



Shelby Senior Services, Inc.

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Shelbyville, IN 46176
317-398-0127
ShelbyGo Transportation
317-398-7614
www.shelbyseniorservices.org
Facebook @shelbyseniorservices

Horizon Newsletter

December 2025

Shelby Senior Services would
like to wish you all

HAPPY HOLIDAYS



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

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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
Will Mitchell, IT Coordinator

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“Serving seniors, improving lives.”



LETTER FROM THE DIRECTOR

Liz Renton
Executive Director

Happy Holidays! The year may be wrapping up but there is plenty to celebrate at Shelby Senior Services. There are so many events to look forward to in just the next few weeks. Our always popular Annual Christmas Dinner will be December 9th with doors opening at 11 am. We will have our staff and board members here to help, a great meal from Your Way Catering, and music from Tyler Wilson. You won't want to miss it! Of course seniors and staff will be downtown at the Christmas Parade on December 5th and out at the Parks Department for Breakfast with Santa on December 12th. There are plenty of other great holiday activities throughout the month so be sure to check out the calendar and sign-up to celebrate. Thank you to all of our seniors who submitted artwork for this year's holiday card. We have such talented artists among us, they make it difficult to narrow it down to just one. The Shelby Senior Services and ShelbyGo staff will be on a very well deserved break from December 22nd through January 2nd. We look forward to hearing all about your holidays and seeing your faces when we return on January 5th. I hope you all have a safe, happy, and healthy holiday.

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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- Special Needs Plans (C-SNPs & D-SNPs)
- Short-Term Care Plans
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✓ Final Expense & Funeral Planning

- Indexed Whole Life & Guaranteed Issue Policies
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- Preplanning Funerals at Today's Cost
- Free Personal Planning Guide

✓ Retirement Financial Protection

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✓ Chronic Condition Medicare Plans (C-SNPs)

I specialize in helping individuals who live with chronic health conditions get the coverage, support, and benefits they deserve. These conditions include:

- Diabetes (Type 1 & 2)
- Cardiovascular Disease & Heart Failure
- Chronic Kidney Disease & ESRD

C-SNP plans may offer extra benefits like low-cost medications, dental, hearing, vision, transportation, healthy food cards, and more—with little or no extra cost.

✓ Veteran, Church & Community Outreach

- Partnering with local churches, senior centers, and veteran groups
- Hosting Free Medicare 101 Classes, Diabetes Seminars, Ice Cream Socials, and Senior Events
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SOCIAL SERVICES



Jessie Hundley
Social Services Coordinator

During the winter months, many seniors find themselves feeling down. Whether it's due to the cold weather, shorter days, the holidays coming to an end or reminders of missed loved ones. Seasonal sadness can often creep in during this time of year. Are you, or a senior loved one experiencing sadness this time of year? If so, we hope our tips below can help to brighten each day and make the most of the season. Please note that we encourage you to contact your doctor if your sad feelings last for several weeks, or if your symptoms keep you from living a healthy life.

- 1) Brighten Your Home – The vitamin D from natural light can help to improve your mood. Make it a daily routine to open your window coverings including blinds and curtains.
- 2) Eat a Balanced Diet – Eating a balanced diet is essential for older adults and is a natural way to boost your mood and energy. Provide your body with the right combination of proteins, carbohydrates, dairy products, fruits and vegetables.
- 3) Stay Active – Exercise, while important all year round, can be vital to lifting you up during the winter months.
- 4) Socialize – Being around other people and/or talking to them can lift your spirits. Get together with friends or family or simply give them a call. Joining our center is a great start! Attending a church service or volunteering in the community are other great ways to be around people, spark conversation and shift your perspective.

Don't forget that feeling sad during the winter is somewhat common among many seniors, so if you are sharing the feelings described in this article, please know you aren't alone.

My sincere wish for each of you this holiday season is that you know how much we care for you, and how very special each of you are to us!

~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.
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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- Share feelings, needs and concerns.
- Learn about community resources.

