



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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Published Monthly

December 2019

Meet Board Member Kristen Wrestler

How did you hear about Heritage Place?

I heard about Heritage Place through United Way. I was a Leadership United class of 2019 participant and selected Heritage Place for a 6 month internship before I officially joined the board in July.

What inspires you to want to support the mission of Heritage Place?

I have dropped in on classes and have met so many members, staff, and supporters at open houses and fundraising events. I have seen the impact Heritage Place is making. It's inspiring to see and inspires me to support Heritage Place.

Where were you born, where did you grow up?

I was born and raised in Kokomo, IN. I moved to Indianapolis in 2008 to attend IUPUI and fell in love with the city.

How do you like to spend your spare time? What are your favorite things to do?

I love going to concerts and watching sports. I am a huge Pacers, Colts, and IU

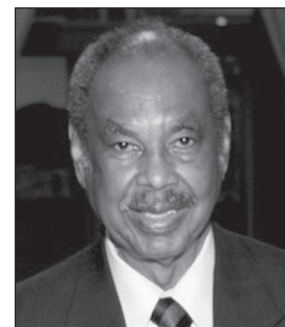


WRESTLER continued on page 6 ➞

Meet Member and Board Member Emeritus Charles Williams

I was born in Grindstone, PA. My sister Arbella and I were born in the same town but reared separately not simply because she took all the looks and brains from the family birth package, but, led by our patriarch grandfather, Lewis E. Martin (a member of the Harlem Hell Fighters and a WW I Croix de Guerre awardee) the family left the Western Pennsylvania coal mines and steel mills moved to New York City looking to improve our future. And that they did!!! Each of Grandpa's children received a college degree save one. His two oldest sons (my uncles) Album and Lewis Emmitt received JD degrees. My Uncle Alfonzo was a Civil Servant (a NY City Police Officer and later a NY City Fire Fighter). Uncle Harold the youngest founded and ran a plastics factory. The oldest daughter (my mom) and Aunt Zyra became nurses. My Aunt Leoma was in charge of the Dietetics for Mt. Sinai Hospital in NYC.

After graduating high school I too moved to NYC to rejoin my family. In 1963 I hit the lottery...I met and married Robbie Winders, who became "my Bride" Robbie



WILLIAMS continued on page 6 ➞

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FROM THE OFFICE OF OUR EXECUTIVE DIRECTOR

Year End Reflections: Shoulda, Woulda, Coulda

Happy Holidays! Probably over the last week, I've heard countless people mention how astounded they are that we are now into December, the last month of the year. Well, we are, and if you are like me, you look over the last year and reflect how things went, and maybe kick yourself at some of the things you never got around to doing. You know, "I should have done this"; "I would have done that" or my favorite because it passes the responsibility to others: "I could have done this or that."

Personally, I gave up on these Shoulda, Woulda, Coulda things long ago. I'd like to think about the things that I actually did do. At Heritage Place of Indianapolis our list of accomplishments is not as long as we'd like, but that's OK. We made, I think, an impact on many people in our home services program by brining together community volunteers who likely had no idea who or what Heritage Place was...and local seniors in need of home and yard assistance. We hosted countless kids in the building during the year from around the US, all working to learn more about the older generation, and many of them even participated in a few smooth dance moves thanks to one of our line dance classes! We welcomed many new members and, sadly, mourned the loss of a few, too. We met and cultivated new funders, new volunteers, and tried a few new things, all fun and welcomed! Sure, we have a long way to go, but with your help now and in the new year, we can do it!

So, as you wrap up 2019, don't kick yourself because you don't think you accomplished enough...it's what you did do without thinking about it that makes all the difference!

Happy Holidays and we look forward to seeing you in the new year!

Edward Alexander, Executive Director



Observances in December

Pearl Harbor Day – December 7
Winter Begins – December 22
First day of Hanukkah – December 23
Christmas Eve – December 24
Christmas Day – December 25
Kwanzaa Begins – December 26

2019 Holiday Closure Dates

Christmas/New Year's
Monday, December 23 –
Wednesday, January 1, 2020

Weather closings or delays at Heritage Place?

HP Delays or closings will be submitted to the following news stations:

WISH-TV	MyIndyTV	FOX 59
CBS 4	WTHR 13	RTV 6

A Corporate Partner Spotlight!

A message from our Sponsor, Oasis at 56th Street!



