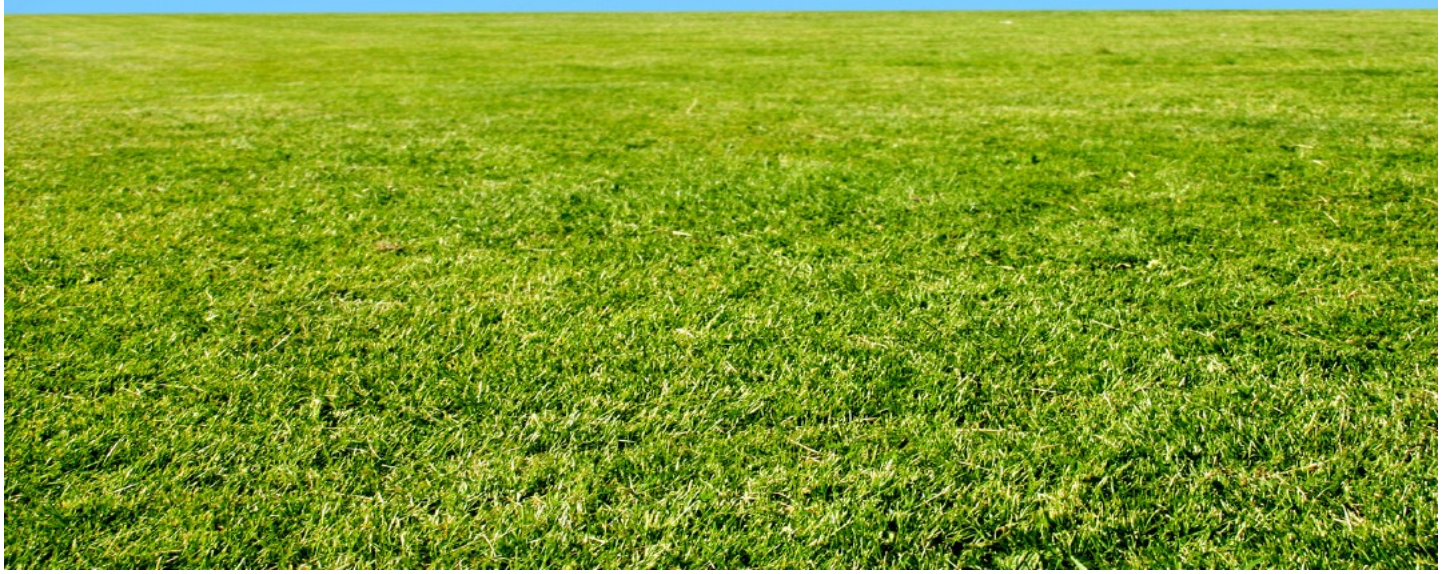
The SOCIAL of GREENWOOD

May 2018

Socially Speaking

Hello Spring!



20TH Annual SENIOR EXPO

Franciscan HEALTH ORTHOPEDICS

Free Admission!

Thursday, May 3rd 9am-Noon

THE GATHERING PLACE
1495 W MAIN ST, GREENWOOD

100+ Vendors, Mini Health Fair & Much More!

SENIOR Helpers
Care and comfort at a moment's notice.

Otterbein SeniorLife Franklin Community

OAK STREET HEALTH

The Hearth at Stones Crossing
Premier Senior Living & Memory Care

Largest Senior Expo on the Southside!

For more information call 317-882-4810 or visit www.thesocialofgreenwood.org

A note from the Executive Director

Hello,

Spring is finally here! I don't know about you, but I have been longing for some warm sunshine for quite some time. Spring always means the same thing at The Social, its Senior Expo time! This year will be The Social's 20th Expo. Please join me on Thursday, May 3rd at The Gathering Place to visit with Indiana's top companies specializing in senior care. There will be door prizes, giveaways and health screenings. Come hungry because we will have the famous "Happy Jack's" hot dogs for sale as well!

In other news, we had a wildly successful Purse Bingo at The Barn in April. Over 335 people came out to test their luck and support The Social. Thank you to all who attended and a special thank you to Amanda and her team at The Barn at Bay Horse Inn for providing the beautiful venue and for always being so supportive of The Social! Mark your calendars because our next Purse Bingo Fundraiser is set for Thursday, August 2nd. Tickets are not on sale quite yet but we will let you know as soon as they are. Follow our Facebook page (The Social of Greenwood) to be the first to know.

