

# HENDRICKS COUNTY

## SENIOR SERVICES



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MAY 2024 ISSUE

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HENDRICKS COUNTY  
**Senior  
Services**



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## Get to Know: Vicky Calver

In April, we had the pleasure of celebrating our WONDERFUL volunteers. HCSS could not offer all the activities and services that we do without the assistance of these amazing individuals. We have almost 100 people who donate their time and talents on a regular basis. Together, they provided more than 5,000 hours of service in the last 12 months! These volunteers serve on our Board, help us with administrative duties, teach fitness classes, visit seniors in their home, assist at the front desk, help serve lunches in the kitchen, work in the food pantry, lead support groups, oversee various art and hobby programs, provide music, work at special events, and so much more! If you know someone who volunteers for HCSS, please take a moment to thank them for all they do.

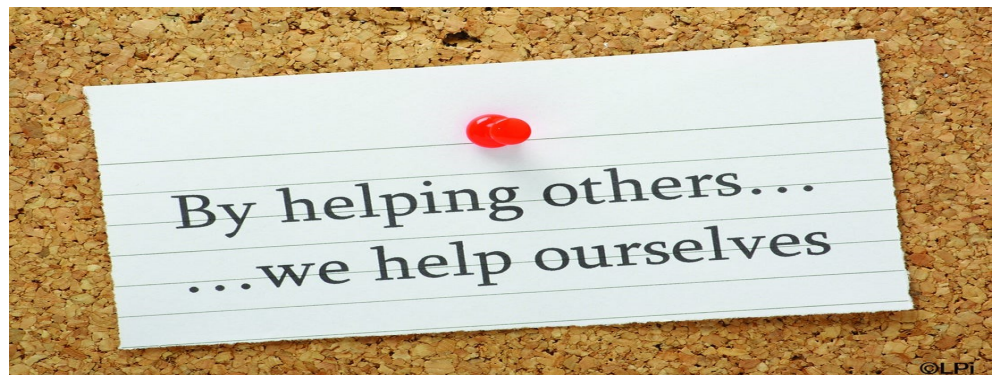


Before coming to HCSS, Vicky Calver worked in home healthcare, taking care of people who needed special assistance. She completed a variety of tasks for them, all with the goal of helping people remain in their houses for as long as possible. Vicky said that her work was inspired by a love of helping others.

Outside of her healthcare work, Vicky has four children, including three daughters and one son. One of her daughters still lives in Plainfield, while the rest of her children reside around the U.S. She had one brother, but he is sadly deceased. She is divorced.

Now that she has retired, Vicky said that she has many hobbies. She likes to read, loves General Hospital, enjoys exercising, and likes to travel. She said that her favorite place she has been is Paris, France. In fact, she took one of her daughters to Paris and to London, England to celebrate her graduation.

At the Senior Center, Vicky loves to use the Fitness Center and play cards, and said she is very good at numerous card games. In fact, she said that her skills have earned her the nickname "Lucky."



©LPI

## 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 exercises 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. Instructor: 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 integrates breathing, core strengthening, flexibility, and balance for longevity of movement. We 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

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## HEALTH & WELLNESS

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### HEARING SOLUTIONS OF INDIANA

2ND WEDNESDAY | 10:30 A.M.

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

### Blood Pressure Check

3RD WEDNESDAY | 11:30 A.M.

In Dining Hall. 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.

### 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.

### CHAIR MASSAGE BY TAMMY

1ST FRIDAY OF THE MONTH |

9:00 A.M. — 1:00 P.M.

Relieve stress, soothe aching muscles, and increase your energy level with a professional 10 minute chair massage by a licensed massage practitioner. No appointment needed. In Fitness Center.



**TAKE OFF POUNDS  
SENSIBLY**

### 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 plus small weekly chapter dues.

MONDAY	TUESDAY	WEDNESDAY
		8:00-2:00 Fitness Center Hours <b>1</b> 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 <b>6</b> 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 <b>7</b> 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 <b>8</b> 9:00 1 Mile Walk (DVD) 9:20 Tai Chi Fit (DVD) 10:00 Stay Active & Independent for Life 10:30 Hearing Solutions (Fitness Center) 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 <b>13</b> 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 <b>14</b> 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 <b>15</b> 9:00 1 Mile Walk (DVD) 9:20 Tai Chi Fit (DVD) 10:00 Stay Active & Independent for Life 11:00 Chair Yoga Class 11:30 Blood Pressure Check 12:00 Lunch 12:30 Card Games 1:00 IROC PT Discussion (Fitness Center)
8:00-2:00 Fitness Center Hours <b>20</b> 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 6:30 HC Choral Club	8:00-2:00 Fitness Center Hours <b>21</b> 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 <b>22</b> 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 12:30 HC Parks Program 1:00 Diabetes Support Group
 <p><b>MEMORIAL DAY</b>                      HCSS is closed May 27th to                      REMEMBER &amp; HONOR</p>	8:00-2:00 Fitness Center Hours <b>28</b> 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 <b>29</b> 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