We just have a HUGE move in special approved and would love to share it with Heritage Place members. You can't beat it...

Choose 2 from the following:

- Waived technology fees up to \$500 (cable, internet, phone)
- \$500 walmart gift card (received after 30 days of residency)

Up to \$500 in moving expenses.

Apply by 12/31, and move in by 1/31

Stop on by to take a look or call our office! (317) 297-3115

Oasis at 56th

<http://www.oasis-56.com/>

<https://youtu.be/u1BY0ntHfbU>

AIDS Quilt

Heritage Place of Indianapolis is pleased to host "Stories Behind The Quilt" on Monday, December 2, 2:00 PM. You will have the opportunity to view a panel of the AIDS Memorial Quilt and hear from experts and advocates about the history of this important piece of American folk art; the evolution of HIV disease; medications and treatments now available.

In observance of World AIDS Day, 2019, you will be moved and inspired to take action! The display will be held in the Common Ground Community Room, with light refreshments available.



Santa's Workshop

J	N	E	I	S	K	Y	T	E	E	L	V	E	S	G	I	W
N	R	A	L	B	R	J	L	U	R	S	G	D	M	Q	O	T
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G	I	C	E	T	H	H	T	K	U	S	A	N	T	A	B	E
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E	V	O	T	S	D	M	H	A	T	O	Y	L	A	N	D	U
K	W	P	H	P	I	P	P	R	S	C	P	H	I	W	S	S
O	B	K	P	R	K	W	A	H	I	S	S	M	B	E	V	Y
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assemble
box
boys
build
busy
Christmas
elf
elves
factory
gifts
girls
hammer

helper
letters
lights
list
merry
nails
naughty
nice
North Pole
ornaments
package
paint

presents
reindeer
Santa
sleigh
snow
stocking
table
Toyland
toys
tree
workshop



Home Services

Senior Medicare Patrol

To protect yourself from fraudsters, Centers for Medicare and Medicaid Services offers the following security tips:

Never accept medical supplies from a door-to-door salesman. If someone comes to your door claiming to be from Medicare, remember that Medicare and Medicaid do not send representatives to your home.

Never give your Medicare card, Medicare number, Social Security card, or Social Security number to anyone except your doctor or people you know should have it.

Remember, nothing is ever “free.” Never accept offers of money or gifts for free medical care.

Be wary of providers who tell you that the item or service isn’t usually covered, but they “know how to bill Medicare” so Medicare will pay.

Always check your medications before leaving the pharmacy to be sure you received the correct medication prescribed, including whether it’s a brand or generic name. If you don’t get your prescription filled correctly, report the problem to the pharmacist.

Report suspected instances of fraud by contacting Medicare’s toll-free customer service operations at 1-800-MEDICARE (1-800-633-4227). You can also go online to find more information on their web resource at www.medicare.gov/fraud.

SHIP

Heritage Place hosts certified SHIP Counselors, Gary Anteplet and Wilma Kidd, on Wednesdays starting at 11:30 and Thursdays and Fridays starting at 12:30. Call (317) 283-6662 to schedule an appointment.

SHarP Community Garden

The garden is nearly asleep for the winter. Hardy kale, collards and a few herbs remained for harvest after fall cleanup. Look for classes and opportunities at the garden coming after the first of the year.



Home and Yard Services

No more projects for 2019. Look for sign ups in February 2020!

Senior Companion Program

Congratulations to Heritage Place Senior Companions, Beverly Harris and Shirley Hooten, for being recognized at the Annual Recognition and Luncheon event hosted by Catholic Charities. Beverly has been a companion for five years and Shirley ten years.

A hearty thank you for the volunteers from DFAS (Defense Finance and Accounting Services, for providing “Love Bags” to our senior companions. The bags are full of non-perishable food items, personal care items and an added surprise for everyone.



(L) Shirley Hooten (R) Beverly Harris



“Love Bags” from DFAS



FRAUD FACTS

“Free” back or knee braces aren’t free. If you’re having pain, talk to your primary doctor.



If you have received a “free” medical device, contact the Indiana Senior Medicare Patrol.

800-986-3505
www.iaaaa.org/SMP
www.facebook.com/INSMP

Heritage Place Presents



Our Annual *Holiday Celebration!*

Wednesday, December 4
10 am to 1 pm

Cost: \$15.00 per person

Where: Meridian Street United Methodist Church
5500 North Meridian Street
Indianapolis, Indiana 46208

You can purchase tickets in the office!