The Social has welcome over 100 new members already this year! It's an amazing feeling to know our reach is broadening throughout the community. We are so much more than a senior center. Throughout my time here, I have seen folks come to The Social at the lowest point in their life (grieving a loved one, facing isolation and depression, food insecurity, medical issues...the list goes on). I've also seen amazing things happen to those members. They are making new friends, socializing, volunteering, taking trips, exercising and fighting back against the above noted. My point is, **The Social is crucial for seniors in our community**. We are 1,300 members strong, with no end in sight. As many of you know, we are also running out of room. Over the past year, we have been working on a building grant for possible renovation and expansion. Our feasibility study and new floor plan are complete. We worked diligently with the architects to ensure every inch of The Social is effectively utilized. We now enter the construction grant phase of our project. On May 25th, we will confidently submit our grant, knowing our story is worthy. In the meantime, we are required to have a public hearing and this is where you can help. **Please join us on Wednesday, May 9th at 5:30 pm at the Greenwood City Building (300 S Madison Ave) to show support for The Social and our need for expansion.** We hope to see you there!

Sincerely,

Andrea Sutherland
Executive Director

Visit Metamora, IN

Indiana's only functioning canal town

Wednesday, May 16th

Cost: $15.00

Bus departs: 9:30 am Trip returns: 4:30 pm

Experience a lovely spring day in this historic, quaint town. Enjoy lunch and shopping on your own at one of the many eateries and stores in Metamora. At 2:00 pm, we will take a canal ride on the White River. This is a day you don't want to miss!

Sign-up for this trip will start Tuesday, May 1st.

Thank you to **Greenwood Village South** for sponsoring our May day trip!

Powered By: SENIOR Helpers — Care and comfort at a moment's notice.

Rock Steady Boxing at The Social enables people with Parkinson's to fight their disease by providing a non-contact boxing style fitness program. Participants must first meet with one of our Coaches for a 30 minute individual assessment as well as have a signed medical release from their primary care physician prior to their first class.

For general inquiries or to schedule an assessment, please call The Social's Operations Manager, Ashley Koval at 317-882-4810

Assessment Cost: $15

Class Cost: $15 for 3 classes or $60 for 12 classes

There will be NO CLASS on Memorial Day (Monday, May 28th)

Levels 1-2	Levels 3-4	All Levels
Tuesday 9:15-10:45 am	Monday 12:00-1:30 pm	Friday 1:00-2:30 pm
Tuesday 5:30-7:00 pm	Wednesday 12:00-1:30 pm	Saturday 9:15-10:45 am
Thursday 5:30-7:00 pm	Wednesday 2:00-3:30 pm	
Friday 3:00-4:30 pm		

Health & Fitness

Exercise Classes

Body Balance & Strength

Mondays at 9:00 am
Cost: $5 per class
You will need an exercise ball, hand weights and a mat for class.

Stretch & Flex

Tuesdays & Thursdays at 12:00 pm
NEW TIME!
Cost: $3 per class

Gentle Yoga

Wednesdays at 9:30 am
Cost: $5 per class

NIA

Mondays & Wednesdays at 10:30 am
Cost: $5 per class

Come try out NIA, your 1st class is FREE!

Education/Services

CICOA Options Counseling
Wednesday, May 16th
9:00-12:00 pm

Join CICOA a Counselor who can assist with Medicare questions and pre-screening for services.

To reserve your 30 minutes appointment, call 317-882-4810

TOPS

(Take Off Pounds Sensibly)

Fridays at 9:00 am
3rd Friday of each month at 10:00 am

TOPS is a weight loss support group that meets weekly. The first meeting is free. If you choose to join, there is a $32 yearly fee to the national organization and $4 monthly dues for each chapter.
Weigh-In is from 9:00-9:25 am
Meeting is from 9:30-10:45 am

Free Chair Massage

Tuesday, May 8th 12:00-2:00 pm
Enjoy a 10 minute chair massage compliments of Massage Therapists, Sue Jones. To reserve your spot, please call 317-882-4810

Dancing @ The Social

Beginner Ballroom Dancing
Mondays at 9:30 am
Cost: $5 per class
Beginner Line Dancing
Mondays at 10:15 am
Cost: $5 per class
Folk Dancing
Thursdays at 9:30 am
Cost: $4 per class

There will be **NO FREE HAIRCUTS** during May and June.
Our volunteer, Mary, will be offering haircuts again in July. **Thank you for understanding!**

