

HENDRICKS COUNTY

SENIOR SERVICES



MARCH



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MARCH 2024 ISSUE

Mailing: P.O. Box 448, Danville, IN 46122 | Address: 1201 Sycamore Lane, Danville, IN 46122
Phone: 317-745-4303 | Fax: 317-745-6253 | Email: admin@hcseniors.org
Website: www.hcseniors.org | Facebook: www.facebook.com/HendricksCountySeniorServices





GLPI

Get to Know: Linda & Charlie Baker

These days everything is so expensive. There may be some minor ways that HCSS can help with some of your needs. If you are in need of a cane, walker or rollator check with us before purchasing one. We often have an abundance available. We also frequently have rollator/walker accessories, such as baskets, pouches, or attachable totes, and ski glides.

Do you use incontinence supplies? We regularly get pull up style disposable underwear, male guards, and female pads donated. We are happy to pass these along to our seniors. If that would help ease your budget, please contact Christa, Becky or Jeff and we can discreetly package some up for you.



Prior to living in Hendricks County, married couple Linda and Charlie Baker both worked for the Wayne Township Fire Service. Linda started as a volunteer photographer and cook at the service's events, and later became a full-time sales representative for fire-fighting equipment. When she became a sales representative, she was the only female fire-

fighting salesperson in Indiana, and one of only three in the entire United States!

Charlie, meanwhile, served in the Wayne Township Volunteer Fire Service, at the time the largest volunteer fire service in the world. He also worked on the sales side of things. He and Linda partnered to oversee the sale of firetrucks and equipment for 25 Indiana counties. Later he was chosen to assume an administrative position as the Executive Director of a 5-million dollar budget. When Charlie began the new job, Linda assumed full control of their sales route. She worked for ten years after he retired.

After years working in and with numerous fire services, Charlie wrote "The Fire Fighter's Handbook of Hazardous Materials." The book was a worldwide success. There is even a copy on the International Space Station!

The Bakers lived in Marion County for 26 years, then moved to Hendricks, where they have resided for 25. They have been married for 51 years.

In her free time, Linda has served as a church organist for 60 years. She has played at Chapel Walk, Clermont, Bridgeport Methodist, and Community Fellowship, among others. Both Bakers used to have horse stables, and they both enjoy rooting for the Indianapolis Colts and Cincinnati Reds.

When it comes to HCSS, the Bakers said that they come to the center for fun and lunch. Linda said their friendliness makes them unique, while Charlie is easily recognized by his catchphrase, "keep your tailgate up."

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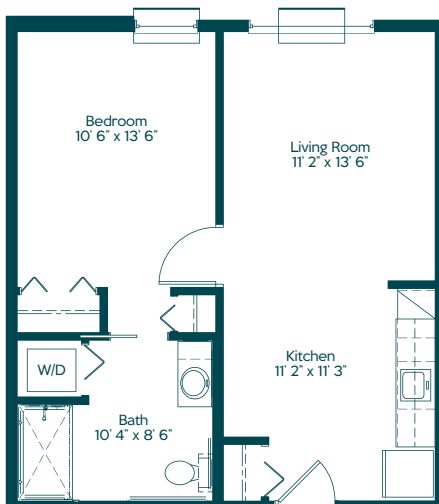
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- 24-hour nursing on site
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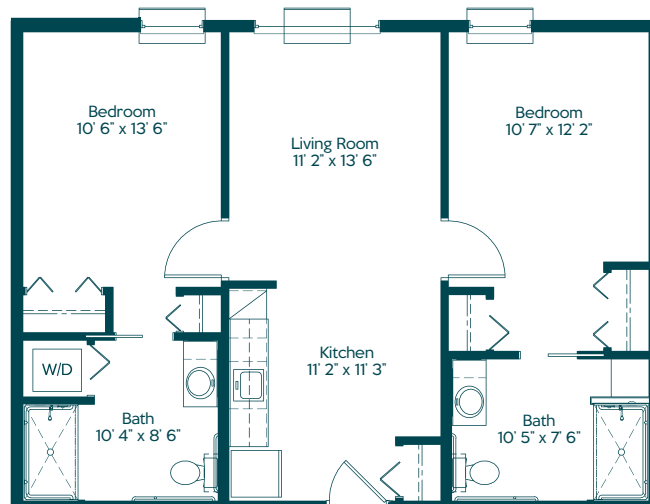
COMMUNITY AMENITIES

- Beauty & Barbershop
- Library
- Theatre
- Fitness Center

Hadley



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FITNESS CLASSES

FITNESS CENTER

HOURS: 8:00AM TO 2:00 PM

MONDAY—FRIDAY

COST: \$25.00 MONTHLY

The Fitness Center has cardio, strengthening, and aerobic equipment including treadmills, nu-step machines, bikes, free weights, leg and arm presses.

