



Shelby Senior Services, Inc.

2120 Intelliplex Dr. Ste. 101
Shelbyville, IN 46176
317-398-0127
ShelbyGo Transportation
317-398-7614
www.shelbyseniorservices.org
Facebook @shelbyseniorservices

Horizon Newsletter

January 2026

*Happy
New Year!*



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

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
Will Mitchell, IT Coordinator

ShelbyGo Drivers

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Jerry Berry	Andrea Majeed
Joy Vice	Daniel Majeed
	Roger Burt

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Brandy Coomes, Secretary

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Cindy Weidner	Grace Dillow
Kevin Williams	Bob Wortman

“Serving seniors, improving lives.”



Liz Renton
Executive Director

LETTER FROM THE DIRECTOR

2025 has been a huge year at Shelby Senior Services involving so much growth and change. We have seen everything from staff changes to new vehicles to expanding programming. Our activity staff has hosted over 700 activities throughout the year with an average of 500 people checking in and joining us each month. We've had over 140 volunteers donate their time and commit 5,235 hours to Shelby Senior Services. That is amazing! Without the seniors who join us, the volunteers who give us their time, and the fantastic staff we have, none of this would be possible. Be on the lookout for our Save the Dates post card mailed out to all members. You can mark your calendars for events such as Strawberry Festival and the Annual Picnic. We already have so many great things planned for the year ahead. I am incredibly grateful for everyone involved in our organization and am looking forward to what 2026 will bring.

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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- ✓ **Medicare Planning & Reviews**
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 - Special Needs Plans (C-SNPs & D-SNPs)
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 - Recovery Care, Cancer Plans, and Hospital Indemnity
 - Long-Term Care Insurance Options
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 - Final Expense Life Insurance
 - Preplanning Funerals at Today's Cost
 - Free Personal Planning Guide
- ✓ **Retirement Financial Protection**
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 - Indexed Universal Life (IULs)
 - Fixed Indexed Annuities
 - Lifetime Income Solutions
- ✓ **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**
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 - Hosting Free Medicare 101 Classes, Diabetes Seminars, Ice Cream Socials, and Senior Events
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SOCIAL SERVICES



Jessie Hundley
Social Services Coordinator

New Year, New Connections!

Welcome to 2026! This January, your senior center is bustling with activities designed to help you connect, stay active, and thrive.

Featured Events:

Nutritious Meals: Join us for a balanced, warm meal! We serve lunch Monday-Friday from 11:30-12:30pm. Ask any staff member how to sign up for this donation-based service.

Fitness Fun: Get moving with one of our exercise classes for seniors. Check the activity calendar for full details and times.

Creative Corner: Unleash your inner artist in our new painting and craft workshop. All skill levels are welcome!

Vital Services Spotlight:

Transportation & Meal Programs: Don't let logistics hold you back! Our transportation and meal programs are here to help you get to appointments and enjoy nutritious meals, whether you're dining in with us or in the community.

Legal Aid Available: Did you know you may be eligible for free legal assistance? Our center provides monthly appointments for seniors to obtain information, advice, and advocacy for adults 60 and older. Contact our center for more details on how to access this service and make an appointment.

Stay Connected: Remember, your senior center is a hub for community and connection. Use this new year as a chance to try a new activity, meet new people, and take advantage of the many resources available to you!

We look forward to seeing you at the center!

Yours in Service,

~Jessie



ALZHEIMER'S ASSOCIATION

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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Needed Pantry Items:

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

Produce Pick-Up Days:

Monday, January 5
Tuesday, January 20
12-4pm

SHELBYGO TRANSPORTATION



Easter Hall-Beyer
Director of Transportation

Cold weather has arrived! Please dress adequately for the weather outside. ShelbyGo tries to be as quick as possible for pickups but sometimes multiple riders are picked up at the same time to speed things up. We dispatch rides in the order they are received. We appreciate you and your patience.

If weather causes closures or delays, you can find that information on TV channels 6 and 13 as well as GIANT FM 96.5 and the Shelby Senior Services Facebook page. If you have any questions about your ride, please call 317-398-0127. We are here to assist you.

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



Cindy Fair

Cindy Fair was born to Hugh Leary and Barbara Leary. Cindy is the oldest of 5, and the shortest of the five. The order is Cindy, Kathy, Jennifer, Daniel, and Les. Cindy was born in Shelbyville, Indiana, but she grew up in Hancock County. She went to high school at Hancock Central in Greenfield. Her extracurricular activity was playing clarinet in high school. After high school, she went to work at Shelby Bottled Gas.

