



# The Informer

February 2020  
Volume 44 | No. 2

Monthly News for Heritage Place Members

www.heritageplaceindy.org

## The Month of Love

Happy February from Heritage Place!

February is traditionally the month of love, and here at Heritage Place, we absolutely love our volunteers! At "HP," volunteers come in many forms ... board members, committee members, instructors, office staff support, special event workers, home and lawn care workers, SHarP Garden care. Volunteers are truly the strength of our organization.

February is Volunteer Recruitment Month. If you have ever thought about volunteering at Heritage Place, now is the time!

If you have the desire to spend a few hours with a remarkable group of men and women who are our membership, let us know! Do you have an interest in leading a class or working on one of our many special events? We want to hear from you! Think about what you might like to do, then stop in or give us a call. A formal Volunteer Orientation will be held in early March, giving you all the information about our volunteer needs and the opportunities now available for involvement. You'll hear from some of our "seasoned" volunteers about their experiences and learn about the rich history of Heritage Place of Indianapolis

Celebrate the month of love with Heritage Place of Indianapolis, and thank you for all your support.

**Ed Alexander, Executive Director**



## Upcoming Highlights

### Overcoming Cell Phone Phobia

Is your smartphone smarter than you? Not really. You might just think it is smarter. Learn to use your cell phone and take advantage of all the features it offers. Nolan Taylor will guide you on the 1st & 3rd Tuesdays of the month from 10:00-11:00 a.m. starting **February 4**. Sign up or show up! Free.

### Dance & Sip Event

Zumba event to benefit Heritage Place of Indianapolis

- Saturday, **March 7** from 10:00-11:00 a.m.
- Centerpoint Brewing Company
- 1125 E. Brookside Ave., Ste. 2B 46202
- \$15 per person includes your first beer or non-alcoholic beverage and Zumba.

Register on Eventbrite at [eventbrite.com/e/dance-and-sip-tickets-86406362757](https://www.eventbrite.com/e/dance-and-sip-tickets-86406362757)

## Memberships at Heritage Place

Your membership is good for one year at Heritage Place. If you are not certain when to renew, simply ask us. New and renewal membership costs for 2020 remain at **\$50.00 for Green** and **\$60.00 for Blue**. Blue membership offers a few added perks and opportunities to access tickets (2 per person, per event) for performances, sporting and community events as available, and on a first-come first-served basis. Blue Membership offers Heritage Place corporate partner events and advance registration for Heritage Place outings. Stop by the office or apply and pay online through our website. We accept cash, checks payable to Heritage Place or MasterCard, VISA and Discover.

## VITA Tax Preparation

Free tax preparation for qualifying households.

In-person appointments are available Wednesdays and Thursdays from **January 30 through April 9** from 10:00 a.m.-2:30 p.m. Call (317) 283-6662 to schedule. Drop-off service on Tuesdays between the hours of 10:00 a.m.-12:00 p.m. from **February 4 through April 7**. You do not need an appointment for drop off, but you will need to check in with a tax preparer. Heritage Place staff will not accept drop offs. Be sure you have hard copies of all of your documents whether it is in-person or drop off. Documents on mobile devices will not be accepted and printing of your documents from your mobile devices is not available on site.

## Butler University "The Power of Everyday Stories"

Don't miss the chance to tell your story and work with students to explore the power of stories. This is a unique opportunity to have your personalized story captured and produced in hard copy and digital format by students for you to have to pass down to your families. Sign up for one of two kick-off dates on Tuesday, **February 18** from 10:00-10:30 a.m. or Thursday, **February 20** from 1:30-2:00 p.m. The final wrap up will be Tuesday, **April 21** at 10:00 a.m. or Thursday, **April 23** at 1:30 p.m. Sign up on the board at Heritage Place or call us for more details. Free.