Membership is required. Physician's release is suggested but not required.

No cost memberships for participants in the following

Medicare programs:

Silver Sneakers

Silver and Fit

Renew Active



FITNESS CENTER CONSULTATION

Fitness Center participants can consult with Lee Dorsey on their fitness routine. Lee is not a trainer, but has many years experience using fitness equipment and he will help you determine a workout routine that works for you.

See Christa for an appointment with Lee.



CHAIR YOGA

M & W | 11:00 A.M. | FREE

Chair Yoga is a general term for practices that modify yoga poses so that they can be done while seated in a chair. These modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions. While seated on chairs, participants can do versions of twists, hip stretches, forward bends, and mild backbends. In addition to a good stretch, chair yoga participants can also enjoy other health benefits of yoga, including improved muscle tone, better breathing habits, reduction of stress, better sleep, and a sense of well-being. This class is taught by Jan Dorsey, a Yoga Alliance Certified Instructor on Mondays and Wednesdays at 11:00AM. Michelle Phillips teaches the 2nd and 4th Wednesday of each month.

Monday Chair Yoga is sponsored by Brownsburg Healthcare

TAI CHI FIT CLASS (DVD)

M & W | 9:20 A.M. | FREE

This is a great seated Tai Chi workout. Follow the moves of the instructor and you'll enjoy the health benefits of tai chi, including improved circulation, strength, and flexibility. This class is a low-impact, whole-body exercise done while sitting. Great for anyone with arthritis, joint pain, or back pain.

STAY ACTIVE & INDEPENDENT FOR LIFE (SAIL)

M & W & F 10:00 A.M. | FREE

SAIL is an evidence-based fall prevention program with exercises specifically designed to help maintain and improve balance. Classes consist of exercised adapted for all levels of physical activity and can be done standing or sitting.

Instructors:
Michelle, Lois,
Cathy, Christa



CSF EXERCISE CLASS

THURS | 11:00 A.M. | FREE

Cardio-Strength-Flexibility class emphasizes functional, practical exercises designed to improve stamina, strength, and movement. Exercises are provided at multiple levels of difficulty, so you can select the one that best suits your ability. CSF class is beneficial for all ages and abilities, including those with dementia, Parkinson's, and those who use walkers and/or wheelchairs. Most exercises can be done standing or sitting. This class is taught by Jan Dorsey.

ONE MILE WALK (DVD)

M & W & F | 9:00 A.M. |

FREE

Walking is just about the best exercise for all ages. Walking is particularly good for people 60+. This walking program is a video-lead One Mile Walk Aerobics (18 minute) workout. The class allows participants to walk at their own intensity.

GENTLE PILATES

TUES | 9:00 A.M. | \$5.00

Gentle Pilates will integrate breathing, core strengthening, flexibility, and balance for longevity of movement. We will utilize a chair and standing exercises for ease and functionality.

Instructor: Rebecca Cook, Master Pilates Teacher

LINE DANCE CLASS

TUES | 10:00 A.M. | FREE

Learning to dance is a fun, enjoyable journey, and it begins literally, one step at a time! Come out to a fun-filled morning of learning the latest line dancing moves and some old favorites. No experience necessary, so put on your dancing shoes and come join in!

Instructor: Paula Snyder

HEALTH & WELLNESS

SUPPORT GROUPS:

Improve Your Mood Support Group

Every Tuesday at 1:00 p.m.

Parkinson's Support Group

1st Wednesday of the month at 1:00 p.m.

Vision Loss Support Group

2nd Wednesday of the month at 1:30 p.m.

Diabetes Support Group

4th Wednesday of the month at 1:00 p.m.

Alzheimer's Support Group

2nd Thursday of the month at 2:00 p.m.

Good Mourning—Grief Support Group

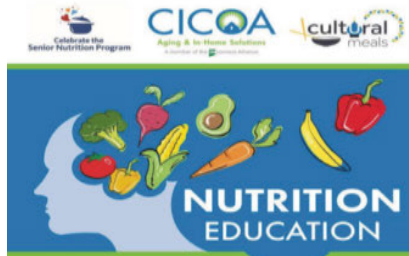
Fridays, March 1, 8, 15, 22, 29, 2024 at 10:00 a.m.

Support groups are held in the Senior Center Education Room

MANICURES & PEDICURES BY KARYN ROSE

Manicures and pedicures are available at HCSS by appointment with Karyn Rose, a Licensed Cosmetologist. The cost is payable to Karyn Rose at the time of service.

