



Shelby Senior Services, Inc.

2120 Intelliplex Dr. Ste. 101
Shelbyville, IN 46176

317-398-0127

ShelbyGo Transportation

317-398-7614

www.shelbyseniorservices.org

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Horizon Newsletter

August 2026

**ALL CENTER
MEMBERS
ARE INVITED**

PICNIC IN THE PARK

**RELAX AND ENJOY
THE OUTDOORS!**

- Bring a Covered Dish
- Games and Activities
- Karaoke with DJ Moxxy

August 19th | 12 p.m.

**Sunset Park
554 River Road, Shelbyville**

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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.

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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

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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

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Andrea Majeed	Jerry Berry
Daniel Majeed	Wanda Wooten
Roger Burt	

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“Serving seniors, improving lives.”

LETTER FROM THE DIRECTOR



Liz Renton

Executive Director

We have quite a few activities coming up that are annual favorites. At the beginning of August, we will take a trip to the State Fair. Put on your sunscreen and walking shoes to prepare and be ready for a great trip! Later in the month is our annual Picnic in the Park on August 19th. This is one of my favorite events of the year where members from all of our centers gather. We will celebrate the end of summer with chicken from the Kopper Kettle and side dishes prepared by all attendees. Plan to join us and enjoy lunch, karaoke, and friendship all afternoon.

The heat has stayed persistent throughout summer this year. We do still have box fans available to seniors in need of some cooler temperatures in their home. The Shelby County Active Aging Coalition has collected box fans to help relieve some of the heat. Shelby Senior Services is helping to distribute the fans so stop by our front desk or call 317-398-0127 and inquire about the fan program.

Coming up next month, we will be hosting the Senior Expo. This will take place on September 22nd from 10am-2pm so mark your calendars. Stay tuned for more information on vendors and what's on the menu for the free lunch!

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

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The Chicken Inn: 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

Happy August! Have you ever wondered what life might feel like for someone living with dementia? The Virtual Dementia Tour®, developed by Second Wind Dreams®, is available at our center by appointment. This award-winning, evidence-based program provides participants with a brief, immersive simulation designed to increase understanding and empathy for individuals living with dementia. Following the experience, we'll discuss what you observed, answer questions, and explore practical communication techniques and caregiving strategies that can make everyday interactions more supportive and meaningful.

The tour is valuable for:

- Family members caring for a loved one with dementia
- Friends and neighbors who want to better understand the disease
- Healthcare professionals, first responders, and volunteers
- Anyone interested in becoming a more dementia-friendly community member

Tours are available by appointment for individuals or small groups. If you would like to participate or schedule a session for your family, church, civic organization, or workplace, please contact me at the Senior Center. I would be honored to share this meaningful experience with you.

Pantry Needs:
Oatmeal Packets
Peanut Butter
Canned Tuna & Chicken
Low Sodium Soups
Pasta



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.
Suite 101
Shelbyville, IN 46176



Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

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- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping
- Share feelings, needs and concerns.
- Learn about community resources.

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HAPPY
Birthday

Kenny Sedam 1st
Robert "Bob" Scheigert 2nd
*Vivian Scott 3rd
Marilyn Bartlett 4th
*Liz Renton 5th
Jo Glover 13th
Marilyn Reed 17th
Helen Hilken 19th
Janet McDaniel 19th
Jim Reed 21st

SHELBYGO TRANSPORTATION



Easter Hall-Beyer
Director of Transportation

Shelby Go would like to welcome our newest driver to the team, Wanda Stephens-Wooten! We are happy to have her join us.

Please be mindful that school is starting back up. This may slow down traffic and Shelby Go Drivers. We ask that you be ready and waiting for your pick up to help keep wait times down.