# February 2020

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

MONDAY	TUESDAY	WEDNESDAY
<b>3</b>	<b>4</b>	<b>5</b>
<b>10:00</b> Total Body – Chair Aerobics <b>11:00</b> Inspirational Studies <b>12:00</b> Senior Urban Line Dance – Golden Line Dancers <b>12:00</b> Monday Open Bridge Club <b>3:00</b> Learn and Play Chess	<b>10:00</b> Balance and Stability <b>10:00</b> Overcoming Cell Phone Phobia <b>10:30</b> Healthy Feet – Foot Care with Dr. Litsey <b>11:00</b> Learn N’ Play Bridge <b>11:30</b> Mind and Body – Senior Yoga Class <b>1:00</b> Piano Lessons <b>2:00</b> Silver Foxes Still Rock’n It Line Dance	<b>10:00</b> Total Body – Chair Aerobics <b>11:00</b> Sign Language <b>11:30</b> Spanish Class <b>11:30</b> SHIP – By Appointment Only <b>1:00</b> Power Balance Moves <b>2:00</b> Memoir Writing Class
<b>10</b>	<b>11</b>	<b>12</b>
<b>10:00</b> Total Body – Chair Aerobics <b>11:00</b> Inspirational Studies <b>12:00</b> Senior Urban Line Dance – Golden Line Dancers <b>12:00</b> Monday Open Bridge Club <b>3:00</b> Learn and Play Chess	<b>10:00</b> Balance and Stability <b>10:30</b> Healthy Feet – Foot Care with Dr. Litsey <b>11:00</b> Learn N’ Play Bridge <b>11:30</b> Mind and Body – Senior Yoga Class <b>1:00</b> Piano Lessons <b>2:00</b> Silver Foxes Still Rock’n It Line Dance	<b>10:00</b> Total Body – Chair Aerobics <b>11:30</b> Spanish Class <b>11:30</b> SHIP – By Appointment Only <b>1:00</b> Power Balance Moves
<b>17</b>	<b>18</b>	<b>19</b>
<b>Heritage Place Closed</b>	<b>10:00</b> Balance and Stability <b>10:00</b> Overcoming Cell Phone Phobia <b>10:30</b> Healthy Feet – Foot Care with Dr. Litsey <b>11:00</b> Mind and Body – Senior Yoga Class <b>11:00</b> Learn N’ Play Bridge <b>1:00</b> Piano Lessons <b>2:00</b> Silver Foxes Still Rock’n It Line Dance	<b>10:00</b> Total Body – Chair Aerobics <b>10:00</b> Genealogy Studies <b>11:00</b> Sign Language <b>11:30</b> Spanish Class <b>11:30</b> SHIP – By Appointment Only <b>12:00</b> Bingo by Brookview Golden Living <b>1:00</b> Power Balance Moves
<b>24</b>	<b>25</b>	<b>26</b>
<b>10:00</b> Total Body – Chair Aerobics <b>11:00</b> Inspirational Studies <b>12:00</b> Senior Urban Line Dance – Golden Line Dancers <b>12:00</b> Monday Open Bridge Club <b>3:00</b> Learn and Play Chess	<b>10:00</b> Balance and Stability <b>10:30</b> Healthy Feet – Foot Care with Dr. Litsey <b>11:00</b> Mind and Body – Senior Yoga Class <b>11:00</b> Learn N’ Play Bridge <b>1:00</b> Piano Lessons <b>2:00</b> Silver Foxes Still Rock’n It Line Dance	<b>10:00</b> Total Body – Chair Aerobics <b>11:30</b> Spanish Class <b>11:30</b> SHIP – By Appointment Only <b>1:00</b> Power Balance Moves

## Memoir Writing Workshop

It is not too late to sign up for the Memoir Writing Workshop series which runs the first Wednesday of the month through June from 2:00-3:00 p.m. It is free for members and \$10.00 for non-members. Member, Carol Evans Conley, experienced and published writer, instructor.

## Welcome Interns

Please help us welcome our spring interns Molly Taylor and Kurtis Bowling. Molly is an Adult-Gerontology Nurse Practitioner student from Vanderbilt University and Kurtis is studying Exercise Science at the University of Indianapolis.

