

SHELBY SENIOR SERVICES, INC.

HORIZONS

Monthly Publication of Shelby Senior Services, Inc.

THE HORIZON CENTER
The Center of Senior Life
2120 Intelliplex Dr. Ste. 101
Shelbyville, IN 46176
Phone; 317-398-0127
ShelbyGo Transportation
Phone: 317-398-7614

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June 2022



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from City, State _____

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2120 Intelliplex Dr. Ste. 101, Shelbyville, IN 46176

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Liz Oeffinger, Director of Operations

Easter Hall Beyer, Director of Transportation

Horizon Center Coordinators

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Morristown, Carol Bossingham

Shelbyville, Crystala' Evans

Program Staff

Carol McDaniel, Travel Coordinator

Michelle Riggs, Receptionist/Dispatcher

Donna Sipes, Family Caregiver Services Coordinator

Abigail Kirk, Health and Wellness Coordinator

Will Mitchell, IT Coordinator

Gina Batton, Bookkeeping

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John Forthofer, A-del Moore, Andrea Harvey, and Calvin Berry.

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Karen May

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Mike Smith

Kris King

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Tiera Purvis

Board meetings are held the second Thursday of each month at 9 a.m. This meeting is for the purpose of conducting the corporation's business. It is not considered a public community meeting but there will be a time for public participation as indicated by the agenda.

Mission and Purpose

The Mission of Shelby Senior Services, Inc. is to respect and respond to the ever-changing needs of older adults and their families, to enhance their quality of life, to assist in maintaining their independence and to be an integrated and valued partner in Shelby County.

Vision Statement:

“Serving seniors, improving lives.”

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Is There Something on Your Mind?

Please let the staff at Shelby Senior Services, Inc. know what activities you'd like to see brought to our Horizon Center locations, what services you or a loved one need, and what the staff might improve on to meet your needs and desires. Call 317-398-0127 or put it in writing to us.

ADVERTISING APPEARING
IN **THE HORIZON** HAS
BEEN PURCHASED AND
DOES NOT REPRESENT AN
ENDORSEMENT OF
PRODUCTS OR SERVICES
BY SHELBY SENIOR
SERVICES, INC.



Kim's Korner June 2022

Summer is here with a bang! I think we went straight from winter to summer. What does that mean to us at Shelby Senior Services? It means it is time for Strawberry Festival. I am glad that we are able to hold it this year. This will be our 35th year of Strawberry Festival. I feel that many look forward to it every year. It takes many volunteers to help us complete the task from cutting strawberries, baking cakes, advertising, and servicing them on that fun day. We have in the past had beautiful days and some not so good weather days but the day is still fun and busy all the same. We are fortunate to be able to bring it back this year after Covid. It takes many individuals and companies to help make this day a success. We are able to put this fundraising money to good use. We use this money to help provide programs and activities to our seniors of Shelby County. We would like to say Thank you to everyone that makes this day possible.



SHELBY SENIOR SERVICES' ANNUAL
**STRAWBERRY
FESTIVAL**

JUNE 3RD, 11AM - 2PM

STRAWBERRY SHORTCAKE
& ICE CREAM | \$7

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& MHP PATIO



Your Neighbor In Better Hearing

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April Knox Photography

We can help you navigate the choices that have to be made when someone in your family is facing a life-limiting illness or condition.

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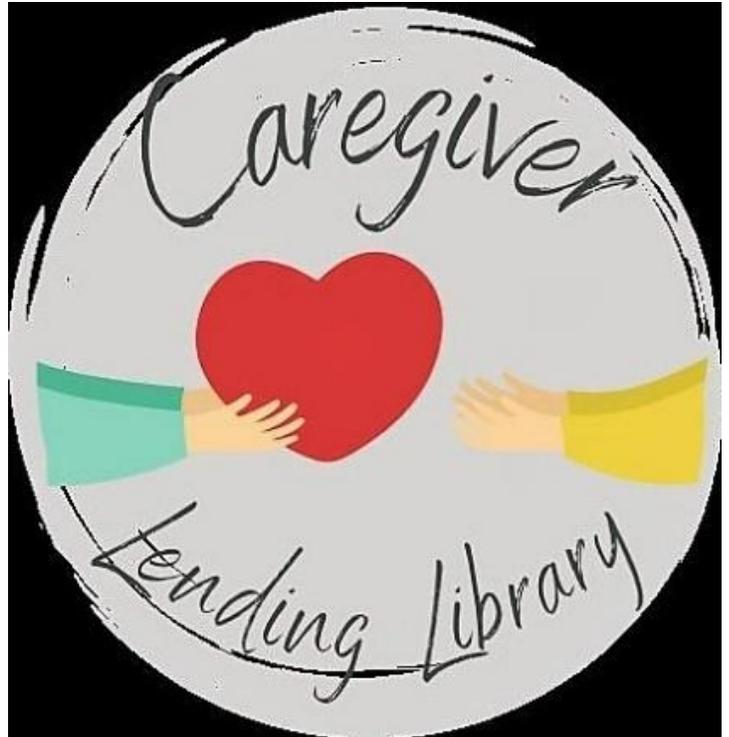
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FAMILY CAREGIVER PROGRAMS