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



From her roots in a two-room schoolhouse to her meaningful career and community volunteerism, Judy Posz embodies the spirit of a true hometown champion. A proud baby boomer born and raised right here in Shelbyville, Judy's life story is a beautiful testament to dedication, family, and the power of love. Born in February 1946 to Paul and Mary Anne Wagner, Judy grew up watching her parents work hard at International Harvester and Cinch. Her educational journey tracks local history from Walkerville School where she started out in a cozy two-room schoolhouse for 1st and 2nd grade, to Coulston Elementary where she made history as part of the very first 5th-grade class when the school was just a single-story building, and onto Shelbyville High School: where she played the clarinet in the high school band, helped out in the front office taking attendance, and graduated with the proud Class of 1964. Judy's life changed forever in junior high when she met her sweetheart, Louie Posz. In September 1964, the two were wed at Trinity United Methodist Church in Walkerville. It was a perfect day. Together, Judy and Louie built a beautiful family, celebrating 61 years of marriage. They raised two children: Michael Wayne, a proud 20+ year veteran of the US Army, and Marijo Anne, who carries on the family's local roots as a middle school teacher. Today, Judy is the proud matriarch of 7 grandchildren and 10 great-grandchildren. After high school, Judy excelled at the Indiana Central Business School, graduating in 1965. She channeled her organizational talents into a lifetime of administrative excellence. From the American Cancer Society where she started her career in Indianapolis as the executive secretary to the special event coordinator, to Community Hospital where she supported future doctors as the Executive Secretary of the Family Practice Program for Dr. William Kelley, and onto the Shelbyville Library where she shared her love for the community before officially retiring. Retirement didn't slow Judy down. For three years, she became the beloved "Craft Lady" at the local Boys and Girls Club, filling the bulletin boards with vibrant kids' crafts while Louie helped feed the children after school. When she isn't volunteering, you can find her beautifully crocheting cozy afghans. Judy is also a warrior. After a brave battle with colon cancer, she victoriously rang the treatment bell in 2025. Though she faced the profound loss of her beloved Louie on June 16, 2026, Judy continues to live by the beautiful philosophy that carried them through six decades together: *"You have your up's and you have your down's. But if you have love, you can get through anything."* *We are blessed to have Judy as a member of our center family. She is always willing to lend a helping hand and a listening ear.*

TRAVEL



Carol McDaniel
Travel Coordinator

Once again, Shelby Senior Services has been to a fascinating destination. New Orleans has the French Quarter, Mardi Gras World, steamboats, music and a lot more that qualify for a wonderful trip. Our group ignored the 90-degree temperatures to see it all. Highlights for me were the WWII museum, the French Quarter and the place that creates the floats for Mardi Gras, Mardi Gras World.

Patriotism is alive and well in the formidable World War II museum. Its six massive buildings tell the story of our heroes who preserved the freedom that we enjoy today. Beginning the tour, we saw a film narrated by Tom Hanks. It is spectacular. You feel as if you are there with sound effects, seats that shake as tanks roar by, explosions with screen effects that mimic the real sounds, and original film footage that puts you in the moment. Although it is sometimes disturbing to see original scenes about the surviving victims in the death camps that were freed by our soldiers, the devastation brought on by Hitler and his communist regime reminds us that freedom isn't free, we have to be vigilant to protect and preserve our country.

In addition to the museum, we visited the famous French Quarter. It is the oldest part of New Orleans with architectural influences by former foreign occupiers such as the Spanish and French, thus, the French Quarter. Napoleon sold what is now Louisiana territory to America as part of the Louisiana Purchase. The French Quarter is a bustling area in which you can find two different worlds, the daytime and the nighttime. Bourbon Street, along with all the streets in the French Quarter, is lined with three-story apartment buildings with ornately decorated wrought iron railings, hanging flower baskets, and brightly colored decorations. During the day, the streets are picturesque and quiet. The evenings, however, bring out the locals and the tourists looking for a party. The drink of choice found at most bars is called the "hurricane." Tourists have told me it packs a powerful punch! During the day, the place to be is at the Cafe` du Monde. People line up for a city block to get their chance to buy the Beignets, which is a donut-like pastry drenched in powdered sugar. They are yummy! Messy, but yummy!

There are two parts to the celebration of Mardi Gras, Carnival and Mardi Gras. Carnival is the period of feasting and fun that begins on The Feast of Epiphany in January. Mardi Gras refers to Fat Tuesday, the final day of partying before Ash Wednesday. It is a wild time with about 40 parades of floats sponsored by different Krewes or groups of supporters. According to Wikipedia, "A Mardi Gras krewe is a social organization that organizes parades and balls during the Carnival season, particularly in New Orleans. Each krewe has its own unique history, themes, and traditions, contributing to the vibrant culture of Mardi Gras celebrations." To find out more about the parade floats we visited Mardi Gras World. This is where the designs of the Krewes have their floats constructed. These huge floats are built on regulation-sized chassis. Krewes are free to design their own themes such as football, clowns or animals. The participants must wear costumes and masks. Each Krewe rides its float through the French Quarter on different evenings for hours throwing beads to the people along the route.

Thousands of people visit Mardi Gras each year to join in the fun. Many reserve their hotel rooms to attend every year. Of course, we did much more. For example, we rode a paddlewheel steamboat on the Mississippi River, visited a plantation, shopped at the French Market, and had some delicious food.

Join us on our adventures by calling the senior center for details, 317-298-0127.

HEALTH & WELLNESS



Shelbi Smith
Health & Wellness Coordinator

August is a wonderful time to stay active, connect with friends, and continue building healthy habits! At Shelby Senior Services, we believe that wellness is about much more than exercise—it's about staying physically active, keeping your mind engaged, learning new skills, and enjoying meaningful social connections. We invite you to join us this month for a variety of activities designed to support your overall health and well-being.

