



# Shelby Senior Services, Inc.

2120 Intelliplex Dr. Ste. 101  
Shelbyville, IN 46176

317-398-0127

ShelbyGo Transportation

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[www.shelbyseniorservices.org](http://www.shelbyseniorservices.org)

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## Horizon Newsletter

### April 2026



# World's Greatest Volunteers

April is Volunteer Month and our volunteers are definitely the greatest around. We are grateful for those that dedicate their time to Shelby Senior Services in all ways, shapes, and forms.



## Mission & 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.

## **IN THIS ISSUE**

- 3 Membership Information
- 5 Social Services
- 6 ShelbyGo
- 7 Travel
- 8 Health & Wellness
- 11 Activities Notes
- 12 Activity Highlights
- 15 Activity Calendar
- 16 CICOA Meal Calendar
- 18 Waldron Horizon Center
- 18 Morristown Horizon Center
- 18 Donations
- 19 Fairland Horizon Center

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## **STAFF**

### Management Team

Liz Renton, Executive Director  
Easter Hall Beyer, Director of Transportation

### Horizon Center Coordinators

Crystalá Evans, Shelbyville  
Kathy Miller, Fairland  
Vivian Scott, Morristown

### Program Staff

Jessie Hundley, Social Services Coordinator  
Holly Schrank, Dispatcher  
Shelbi Smith, Health & Wellness Coordinator  
Gina Batton, Administrative Coordinator  
Jim Kozinski, Programming Assistant  
Carol McDaniel, Travel Coordinator

### ShelbyGo Drivers

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Andrea Majeed	Jerry Berry
Joy Vice	Daniel Majeed
Roger Burt	

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“Serving seniors, improving lives.”



Liz Renton  
Executive Director

## LETTER FROM THE DIRECTOR

Throughout April we will be celebrating our volunteers! What volunteers contribute to our organization is invaluable. Volunteers at our front desk help us make sure visitors and members are welcomed and informed. Volunteers make up our Board of Directors who oversee the organization and help guide us when decisions need made. Volunteers lead bible study, book club, call bingo, and teach classes. Not only do volunteers help us each and every day with what we do but their hours also contribute towards our in-kind donations. The national value of a volunteer hour is nearly \$35. When applying for grants or funding, in-kind matches are often required and these hours help us to receive funding and new opportunities. We are extremely grateful for all of our volunteers and how they contribute to Shelby Senior Services.

April is also Parkinson’s Awareness Month. Our Horizon Centers are teaming up with Rock Steady Boxing for a Chair Volleyball Tournament on April 30th at the Fairland Horizon Center. We will be having lunch at noon followed by a chair volleyball competition. After the tournament, we will celebrate all of the wins and loses with an ice cream sundae bar! This is a free, fun event but you do need to sign up for lunch ahead of time. You can do so by signing up in person at Fairland or Shelbyville or by calling 317-398-0127.

## MEMBERSHIP

### Shelby Senior Services Membership

By becoming a member, you are helping to support activities, services, and programs that help our community thrive.

Memberships are required to attend activities at any Horizon Center. Services and CICOA lunches do not require a membership.

#### Annual Fees

\$50 per year: Access to Shelbyville, Fairland, Morristown, and Waldron Horizon Centers  
\*\$50 annual fee required for Shelbyville

\$25 per year: Access to one designated Horizon Satellite Center: Fairland, Morristown, or Waldron

### Membership Discounts

Show your Horizon Center Membership Card at these businesses and receive the following discounts:

- Applebee's: 10% discount
- Bookmark Cafe & Three Sisters Books & Gifts: 10% discount
- Elegant L: 10% discount on Merle Norman Cosmetics
- Kopper Kettle Inn Restaurant: 20% discount on a chicken dinner served family style; not honored on a holiday or live entertainment events
- Mathies Landscaping: 10% off retail merchandise
- The Chicken Inn: 10% discount
- Texas Corral: 10% discount



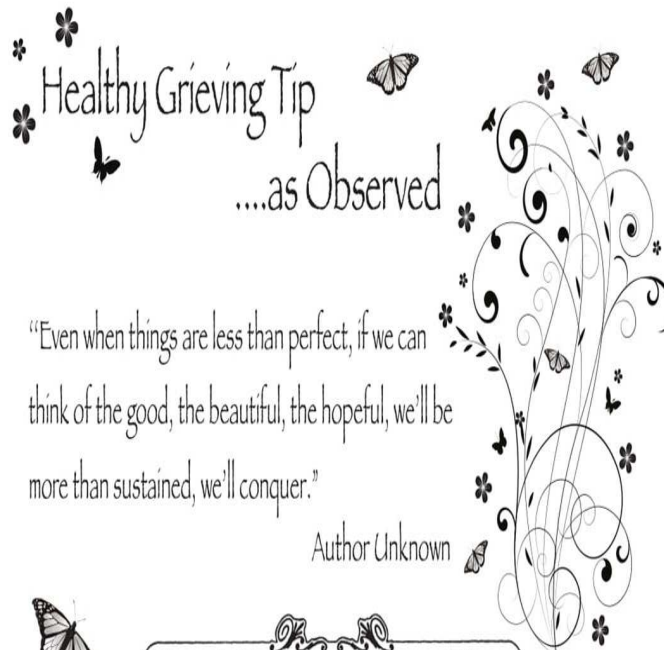
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Healthy Grieving Tip
...as Observed
'Even when things are less than perfect, if we can think of the good, the beautiful, the hopeful, we'll be more than sustained, we'll conquer.'