Donna Sipes
Family Caregiver
Services Coordinator

Did you know here at Shelby Senior Services we have a lending library full of resources for caregivers and families? You can check these resources/books out and bring them back at your convenience. They are here to help everyone. There are so many resources out there and if there is something you have heard about but we don't have it, please let me know. It is important to take care of those we love and care about but we have to take care of ourselves as well. I have a lot of resources such as home safety checklists, facts and figures about Alzheimer's, managing money, legal planning, mealtime tips, and much more. As a caregiver, you need to ensure your own health and well-being. There are so many resources out there to help. Please reach out to me with questions or ideas for what you might need at dsipes@shelbyseniorservices.org.



Alzheimer's Caregiver Support Goup

Oftentimes, we hear caregivers say, "No one understands". An Alzheimer's Caregiver Support Group offers just that – others that DO understand, a safe place for caregivers/family/friends of persons with Dementia to talk and get ideas of what they can do. The purpose of the group is to develop a mutual support system. It can be overwhelming to take care of a loved one with Alzheimer's or related Dementia's. You have to care for yourself as well.

To learn more, contact Donna at 317-398-0127

*I will
remember
for you*



MUSIC MOVES THE SOUL DRUM CIRCLE



THURSDAY, June 30, 2022

at 1:30 P.M.

Join Rachel from Be Sharp Music Therapy for a fun-filled, 30-minute drum circle that incorporates drumming, movement, and song to stimulate your mind and body!

The Golden Groove protocol is an evidence-informed and sustainable program to promote health and wellness among senior communities. No previous experience is needed; you can't play a wrong note or beat!



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...a way to give and to receive®

Important Gleaners update! The Senior Mobile Pantry has been made available to all ages. See below for changed dates and times:

GLEANERS

Shelby County

2021-2022 Mobile Pantry Schedule

OPEN MOBILE

2nd Saturday of each month

Starting November 13th

10AM-12PM

Shelby Co Fairgrounds

500 Frank St, Shelbyville, IN 46176

Drive through only!

No ID Required! Open to the public

2022

APRIL – SEPTEMBER

Fairland

2nd Friday of each month*

*Alt date: August 5th

1PM-2:30PM

New Life Methodist Church, 6145 N 400 W Road, Fairland IN

Drive through only!

No ID Required! Open to the public

Gleaners Food Bank of Indiana, Inc.
 3737 Waldemere Avenue, Indianapolis, IN 46241
 317-925-0191 | www.gleaners.org

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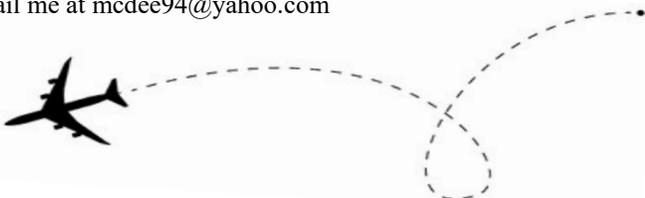
***On the Horizon
Carol McDaniel,
Travel Coordinator***

The last two adventures I want to bring to your attention are the destinations of Scotland/Ireland and Costa Rica.

Going to Scotland and Ireland has been one of the most requested trips I have been asked to book. It seems a lot of people come from backgrounds that include these two countries. The tour of Scotland and Northern Ireland will be led by a native of these countries, so we will experience new and exciting destinations not normally visited on this tour. On September 18-October 1, 2022, we fly overnight to Scotland. Edinburgh Castle sits on a high hill as if it is on a throne overlooking the city. The castle tour takes in the Scottish Crown Jewels, as well as the relics on display throughout. We get to walk the royal mile to the High Kirk of Edinburgh, St. Giles Cathedral, a 1000 year-old church, and visit the shops along the way. Are you into golf? Well, we have a treat for you. We go to St. Andrews, where the World of Golf Museum walks you through golf's history. Next is Stirling City, home of Stirling Castle, one of the largest in Scotland. The next day we catch the ferry to the Island of Mull. There we visit picturesque villages, such as Pennyghael, etc. Onward to the Isle of Iona by a second ferry and enjoy a guided tour of Iona Abbey, where we will have an eye-opening orientation to the famous Book of Kell's. We also go to Fort Augustus on the shore of the famous Loch Ness. We must be on the lookout for Nessie on our cruise of Loch Ness. The Giant's Causeway introduces us to Northern Island. We stop at Bushmills, the oldest licensed whiskey distillery in the world. Then take in the Titanic Experience in Belfast, a memorial to Belfast's maritime heritage. Hungry? It's on to Sligo, an exciting new foodie destination. We will also visit the house immortalized by poet William Butler Yeats. The last two days are spent in Dublin. A bonus destination is the Curragh at County Kildare, which is the breeding ground of thoroughbred horses. We will see where the facility breeds and trains their award-winning racers. Of course, a visit to Dublin must include a pint at the Guinness Storehouse!