Start the month by relaxing with **Tea Time** on **Monday, August 3rd at 10:00 a.m.** Enjoy a warm cup of tea, friendly conversation, and a welcoming atmosphere. Social connections play an important role in maintaining emotional wellness, reducing stress, and improving overall quality of life.

Our **Walking Program** continues on **Wednesday, August 5th** and **Wednesday, September 2nd** at **2:00 p.m.** Walking is one of the best ways to improve heart health, increase energy, strengthen muscles, and maintain mobility. Whether you're just getting started or already enjoy regular exercise, this program offers a fun and supportive way to stay active with friends.

This month also brings an exciting update to our cooking program. While we will be **discontinuing Crockpot Creations**, we're excited to introduce a new **Healthy Cooking Class** on **Monday, August 10th at 1:30 p.m.** This class will feature a live cooking demonstration, a delicious recipe to take home, and a tasting of the featured dish. Although take-home ingredients will no longer be provided, you'll still leave with new ideas, practical cooking tips, and inspiration for preparing nutritious meals at home. We hope you'll come join us as we continue promoting healthy eating in a fun and interactive way!

Be sure to join us for **Chair Volleyball** on **Wednesday, August 26th at 2:00 p.m.** Chair Volleyball is a fun, low-impact activity that helps improve coordination, flexibility, upper-body strength, and teamwork while keeping everyone active in a safe and supportive environment. It's a great way to get moving while enjoying plenty of laughter with friends.

To wrap up the month, we'll be gathering at **Cadillac Jack's** for **Family Feud and Lunch** on **Monday, August 31st at 12:00 p.m.** Please **meet us directly at Cadillac Jack's at noon.** Come enjoy a delicious lunch while testing your knowledge in a fun game of Family Feud. This is a wonderful opportunity to socialize, meet new friends, and enjoy a little friendly competition. Transportation will be on your own.

No matter which activities you choose, every step you take toward staying active, eating well, and connecting with others is an investment in your health. We look forward to seeing you throughout the month as we continue to learn, move, laugh, and thrive together!

Health & Wellness Highlights:

Sign up at the front desk to reserve your place!

Tea Time

Monday, August 3rd 10:00 AM

Walking Program

Wednesday, August 5th & Sept. 2nd 2:00 PM

Healthy Cooking Class

Monday, August 10th 1:30 PM

Chair Volleyball

Wednesday, August 26th 2:00 PM

Family Feud & Lunch at Cadillac Jack's

Monday, August 31st 12:00 PM *(Meet directly at Cadillac Jack's.)*

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SHELBYVILLE HORIZON CENTER



Crystala Evans
Shelbyville Activity Coordinator

August is our Annual All-Center Picnic in the Park on August 19th at 12:00 p.m. at Sunset Park for all Senior Service Members. Please bring a side dish and a serving spoon for your dish. We will have fried chicken provided by the Kopper Kettle and Karaoke with DJ Moxy. We will even have chair volleyball and a few other games for fun. You are also welcome to just come and visit. This is for members of our centers. Please bring a cushion; or a comfortable chair for your pleasure. Please sign up prior to August 19th at the front desk or via your satellite centers so we make sure to have enough chicken for everyone. Please call me with questions at (317) 398-0127.

August is a great time to focus on Brain Health! Maintaining cognitive health in seniors relies on four pillars: regular cardiovascular exercise, a Mediterranean-style diet rich in Omega-3s and antioxidants, continuous mental stimulation via brain-stimulating activities, and social engagement. These habits maximize blood flow, build brain resilience, and delay the onset of age-related cognitive decline.

Make sure to read the highlights section and sign up for any upcoming programs as soon as you can because they tend to fill up quickly. We don't want you to miss out on the fun. There is a Day Trip to the Indiana State Fair, Lunch and Learn over Understanding Dementia, Music and a Meal with Hi Way 46 Band, Poi Class with Meghann, Jean Bracelet Making with Melissa, and a Hat Burning class with Liz Riggs.

We have a few Day Trip reminders that you need to keep in mind when reserving a spot on the bus. Please be on time for all Day Trips. We have a schedule to keep and places to be. If you are not here on time, you will be left behind. Our trips are designed for active, older adults who can walk far distances, maneuver stairs, and take care of their own personal belongings. Drinks are NOT allowed on the bus unless they are in a bottle with a cap that tightens. If you are diabetic, pack a snack in case meals are delayed. Please secure all belongings when on the bus. Lastly, we do not give refunds for day trips. We often have a waiting list for trips, and your spot goes to the next person on the list. You cannot gift your spot to someone else. A lot of planning and effort go into these outings. We appreciate your respect and consideration.