Author Unknown



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# SOCIAL SERVICES



Jessie Hundley  
Social Services Coordinator

## Statement of Appreciation for Volunteers

On behalf of Shelby Senior Services, we extend our heartfelt thanks to all of our volunteers. Your time, compassion, and dedication make an incredible difference in the lives of the seniors we serve. Because of your generosity, our center is not just a place for services—it is a warm and welcoming community. Your willingness to share your talents, lend a helping hand, and brighten someone's day helps create meaningful connections and lasting memories.

Whether you assist with activities, provide support during programs, sort/pack/deliver food, or simply offer companionship, your contributions are deeply valued and appreciated. Thank you for helping us continue our mission of serving others.

Spring is a great time to check in on your overall well-being. If you've experienced changes in health, finances, housing, or caregiving responsibilities, we can help you explore options and plan next steps. Even if you're not sure what kind of help you need, we're happy to talk and point you in the right direction. We're here to help—no question is too small.

Let's make April a month of connection, support, and new beginnings!

~Jessie



## Dementia Caregiver Gathering

Presented by: Alzheimer's Association, Greater Indiana Chapter

Third Tuesday of the month  
1:30 p.m. – 2:30 p.m.

Shelby Senior Services  
2120 Intelliplex Dr.  
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## Produce Pick-Up Days:

Monday, April 6th

Monday, April 20th

## Commodity Box Pick-Up

Day:

Monday, April 27th

1-3 p.m.

## Needed Pantry Items:

Canned chicken/tuna

Canned Fruit

Peanut Butter

Canned Beans

## SHELBYGO TRANSPORTATION



Easter Hall-Beyer  
Director of Transportation

Spring is finally here!  
Please remember Shelby Go has a bag limit.  
It is what you can carry in one load. If you use  
mobility equipment, such as a walker or wheelchair,  
items cannot be stacked on or hanging from  
this equipment.

Shelby Go will be closed Friday April 3rd .

ShelbyGo transportation is public transportation that provides curb-to-curb service within Shelby County.

### Fares

Seniors 60+: Donation based  
Under 60: \$4 per boarding within city limits,  
\$7 per boarding within county

### Service Hours

Weekdays: 8:00am—4:00pm  
Please call (317) 398-0127 or (317) 398-7614  
to schedule a ride.

## MEMBER SPOTLIGHT



### Kristy Holzhausen

Kristine Elizabeth Walker, aka Kristy Holzhausen, was born in Kapuskasing, Ontario, Canada. Her father was stationed there in the US Air Force. When she was three months old, she moved to Indiana with her parents, Thomas Walker and Joany Plowman Walker. When she was seven years old, they moved to Shelbyville. Kristy and her little sister Lisa grew up in Shelbyville and attended Shelbyville High School. Lisa passed away at the age of 19. She is deeply missed. In high school, Kristy loved the theater. She was in two plays, wrote poems, and was a member of the Sunshine Society and Spanish Club. After high school, she went to college. She then went to Tulsa to work at a Christian School. Kristy met Steve on Easter weekend in 1984. She was coming home for Easter to spend time with her family. Her mom set her up on a blind date on April 21, 1984. Steve and Kristy's first date went well, and they hit it off. Steve would write her letters while she was living in Tulsa. When she moved back to Indiana she got a job at a daycare center and worked with children. She and Steve would go out on dates every Saturday. They were married September 20, 1986 in the Evangelical United Church of Christ. They had a big, beautiful wedding, which was attended by 300 of their family and friends. On November 19, 1992 they welcomed Andrew Christopher Holzhausen into their family. He was the greatest gift of their lives. Both of them went on to work for the State of Indiana. Steve for 30 years and Kristy for 35. They are both very involved in their church families. Steve attends First Church of Pentecost, and Kristy goes to Faith Trinity Pentecostal Church. In 2019, she joined the Silly Saints Clown Ministry. Her clown name is Pansy. Pansies were her mother's favorite flower. She has been clowning for about seven years with the Silly Saints. They minister to the elderly. Steve and Kirsty are grandparents to Parker, Addi, and Kenny. They enjoy being grandparents very much. She has been a member of senior services since she retired in 2022. She loves day trips, bingo, and doing crafts. Steve and Kristy will celebrate their 40th Wedding Anniversary this September. We are thankful to have Kristy as a center family member. She brings smiles and joy to everyone she meets.

# TRAVEL



Carol McDaniel  
Travel Coordinator

## Panama

The country of Panama in Central America was the latest destination for the travelers of Shelby Senior Services. Sherry Ponsler and Linda Otts took notes while on this trip, and I have written this account of their journey.

The two highlights of the trip were the cruise on the Panama Canal and the optional excursion to the Embera Indigenous Village. Panama is a fascinating and diverse country whose customs and traditions date back centuries. Its architecture is influenced by the French, as well as, by architecture from Costa Rica. More recently, the country is known as the site of the Panama Canal.