WRESTLER continued from page 1

fan! I also spend a lot of time outdoors in the summer and love hiking, rappelling, and white water rafting.

What are your favorite things about Heritage Place?

The people and the environment at Heritage Place. I felt welcomed since the first day of my internship.

What is your vision for Heritage Place?

For Heritage Place to grow and expand programs so we can continue to enrich the quality of life of older adults and the community as the percentage of older adults in the US increases. (By 2030 1 in 5 people in the US are projected to be 65 or over.)

What do you hope to accomplish while serving on our board?

As a board member, I want to actively involve myself in the consciousness raising, advocacy, and fundraising efforts -to shine light on the incredible work done by Heritage Place of Indianapolis.

What would you tell someone who is considering joining Heritage Place?

Don't let anything get in the way of joining this great organization. It's time well spent and you won't regret it.

Look what's "Cooking" at Heritage Place!

Heritage Place has been receiving recipes and cook book ideas from Members but there's just one thing missing..... Your favorite Recipes!

You may submit your recipes by bringing them in to the office. If you are interested in participating on the committee, please call us and we will share more information with you!

Don't delay! Hop on board today and see "what's cooking" next at Heritage Place!

WILLIAMS continued from page 1

Williams. Robbie is a highly respected and recognized Real Estate Agent, who just recently received the Distinguished Service Award from the Indiana State Association of REALTORS among many such honors.

We have two children, Mark and Marci and each has a daughter. Our son Mark and his family live in Dallas, TX and our daughter Marci and her family live on the West Side of Indy.

I learned to play Bridge many years ago. I started playing Party Bridge which is primarily for fun. Then I learned Duplicate Bridge which is played more seriously. I am a member of the ABA (American Bridge Association) and the ACBL (American Contract Bridge League). These are the primary organizers of memberships, tournaments, awarding and maintenance of records and master points. I have held membership in each group for over thirty years. Heritage Place has been Bridge Home for the ABA member clubs since the 1990s.

In the 1940s Bridge was second only in popularity to baseball, the National Pastime in America. Bridge was played in homes by couples and was extremely popular on college campuses. Even today, Bridge is played by such personalities as Bill Gates and Warren Buffett.

I have been a member if the Indianapolis Bridge Unit, a Chapter in the American Bridge Association (ABA)

since the 1970s. The ABA is comprised of Closed (Private) and Open Clubs. Closed Clubs play their games in private venues such as member's homes while Open Clubs (which are open to all persons to play) host their games of the at Heritage Place on Mondays and Fridays at twelve o'clock noon.

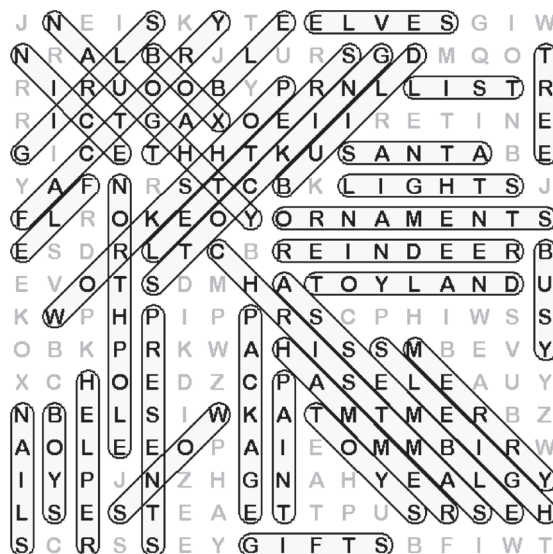
Heritage Place Senior Citizens Center offers many opportunities and activities for learning, personal, mental and physical improvement. In addition to being a participant in other classes I have been on the Heritage Place Board of Directors. My "Bride" Mrs. Williams assists by serving on various Committees.

In addition to playing bridge, I am a Certified Bridge Teacher. We, Cassandre Wallace a former Heritage Place Board Member and Yolanda Wallace teach a class "Learn n' Play Bridge" Tuesdays at 11:00 a.m. until 1:00 p.m. We have an eight Week Curriculum for Intermediate players and ten weeks for Beginners.