To make an appointment call Karyn Rose at 317-417-6382. We are unable to make your appointment at the Senior Center.



March 14
National Nutrition Month
Celebration!
Nutrition lesson and
gardening demonstration

During
lunch
@
HCSS

T. O.P.S. TAKING OFF POUNDS SENSIBLY TUESDAYS 5:30P.M.

TOPS is a weight-loss support group and wellness education organization. TOPS offers tools and programs for healthy living and weight management with group fellowship and recognition. Weekly meetings include private weigh-ins, informational programs, positive reinforcement, and motivation to adhere to food and exercise programs. The first visit is free. The first year's membership is \$49. The annual renewal is \$37.00 plus small weekly chapter dues.



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MARCH

MONDAY	TUESDAY	WEDNESDAY
8:00-2:00 Fitness Center Hours 4 9:00 1 Mile Walk (DVD) 9:20 Tai Chi Fit (DVD) 10:00 Stay Active & Independent for Life 11:00 Chair Yoga Class 12:00 Lunch 12:30 Card Games 1:00 Art Club 4:00 Woodcarvers 6:30 HC Choral Group	8:00-2:00 Fitness Center Hours 5 9:00 Gentle Pilates (\$5.00) 10:00 Line Dance Class 12:00 Lunch 1:00 BINGO \$1.00 1:00 Improve Your Mood Support Group 5:30 T.O.P.S.	8:00-2:00 Fitness Center Hours 6 9:00 1 Mile Walk (DVD) 9:20 Tai Chi Fit (DVD) 10:00 Stay Active & Independent for Life 11:00 Chair Yoga Class 12:00 Lunch 12:30 Card Games 1:00 Parkinson's Support Group
8:00-2:00 Fitness Center Hours 11 9:00 1 Mile Walk (DVD) 9:20 Tai Chi Fit (DVD) 10:00 Stay Active & Independent for Life 11:00 Chair Yoga Class 12:00 Lunch 12:30 Card Games 1:00 Art Club 4:00 Woodcarvers 6:30 HC Choral Club	8:00-2:00 Fitness Center Hours 12 9:00 Gentle Pilates (\$5.00) 10:00 Line Dance Class 12:00 Lunch 1:00 BINGO \$1.00 1:00 Improve Your Mood Support Group 3:00 Quilters 5:30 T.O.P.S.	8:00-2:00 Fitness Center Hours 13 9:00 1 Mile Walk (DVD) 9:20 Tai Chi Fit (DVD) 10:00 Stay Active & Independent for Life 10:30 Hearing Solutions (Ed. Room) 11:00 Chair Yoga Class 12:00 Lunch 12:30 Card Games 1:30 Vision Loss Support Group
8:00-2:00 Fitness Center Hours 18 9:00 1 Mile Walk (DVD) 9:20 Tai Chi Fit (DVD) 10:00 Strong For Life (DVD) 11:00 Chair Yoga Class 12:00 Lunch 12:30 Card Games 1:00 Art Club 4:00 Woodcarvers 6:30 HC Choral Club	8:00-2:00 Fitness Center Hours 19 9:00 Gentle Pilates (\$5.00) 10:00 Line Dance Class 12:00 Lunch 1:00 BINGO \$1.00 1:00 Improve Your Mood Support Group 5:30 T.O.P.S.	8:00-2:00 Fitness Center Hours 20 9:00 1 Mile Walk (DVD) 9:20 Tai Chi Fit (DVD) 10:00 Stay Active & Independent for Life 11:00 Chair Yoga Class 12:00 Lunch 12:30 Card Games 1:00 IROC PT Discussion (Fitness Center)
8:00-2:00 Fitness Center Hours 25 9:00 1 Mile Walk (DVD) 9:20 Tai Chi Fit (DVD) 10:00 Stay Active & Independent for Life 10:45 Book Club 11:00 Chair Yoga Class 12:00 Lunch 12:30 Card Games 1:00 Art Club 4:00 Woodcarvers	8:00-2:00 Fitness Center Hours 26 9:00 Gentle Pilates (\$5.00) 10:00 Line Dance Class 12:00 Lunch 1:00 BINGO \$1.00 1:00 Improve Your Mood Support Group 3:00 Quilters 5:30 T.O.P.S.	8:00-2:00 Fitness Center Hours 27 9:00 1 Mile Walk (DVD) 9:20 Tai Chi Fit (DVD) 10:00 Stay Active & Independent for Life 11:00 Chair Yoga Class 12:00 Lunch 12:30 HC Parks Program 1:00 Diabetes Support Group