Please be sure to scan your card every time you visit Shelby Senior Services, and be sure you are checking the screen for all that you do while here: classes, lunch, library, support groups, etc. Also, make sure you check Drop-In. This helps us identify what programs interest our members most, provides important details for new grant proposals, and helps staff members in case of an emergency. If you do not have a scan card, or have lost yours, please see me for a new one. If you forget your card you can sign in using your name and phone number.

There are so many opportunities for you to participate in fun and creative ways. If there is something that you would like to see on our calendar – please let me know. We would love to have your feedback. There is a Suggestion Box in the Activity room for you to put suggestions in for review. We also have a donation box to help cover the cost of all the paper products we use. Please see our donation list for items we are currently in need of receiving. This helps us provide you with FREE coffee, tea, hot chocolate, and snacks.

Special thanks to all those who contribute to the mission of Shelby Senior Services. Your support, donations, membership, and sponsorship make a difference. We are honored to serve Shelby County seniors. We can't do it without you!

Sunny regards,
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.

* denotes that you MUST sign up at the Front Desk prior to the event date.

***Mondays in August by appointment only – Tech Savvy Seniors - By Appointment 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 August at 10:00 a.m. Caffeinated and Connected We have a different game each week that is designed to engage the senses. We hope to see you!

Wednesdays in August at 9:15 am. Bible Study Join us each Wednesday for our non-denominational Bible Study with Jim Martin. We have a great group of people who meet here to come together for fellowship and faith. Join us for prayer, bible readings, reflection, discussion, and fun. We would love to have you join our group.

Thursdays in August, at 10:15 a.m. Cardio Drumming Join Dakota Nicely and Crystala Evans for a fun cardio workout! We drum along to the beat of several songs that are sure to get your blood flowing. No need to sign-up since we now have extra equipment for drumming. Just show up and be ready to get in a great workout.

***Monday, August 3rd at 1:00 p.m. Ice Cream Social & In Home Palliative Care** Join us for a fun Ice Cream Social with Donna Watkins from Anew Care. We will be enjoying ice cream and chatting about In Home Palliative Care. Room for 25 people, no cost. Come and enjoy a sweet, summer treat.

***Thursday, August 6th 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, August 7th at 9:00 a.m. – Fun Friday – Back To School That's right - school is back in session! We are going to have a "Back To School" fun Friday celebration. Wear something that represents your alma mater. It can be from high school, college, or even grade school. Bring a school photo, and we will have to match the photo to the person. The Bingo prize table is going to be sponsored by Willows of Shelbyville.

***Tuesday, August 11th at 8:00 a.m. Day Trip to the Indiana State Fair Cost is \$5** There are 14 spots on the bus. The seats are very cozy on the bus. Cost is a donation of \$5 per person for gas is to be taken at the time of your reservation for your spot on the bus. The tickets to the Fair Entry have been donated by the Indiana State Fair. You must be able to climb stairs and we are not able to accommodate walkers because we do not have room on the bus. This trip will include a fair amount of walking. Be prepared. Wear comfortable shoes, a hat and lots of sunscreen. Also, bring cash to spend at the food vendors to avoid extra fees. We will depart the center on the bus promptly at 8:00 a.m. and return at 4:30 p.m. If you are not able to be out and about for the entire day – then this trip is not for you. Everyone is free to explore the fair on their own. Bring a friend and enjoy a day at the fair.

***Wednesday, August 12th at 11:30 am Lunch and Learn – Understanding Dementia Cost \$5** This is a Lunch and Learn that you are not going to want to miss! This month we will be discussing Understanding Dementia with Donna. This event is hosted by Brad Calbert and Guardian Care. We will be having a Baked Potato Bar, cookies, and lemonade. Cost is \$5 and is limited to 25 people.

Thursday, August 13th 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. Call to reserve your spot. No need to sign-up for this, but please come out and bring your questions. We are currently looking for a donut sponsor – reach out if you want to donate.

ACTIVITY HIGHLIGHTS

Thursday, August 13th at 1:00 p.m. Book Club at the Horizon Center in the Meeting Room with Pam Weakley from the library. This month we will be discussing a great book called "Take My Hand" by Dolen Perkins-Valdez.

Friday, August 14th at 9:00 a.m. – Fun Friday – Creamsicle Day We are going to have a delicious summer treat this morning. We are celebrating Creamsicle Day! When was the last time you had a Creamsicle? The Bingo prize table is going to be sponsored by Ashford Place Health Campus. The August Birthday cupcakes are brought to you by McKay Manor.