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Needed Pantry Items:

Soup
Vegetables
Fruit
Peanut Butter
Canned Beans
Cereal
Oatmeal Packets
Rice
Pasta
Toilet Paper

Produce Pick-Up Days:

Monday, December 1st
Monday, December 15th
12-4pm

SHELBYGO TRANSPORTATION



Easter Hall-Beyer
Director of Transportation

~Happy Holidays from the ShelbyGo Crew~
ShelbyGo will be closed from December 22, 2025 to January 4, 2026. Please remember to keep driveways and sidewalks cleared so ShelbyGo can safely load you for transport. ShelbyGo will not come in driveways that are covered with snow and ice. As cold weather approaches please wear appropriate attire to remain warm and protect against frost bite. Tune in to TV channels 6 and 13, as well as WSVX radio 96.5 to see and hear the weather closings and delays for ShelbyGo and The Horizon Centers.

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

Fares

Seniors 60+: Free with donations accepted
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



Tim Conway

Tim Conway was born on November 7, 1949 in Shelbyville, Indiana. His parents were Norman D. Conway and Lillian Gean McIntyre. He had 3 brothers and 1 sister. Tim went to grade school at Charles Major, then went to Shelbyville Junior High, and Shelbyville Senior High School. During High School he worked at Sears and Roebuck, and then at the Crystal Flash service station. He graduated mid-term in January of 1968. In February, he began working at IPC. Tim was the Chemical Weigh-up

Engineer who measured the chemicals for different products for the auto industry while at IPC. He worked there for 40 years. He retired in January of 2008. During that time Tim joined the National Guard and served from 1969 to 1975. Tim met Janice while on a substitute paper route while she was at her Grandma's house. They were engaged on Tim's birthday in 1968. They have been married for 55 years. Tim served as the Financial Secretary at First Baptist Church for 17 years. Tim currently attends Second Mount Pleasant Church where he is the Financial auditor of the church. He started doing Stained Glass in 2003 when he received his retail license, and Blue River Stained Glass began. From 2008 to 2016 Tim and Janice volunteered during the summer at Green Lake Conference Center in Wisconsin, doing stained glass and ceramics. Tim and Janice live in the big white house on SR 44 where they operate Blue River Stained Glass to this day. They have been there for 37 years. They offer stained glass classes and do custom stained-glass work. From time to time you will see their sign out front welcoming you to come and shop. Tim became a member of Senior Services when we were located at our South Harrison Street location. Tim and Janice have been involved in our programming, and our food pantry over the years. They have led stained glass and ceramics classes at our centers. All of which have been well attended. We have appreciated their support very much. They will be hosting a Pop-up Shop here in our center on December 5th from 8 am to 2 pm. They would love for you to come and shop for Christmas.



Carol McDaniel
Travel Coordinator

Merry Christmas and Happy New Year to everyone!

As we celebrate the holiday season and another year draws to a close, it is time to thank all those who traveled with us.

As Travel Coordinator of Shelby Senior Services, I strive to offer trips that appeal to as many seniors as possible. I also strive to find the best itineraries, and the most value for your buck!

If you joined us this past year, you might have enjoyed the Baja Cruise, or flying to Australia, or visiting Yellowstone/Jackson Hole, and you know about all of our fun experiences.

You might have gone with us on one or more of the motorcoach trips to the Biltmore, Savannah or Montreal, Quebec City, and Ottawa. These trips celebrated the vast cultural diversity of our country, as well as that of our neighbor to the north.

In addition, you might have learned some new and interesting facts about each destination.

Regardless of the journey you chose, Shelby Senior Services provided educational and enjoyable opportunities to travel safely and to make new friends.

This holiday season, we have a lot to be thankful for. We live in a nation that is free and values individuals. By the world's standards we are among the few countries considered rich and blessed, even though many of us take that for granted. I pray that we take time to be thankful and appreciate what we have.

On a personal note, I am truly blessed. I am now a three-time great-grandma as of October. I am truly looking forward to spending time with my family. Please enjoy gathering with your family and friends this season.

I would love to have you join us in 2026. Pick up flyers and our 2026 trip schedule in the office at the front desk.



HEALTH & WELLNESS



Shelbi Smith
Health & Wellness Coordinator

As we wrap up the year, December is full of joy, gratitude, and wellness at Shelby Senior Services!

Join us for Tea Time on Monday, December 1st at 10:00 AM for a morning of tea, friendship, and relaxation. It's the perfect time to unwind, share stories, and reflect on the year as we prepare for the holiday season.

Then, get ready for our Crockpot Creations Class on Monday, December 8th at 1:30 PM. This month's dish will bring warm comfort to your holiday table! Sign-ups are available now at the front desk, and the cutoff date is December 4th. Spots are limited, so be sure to reserve your space early.