CALENDAR

THURSDAY	FRIDAY
	8:00-1:00 Fitness Center Hours 1 9:00 1 Mile Walk (DVD) 10:00 Woodcarvers 10:00 Stay Active & Independent for Life 10:00 Grief Support Group 12:00 Lunch 12:30 Birthday of the Month Celebration 1:30 Card Games 1:00 Learn to Crochet
8:00-2:00 Fitness Center Hours 7 10:00 Music With Dave 11:00 CSF Class 12:00 Lunch 12:30 Games with Tracy & Cory 6:00 Music , Dancing, & Cards(\$2)	8:00-1:00 Fitness Center Hours 8 9:00 1 Mile Walk (DVD) 10:00 Woodcarvers 10:00 Stay Active & Independent for Life 10:00 Grief Support Group 12:00 Lunch 12:30 Card Games 1:00 Learn to Crochet
8:00-2:00 Fitness Center Hours 14 10:00 Music With Dave 11:00 CSF Class 12:00 Lunch 12:30 Games with Chrissy 2:00 Alzheimer's Support Group 6:00 Music , Dancing, & Cards(\$2)	8:00-2:00 Fitness Center Hours 15 9:00 1 Mile Walk (DVD) 10:00 Woodcarvers 10:00 Stay Active & Independent for Life 10:00 Grief Support Group 12:00 Lunch 12:30 Card Games 1:00 Learn to Crochet
8:00-2:00 Fitness Center Hours 21 10:00 Music With Dave 11:00 CSF Class 12:00 Lunch 12:30 Card Games 2:00 Art Show 6:00 Music , Dancing, & Cards(\$2)	8:00-2:00 Fitness Center Hours 22 9:00 1 Mile Walk (DVD) 10:00 Woodcarvers 10:00 Stay Active & Independent for Life 10:00 Grief Support Group 12:00 Lunch 12:30 Card Games 1:00 Learn to Crochet
8:00-2:00 Fitness Center Hours 28 10:00 Music With Dave 11:00 CSF Class 12:00 Lunch 12:30 Card Games 6:00 Music , Dancing, & Cards(\$2)	8:00-2:00 Fitness Center Hours 29 9:00 1 Mile Walk (DVD) 10:00 Woodcarvers 10:00 Stay Active & Independent for Life 10:00 Grief Support Group 12:00 Lunch 12:30 Card Games 1:00 Learn to Crochet



- ◆ **Smile and make someone's day a little sweeter**
- **Look for ways you can promote peace**
- **Just listen**
- **Offer a hug or embrace**
- **Invite someone new to your lunch table**
- **Send out a kind email or card**
- **Give someone a genuine compliment**
- **Give a warm smile to a stranger**



PROGRAMS & ACTIVITIES

(NO REGISTRATION OR FEE REQUIRED UNLESS NOTED)

ACTIVITIES

HC PARKS PROGRAM

4TH WEDNESDAY | 12:30 P.M.

We are bringing the park to the Senior Center. A Naturalist from HC Parks will be at the Senior Center the 4th Wednesday of each month presenting a fun and educational program. Free. March 27: In It's Entirety, The Solar Eclipse

April 24: Things that Are Furry & Go Bump in the Night

BINGO

TUESDAY | 1:00 P.M.

Bingo is \$1.00 to play.

LEARN TO CROCHET

FRIDAY | 1:00 P.M.

Beginner or experienced, all levels of abilities are encouraged to participate.

WOODCARVERS

MONDAY | 4:00 P.M.

FRIDAY | 10:00 A.M.

If you are a beginner, intermediate or skilled woodcarver, you should participate in the Woodcarving Club at the Senior Center

QUILTERS

2ND & 4TH TUES | 3:00 P.M.

Anyone interested in quilting is invited to be part of the Quilters Group.

ART CLUB

MONDAY | 1:00 P.M.

Bring your supplies and join your fellow artists in an encouraging atmosphere of creating masterpieces.

CARD GAMES

MON, WED & FRI | 12:30 P.M.

Meet old or new friends and play various card games.

MUSIC AND DANCING

THURSDAY | 6:00 P.M.

Join line dancers, couples dancing and those who want to just sit back and listen to great music. Music will be provided by a D.J. The cost is \$2.00,



MORE ACTIVITIES

FUN & GAMES WITH

TRACY & CORY

1ST THURSDAY | 12:30 P.M.

Join Tracy (Adoration Hospice) & Cory (Harmony of Avon) for games and prizes each month.

GAMES WITH CHRISSEY

2ND THURSDAY | 12:30 P.M.

Chrissy Collins, licensed Humana agent, will host a fun game the 2nd Thursday of each month.

MUSIC WITH DAVE

THURSDAY | 10:00 A.M.