***Monday, August 17th at 1:00 p.m. Poi Class with Meghann** We are going to welcome Meghann here to teach us all about Poi and lead us in a Poi Demonstration Class. Poi is a movement and performance art where you swing weighted objects called "poi" attached to tethers. They swing them in rhythmic patterns. Sign-up at the front desk.

***Wednesday, August 19th at 12:00 p.m. Annual All Center Picnic at Sunset Park** Join us for our Annual Picnic at Sunset Park. All center members are welcome. We are going to have fried chicken provided by the Kopper Kettle. Please bring a side dish to share with everyone. You will need to bring a serving spoon for each item. These are self-serve, so please make it easy for everyone. We don't have time to stage every side item. Please plan accordingly and bring a cushion or a chair for your comfort. We will have chair volleyball, games and Karaoke with DJ Moxey. It is sure to be a great time!

***Wednesday, August 19th at 1:30 p.m. Karaoke Capone's Downtown Speakeasy** We will be having Karaoke at the park, but you can also go over to Capone's for Senior Karaoke. Karaoke runs from 1:30 to 3:00 p.m. Please sign-up in advance so that we can reserve a table for everyone.

***Thursday, August 20th at 1:00 p.m. SCRABBLE with Erica from Miller's Merry Manor** Erica will be bringing treat from the Swiss Maid in Hope, IN for everyone to enjoy. Have an afternoon snack and enjoy some SCRABBLE.

***Thursday, August 20th at 3:00 p.m. Music and a Meal with Hi Way 46 COST \$7** We are going to be welcoming Hi Way 46 Band to our center. Music at 3:00 p.m. and Meal at 4:00 p.m. The meal will be ham, au gratin potatoes, roasted vegetables, rolls with butter, a drink, and brownies. You must RSVP for by August 18th. Cost is \$7, and it is limited to 50 people.

Friday, August 21st at 9:00 a.m. Fun Friday – Senior Citizens Day We are going to be celebrating Senior Citizens Day. That's right we are celebrating all of you!!! Come on out and play Bingo and share your story. What advice do you have for the younger generations? What has life taught you that young people need to know? Share your story. Our Bingo sponsor is Morristown Manor.

***Monday, August 24th at 1:00 p.m. Scams and Fraud – Senior Finance Workshop** Join us as we welcome Andrew from Woodforest National Bank. He will be hosting a Senior Finance Workshop that is centered around Scams and Fraud. Be a tough target – come educate yourself.

***Thursday, August 27th at 1:00 p.m. Denim Bracelet with Melissa Cost \$10** We will be making denim bracelets with Melissa Stewart. Cost is \$10, room for 10 participants. Come and make a unique bracelet that you can keep or give to a friend.

Friday, August 28th at 9:00 a.m. Fun Friday– Cherry Turnover Day and Bow Tie Day We encourage you to wear a fun bow tie today. It is also National Cherry Turnover Day. Come enjoy a fun treat. Wear something with cherries on it if you have something. Our Bingo prize table is going to be sponsored by Compass Park. Come join the fun.

***Monday, August 31st at 1:00 p.m. Hat Burning with Liz Riggs Cost \$30** We are going to be learning the fun art of Hat Burning with Liz Riggs. Each hat is a tan color. Cost is \$30, and the class is limited to 10 people. Liz will have finished hats for sale that day as well. They will cost more, but you can splurge. Stop by and design or purchase a hat.

Friday, September 4th at 9:00 a.m. Fun Friday– Wildlife Day We want you to take a walk on the wild side today. It is National Wildlife Day. Wear your animal prints and wildlife outfits. Our Bingo prize table is going to be sponsored by the Willows of Shelbyville. They always bring great prizes. Come join the fun.

Shelby Senior Services Presents

MUSIC & A MEAL



MUSIC WITH
HI WAY 46 BAND

AUGUST 20, 2026

3:00 MUSIC
4:00 MEAL

Please R.S.V.P.
by calling
317-398-0127
Room for 50 Guests
COST IS \$7

MEAL BY:
YOUR WAY CATERING:
HAM
AU GRATIN POTATOES
ROASTED VEGETABLES
ROLLS WITH BUTTER,
BROWNIE
AND A DRINK



2120 Intelliplex Drive, Suite 101
www.shelbyseniorservices.org

LET'S GET CRAFTY



Hat Burning Workshop

August 31st at 1:00 P.M.

Liz Riggs will be here with a fun craft. We are going to be learning how to do hat burning and design. *Bring anything extra embellishments you want for your hat.*



Hat
Design
Craft



Cost \$30
Limited to 10
Participants

317-398-0127
www.shelbyseniorservices.org
2120 Intelliplex Drive, Suite 101
Shelbyville, IN 46176

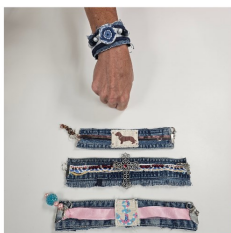
LET'S GET CRAFTY



Denim Bracelet Craft

August 27th at 1:00 P.M.