The final scheduled trip for the 2022 season is to Costa Rica. October 22-30, 2022, finds us going south. San Jose is where we land first, the capital of Costa Rica. We journey to the Central Valley, where we tour a coffee plantation, the premier crop of Costa Rica. We have a two-night stay there, so we can visit the sandy beaches and enjoy the resort with ocean views. Our next destination is to Monteverdi, to visit the Cloud Forest. Then you have a choice: walking leisurely on the "Hanging Bridges" or flying through the air on a Zip Line! If you want to do both, one is included, the other is a purchased option. You will enjoy the cruise on Lake Arsenal, also. Then, you will take a guided riverboat trip in a covered canoe called a panga to view the indigenous wildlife. You might see river otters, sloths, monkeys, exotic birds and rare butterflies. The tour ends with a farewell dinner. This is our least expensive fly trip this year.

Call me for more details or to sign up: Carol at 317-701-5984 or email me at mcdee94@yahoo.com



WHITE DIAMOND LAVENDER FARM TRIP AND LUNCH AT 450 NORTH BREWING CO.

JUNE 22, 2022 MEET AT 11:30 A.M.



Please join us for a fun Day Trip to 450 North Brewing Company for Lunch and then to White Diamond Lavender Farms for a tour. Lemonade and cookies for dessert - along with a lavender bouquet for you to take home. Trip Involves Walking Outside.



**Limited to 11 Guests
COST IS \$20
PER PERSON - THIS
INCLUDES THE LAVENDER
FARM TOUR, SAMPLES,
LAVENDER LEMONADE,
COOKIES AND A BOUQUET
GIFT SHOP.
LUNCH COST IS NOT
COVERED**

CALL (317) 398-0127
TO RESERVE YOUR SPOT TODAY!

**WE ARE HAVING A
LUAU LUNCH AND LEARN
*Hawaiian Breeze***

Join us for a Lunch and Learn Luau and a Presentation By The Hawaiian Breeze Dancers. Dress for the Occasion
**PULED PORK SLIDERS, COLE SLAW,
CHIPS, TROPICAL DRINK
AND DESSERT**

**June 8, 2022
Lunch at 12:00 P.M.
2120 Intelliplex Drive,
Suite 101,
Shelbyville, TN**

Cost is \$5.
Call (317) 398-0127 to register to reserve your spot. Limited to 20 people.



JUNE ACTIVITY HIGHLIGHTS

Daily – Drop-In, 9:00 a.m. to 4:00 p.m. We will have designated tables for daily Drop-In Activities. You are welcome to bring a book, craft or engage in an activity from the Activity Basket such as a word puzzle or a card game. Please sit at the designated tables – these will change daily depending on the activity for that day.

The center will be CLOSED to in-person programming on June 2nd and the 3rd while we are prepping and serving at the Strawberry Festival

***Thursday, June 2nd is Strawberry Cutting Day 10 am to 1 pm** Please sign-up to join us for Strawberry Cutting Day. We will be cutting at Girls, Inc. from 10 am to 1 pm. Lunch will be provided.

Friday, June 3rd is Strawberry Festival 11 am to 2 pm We will be serving up Strawberry Shortcake on the circle and at MHP from 11 am – 2 pm. Strawberry Shortcake and Ice Cream is \$7 per serving. Come taste summer!

Monday, June 6th and June 20th – Chair Volleyball at 1:30 p.m. Chair Volleyball is back on Monday afternoon with our new Health and Wellness Coordinator Abbi! Make sure to sign-up to reserve your spot today. Although if you forget – just come anyway. The more the merrier!!!

***Wednesday, June 8th, 12:00 p.m., Lunch and Learn Luau with The Hawaiian Breeze Dancers** Join us as we welcome the Hawaiian Breeze Dancers for our Luau Party. We will be serving Pulled Pork Sliders, Coleslaw, Chips, Tropical Drink and Dessert. Be sure to wear something fun and Luau related. Cost is \$5 per person and limited to 20 participants.

Thursday, June 9th, 1:00 p.m. Book Club in The Park with Pam Weakley from the library. This month we will be discussing the book “Lucky Us” by Amy Bloom. It will be in the shelter house at Sunset Park. All are welcome!