On Monday, December 15th at 9:00 AM, join us for our annual Holiday Caroling & Wellness Tour Day Trip!

We'll visit assisted living facilities across Shelby County, spreading cheer through caroling and connection. Afterward, we'll enjoy a lunch at Cadillac Jacks, featuring \$10 lunch specials, beverages, and plenty of holiday joy. Cost to participate is \$5 per person (covers transportation and supplies). Please dress warmly and wear comfortable walking shoes—there will be some walking and steps. The bus will return before 4:30 PM. Participants will receive one Health & Wellness Passport stamp for this uplifting day of music, movement, and community connection. (Pending weather.)

December also marks the final month to complete your Health & Wellness Passports for 2025! Be sure to see Shelbi to collect your chips and enter the end-of-year Visa gift card drawing. A collection box will be placed in the activity room for entries. And don't toss your passports—we have something fun planned for 2026!

As you enjoy the holidays, remember that wellness doesn't take a break! Gentle stretching, short walks, and staying hydrated are simple ways to stay balanced and energized. Below, you'll find a healthy holiday cookie recipe—a sweet treat to share with loved ones while staying on track with your wellness goals

Healthy 3-Ingredient Banana Oat Christmas Cookies!

Simply mash 2 ripe bananas, mix with 1 cup of quick oats, and add ¼ cup of dried cranberries, raisins, or dark chocolate chips. Scoop onto a baking sheet, flatten slightly, and bake at 350°F for 10–12 minutes. These cookies are soft, naturally sweet, and full of fiber—a perfect guilt-free holiday treat to share with friends!

Let's finish 2025 strong with gratitude, laughter, movement, and wellness as we celebrate the season together at Shelby Senior Services!

Health & Wellness Highlights:

Tea Time – Monday, December 1st • 10:00 AM
Enjoy tea, snacks, and friendly conversation to start the holiday season. Sign up at the front desk.

Holiday Caroling & Wellness Tour (Day Trip) –
Monday, December 15th • 9:00 AM
Join us for caroling, community visits, and lunch at Cadillac Jacks.
\$5 per person – sign up at the front desk.

Crockpot Creations -Monday, December 8th at
1:30 PM. Sign up before Dec 4th – sign
up at the front desk.

Tai Chi—Every Thursday at 10am

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*** Healthy Grieving Tip**
....as Observed

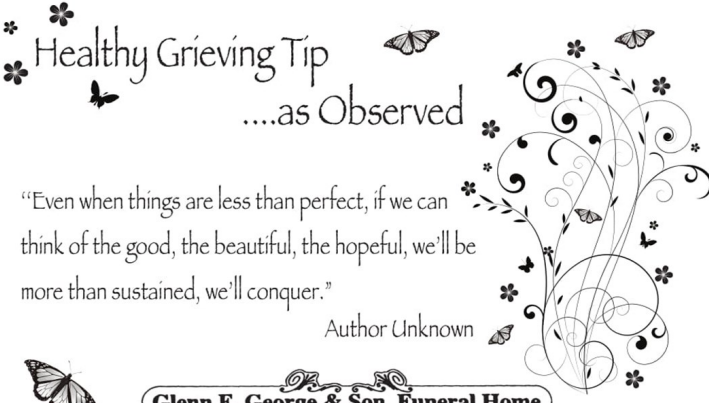
"Even when things are less than perfect, if we can think of the good, the beautiful, the hopeful, we'll be more than sustained, we'll conquer."

Author Unknown

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SHELBYVILLE HORIZON CENTER



Crystala Evans
Shelbyville Activity Coordinator

Merry Christmas and Happy Holidays! We are very excited about the December calendar. So many fun things to do this month in a short time. Please make sure to R.S.V.P. early so that we can plan accordingly. Most items listed in the Highlights section are things that require you to sign up for in advance so that we are prepared. Please make note of the deadlines to register for an activity. We don't want you to miss out on a fun event just because you missed the deadline.

Our Annual Christmas Dinner is December 9th, and the doors open at 11:00 a.m. The cost is \$7 per person. We will not have our regularly scheduled activities that day. Tyler Wilson will be here to perform following lunch. He will perform a mix of classic and popular Christmas songs.

During the Holiday Season we want everyone to have a chance to be able to go on a Day Trip. Please refrain from signing up for every trip that is offered, and save a spot for someone else. I encourage you to sign-up for the trip that you want to attend the most. Then give others a chance to sign-up for a trip. Space is limited on our bus and we do the best we can to provide you with an opportunity to have some fun. Thank you for your consideration.