Come make a blue jean bracelet with Melissa Stewart. We will have all kinds of things for you to decorate your bracelet. Each one unique!



*Lots of ways to
personalize*

Cost \$10
Limited to 10
Participants

Denim
Jewelry
Craft



317-398-0127
www.shelbyseniorservices.org
2120 Intelliplex Drive, Suite 101
Shelbyville, IN 46176

Walking WEDNESDAY

A STEP TOWARD BETTER HEALTH
AND STRONGER COMMUNITY!

Join us for a gentle, social walk
designed for seniors!



DATES:

Aug 5th and Sep 2nd,
2026



TIME:

2:00PM



LOCATION:

SHELBY SENIOR
SERVICE



ALL ABILITIES
WELCOME!



We will be walking
outside

PENDING WEATHER,
WE WILL WALK INSIDE.





AUGUST ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Tech Savvy Seniors 10:00 Tea Time 1:00 Mah Jongg 1:00 Ice Cream Social & In Home Palliative Care	4 10:00 Caffeinated & Connected – Yahtzee 1:00 Euchre 1:00 Painting, Knitting, Crochet	5 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 2:00 Walk Program	6 9:00 POKENO 10:00 Tai Chi 10:15 Cardio Drumming 1:00 Let's Go To The Movies	7 9:00 Fun Friday – Back to School 9:30 Bingo by Willows of Shelbyville 1:00 Euchre 1:00 Dominoes
10 9:00 Tech Savvy Seniors 1:00 Mah Jongg 1:30 Healthy Cooking	11 8:00 Day Trip to the Indiana State Fair Cost \$5 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	12 9:15 Bible Study with Jim 11:30 Lunch and Learn – Understanding Dementia Cost \$5 1:00 Hand and Foot	13 9:00 Coffee with the Mayor 10:00 Tai Chi 10:15 Cardio Drumming 1:00 Book Club	14 9:00 Fun Friday – Creamsicle Day 9:30 August Birthdays by McKay Manor 9:30 Bingo by Ashford Place 1:00 Euchre & 1:00 Dominoes
17 9:00 Tech Savvy Seniors 1:00 Mah Jongg 1:00 Poi Class Demo with Meghann	18 10:00 Caffeinated & Connected – SCRABBLE 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	19 PICNIC IN THE PARK SUNSET PARK	20 9:00 POKENO 10:00 Tai Chi 10:15 Cardio Drumming 1:00 SCRABBLE w/ Erica 3:00 Music and a Meal Cost \$7	21 9:00 Fun Friday – Senior Citizens Day 9:30 Bingo by Morristown 1:00 Euchre 1:00 Dominoes
24 9:00 Tech Savvy Seniors 9:00 Mah Jongg 1:00 Scams and Fraud – Senior Finance Workshop	25 10:00 Caffeinated & Connected – Uno 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	26 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 2:00 Chair Volleyball	27 9:00 POKENO 10:00 Tai Chi 10:15 Cardio Drumming 1:00 Denim Bracelet w/ Melissa Cost \$10	28 9:00 Fun Friday – Cherry Turnover Day & Bow Tie Day 9:30 BINGO by Compass Park 1:00 Euchre & 1:00 Dominoes
31 9:00 Tech Savvy Seniors 9:00 Mah Jongg 12:00 Family Feud @ Cadillac Jacks 1:00 Hat Burning with Liz Riggs Cost \$30	1 10:00 Caffeinated & Connected – Phase 10 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	2 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 2:00 Walk Program	3 9:00 POKENO 10:00 Tai Chi 10:15 Cardio Drumming 1:00 SCRABBLE	4 9:00 Fun Friday – Wildlife Day 9:30 BINGO by Willows 1:00 Euchre 1:00 Dominoes

