



# The Informer

Monthly News for Heritage Place Members and Friends

[www.heritageplaceindy.org](http://www.heritageplaceindy.org)

## From the Executive Director

### Dear Heritage Place Members and Friends:

As I write this, just like many of you, I'm working from home as Heritage Place is closed. Both Ann & Ellen are working from home too, but, thanks to modern technology, we're able to stay connected with all of you and each other.

I have to say, the last few weeks have been a test for everyone. But, I'm just so darn proud of our Heritage Place Family! Not only have many of you stepped up to make telephone calls and assisted with making other arrangements for services, but you call to see how we are! People looking after people, this is what Heritage Place is all about!

We had hoped this issue of The Informer would be the larger version as promised... kind of a Spring/Summer issue. But, with so many plans and activities up in the air or all together cancelled, we felt it better to do an abbreviated version until we know what will be happening in the weeks to come. We know we will be up and running soon! It might take some time to get back to normal, but we will, thanks to your support and perseverance!

I do want to take a moment to report that our good friend Fred McDowell is finally home with his family. He still has some rehabilitation to do and certainly won't be out until the environment improves, but he is home and this is great news! If you wish to send Fred a note or card of encouragement, I know he and his family would appreciate it. Simply address it to Fred McDowell, c/o Heritage Place, 4550 N. Illinois St., Indianapolis 46208. We will make sure Fred receives all of his mail.

Take care. Remember to check for any special email alerts about Heritage Place. You can also check our website or our Facebook page. Naturally you can always call us at (317) 283-6662, leave a voice mail and we will get back to you as soon as we can.

**Edward Alexander, Executive Director**



## Walking for Dreams

Join us on Sunday, May 17 for the annual family and pet walk supporting local not-for-profits. The walk starts at 2:00 p.m. on the Indianapolis Downtown Canal starting at Buggs Temple. You can register as a walker for Heritage Place by going to [Walkingfordreams.org/home/involved](http://Walkingfordreams.org/home/involved). Walker or not, you can still support Heritage Place. Ask family, friends, your social groups and neighbors to donate or challenge your friends and family to a "Pocket Change Challenge." Encourage an honor or memorial gift or sponsorship of your adorable pet. Donations can be made with cash, check or any major credit card. When writing a check, make check payable to Heritage Place with "Walking For Dreams" on the memo line.

## Upcoming Highlights

### SHarP Garden

SHarP Community Garden is celebrating the 10th year anniversary of growing during the 2020 season. Opening day is scheduled for April 18. With these challenging times, being outdoors and getting some exercise through gardening is a good thing! SHarP Community Garden donated 422 pounds of produce to the Boulevard Place Food Pantry in 2019. Help us keep up the good work and consider getting your hands dirty and helping out with the Heritage Place super raised beds. They are brand new and packed with hope of great production! We can always use help with the community beds, too! As we

maneuver through Covid-19 there is no better time to support the community while doing something healthy for yourself.

### Thank You Volunteers!

National Volunteer Week is April 15-21. Thank you to all Heritage Place volunteers including instructors, group leaders, committee members, board members, and event assistants. And, thank you to all of our Heritage Place members who volunteer in the broader community. We hope to bring many volunteer opportunities at Heritage Place forward in May. Thanks to all of you who have already expressed interest.

### Spring Fling

Due to unforeseen circumstances, Heritage Place will not be holding the annual Spring Fling member event in May or June. We are in hopes to offer a "Summer Sizzle" member event in late summer. This is all pending given the current circumstances, but we will keep you posted.

### Heritage Place Calendar

All scheduled classes, activities and programs are subject to change or cancellation. We will let you know when our Community Partners start offering tickets, bingo and other opportunities. We appreciate your patience.