Monday	Tuesday	Wednesday
	1 9:00 Wii Bowling 9:00 Hand & Foot/Samba (Cards) 9:15 Rock Steady Boxing (Levels 1-2) 9:30-12:30 Food Pantry 11:30 CICOA Lunch 12:00 Stretch & Flex 1:00 Euchre 5:30 Rock Steady Boxing (Levels 1-2)	**2** 9:00 Craft Club 9:30 Gentle Yoga 10:30 NIA 11:30 CICOA Lunch 12:00 Rock Steady Boxing (Levels 3-4) 1:00 Mah-Jongg 1:00 Woodcarving 2:00 Rock Steady Boxing (Levels 3-4)
7 9:00 Body Balance & Strength 9:00 Woodcarving 9:30 Ballroom Lessons 10:15 Line Dancing Lessons 10:30 NIA 11:30 CICOA Lunch 12:00 Rock Steady Boxing (Levels 3-4) 12:45 Duplicate Bridge	**8** 9:00 Wii Bowling 9:00 Hand & Foot/Samba (Cards) 9:15 Rock Steady Boxing (Levels 1-2) 9:30-12:30 Food Pantry 11:30 CICOA Lunch 12:00 Stretch & Flex 12:00-2:00 Free Chair Massage 1:00 Euchre 5:30 Rock Steady Boxing (Levels 1-2)	**9** 9:00 Craft Club 9:30 Gentle Yoga 10:30 NIA 11:30 CICOA Lunch 12:00 Rock Steady Boxing (Levels 3-4) 1:00 Mah-Jongg 1:00 Woodcarving 2:00 Rock Steady Boxing (Levels 3-4) **5:30 pm The Social's Public Hearing at The City of Greenwood Building 300 S. Madison Ave.**
14 9:00 Body Balance & Strength 9:00 Woodcarving 9:30 Ballroom Lessons 10:15 Line Dancing Lessons 10:30 NIA 11:30 CICOA Lunch 12:00 Rock Steady Boxing (Levels 3-4) 12:45 Duplicate Bridge	**15** 9:00 Wii Bowling 9:00 Hand & Foot/Samba (Cards) 9:15 Rock Steady Boxing (Levels 1-2) 9:30-12:30 Food Pantry 11:30 CICOA Lunch 12:00 Stretch & Flex 1:00 Euchre 5:30 Rock Steady Boxing (Levels 1-2)	**16** 9:00 Craft Club 9:30 Day Trip Departs to Metamora, IN 9:30 Gentle Yoga 10:30 NIA 11:30 CICOA Lunch 12:00 Rock Steady Boxing (Levels 3-4) 1:00 Mah-Jongg 1:00 Woodcarving 1:00 Euchre 2:00 Kidney Talk 2:00 Rock Steady Boxing (Levels 3-4)
21 9:00 Body Balance & Strength 9:00 Woodcarving 9:30 Ballroom Lessons 10:15 Line Dancing Lessons 10:30 NIA 11:30 CICOA Lunch 12:00 Rock Steady Boxing (Levels 3-4) 12:45 Duplicate Bridge	**22** 9:00 Wii Bowling 9:00 Hand & Foot/Samba (Cards) 9:15 Rock Steady Boxing (Levels 1-2) 9:30-12:30 Food Pantry 11:30 CICOA Lunch 12:00 Stretch & Flex 1:00 Euchre 5:30 Rock Steady Boxing (Levels 1-2)	**23** 9:00 Craft Club 9:30 Gentle Yoga 10:30 NIA 11:30 CICOA Lunch 12:00 Rock Steady Boxing (Levels 3-4) 1:00 Mah-Jongg 1:00 Woodcarving 1:00 Veteran's Seminar 2:00 Rock Steady Boxing (Levels 3-4)
28 The Social will be **CLOSED** in observance of Memorial Day 	**29** 9:00 Wii Bowling 9:00 Hand & Foot/Samba (Cards) 9:15 Rock Steady Boxing (Levels 1-2) 9:30-12:30 Food Pantry 11:30 CICOA Lunch 12:00 Stretch & Flex 1:00 Euchre 5:30 Rock Steady Boxing (Levels 1-2)	**30** 9:00 Craft Club 9:30 Gentle Yoga 10:30 NIA 11:30 CICOA Lunch 12:00 Rock Steady Boxing (Levels 3-4) 1:00 Mah-Jongg 1:00 Woodcarving 2:00 Rock Steady Boxing (Levels 3-4)