Cindy's father owned Shelby Bottled Gas, and it remained a family-owned business for many years. Cindy worked there for 35 years. She has 2 boys. Alan and Todd, 7 grandkids, and 5 ½ great grandkids. Her newest great-grandchild, Willow, is due anytime. Cindy went to church at Fairland United Methodist Church for a long time. She belonged to the Evening Circle, where they had social activities through her church. Cindy currently attends Mt. Pisgah Baptist Church. Cindy moved to Florida to be with her mother after her father passed. Her mom lived in Ruskin, Florida, and she lived in Brandon, Florida. They are both suburbs of Tampa. She lived there for 15 years. During her years in Florida, she went back to work for a few years. She worked at a Publix for 4 years, and she worked at a restaurant on the water for about 3 years. She moved back to Shelbyville when her mom got sick to be closer to family. Her mother lived in Morristown Manor for 4 years, and she visited her every other day. Her mother lived until she was 94. Cindy enjoys playing Solitaire on her phone and doing word search books. She has been coming to the Senior Center for the past 3 years. She eats lunch here most days with the CICOA meal program. Cindy's favorite activities are Bingo, Crockpot Class, and Lunch and Learn. She has made a lot of friends by coming to the Senior Center. She has fun at the center, and enjoys eating lunch with her friends each day.

TRAVEL



Carol McDaniel
Travel Coordinator

SHELBY SENIOR SERVICES, INC.
2026 TRAVEL SCHEDULE
Carol McDaniel, Travel Coordinator
317-701-5984

Panama/Panama Canal, Feb. 19-25	\$3574
Fly trip, passport needed	
Africa, April 22 - May 4, 2026.	\$9904
Fly trip, passport needed	
Savannah, June 8-13, 2026.	\$839, pretrip June 4, 6 pm
Motorcoach trip #2227820	Deposit: \$75 per person
Final pay: 4/1/26	
Sail250 Virginia, June 17-21	\$3024
Fly trip, America's 250 Bday	Deposit \$200
Final pay: 4/17/26	
New Orleans, July 13-18, 2026	\$799
Motorcoach trip #2222285	Deposit: \$75 per person
Wait List Only	Final pay: 5/6/26
Memphis, August 10-14, 2026.	\$814
Motorcoach trip #2261665	Deposit: \$75 per person
Final pay: 6/1/26	
Ohio's Amish Country, Sept. 1-3, 2026.	\$629
Motorcoach trip	Deposit: \$75
Final pay: 7/1/26	
Sedona, Red Rocks, AZ, Oct 4-9.	\$3404
Fly trip	Final pay: 8/2/26
Italy, Oct. 13-23, 2026	\$6374
Fly trip, passport needed	Final pay: 6/20/26

Prices are per person based on double occupancy. Triple and single occupancy available upon request for additional charge. Contact Carol for sign-up.

HEALTH & WELLNESS



Shelbi Smith
Health & Wellness Coordinator

Happy New Year! We're excited to welcome 2026 with a month full of friendship, movement, and fresh wellness opportunities at Shelby Senior Services.

Join us for Tea Time on Monday, January 12th at 10:00 AM, where we'll enjoy warm tea, light snacks, and relaxed conversation to ease into the new year. Sign-ups will be at the front desk.

Later in the week, join us for Cornhole on Wednesday, January 14th at 2:00 PM—an easy, low-impact activity that's perfect for laughter, light movement, and friendly competition. Please sign up at the front desk to take part.

On Monday, January 19th at 11:00 AM, we'll be heading to Cadillac Jack's for a fun morning of 50's trivia and lunch. Participants will be responsible for their own transportation, and we'll meet directly at the restaurant for several rounds of trivia, small prizes, and delicious \$10 lunch specials.

We're also continuing our popular cooking series with Crockpot Creations on Monday, January 26th at 1:30 PM. This month's theme is Winter Comfort Meals, and each participant will enjoy a tasting, a printed recipe, and a full set of ingredients to take home and recreate the dish. Sign up at the front desk by January 19th, as supplies are limited.