If you are a member of Shelby Senior Services and you want us to recognize your birthday – please see me to sign up to be in the Birthday Club. We will send birthday cards each month, have cupcakes, and sing Happy Birthday. Plus – we are going to have a Birthday Party in July for all of our birth months. We only recognize birthdays that are part of the Birthday Club.

Our last day for activities in 2025 is Friday, December 19th. We will be closed from December 22nd through January 2nd for the holiday season. May you and yours be abundantly blessed this holiday season. Please know that you all hold a special place in my heart today and always.

Planning for 2026 is underway. I am reaching out to our community and local businesses for program sponsorships. We have opportunities for meal sponsors, prize table sponsors for Bingo, program facilitation, craft leaders, music groups geared towards seniors, and sharing things you are knowledgeable about with our seniors as well during our monthly Lunch and Learn series. Please contact me at 317-398-0127 to get on the calendar. We would love to have you support all of the great programming that we offer our seniors.

Happy Holidays,

Crystalá Evans, ADC
Shelbyville Activity Coordinator

HAPPY
Birthday

Jim Ash 7th
Karen Jones 9th
Ruth Ann Monroe 16th
*Shelbi Smith 23rd
Jesse Baxter 25th
Stephanie Smith 29th

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

***December 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 Dec. 2nd , and 16th and Friday, December 5th , 12th and 19th at 1:00 p.m. Euchre

Join us on Tuesday and Friday afternoons for Euchre. We have tables of 4 players and after each round the winning pair gets to move to the next table. There are 8 games and the scorecards get put into a basket for a monthly gift card drawing. The more you play the more chances you have to be the lucky winner. We play for fun – not for competition.

Wednesdays in December 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.

***Monday, December 1st at 1:00 p.m. Snowman Craft**

Cost \$5 We are going to be making a cute Snowman Craft with Erica from Millers Merry Manor and Crystala Evans, Activity Coordinator. These are cute to keep or give as a gift for the holidays. Cost is \$5 and space is limited to 10 participants.

Tuesday December 2nd and 16th at 10:00 a.m.

Caffeinated and Connected We will play a different game or have a different discussion topic each week. We hope to see you!

***Wednesday, December 3rd at 10:00 a.m. Day Trip to Zion Brothers and The Festival of Trees Cost \$10**

If you remember Scotty Zion – you might remember him talking about his restaurant called Zion Brothers. Join us for lunch at his restaurant. Then we are going to go to the beautiful Paramount Theatre in Anderson, IN to view their beautiful display of trees. Cost is \$5 and space is limited to 14 people. Lunch is at your expense.

***Thursday, December 4th at 1:00 p.m. Christmas Stained Glass with Blue River Stained Glass COST \$5**

We are going to be making cute Christmas stockings out of stained glass with Tim and Janice Conway of Blue River Stained Glass. Cost is \$5 and is limited to 10 people.

Friday, December 5th at 9:00 a.m. Fun Friday – Ugly Sweater and Christmas Socks Day

We are going to celebrate this fun Friday by wearing our Ugly Sweaters and Christmas Socks. If you don't have an ugly Christmas sweater -you can take a sweater and add a few things to give it some flair. Bring in a pair of Christmas Socks filled with a few fun things. Tie them with a bow and put them on the St. Nicholas Table for our Sock Gift Exchange. Our prize table sponsor is McKay Manor.

***Friday, December 5th at 6:00 p.m. Day Trip -**

Christmas Parade This year we are going to offer seats on the bus to be in the Christmas Parade. We will have 14 spots available. Hot cocoa and Christmas Carols will be sung and we will have fun games while we wait on the nice and toasty bus for the parade to begin. Final details are forthcoming, but we wanted to get it in the newsletter in time to fill the bus. The parade starts at 7 pm – but we have to be in line earlier. Spots will fill up quickly!

***Monday, December 8th at 11:00 am Lunch at Just**

Peachy and the Grover Tree Tour There is no cost for this trip – except the cost of your lunch. You can meet us there, or drive to the center and we will take the bus. Please note which you are doing at the time of your sign-up. We have room for 14 on the bus. I am limiting the number of people because the restaurant is small inside. Please sign-up in advance.

