



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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November 2019

Meet Members Mary Black and Martha Smith!

If it wasn't for the Red Line field trip, I would not have been able to spend more than 2 hours getting to know Mary Black and Martha Smith. Ironically, Mary and Martha met on a bus and found out they attended the same church and have been friends ever since.



It was more than 7 years ago that Mary Black saw the Ladies of the Dance at a community event. She was impressed by their precision and that she was inspired to try it herself. She was invited to Heritage Place to learn line dancing and has been here ever since. She "fell madly in love with the ladies" and it has challenged her to remain fit both mentally and physically.

Mary was born and raised in Indianapolis. She raised 2 sons, one daughter and has 5 grandchildren. Her life work began at Indiana Bell where she started as an operator. She worked her way up into marketing and after 15 years, she left Bell to work for Amtrak. She loved to explore the world and get paid to do it. She started as an onboard operator and worked her way into more than 5 different positions before she eventually retired after 22 years.

In her spare time, she is a family caregiver, attends bible studies, is a reading tutor and enjoys reading herself. Her favorite books are *The Secret Garden*, *To Kill a Mockingbird* and of course, *The Bible*.

Martha Smith likes to travel too. She was born in Terre Haute and came here for a job at the Army Finance Center in 1963. She met her husband at the Veterans Administration and has remained married for the last 28 years.

When Martha retired, she still wanted to do something so she went to work for Pike Township as a Bus Monitor. Martha loved a good challenge and as a bus monitor, her students challenged with the "you can't tell me" attitude everyday on the bus. Her reply was always, "There's only ONE woman on this bus and it's ME."

MEET continued on page 6 ➔

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TRIVIA BOWL THIS MONTH!

If you haven't pulled your team together for a friendly competition on Thursday, November 7th, 2019, it's not too late! Game starts at 6:00 pm and continues to 9:00 pm!

Dinner will be provided, wine & beer available for purchase. Win fun prizes!

We will be at St. Paul's Episcopal Church, 6050 North Meridian Street. You can play in your own team, join a team, play as an individual or be an event volunteer.

Register yourself or your team by calling Heritage Place at (317) 283-6662.



FROM THE OFFICE OF OUR EXECUTIVE DIRECTOR

We're Thankful!

Happy November! It's the time of the year when we're told to "give thanks." At Heritage Place of Indianapolis, we're thankful year round. Your HP Team is always very thankful for the many dedicated volunteers who, every day, really make things happen at 4550 N. Illinois Street.

From Board Members who give hours of time each month; committee members who help to determine programs, services, help plan all kinds of things for us, to the men and women you see every day actually sharing their talents to teach all the wonderful classes and programs we are so very proud of. Our Corporate Partners too, give us so much to be thankful for!

How about our community friends who offer tax preparation assistance, our medical colleagues who do various health screenings from time to time? All volunteers! Then we have the folks who come out in- force to clean out the HP flower beds and do wonderful work in SHarP Garden, not to mention work needed at the homes of some of our members. Priceless work that we are most thankful.

It's the time of year when we are focused on all the things we are thankful for. We have an abundance of wonderful people, organizations and businesses who never forget us, and for that, we are thankful.

Have a great month, and know that we are most thankful for you!

Edward Alexander, Executive Director



Save the Date

Trivia Bowl

Pull your team together on

Thursday, Nov. 7

and come play from

6:00-9:00 p.m. We will again be at St. Paul's Episcopal Church, 6050 N. Meridian Street. You can play in your own team, join a team, play as an individual or be an event volunteer. Just give us a call at Heritage Place (317) 283-6662.



Observances in November

Nov. 5 – Election Day

Nov. 11 – Veteran's Day

Nov. 14 – Celebrate Programs Day

Nov. 28 – Thanksgiving

Heritage Place Presents



Our Annual Holiday Celebration!

Wednesday, December 4, 2019

10 a.m. to 1 p.m.

Cost: \$15.00 per person

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

To purchase your tickets, stop by the office!

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

Dragon Boat Race

In September, the White River Alliance hosted their annual "Dragon Boat Race" fundraiser. In participation with our Corporate Partner, Plews Shadley Racher and Braun, Heritage Place was able to participate!