We've just concluded a Session on November 5th. We will resume January 8th 2020, the second Tuesday of the year at 11:00 a.m. The cost will be \$20.00 per participant for the Session paid in advance. Persons may choose to select classes based on their interest for \$5.00 per lesson.

Bridge is fun to play and easy to learn. We look forward to seeing you Tuesday, January 8th, 2020.

Answer key for puzzle on page 3



Trivia Bowl

Trivia Bowl was a huge success! A total of 17 teams participated with more than 154 players in fierce competition for the coveted first place trophy. Thanks to our food sponsor, FHL Bank Indianapolis, and the eighteen volunteers who helped with the event. Congratulations winners!



1st. Place winner "The Cagey R's"



2nd Place winner "Win or Booze"



3rd Place winner "We Thought This Was Speed Dating"



Team Midtown from Common Ground placed 7th at Trivia Bowl.



Best Team Name: "Drinkers Not Thinkers: Liver Let Die"



December 2019

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


MONDAY	TUESDAY	WEDNESDAY
<p>2</p> <p>10:00 Total Body – Chair Aerobics 11:00 Inspirational Studies 11:00 Nutrition Planning for the Holidays 12:00 Senior Urban Line Dance – Golden Line Dancers 12:00 Monday Open Bridge Club 3:20 Learn and Play Chess</p>	<p>3</p> <p>10:00 Balance and Stability 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 11:00 Learn and Play Bridge 12:00 Bingo Lunch sponsored by Golden Living 1:00 Piano Lessons (<i>see details, page 13</i>) 2:00 Silver Foxes Still Rock'n It Line Dance</p>	<p>4</p> <p>10:00 Total Body – Chair Aerobics 11:00 Sign Language 11:30 Spanish Class 11:30 SHIP – By Appointment Only</p>
<p>9</p> <p>10:00 Total Body – Chair Aerobics 11:00 Inspirational Studies 11:00 Nutrition Planning for the Holidays 12:00 Senior Urban Line Dance – Golden Line Dancers 12:00 Monday Open Bridge Club 3:20 Learn and Play Chess</p>	<p>10</p> <p>10:00 Balance and Stability 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 11:00 Learn and Play Bridge 12:00 Bingo Lunch hosted by Oasis at 30th Street and Humana 1:00 Piano Lessons (<i>see details, page 13</i>) 2:00 Silver Foxes Still Rock'n It Line Dance</p>	<p>11</p> <p>10:00 Total Body – Chair Aerobics 11:30 Spanish Class 11:30 SHIP – By Appointment Only 1:00 Overcoming Cellphone Phobia</p>
<p>16</p> <p>10:00 Total Body – Chair Aerobics 11:00 Inspirational Studies 11:00 Nutrition Planning for the Holidays 12:00 Senior Urban Line Dance – Golden Line Dancers 12:00 Monday Open Bridge Club 3:20 Learn and Play Chess</p>	<p>17</p> <p>10:00 Balance and Stability 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 11:00 Learn and Play Bridge 12:00 "The Price Is Right" hosted by Harrison Terrace 1:00 Piano Lessons (<i>see details, page 13</i>) 2:00 Silver Foxes Still Rock'n It Line Dance</p>	<p>18</p> <p>10:00 Total Body – Chair Aerobics 11:00 Sign Language 11:30 Spanish Class 11:30 SHIP – By Appointment Only 1:00 PWR Balance Moves Class</p>
<p>23</p> <p>Heritage Place Closed For the Holidays</p>	<p>24</p> <p>Heritage Place Closed For the Holidays</p>	<p>25</p> <p>Heritage Place Closed For the Holidays</p>
<p>30</p> <p>Heritage Place Closed For the Holidays</p>	<p>31</p> <p>Heritage Place Closed For the Holidays</p>	<p>1/1/2020</p> <p>Heritage Place Closed For the Holidays</p>

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EMAIL admin@heritageplaceindy.org