Join us on Thursday mornings and enjoy the uplifting music of David Hatfield.

EDUCATION & ASSISTANCE

DEMENTIA FRIENDS HENDRICKS COUNTY

Do you know someone who has dementia? How do you tell the difference

between general aging and signs of dementia? How can you better communicate and assist both the person with dementia and their caregivers? These and other topics are presented in the 90-minute Dementia Friends Workshops. Encourage friends and family to join you in attending one of these informative workshops .

Upcoming Dementia Friends Workshop:

Wednesday, March 6 @ Plainfield-Guilford Twsp Library 5:30—7:30 PM

For more information or to register call 317-745-4303



Former Dementia Friends participants: "A Deeper Understanding of Dementia" workshop will be scheduled soon at HCSS.

SERVICES

HEARING SOLUTIONS OF IN

2ND WEDNESDAY | 10:30 A.M.

Amy Harris will conduct hearing screenings, clean hearing aids, and do battery replacement. In Education Room. To register call: 317-745-4303. Free.

IROC PHYSICAL THERAPY

3RD WEDNESDAY | 1:00 P.M.

Kurt Bonner, DPT, will discuss common physical therapy issues , exercises , and offer time for questions. In Fitness Center. To register call: 317-745-4303. Free.

FRAUD ALERT!

Don't become a victim of fraud. The Fraud Alert! workshop provides information on how to recognize a fraudulent letter, phone call, or e-mail. Participants will learn how to handle those types of contacts, where to report fraud attempts, and what to do if someone falls for a scam.

Legal Assistance

Free legal assistance is provided by an attorney from Indiana Legal Services, Inc. Appointments are available for low income residents of Hendricks County that are 60 and over. Contact the Senior Center for an appointment. You can also call Legal Services at 1-844-243-8570.

SHIP—MEDICARE INFORMATION

If you currently have Medicare or are turning 65 soon and would like information about Medicare, we can help. SHIP (State Health Insurance Program) has trained, qualified and unbiased counselors available at no cost to you. They can help with understanding your choices, and assist with other Medicare issues such as financial aid, transitioning from Social Security Disability or HIP to Medicare, and Fall Open Enrollment. Call 317-745-4303 to schedule. **SHIP counselors are available all year long to help with your questions.** We do have a limited number of appointments available.

PROGRAM INFORMATION

STAFF

Marina Keers,
Executive Director

Becky Brownfield,
Business Manager

Christa Miller,
Activities Coordinator

Deanne Below-Sanders,
In-Home Services
Coordinator

Linda Runyon,
Development
Coordinator

Dale Stefani,
Transportation
Coordinator

Crystal Basler
Paula Synder
CICOA Meal Site
Representatives



HOURS OF OPERATION

Monday - Friday 8:00 AM - 4:00 PM

Phones answered 9:00 AM – 3:00 PM

VISION

A community where all people flourish and age well together.

MISSION STATEMENT

To empower older adults for personal independence, healthy aging, social connection, and lifelong learning in Hendricks County.

MEMBERSHIP

Your membership dollars are an important part of the funding necessary for us to offer a wide range of activities. The annual individual membership fee is \$55.00. Our goal is to keep the cost of membership affordable without compromising quality, and to exclude no one who is unable to pay the fees. **All donations to HCSS are tax deductible.**

BOARD OF DIRECTORS

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UNSTOPPABLE expertise.

Over a year ago, Hendricks Regional Health was selected to be a part of the Mayo Clinic Care Network. That means our doctors have access to the knowledge and expertise of the No. 1 ranked hospital in the nation – Mayo Clinic.

Because when your experts have experts, you have healthcare that makes a difference.

hendricks.org/MAYO



ERIC HABBE, MD

MAYO CLINIC
CARE NETWORK



Member



PROGRAM INFORMATION (CONTINUED)

INFORMATION/ REFERRAL

INFORMATION

Staff members can help with questions about Social Security, Medicare and medication assistance programs, community resources, affordable housing, health care agencies, energy assistance programs and other concerns. They can assist in connecting you with community agencies and programs for assistance.

FINANCIAL, LEGAL, AND INSURANCE INFORMATION

Trained volunteers and/or professionals can help with simple legal and insurance problems. Appointments are available.

SENIOR CENTER

Our Senior Center, located at 1201 Sycamore Lane in Danville, is a beautiful facility which provides opportunities for a wide variety of daily recreational, wellness, social and educational activities. Activities include physical fitness classes and exercise equipment, crafts, week day lunches, health and consumer programs, legal aid, health screenings, social activities, games, trips and more.

