home what you make!

Cost: \$15 for Members

\$20 for Non-members (for supplies)

Monthly Screening – Blood Pressure, Oxygen and More

Monday, July 16 and Wednesday, July 18

11:00 a.m. – 12:00 p.m.

Compliments of Eric Satterthwaite, American Village & Presented by Erik Schwarz, Villages of Avon

Knowing your numbers is important! Stop by weekly to track your numbers and manage your health.

Acrylic DOT Painting

Friday, July 20

1:00 pm to 3:00 pm

Learn from member, Debra Bonsu, the unique art form of DOT Painting, using acrylic paints. It's easy, relaxing and you get to go home with your very own work of art.

Cost: \$10 for Members

\$15 for Non-Members

BLACK EXPO!

Thursday, July 19 – Sunday, July 22

Our Ladies of Dance, Silver Foxes, and and Senior Urban Line Dancers will be performing at the Health Fair!

The events are FREE.

For transportation needs call 317-232-1731.

Painting FUN with Megan!

Every 4th Wednesday – July 25

1:00 p.m. – 3:00 p.m.

Paint your very own flower pot! Creativity is NOT required. Fun IS required.

Cost: \$10 for Members

\$15 for Non-members

(for supplies)

Nutrition in the New Year!

Wednesday, July 25

11:30 am to 1:00 p.m.

Join us and Clearvista Lakes for another seminar on good nutrition that includes food preparation demonstrations!

Cost: Free for Members

\$5 for Non-Members



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

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Monthly Experiences: Seminars, Screenings and Outings

Saving on Everyday Expenses

Stay tuned for dates regarding upcoming weekly seminars

Financial management is an important aspect of everyone's life, especially for people who are on fixed incomes. Learn about how you can save on everyday expenses ranging from the cost of your cell phone service to automobile insurance. There are many ways to reduce the cost of necessary expenses simply by knowing where to look, what questions to ask, and how to make informed decisions. GET SMART! Watch for more details on the date and time of this eye-opening and money saving seminar.

Presenter: Ellen Morley Matthews, 902 Associates, LLC.

Event Tickets Available for BLUE MEMBERS!

Call (317) 283-6662 for the following event tickets:

- Indiana Fever
- Civic Theater
- Dance Kaleidoscope
- Indiana State Fair

Center Services

Monthly Health Screenings - Blood Pressure

Presented by Eric Satterthwaite,
American Village
Monday, July 16 and Wednesday,
July 18, 11:00 a.m. to 12:00 p.m.
Cost: Free for members and
non-members

Healthy Feet – Foot Care

■ Foot Care with
J. David Litsey, D.P.M.
By appointment only,
Tuesdays: May 1, 8, 15, 22, and 29
10:30 a.m. to 3:00 p.m.

Treatment includes management of
calluses, corns and toenails.

Cost: \$15.00 members and \$20.00 for
non-members

■ Foot Care with Debbie Ryan, RN

By appointment only.
Thursday, July 19
9:00 a.m. to 4:00 p.m.

Cost: \$20.00 for members and \$25 for
non-members

Bread, Sweet Treats and More

Tuesdays and Thursdays
Delivered by Second Helpings
after 2:00 p.m.

Selection varies.

Cost: Free while supplies last.

Notary Service

Monday – Friday, 12:00 p.m.
to 4:30 p.m.

By appointment only;
24-hour scheduling and
cancellation required.

Two pieces of I.D. required, one must
be a photo with current address.

Cost: \$5.00 for members and \$8.00
for non-members

SHIP

SHIP counselors are available
Monday through Thursday,
1:00 p.m. to 3:00 p.m. and
Fridays, 2:00 p.m. to 4:00 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

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

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 daily.