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Place Inc. on Facebook

THURSDAY		FRIDAY																												
5		6																												
10:00 Grocery Shuttle (must pre-register) 10:00 Balance and Stability 11:00 Ladies of the Dance Line Dance Class 12:00 Ladies of the Dance Line Dance Practice 12:30 SHIP – By Appointment Only 1:00 Scrabble Club 2:00 Belly Dancing Class		10:00 Chair Aerobics Classic 11:00 Knit, Loom Knit and Crochet for a Cause 11:00 Computer Class: Topics in Technology 11:00 Tai Chi EnerChi 12:00 Friday Open Bridge Club 12:30 SHIP – By Appointment Only 1:00 Sewing 1:00 Using the Internet																												
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26		27																												
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<div><div><div>December Birthdays of 2019 members</div></div><div><table><tr><td>Thomas Gibson 12/3</td><td>Norman Morford 12/12</td><td>Ginger Evans 12/23</td></tr><tr><td>Cora Hartwell 12/4</td><td>Mary Ellen Lohr 12/15</td><td>Juanita Gordon 12/25</td></tr><tr><td>Virginia McGowan . . . 12/5</td><td>Mary Coleman 12/16</td><td>Sonya Wilkins 12/25</td></tr><tr><td>Renee Jones 12/5</td><td>Carlotta Lanier 12/16</td><td>Margaret Adeniyi 12/26</td></tr><tr><td>Juliet Mathews Rent . . . 12/6</td><td>Joyce Patterson 12/16</td><td>Mary Harkness 12/29</td></tr><tr><td>Sammye Broline 12/11</td><td>Margaret Glenn 12/18</td><td>Curtis Strother 12/30</td></tr><tr><td>Dorothy Steward 12/11</td><td>Jacqueline Byrd 12/19</td><td>Sheila Shorts Tardy . . 12/30</td></tr><tr><td>Natha Houston 12/12</td><td>Cheri Shaffstall 12/19</td><td>Kathryn Lockett 12/31</td></tr><tr><td>JoAnn Mimms 12/12</td><td>Vicky Lauray 12/21</td><td></td></tr></table></div></div>				Thomas Gibson 12/3	Norman Morford 12/12	Ginger Evans 12/23	Cora Hartwell 12/4	Mary Ellen Lohr 12/15	Juanita Gordon 12/25	Virginia McGowan . . . 12/5	Mary Coleman 12/16	Sonya Wilkins 12/25	Renee Jones 12/5	Carlotta Lanier 12/16	Margaret Adeniyi 12/26	Juliet Mathews Rent . . . 12/6	Joyce Patterson 12/16	Mary Harkness 12/29	Sammye Broline 12/11	Margaret Glenn 12/18	Curtis Strother 12/30	Dorothy Steward 12/11	Jacqueline Byrd 12/19	Sheila Shorts Tardy . . 12/30	Natha Houston 12/12	Cheri Shaffstall 12/19	Kathryn Lockett 12/31	JoAnn Mimms 12/12	Vicky Lauray 12/21	
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2020 Membership

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: \$50.00 for 2020



Member Gloria Williams and her Family at the Pacer's Game

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 as they are available
 - Online communications and event reminders (Email address required)
 - Advance registration for Heritage Place outings
 - Invitation to Heritage Place Corporate Partner events

Cost: \$60.00 for 2020

**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.



To register, or for more information, contact Heritage Place

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Indianapolis, IN 46208**

CALL (317) 283-6662

**EMAIL admin@heritageplaceindy.org
www.heritageplaceindy.org**

**Visit us on Facebook
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Traditional Weekly Classes

Every week, members come to Heritage Place for their favorite classes. Center-based activities promote the physical, social and emotional wellbeing of adults who are 55 years of age and older. If you are a member, there might be a nominal instructor fee. If you are not a member and wish to attend classes, there is an instructor fee and a nominal Heritage Place fee of \$5 per class.

Arts & Crafts

Knit, Loom Knit and Crochet for a Cause

Fridays: 11 am to 1 pm

Group Leader: Madora Lewis

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, the Pacers 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 pm to 3 pm

Group Leader: Willa Rouse

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)

Center-based Fitness Programs

You've heard the saying "exercise is the best medicine," right?

Did you know that exercise can reduce your risk for conditions like heart disease, type 2 diabetes, obesity, dementia, osteoarthritis, cancer and even premature death! So why not join a fitness class now?

We now offer Silver Sneakers, Silver & Fit, Active & Fit, UHG's Renew Active and now PeerFit to our program benefits. If your insurance covers your participation under any of these programs, you may be eligible to have your classes paid for! See the Program Manager for more details.

Chair Aerobics

Mondays, Wednesdays and Fridays: 10 am to 11 am

Instructors: Colela Bouye and Joanie Belle

This very popular one-hour workout offers a solid low-impact cardiovascular workout, set to up-tempo music.