# CALENDAR

THURSDAY	FRIDAY
8:00-2:00 Fitness Center Hours <b>2</b> 10:00 Music With Dave 11:00 CSF Class 12:00 Lunch 1:00 Games with Tracy & Cory 6:00 Music , Dancing, & Cards(\$2)	8:00-2:00 Fitness Center Hours <b>3</b> 9:00 1 Mile Walk (DVD) 10:00 Woodcarvers 10:00 Stay Active & Independent for Life 12:00 Lunch 12:30 Birthday of the Month Celebration 12:30 Card Games 1:00 Learn to Crochet
8:00-2:00 Fitness Center Hours <b>9</b> <del>10:00 Music With Dave</del> 11:00 CSF Class 12:00 Lunch 12:30 Card Games 2:00 Alzheimer's Support Group 6:00 Music , Dancing, & Cards(\$2)	8:00-2:00 Fitness Center Hours <b>10</b> 9:00 1 Mile Walk (DVD) 10:00 Woodcarvers 10:00 Stay Active & Independent for Life 12:00 Lunch 12:30 Card Games 1:00 Learn to Crochet
8:00-2:00 Fitness Center Hours <b>16</b> <del>10:00 Music With Dave</del> 11:00 CSF Class 12:00 Lunch 12:30 Card Games 6:00 Music , Dancing, & Cards(\$2)	8:00-2:00 Fitness Center Hours <b>17</b> 9:00 1 Mile Walk (DVD) 10:00 Woodcarvers 10:00 Stay Active & Independent for Life 12:00 Lunch 12:30 Card Games 1:00 Learn to Crochet
8:00-2:00 Fitness Center Hours <b>23</b> 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 <b>24</b> 9:00 1 Mile Walk (DVD) 10:00 Woodcarvers 10:00 Stay Active & Independent for Life 12:00 Lunch 12:30 Card Games 1:00 Learn to Crochet
8:00-2:00 Fitness Center Hours <b>30</b> 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 <b>31</b> 9:00 1 Mile Walk (DVD) 10:00 Woodcarvers 10:00 Stay Active & Independent for Life 12:00 Lunch 12:30 Card Games 1:00 Learn to Crochet



**Hearing Screening**  
**Hearing Aid Cleaning**  
**Hearing Aid Battery Replacement**

**2ND WEDNESDAY OF EACH MONTH**  
**10:30 AM - 12:00 PM**  
**HCSS**  
**FITNESS CENTER**



Please call **317-745-4303** or register at the front desk




**BLOOD PRESSURE CHECK**

**3rd Wednesday of each month**  
**11:30 AM - 12:30 PM**  
**Hendricks County Senior Services**  
**1201 Sycamore Lane**

No appointment needed

**IROC Physical Therapy Discussion**  
**3rd Wednesday of each month**  
**@ 1:00 PM in Fitness Center**

- Topic: Back  
December 20, 2023
- Topic: Shoulder  
January 17, 2024
- Topic: Knee  
February 21, 2024
- Topic: Neck  
March 20, 2024
- Topic: Hip  
April 17, 2024
- Topic: Balance  
May 15, 2024

**Kurt Bonner, DPT with IROC Physical Therapy and Personal Training, will discuss common PT issues , exercises for prevention, how to treat, and offer time for Q & A. Call 317-745-4303 or register at the front desk.**



# 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. May 22: Slithery & Slimy: Herps of Hendricks County

### 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, DANCING, & CARDS

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, payable at the door.

## MORE ACTIVITIES

### FUN & GAMES WITH

#### TRACY & CORY

1ST THURSDAY | 1:00 P.M.

Join Tracy (Adoration Hospice) & Cory (Harmony of Avon) for games and prizes 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 Workshop:

Friday, May 10, 9:30 AM @ Hendricks County Senior Services  
For more information call 317-745-4303



#### 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.

## SUPPORT GROUPS:

#### Improve Your Mood:

Every Tuesday @ 1:00 p.m.