2019 Holiday Closure Dates

Thanksgiving

Thursday–Friday, November 28–29

Christmas/New Year's

Tuesday, December 24–Wednesday, January 1, 2020

Thanksgiving Day Word Search

By mycrosswordsearch.com, Crosswordhobbyist.com

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          B  G
            D  K
      C  S  D  U      Z  Z  S  H      Y  U  B
    P  I  L  G  R  I  M  S  X  P  P  P  O  D  G  M
  K  L  H  H  J  V  B  I  P  J  U  O  G  G  X  Z  C  M
  C  I  A  G  P  Y  Y  G  U  C  M  T  I  W  V  C  S  K
U  A  O  Y  B  Z  N  J  A  F  O  P  A  V  T  U  R  K  E  Y
X  P  S  R  P  Z  H  F  Y  B  L  K  T  C  F  O  A  E  D  B
S  P  T  I  N  S  B  T  Z  E  E  I  O  Y  R  T  N  H  X  P
D  L  D  D  P  B  D  K  B  E  S  N  E  E  L  X  B  O  T  A
W  E  J  E  D  R  R  O  Z  T  L  P  S  F  H  K  E  L  L  I
U  P  P  S  R  D  J  E  S  S  A  I  G  T  P  V  R  I  T  Q
N  I  Y  G  F  U  O  G  A  C  W  E  Y  D  M  O  R  V  K  O
  E  F  R  I  E  N  D  S  D  L  Z  D  W  U  P  I  E  X
  I  L  Z  G  O  E  Q  S  T  U  F  F  I  N  G  E  S  Q
    P  F  K  P  C  S  F  Q  F  A  M  I  L  Y  S  A
      S  W  E  E  T  P  O  T  A  T  O  E  S  P
        T  H  A  N  K  S  G  I  V  I  N  G
          J  V  A  J  W

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Word list:

Apple pie

Beets

Coleslaw

Cornbread

Cranberries

Family

Friends

Hay rides

Olives

Pilgrims

Potatoes

Pumpkin pie

Stuffing

Sweet potatoes

Thanks giving

Turkey

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.



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

SHIP

Attention Medicare beneficiaries! Open enrollment to change Medicare plans for 2020 is from October 15 through December 7. It is important to review your options each year as plans and options change from year to year. Counselors at Heritage Place can help income qualified individuals apply for Medicare Low-Income Subsidy programs including Medicare Savings and Extra Help. Schedule an appointment with a SHIP counselor by calling (317) 283-6662. Appointments are limited so call today!

SHarP Community Garden

The new super raised beds are installed! Thanks to a team of nine volunteers from Salesforce the old beds were removed, new beds assembled and installed, paths weeded and the garden spruced up.



Salesforce helps with our SHarP Garden



Our new SHarP Garden Vegetable Trugs

Home and Yard Services

The Marian University STARR Program volunteers are back with Heritage Place this fall. Through person-to-person service opportunities, STARR brings Marian University students to the greater Indianapolis community and the greater Indianapolis community to Marian students. Community service opportunities provide student leadership while they learn to value a life of service.

Northview Good Neighbor Weekend partnered with Heritage Place again this year. Each year, Northview sends their congregation out to volunteer with organizations to provide a weekend of community service. This is their way of putting feet to their faith.



Northview Good Neighbors painters pause for a photo op.



Northview Good Neighbors rake for Richard Wilson



Northview Good Neighbors

Brain games on your phone!

Want to play games on your phone? Did you know there are Free Brain Training Apps for Adults?

As you learn to use your phone and want to make use of your spare time, Parade magazine and Home Instead Senior Care shared with us a few brain games that you can download. They can be done alone or with other family members:

Lumosity: Over three billion games have been played by more than 85 million people

Created by more than 100 researchers from around the globe and launched in 2007, this was one of the first apps in the brain-training empire. They help older adults by providing exercises devised to improve five areas of cognitive function: problem-solving, memory, attention, speed and flexibility.

Peak: Short, intense workouts plus a virtual coach to track your progress

Try mini-games, which “push you hard with short, intense workouts.” These mental gymnastics help boost memory, problem-solving, concentration, language and more. Utilizing research from scientists from prestigious universities like Cambridge and Yale, Peak was rated by Google in 2016 as one of the best Android apps.

Elevate: iPhone’s best app of the year for 2014

Elevate can set adults up with daily entertaining-yet-challenging games to help build communication and analytical abilities. Their mini-games are geared toward strengthening focus, memory, reading comprehension and other cognitive skills.

Cognifit Brain Fitness: Brain games and more

What stands out in this app designed by neuroscientists are its specific programs to “stimulate or rehabilitate” brain function in people with conditions like dementia, Alzheimer’s, Parkinson’s, multiple sclerosis, brain injuries and more. If you thrive on social interaction (which also can help keep your brain healthy), you can challenge friends and see how you rank in real-time monitoring.