Whether you choose to sit or stand to work out, expect to increase your



stamina, muscle strength, endurance and flexibility. Fitness bands, small hand-held weights or any extra equipment may be used. Instruction can be tailored for adults with limited mobility or confined to a wheelchair.

Cost: There is a nominal class fee of \$1 per class or \$5 per month that may be paid for by your Medicare advantage or supplement insurance fitness program. Stop by the office for details.

\$5.00 for Non-Members

Balance and Stability

Tuesdays and Thursdays: 10 am to 11 am

Instructor: Joanie Belle

The final weeks of fall prevention exercises wraps up this month. Movements taught in class are designed to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants. A chair may be used for balance and support.

Cost: There is a nominal class fee of \$3 that may be paid for by your Medicare advantage or supplement insurance fitness program. Stop by the office for details.

\$5.00 for Non-Members

Mind and Body Senior Yoga

Tuesdays: 11 am to 12 noon

Instructor: Sarah Nemecek

This class gradually develops students' flexibility and strength through the practice of gentle yoga postures, both seated and standing. Some postures involve movement designed to limber up joints and exercise our muscles while others include still positions to gently stretch a particular set of muscles. Breathing and relaxation techniques are taught to help calm our minds both during and after our active practice. We recommend that students bring a yoga mat to stand on for stability. Standing postures can be performed free standing or while holding onto a chair for support. Students who are unable to stand can participate in postures with adaptations.

Cost: There is a nominal class fee of \$3 per lesson that may be paid for by your Medicare advantage or supplement insurance fitness program. Stop by the office for details.

\$5.00 for Non-Members

PWR Stability Moves

Wednesdays: 1 pm to 2 pm

Instructor: Samantha Purevich

This afternoon class will challenge you to use your brain and muscles in strength and movement building. This class is perfect for the night-owl and over-sleeper. Students who are unable to stand can use an adaptation chair or other mobility device.

New!

continued on next page

Cost: There is a nominal class fee of \$3 that may be paid for by your Medicare advantage or supplement insurance fitness program. Stop by the office for details.
\$5.00 for Non-Members

Tai Chi EnerChi

Fridays at 11 am to 12 noon

Instructor: Carolyn Meeker

This unique class is designed to help with movement while alleviating pain and stiffness often associated with arthritis and other joint conditions. A chair may be used for balance and support.

Cost: There is a nominal class fee of \$3 that may be paid for by your Medicare advantage or supplement insurance fitness program. Stop by the office for details.
\$5.00 for Non-Members

Line Dance Groups

Senior Urban Line Dance – Golden Line Dancers

Mondays: 12 noon to 1 pm

Lead by Shirley Ward

This senior urban line dance group is for both men and women. Learn the latest dances and participate in community performances at community events like the Indiana State Fair!

Cost: There is a nominal class fee that may be paid for by your Medicare advantage or supplement insurance fitness program. Stop by the office for details.
\$5.00 for Non-Members
(Modest fee for performance T-Shirts)

Ballroom Dancing

Check with office for dates and times

Instructor: Todd Travis

If you have always wanted to learn how to ballroom dance, now is your opportunity! Whether you are a beginner or have had training, this class will surely help you define and refine your skills. Register in the office or stop by for details.

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

Tuesdays: 2 pm to 4 pm

Instructor: Linda Oglesby

The Silver Foxes are still Rock'n It! Whether you are a beginner or more advanced in your skills, you can learn dance moves that will help with balance, coordination and memory. Opportunities are available to perform in the community at the Indiana State Fair and health fairs! Stop by the Heritage Place office to learn more!

Cost: There is a nominal class fee that may be paid for by your Medicare advantage or supplement insurance fitness program. Stop by the office for details.
\$5.00 for Non-Members
(Modest fee for performance T-Shirts)

Ladies of the Dance Line Dancing

Thursdays: 11 am to 12 noon

Instructor: Kathy Rucker

Learn the latest line dances set to popular music. Review and Prepare for community performances at the Indiana State Fair, Indiana Black Expo and other venues.

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

Ladies of the Dance Line Dancing

Thursdays: 12 noon to 1 pm

Practice Leader: Katie Davis

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

Belly Dancing Aerobics

Thursdays: 2 pm to 3 pm

Instructor: Judy Hanna

Want a more rigorous workout? Belly dancing offers the same level of aerobic activity that a standard aerobics class offers and builds upon coordination and memory skills. Once you learn all dance routines, you will be ready to perform at annual community events like the Indiana State Fair!