Wednesday – June 9th at 1:30 p.m. – Movie Matinee “Top Hat” and Popcorn We are going to be showing Top Hat this month. Come and enjoy a movie and some popcorn while watching a fun movie. Movie is 1 hour and 41 minutes long.

Friday, June 10th – Fun Friday – Wear Purple Day for Alzheimer’s Awareness and Bingo Sponsored by Ashford Place We are going to wear purple for Alzheimer’s Awareness and celebrate June Birthdays for this Friday. It is going to be fun for everyone. Our prize sponsor for June 10th is Ashford Place.

***Monday, June 13th, 1:00 p.m. – Horizon Center Committee Meeting** Please join us for a chance to gather and discuss current activities and things that you might want to have us put in place. We will also be discussing events, birthday club and future programs. Open to all Senior Services Members. Please register in advance so that we know how many people plan to attend.

***Wednesday, June 15th and June 29th at 1:30 p.m. – Learn to Knit a Dish Cloth with Julie** We are going to learn to knit a simple Dish Cloth. Cost is \$5 and is limited to 10 people. We are going to have this class in two parts so that we can have plenty of time to have it completed by the last class. This is a great way to learn something new that you might have never tried before.

***Thursday, June 16th, 3:00 p.m. Buck Rogers and Friends – Dinner with Walker Place** We are going to be entertained by the talented Buck Rogers and Friends. Dinner is going to be Cook-Out style with Hamburgers and Hot Dogs, Potato Salad, Baked Beans and Ice Cream for Dessert and will be prepared by Walker Place. Please R.S.V.P for this program and dinner. We want to make sure we have enough food for everyone.

Friday, June 17th, 9:00 a.m. Fun Friday – Root Beer Float Day and Bingo Sponsored by Morristown Manor and Cypress Run We are going to celebrate National Root Beer Float Day with Root Beer Floats for everyone. Donations appreciated. Bingo prizes will be sponsored by Morristown Manor and Cypress Run.

Wednesday, June 22nd, 11:30 a.m. – White Diamond Lavender Farms and 450 N Brewing Company We are going to meet at the center by 11:30 a.m. and travel by bus down to 450 N Brewing Company for lunch. Then we are going to the White Diamond Lavender Farm. While at the farm, we will take a tour, enjoy cool lemonade and cookies, shop in the gift shop and take home a lavender bouquet. Cost is \$20 per person and is limited to 11 participants. Cost of your lunch is not included.

June 23rd – No AM Activities at Horizon Center due to an Annual Board Meeting

***Thursday, June 23rd, 1:30 P.M. Coffee and Canvas with Amber** We are excited to have Amber Hudson joining us once again for a Coffee and Canvas Class. We are going to be painting a collection of feathers and learning new techniques. Cost is \$10 and is limited to 12 guests.

Friday, June 24th at 9:00 a.m. Fun Friday – Tie Dye Day and Bingo Sponsored by Kindred Please join us for some fun as we all wear our favorite Tie Dye! The brighter the better. Our Bingo sponsor is Kindred. Don’t miss out on the fun.

Thursday, June 30th at 1:30 p.m. Drum Circle with Rachel Rachel will be here from Be Sharp Music Therapy. We are going to have a 30 minute Drum Circle that incorporates drumming, movement and song to stimulate your mind and body. Class is limited to 15 people.

Friday, July 1st at 9:00 a.m. Fun Friday – Red, White and Blue for the 4th of July Please join us for some fun as we all wear our favorite red, white and blue patriotic colors! Join us as we gear up for the 4th of July. Our Bingo sponsor is Kindred. Don’t miss out on the fun.

The center will be CLOSED to in-person programming on Monday, July 4th

Wednesday, July 6th at 1:30 p.m. Welcome Sign Door Décor Cost is \$10 and is limited to 10 participants. These are painted wooden signs that you can use to add to your décor. You must RSVP and pay in advance.



HEALTH & WELLNESS



*Health and Wellness:
By: Abigail Kirk*



PUTTING OURSELVES BACK TOGETHER

Covid-19 has shaken up our lives to the core. Leaving us with uncertainties, altered daily routines, and social isolation. What can we do moving forward to help get back to normality? Be mindful of your body. Make sure to have an adequate amount of sleep. Sticking to a wake to sleep routine is best. Participate in regular physical activity. Exercise will help reduce stress and anxiety and improve mood. Eat a well balanced diet. Don't load up on junk food or refined sugar. Limit caffeine intake as well. Stay focused on positive thoughts. "If you change your mindset, you have the ability to change the whole world." -Damien Thomas

Thomas



CONGREGATE MEAL INFORMATION



In-person lunches are back! Shelby Senior Service's lunch program is provided through CICOA Aging & In-Home Solutions at the Horizon Center Monday-Friday.