To wrap up the month, we're thrilled to bring back one of our most-loved programs: Chair Volleyball on Wednesday, January 28th at 2:00 PM. This upbeat, laughter-filled activity is accessible for all mobility levels and is a great way to stay active while having fun—sign up at the front desk.

As we wrap up the month, remember that the New Year is the perfect time to focus on healthy habits. Start 2026 strong with this Keto-friendly Spinach Stuffed Chicken—a simple, healthy dinner to kick off your goals!

Mix together 8 oz cream cheese, 4 oz feta, 1 tbsp garlic powder, and 2 cups spinach. Cut a pocket in 4 chicken breasts, fill with the mixture, sprinkle with salt and pepper, and bake at 450°F for 45 minutes.

It's quick, delicious, and the perfect way to begin the year eating healthy!

Health & Wellness Highlights:

Tea Time – Monday, January 12th • 10:00 AM
Enjoy tea, snacks, and friendly conversation. Sign up at the front desk.

Cornhole- Wednesday, January 14th • 2:00 PM

50s Trivia & Lunch at Cadillac Jack's- Monday, January 19th • 11:00 AM
Participants responsible for own transportation.

Crockpot Creations- Monday, January 26th • 1:30 PM. Sign up deadline: January 19th

Chair Volleyball- Wednesday, January 28th • 2:00 PM

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

Glenn E. George & Son Funeral Home

437 Amos Road, Shelbyville IN 46176
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SHELBYVILLE HORIZON CENTER



Crystala Evans
Shelbyville Activity Coordinator

Happy New Year – Let’s ring in 2026 with excitement for the year ahead. Please note that the weeks are a little different since January 1st is on the first Thursday of the month. Music and a Meal is going to be on January 15th .

In January, we are going to be kicking off our Souper Bowl. Please bring in a can of soup to help us pack our pantry with soup for homebound seniors. Low Sodium soups are preferred, but not necessary. When you donate a can of soup – we will add your name to a football. Each football will be placed on the wall, and you will be entered into a drawing. Winner will be drawn on the night of the Super Bowl, February 8th. The winner will be announced on Facebook.

We are going to hold a Euchre Tournament on Saturday, January 16th . Cost is \$25 per person, and lunch is included. You have to be over the age of 60. Non-members MUST buy a Day Pass for an additional \$5. We will have coffee and donuts in the morning, and then we will break for lunch. San Jose is providing the lunch. There will be prizes for first, second and third. We will also have raffle baskets for you to bid on. There is only room for 48 people – so sign-up early.

For 2026 we have already secured a grant for an art series where seniors can explore different forms of artistic media. We will explore everything from jewelry making, painting, macramé, and so much more. The Blue River Community Foundation has also approved funds for a Cardio Drumming program which will be led by Dakota Nicely. This program combines music and movement for cardio health. Looking into a watercolor workbook series, a monthly Doc Talk with different Doctors from MHP, a virtual vacation series, and wanting to have 26 different musical performances in the year 2026. Plus, exciting Day Trips are in the works. 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.

I am reaching out to our community and local businesses for program sponsorships. We have opportunities for meal sponsors, prize table sponsors, program facilitation, craft leaders, music groups geared towards seniors, and sharing things you are knowledgeable about with our seniors 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.

Sincere thanks,

Crystalá Evans, ADC
Shelbyville Activity Coordinator

HAPPY
Birthday

Danny Thomas 1st
*John Forthofer 3rd
William Wilhelm 4th
John Nedderman 6th
*Crystala Evans 7th
*Gina Batton 13th
*Andrea Majeed 29th
Henry Williams 31st

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.

***January 12th, 19th and 26th 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 and Fridays in January 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 January 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.

Tuesdays in January 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, January 5th at 9:00 a.m. – Take Down Center Decorations Christmas has come and gone and we are going to be taking down all of the Christmas decorations and making way for 2026. Come and help us pack up Christmas and put up things for the New Year. We would appreciate your help.

Wednesday, January 5th at 1:00 p.m. – Take Down the Grover Tree We will meet at the Grover Museum at 1:00 p.m. to take down the Grover tree and pack up all the decorations.

Thursday, January 8th 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 “Rebel Spy” by Veronica Rossi. Everyone is to meet in the Meeting Room. All center members are welcome. Feel free to stay for the movie following book club.

Thursday – January 8th at 1:30 p.m. – Movie

Matinee “Great Gatsby” and Popcorn We are going to be showing the “Great Gatsby.” Come and enjoy a movie and some popcorn while watching a fun movie. The movie is 91 minutes long.