Mensa Brain Training: From the largest and oldest IQ society in the world

Perception, recall and logic are all parts of mental acuity, and Mensa-approved exercises help strengthen these and more. The games, which allow anyone to chart their progress over time, may not admit a player to Mensa’s high-IQ society, but you can test your mental savvy in a fun and challenging way. Their tailored training program developed by puzzle experts are designed to challenge memory, concentration, agility, perception and reasoning, and was rated as the number one entertainment app in 17 countries.

Have fun with your phone and keep your brain healthy, active and ready for the next mental challenge!

MEET continued from page 1

prised by how little the authorities in their lives would explain things so they could understand simple reasons why it was necessary to remain quiet on the bus. After 5 years, she retired and has spent much of her time traveling.

Martha now enjoys not having to get up in the morning to go to work and not having to drive all day. In her spare time, she sings in her church choir, belongs to "Clowes Hall for Women" and really enjoys coming to Heritage Place for Inspirational Studies. Both Mary and Martha agree that when you've had a bad day, you can go to Heritage Place for a "mood lift". "If you're not outgoing, you can get stuck in a "cubby hole" of your home. As you grow older, it becomes more important to get out, mingle with the world and have young people in your life to keep you going – they can teach you to use a cell phone!"



Left Over Turkey Casserole

Ingredients

- 2 Cups Diced Cooked Turkey or Chicken (cooked with celery, onion, carrot)
- 1 Can Cream of Chicken Soup
- 2 teaspoons Minced Onion
- 3/4 Cup Diced Celery
- 3/4 Cup Diced Carrots
- 1 Small Onion
- 1/2 teaspoon Salt
- 1/4 teaspoon Pepper
- 1 teaspoon Lemon Juice
- 3/4 Cup Mayonnaise
- 2 Hard Cooked Eggs, Sliced
- 2 Cups Potato Chips

Instructions

Mix all together. Place in a casserole dish and top with crushed potatoes chips (about 2 cups).

Bake in a 350 degree oven for 30 minutes.

Enjoy with friends from Heritage Place.

Look what's "Cooking" at Heritage Place!

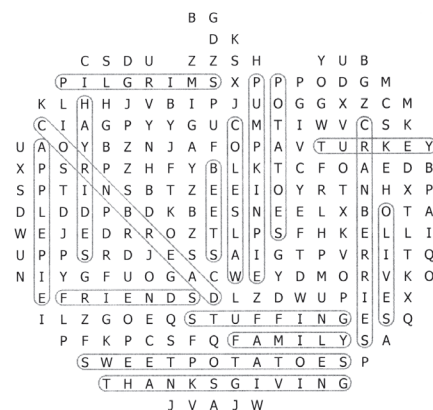
Heritage Place has been receiving recipes and cook book ideas from Members but there's just one thing missing.... THE COMMITTEE!

If you enjoy cooking and trying new recipies, there is an opportunity for you! Heritage Place needs your help to put together a "Heritage Place Cookbook!"

You may submit your recipes by bringing them in to the office. If you are interested in participating in the auxiliary, 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!

Answer key for Crossword on page 3



A Corporate Partner Spotlight!

Creekside Nursing and Rehabilitation Center

If you travel along 46th Street from Heritage Place to Binford Boulevard, you will see a nursing care facility situated on the North East corner. In September of 2017, Creekside Nursing and Rehab opened its doors as a long term nursing care and post-acute rehabilitation center for both in-patient and out-patient care. With 120 beds, patients can expect private rooms and amenities that aren't offered elsewhere. The facility is centrally located and easy to access from all sides of town.

More than 12 years ago, parent company TLC Management placed their trust in Shane Nevers, the Senior Administrator at Creekside. Offering a continuity of care in private rooms, state of the art technology and a consortium of trusted therapists are just a few of the key components that Nevers incorporated into their service offerings. "Patients deserve the best overall care possible" according to Nevers,

and it's why patients choose Creekside over other care facilities.

It seems that Creekside has thought of everything when it comes to state-of-the-art tools to help patients achieve therapy goals. With sophisticated and exclusive equipment, Creekside wants to be the first choice in care and a valued asset to the community. Jinitronix is an interactive biofeedback program for strength, balance and safety awareness. Aspire is an electrical stimulation used by speech therapist to help improve swallowing. Biodex is used for high-level dynamic balance. Juvent is a micro-impact platform used for various therapies. Nevers invites our neighbors to stop in and see what they have to offer, "No appointment needed."

In addition to their technical staples, Creekside Nursing and Rehab now offers a Heart Failure program for patients with a history of Chronic Heart Failure (CHF). The aim is to help with

self-education, home management, and to prevent multiple admissions to the hospital. Three (3) warning signs that indicate heart failure are: Weight gain of 2-3 pounds in one day, increased swelling in feet and ankles or abdomen and sudden decrease in urination. If you have concerns about your heart health, call your doctor to make an appointment to prevent further decline.