Reservations are made on Wednesday for the following week. Please call 317-398-0127 to reserve your meal or for further information.

Operational rules in place for COVID-19:

- To keep everyone safe, masks will be required for anyone not vaccinated.
- We ask anyone who has not received their vaccine to remain 6 ft. apart.
- Spaces remain limited for each activity. Please call to make reservation ahead of time.
- If you are experiencing any symptoms of illness, please remain at home.
- Please know that the Staff and Board of Directors are trying to ensure seniors safety while providing services and programs.

HEALTH & WELLNESS

yoga

JUNE 21ST IS INTERNATIONAL YOGA DAY

YOGA ORIGINATED IN INDIA. AS LEGEND RECALLS A GODDESS NAMED SHIVA WAS DEEMED THE FIRST "YOGI" AFTER SHIVA REACHED ENLIGHTENMENT AT MOUNT KAILASH, SHIVA PASSED HER KNOWLEDGE TO SEVEN "RISHIS". THE RISHIS ARE RESPONSIBLE FOR FOUNDING THE SPIRITUAL PRACTICE OF YOGA.

IN 2014 PRIME MINISTER NARENDRA MODI SPOKE DURING UN GENERAL ASSEMBLY SUGGESTING AN INTERNATIONAL DAY FOR YOGA. 177 COUNTRIES RECOGNIZE JUNE 21ST AS INTERNATIONAL YOGA DAY!

YOGA HAS MANY BENEFITS! PARTICIPATING WITH YOGA AIDE WITH THE BODY AND MIND. A FANTASTIC WAY TO MANAGE STRESS, HELP WITH BODY ACHES AND PAINS, INCREASES FLEXIBILITY OVER TIME AND AIDES IN WEIGHT LOSS.



Healthy Grieving Tip ...as Observed

"Even when things are less than perfect, if we can think of the good, the beautiful, the hopeful, we'll be more than sustained, we'll conquer."

Author Unknown

Glenn E. George & Son Funeral Home

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INDEPENDENT LIVING • ASSISTED LIVING
 RESPITE/SHORT-TERM STAYS

SOCIAL ACTIVITIES SHELBYVILLE HORIZON CENTER

JUNE ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Center Closed	31 9:30 Tuesday Trivia - Strawberry Trivia 1:00 Geri-Fit – Community Rm 1:00 Euchre 1:00 Painting and Open Crafting	1 9:15 Bible Study with Jim M 1:00 Hand and Foot Card Game	2 Strawberry Cutting Day 10 am to 1 pm at Girls, Inc.	3 Strawberry Festival 11 am to 2 pm
6 9:00 Table Top Games 9:30 Bingocize 12-3 Chair Yoga/Yoga 1:00 Mah Jongg 1:30 Chair Volleyball	7 9:30 Tuesday Trivia – June Trivia 1:00 Geri-Fit – Community Rm 1:00 Euchre 1:00 Painting and Open Crafting	8 9:15 Bible Study with Jim M 12:00 Lunch and Learn Luau with Hawaiian Breeze Dancers \$5 1:00 Hand and Foot Card Game	9 9:30 POKENO 10:00 Tai Chi 1:00 Book Club 1:00 Open Cards and Games 1:30 Movie Matinee – Top Hat	10 9:00 Blood Pressure Checks 9:00 Fun Friday –June Birthday’s – Wear Purple Day 9:30 BINGO - Ashford Place 1:00 Euchre 1:00 Dominoes
13 9:00 Table Top Games 9:30 Bingocize 12-3 Chair Yoga/Yoga 1:00 Mah Jongg 1:00 Committee Meeting 2:00 Line Dancing	14 9:30 Tuesday Trivia – Root Beer Trivia 1:00 Geri-Fit – Community Rm 1:00 Euchre 1:00 Painting and Open Crafting	15 9:15 Bible Study with Jim M 1:00 Hand and Foot Card Game 1:30 Knitting with Julie – Making a Dish Cloth - Part One \$5	16 9:30 POKENO 10:00 Tai Chi 1:00 Open Cards and Games 3:00 Music with Buck Rogers 4:00 Cook Out by Walker Place	17 9:00 Blood Pressure Checks 9:00 Fun Friday- Root Beer Float Day 9:30 BINGO - Morristown 1:00 Euchre 1:00 Dominoes
20 NO CICOA LUNCH 9:00 Table Top Games 9:30 Bingocize 12:00 Healthy Lunch \$4 12-3 Chair Yoga/Yoga 1:00 Mah Jongg 1:30 Chair Volleyball	21 The Longest Day 9:30 Tuesday Trivia – Memory Alzheimer’s Trivia 1:00 Euchre 1:00 Geri-Fit – Community Rm 1:00 Painting and Open Crafting 1:30 Alzheimers Caregiver Support Group	22 9:15 Bible Study with Jim M 11:30 White Diamond Lavender Farms and 450 N Brewing Trip \$20 + Your Lunch Cost 1:00 Hand and Foot Card Game	23 Annual Meeting **No AM Activities** 1:00 Open Cards and Games 1:30 Coffee and Canvas Class with Amber \$10	24 9:00 Blood Pressure Checks 9:00 Fun Friday- Tie Dye Day 9:30 BINGO - Kindred 1:00 Euchre 1:00 Dominoes
27 9:00 Table Top Games 9:30 Bingocize 12-3 Chair Yoga/Yoga 1:00 Mah Jongg 1:30 Line Dancing	28 9:30 Tuesday Trivia - Ice Cream Trivia 1:00 Geri-Fit – Community Rm 1:00 Euchre 1:00 Painting and Open Crafting	29 9:15 Bible Study with Jim M 1:00 Hand and Foot Card Game 1:30 Knitting with Julie – Making a Dish Cloth - Part 2	30 9:30 POKENO 10:00 Tai Chi 1:00 Open Cards and Games 1:30 Drum Circle with Rachel	1 9:00 Blood Pressure Checks 9:00 Fun Friday- Ice Cream 9:30 BINGO – Red, White and Blue for July 4th 1:00 Euchre



