



March 2020

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 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 10:00 Balance and Stability 10:00 Overcoming Cell Phone Phobia 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Learn N' Play Bridge 11:00 Mind and Body – Senior Yoga Class 1:00 Piano Lessons 2:00 Silver Foxes Still Rock'n It Line Dance	4 10:00 Total Body – Chair Aerobics 11:15 3 Mantras Fitness Program 11:30 Spanish Class 11:30 SHIP – By Appointment Only 2:00 Memoir Writing Class (Registration closed)	5 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 1:00 Scrabble Club 2:00 Belly Dancing Class	6 10:00 Chair Aerobics Classic 10:00 Sign Language Online & Practice 11:00 Knit, Loom Knit and Crochet for a Cause 11:00 Tai Chi EnerChi 11:00 Using Mobile Devices 12:00 Friday Open Bridge Club 12:30 SHIP – By Appointment Only 1:00 Sewing 1:00 Using Electronic Devices
9 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	10 10:00 Balance and Stability 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Learn N' Play Bridge 11:00 Mind and Body – Senior Yoga Class 1:00 Piano Lessons 2:00 Silver Foxes Still Rock'n It Line Dance	11 10:00 Total Body – Chair Aerobics 11:15 3 Mantras Fitness Program 11:30 Spanish Class 11:30 SHIP – By Appointment Only 12:00 Bingo Lunch by Oasis at 30th Street 1:00 Vegetable Gardening Class	12 10:00 Balance and Stability 11:00 Ladies of the Dance Line Dance Class 12:00 Ladies of the Dance Line Dance Practice 1:00 Scrabble Club 2:00 Belly Dancing Class	13 10:00 Chair Aerobics Classic 10:00 Sign Language Online & Practice 11:00 Knit, Loom Knit and Crochet for a Cause 11:00 Tai Chi EnerChi 11:00 Using Mobile Devices 12:00 Friday Open Bridge Club 12:30 SHIP – By Appointment Only 1:00 Sewing 1:00 Using Electronic Devices
16 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	17 10:00 Balance and Stability 10:00 Overcoming Cell Phone Phobia 10:30 Healthy Feet – Foot Care with Dr. Litsey 11:00 Mind and Body – Senior Yoga Class 11:00 Learn N' Play Bridge 1:00 Piano Lessons 2:00 Silver Foxes Still Rock'n It Line Dance	18 10:00 Total Body – Chair Aerobics 10:00 Genealogy Studies 11:15 3 Mantras Fitness Program 11:30 Spanish Class 11:30 SHIP – By Appointment Only	19 9:00 Foot Care with Deb Ryan, RN 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 1:00 Scrabble Club 2:00 Belly Dancing Class	20 10:00 Chair Aerobics Classic 10:00 Sign Language Online & Practice 11:00 Knit, Loom Knit and Crochet for a Cause 11:00 Tai Chi EnerChi 11:00 Using Mobile Devices 12:00 Friday Open Bridge Club 12:30 SHIP – By Appointment Only 1:00 Sewing 1:00 Using Electronic Devices
23 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	24 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 N' Play Bridge 1:00 Piano Lessons 2:00 Silver Foxes Still Rock'n It Line Dance	25 10:00 Total Body – Chair Aerobics 11:15 3 Mantras Fitness Program 11:30 Spanish Class 11:30 SHIP – By Appointment Only 12:00 Bingo by Oak Street Health	26 10:00 Balance and Stability 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 Scrabble Club 2:00 Belly Dancing Class	27 10:00 Chair Aerobics Classic 10:00 Sign Language Online & Practice 11:00 Knit, Loom Knit and Crochet for a Cause 11:00 Using Mobile Devices 11:00 Tai Chi EnerChi 11:00 Out to Lunch Group 12:00 Friday Open Bridge Club 12:30 SHIP – By Appointment Only 1:00 Sewing 1:00 Using Electronic Devices
30 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	31 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 N' Play Bridge 1:00 Piano Lessons 2:00 Silver Foxes Still Rock'n It Line Dance	Home & Yard Project Sign Up Service is for Heritage Place members on a first come, first serve basis as volunteer groups are available. Call Ann Homrighous, Director of Programs and Services, at (317) 283-6662 for questions or to get on the list. The member will provide tools, supplies and materials needed to complete the job.		

Heritage Place Gardening Club

Flowers, vegetables or both? Novice and experienced gardeners are welcome and needed to help with the flower beds in front of the Heritage Place entrance. You can also help with the super raised beds and/or community beds at SHarP Community Garden.

Planting starts mid to end of May.

Vegetables from the super raised beds come back to Heritage Place for sharing and community beds support Boulevard Place Food Pantry.

Heritage Place will provide the soil, amendments, seeds, plants and tools. Sign up on the board when you are visiting Heritage Place or contact Ann Homrighous, Director of Programs and Services, at (317) 283-6662 or ann.homrighous@heritageplaceindy.org.