LUNCH PROGRAM

Lunch is served Monday - Friday, at 12:00 noon. Donations are accepted. The Center partners with CICOA to provide the meals. **CICOA's paperwork must be completed** upon your first visit. Lunch is prepared by Hendricks Regional Health Hospital. **To make a lunch reservation, please call by 11:00 AM the day before at 317-910-5356. Please call as soon as possible to cancel lunch reservations.**

LIBRARY

Be sure to scan your HCSS card any time you visit our library, located in the Senior Center entry. **Please return our books when finished.** Due to limited space, we can only accept donations of gently used, current books.

PERSONAL CARE SERVICES

CAREGIVER SUPPORT

Many programs are available for family and friends who care for a loved one. Services include caregiver workshops, multiple support groups, a resource library, and individual meetings.

GUARDIAN MEDICAL MONITORING

We are a service representative of Guardian Medical Monitoring. We can offer many different types of personal emergency solutions to provide 24-hour personal safety monitoring. Services include life safety equipment designed to address the specialized needs of seniors.

ATTENDANT CARE

Our caring personal care attendants provide support that includes assistance with bathing, dressing, medication reminders, light house cleaning, meal preparation, errands and companionship. Services are provided according to set fees.

RESPIRE CARE/COMPANION

Our personal care attendants support family caregivers so they can have time for themselves and take a break from caregiving. The attendants offer companionship, supervision, and help with daily living activities such as food preparation, medication reminders and stimulating activities. Services are provided according to set fees.

HCSS FOOD PANTRY

Many seniors struggle with food insecurity. Any Hendricks County senior who would benefit from receiving perishable and non-perishable foods is encouraged to call for an appointment. Food donations are always appreciated.

TRANSPORTATION

Senior and public transportation services are available within Hendricks County only. Senior trips, for ages 60 and older are provided on a donation basis for most trips. Public trips for persons less than 60 are provided for a set fee. All transportation is ADA compliant and is scheduled as availability permits. The more prior notice you give us of your transportation needs, the better chance that you will be able to secure seating for your trip. Call 317-718-4474 for more information.

HENDRICKS GO!

Hendricks Go! provides shared-ride transportation to medical and wellness appointments. The program is a partnership between Hendricks Regional Health and HCSS for the benefit of patients served by Hendricks Regional Health Facilities. To reserve a ride, call 317-718-4476.

MEDICAL EQUIPMENT LOANING CLOSET

Walkers, wheelchairs, canes and rollators are available. If you need to borrow one of these items, just call the Senior Center to make arrangements to pick it up. This lending service is possible through the Danville Rotary Club. Donations are accepted.



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Hendricks County Senior Services, Danville, IN

D 4C 01-2081

MARCH LUNCH MENU

SERVED AT NOON. LUNCH RESERVATIONS MUST BE MADE 24 HOURS IN ADVANCE. CALL 317-910-5356

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Roast Turkey Buttered Corn Spinach Tossed Salad Grapes WW Bread & Margarine 2% Milk
4 Roast Pork Fresh Asparagus Garlic Mashed Potatoes Coleslaw Pineapple Chunks WW Bread & Margarine 2% Milk	5 Meatloaf Succotash Spinach w/ Vinegar Peaches in Diet Red Gelatin Rice Krispie Treat WW Bread & Margarine 2% Milk	6 Salt Free Chicken & Noodles Mashed Potatoes Green Beans Cinnamon Applesauce WW Bread & Margarine 2% Milk	7 Salisbury Steak California Blend Veggies Baked Potato Coleslaw Banana WW Bread & Margarine 2% Milk	8 Mac & Cheese Steamed Green Beans Tossed Salad Grapes WW Bread & Margarine 2% Milk
11 Cider Braised Chicken Breast California Blend Veggies Steamed Potatoes Fruit in Diet Red Gelatin Chocolate Pudding WW Bread & Margarine 2% Milk	12 Hamburger on Bun Roasted Broccoli Tossed Salad Applesauce WW Bread & Margarine 2% Milk	13 Beef Taco Salad w/ lettuce, tomato, cheddar cheese, salsa Mixed Fruit Salad Pears WW Bread & Margarine 2% Milk	14 Roast Turkey Grain Blend Steamed Zucchini Cinnamon Applesauce WW Bread & Margarine 2% Milk	15 Grilled Atlantic Salmon Creamed Peas Roasted Cauliflower Fruit in Diet Red Gelatin Banana WW Bread & Margarine 2% Milk
18 Grilled Chicken Fillet w/ BBQ Sauce Peas Cooked Carrots Peaches Vanilla Wafers WW Bread & Margarine 2% Milk	19 Salt Free Chicken & Noodles Mashed Potatoes Spinach w/ Vinegar Pineapple Rings WW Bread & Margarine 2% Milk		21 Spaghetti w/ Meat Sauce Corn Tossed Salad Banana Rice Krispie Treat 2% Milk	22 Barbecue Chicken Sandwich Mac & Cheese Coleslaw Peaches WW Bread & Margarine 2% Milk
25 Pot Roast Grain Blend Buttered Zucchini Slices Diet Gelatin w/ Fruit Pears WW Bread & Margarine 2% Milk	26 Beef Chili w/ Beans Fresh Carrots & Celery w/ Ranch Dip Tossed Salad Rice Krispie Treat WW Bread & Margarine 2% Milk	27 Chicken Cacciatori w/ Rice Roasted Carrots Mixed Fresh Fruit WW Bread & Margarine 2% Milk	28 Salisbury Steak Mashed Potatoes Sautéed Spinach Coleslaw Cinnamon Applesauce WW Bread & Margarine 2% Milk	29 Roast Turkey Grain Blend Key West Vegetables Banana Cottage Cheese WW Bread & Margarine 2% Milk