Before embarking on the Panama Canal, travelers watched an IMAX movie narrated by Morgan Freeman who told the story of how the Canal was created. Afterwards, the group boarded the ship in the Gamboa area and began the partial transit of the Canal. An official pilot must guide the ship during the transport. Ropes are attached to the center of the ship to balance it. Depending upon the current sea level, locks along the way enable the ship to descend approximately 30 feet to reach Miraflores Lake, then another 60 feet to the Pacific Ocean. It takes approximately 8 minutes to fill the chamber with 26 million gallons of water when going through a lock. After reaching the lake mid-way through the Canal, the ship turns around to return to the Atlantic side.

Another highlight of the trip was the excursion to Embera Indigenous Village deep in the jungles of Char- tres outside Panama City. The group boarded dugout canoes to reach the village. Music and native dancing greeted the travelers. There is a very different culture. For example, the head of the village is a twenty-seven year old female. She was elected to a 5 year term, and she can be re-elected for another 5 year term. While people have mates, they do not get married. The women are known for their exquisite basket-making and their beautiful objects made of palm leaves. In addition, the women create Molas. According to the internet, Molas are fabrics created using a reverse appliqué technique where the women layer two to seven different-colored fabric pieces, sew them together, and then cut away sections of the upper layers to reveal the vibrant colors underneath. The edges are carefully folded under and sewn down with nearly invisible stitches using thread that matches each layer's color. A single Mola can take up to six months to complete, depending on complexity and size. The brightly colored, one-of-a-kind fabric is then fashioned into clothing.

Dancing is a big part of the program to instruct tourists about their culture. Men entertained the group with music, and then the women all joined in to perform their traditional dances. The music and dances have not changed much since Christopher Columbus arrived in the 1500s, according to the provided information.

Our Travel Show featuring the 2027 trip schedule is Thursday, May 21, 2026, at 6:30 pm. If you are interested in signing up for this free meeting, call 317-398-0127 to sign up. Space is limited, so be sure to call soon

# HEALTH & WELLNESS



Shelbi Smith  
Health & Wellness Coordinator

April is a great time to focus on health and wellness as we welcome the spring season. Shelby Senior Services has several activities planned this month to help keep everyone active, social, and engaged. Please remember that all programs require sign-ups at the front desk of Shelby Senior Services.

**Geri-Fit** – April 1st and April 15th at 2:00 PM. This gentle strength and movement class helps improve balance, mobility, and overall fitness while supporting healthy aging.

**Rock Painting Class** – Thursday, April 2nd at 1:00 PM. Join us for a relaxing creative activity where participants can paint decorative rocks and enjoy a fun afternoon with friends.

**Tea Time** – April 6th and April 20th at 10:00 AM. Enjoy tea, light snacks, and friendly conversation in a welcoming and relaxed social setting.

**Spring Fling at Cadillac Jacks**—April 13th from 12:00—2:00 p.m. Come join us for music, dancing, and lunch with friends. Even if dancing isn't your thing, it's a great chance to enjoy good music and \$10 lunch specials.

**Crockpot Creations** – Monday, April 20th at 1:30 PM. Learn how to make an easy and healthy crockpot meal, enjoy a sample during class, and take home ingredients to make it yourself.

**Chair Volleyball** – Wednesday, April 22nd at 2:00 PM. A fun seated activity that keeps everyone moving while encouraging teamwork and laughter.

**Volleyball Tournament for Parkinson's** – April 30th at 1:00 PM at the Fairland Horizon Center. Join us for an afternoon of fun and friendly competition while supporting Parkinson's awareness. The event will also include lunch and an ice cream bar for attendees. Please remember that you must sign up in advance if you plan to attend the lunch.

We look forward to seeing everyone this month. Be sure to stop by the front desk to sign up and reserve your spot.

~Shelbi

## Health & Wellness Highlights:

### April 2026 – Sign-Up Required Activities

**Geri-Fit**—April 1st & April 15th at 2:00 p.m.

**Rock Painting Class**—April 2nd at 1:00 p.m.

**Tea Time** – April 6th and April 20th  
at 10:00 AM

**Spring Fling** – April 13th from 12:00 PM - 2:00 p.m.  
at Cadillac Jack's

**Crockpot Creations Class** – April 20th at 1:30 PM  
(spots limited)

**Chair Volleyball** – April 22nd at 2:00 PM

**Volleyball Tournament**—April 30th at 1:00 p.m.

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## SHELBYVILLE HORIZON CENTER



Crystalá Evans  
Shelbyville Activity Coordinator

April is Volunteer Appreciation Month and we are going to have a Volunteer Banquet on April 16th during Music and a Meal. Volunteers who log hours for our center will be honored at this event. All center members are able to attend Music and a Meal for FREE in April. All we ask is that you sign-up at the front desk so that we have enough food for everyone to enjoy. The volunteers will be able to sit at the VIP table and will have a little something extra for them at the table. We know that you all help out in special ways throughout the year, and give donations that we appreciate. Some people go above and beyond by volunteering. If you log volunteer hours – this is for you to enjoy the fruits of your labors.

If you are a current volunteer, we appreciate all that you do to help with our daily operations! If you want to learn about available volunteer opportunities – come check us out. We have several opportunities available for you to get involved. Come be a part of a wonderful organization. Volunteers are the heart and soul of our organization, and they are the key to our success.

Each month we put out requests for donations. When you purchase an item for our center – we would appreciate it if you would take that item to the front desk. The item, or items, must be put on a log sheet so that we can keep track of donations received. Please make sure that you are following this procedure. We need to be able to show how many donations it takes to run our center in a year.