August 2026



Monday	Tuesday	Wednesday	Thursday	Friday
3 Oven Fried Chicken Whipped Sweet Potatoes Collard Greens Orange Juice Milk	4 Spaghetti/Meatballs Parmesan Cheese Italian Cut Green Beans California Veggies Mixed Fruit Milk	5 Enchilada Bowl Fajita Vegetables Cilantro Lime Rice Diced Mango Milk	6 BBQ Beef Green Beans Scalloped Potatoes WG Bun Diced Peaches Milk	7 Vegetarian Chili California Veggies Roasted Sweet Potatoes Corn Bread Tropical Fruit Milk
10 Grilled Hamburger Mac & Cheese Festive Green Beans Diced Pears WG Bun Milk	11 Cheesy Smothered Chopped Steak White Rice Pilaf Peas Wheat Bread Mandarin Oranges Milk	12 LUNCH AND LEARN COST \$5	13 Pot Roast w/Gravy Broccoli Mashed Potatoes Wheat Bread Applesauce Milk	14 Almond Crusted Fish California Veggies Scalloped Potatoes Mixed Fruit Wheat Bread Milk
17 Bagel w/Pork Sausage, Egg & Cheese Roasted Sweet Potatoes Applesauce Milk	18 Pork Carnitas Cilantro Lime Rice Fajita Vegetables Corn Bread Tropical Fruit Milk 	19 ANNUAL PICNIC AT SUNSET PARK	20 Beef Stew Corn Turnip Greens Wheat Bread Diced Peaches Milk	21 Cheese Lasagna w/ Vegetables Lima Beans Carrots Wheat Roll Diced Pineapple Milk
24 Italian Bowtie Pasta w/Beef Broccoli w/Red Peppers Green Beans Wheat Roll Applesauce Milk	25 Ginger BBQ Chicken Whipped Sweet Potatoes Collard Greens Wheat Bread Diced Pears Milk	26 Herb Crusted Hake Roasted Potatoes Broccoli Wheat Bread Tropical Fruit Cup Milk	27 Country Fried Steak w/Gravy Spinach Baked Potato Tropical Fruit Milk	28 Teriyaki Chicken & Noodles Stir Fry Veggies Fresh Orange Milk
31 Chicken & Noodles Rosemary Potatoes Italian Cut Green Beans Wheat Roll Birthday Treat Milk			Cultural Meal Day 	

<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:

Hot Cocoa Packets
Regular Coffee
2 Dozen Donuts on August 13th
Individually wrapped snacks
One more \$20 gift card for Pokeno

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 have concluded. Reservations for 2026 filings will begin around January 2027. Stay tuned for more information or call 317-398-0127 with any questions.

Lunch and Learn UNDERSTANDING DEMENTIA



AUGUST 12, 2026

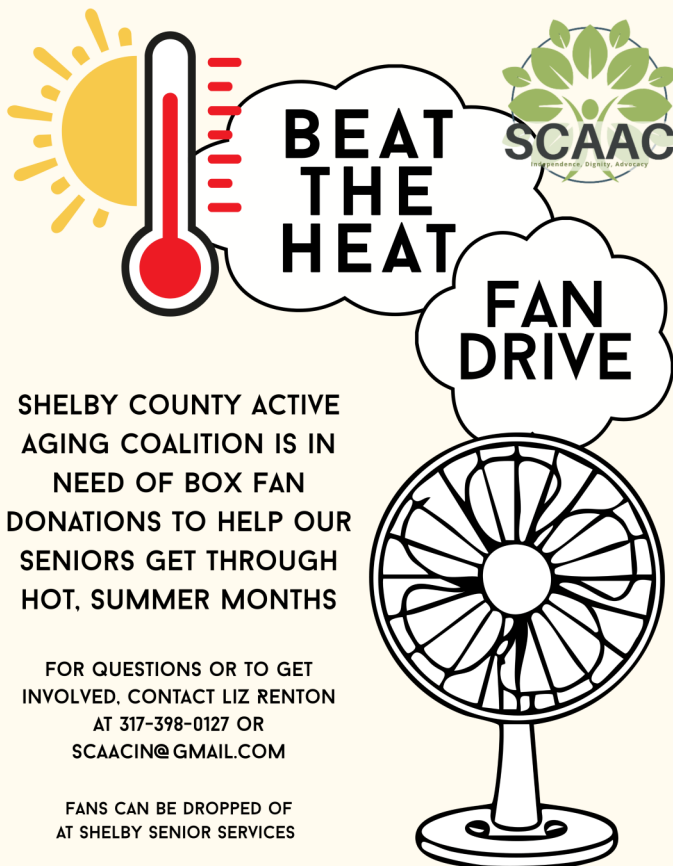
LUNCH AT 11:30,
SPEAKER AT 12:00

SPACE IS LIMITED TO 25
BAKED POTATO BAR
COST IS \$5 PER PERSON



Join us as we welcome Donna and Brad with Guardian Care here to talk about Understanding Dementia. Come learn about dementia, break down the stigma surrounding dementia, and implement practical changes that make life easier to navigate for those with dementia and for their loved ones.

www.shelbyseniorservices.org



SHELBY COUNTY ACTIVE
AGING COALITION IS IN
NEED OF BOX FAN
DONATIONS TO HELP OUR
SENIORS GET THROUGH
HOT, SUMMER MONTHS

FOR QUESTIONS OR TO GET
INVOLVED, CONTACT LIZ RENTON
AT 317-398-0127 OR
SCAACIN@GMAIL.COM

FANS CAN BE DROPPED OF
AT SHELBY SENIOR SERVICES

WALDRON

Join us every Tuesday in August!