Friday, January 9th at 9:00 a.m. Fun Friday – Elvis

Day Bring in anything related to Elvis. We are going to have fun giving a salute to the King of Rock-n-Roll. We know there are a lot of Elvis fans in the crowd. We will also celebrate January Birthdays with cupcakes sponsored by Anita Suiters. Our Bingo prize table is going to be sponsored by Ashford Place Health Campus. Come join the fun.

***Monday, January 12th at 1:00 p.m. –Dance and**

Karaoke with DJ Moxy- Big Band Party We will be having a Big Band Party with Moxy our favorite DJ. Join us for music, dance, singing and friendship. Bring a light refreshment to share. Put on those dancing shoes, practice your favorite song and come on out for an afternoon of fun. We will observe the birthdays of Crystalá and Elvis on this day. Let’s party!!!!

***Monday, January 14th at 11:00 am Lunch and Learn**

- Senior Dental Health with Blue River Dental Cost \$5 This is a Lunch and Learn based around Senior Dental Health. We are welcoming Blue River Dental here for a wonderful presentation on the importance of senior dental health, dentures, crowns, missing teeth, etc. Cost is \$5 and is limited to 25 people.

Thursday, January 15th 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, January 15th at 3:00 p.m. Music and a Meal – Mrs. Smiley Sings Cost is \$7** We are going to be welcoming Mrs. Smiley Sings to our center. Music at 3:00 p.m. and Meal at 4:00 p.m. The meal will be BBQ pulled pork, mac n cheese, country green beans, rolls with butter, brownies for dessert, and a drink. The meal is limited to 30 people, so sign up early. Cost is \$7 per person for members.

ACTIVITY HIGHLIGHTS

Friday, January 16th at 9:00 a.m. Fun Friday – Bingo & Euchre Day We are going to celebrate Fun Friday with Bingo and Euchre Day. Wear your best Bingo or Euchre outfit, something with cards on it, a shirt that says I love Euchre. Something that shows you really enjoy either game. We will see which activity is the most popular – Bingo or Euchre by who has the most spirit. January Birthday cupcakes will be provided by Anita Suiters. Prize table sponsored by Morristown Manor.

***Saturday, January 17th at 10:00 a.m. EUCHRE TOURNAMENT** License #012739 Cost \$25 We are going to have a Euchre Tournament. Cost is \$25, and we have room for 48 participants. Donuts and coffee will be provided in the morning. Lunch is included in the price of your ticket. Lunch is provided by San Jose restaurant. We will be having a Taco/Burrito Bar. This is open to seniors over 60. If you are not a center member, you will need to buy an additional \$5 Day Pass. We will do 5 rounds, break for lunch, do 5 rounds, then announce the winners for 1st, 2nd, and 3rd place. We will have raffle tickets for \$1 each, or 6 for \$5. Great chances to win some fabulous prizes.

***Monday, January 19th at 11:00 a.m. Lunch at Cadillac Jacks Cost of the lunch is at your expense.** Everyone is to meet there. Lunch and Trivia for everyone to enjoy. Sign-up at the front desk.

***Monday, January 19th at 11:30 a.m. Baked Potato Bar Cost \$5** There is NO CICOA meal today because of Martin Luther King Day. We will be offering a Baked Potato Bar to those who want to pay the \$5. Cost covers the Baked Potato, fixings, cookies for dessert, and a drink. You must sign-up in advance. Room for 20 people.

Monday, January 19th at 1:00 p.m. Committee Meeting We will have a Committee Meeting this month. This is open to all center members. Please let us know if you plan to attend by signing up at the front desk. We value your feedback.

***Wednesday, January 21st at 10:00 a.m. Day Trip to the Mrs. Wicks Restaurant and Pie Shop Cost \$5** We are going to visit Mrs. Wicks Restaurant and Pie Shop. Cost is \$5 (and the cost of lunch, etc...) and there is room for 11 people.

***Thursday, January 22nd at 8:30 a.m. CPR Class and Lunch at Just Peachy** We are going to have a CPR class. Bus Departs at 8:30 a.m. Class Begins at 9:00 a.m. to 11:00 a.m. Cost for Certification is \$23 and is payable at the time of the class, You must have exact change. Cost of lunch is your also responsibility, Room for 7 people. Come learn life saving CPR skills.