**Crystala' Evans,
Shelbyville Horizon Center
Activity Coordinator**

Note from Activities

June is going to be an exciting month! We are going to have the Strawberry Festival this year and we are excited to have you join us. You can help in many ways on Strawberry Cutting Day or by donating 9x13 yellow cakes. We are accepting cakes in disposable pans from May 31st to June 2nd from 8 am to 4 pm. Please turn in at the front desk. We would love to have you be a part of the fun.

We hope you will come check out our center if you have not done so already. It is a great opportunity to invite a friend to come with you as well. It is a great opportunity to connect with other seniors in our community, get acquainted and make new friends.

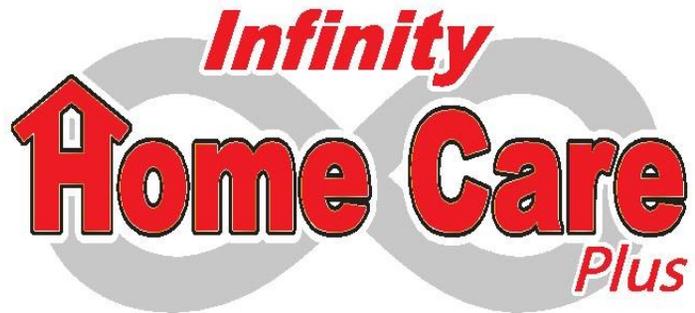
You can check out some of the fun we have been having on our Facebook page. If you ever have questions about our center, membership, or activities - I am here and happy to help! Please call me at (317) 398-0127 anytime.

As summer weather approaches, I feel that I need to remind you all to take good care of yourself. Wear sunscreen when outdoors. Drink plenty of water. Take a break when working in the yard or garden. I can't think of a better way to spend a gorgeous summer day - than with a nice glass of lemonade in the shade.

Summer 2022 is going to be Fun Filled! Make sure to sign up for your favorite programs at our front desk or by calling 317-398-0127 because space is limited and we don't want you to miss out. All paid programs must be paid for at the time you reserve the spot.

Stay cool out there,

Crystala Evans, ADC
Shelbyville Activity Coordinator



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Shelbyville, IN.

COFFEE AND CANVAS



JOIN US AS WE THESE ABSTRACT TULIPS WITH AMBER HUDSON

THURSDAY, JUNE 23, 2022 1:30 P.M.

JOIN US IN PAINTING THESE FUN FEATHERS. ALL SUPPLIES INCLUDED

COST IS \$10 LIMITED TO 12 GUESTS

Are you turning 65?
Call your local licensed Humana sales agent.



Janet Brewer
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(TTY: 711)
Monday - Friday
8 a.m. - 5 p.m.

Humana.
Y0040_GHHXDFEN21a_BC_C

TRANSPORTATION



Easter Hall-Beyer
Director of Transportation

It is June already and the weather is warming up!

Please be mindful of the temperatures. The warm temperatures can onset heat exhaustion and dehydration. Please hydrate when in warmer temperatures. Heat exhaustion can lead to a heat stroke which is a life threatening issue.

Heat Exhaustion Symptoms:

Clammy Skin
Heavy Sweating
Dehydration
Rapid Pulse
Cramps
Dizziness
Fainting

Headache
Nausea
Vomiting
Confusion
Muscle Cramps
Fatigue/Weakness
Fever over 100°F



INDIANA SHIP FACEBOOK LIVE EVENTS
Scan the QR code to follow Indiana SHIP on Facebook!