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July 2018

Birthstone – Ruby

Flower – Water Lily

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

MONDAY	TUESDAY	WEDNESDAY
<div>2</div> <div><div>10:00</div>Total Body – Chair Aerobics</div> <div><div>12:00</div>Senior Urban Line Dance – Golden Line Dancers</div> <div><div>12:00</div>Monday Open Bridge Club</div> <div><div>1:00</div>SHIP – By Appointment Only</div>	<div>3</div> <div><div>10:00</div>Balance and Stability Class</div> <div><div>10:30</div>Healthy Feet – Foot Care with Dr. Litsey</div> <div><div>11:00</div>Mind and Body – Senior Yoga Class</div> <div><div>1:00</div>SHIP – By Appointment Only</div> <div><div>2:00</div>Silver Foxes Still Rock’n It – Beginner and Intermediate Line Dance Class</div>	<div>4</div> <div>Heritage Place Closed for Fourth of July Holiday</div>
<div>9</div> <div><div>10:00</div>Total Body – Chair Aerobics</div> <div><div>12:00</div>Senior Urban Line Dance – Golden Line Dancers</div> <div><div>12:00</div>Monday Open Bridge Club</div> <div><div>1:00</div>SHIP – By Appointment Only</div>	<div>10</div> <div><div>10:00</div>Balance and Stability Class</div> <div><div>10:30</div>Healthy Feet – Foot Care with Dr. Litsey</div> <div><div>11:00</div>Mind and Body – Senior Yoga Class</div> <div><div>1:00</div>SHIP – By Appointment Only</div> <div><div>1:00</div>Bingo Lunch</div> <div><div>2:00</div>Silver Foxes Still Rock’n It – Beginner and Intermediate Line Dance Class</div>	<div>11</div> <div><div>10:00</div>Total Body – Chair Aerobics</div> <div><div>10:00</div>SHIP – By Appointment Only</div> <div><div>11:00</div>Choir</div> <div><div>11:30</div>Spanish Class</div> <div><div>12:00</div>Learn and Play Bridge</div>
<div>16</div> <div><div>10:00</div>Total Body – Chair Aerobics</div> <div><div>11:00</div>Summer Inspirational Studies</div> <div><div>11:00</div>Blood Pressure Screening – American Village</div> <div><div>12:00</div>Senior Urban Line Dance – Golden Line Dancers</div> <div><div>12:00</div>Monday Open Bridge Club</div> <div><div>1:00</div>SHIP – By Appointment Only</div>	<div>17</div> <div><div>10:00</div>Balance and Stability Class</div> <div><div>10:30</div>Healthy Feet – Foot Care with Dr. Litsey</div> <div><div>11:00</div>Mind and Body – Senior Yoga Class</div> <div><div>1:00</div>SHIP – By Appointment Only</div> <div><div>2:00</div>Silver Foxes Still Rock’n It – Beginner and Intermediate Line Dance Class</div>	<div>18</div> <div><div>10:00</div>Genealogy Studies Class</div> <div><div>10:00</div>Total Body – Chair Aerobics</div> <div><div>10:00</div>SHIP – By Appointment Only</div> <div><div>11:00</div>Blood Pressure Screening – Villages of Avon</div> <div><div>11:00</div>Choir</div> <div><div>11:30</div>Spanish Class</div> <div><div>12:00</div>Learn and Play Bridge</div>
<div>23</div> <div><div>10:00</div>Total Body – Chair Aerobics</div> <div><div>11:00</div>Summer Inspirational Studies</div> <div><div>12:00</div>Senior Urban Line Dance – Golden Line Dancers</div> <div><div>12:00</div>Monday Open Bridge Club</div> <div><div>1:00</div>SHIP – By Appointment Only</div>	<div>24</div> <div><div>10:00</div>Balance and Stability Class</div> <div><div>10:30</div>Healthy Feet – Foot Care with Dr. Litsey</div> <div><div>11:00</div>Mind and Body – Senior Yoga Class</div> <div><div>1:00</div>SHIP – By Appointment Only</div> <div><div>2:00</div>Silver Foxes Still Rock’n It – Beginner and Intermediate Line Dance Class</div>	<div>25</div> <div><div>10:00</div>Total Body – Chair Aerobics</div> <div><div>10:00</div>SHIP – By Appointment Only</div> <div><div>11:00</div>Choir</div> <div><div>11:30</div>Spanish Class</div> <div><div>11:30</div>Nutrition in the New Year</div> <div><div>12:00</div>Learn and Play Bridge</div> <div><div>1:00</div>Painting Fun with Megan</div>
<div>30</div> <div><div>11:00</div>Summer Inspirational Studies</div> <div><div>12:00</div>Senior Urban Line Dance – Golden Line Dancers</div> <div><div>12:00</div>Monday Open Bridge Club</div> <div><div>1:00</div>SHIP – By Appointment Only</div>	<div>31</div> <div><div>10:00</div>Balance and Stability Class</div> <div><div>10:30</div>Healthy Feet – Foot Care with Dr. Litsey</div> <div><div>11:00</div>Mind and Body – Senior Yoga Class</div> <div><div>1:00</div>SHIP – By Appointment Only</div> <div><div>2:00</div>Silver Foxes Still Rock’n It – Beginner and Intermediate Line Dance Class</div>	<div>Seasonal Word Scramble answers:</div> <div><div>1. Exercise</div><div>5. Summer</div><div>2. Vegetables</div><div>6. Hydrate</div><div>3. Swimming</div><div>7. Bicycle</div><div>4. Healthy</div></div> <div>Word Scramble is on page 11.</div>