#### Parkinson's Support:

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

#### Vision Loss:

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

#### Diabetes Support:

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

#### Alzheimer's:

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

## 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.

#### Upcoming Fraud Workshop:

Tuesday, June 18 @ 9:30 AM @ Hendricks County Senior Services  
For more information or to register call 317-745-4303

## 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

**Jennifer Andres**  
President

**Robert Julius**  
Vice President

**Jennifer Coy Rash**  
Secretary

**Lawrence Nilles**  
Treasurer

**Susan Boles**

**David Cox**

**Justin Dorsey**

**Robert Gentry**

**Amanda Meko**

**Tom Mullins**

**Harold Hiser**

**Shane Sommers**

Emeritus Board Members

**Suzie Davidson**

**John Howard**

**Max Poynter**

**John Sparzo**



# 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. 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.



# MAY LUNCH MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Beef Taco Salad w/ Lettuce, Tomato, Shredded Cheddar, Salsa Mixed Fruit Salad Pears WW Bread & Margarine 2% Milk	<b>2</b> Roast Turkey Grain Blend Steamed Zucchini Cinnamon Applesauce WW Bread & Margarine 2% Milk	<b>3</b> Grilled Fresh Atlantic Salmon Creamed Peas Roasted Cauliflower Fruit in Diet Red Gelatin Banana WW Bread & Margarine 2% Milk
<b>6</b> Grilled Chicken w/ BBQ Sauce Peas Cooked Carrots Peaches Vanilla Wafers WW Bread & Margarine 2% Milk	<b>7</b> Chicken & Noodles Mashed Potatoes Spinach w/ Vinegar Pineapple Rings WW Bread & Margarine 2% Milk	<b>8</b> Roast Turkey Sweet Potatoes Broccoli Florets Coleslaw Apple Cobbler WW Bread & Margarine 2% Milk	<b>9</b> Spaghetti w/ Meat Sauce Corn Tossed Salad Banana WW Bread & Margarine 2% Milk	<b>10</b> Barbecue Chicken Sandwich Mac & Cheese Coleslaw Peaches WW Bread & Margarine 2% Milk
<b>13</b> Pot Roast Grain Blend Buttered Zucchini Slices Diet Gelatin w/ Fruit Pears WW Bread & Margarine 2% Milk	<b>14</b> Beef Chili w/ Beans Fresh Carrots & Celery Tossed Salad Rice Krispie Treat WW Bread & Margarine 2% Milk	<b>15</b> Chicken Cacciatori w/ Rice Roasted Carrots Mixed Fresh Fruit WW Bread & Margarine 2% Milk	<b>16</b> Salisbury Steak Mashed Potatoes Sautéed Spinach Coleslaw Cinnamon Applesauce WW Bread & Margarine 2% Milk	<b>17</b> Roast Turkey Grain Blend Key West Vegetables Banana Cottage Cheese WW Bread & Margarine 2% Milk
<b>20</b> Austin Blues BBQ Pork on Bun Fresh Asparagus Four Bean Salad Peaches WW Bread & Margarine 2% Milk	<b>21</b> Oven Baked Fried Chicken Baked Potatoes Buttered Collard Greens Coleslaw Fruit in Diet Red Gelatin WW Bread & Margarine 2% Milk	<b>22</b> Broccoli Cheddar Cheese Soup Hot Sliced Ham w/ Bun Pineapple Chunks Oatmeal Raisin Cookie WW Bread & Margarine 2% Milk	<b>23</b> Grilled Fresh Salmon Grain Blend Roasted Carrots Mediterranean Marinated Vegetables Cantaloupe WW Bread & Margarine 2% Milk	<b>24</b> Spaghetti w/ Meat Sauce California Blend Veggies Fruit in Diet Orange Gelatin Brownie WW Bread & Margarine 2% Milk
 <p> <b>MEMORIAL DAY</b>                      HCSS is closed May 27th to                      REMEMBER &amp; HONOR                 </p>	<b>28</b> Cider Braised Pork Grain Blend Zucchini & Yellow Squash Cottage Cheese Pears WW Bread & Margarine 2% Milk	<b>29</b> Sloppy Joe Sandwich Roasted Broccoli Tossed Salad Fruit Medley WW Bread & Margarine 2% Milk	<b>30</b> Hamburger on Bun Roasted Cauliflower Coleslaw Banana Rice Krispie Treat WW Bread & Margarine 2% Milk	<b>31</b> Salmon Patty w/ White Gravy Green Beans Veggie Relishes Peaches WW Bread & Margarine 2% Milk

# TRIPS & TOURS

HENDRICKS COUNTY SENIOR SERVICES PRESENTS

**Branson Show Extravaganza**

**\$858\***

**5 Days 4 Nights**  
\*PER PERSON, DOUBLE OCCUPANCY

**(Mon - Fri)  
Nov 4 - 8  
2024**



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



**NEW ORLEANS  
PRE-MARDI GRAS**

TOUR DATES: FEBRUARY 25 - MARCH 2, 2025

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

**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



# Random Act of Kindness Word Search



Find the hidden Random Act of Kindness words.