STOP BY THE OFFICE  
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**Indianapolis, IN 46208**

CALL (317) 283-6662  
 EMAIL [admin@heritageplaceindy.org](mailto:admin@heritageplaceindy.org)



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THURSDAY		FRIDAY	
<b>6</b>	<b>10:00</b> Grocery Shuttle (must pre-register) <b>10:00</b> Balance and Stability <b>11:00</b> Ladies of the Dance Line Dance Class <b>12:00</b> Ladies of the Dance Line Dance Practice <b>12:30</b> SHIP – By Appointment Only <b>1:00</b> Scrabble Club <b>2:00</b> Belly Dancing Class	<b>7</b>	<b>10:00</b> Chair Aerobics Classic <b>11:00</b> Knit, Loom Knit and Crochet for a Cause <b>11:00</b> Tai Chi EnerChi <b>11:00</b> Using Mobile Devices <b>12:00</b> Friday Open Bridge Club <b>12:30</b> SHIP – By Appointment Only <b>1:00</b> Sewing <b>1:00</b> Using Electronic Devices
<b>13</b>	<b>10:00</b> Balance and Stability <b>11:00</b> Ladies of the Dance Line Dance Class <b>12:00</b> Ladies of the Dance Line Dance Practice <b>12:30</b> SHIP – By Appointment Only <b>1:00</b> Scrabble Club <b>2:00</b> Belly Dancing Class	<b>14</b>	<b>10:00</b> Chair Aerobics Classic <b>11:00</b> Knit, Loom Knit and Crochet for a Cause <b>11:00</b> Tai Chi EnerChi <b>11:00</b> Using Mobile Devices <b>12:00</b> Friday Open Bridge Club <b>12:30</b> SHIP – By Appointment Only <b>1:00</b> Sewing <b>1:00</b> Using Electronic Devices
<b>20</b>	<b>10:00</b> Grocery Shuttle (must pre-register) <b>10:00</b> Balance and Stability <b>11:00</b> Ladies of the Dance Line Dance Class <b>12:00</b> Ladies of the Dance Line Dance Practice <b>12:30</b> SHIP – By Appointment Only <b>1:00</b> Scrabble Club <b>2:00</b> Belly Dancing Class	<b>21</b>	<b>10:00</b> Chair Aerobics Classic <b>11:00</b> Knit, Loom Knit and Crochet for a Cause <b>11:00</b> Tai Chi EnerChi <b>11:00</b> Using Mobile Devices <b>12:00</b> Friday Open Bridge Club <b>12:30</b> SHIP – By Appointment Only <b>1:00</b> Sewing <b>1:00</b> Using Electronic Devices
<b>27</b>	<b>9:00</b> Foot Care with Deb Ryan, RN <b>10:00</b> Balance and Stability <b>11:00</b> Ladies of the Dance Line Dance Class <b>12:00</b> Ladies of the Dance Line Dance Practice <b>12:30</b> SHIP – By Appointment Only <b>1:00</b> Scrabble Club <b>2:00</b> Belly Dancing Class	<b>28</b>	<b>10:00</b> Chair Aerobics Classic <b>11:00</b> Knit, Loom Knit and Crochet for a Cause <b>11:00</b> Using Mobile Devices <b>11:00</b> Tai Chi EnerChi <b>11:00</b> Out to Lunch Group <b>12:00</b> Friday Open Bridge Club <b>12:30</b> SHIP – By Appointment Only <b>1:00</b> Sewing <b>1:00</b> Using Electronic Devices



**HERITAGE PLACE**  
of Indianapolis, Inc.  
4550 N. Illinois St.  
Indianapolis, IN 46208

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## OCCUPANT OR

*The Informer* is a monthly publication of Heritage Place of Indianapolis, Inc.

### **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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### **Doors open 9 am to 4 pm Monday – Friday**

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## **Weather Closings & Delays**

Heritage Place closings and delays for inclement weather will be submitted to the following news stations:

WISH-TV 8	WTTV-CBS 4
MyINDY-TV 23	WTHR 13
Fox 59	WRTV-TV 6

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