TRIPS & TOURS



HENDRICKS COUNTY Senior Services

SEDONA'S RED ROCKS & THE GRAND CANYON

TOUR DATES: MAY 19 - 24, 2024

For Information, Contact Christa Miller: 317-910-4369
 christa@hcseniors.org
 OR Mayflower Groups Department: 630-435-8211
 alexis@mayflowercruisesandtours.com



HENDRICKS COUNTY SENIOR SERVICES PRESENTS

Mount Rushmore, the Badlands & Black Hills of South Dakota

\$1430*

9 Days 8 Nights

*PER PERSON, DOUBLE OCCUPANCY

(Sat - Sun)
Aug 24 - Sep 1
2024



HENDRICKS COUNTY SENIOR SERVICES PRESENTS

Branson Show Extravaganza

\$858*

5 Days 4 Nights

*PER PERSON, DOUBLE OCCUPANCY

(Mon - Fri)
Nov 4 - 8
2024

For information

Contact

Christa

317-745-4303



HENDRICKS COUNTY Senior Services

AUTUMN IN NEW ENGLAND AND CAPE COD

TOUR DATES: OCTOBER 13 - 20, 2024

For Information, Contact Christa Miller: 317-910-4369
 christa@hcseniors.org
 OR Mayflower Groups Department: 630-435-8211
 alexis@mayflowercruisesandtours.com



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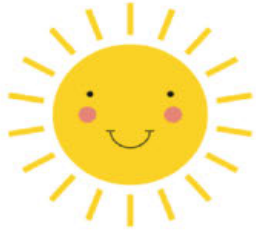
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317.852.3123



Weather Word Search



Can you find the words hidden in the puzzle?

P	K	S	U	M	M	Y	L	C	E	M	P
L	H	A	N	R	O	A	H	O	T	U	A
D	O	F	C	O	O	L	K	L	R	S	R
O	T	I	L	C	W	I	N	D	Y	I	T
E	E	T	C	C	N	Y	E	B	O	O	L
F	R	F	H	L	G	S	O	H	V	H	Y
O	S	S	O	R	O	R	C	A	F	E	C
G	T	T	S	L	S	U	N	N	Y	I	L
G	O	W	L	O	T	A	D	D	R	L	O
Y	D	R	A	I	N	Y	D	Y	G	I	U
K	M	H	N	R	P	E	N	N	N	S	D
P	S	T	O	R	M	Y	A	R	E	G	Y

HOT

WARM

SNOWY

CLOUDY

COLD

WINDY

STORMY

SUNNY

COOL

RAINY

FOGGY

PARTLY CLOUDY

Good Mourning Grief Support Group

5 week education & support group to help understand your grief journey.

Fridays, March 1—March 29 10am-11:30am

No cost to attend

(Please be prepared to commit to attend all five classes.)

Hendricks County Senior Services Senior Center

1201 Sycamore Lane Danville

Register by calling 317-745-4303

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Don Pirtle moved to Westside in 2020 after losing his beloved wife of 61 years. His sister, Pat, already lived in the community, so he was very familiar with it. Don loves how friendly the residents and staff are. He keeps busy serving as Resident Council President and leading a euchre club twice a week. Don says he is very content, never lonely, and happy he chose Westside.



Norene Brown and her husband, Arnold, moved to Westside in 2016. Before moving in, they volunteered here for 12 years. Norene and Arnold moved to The Bridge at Garden Plaza (Assisted Living) when his health declined. When Arnold passed, Norene moved back to Independent Living. Norene always recommends moving to a senior living community sooner rather than later to truly benefit from all it has to offer.