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Place Inc. on Facebook

THURSDAY		FRIDAY	
5		6	
9:30 Marion County Council on Aging 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		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 2:00 SHIP – By Appointment Only	
12		13	
10:00 Grocery Shuttle 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		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 SHIP – By Appointment Only 1:30 Make your own Jewelry	
19		20	
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		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 SHIP – By Appointment Only 1:30 Acrylic DOT Painting	
26		27	
10:00 Grocery Shuttle 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		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 2:00 SHIP – By Appointment Only	
 Birthdays of 2018 members		July 1 Marilyn Cooksey July 4 Linda Williams July 5 Daisy Evans July 5 Rita Tipple July 6 Vonzella Howard July 7 Thomas Bridgewaters July 14 Margie Ford July 15 Charlotte Talley July 17 Luberta Jenkins July 19 Nancy Smith July 21 Linda Lee July 24 Clara Trumbo July 25 Linda Smith July 25 Loy Warren July 29 Ruth Cosby Taylor July 29 Linda Williams July 30 Patricia Clark July 31 Dianne Brown July 31 Nora Dottery July 31 Sarah Taflinger	

Class Descriptions

Arts and Crafts

Knitting, Loom Knitting and Crocheting for a Cause

Fridays: 11:00 a.m. to 1:00 p.m.

Relax with this informal group of women and men as they knit for a cause.

The group also works on individual projects and shares knitting tips and techniques. This class is now accepting 4-ply worsted yarn donations. Bring all 4-ply yarn to the Heritage Place office. Don't know how to knit or crochet – that is okay. Madora Lewis, group leader, will get you started.

Materials: Knitting: bring (2) size 10 needles and 4-ply worsted yarn of any color. For crocheting: bring crochet hook size J and 4-ply worsted yarn. Loom knitting: bring medium size looms, bulky yarn or two schemes of 4-ply worsted yarn of any color.

Cost: Free for members
\$5.00 non-members

Sewing

Fridays: 1:00 p.m. to 3:00 p.m.

Learn how to sew and/or improve your skills with Willa Rouse, a professional garment seamstress. In this class you will explore how to make special projects, monogram with a sewing machine, read patterns, and make small alterations. All levels of sewing experience welcome.

Materials: sewing kit and material required. Bring your own sewing machine or use one of ours.

Cost: \$20.00 for four lessons for members
\$25.00 for four lessons for non-members

(Participants must register for a minimum of four lessons and pay in advance, cash only.)

Games

Bridge

Indianapolis Bridge Unit At Home at Heritage Place

The Indianapolis Bridge Unit is very pleased to have found a “home” at Heritage Place to host their clubs and lessons. We are members of the American Bridge Association and play duplicate bridge while earning points for national competition. The more you play, the more strategies and complex moves you learn. The benefits of playing duplicate bridge are many. It keeps your mind stimulated, is known to delay the on-set of dementia, and it provides weekly opportunities to socialize with old friends and make new friends. All bridge players are welcome. Bring a partner or call ahead.

Monday Open Bridge

Mondays: 12:00 p.m. to 3:30 p.m.

Learn and Play Bridge

Wednesdays: 12:00 p.m. to 2:00 p.m.

Returning beginner students start class at 11:00 a.m.

Friday Open Bridge

Fridays: 12:00 p.m. to 3:30 p.m.

Cost: \$3.00 per game for members
\$8.00 per game for non-members

Scrabble Club

Thursdays: 1:00 p.m. to 4:00 p.m.

Come and join the scrabble club to enjoy light refreshments and learn how you can become involved.

- Are you the one who completes the “Jumble” in the newspaper?
- Do you watch the National Spelling Bee?
- Do you want to learn new words and make new friends?

Boards and materials provided and you bring your enthusiasm!

Cost: \$2.00 for members and non-members

Education

Computer Club

Fridays, 11:00 am

Learn how your cell phone works and how to use a computer and the various programs. This club is for the beginner as well as the novice who wants to more than they already know.