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

HELP

SMILE

GIVE

LISTEN

THANKS

CARING

SHARE

FORGIVE

COMPLIMENT

KINDNESS

THOUGHTFUL

VOLUNTEER

**Washington Township Transit provides shared-ride transportation to destinations in Hendricks County. The program is a partnership between Washington Township and Hendricks County Senior Services for the benefit of residents of Washington Township.**

**Rides may be scheduled up to four weeks in advance.**

**To reserve a ride, call 317-741-0002 Monday-Friday from 8:00 am to 4:00 pm. The vehicle is wheelchair-accessible.**

**The fare is \$5.**



# 5 Tips to Spring Clean Your Home Inside and Out

*As you tackle this season's cleaning, look for ways to improve your overall living space, from getting rid of things you no longer need to adding items that can work harder for you.*

Consider these five ways to tackle your home inside and out this spring.

## **Make organizing easier.**

As you clean each space, look for easy ways to improve organization. If your entryway always becomes a jumbled pile of shoes and coats, consider adding a storage bench and hooks to bring some order to the area. If tools and equipment make the garage unusable, install shelving units to keep everything in place.

## **Eliminate the excess.**

Declutter and make way for something new, either by donating or selling unused things. Online platforms can make the process easy and be a way to earn extra cash or help fund other home upgrades.

## **Reimagine your living space.**

Consider items you can repurpose for another part of the home. For example, move an unused chair in your living room into a bedroom to create a reading nook. Keep your focus on function as you make changes that accommodate your lifestyle.

## **Make smart additions.**

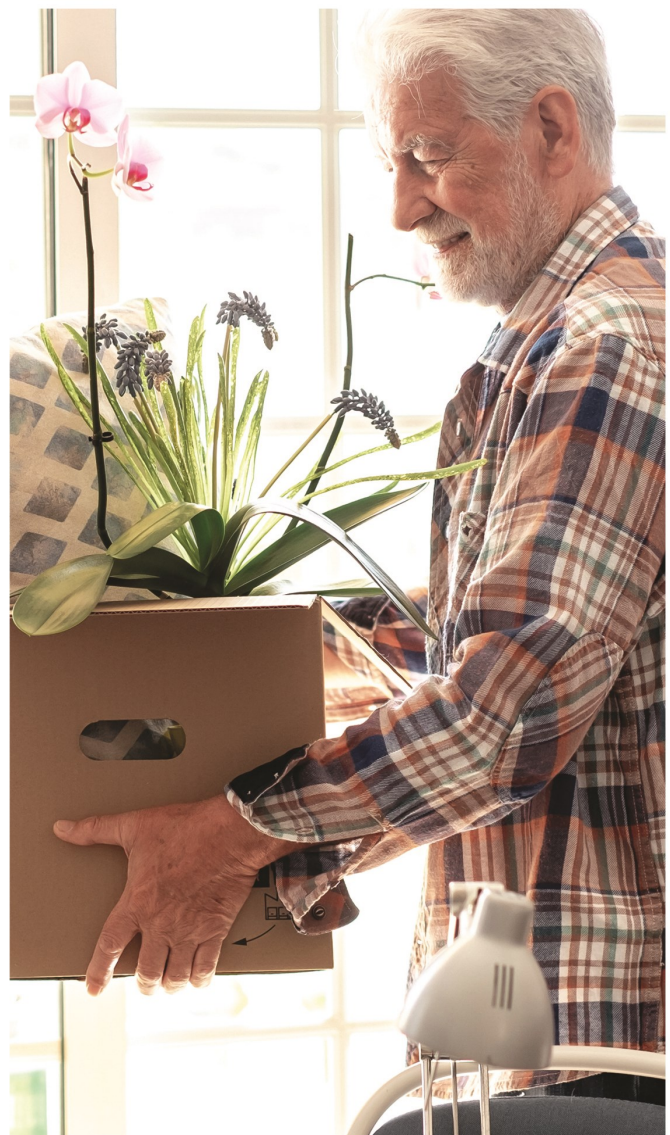
Purchase or upgrade items like vacuums, lawn mowers, power washers, drills, etc. to help take your spring cleaning to the next level. You can make your money go further by choosing certified

refurbished products, some marketplaces like eBay offer inventory that has been professionally inspected by the manufacturer, or a manufacturer-approved vendor, to look, feel and work like new.