Always, always, always check-in first thing when visiting the centers. We ask that you do this prior to the activity that you are attending. Often people say they will check-in when they leave, and then they forget. Please check Drop-In and each activity that you plan to do in a day. If you forgot your scan card you can type in with your phone number. If your account says that it is “Locked”, please visit the front desk so that we can get you up to date in our system. We are going to be making sure that everyone is checking in for 2026. Your cooperation is greatly appreciated.

In order to be a part of all of the wonderful things we provide, we do ask that you purchase a membership. Memberships are for seniors who are 60 or over and the cost is a one-time charge of \$50 for the entire year. That is a deal! We do have scholarships available for people who are on a limited income and are unable to pay the membership fee. We never want finances to be a barrier to our seniors – so please inquire if you are in need of assistance. We do offer Day Passes as well. You are welcome to come try us out for a day by purchasing a Day Pass at our front desk. The fee is \$5 for the day and that money can be applied to your membership if you decide to join. Please do not let any fee stand in the way of you joining in on the fun we have here at our center. If you are unable to pay for any reason – please come see me and we can work something out.

If transportation is a concern – we do offer the services of ShelbyGo. Make sure to schedule it in advance so that we have availability. We have several center members who utilize ShelbyGo for transportation to and from activities.

Please be mindful of the limited space on Day Trips. We encourage you to space out your booking of trips to give others a chance to join the fun. Our newsletter is available via email if you want to get it as soon as it comes out. We are at the mercy of the mail for mailed newsletters. We mail them out days before the printed copies and emailed copies are sent out, but even then some people get theirs later. We do our best to get the information out as quickly as possible. You can also keep up to date on programming via the Shelby Senior Services Facebook Page and our website at <http://www.shelbyseniorservices.org>. If you have a question about a program please call us at the center at (317) 398-0127.

Crystalá Evans, ADC  
Shelbyville Activity Coordinator

## ACTIVITY HIGHLIGHTS

Please sign-up as some activities have limited space. When there is a cost for an activity please pay at the Front Desk or call 317-398-0127 to sign-up over the phone via a credit card.

**\*Mondays in April by appointment only – Tech Savvy Seniors** from 9:00 a.m. to 11:00 a.m. We will be taking appointments for you to learn your technology with one-on-one, 30-minute sessions. Make your appointment, tell us what you want to learn on your device, and bring your technology fully charged and ready to work on during your session.

**Tuesdays in April at 10:00 a.m. Caffeinated and Connected** We have a different activity each week that is designed to engage the senses. Starting with SCRABBLE, Yahtzee, and on April 28th we will welcome Kristen Jesse here for a program on Staying Active and Social As We Age. We hope to see you!

**\*Thursdays in April, at 10:15 a.m. Cardio Drumming** Join Dakota Nicely for a fun cardio workout. We drum along to the beat of several songs that are sure to get your blood flowing. Please sign-up as space is limited.

**\*Wednesday, April 1st at 2:00 p.m. GeriFit** We are going to be starting up the GeriFit program with Shelbi in April. Please reserve your spot today.

**\*Monday, April 6th at 1:00 p.m. –Slice, Slice Baby -** Cake Bar with Waldron Rehabilitation and Healthcare. We are going to be having a Cake Bar. Our favorite baker, Tracey Hash, will be here with an assortment of delicious cakes to sample. You can have your cake and eat it too today! This is made possible by Nicole Cherry, and a sponsorship from Waldron Rehabilitation and Healthcare.

**\*Monday, April 6th at 1:00 p.m. –Dance and Karaoke with DJ Moxy** We will be having a Party with DJ Moxy. Join us for music, dance, singing, and friendship. Bring a light refreshment to share, but we will have a cake bar on the menu as well. Put on those dancing shoes, practice your favorite song, and come on out for an afternoon of fun. Feel free to dress up in your favorite Spring outfit and sunglasses.

**\*Wednesday, April 8th at 11:30 am Lunch and Learn – Red Light Therapy & Pizza Party Cost \$5** This is a Lunch and Learn that you are not going to want to miss! We are going to welcome Brent Drake here from Natural Health and Wellness to our center to talk about Red Light Therapy, PEMF Therapy, Rife Therapy, etc. We will be having a Pizza Party for

lunch. Please indicate which kind of pizza you would like when you sign up. Cost is \$5 and is limited to 25 people.

**\*Thursday, April 9th at 10:00 a.m. Day Trip – Hairspray at the Derby Dinner Playhouse Cost \$50** This is the fun Day Trip! We are going to board the bus at 10:00 a.m. and depart for the Derby Dinner Theatre in Clarksville IN. While there we are going to have lunch and enjoy a wonderful matinee showing of “Hairspray”. Cost is \$50, and is limited to 11 participants. This does include the cost of your lunch. Please sign-up as space is limited.

**Thursday, April 9th at 1:00 p.m. Book Club at the Horizon Center in the Activity Room with Pam Weakley from the library.** This month we will be discussing a great book called “I Shall Be Near To You” by Erin Lindsay McCabe. Book Club will meet in the Activity Room since we will have taxes going on in the Meeting Room.