Medicare Mondays
Weekly Live Streamed Events

What To Know Wednesdays
Monthly Live streamed events on the 2nd Wednesday of each month

All presentations stream live at 10:00 AM ET
SHIP State Health Insurance Assistance Program
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800-452-4800
WWW.MEDICARE.IN.GOV

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868 S. Washington St.,
Morristown, IN 46161
Phone: 765-763-6012 Fax: 765-763-7261
www.MorristownManor.com

Show your Horizon Center membership card and these businesses will give cardholder discounts:

Applebee's: 10% discount.

Bookmark Café Three Sisters Books & Gifts: 10% discount.

Denny's: 20% discount, except for the \$2, \$4, \$6, \$8 menu.

Sherry Talbert (In-Sight Realty): Free Market Analysis of Real Estate Value

Midwest Eye Consultants, Dr. Toppe: 20% discount for those 60 and older on services not billable to insurance; 15% military discount on services not billable to insurance; 30% off second set of eyeglasses (frames, lenses) purchased within 30 days of 1st pair. Proper ID must be shown for discounts and cannot be combined with other discounts.

Don's Pizza & Pasta: 10% discount.

Elegant L Formal Wear & Merle Norman Cosmetic Studio: 10% discount on Merle Norman Cosmetics.

Hughes Gathering of Flowers & Gifts: 10% discount on items.

Kopper Kettle Inn Restaurant: 20% discount on a chicken dinner served family style; not honored on a holiday or live entertainment events.

Mathias Landscaping: 15% discount on retail merchandise.

Paw Paws Pet Shop & Boutique: 15% discount; free pick up and return service.

Renew Body & Spirit LLC, massage, reflexology: 10% discount on any 1-hour service.

The Chicken Inn - 10% discount

The Texas Corral - 10% discount

Annual Memberships available for ages 60+: \$50

Call 317-398-0127 for more information about memberships.

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Girls on Monday Night Bible
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Dorothy Platt-Gosney
Given By:
David and Katherine Platt

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Kappes Family

John Kappes
Given By:
Kappes Family

Thank you
for your kindness

**THANKS TO THE FOLLOWING ORGANIZATIONS/INDIVIDUALS FOR DONATIONS
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Walker Place, Freeman Family Funeral Home, Murphy Parks Funeral Service, Glen E. George and
Son Funeral Home, Gleaners, Salvation Army, CVS, Walgreens, CICOA, Shelby Go, Horizon Center
Committee Members, Dementia Friends of Indiana, Alzheimer’s Association, SCUFFY, and Blue
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819 Harrison St. Shelbyville, IN
317.392.2555

124 North St. Morristown, IN
765.763.6321

MORRISTOWN HORIZON CENTER

Welcome back to the Morristown Horizon Center!

We are open every **Wednesday** from **11:00am until 2:00pm** (or until the fun and games ends).

11:00 - 11:15: Coffee (or tea) and chat

11:15 - 12:00: Exercises with Abbi

Noon: Lunch (cost is \$5.00 - funds available if unable to pay)

June 1 - Ham, cheesy potatoes, strawberry jello dessert

June 8 - Party chicken, steamed broccoli, apple cake

June 15 - Taco bar, brownies and ice cream

June 22 - Bluebird meatloaf with sides, sugar cream pie

June 29 - Pulled pork sandwiches, coleslaw, chocolate chiffon pie

1:00 - 2:00: Games, Crafts, or Program

June 1 - Indoor cornhole tournament (with prizes!)

June 8 - Craft

June 15 - Games

June 22 - Bingo (with prizes!)

June 29 - Program to be announced

Please note, menu and activities subject to change!

Questions? Call (or text) Carol Bossingham at 317-504-6155



TITLE VI COMPLAINT PROCEDURE (GENERAL REQUIREMENT)

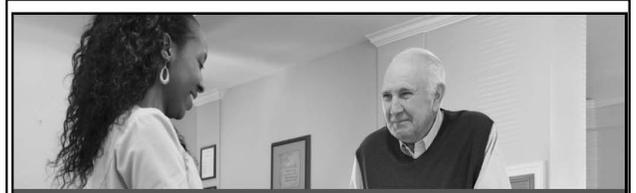
Any person who believes she or he has been discriminated against on the basis of race, color, or national origin by the Shelby Senior Services/*ShelbyGo* may file a complaint by completing and submitting the agency's Title VI Complaint Form. *ShelbyGo* investigates the complaint received no more than 180 days after the alleged incident. *ShelbyGo* will process complaints that are complete.

Once the complaint is received, Shelby Senior Services/*ShelbyGo* will review it to determine if our office has jurisdiction. The complainant will receive an acknowledgement letter informing her/him whether the complaint will be investigated by our office.