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!

Thank you for donations in memory of:

In Memory of

Earl & Anna Wilis

Given by:

Barb Kappes & Willis
Family

In Memory of

Chuck Reefey

Given by:

Barb Kappes

In Memory of

Mary Kay Corlelyou

Given by:

Barb Kappes

In Memory of

Helen DeVoe

Given by:

Jan Myers

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.

August 5

Lunch: Baked chicken, sides and dessert

Activity: Guest Speaker Kristen, to discuss senior living options

August 12

Lunch: Tuna casserole, sides, and dessert

Activity: Baking exchange, bring recipes/samples to exchange

August 19 Annual Picnic at Sunset Park

Bring a covered dish and join us for a day of fun at the annual picnic.

August 26

Lunch: Deli sandwich bar, sides, and dessert

Activity: Games/ BINGO/ Trivia

DONATIONS

Thank you to our donors:

American Legion	Jane Sparks
Post #70	Sandra Schoentrup
Judy Eads	Valerie Donica
Barb Kappes	Lee & Janet
Betty Zoelzer	McDaniel
Kimber Thompson	Jan Myers
Connie Ford	Marilyn Reed
Patsy Spurlin	Marilyn Bartlett
Dee Huskey	George Glendenning
Marg Kuhn	Laura Burkhardt
Tim & Janice Conway	Brenda Meeke

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

Cornerstone, Interim, Serenity Home Care, Main Street Hospice, Compass Park, Willows of Shelbyville, McKay Manor, Waldron Health and Rehabilitation Center, Willows of Shelbyville, Ashford Place, Walker Place, Morristown Manor and Cypress Run, Compass Park, Freeman Family Funeral Home, Murphy Parks Funeral Service, Glen E. George and Son Funeral Home, Infinity Home Care Plus, All Center Donors, Your Way Catering, Indiana, Tim and Janice Conway of Blue River Stained Glass, Kopper Kettle, Capone's Downtown Speakeasy, Hometown Hop On, CVS, Walgreens, CICOA, Shelby Go, Horizon Center Committee Members, Dementia Friends of Indiana, Alzheimer's Association, SCUFFY, and Blue River Community Foundation.

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 Chair Volleyball August 13 & 27
Exercises with Shelbi August 6 & 20
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

August 6 First Thursday Euchre

Lunch: Cutting Edge Pizza, salad, and dessert

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

August 13 Celebrating America 250 STATE'S DAY

Lunch: VIRGINIA baked ham, IDAHO baked potatoes, INDIANA creamed peas, Hawaiian rolls
GEORGIA peach cobbles and MISSISSIPPI mud cakes

1:00 Bring your favorite souvenir and memory of a state you have visited. Let's see how many different states we can have represented. A few "states" games and prizes too.

August 20 "Music time with Joyful Road"

Lunch: Baked spaghetti, salad, garlic bread, dessert

1:00. Bluegrass, Standards, and Gospel accompanied by Ukulele, Mandolin and Bass. Sounds like a great afternoon program to me! **Nisa Hensley and Natalie Hornsby** will be performing for us today with swinging, toe-tapping music! This will be their third visit with us back by popular demand!

August 27 Gentiva...a good name to know

Lunch: TBA

1:00 Our guest speaker today is Linda Horan from **Gentiva**, a company that provides hospice, palliative and home healthcare as well as advanced illness management. None of us like to think that we might need those services someday, but many of us will and it is always best if we have some understanding of these things ahead of time BEFORE a crisis hits. I have been told that Linda has a special way of explaining these services so that we can easily understand what each entails. Good info for us to have and save for a "rainy day".

SAVE THE DATE! SEPTEMBER 13th
Fairland Senior's 12th Anniversary Party
4:30 - 7:15 Fire Station Bays
Entertainment by:
Terry Lee Ridley & his Million Dollar Band



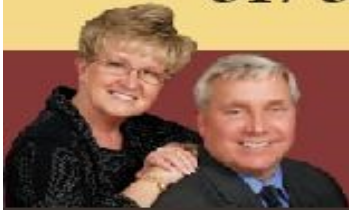
Freeman Family Funeral Homes Crematory & Monument Service



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Shelbyville, IN 46176
317-392-2555



124 E. North Street
Morristown, IN 46161
765-763-6321



Mike & Lana Freeman - Owners

www.freemanffh.com



Ryan, Sarah, Reese & Jameson Haehl

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2120 Intelliplex Dr. Ste. 101
Shelbyville, IN 46176

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