**Friday, April 10th at 9:00 a.m. Fun Friday- Farm Animal Day and April Birthdays** Wear your favorite Farm Animal attire. Are you a chicken lover, piggy person, bunny booper, or cow hugger? We want to know what our most popular farm animal is going to be? I know we have some chicken lovers in our group. Our prize table sponsor is Ashford Place. Birthday cupcakes sponsored by Janice Conway. Come play Bingo, win prizes, have cupcakes, and celebrate with the April birthday gang.

**\*Saturday, April 11th at 4:30 p.m. Elvis at the Strand, Cost is \$45** We will meet at the center at 4:30 p.m. and board the bus. We will travel to dinner at Cracker Barrel. Then we will head to the Strand Theatre to see Elvis. Tickets are \$45 each, and there is room for 14 people to ride the bus. Inquire with Crystala Evans, Activity Coordinator as to availability. Please note these tickets have been on sale for a while, so our bus is Full. You can purchase tickets via the Strand Theatre website at <https://strandshelby.org/upcomingevents> to attend this fun event.

**\*Monday, April 13th at 12:00 p.m. Spring Dance at Cadillac Jacks Cost of the lunch is at your expense.** Everyone is to meet there. Lunch and Dancing for everyone to enjoy. Sign-up at the front desk.

## ACTIVITY HIGHLIGHTS

### **Monday, April 13th at 1:00 p.m. Committee Meeting**

We are going to have a Committee Meeting. We are hoping to be able to discuss upcoming events, and what kinds of trips to take, music you like, and programs that you want to see. This meeting is open to everyone and we hope to see you there. This is a chance for you to put in your ideas. If you are not able to make this meeting, we do have a suggestion box located in the Horizon Center.

**Thursday, April 16th at 9:00 a.m. Coffee with The Mayor** Scott Furgeson will be here to enjoy a cup of coffee and chat. He wants to hear from our 60-and-over senior community. This is a great chance to have an open forum discussion with the Mayor directly. No need to sign-up for this, but please come out and bring your questions. We will have donuts provided by our sponsor, Defender Financial.

**Thursday, April 16th from 1-3 pm. Volunteer Open House** We will have refreshments and games. Come be a part of the fun as we thank our volunteers. We appreciate you!

**\*Thursday, April 16th at 3:00 p.m. Volunteer Banquet – Music and a Meal - FREE** We are going to be welcoming the Top Hat Blues Review to our center. Music at 3:00 p.m. and Meal at 4:00 p.m. Meal will be circus themed. You must RSVP for this event by April 13th and it is limited to 50 people. We will be recognizing all of our wonderful volunteers in April for all of their hours of service to Senior Services. There is no cost for this month's meal as a bonus. Thank You to everyone who brings in donations. We appreciate your support.

**\*Friday, April 17th at 9:00 a.m. Fun Friday– World Circus Day** We are so going to run away and join the Circus! Wear something that shows who you would have been if you joined the circus. Would you have been the Ring Leader, the Lion Tamer, a Clown, Ticket Taker, Popcorn or Peanut Vendor, etc. Think something fun! Our Bingo prize table is going to be sponsored by Morristown Manor and Cypress Run. They always bring great prizes. Come join the fun.

**\*Tuesday, April 21st at 1:00 Earth Day Craft with Erica FREE** Erica will be here from Miller's Merry Manor to do a FREE Earth Day craft. Please sign-up.

Room for 10 people, No Cost. The supplies are generously being supplied by Miller's Merry Manor in Hope, Indiana.

### **\*Wednesday, April 22nd at 2:00 p.m. Chair**

**Volleyball** We are going to be playing Chair Volleyball to practice for the upcoming Chair Volleyball Tournament at Fairland.

**\*Thursday, April 23rd Let's Go To The Movies Time is TBD Cost is at your expense and is \$5 for the Movie–** which is payable at the time of the movie, and the Senior Daily Special is \$7 which includes a Regular Popcorn and a Medium Drink. Since they don't release the movie until the week prior -we want you to sign-up and give us your phone #. As the date gets closer we will pick a movie. This is so that we can have a Movie Matinee in a real theatre and have movie theatre popcorn as a group. This is something new – so come and help make it a success.

**Friday, April 24th at 9:00 a.m. Fun Friday – Bucket List Day** Do you have a Bucket List? Is there something that you want to accomplish in your lifetime? Today is National Bucket List Day. We want to hear from you! Come play Bingo and win prizes provided by Compass Park.

**Monday, April 27th at 1:00 p.m. Music with Joel DeLashmitt** You are not going to want to miss this! We are welcoming Joel DeLashmitt to our center to hear him play his beautiful flute music. There is no cost for this program.

**\*Tuesday, April 28th at 10:00 a.m. Staying Active and Social As We Age** We are going to welcome Kristen Jesse to our center from Walker Place to have Muffins and talk about ways to stay active and social as we age. This is a great chance to sit and talk about ways to keep living at home longer through social engagement. Walker Place will be providing muffins and juice so please sign-up so that we know how many people will be attending. Limited to 20 people, no cost to participate.

**\*Friday, May 1st at 9:00 a.m. Fun Friday – Hawaiian Lei Day and May Day** Come kick-off May Day and the month of May. It is Hawaiian Lei Day. Dress in something that represents Hawaiian flair. Our prize table sponsor is the Willows.