Cost: \$20 for six weeks for Members
\$50 for six weeks for Non-members

Computer Training

Presented by

IUPUI Computer and Information Technology

Overcoming Cell Phone Phobia

**Second and Fourth Wednesday of each month
1 pm**

Instructor: Nolan Taylor, PhD

Indiana University Kelley School of Business
Bring your cell phone and your questions!

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

Topics in Technology

Instructor: Sally Catlin

Fridays: 11 am to 12:30 pm

The IUPUI Technology Team leads hands-on learning using cell phones, e-readers, tablets or your own device. Topics include but are not limited to: current events, scams on the web, web security, social media (Facebook, Instagram, Twitter, Pinterest), job search tools, Google and G-mail, videos and games, health & technology. Laptops and a limited number of iPads, tablets and kindles are available. Bring your own device.

Pre-registration is required as space is limited.

Classes run for 11 weeks.

Cost: Free for Members
\$10 for Non-Members

Using the Internet

Instructor: Sally Catlin

Fridays: 1 pm to 2 pm

Explore the many ways to search and use the internet. Great personal hands-on learning for all technology levels.

Laptops and a limited number of iPads, tablets and kindles are available. Bring your own device.

Pre-registration is required as space is limited.

Classes run 11 weeks.

Cost: Free for Members
\$10 for Non-Members

Social and Enrichment Activities

Duplicate Bridge

The Indianapolis Bridge Unit is At Home at Heritage Place! Members of the American Bridge Association play duplicate bridge and earn points for national competitions. The more you play, the more you learn strategy and complex moves.

The benefits of playing include brain exercise that can delay the on-set of dementia, socializing with old friends, making new friends but most of all, it's a great way to have fun. All bridge levels are welcome! Bring a friend!

Cost: \$3 per game for Members
\$5 per game for Non-Members

Monday Open Bridge

12 noon to 3:30 pm

Group Leaders: Debbie Bouie, Lila Okolo, Yolanda Wallace, Cassandra Wallace and Duane Brolin

Learn & Play Bridge

Tuesdays: 11 am

Group Leader: Charles Williams and Cassandra Wallace

Friday Open Bridge

12 noon to 3:30 pm

Group Leaders: Debbie Bouie, Lila Okolo, Yolanda Wallace, Larry Cooke

Learn & Play Chess

Mondays: 3:20 pm

Learn the basics, strategy and details of playing Chess from Master Chess coach and math teacher Rev. Michael Gant.

Register on the Heritage Place bulletin board.

Cost: \$5 per class or \$15 for 4 weeks if you pre-register
\$10 per class for non-members

Good Grief Talks from the Heartland

Fourth Thursday of every month: 10 am to 11 am

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

Inspirational Studies

Mondays: 11 am to 12:30 pm

Group Leader: Pastor S.J. Murray

Join other spiritual-minded people for a friendly, balanced, non-denominational, and well-rounded group study.

Participants discuss God inspired biblical scriptures from the King James Bible and their relativity to everyday life and manifestation in real life experiences.

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

Piano Lessons

Tuesdays: 1 pm to 4 pm – every half hour

Beginner or advanced, Robbie Edwards will help develop your musical talent!

Cost: Members \$10 per half-hour lesson
Non-members \$15 per half-hour lesson
Book Cost: \$10
Keyboard Cost (not required): \$60

Scrabble

Thursdays: 1 pm to 4 pm

Club Leader: Carlotta Lanier

Do you enjoy crossword puzzles, word searches, do you watch the National Spelling Bee?

If you are a word-smith and want to learn new words and make new friends, this is your club!

Bring your favorite snack! All boards, score sheets, pens and reference materials are provided.

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

Spanish (El Club de la Tercera Edad)

Wednesdays: 11:30 am to 12:30 pm

Instructor: Dorian Pinner

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

Out to Lunch Group

Fourth Friday of each month

Group Coordinator: Hallie Head

Join this lively group of older adults as they select a different restaurant each month to enjoy great conversations, meeting new people and having fun! Register at Heritage Place office.