Thursday, January 22nd at 1:00 p.m. SCRABBLE with Erica We are going to rack our brain and come up with our best words in SCRABBLE. Erica from Millers Merry Manor will be here to facilitate. This is always a fun game, and everyone can play.

Friday, January 23rd at 9:30 a.m. Fun Friday, Pie Day We will be enjoying some of the delicious Wicks Pies that we purchased on our Day Trip this past week. If you did not get to go on the trip – you can at least come have a taste of a delicious Wicks Pie. Dress in your favorite winter attire for the day. You guessed it, snowmen, snowflakes, white and blue. Our Bingo sponsor is Compass Park.

***Monday, January 26th at 1:30 p.m. Crockpot Class Sign-Up to be a part of the Crockpot Class for January.** There is room for 15 people. Meal items will be provided for the first 15 participants to take home.

***Wednesday, January 28th at 2:00 Chair Volleyball** It is cold outside, but it is hot in here! We are going to be playing Chair Volleyball. This is always a fun afternoon.

***Thursday, January 29th at 1:00 p.m. Canvas Class with Mindy Cost \$10** We are going to be doing a fun Valentine's themed painting with Mindy. Cost is \$10 and there is room for 10 people in the class.

***Thursdays in February at 10:15 a.m. Cardio Drumming** This program is designed to help you alleviate stress, increase cognition, and strengthen your arms and core. This program is being paid for with a grant from the Blue River Community Foundation. Our instructor will be Dakota Nicely, and he is a trained instructor. There is only room for 10 people in the class. Class runs each week in February for 4 weeks. Sign-up today!

***Saturday, April 11th, 2026 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 12.

Lunch and Learn

DENTAL HEALTH



JANUARY 14, 2026
11:30 A.M. LUNCH
12:00 PRESENTATION
COST \$5

We are welcoming Blue River Dental here for a wonderful presentation on the importance of senior dental health, dentures, crowns, missing teeth, etc. Cost is \$5 and is limited to 25 people.

CALL TO RESERVE YOUR SPOT TODAY BY
 CALLING 317-398-0127



Shelby Senior Services

Euchre Tournament

10:00 AM
JANUARY 17, 2026

2120 Intelliplex Drive, Suite 101
 Shelbyville, IN 46176

\$25 Per Person

Open to Seniors over 60
 Non - Members Must buy an additional \$5 Day Pass
 Ticket Price Includes Donuts, Coffee & Taco Bar Lunch provided by San Jose Mexican Kitchen & Cantina
 License # 012739
 317-398-0127
 www.shelbyseniorservices.org

FUN FRIDAY



January 9th
 Elvis Day



January 16th
 Bingo and Euchre Day



January 23rd
 Pie Day



January 30th
 Snowman Day

Shelby Senior Services

Cadillac Jacks

50'S TRIVIA

Monday, January 19th
12:00-2:00 pm
 Cadillac Jacks, 29 Public Sq, Shelbyville, IN 46176
 (right on the Circle)

Put on your best 50s flair and join us for a fun afternoon of retro-themed trivia at Cadillac Jack's! Enjoy multiple trivia rounds, prizes, and \$10 lunch specials

Important: We will meet directly at Cadillac Jacks (not at Shelby Senior Services), and participants must provide their own transportation. Sign-ups are required—please register at the Shelby Senior Services front desk. Bring a friend and come make some new ones!