**THURSDAY,  
APRIL 30<sup>TH</sup>  
1:00PM**

AT FAIRLAND  
HORIZON CENTER  
400 W 400N  
FAIRLAND, IN

# CHAIR VOLLEYBALL TOURNAMENT

HELP US CELEBRATE PARKINSON'S  
AWARENESS MONTH WITH FAIRLAND,  
SHELBYVILLE, AND ROCK STEADY BOXING  
CHAIR VOLLEYBALL TEAMS!



LUNCH OF SLOPPY JOES, CHIPS, AND  
COLESLAW SERVED AT 12PM, NO COST

MUST SIGN-UP TO ATTEND LUNCH

ICE CREAM SUNDAE BAR FOLLOWING  
VOLLEYBALL

SHELBY SENIOR SERVICES PRESENTS

# LUNCH AND LEARN HOLISTIC HEALING



**APRIL 8, 2026  
11:30 A.M. LUNCH  
12:00 PRESENTATION**

**2120 INTELLIPLEX DRIVE, SUITE 101  
SHELBYVILLE, IN 46176**

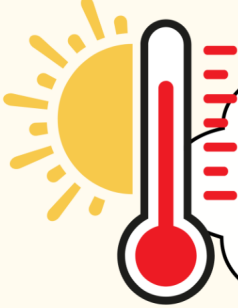

WE ARE WELCOMING BRENT DRAKE HERE TO OUR  
CENTER TO TALK ABOUT HOLISTIC HEALING THERAPIES  
THAT ARE DESIGNED FOR OPTIMAL WELLNESS. LUNCH  
WILL BE A PIZZA PARTY. PLEASE INDICATE WHICH TYPE  
OF PIZZA YOU PREFER AT SIGN-UP.  
COST IS \$5 - LIMITED TO 25 PARTICIPANTS

FOR MORE INFORMATION CALL 317-398-0127



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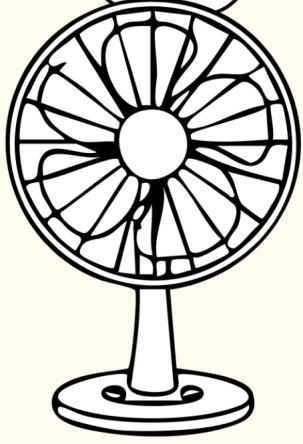
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THE  
HEAT**

**FAN  
DRIVE**

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★ Shelby Senior Services Presents

# MUSIC & A MEAL



**TOP HAT  
BLUES REVIEW**

**FREE**

**THURSDAY - APRIL 16, 2026**

**3:00 MUSIC** **FREE THIS MONTH**  
**4:00 MEAL** **THANK YOU FOR ALL**  
**YOU DO TO SUPPORT**  
**OUR CENTER**

Please R.S.V.P. ★  
by calling ★  
317-398-0127

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CUPCAKES,  
AND A DRINK

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# APRIL ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> 9:00 Tech Savvy Seniors 9:00 Mah Jongg 1:00 Bunny Craft with Liz Riggs Cost \$5	<b>31</b> 10:00 Caffeinated & Connected - SCRABBLE 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	<b>1</b> 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 2:00 GeriFit	<b>2</b> 9:00 POKENO 10:00 Tai Chi 10:15 Cardio Drumming 1:00 Rock Painting w/ Shelbi	<b>3</b> Good Friday  <b>Center Closed for Good Friday</b>
<b>6</b> Produce Pick-Up 9:00 Tech Savvy Seniors 10:00 Tea Time 1:00 Cake Bar – Slice, Slice Baby with Waldron 1:00 Dance & Karaoke with DJ Moxy	<b>7</b> 10:00 Caffeinated & Connected - Sorry 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	<b>8</b> 9:15 Bible Study with Jim 11:30 Lunch and Learn – Red Light Therapy – Pizza Party Cost \$5 1:00 Hand and Foot Game	<b>9</b> 9:00 POKENO 10:00 Tai Chi 10:15 Cardio Drumming 10:00 Day Trip to Hairspray @ Derby Dinner Theatre Cost \$50 1:00 Book Club	<b>10</b> Saturday – Elvis @ Strand 9:00 Fun Friday – Farm Animals Day 9:00 April Birthday 11:30 Spring Salad Lunch Pitch-In 9:30 BINGO by Ashford Place 1:00 Euchre & 1:00 Dominoes
<b>13</b> 9:00 Tech Savvy Seniors 12:00 Spring Dance @ Cadillac Jacks 1:00 Mah Jongg 1:00 Committee Meeting	<b>14</b> 10:00 Caffeinated & Connected - Yahtzee 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	<b>15</b> Taxes End 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 2:00 GeriFit	<b>16</b> Volunteer Appreciation 9:00 Coffee with The Mayor 10:00 Tai Chi 10:15 Cardio Drumming 1:00 Volunteer Appreciation 3:00 Music and a Meal – Top Hat Blues Review - FREE	<b>17</b> 9:00 Fun Friday – World Circus Day 9:30 Bingo by Morristown Manor 1:00 Euchre 1:00 Dominoes
<b>20</b> Produce Pick-Up 10:00 Tea Time 1:00 Mah Jongg 1:30 Crockpot Class	<b>21</b> 10:00 Caffeinated & Connected - Phase 10 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting 1:00 Earth Day Craft w/ Erica	<b>22</b> Earth Day 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 2:00 Chair Volleyball	<b>23</b> 9:00 POKENO 10:00 Tai Chi 10:15 Cardio Drumming 1:00 Let's Go To The Movies 1:00	<b>24</b> 9:00 Fun Friday – Bucket List Day 9:30 Bingo by Compass Park 1:00 Euchre 1:00 Dominoes
<b>27</b> 9:00 Tech Savvy Seniors 1:00 Mah Jongg 1:00 Music with Joel DeLashmitt	<b>28</b> 10:00 Staying Active and Social As We Age with Walker Place 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	<b>29</b> 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game	<b>30</b> 9:00 POKENO - Jim 10:00 Tai Chi 10:15 Cardio Drumming 1:00 Chair Volleyball Tournament @ Fairland	<b>1</b> 9:00 Fun Friday – Hawaiian Lei Day/May Day 9:30 Bingo by Willows 1:00 Euchre & 1:00 Dominoes