The Mission of Creekside is to help patients reach and maintain their highest level of self-care and independence. Their team is extremely dedicated to improving every aspect of patient health so they can return to a productive and active lifestyle. Heritage Place is thankful for organizations like Creekside who share their mission and ongoing support of the community we serve. Thank you Creekside Nursing and Rehab for your partnership!

This and That...

Special Thanks goes out to **Oasis at 56th Street** for sponsoring the Heritage Place newsletter!

On Monday, November 4 at 2 pm, enjoy a **MOVIE DAY!** Popcorn and refreshments will be provided.

NEW Fitness Class, PWR Balance Moves every Wednesday at 1 pm. If you don't like getting up early, this class is for you! Samantha Purevich will lead the group in strength training that will help the body and brain with balance and quick recovery. Register on the hallway bulletin board!

Thursday, November 21 at 1 pm, come learn about **Medicare Changes and Updates for 2020**. Hosted by Vicky Lauray.

NEW Memoir Enrichment Class! Are you interested in writing your memoir or sharing your family stories? Starting January 8 at 2 pm, Carol Evans Conley will lead us in how to write a solid memoir that can be shared with generations to come. Stop by and register on the Heritage Place bulletin board!

There is a time when all good things may come to an end. November 20th will be our **final Genealogy Studies class with Rick France**. Rick is moving from town and will no longer be available to teach. We are sourcing another instructor and more information is forthcoming. Please wish Rick a fine farewell and special thanks for all that he has done to invest in your Heritage Place and ours.





November 2019

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

MONDAY		TUESDAY		WEDNESDAY			
<div></div> <div>November Birthdays of 2019 members</div>		Sandra Anderson 11/4 Claudia Chavis 11/5 Vernita Penn. 11/6 Ruth Ann Hankins 11/7 Cassandre Wallace 11/9 Edwin Morris 11/10 Margaret Francis 11/11 Mary Peck 11/11		Patricia Sharpe 11/11 Teresa Knox 11/17 Carol Killen 11/18 Carol Kocher 11/18 Ruth Ann Wright 11/18 Ed Alley 11/19 Colela Bouye' 11/20 Patricia Scates 11/20		Richie McCombs 11/21 Regan Mosher-Rudolf . 11/21 Amanda Strong 11/22 Ann Varnau 11/25 Joan Voorhies 11/25 Dr. Scott Bruins 11/26 Gloria Williams 11/29 Deborah Bouie 11/30	
4		5		6			
10:00 Total Body – Chair Aerobics 11:00 Inspirational Studies 12:00 Senior Urban Line Dance – Golden Line Dancers 12:00 Monday Open Bridge Club 1:15 Nutrition Planning for the Holidays 2:00 MOVIE DAY by Vicky Lauray 3:20 Learn and Play Chess		10:00 Fall Prevention Program 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 (see details, page 13) 1:00 SHIP – By Appointment Only 2:00 Silver Foxes Still Rock'n It Line Dance		10:00 Total Body – Chair Aerobics 11:00 Sign Language 11:30 Spanish Class 11:30 SHIP – By Appointment Only 1:00 Overcoming Cellphone Phobia			
11		12		13			
10:00 Total Body – Chair Aerobics 11:00 Inspirational Studies 12:00 Senior Urban Line Dance – Golden Line Dancers 12:00 Monday Open Bridge Club 1:15 Nutrition Planning for the Holidays 3:20 Learn and Play Chess		10:00 Fall Prevention Program 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 Oak Street Health and Humana 1:00 Piano Lessons (see details, page 13) 1:00 SHIP – By Appointment Only 2:00 Silver Foxes Still Rock'n It Line Dance		10:00 Total Body – Chair Aerobics 11:30 Spanish Class 11:30 SHIP – By Appointment Only 1:00 PWR Balance Moves Class			
18		19		20			
10:00 Total Body – Chair Aerobics 11:00 Inspirational Studies 12:00 Senior Urban Line Dance – Golden Line Dancers 12:00 Monday Open Bridge Club 1:15 Nutrition Planning for the Holidays 3:20 Learn and Play Chess		10:00 Fall Prevention Program 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 PRICE IS RIGHT by Harrison Terrace 1:00 Piano Lessons (see details, page 13) 1:00 SHIP – By Appointment Only 2:00 Silver Foxes Still Rock'n It Line Dance		10:00 Total Body – Chair Aerobics 10:00 FINAL Genealogy Studies Class 11:00 Sign Language 11:30 Spanish Class 11:30 SHIP – By Appointment Only 1:00 PWR Balance Moves Class			
25		26		27			
10:00 Total Body – Chair Aerobics 11:00 Inspirational Studies 12:00 Senior Urban Line Dance – Golden Line Dancers 12:00 Monday Open Bridge Club 3:20 Learn and Play Chess		10:00 Fall Prevention Program 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 by Oak Street Health 1:00 Piano Lessons (see details, page 13) 1:00 SHIP – By Appointment Only 2:00 Silver Foxes Still Rock'n It Line Dance		10:00 Total Body – Chair Aerobics 11:30 Spanish Class 11:30 SHIP – By Appointment Only 1:00 PWR Balance Moves Class			