JANUARY ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Produce Pick-Up 9:00 Take Down Center Decorations 1:00 Mah Jongg 1:00 Take Down Grover Tree	6 10:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	7 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game	8 9:30 POKENO 10:00 Tai Chi 1:00 Book Club 1:00 Movie Matinee – Great Gatsby	9 9:00 Fun Friday – Elvis Day 9:30 BINGO by Ashford Place 1:00 Euchre 1:00 Dominoes
12 9:00 Tech Savvy Seniors 10:00 Tea Time 1:00 Dance & Karaoke with DJ Moxxy – Big Band Party	13 10:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	14 9:15 Bible Study with Jim 11:30 Lunch and Learn – Dental Health with Blue River Dental Cost \$5 1:00 Hand and Foot Game 2:00 Cornhole	15 9:00 Coffee with The Mayor 9:30 POKENO 10:00 Tai Chi 3:00 Music and a Meal – Mrs. Smiley Sings Cost \$7	16 Saturday Euchre Tournament 9:00 Fun Friday – Bingo and Euchre Spirit Day 9:00 Birthday Cupcakes by Anita Suiters 9:30 Bingo by Morristown Manor 1:00 Euchre
19 Produce Pick-Up No CICOA – MLK Day 9:00 Tech Savvy Seniors 11:00 Lunch @ Cadillac Jacks 11:30 Baked Potato Bar Cost \$5 1:00 Mah Jongg 1:00 Committee Meeting	20 10:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	21 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 10:00 Day Trip – Wicks Restaurant and Pie Shop Cost \$5	22 9:00 CPR Class & Lunch at Just Peachy 9:30 POKENO 10:00 Tai Chi 1:00 SCRABBLE with Erica from Miller's Merry Manor	23 9:00 Fun Friday – Pie Day 9:30 Bingo by Compass Park 1:00 Euchre 1:00 Dominoes
26 9:00 Tech Savvy Seniors 10:00 Tea Time 1:30 Crockpot Class	27 10:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	28 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 2:00 Chair Volleyball	29 9:30 POKENO 10:00 Tai Chi 1:00 Canvas Class with Mindy Cost \$10	30 9:00 Fun Friday – Snowman Day 9:30 Bingo by McKay Manor 1:00 Euchre 1:00 Dominoes

January 2026



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cultural Meal Day</p> 			<p>1 - Happy New Year!</p> <p>Meal Site Closed</p>	<p>2</p> <p>Meal Site Closed</p>
<p>5 Grilled Hamburger Mac & Cheese Festive Green Beans Diced Pears Wheat Bun Milk</p>	<p>6 Herb Crusted Hake Red Skinned Potatoes Broccoli Wheat Bread Tropical Fruit Milk</p>	<p>7 Braised Beef Over Egg Noodles Collard Greens Diced Carrots Wheat Roll Applesauce Milk</p>	<p>8 Chicken Shawarma White Rice Pilaf Capri Vegetables Pita Bread Diced Pears Milk</p> 	<p>9 Swedish Meatballs Broccoli Diced Carrots Brown Rice Wheat Bread Mixed Fruit Milk</p>
<p>12 Oven Fried Chicken Whipped Sweet Potatoes Collard Greens Orange Juice Milk</p>	<p>13 Italian Bowtie Pasta w/Beef Broccoli w/Red Peppers Green Beans Mandarin Oranges Milk</p>	<p>14</p> <p>LUNCH AND LEARN COST \$5</p>	<p>15 Turkey Ham & Beans Beets Carrots Corn Bread Mixed Fruit Milk</p>	<p>16 Orange Chicken Rice Pilaf Broccoli Tropical Fruit Milk</p>
<p>19 Happy MLK Day NO CICOA MEAL</p> <p>BAKED POTATO BAR COST \$5</p>	<p>20 Chicken Parmesan Parmesan Cheese Apples w/Cherries & Almonds Roasted Potatoes Wheat Bread Diced Mangos Milk</p>	<p>21 Sloppy Joe WG Bun Roasted Sweet Potatoes Brussel Sprouts w/ Onion Diced Pineapple Milk</p>	<p>22 Teriyaki Chicken & Noodles Stir Fry Veggies Fresh Orange Milk</p>	<p>23 Beef Stew Corn Turnip Greens Wheat Bread Diced Peaches Milk</p>
<p>26 Meatloaf w/Gravy Brussels sprouts Mashed Potatoes Mandarin Oranges Birthday Treat Milk</p>	<p>27 Indiana Style Chili Mac California Veggie Blend Applesauce Corn Bread Milk</p>	<p>28 Smoked Pork Sausage w/Peppers & Onions Peas Roasted Potatoes Wheat Roll Strawberry Applesauce Milk</p>	<p>29 Chicken & White Bean Chili Brussel Sprouts Corn Corn Bread Mixed Fruit Milk</p>	<p>30 Ginger BBQ Chicken Whipped Sweet Potatoes Collard Greens Wheat Bread Diced Pears Milk</p>

<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:

AA Batteries
Square Napkins
Coffee and Decaf Coffee
Powdered Lemonade Canisters
Hot Cocoa Packets
Small Plates
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 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.

VOLUNTEER OPPORTUNITIES

Are you interested in volunteering at
Shelby Senior Services?