Cost: Free for Members
\$5 for Non-Members

Good Grief Talks from the Heartland

Thursdays: Second and Fourth Thursday of the Month

10:00 a.m. to 11:00 a.m.

Grief and Loss support for adults experiencing grief and loss.

We all experience losses throughout our lives. Loss of loved ones through death, loss of relationships through divorce or illness, loss of independence and loss of abilities are just a few.

Any of the losses can be difficult to cope with alone, and we grieve all of these losses in some way. This support time offers us all the opportunity to learn about loss, and to talk with or listen to others with similar experiences. We invite you to join us.

Cost: Free for members
\$2.00 non-members

Summer Inspirational Studies

Mondays: 11:00 a.m. to 12:30 p.m.

Join us for a special Summer Series by our very own Member, Ginger Evans. The group will study and discuss various topics from the King James Bible Scriptures that are sure to enrich and inspire.

Cost: Free for members \$5.00 for non-members

Spanish (El Club de la Tercera Edad)

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

Keep your brain flexible and expand your horizons in El Club de La Tercera Edad (Seniors' Spanish Class). Learn Spanish vocabulary, grammar and cul-

Class Descriptions

ture through study, practice and experiences. No Spanish? No hay problema! All levels welcome.

Cost: \$1.00 per class for members \$5.00 per class for non-members

Book and Dictionary fees: Book: \$10.00; Dictionary: \$5.00

Fitness

Total Body – Chair Aerobics

Mondays and Wednesdays:

10:00 a.m. to 11:00 a.m.

This one-hour workout, performed while sitting in a chair or standing, is a must for all older adults seeking a low-impact cardiovascular workout. Set to up-tempo music, this low-impact cardiovascular class will increase your overall stamina, muscle strength, endurance and flexibility.

Individuals may use fitness bands, small hand-held weights and their own body weight to create a total body workout. This class is perfect for adults with limited mobility or confined to a wheelchair.

Cost: \$5.00 per month or \$1.00 per class for members \$10.00 per month of \$3.00 per class for non-members

Mind and Body – Senior Yoga

Tuesday: 11:00 a.m. to 12:00 p.m.

The movements presented in senior yoga are beneficial to all older adult participants including those who are on walkers, in wheel chairs or suffer from chronic illness. Set to soothing instruction and relaxing music, this class is designed to move and strengthen the body through bone strengthening movements and breathing exercises to achieve increased flexibility, coordination and balance, reduce stress, and to help manage chronic illness pain and depression. Mats are recommended for students who can stand, but not mandatory.

Cost: \$3.00 per class for members \$8.00 per class for non-members

Line Dance Classes

Senior Urban Line Dance – Golden Line Dancers

Mondays: 12:00 p.m. to 1:00 p.m.

Line dancing is an easy way to have fun while exercising your body and mind. This advanced senior urban line dance class, for men and women, focuses on more than learning the latest dances - it teaches variations of choreography so participants will intuitively know which dance to do with different songs. This class performs in the community and annually at the Indiana State Fair and Indiana Black Expo - Summer Celebration.

Cost: \$3.00 per class for members \$8.00 per class for non-members (Modest cost for performance T-shirts)

Silver Foxes Rock'n It – Beginner and Intermediate Line Dance Class

Tuesdays: 2:00 p.m. to 4:00 p.m.

We are on the move with a new class for intermediate dancers on Tuesdays. Whether you are performing or getting an additional day of exercise, this is an intermediate line dance class for you. This class performs in the community.

Cost: \$3.00 for participants not attending the Beginner's Plus class on Friday.

Cost: Free for participants attending the Beginner's Plus class on Friday.

Heritage Place Ladies of the Dance – Line Dance Class

Thursdays: 11:00 a.m. to 12:00 p.m.

Learn the latest line dances set to popular music guaranteed to make everyone tap their toes and clap their hands. Enjoy the excitement of performing in the community while wearing beautiful custom-made outfits coordinated from shoes to accessories.

Ladies of the Dance welcomes new dancers. They perform a minimum of one day per month in the community and annually at the Indiana State Fair.

Cost: \$3.00 per class for members \$8.00 per class for non-members. (Additional cost for outfits and accessories.)

Heritage Place Ladies of the Dance - Line Dance Practice

Thursdays: 12:00 p.m. to 1:00 p.m.

Join the Ladies of the Dance for a fantastic exercise session during their fun-filled informal weekly practice as they review dances learned in line dance class and prepare for community performances and the Indiana Black Expo Summer Celebration.