May 2018

Thursday	Friday
3 9:30 Folk Dancing 11:30 CICOA Lunch 12:00 Stretch & Flex 1:00 Contract Bridge 2:30-4:30 Food Pantry 5:30 Rock Steady Boxing (Levels 1-2) 6:00 Bingo	**4** 9:00 TOPS Meeting 9:30 Bingo 9:30-12:30 Food Pantry 11:30 CICOA Lunch 12:30 Mexican Train 1:00 Rock Steady Boxing (All Levels) 3:00 Rock Steady Boxing (Levels 1-2)
10 9:30 Folk Dancing 11:30 CICOA Lunch 12:00 Stretch & Flex 1:00 Contract Bridge 2:30-4:30 Food Pantry 5:30 Rock Steady Boxing (Levels 1-2) 6:00 Bingo	**11** 9:00 TOPS Meeting 9:30 Bingo 9:30-12:30 Food Pantry 11:30 CICOA Lunch 12:30 Mexican Train 1:00 Rock Steady Boxing (All Levels) 3:00 Rock Steady Boxing (Levels 1-2)
17 9:30 Folk Dancing 11:30 CICOA Lunch 12:00 Stretch & Flex 1:00 Bid Euchre 1:00 Contract Bridge 2:30-4;30 Food Pantry 6:00 Bingo	**18** 10:00 TOPS Meeting 9:30 Bingo 9:30-12:30 Food Pantry 11:30 CICOA Lunch 12:30 Mexican Train 1:00 Rock Steady Boxing (All Levels) 3:00 Rock Steady Boxing (Levels 1-2)
24 9:30 Folk Dancing 11:30 CICOA Lunch 12:00 Stretch & Flex 1:00 Contract Bridge 2:30-4:30 Food Pantry 5:30 Rock Steady Boxing (Levels 1-2) 6:00 Bingo	**25** 9:00 TOPS Meeting 9:30 Bingo 9:30-12:30 Food Pantry 11:30 CICOA Lunch 12:30 Mexican Train 12:30 Book Club Discussion 1:00 Rock Steady Boxing (All Levels) 3:00 Rock Steady Boxing (Levels 1-2)
31 9:30 Folk Dancing 11:30 CICOA Lunch 12:00 Stretch & Flex 1:00 Contract Bridge 2:30-4:30 Food Pantry 5:30 Rock Steady Boxing (Levels 1-2) 6:00 Bingo	

Cards & Games

Bingo!

Thursday at 6:00 pm
Friday at 9:30 am
Cost: $4

Cards

Duplicate Bridge: Monday at 12:45 pm Cost: $1

Contract Bridge: Thursday at 1:00 pm Cost: $1

Hand & Foot: Tuesday at 9:00 am Cost: $1

Samba: Tuesday at 9:00 am Cost: $1

Euchre: Tuesday at 1:00 pm Cost: $3

2nd Wednesday Euchre: 5/9 at 1:00 pm Cost: $3

Bid Euchre: 5/17 at 1:00 pm Cost: $1

Mexican Train

Friday at 12:30 pm
Cost: $1

Mah-Jongg

Wednesday at 1:00 pm
Cost: $1

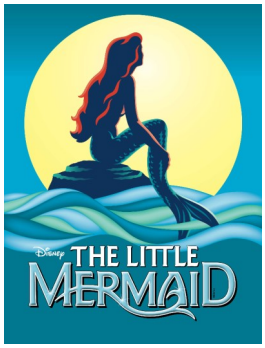
Wii Bowling

Tuesday at 9:00 am
Cost: $1

Derby Dinner Playhouse Trip

Wednesday, July 18th

Cost: $44.00
Includes transportation, buffet lunch and show tickets!
Bus Departs at 9:30 a.m. and will return around 5:30 p.m.



The hit Disney movie comes to life in this awe-inspiring Broadway musical! Travel to a magical kingdom beneath the sea and join Ariel on her quest for love and a life in the world above. Perfect for the young and the young at heart!

The Social will be **CLOSED on Monday, May 28th** in observance of Memorial Day. There will be no CICOA lunch or programs.