Tickets and Cultural Opportunities

Blue Members can enjoy free tickets for various events throughout the year. This year, Heritage Place has offered tickets to Dance Kaleidoscope, Civic Theatre, Indiana Pacers, Indiana Fever, Indianapolis Indians, Home Shows, the Indiana State Fair and more!

2019-20 Civic Theater Performances will include:

Thurs., Dec. 5, 2019	Elf The Musical
Thurs., Feb. 6, 2020	Much Ado About Nothing
Thurs., March 12, 2020	A Few Good Men (in the Studio Theater)
Thurs., April 23, 2020	Roald Dahl's Matilda
Mon., June 22, 2020	Frozen, Jr.
Wed., July 29, 2020	Saturday Night Fever*

*Presented by the Young Artists Program

Blue Members must register in the Heritage Place Office!
Doors open one half hour before show performance.

Center Services Daily, Weekly & Monthly

Blood Pressure and O2 Screenings

Third Thursday of the month, 2 pm

Presented by ASC American Village

Cost: Free for members

Book Lending Library

Available Monday through Friday, 9 am to 4 pm

A variety of books and magazines are donated throughout the year by neighbors, members and the Indiana State Library. Keep them, return them or add to our collection! We accept gently used books or magazines daily.

Bread, Sweets, Treats

Tuesdays & Thursdays

Delivered by Second Helpings after 2 pm

Second Helpings, as an ongoing partner, provided between July 2018 to June 2019, more than 2,436 pounds of food, an estimated value of \$4,555.32. Thank you Second Helpings for feeding our neighbors in need!

Cost: Free while items last



Corporate Partner Kiosk

Available Monday through Friday, 9 am to 4 pm

Partners provide valuable information and include IAAAA, ClearCaptions, Oasis at 56th and others. If you are interested in becoming a Corporate Partner, contact Edward Alexander at (317) 283-6662.

Foot Care with J. David Litsey, D.Pm

Call the office to make an appointment

Tuesdays 10:30 am to 3 pm

Treatment includes management of calluses, corns and toenails.

Cost: \$15.00 members

\$20.00 for non-members



Foot Care with Debbie Ryan, RN

One Thursday each month.

Call the office to make an appointment.

9 am to 4 pm

Cost: \$20.00 for members

\$25.00 for non-members



Need a Notary?

By appointment only. Call (317) 283-6662.

24-hour cancellation required.

Bring two pieces of I.D. and one with a photo showing your current address.

Cost: \$5.00 for members

\$8.00 for non-members

SHIP

Wednesdays, 11:30 am to 1:30 pm

Thursdays and Fridays 12:30 pm to 2:30 pm

SHIP counselors are available 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



Gary Anteplett



Wilma Kidd



Invest in Heritage Place

Since 1976, Heritage Place of Indianapolis has provided service and opportunities for older adult Hoosiers. Lifelong learning, personal independence and volunteer opportunities are just a few of the benefits offered to thousands of people over the last 43 years.

But we can't accomplish all this without you! Heritage Place keeps membership dues low while expenses continue to climb. Our goal is accessibility and participation for everyone. Your charitable gift will make that possible.

Donating to Heritage Place of Indianapolis, Inc. is an investment in your community! Consider making your tax-deductible gift today. Giving has never been easier. Simply mail your check (payable to Heritage Place of Indianapolis, Inc.) to the office address listed below or donate securely online at www.heritageplaceindy.org.

From all of us at Heritage Place of Indianapolis, we thank you for your continued generosity and support.



Sandy and our newest member playing Scrabble

Name _____ Date _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Donation amount

- ☐ \$1,500
- ☐ \$1,000
- ☐ \$500
- ☐ \$200
- ☐ \$50
- ☐ \$ _____

*Thank you
so much!*

☐ Gift by Check

Payable to Heritage Place of Indianapolis

☐ Gift by Credit Card

- ☐ monthly gift ☐ one-time gift
- ☐ MasterCard ☐ VISA ☐ Discover ☐ AMEX

Acct# _____

Exp. Date _____ 3-Digit Code _____

Heritage Place of Indianapolis, Inc.,

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Indianapolis, IN 46208

(317) 283-6662

admin@heritageplaceindy.org

Visit us at:

www.heritageplaceindy.org

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financial gifts are tax deductible to the
extent allowed by law.*

Invest in tomorrow. Include Heritage Place in your will, today.



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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.

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*"Great things never came
from a "comfort zone"*



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