Cost: Free for members and non-members

Enrichment

Choir

Wednesdays: 11:00 a.m. to 12:00 p.m.

Open to all members, this class will work on developing individual music skills through community singing, music theory, rhythm, aural skills, voice technique and interpretation. Work within a varied range of styles, from folk melodies to musical theater, from classical to sacred music. No previous singing or music experience is required.

Cost: Free for members

Out and About

Out To Lunch Group

Fourth Friday of each month

Try out different restaurants, get to know people, have lively discussions and just plain have fun. Everyone is welcome. On July 27, the group will have lunch at Stonecrest Senior Living, 8549 North Meridian Street, Indianapolis. Sign up in the office or call 317-283-6662 for start time.

Out to Culture Group

If you want to learn more about the various cultural places in the Indianapolis area, the Out to Culture Group is for you. Please sign up in the office.

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 *The Informer*:
 - Pick-up *The Informer* monthly as you visit Heritage Place
 - Receive *The Informer* Emailed to you
 - Mailed to your home for an additional \$5.00 for the year

Cost: \$47.00 for 2018



Computer Class learns how to take a selfie.

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 *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

Which is better? To give through my will a percentage of my assets or a specific dollar amount?

It is purely YOUR CHOICE. Either way, including Heritage Place in your will result in the availability of long-term programs and services for under-served members of the community. Thank you for helping keep programs alive!

Summer Safety Tips

Be the “cool” parent or grandparent your children and grandchildren think you are, by following these steps



- Hydrate!! Hydrate!!
- Sunscreen- make sure to apply to your nose, tips of ears, and the back of the neck
- Wear a hat-all times- you need to cover your youthful skin and complexion
- Sunglasses wear all times, we want you all to keep driving
- If exercising outside do in the shade
- When exercising outside have your inhaler in your pocket - muggy days may trigger unexpected breathing issues
- Wear cotton or cooler clothes that absorb sweat.
- If walking outside be sure sidewalk or surface is level, so you do not fall

Seasonal Word Scramble

1. xceiesre _____
2. teabglevse _____
3. iminwmgs _____
4. tahelyh _____
5. msmure _____
6. rtyhtade _____
7. eyiclbc _____

Answers are on page 6

Class Updates:

- **Bridge for Beginners** is cancelled
- **Inspirational Studies** postponed
- **Summer Inspirational Studies** every Monday 11 am to 12:30 pm
- **Genealogy** returns July 18 at 10 am
- Way2Go will continue offering the **Grocery Shuttle** through CICOA
- **Computer Club** – every Friday at 11 am – 12:30 pm
- **Nutrition in the New Year** – Wednesday, July 25 at 11:30 am
- **Painting Fun with Megan** – Wednesday, July 25, 1 pm – 3 pm \$10 per Member for supplies
- **Make your own Jewelry** – Friday, July 13, 1 pm – 3 pm \$15 for Members, \$20 Non-Members
- **Acrylic DOT Painting** Friday, July 20 1 pm – 3 pm \$10 for Members, \$15 for Non-Members

➤ JUDY from 1

Today, you can find Judy dancing at venues like the Greek Islands, Black Expo, the Rocky Ripple Festival and Indiana State Fair. Keep your eye out for Judy! If you miss her at the State Fair, she is likely to teach classes again for Heritage Place or your own party. If you wish to have Judy perform at your event or party, feel free to reach out to her at www.bellydancingbyjudy.com. Thank you Judy for all that you do for Heritage Place, both as a member and an instructor!

➤ SALLY from 1

Since everyone learns at a different pace, Sally offers patience and one-on-one tutoring so that anyone can learn in an open and comfortable setting. Thank you Sally for offering interesting and relevant information and for allowing the students the freedom to learn new technology!



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of Indianapolis, Inc.
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OCCUPANT OR

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.

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Saving on Everyday Expenses

Stay tuned for dates regarding an upcoming weekly seminar

Presenter: Ellen Morley Matthews, 902 Associates, LLC.

Financial management is an important aspect of everyone's life, especially for people who are on fixed incomes. Learn about how you can save on everyday expenses ranging from the cost of your cell phone service to automobile insurance. There are many ways to reduce the cost of necessary expenses simply by knowing where to look, what questions to ask, and how to make informed decisions. **GET SMART!** Watch for more details on the date and time of this eye-opening and money-saving seminar.



**When you give to United Way,
you're supporting us.**