Monday	Tuesday	Wednesday	Thursday	Friday
Cultural Meal Day 		1 Ginger BBQ Chicken Whipped Sweet Potatoes Collard Greens Wheat Bread Diced Pears Milk	2 Scrambled Eggs Pork Sausage Roasted Potatoes Wheat Bread Spiced Peaches Milk	3 CENTER CLOSED FOR GOOD FRIDAY & EASTER
6 <b>Produce Pickup</b> Grilled Hamburger Mac & Cheese Festive Green Beans Diced Pears Wheat Bun Milk	7 Herb Crusted Hake Red Skinned Potatoes Broccoli Wheat Bread Tropical Fruit Milk	8 LUNCH AND LEARN COST \$5	9 Beef Bourguignon Green Beans w/ Almonds Diced Pears Milk 	10 SPRING SALAD LUNCH PITCH-IN
13 Oven Fried Chicken Whipped Sweet Potatoes Collard Greens Orange Juice Milk	14 Italian Bowtie Pasta w/Beef Broccoli w/Red Peppers Green Beans Mandarin Oranges Milk	15 Bagel w/Egg, Pork Sausage & Cheese Sliced Apples Roasted Sweet Potatoes Milk	16 Turkey Ham & Beans Beets Carrots Corn Bread Mixed Fruit Milk	17 Orange Chicken Rice Pilaf Broccoli Tropical Fruit Milk
20 <b>Produce Pickup</b> Sliced Turkey over Southwest Pasta Broccoli Peas Chocolate Pudding Milk	21 Chicken Parmesan Parmesan Cheese Apples w/Cherries & Almonds Roasted Potatoes Wheat Bread Diced Mangos Milk	22 Sloppy Joe WG Bun Roasted Sweet Potatoes Brussel Sprouts w/ Onion Diced Pineapple Milk	23 Teriyaki Chicken & Noodles Stir Fry Veggies Fresh Orange Milk	24 Beef Stew Corn Turnip Greens Wheat Bread Diced Peaches Milk
27 Meatloaf w/Gravy Brussels sprouts Mashed Potatoes Mandarin Oranges Birthday Treat Milk	28 Indiana Style Chili Mac California Veggie Blend Applesauce Corn Bread Milk	29 Smoked Pork Sausage w/Peppers & Onions Peas Roasted Potatoes Wheat Roll Strawberry Applesauce Milk	30 Chicken & White Bean Chili Brussel Sprouts Corn Corn Bread Mixed Fruit Milk	

<https://cicoa.org/menu>

\*Menus are subject to change based on product availability.

### CICOA Meal Information

Shelby Senior Services lunch program is provided through CICOA at the Shelbyville Horizon Center Monday - Friday at 11:30am. Reservations are made by Tuesday at noon for the following week. You can make a reservation by calling 463-777-1239 or sign-up on a lunch day during the hours of 10:00am - 12:30pm. If you are unable to make your reservation, please call to let us know by 10am that day.

### Activity Center Needs:

Gift Cards for Prizes for Euchre and Pokeno  
Square Napkins  
Powdered Creamer  
Powdered Lemonade  
Case of Bottled Water  
Individually wrapped snacks

### Legal Aide Services:

A paralegal from the Indiana Legal Services: Senior Law Project come to Shelby Senior Services the third Thursday every month. To schedule an appointment with the paralegal, call 317-398-0127.

### SHIP Services:

The State Health Insurance Assistance Program (SHIP) is a free and impartial counseling program for people with Medicare. To schedule an appointment, call 317-398-0127.

### Tax Services:

Tax appointments for 2025 filings are being scheduled. Please call 317-398-0127 to reserve your spot. Tax forms are available for pick-up at the front desk or in the realtor box at the West Entrance.



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## WALDRON

Join us every Tuesday in April!

Lunch at the St. Paul Tavern at 11am – Cost \$5  
Following lunch, we will have games for everyone to enjoy. Please call 317-398-0127 and ask for Liz to reserve your spot or with any questions. We hope to see you there!

HAPPY  
*Birthday*

Jennifer Bell April 7th  
Becky Herring April 10th  
Valerie Donica April 11th  
Gennell Martin April 18th  
Janice Conway April 19th  
Debra Priddy April 23rd  
Bill Wilhelm April 26th

### In Memory of

Anna Marie Anewalt

### Given by:

Winnie & Steve Soviar

### In Memory of

John Hilkene

### Given by:

Helen Hilkene

## MORRISTOWN

Join us at the Morristown Horizon Center!