## **Commit to revisiting regularly.**

It's easy to let clutter and disorganization slide when you get busy with life's demands. Commit to reassessing your home on a monthly or quarterly basis so you can make small adjustments along the way, rather than face a major project every year.

(Courtesy of Family Features)



## 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 65+



## 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!**

**Hendricks County Parks & Recreation Programs  
at the Senior Center  
Wednesday, May 22  
@ 12:30 PM in the Dining Hall**

**Slithery & Slimy: Herps of Hendricks County**

For most of us, finding a snake in our yard can be scary. Imagine what it is like for the snake! Join us at the Hendricks County Senior Services and one of our naturalists will tell you all about the snakes, frogs, toads, and lizards that are hanging out in your backyard.



June 26 - Native Indiana: Wildflowers  
July 24 - On the Wings of Eagles  
August 28 - Wonderful Webs

**Joyous Yoga** With Jan Dorsey

**Chair Yoga:**

**Mondays & Wednesdays at 11:00 AM**

**CSF Class:**

**Thursdays at 11:00 AM**



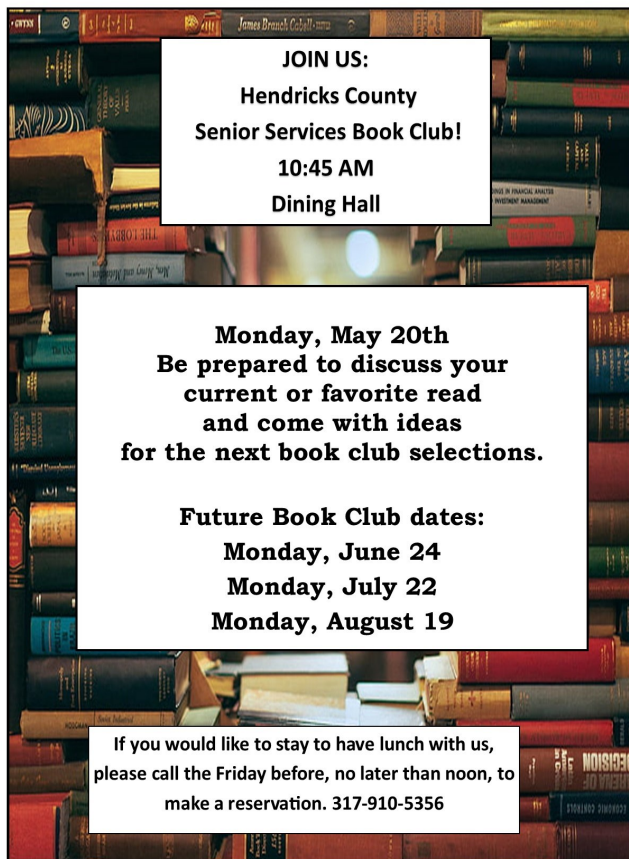
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**JOIN US:  
Hendricks County  
Senior Services Book Club!  
10:45 AM  
Dining Hall**

**Monday, May 20th  
Be prepared to discuss your  
current or favorite read  
and come with ideas  
for the next book club selections.**

**Future Book Club dates:  
Monday, June 24  
Monday, July 22  
Monday, August 19**

**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**



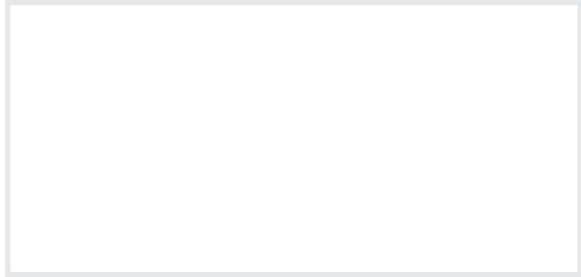
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HENDRICKS COUNTY  
SENIOR SERVICES

# CAREGIVER CONNECTION

June 5, 2024  
1:30 -4:00 PM @ HCSS

**\$10 Admission**

Keynote Speakers:

Lesley Lautenschlager, Occupational  
Therapist @ IU Health West Hospital

and

Jessie Hillock, Owner  
The Memory Compass

Sponsored by:



West Hospital



Call

(317) 745-4303

for more information