Shelby Senior Services/*ShelbyGo* has 60 days to investigate the complaint. If more information is needed to resolve the case, *ShelbyGo* may contact the complainant. The complainant has 10 business days from the date of the acknowledgement letter to send requested information to the investigator assigned to the case. If the investigator is not contacted by the complainant or does not receive the additional information within 10 business days, *ShelbyGo* can administratively close the case. A case can be administratively closed also if the complainant no longer wishes to pursue his or her case.

After the investigator reviews the complaint, she/he will issue one of two letters to the complainant: a closure letter or a letter of finding (LOF). A closure letter summarizes the allegations and states that there was not a Title VI violation and that the case will be closed. An LOF summarizes the allegations and the interviews regarding the alleged incident, and explains whether any disciplinary action, additional training of the staff member, or other action will occur. If the complainant wishes to appeal the decision, she/he has 15 days after the date of the letter or the LOF to do so.

A person may also file a complaint directly with the Federal Transit Administration (FTA) at FTA Office of Civil Rights, 1200 New Jersey Avenue SE, Washington, DC 20590.



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WALDRON HORIZON CENTER

The Waldron Horizon Center will be taking a break for the month of June. We would love to see any seniors in the Waldron area visit our Shelbyville Horizon Center!

We are looking for a part time Activity Director in Waldron. If interested, please contact Kim Koehl at 317-398-0127 or email her at kkoehl@shelbyseniorservices.org.

THE LONGEST DAY
alzheimer's association

2nd Annual Longest Day Walk of Shelby County

At
Blue River Memorial Park

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Happy Birthday To You

Cyndie Buddenbaum 7th

FAIRLAND HORIZON CENTER

Every Thursday at Fairland Fire Dept. Community Room
9:30 am until we are done for the day!
Kathy Miller, 317 398-4817 or 317 364-0029

Mornings:

- 9:30- 10:00 Coffee Chat
- 10:15 - 11:00 Exercises with Abbagail May
- 10:00 - 11:00 Chair Volleyball
Bring a Friend! Lots of Fun!!!
- 11:00 BIBLE STUDY
- 11:00 -12:00 Mind Games , Board Games, Bridge
- 12:00 Lunch \$5.00
Pease make reservations by the Tuesday prior

Jun 2 Strawberry Cutting

- 10:00am Bring your own cutting board, bowl, and favorite knife!
- Lunch: Pizza, Salad, Dessert!
- 1:00 Afternoon volleyball for anyone who wants to stay around and play

June 9 "2nd!!!! Thursday Euchre"

- Lunch: Prepared by New Life UMC—Chicken and Noodles, Mashed Potatoes, Green beans, Corn, Dessert
- 1:00 Euchre ...prizes for High and Low Scores

June 16 Closed for Fish Fry

June 23 "Laughter is the Best Medicine"

- Lunch: Ed's Pulled Pork, Sides, and Dessert
 - 1:00 The Comedy of Scott Gregory
- Laughter is always the best medicine....so join us for an extra dose of happy! Comedian and speaker, Scott Gregory, has provided clean comedy and inspirational insight for audiences across North America. As seen on HBO, TBN, ABC, FOX, FamilyNet, ionTV, Inspirational Network, CW, SkyAngel, and Sony Pictures Television. Scott's appearances also include premier comedy clubs, colleges, churches, corporate venues featuring Conseco Fieldhouse, Faith & Family Night at Arrowhead Stadium, Dolly Parton's Imagination Library, Peyton Manning Children's Hospital, Murphy Oil USA, Gospel Music Association's Music in the Rockies, showcases on HBO, Live at Rascals, and his Bananas comedy special. Scott has opened for Tim Allen, Jeff Foxworthy, Chic-fil-A founder S. Truett Cathy, Taylor Mason, and toured with Grammy and Dove Award winner David Phelps. Scott and his wife Becky have been blessed with a 30+ year marriage and have raised their four children in central Indiana. Scott and Becky have attended Brookville Road Community Church in New Palestine, IN for over 30 years and have served in various ministries. Scott was on staff at Brookville Road Community Church from 1990-1994. Advisory Board meeting following presentation. Please stay and help with ideas and plans for the next few months.

June 30 "Life with a Mission"

- Lunch: Menu TBA prepared by Walker Place
- "Life with a Mission" with Steve and Carrie Sanders. We all have a mission in this life, but Steve and Carrie Sander's have taken their mission literally and it has taken them far from their Fairland home. Join us as Mary Ann and Paul Sander's son and daughter-in-law, share their experiences as missionaries and teachers. They were in China for many years until Covid hit. Their family has been back in the states for a while now, but are leaving soon for Georgia...not the state! We are so happy that they are taking time to share with us their experiences living and raising their young family half a world away!



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