Don and Dot Robinson, moved to The Bridge in 2020. They chose Westside because it was close to family and came highly recommended. Some of the things they love about this community include the peaceful setting, the activities offered and the marvelous staff. They said the employees are so sweet and hardworking, and the leadership team has longevity and stability. They are very happy to be here.

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For ad info. call 1-800-950-9952 • www.lpicommunities.com Hendricks County Senior Services, Danville, IN G 4C 01-2081



HCSS ART SHOW



Thursday, March 21

2:00 PM - 4:00 PM

1201 Sycamore Lane, Danville

Explore our encaustic class artwork as well as pieces from the HCSS watercolor club, woodworkers, quilt club, and crochet club.

The HCSS art show is made possible in part by the Indiana Arts Commission, which receives support from the State of Indiana and the National Endowment for the Arts, and the Indiana Family and Social Services Administrations Division of Aging.



UPCOMING EVENTS

GENTLE PILATES:

Tuesday 9:00 AM

Gentle Pilates will integrate breathing, core strengthening, flexibility, and balance for longevity of movement. We will utilize a chair and standing exercises for ease and functionality.

The class will be taught by Rebecca Cook, Owner/Master Pilates Teacher at Bela Pilates. At this time there will be a \$5 per session fee.



Stay Active & Independent for Life (SAIL)
a strength, balance, and fitness class

**Monday
Wednesday
Friday**

10:00 AM @

Hendricks County Senior Center

SAIL is an evidence-based fall prevention program with exercises specifically designed to help maintain and improve balance. Classes consist of exercises adapted for all levels of physical activity and can be done standing or sitting.



**Stay Active
& Independent
for Life (SAIL)**

a strength, balance, and fitness class for adults 55+



TUESDAY LINE DANCE CLASS

10:00AM - 11:30 AM
LINE DANCING FOR ALL LEVELS



**HENDRICKS COUNTY SENIOR
CENTER 1201 SYCAMORE
LANE, DANVILLE
NO COST TO ATTEND**

MUSIC WITH DAVE



Join us on Thursday morning
and enjoy the awesome,
uplifting music of
David Hatfield

Thursday at 10AM


In person & on Hendricks County Senior
Services' Facebook Live



**STAY
ACTIVE**

UPCOMING EVENTS

STAY
ACTIVE



**1ST THURSDAY
OF THE MONTH AT 1:00 PM**

**JOIN TRACY FROM
ADORATION HOSPICE
AND
CORY FROM
HARMONY AT AVON
GAMES, PRIZES, & FUN!**

**Let's Play
Some Games**

**JOIN US EVERY 2ND THURSDAY
OF THE MONTH AT 12:30PM
HENDRICKS COUNTY SENIOR
CENTER**

**Chrissy Collins,
licensed Humana
agent, will be our
host!**



Joyous Yoga With Jan Dorsey


Chair Yoga:
Mondays & Wednesdays at 11:00 AM

CSF Class:
Thursdays at 11:00 AM




**JOIN US:
Hendricks County
Senior Services Book Club!
10:45 AM
Dining Hall**

**March 25th:
The Handmaid's Secret
by Freida McFadden**



**April 29th: *The Women*
by Kristen Hannah**



If you would like to stay to have lunch with us,
please call the Friday before, no later than noon, to
make a reservation. 317-910-5356

**Hendricks County Parks & Recreation Programs
at the Senior Center
Wednesday, March 27
@ 12:30 PM in the Dining Hall**

In Its Entirety, The Solar Eclipse

If you haven't heard yet, next month is a unique opportunity in
central Indiana!

On April 8, Hendricks County will experience a solar eclipse in to-
tality. A Hendricks County Park naturalist will explain the science be-
hind the phenomena, activities around central Indiana because of the
once-in-a-lifetime opportunity, and how to safely "view" the sun.

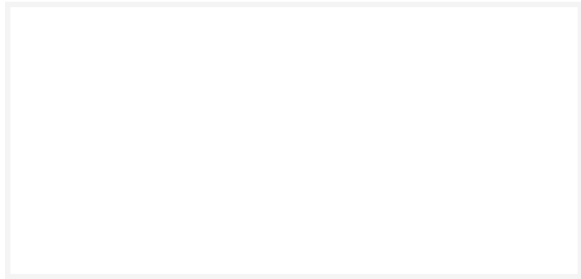


April 24-Things That Are Furry & Go Bump in the Night



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HENDRICKS COUNTY

Spring Music Spotlight

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Chad "Crooner" Brown



Dave Hatfield



Helee Adkins



10:00 AM (DOORS OPEN @ 9:30AM)

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