STOP BY THE OFFICE
4550 North Illinois Street
Indianapolis, IN 46208

CALL (317) 283-6662
EMAIL admin@heritageplaceindy.org



"Like" Heritage
Place Inc. on Facebook

THURSDAY		FRIDAY	
Save the Date! Trivia Bowl Thursday, November 7 6 to 9 p.m. St. Paul's Episcopal Church 6050 N. Meridian Street. Call (317) 283-6662 to register your team.			
		1 10:00 Fall Prevention Program 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 1:00 Sewing 1:00 Using the Internet	
7 10:00 Grocery Shuttle (must pre-register) 10:00 Fall Prevention Program 10:00 Senior Companion In-Service 11:00 Ladies of the Dance Line Dance Class 12:00 Ladies of the Dance Line Dance Practice 1:00 SHIP – By Appointment Only 1:00 Scrabble Club 2:00 Belly Dancing Class		8 10:00 Fall Prevention Program 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 1:00 Sewing 1:00 Using the Internet	
14 9:00 Foot Care with Deb Ryan, RN 10:00 Fall Prevention Program 11:00 Ladies of the Dance Line Dance Class 12:00 Ladies of the Dance Line Dance Practice 1:00 SHIP – By Appointment Only 1:00 Scrabble Club 2:00 Belly Dancing Class		15 10:00 Fall Prevention Program 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 1:00 Sewing 1:00 Using the Internet	
21 10:00 Fall Prevention Program 10:00 Good Grief Talks from the Heartland 11:00 Ladies of the Dance Line Dance Class 12:00 Ladies of the Dance Line Dance Practice 1:00 Medicare Changes & Updates 1:00 SHIP – By Appointment Only 1:00 Scrabble Club 2:00 Belly Dancing Class		22 10:00 Fall Prevention Program 11:00 Out to Lunch Group 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 1:00 Sewing 1:00 Using the Internet	
28 Heritage Place Closed Happy Thanksgiving		29 Heritage Place Closed Enjoy the holiday!	

2019 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 2019-2020



Bingo Lunch with Will from Oak Street Health

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 2019-2020

**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

**STOP BY THE OFFICE
4550 North Illinois Street
Indianapolis, IN 46208**

CALL (317) 283-6662

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

**Visit us on Facebook
HeritagePlaceIndy**

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

Fall Prevention Program

Tuesdays, Thursdays and Fridays: 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

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

Genealogy Studies Group

FINAL Wednesday with Rick France

10 am to 11 am

Discover your family history for yourself and generations to

come! Imagine the new things you might learn about your past! The Heritage Place Genealogy Studies Group learns research techniques, tips for how to document the facts, and getting it written down.

Cost: Free for Members
\$5.00 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. 6, 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



Legal Assistance

Need Legal Advice? Assistance for Wills & Estate Planning?

Offered by Neighborhood Christian Legal Clinic

Call the office for an appointment (317) 283-6662.

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

Tuesdays and Thursdays, 1 pm to 3 pm

Wednesdays, 11:30 to 1:30 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 Antelept



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.



Members and HP Staff take a RED LINE field trip.

Name _____ Date _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Donation amount

☐ \$1,500

☐ \$1,000

☐ \$500

☐ \$200

☐ \$50

☐ \$ _____

*Thank you
so much!*

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Exp. Date _____ 3-Digit Code _____

Heritage Place of Indianapolis, Inc.,

4550 North Illinois Street

Indianapolis, IN 46208

(317) 283-6662

admin@heritageplaceindy.org

Visit us at:

www.heritageplaceindy.org

*Heritage Place of Indianapolis, Inc. is
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financial gifts are tax deductible to the
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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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*"Gratitude can transform common
days into thanksgivings, turn
routine jobs into joy, and change
ordinary opportunities
into blessings."*

– William Arthur Ward



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you're supporting us.**