FAMILY-FIRST SENIOR LIVING FROM CARDON
ALTENHEIM (INDIANAPOLIS/BEECH GROVE)
ASPEN TRACE (GREENWOOD/BARGERSVILLE/CENTER GROVE)
GREENWOOD HEALTH & LIVING
UNIVERSITY HEIGHTS HEALTH & LIVING (INDIANAPOLIS/GREENWOOD)

CARDON & ASSOCIATES INC.
Family-first Senior Living Communities
www.CarDon.us

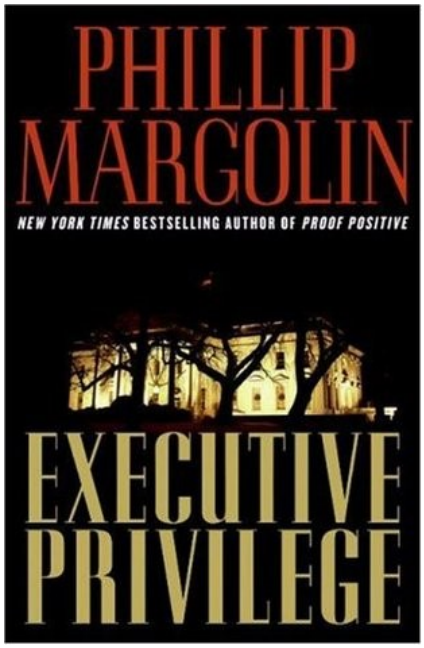
Groups & Programs

Book Club

Friday, April 27th

12:30 p.m.

Please ensure you return your book in a timely manner to avoid fines from the library.



Red Hat Society

Friday, May 11th 2:00 pm

"The Wizard of Oz" at
The Artcraft Theater
RSVP to save your spot!

Monday, May 21st 11:00 am

Fireside Brewhouse
997 E. County Line Rd
Greenwood
RSVP 317-882-4810

Craft Club

Wednesday at 9:00 am

Join us for an informal gathering where members meet to chat and work on projects that include crocheting, sewing and knitting.

Bunka Embroidery

May 2nd, 16th & 30th

6:30 pm

Cost: $1 per class

For more information, please contact Vicki May at 317-431-8252

Kidney Talk

Wednesday, May 16th 2:00 pm
The Social of Greenwood
550 Polk St. Greenwood, IN 46143

Kidney Talk, a support group for those living or caring for someone with kidney disease will present its third program of the 2018 series. Featured speaker will be Kathy Cowden, Registered Dietician with Franciscan Health, discussing nutrition and kidney disease. The program is free and open for all interested in attending. No registration is needed.

For more information or questions, please contact Janice Steuri, MSW with Franciscan Health ACO at 317-528-2006.

Veteran's Seminar

Wednesday, May 23rd 1:00 pm
The Social of Greenwood
550 Polk St. Greenwood, IN 46143

Join John & Vickie Peters for our 3rd seminar on VA benefits. This session will provide more information on service connected compensation benefits, non-service connected pension benefits, survivor and death benefits and , time permitting, medical care benefits. Mr. and Mrs. Peters will be available to answer questions following the presentation.

This seminar is open to the general public.

Please RSVP: 317-882-4810

WBW

WILLIAMS BARRETT & WILKOWSKI
LLP

ATTORNEYS AT LAW

- Asset Protection/Probate Avoidance
- Medicaid Planning and Elder Law
- Estate Planning and Administration
- Litigation and Appeals
- Commercial Law
- Mediation Services
- Real Estate, Land Use & Zoning
- Business Services

WILLIAMS BARRETT & WILKOWSKI, LLP
600 N. Emerson Avenue, Greenwood, IN (Near I-65 & County Line Road)
(317) 888-1121 – wbwlawyers.com

Searching for a Senior Community to Call Home?

Nestled in beautiful Franklin, Indiana, our campus is situated on 120 park-like acres that boast mature trees, stocked ponds, sidewalks and walking trails. Living at Otterbein Franklin is not about retirement, but more about living an active, healthy life and still being able to plan for your future needs.

Care options include:

- Independent Living
- Assisted Living
- Short-Term Rehab
- Memory Care
- 24-Hour Health Center
- Respite/Hospice Care

Otterbein SeniorLife Franklin Community

"I can truly say that the happiest years of my mother-in-law's life were spent at Otterbein Franklin SeniorLife Community." - Daughter-in-Law of Resident

Learn more about our community here: www.otterbein.org/franklin

1070 West Jefferson Street, Franklin, IN 46131
(317) 736-7185

Happy Mother's Day!

Around the Center

Volunteer of the Month

Meet Anna Belle Smith, our May Volunteer of the Month. Anna Belle spends her days working in our food pantry, cleaning and helping others. She is the kindest, most giving person you will ever meet and we are so lucky to have her as part of our family at The Social. When she is not busy volunteering, you can find her at the puzzle table enjoying a cup of coffee and chatting with her friends. Thank you, Anna Belle!