***Tuesday, December 9th at 11:00 a.m. Christmas Dinner and Party at the Center Doors open at 11:00, meal at 11:30, and Music with Tyler Wilson at 12:30.**

Cost for the meal is \$7 per person. You MUST pre-pay for this meal. No tickets will be sold on the day of the meal. We will be having chicken and noodles, green beans, mashed potatoes, coleslaw, rolls, and dessert. Space is limited – so don't delay signing up.

ACTIVITY HIGHLIGHTS

***Wednesday, December 10th (By appointment)**

Nails with Melissa COST \$10 We are going to be taking appointments every 30 minutes to have your nails done and to receive a hand massage. Cost is \$10 and by appointment only. Please arrive with no polish on your nails. Only regular polish available at this time. Can do nail art, but simple.

***Wednesday, December 10th at 11:30 a.m. Lunch and Learn Holiday Self Care Cost \$5** We are going to take a moment to just breathe and relax during the busy holiday season. This is a Lunch and Learn based around self care during the holidays. We are welcoming Monica Hamill here for a relaxing Chair Yoga session. Main Street Hospice will be here with goody bags filled with self-care items for the holidays. Come be refreshed and energized. Cost is \$5 and is limited to 25 people.

Thursday, December 11th 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 Highland Christmas by M.C. Beaton. Everyone is to meet in the Meeting Room. All center members are welcome. Feel free to stay for the movie following book club.

Thursday – December 11th at 1:30 p.m. – Movie Matinee “Miracle On 34th Street” and Popcorn We are going to be showing the “Miracle on 34th Street.” Come and enjoy a movie and some popcorn while watching a fun movie. The movie is 96 minutes long.

***Friday, December 12th at 9:00 a.m. Day Trip - Breakfast with Santa for Seniors COST \$5** We are going to be selling tickets to Breakfast with Santa for Seniors. The first 14 people will be able to meet at the Horizon Center and ride the bus there and back. No messing with parking – we will drop you off at the door. Tickets are \$5 each. After the bus fills up we will have tickets for you to purchase; and attend this fun event. Bus departs the center at 8:45 a.m. Let’s all go see Santa together. We are going to have our Fun Friday and Bingo at the Parks Department. Dress in your best holiday-themed attire. Bingo starts at 10:00 A.M. There will be prizes. The address is 945 S. Tompkins Street, Shelbyville, IN 46176.

***Monday, December 15th at 9:00 a.m. Caroling and Lunch and Cadillac Jacks COST \$5** Join us for a joyful day of caroling and connection as we visit several assisted living facilities across Shelby County, spreading holiday cheer and brightening spirits.

After the tour, we’ll enjoy a festive Christmas lunch at Cadillac Jacks with \$10 lunch specials, beverages, and plenty of holiday fun. Cost is \$5 per person and is limited to 13 people. Cost of the lunch is at your expense. Dress warmly and wear comfortable shoes. Event pending weather. Sign-up at the front desk.

***Wednesday, December 17th at 10:30 a.m. Day Trip Clearview Tree Farm Cost is \$30** We are going to travel to the Kopper Kettle for lunch, and then to the Clearview Christmas Tree Farm to make a live centerpiece for our holiday table. The cost of lunch is at your expense. The \$30 covers the craft and the gas for the bus. Room for 9 people.

***Thursday, December 18th 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 and Day Passes are available.

Thursday, December 18th at 1:00 p.m. Christmas Tea, Cookie Walk and White Elephant Gift Exchange Bring a plate of cookies and a \$20 gift to exchange with the group. Each person will have the chance to fill a tin with cookies for Christmas. We will have tea and snacks. Then we will have a white elephant gift exchange. See how many people want to steal your gift. We hope that everyone brings in some delicious cookies to share at the Cookie Walk. You must sign-up in advance so that we know how many cookie tins to have. Sign up by December 15th.

***Thursday, December 18th at 3:00 p.m. Music and a Meal – Joyful Road Cost is \$7** We are going to be having our final meal of 2025 and welcoming Joyful Road to our center. Music at 3:00 p.m. and Meal at 4:00 p.m. The meal will be tender roast beef, roasted vegetables, mashed potatoes with gravy, rolls with butter, cobbler for dessert, and a drink. The meal is limited to 50 people, so sign up early. Cost is \$7 per person for members.