Located at the Morristown Methodist Church, 221 S. Washington St. Morristown, IN. Open Wednesdays from 11:00 am-2:00 pm. For lunch reservations, call or text Vivian at 765-404-2280.

**10:30-11:15**— Coffee and Chat

**11:15 -12:00**— Fun Exercises with Shelbi and Jim

**12:00-1:00 p.m.**— Lunch (cost \$5)

**1:00-2:00 p.m.**— Games, activities, crafts, etc.

**April 1st**

**Lunch:** Spaghetti with meatballs, sides, cake and ice cream

**Activity:** Birthday Club: Celebrating this month's birthdays

**April 8th**

**Lunch:** Grilled cheese and salad bar, dessert

**Activity:** In the Know: Weather safety and Trending news

**April 15th**

**Lunch:** Baked Chicken, sides and dessert

**Activity:** Craft: Painted stained glass

**April 22nd**

**Lunch:** Pizza Bar, sides and dessert

**Activity:** Games: Trivia or Bingo

**April 29th**

**Lunch:** Finger foods, sides and dessert

**Activity:** Share a memory: Favorite vacations

Thank you to our Volunteer, Jeff Anderson! Happy Birthday this month to Arlene Freeman!!

## DONATIONS

### Thank you to our donors:

Denise Holland	Cindy DeCamp
Betty Zoelzer	Tana Edwards
Barbara Kappes	Jane Sparks
Anonymous	Joyce Cummings
First Christian Church	Marjorie Kuhn
Kristy Holzhausen	Sandra Schoentrup
Pantry Pals	Kimber Thompson
Kenneth & Susan	Laura Burkhardt
Sedam	Knauf
Karen Jones	Eric Sonntag
Connie Ford	Dee Husky
Susan Blanner	Bill Merrick

### Thank you to the following organizations/individuals for donations to the Activities Department:

Main Street Hospice, Compass Park, Willows of Shelbyville, McKay Manor, Waldron Health and Rehabilitation Center, Ashford Place, Walker Place, Morristown Manor and Cypress Run, Freeman Family Funeral Home, Murphy Parks Funeral Service, Glen E. George and Son Funeral Home, Infinity Home Care Plus, Your Way Catering, Indiana, Tim and Janice Conway of Blue River Stained Glass, Salvation Army, Kopper Kettle, CICOA, Shelby Go, Horizon Center Committee Members, Dementia Friends of Indiana, Alzheimer's Association, SCUFFY, Blue River Community Foundation, and Defender Financial Group.

# FAIRLAND

## Join us at the Fairland Horizon Center!

Located at the Fairland Fire Dept. Community Room, 400 W 400 N Fairland, IN. Open Thursdays from 9:30am until we're done for the day! Call Kathy at 317-364-0029 to reserve your spot.

### Mornings:

**9:30-10:00** Coffee Chat

**10:00 -11:00** April 2 exercise  
April 9, 23, 30 Chair Volleyball  
April 16 Chair Basketball

**11:00** Bible Study

**11:00 -12:00** Mind Games Board Games, Card Games & Bridge

**12:00** Lunch \$5 Please make reservations by the Tuesday prior

### April 2 First Thursday Euchre

**12:00 Lunch:** Chicken Pot Pie, Salad, Rolls and Dessert

**1:00 Euchre tournament...**prizes for High and Low Scores

### April 9 Back by Popular Demand...the Music of "Michael B"

**12:00 Lunch:** MENU TBA

**1:00 Today we welcome back, Michael Balassone and his fabulous voice!** He also plays a mean tenor saxophone. Put his talent all together with the music from the 1940's and beyond and get ready for some musical magic!

Advisory Council Following Program

### April 16 "Antiques Road Show"

**12:00 Lunch:** MENU TBA

**1:00 Antiques Road Show with our own Don Rabourn.** Hunt through your treasures and bring a couple to share with all of us. Memories from your childhood or maybe your parent's childhood!! Glassware, jewelry, and pottery are Don's expertise but please bring anything that you would like to share! Be prepared to tell a story about your treasure. Don will do his best to help put a value on it as well! He has lots of antiques experience! He even "judges" at the State Fair!

### April 23 "Got an ouch?? Shelby can help!"

**12:00 Lunch:** Chicken and Noodles, Mashed Potatoes, Green beans & Dessert

**1:00: Have you ever had problem with your legs swelling or a sore not healing as quickly as it should??** If not, then you are lucky and some day as you continue to age, you may be a part of that "club." Today we welcome Shelby Hudson from the MHP Wound Center as she shares with us about their services.

Information always good for us to have on hand!

### April 30 "Rock Steady and Fairland Seniors Volleyball Tournament"

**12:00 Lunch:** Sloppy Joes, Chips, Cole Slaw.... Dessert: Ice Cream Sundae Bar (following the tournament)

**1:00 Chair Volleyball** has been a staple at Fairland Seniors for years. The same can be true for the Rock Steady Boxing Program in Shelbyville. We all love us some chair volleyball! We have "played" each other several times and are bringing the competition back to Fairland this year. Thanks to the firemen, we will have our volleyball nets (hopefully 3 of them) set up in the bays. We have plenty of room for many players and the "room height" to really have a blast! The winning team gets to be first in line for the Sundae Bar!!



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