Purse Bingo

We celebrated the Spring Equinox with a delicious dinner, great company and a wonderful saxophone performance. A special thank you do Dr. Rifkind for providing the entertainment for the evening!

Over 1,000 canned food items were donated to our Food Pantry during Purse Bingo!

Our April 5th Purse Bingo Fundraiser at The Barn at Bay Horse Inn

Lunch orders must be submitted 48 hours in advance to ensure there is enough food for everyone. Thank you!

CICOA
Aging & In-Home Solutions
A member of the INconnect Alliance.

Monday	Tuesday	Wednesday	Thursday	Friday
May 2018	1 Sliced Turkey Breast w/Gravy Whipped Sweet Potatoes Broccoli Cuts Applesauce Wheat Bread 1% Milk	2 Grilled Hamburger Mac & Cheese Festive Green Beans Pineapple Whole Wheat Bun 1% Milk	3 Braised Beef Over Egg Noodles Mixed Greens Diced Carrots Wheat Roll Mandarin Oranges 1% Milk	4 Chicken and White Bean Chili Corn Brussels Sprouts Corn Bread Mixed Fruit 1% Milk
7 Lemon Pepper Cod Spinach Peas & Corn Whole Wheat Bread Tropical Fruit 1% Milk	8 Oven Fried Chicken Thigh Diced Carrots Scalloped Potatoes Diced Pears 1% Milk	9 Chicken Parmesan Key West Blend Mashed Potatoes Wheat Bread Stewed Apples with Cherries and Almonds 1% Milk	10 Country Ham & Beans Diced Carrots Diced Beats Corn Bread Diced Peaches Cookie 1% Milk	11 Ginger BBQ Chicken Whipped Sweet Potato Brussels Sprouts Whole Wheat Bread Orange Juice 1% Milk
14 Grilled Chicken Breast W/Sauce Cordon Bleu Broccoli Cut Corn Multi Grain Bread Pineapple Tidbits 1% Milk	15 Pot Roast with Vegetable Gravy California Blend Mashed Potatoes Mixed Fruit 1% Milk	16 Grilled Chicken w/Salsa & Cheese Black Beans Diced Carrots Corn Muffin Fresh Orange Wedges 1% Milk	17 Country Fried Steak W/Gravy Spinach Baked Potato Tropical Fruit Salad 1% Milk	18 Scrambled Eggs Sausage Link Hashed Brown Potatoes Spiced Peaches Wheat Bread 1% Milk
21 Smoked Sausage with Peppers & Onions Peas Mashed Potatoes Wheat Bread Strawberry Applesauce 1% Milk	22 Oven Fried Chicken Thigh Diced Carrots Scalloped Potatoes Diced Pears 1% Milk	23 Sliced Turkey Over Southwest Pasta Peas Corn Pudding 1% Milk	24 Meatloaf w/Gravy Brussels Sprouts Mashed Potatoes Wheat Bread Mandarin Oranges 1% Milk	25 Vegetable Lasagna Diced Carrots Lima Beans Wheat Dinner Roll Pineapple 1% Milk
28 Spaghetti Marinara W/Meatballs Parmesan Cheese Italian Green Beans California Blend Diced Peaches 1% Milk	29 Turkey Veg Sloppy Joe Roasted Sweet Potatoes Brussels Sprouts w/Onion Whole Wheat Bun BIRTHDAY CUPCAKE 1% Milk	30 Shredded BBQ Beef Diced Carrots Great Northern Beans Whole Wheat Bun Mixed Fruit 1% Milk	31 Smothered Chicken Breast Wild Rice Pilaf Key West Vegetables Wheat Bread Diced Pineapple 1% Milk	

Franciscan EXPRESSCARE

FranciscanExpressCare.org

When life's unexpected illnesses and injuries don't require a trip to the ER, get the care you need really fast at Franciscan ExpressCare. No appointment needed, just walk right in!
Get in. Get out. Get better.

GREENWOOD
1001 N. Madison Ave.
Greenwood, IN 46142
(317) 528-7500
7 a.m. to 11 p.m., every day

Holiday hours may vary.

Hours of Operation

Monday - Friday 9-5 pm

550 Polk Street Greenwood, IN 46143

317-882-4810

Needs List

Computer Paper	Small Snack Plates
Kitchen Trash Bags	Coffee
Paper Towels	Styrofoam Coffee Cups
Toilet Paper	Clorox Wipes
Plastic Forks	Kleenex

United Way of Johnson County

ROCK STEADY BOXING @ THE SOCIAL

MEALS & MORE A SERVICE OF CICOA