Friday, December 19th at 9:00 a.m. Fun Friday – Christmas Card and Cocoa Day We are going to celebrate Fun Friday with Christmas Cards and Cocoa. Dress in your favorite Christmas attire. Today is the day to share Christmas Cards. You can bring one card and give it to a special friend, or you can bring a bunch of cards to share with everyone. Prize table sponsored by Morristown Manor.

Breakfast with Santa For Seniors



DECEMBER 12, 2025

9 AM - 10 AM BREAKFAST

10 AM - 11 AM BINGO - COST \$5

WHERE: SHELBYVILLE PARKS & REC

945 S TOMPKINS STREET, SHELBYVILLE, IN 46176

We invite you to have Breakfast with Santa for Seniors. You must be over 55 to attend. Cost is \$5

Come for Breakfast, Bingo, Prizes and

Holiday Fun!

Sponsored by Ashford Place Health Campus



TICKETS AVAILABLE FOR PURCHASE
AT SHELBY SENIOR SERVICES

Shelby Senior Services Presents

MUSIC & A MEAL



JOYFUL ROAD

THURSDAY - DECEMBER 18, 2025

3:00 MUSIC - 4:00 MEAL

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

Room for 50 Guests - COST \$7

Meal catered by Your Way Catering

Tender Roast Beef

Roasted Vegetables

Mashed Potatoes & Gravy

Rolls, Cobbler and a Drink

Your Way Catering

192 S County Rd. 850 W

Glenwood, IN 46133

765-561-4198



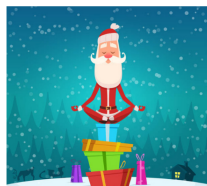
2120 Intelliplex Drive, Suite 101

www.shelbyseniorservices.org



LUNCH AND LEARN HOLIDAY SELF CARE

SHELBY SENIOR SERVICES PRESENTS



DECEMBER 10, 2025

11:30 A.M. LUNCH

12:00 CHAIR YOGA

2120 INTELLIPLEX DRIVE, SUITE 101
SHELBYVILLE, IN 46176

WE ARE WELCOME WE ARE GOING TO TAKE A MOMENT TO JUST BREATHE AND RELAX DURING THE BUSY HOLIDAY SEASON. THIS IS A LUNCH AND LEARN BASED AROUND SELF CARE DURING THE HOLIDAYS. WE ARE WELCOMING MONICA HAMILL HERE FOR A RELAXING CHAIR YOGA SESSION. MAIN STREET HOSPICE WILL BE HERE WITH GOODY BAGS FILLED WITH SELF-CARE ITEMS FOR THE HOLIDAYS. COME BE REFRESHED AND ENERGIZED. COST IS \$5 AND IS LIMITED TO 25 PEOPLE. MELISSA WILL BE SCHEDULING NAIL APPOINTMENTS ALL DAY - SO MAKE SURE TO GET YOUR NAILS DONE AS WELL.

THIS PROGRAM IS SPONSORED BY
MAIN STREET HOSPICE

FOR MORE INFORMATION CALL 317-398-0127

SHELBY SENIOR SERVICES, INC.

WWW.SHELBYSENIORSERVICES.ORG



Day trip Holiday Caroling & Lunch

Monday, December 15th at 9:00 AM

Join us for our annual Holiday Caroling & Wellness Tour Day Trip. We'll travel to several assisted living facilities across Shelby County, spreading holiday cheer through caroling and connection.

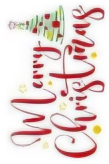
Afterward, we'll enjoy a Christmas lunch at Cadillac Jacks featuring, delicious \$10 lunch specials, beverages, and plenty of holiday cheer. The bus will be leaving at 9:00 am from Shelby Senior Services.



\$5 per person

Please dress warmly and wear comfortable walking shoes, as there will be walking and possible steps.

PENDING WEATHER!