Volunteer Opportunities:

Front Desk Home Deliveries Rock Steady Boxing
Strawberry Festival Pantry Donations Special Events
And More!

If you would like to volunteer or have more questions, contact Liz Renton at
lrenton@shelbyseniorservices.org or (317) 398-0127



WALDRON

Join us to kick off the new year at the Waldron Horizon Center on January 6. We will open at 10am and have lunch at noon followed by cards. If you regularly attend Waldron activities, please stay after lunch to help us plan out the rest of our year! Stay tuned for further dates and meeting locations.

Thank you to all of those who have donated to our letter campaign so far! Your donations allow us to continue our mission to serve the seniors of Shelby County. We would like to give special recognition to the following donors: Susie Pouder, Rush Shelby Energy, Andrea Lee, Linda Borchert, Corevision, Donna & Larry Sandman, Maria Bowman-Horner, Major Health Partners, Angie Jones, Matt & Jenni Haehl, William & Dana Sherwood, Ryobi, Jack Horner, Doug Stephenson, Ray Sullivan, and Horseshoe Indianapolis.

Donations In Memory of

Chuck Cider

Given by:

Jennifer & Matt Jones

Don & Kim Yager

Linda Chandler

Reba Scarlett

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.

January 7

Lunch: Creamy Mac and Cheese, salad and dessert

Activity: Bingo with prizes

January 14

Lunch: Chicken tetrazzini, sides and dessert

Activity: Craft with MaryAnn

January 21

Lunch: Chili bar, sides and dessert

Activity: Member Susie Keaton discusses local Home Ec group

January 28

Lunch: "Pigs in a Blanket", sides and dessert

Activity: Game Day! Fun board games and Euchre

DONATIONS

Thank you to our donors:

Valerie Donica	First Presbyterian
Bonnie Scott	Church
Judy Eads	Todd Plymate
Joyce Cummings	John Wetnight
Susan Snyder	Ray Sullivan
Sandra Schoentrup	Mickey Hammersley
Jane Sparks	
Cindy Fair	
Susan Blanner	
HoiChing Leong	
Heryee Leong	

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** Exercise with Shelbi January 8th & 22nd
- 10:00-11:00** Chair Volleyball January 15th & 29th
- 11:00** Bible Study
- 11:00 -12:00** Mind Games Board Games, Card Games & Bridge
- 12:00 Lunch \$5**

Note from Kathy... Please accept my apologies for the "skeleton" schedule for this month. The last two months of 2025 were full of unplanned responsibilities for me and I simply have not had time to plan like I like to plan. This is a start...I will fill in menus and details week to week in January. Be sure and watch your emails and Facebook for updates!

January 8th

- 12:00 noon:** Lunch
- 1:00** Euchre tournament... prizes for High and Low Scores

January 15

- 12:00 noon:** Lunch
- 1:00** TBA

January 22

- 12:00 noon** Lunch
- 1:00** Scrap booking 2025

January 29

- 12:00 noon** Lunch
- 1:00** Bingo

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.

MUSIC AND A MEAL

January 22, 2026

Music starts 3:00 PM
Dinner Served 4:00 PM

Mrs. Smiley Sings



We are having Music and a Meal with Mrs. Smiley Sings and a meal provided by Your Way Catering. This is going to be a fun evening that you are not going to want to miss.

Join us for an evening of food, fun and fellowship. Please R.S.V.P by calling 317-398-0127



January 8th

- 12:00 noon:** Lunch
- 1:00** Euchre tournament... prizes for High and Low Scores

January 15

- 12:00 noon:** Lunch
- 1:00** TBA

January 22

- 12:00 noon** Lunch
- 1:00** Scrap booking 2025

January 29

- 12:00 noon** Lunch
- 1:00** Bingo



Come talk to the Mayor



COFFEE WITH THE MAYOR



January 15, 2026 at 9:00 A.M.

Come and have coffee with the Mayor. This is a FREE program that you can be a part of in Shelby County. Open to seniors that are 60 and over. This is also great chance to have an open forum discussion with the Mayor directly. Check out their new website at <https://www.shelbyville.in.gov>.

Call to reserve your spot 317-398-0127



Jack's Donuts provided by
Defender Financial Group
2120 Intelliplex Drive, Suite 101
Shelbyville, IN 46176





Freeman Family Funeral Homes Crematory & Monument Service



819 S. Harrison Street
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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Shelbyville, IN 46176

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