



# The Informer

June 2020  
Volume 44 | No. 6

Monthly News for Heritage Place Members and Friends

www.heritageplaceindy.org

## From the Executive Director: A Grateful Heritage Place



As the Rogers & Hammerstein song says: "June is bustin' out all over"! I hope all of you have had some opportunity to go out and enjoy some of our pleasant

weather. It's not the same these days, I'm the first to admit, but we are getting very close to a return to the somewhat familiar here at Heritage Place. We're not quite at the point to announce our reopening date, but I can tell you that your Heritage Place staff and board of directors are working hard to be ready when that day comes!

We are most grateful to so many who have stepped up and made a financial commitment to Heritage

Place during our COVID-19 Emergency Appeal. I don't normally do this in *The Informer*, but I think it's fitting to list the generous men and women who have helped us during this very difficult and unusual time. Names listed reflect donations made specifically for the COVID Relief Campaign and were made between March 20-May 14. This campaign will continue until we open again to our family of members & friends. Please join these champions and make your gift today. Send your donation, payable to Heritage Place of Indianapolis, to the address listed here in *The Informer*, or visit [www.heritageplaceindy.org](http://www.heritageplaceindy.org) and hit that big "DONATE" button. Thanks to All.

**Edward Alexander**  
Executive Director

Aimee Laramore  
Ann Homrighous  
Barbara A. Homrighous  
Barbara Boyd  
Barbara Oberreich  
Barbara Walker  
Brad L. Romine  
Candase A. Cornett  
Carl K. Cox  
Cassandre Wallace  
Christina Fugate  
Dr. Gene & Joanne Sease  
Duplikates Bridge Club  
Edward Alexander  
Evelyn Ridley-Turner  
Indianapolis Bridge Unit ABA  
James & Kathy Lauck  
Jan & Jim Wark  
Jerry & Rosie Semler

John & Marty Brooks  
John Lairson  
Katie Sullivan  
Kent & Carolyn Agness  
Kimberly McKay  
Kristen Wrestler  
Ladies of the Dance  
Mardi Bridge Masters  
Margaret Francis  
Margaret Sheehan  
Margie Sheffield  
Matthew Svenstrup  
Nolan Taylor  
Nora Spitznogle  
Phil & Carolyn Jones  
Dale & Jenny Boyd  
Steven M. Herker  
Yvonne Shaw

HERITAGE PLACE OF INDIANAPOLIS PRESENTS THE 36th ANNUAL HOOSIER HERITAGE NIGHT Home Edition! 2020 with your host BRYON FOLEY

Be prepared to be inspired ... From the comfort of your own home!

JOIN US 6:00-7:00 pm on Wednesday, June 10 as we celebrate 4 Remarkable Hoosiers and support the programs and services of Heritage Place of Indianapolis plus a VIRTUAL SILENT AUCTION!

An historical virtual experience! No reservations required! No tickets to purchase!

HONORARY CHAIRMAN: Lloyd Wright

Click the link below this invitation to attend the Zoom event!

TITLE SPONSOR: R.B Annis Educational Foundation

The 2020 Honorees:

DAN APPEL  Chairman, Gregory & Appel Insurance	REV. JEFFREY JOHNSON, SR.  Senior Pastor, Eastern Star Church	TRACEY HORTH KRUEGER  CEO, IN Coalition to End Sexual Assault & Human Trafficking	MARK MILES  CEO, Penske Entertainment Corporation
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## Thank You and Farewell

Heritage Place would like to say thank you and farewell to two outstanding individuals for their years of dedication. Both are retiring and have entered their decisions with great thought and contemplation.

Sarah Nemecek instructed Senior Yoga for eight years and cultivated quite a following. We will miss you, Sarah!



Debbie Ryan, RN, provided foot care for eighteen years and developed a loyal clientele over the years. We will miss you, Debbie!



The Heritage Place family will keep both Sarah and Debbie in spirit and we wish them all the best in their continued life journeys.

<https://us02web.zoom.us/j/83092354862>



# June 2020

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

MONDAY		TUESDAY		WEDNESDAY	
<b>1</b>		<b>2</b>		<b>3</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>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>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>8</b>		<b>9</b>		<b>10</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>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>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>15</b>		<b>16</b>		<b>17</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>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>11:15</b> 3 Mantras Fitness Program <b>11:30</b> Spanish Class <b>11:30</b> SHIP – By Appointment Only	
<b>22</b>		<b>23</b>		<b>24</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>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>11:15</b> 3 Mantras Fitness Program <b>11:30</b> Spanish Class <b>11:30</b> SHIP – By Appointment Only	
<b>29</b>		<b>30</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>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>Walking for Dreams</b> Walking for Dreams will be held Sunday, August 16 on the downtown canal or consider walking in your neighborhood or local park. Visit <a href="http://www.walkingfordreams.org">www.walkingfordreams.org</a> to select Heritage Place to sign up or designate your donation.	

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
<b>4</b>	<b>5</b>
<p><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</p>	<p><b>10:00</b> Chair Aerobics Classic  <b>10:00</b> Sign Language Online &amp; 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</p>
<b>11</b>	<b>12</b>
<p><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</p>	<p><b>10:00</b> Chair Aerobics Classic  <b>10:00</b> Sign Language Online &amp; 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</p>
<b>18</b>	<b>19</b>
<p><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</p>	<p><b>10:00</b> Chair Aerobics Classic  <b>10:00</b> Sign Language Online &amp; 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</p>
<b>25</b>	<b>26</b>
<p><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</p>	<p><b>10:00</b> Chair Aerobics Classic  <b>10:00</b> Sign Language Online &amp; 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</p>

## Thank You

A special thanks to our counselors, instructors and group leaders who are keeping Heritage Place members engaged through remote conference calls and online platforms.

**Sally Catlin** and **IUPUI Students**, Technology; **Wilma Kidd**, SHIP; **Carolyn Meeker**, Tai Chi Enerchi; **Gene Million**, Good Grief Talks; **Rev. Samuel Murray**, Inspirational Studies; and **Samantha Purevich Stipp**, Fitness Through the Ages.

If you are interested in any of these activities and want to get connected, contact us at (317) 283-6662 and leave a voice mail or email Ann Homrighous at [ann.homrighous@heritageplaceindy.org](mailto:ann.homrighous@heritageplaceindy.org).



**HERITAGE PLACE**  
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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  
Larry Parks, Goodwill SCSEP

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

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name and address to admin@heritageplaceindy.org.

## Welcome our summer intern

Andrew Hammond will be with us from May 12 to July 2.

*Hello, my name is Andrew R. Hammond. I grew up in the Evansville, Indiana area and graduated in May with a Bachelor's degree in Human Resource Management through the O'Neill School of Public and Environmental Affairs at Indiana University in Bloomington. I enjoy physical activities such as sports, especially playing soccer, and volunteering.*



**HAPPY  
FATHER'S  
Day!**

**June 21!**



**When you give to United Way,  
you're supporting us.**