DECEMBER ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Produce Pick-Up 9:00 Tech Savvy Seniors 10:00 Tea Time 1:00 Snowman Craft Cost \$5 1:00 Mah Jongg	2 Giving Tuesday 10:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	3 9:15 Bible Study with Jim 10:00 Day Trip - Festival of Trees Cost \$10 1:00 Hand and Foot	4 9:30 POKENO 10:00 Tai Chi 1:00 Christmas Stained Glass Class with Tim and Janice COST \$5	5 Christmas Parade – Birthdays 9:00 Pop-Up Shop with Blue River Stained Glass 9:00 Fun Friday –Christmas Socks 9:30 BINGO by McKay Manor 1:00 Euchre & 1:00 Dominoes 6:00 Christmas Parade
8 9:00 Tech Savvy Seniors 9:00 Mah Jongg 11:00 Day Trip - Lunch and Grover Tree Tour 1:30 Crockpot Class	9 CHRISTMAS DINNER Doors Open at 11:00 Lunch Served 11:30 12:30 Music with Tyler Wilson COST \$7 Per Person	10 9:00 Nails with Melissa 9:15 Bible Study with Jim 11:30 Lunch and Learn – Holiday Self Care & Chair Yoga COST \$5 1:00 Hand and Foot	11 9:30 POKENO 10:00 Tai Chi 1:00 Book Club 1:30 Movie Matinee	12 Breakfast with Santa 9:00 Breakfast with Santa for Seniors Cost \$5 1:00 Euchre 1:00 Dominoes
15 Produce Pick-Up 9:00 Tech Savvy Seniors 9:00 Caroling and Lunch at Cadillac Jacks 1:00 Mah Jongg	16 9:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	17 9:15 Bible Study with Jim 10:30 Day Trip – Clearview Christmas Tree Farm – Centerpiece Craft Cost \$30 1:00 Hand and Foot	18 9:00 Coffee with The Mayor 9:30 POKENO 10:00 Tai Chi 1:00 Christmas Tea, Cookie Walk and White Elephant 3:00 Music and a Meal Cost \$7 with Joyful Road	19 9:00 Fun Friday – Christmas Card & Cocoa Day 9:30 BINGO – Morristown Manor 1:00 Euchre 1:00 Dominoes
22 CENTER CLOSED	23 CENTER CLOSED	24 CENTER CLOSED CHRISTMAS EVE	25 CENTER CLOSED CHRISTMAS DAY	26 CENTER CLOSED
29 CENTER CLOSED	30 CENTER CLOSED	31 CENTER CLOSED NEW YEAR'S EVE	1 CENTER CLOSED NEW YEAR'S DAY	2 CENTER CLOSED

December 2025



Monday	Tuesday	Wednesday	Thursday	Friday
1 Sloppy Joe Roasted Sweet Potatoes Brussel Sprouts w/ Onion WG Bun Diced Pineapple Milk	2 Chicken Parmesan Parmesan Cheese Apples w/Cherries & Almonds Roasted Potatoes Wheat Bread Mango Cup Milk	3 Teriyaki Chicken & Noodles Stir Fry Veggies Fresh Orange Milk	4 Grilled Chicken w/ Salsa & Cheese Black Beans Carrots Corn Bread Mandarin Oranges Milk	5 Turkey Ham & Beans Diced Beets Diced Carrots Corn Bread Mixed Fruit Milk
8 Oven Fried Chicken Collard Greens Whipped Sweet Potatoes Orange Juice Milk	9 CHRISTMAS DINNER Cost \$7 Doors Open 11:00 am Meal Served 11:30 am	10 LUNCH AND LEARN Cost \$5	11 Vegetarian Chili California Veggies Roasted Sweet Potatoes Corn Bread Tropical Fruit Milk	12 Holiday Meal! Pot Roast w/Gravy Mashed Potatoes Brussel Sprouts w/ Onions Wheat Bread Diced Pineapple Cheesecake Milk
15 Grilled Hamburger Mac & Cheese Festive Green Beans Diced Pineapple WG Bun Milk	16 Braised Beef Over Egg Noodles Collard Greens Diced Carrots Wheat Roll Applesauce Milk	17 Beef Stew Corn Turnip Greens Wheat Bread Diced Peaches Milk	18 Bagel w/ Pork Sausage, Egg & Cheese Roasted Sweet Potatoes Sliced Apples Milk	19 Beef Barbacoa Cilantro Lime Rice Pinto Beans Fajita Vegetables Mango & Papaya Cup Milk 
22 Meal Site Closed	23 Meal Site Closed	24 Meal Site Closed Christmas Eve	25 Meal Site Closed Merry Christmas	26 Meal Site Closed
29 Meal Site Closed	30 Meal Site Closed	31 Meal Site Closed	1 Meal Site Closed New Year's Eve	2 Meal Site Closed New Year's Day Center Opens January 5th

*Menus are subject to change based on product availability.

<https://cicoa.org/menu>

CICOA Meal Information

Shelby Senior Services lunch program is provided through CICOA Aging & In-Home Solutions at the Shelbyville Horizon Center Monday-Friday.