# April 2020

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

MONDAY		TUESDAY		WEDNESDAY	
<b>Home &amp; Yard Project Sign Up</b>  We are uncertain at this time how the availability of our group volunteers will be impacted. Requests from Heritage Place members are being taken, however we cannot guarantee we will have the volunteers available this spring, summer and fall to complete your request. Call (317) 283-6662 or email <a href="mailto:admin@heritageplaceindy.org">admin@heritageplaceindy.org</a> to sign up.				<b>1</b>  <b>10:00</b> Total Body – Chair Aerobics <b>11:15</b> 3 Mantras Fitness Program <b>11:30</b> Spanish Class <b>11:30</b> SHIP – By Appointment Only <b>2:00</b> Memoir Writing Class (Registration closed)	
<b>6</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>7</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> Learn N' Play Bridge <b>11:00</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>8</b>  <b>10:00</b> Total Body – Chair Aerobics <b>11:15</b> 3 Mantras Fitness Program <b>11:30</b> Spanish Class <b>11:30</b> SHIP – By Appointment Only <b>1:00</b> Herb Gardening Class	
<b>13</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>14</b>  <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>15</b>  <b>10:00</b> Total Body – Chair Aerobics <b>10:00</b> Genealogy Studies <b>11:15</b> 3 Mantras Fitness Program <b>11:30</b> Spanish Class <b>11:30</b> SHIP – By Appointment Only	
<b>20</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>21</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>22</b>  <b>10:00</b> Total Body – Chair Aerobics <b>11:15</b> 3 Mantras Fitness Program <b>11:30</b> Spanish Class <b>11:30</b> SHIP – By Appointment Only	
<b>27</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>28</b>  <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>29</b>  <b>10:00</b> Total Body – Chair Aerobics <b>11:15</b> 3 Mantras Fitness Program <b>11:30</b> Spanish Class <b>11:30</b> SHIP – By Appointment Only	

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

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



Visit us on Facebook  
**HeritagePlaceIndy**

THURSDAY		FRIDAY	
2		3	
<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>1:00</b> Scrabble Club <b>2:00</b> Belly Dancing Class		<b>10:00</b> Chair Aerobics Classic <b>10:00</b> Sign Language Online & Practice <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	
9		10	
<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>1:00</b> Scrabble Club <b>2:00</b> Belly Dancing Class		<b>10:00</b> Chair Aerobics Classic <b>10:00</b> Sign Language Online & Practice <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	
16		17	
<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>1:00</b> Scrabble Club <b>2:00</b> Belly Dancing Class		<b>10:00</b> Chair Aerobics Classic <b>10:00</b> Sign Language Online & Practice <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	
23		24	
<b>10:00</b> Balance and Stability <b>10:00</b> Good Grief Talks from the Heartland <b>11:00</b> Ladies of the Dance Line Dance Class <b>12:00</b> Ladies of the Dance Line Dance Practice <b>1:00</b> Scrabble Club <b>2:00</b> Belly Dancing Class		<b>10:00</b> Chair Aerobics Classic <b>10:00</b> Sign Language Online & Practice <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	
30		<b>Heritage Place closed April 10 for Good Friday</b> Earth Day is April 22 Arbor Day is April 24	
<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>1:00</b> Scrabble Club <b>2:00</b> Belly Dancing Class			



**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.

### **Staff**

Edward Alexander, Executive Director  
Ann Homrighous, Programs and Services Director  
Ellen Morley Matthews, Business Manager  
Fred McDowell, Staff Assistant  
Samuel Abron, Goodwill SCSEP  
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### **Heritage Place**

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

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## Thank you

Special Thanks to our friends at Plews Shadley Racher & Braun for hosting a terrific donor reception on February 20 and to Board Member Kristen Wrestler who organized a “Wine & Zumba for Heritage Place” at Centerpoint Brewery on Saturday, March 4.

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Printing of “*The Informer*” is underwritten, in part, by our friends at OASIS At 56th. Offering gracious, affordable Assisted Living, OASIS At 56th emphasizes health, wellness and personal independence.

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you're supporting us.**