



The Informer

January 2020
Volume 44 | No. 1

Monthly News for Heritage Place Members

www.heritageplaceindy.org

Happy New Year!

Here at Heritage Place, we're starting the new year with a few changes! As you can see as you read this, we have a new look for *The Informer*. We've made a format that is easier to read, and gives us the opportunity to expand the calendar portion if needed. You will see fewer pages each month, but you can expect an expanded version 4 times during the 12-month year! We also hope to have the occasional contributor who will write about relevant local issues important for all of us over 55 years. Watch in the coming weeks for other popular as well as new programs planned for the new year. Many of you have asked, and yes, VITA Tax Assistance will be returning to Heritage Place with expanded hours of operation. Stay tuned! Happy New Year, and thank you for your support of Heritage Place of Indianapolis. We look forward to hearing from each of you!



Ed Alexander, Executive Director

Welcome Larry Parks

Larry will be working as an assistant in the program office as a Goodwill Senior Community Service Employment Program (SCSEP) trainee. Larry was born in Marion County Indiana and graduated from Crispus Attucks High School and attended Ivy Tech. Larry has worked for Indiana Bell, Imperial Packaging and Voluntary Services at the Veterans Administration Hospital. He is excited to be learning new skills at Heritage Place and enjoys giving to and helping people in different ways. Please welcome Larry.



of soul searching, Anne and Mike decided to take their two babies and immigrate to America and she has lived in Indianapolis since.

Anne and Mike had a lot to learn about America and a culture that was very different from Ireland, like Thanksgiving and what to serve for dinner. They were surprised by the St. Patrick's Day celebrations as that was a holy day in Ireland and all the pubs were closed. Anne and Mike had five more children who were born in America. The Traynors became U.S. citizens in 1965. It was a very proud day for both of them!

In the mid-70's, Anne decided to enter the real estate field and sold houses for the next 20 years and worked for the Appraisal Institute before retiring in 2007. She met a lot of wonderful people and would knit sweaters, booties and caps for her young clients' babies.

Anne started coming to Heritage Place after her exercise class at St Vincent's Hospital was cancelled and one of the ladies invited her to a workout class here. She gets her energy from people and keeps herself busy as an active member of Kiwanis, St. Paul's Episcopal Church and Heritage Place.

Meet Anne Traynor

Anne was born and raised in Dublin, Ireland. She married Michael, also a native of Ireland, in 1955. Times were tough in Dublin and jobs were hard to come by. After a lot



Upcoming Highlights

Memoir Writing Workshop

January 8 at 2:00 p.m.

How do you capture and preserve your memories for your descendants? It is important that they know your time and place in history. Come to this creative writing class for beginners, given by Carol Evans Conley. Bring paper and writing pens to this friendly, easy and interactive class.

VITA Tax Preparation

Free tax preparation for qualifying households.

Call (317) 283-6662 to schedule an appointment starting February 13.

Tuesday Only-Drop off from 10:00 a.m.-12:00 p.m. Drop offs will NOT be accepted outside of posted time or any other days. Drop offs start on January 28 and end April 7.

Wednesdays and Thursdays by appointment only-10:00 a.m.-2:30 p.m. Appointments start on January 29 and end on April 9.

Gardening

This is a perfect time to start thinking about planning your garden whether it is vegetables, flowers or both.



Look for upcoming classes and gardening club opportunities starting in February.



January 2020

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

MONDAY	TUESDAY	WEDNESDAY
<p>Check out the PWR Balance Moves class on Wednesdays</p> <p>The Power Balance Moves class is directed toward those with Parkinson's disease but the class can help ALL individuals who suffer from poor balance, instability, and other health issues and want to improve their overall health. Samantha will work to help improve your mind and body through range of motion exercises, specialized music, and cognitive exercises during every class!</p>		<p>1</p> <p>Heritage Place Closed</p>
<p>6</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</p>	<p>7</p> <p>10:00 Balance and Stability 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:30 Mind and Body – Senior Yoga Class 12:00 Bingo Lunch hosted by Oasis at 30th Street and Humana 1:00 Piano Lessons 2:00 Silver Foxes Still Rock'n It Line Dance</p>	<p>8</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 2:00 Memoir Writing Class</p>
<p>13</p> <p>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 3:00 Learn and Play Chess</p>	<p>14</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 1:00 Piano Lessons 2:00 Silver Foxes Still Rock'n It Line Dance</p>	<p>15</p> <p>10:00 Total Body – Chair Aerobics 10:00 Genealogy Studies 11:30 Spanish Class 11:30 SHIP – By Appointment Only 1:00 PWR Balance Moves Class</p>
<p>20</p> <p>Heritage Place Closed</p>	<p>21</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 1:00 Piano Lessons 2:00 Silver Foxes Still Rock'n It Line Dance</p>	<p>22</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>
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 EMAIL admin@heritageplaceindy.org



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THURSDAY	FRIDAY
2	3
<p>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</p>	<p>10:00 Chair Aerobics Classic 12:00 Friday Open Bridge Club 12:30 SHIP – By Appointment Only 1:00 Sewing</p>
9	10
<p>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</p>	<p>10:00 Chair Aerobics Classic 11:00 Knit, Loom Knit and Crochet for a Cause 11:00 Tai Chi EnerChi 12:00 Friday Open Bridge Club 12:30 SHIP – By Appointment Only 1:00 Sewing</p>
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23	24
<p>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 Foot Care with Deb Ryan, RN 1:00 Scrabble Club 2:00 Belly Dancing Class</p>	<p>10:00 Chair Aerobics Classic 11:00 Knit, Loom Knit and Crochet for a Cause 11:00 Using Mobile Devices 11:00 Tai Chi EnerChi 12:00 Friday Open Bridge Club 12:30 SHIP – By Appointment Only 1:00 Sewing 1:00 Using Electronic Devices</p>
30	31
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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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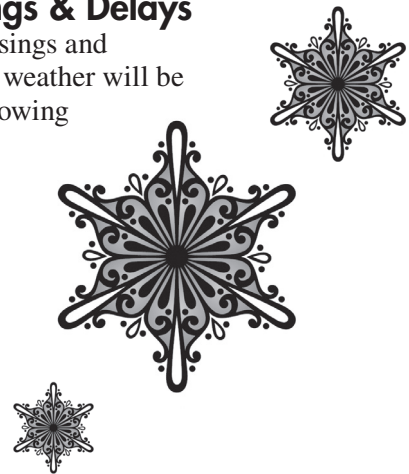
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Weather Closings & Delays

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

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



Printing of the Heritage Place of Indianapolis, Inc. newsletter, underwritten by our friends at Oasis At 56th.



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you're supporting us.**