Reservations are made by Tuesday at noon for the following week. You can make a reservation by calling 463-777-1239 or sign-up during the lunch hours of 10:30am-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
Coffee and Decaf Coffee
Powdered Lemonade
Hot Cocoa Packets
Small Plates
Individually wrapped snacks

LifeSteps Weight Management Program

Are you...

- *Struggling to lose weight?
- *Tired of fad diets and regaining weight?
- *At risk for diabetes?

Join a small group of people on a similar journey in a safe and supportive environment.

MHP Program starts January 26, 2026. Be sure to attend an informational session to learn more about the program and make sure it's the right fit for you.

Informational Session Dates: January 5th or January 12th at 4:30 p.m. in the Sycamore Room at MHP.

For more information, contact MHP LifeSteps Leader Lisa Schnepf, RD, CSOWN, CDCES 317-398-5315 or lschnepf@majorhospital.org

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 2024 filings have concluded. Reservations for 2025 filings will begin around January 2026. Stay tuned for more information or call 317-398-0127 with any questions.



WALDRON

The Waldron Horizon Center will be closed during the month of December. Please join us on Tuesday, December 9th at the Shelbyville Horizon Center for our Annual Christmas Dinner. Cost is \$7 and open to all seniors. Doors open at 11 a.m. with the meal at 11:30 a.m. followed by music at 12:30 p.m. Call 317-398-0127 to reserve your spot.



MORRISTOWN

Join us at the Morristown Horizon Center!

Located at the Morristown Methodist Church, 221 S. Washington St. Morristown, IN. Open Wednesday 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.

December 3rd

Lunch: Chicken burrito bar, sides and dessert

Activity: Music with Lori Ball

December 10th

Lunch: Meatloaf, mashed potatoes, sides and dessert

Activity: Holiday gift exchange

December 17th

Lunch: Holiday PITCH-IN.... Bring a side or dessert to share.

Activity: Holiday craft with MaryAnn

December 24th CLOSED FOR THE HOLIDAYS

December 31st CLOSED FOR THE HOLIDAYS

DONATIONS

Thank you to our donors:

Janice & Tim Conway	Carol Mateer
Valerie Donica	Susan Snyder
Kimber Thompson	Sandra Schoentrup
Betty Zoelzer	Jane Sparks
Anonymous Donors	Cindy Weidner
Janice Montgomery	Jan Myers
Bonnie Scott	Laura Burkhardt
Judy Eads	Susan Blanner
Karen Jones	Linda Chandler
Joyce Cummings	
Marjorie Kuhn	

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

10:15 -11:00 Chair Volleyball Dec. 11

10:00 -11:00 Exercise with Shelbi Dec. 4 & 18

11:00 BIBLE STUDY

11:00 -12:00 Mind Games Board Games,, Hand and Foot & Bridge

Dec. 4th First Thursday Euchre!

***** A Very Special Treat!!!! 10:30 AM*****

The Triton 4th Grade Honor Choir!.....under the leadership of their director, David Phebus.

Please arrive and be seated before 10:30am or after 11:30am today, so you will not interrupt these young singers as they are performing

12:00 noon: BBQ Sandwiches, Fixins and Dessert prepared by Sonya, Katrina and Stephanie! Thank you!

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

1:00 Crock Potting with Shelbi in the Conference Room

Dec. 11th "Haul out the Holly" Giving Tree Gifts are due TODAY

12:00 noon: Kathy's Chili and fixins and Dessert

1:00 Triton Central Chamber Choir entertains and delights. Don't miss this very talented group!

Wrapping of Giving Tree Gifts, that need wrapped!

Dec. 18th "A Cup of Christmas Tea"

12:00 noon Holiday Pitch-in! Kathy will provide the meat. You do not pay for lunch if you sign up to bring something.

1:00 "A Cup of Christmas Tea" based on the book by Tom Hegg. Our own Lucy Tormoehlen tells the wonderful story of the events that lead to the writing and publishing of the book. We all know that Christmas is more than just a date. Lucy creates the setting for sharing treasured memories over your cup of tea. Guys will like this program as well as the gals. Bring a friend!

We Will be Closed at the Center on December 25th and January 1st.

If the "weather outside is frightful" please tune in to WSVX radio; 96.5FM or 1520 AM for a list of closings, or call Kathy....317-364-0029. If the Triton Schools are closed...we are closed



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