



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

July 2026

Thank you berry much



for another successful festival!

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

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Easter Hall Beyer, Director of Transportation

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Kathy Miller, Fairland
Vivian Scott, Morristown

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Holly Schrank, Dispatcher
Shelbi Smith, Health & Wellness Coordinator
Jim Kozinski, Programming Assistant
Carol McDaniel, Travel Coordinator

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“Serving seniors, improving lives.”



Liz Renton

LETTER FROM THE DIRECTOR

Thank you to EVERYONE who made this year's Strawberry Festival such a success! Between the downtown and MHP locations, we used 850 pounds of strawberries, 212 cakes, 35 cases of ice cream, and 100 containers of whipped cream. All of this sold out before our ending time of 2 p.m. We were fortunate enough to have great weather and an even greater community come to support us. The final tallies are still pending but we're looking to this year to be the most successful yet! We could not do this without the support of our volunteers, donors, and of course those who come for the strawberry shortcakes. Our generous donors include Morristown Manor who sponsored our strawberries, Ashford Place, Willows of Shelbyville, McKay Manor, Infinity Home Care Plus, Cadillac Jacks, The Alley Tap, R&S Contracting, Bishopp's Appliances, Knights of Columbus, and of course all of our cake bakers and strawberry cutters who donate their time. We are extremely grateful for all of the support and looking forward to next year!

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



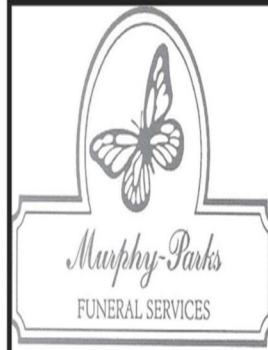
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- Short-Term Care Plans
- Recovery Care, Cancer Plans, and Hospital Indemnity
- Long-Term Care Insurance Options

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

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- Safe Money Strategies
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- 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

- Partnering with local churches, senior centers, and veteran groups
- Hosting Free Medicare 101 Classes, Diabetes Seminars, Ice Cream Socials, and Senior Events
- DJ Chuck: Free music & karaoke for community senior events!

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SOCIAL SERVICES



Jessie Hundley
Social Services Coordinator

July brings opportunities to enjoy the outdoors, whether it's a morning walk, a picnic with family, gardening, or simply relaxing on the porch with a good book. Staying socially connected is just as important as staying physically active, and our center continues to provide a welcoming place where friendships grow and memories are made.

July Fruit Drive for the Food Pantry

We invite everyone to participate in our July Fruit Drive to support our little food pantry. Donations of canned fruit packed in juice, and shelf-stable fruit cups are greatly appreciated and will help provide healthy options for homebound seniors in need throughout Shelby County.

YOU DID IT!! Be sure to watch for flyers to celebrate May's food drive success of 500 protein items with an Ice Cream Social! Every contribution, large or small, can make a meaningful difference. Thank you for helping us share the spirit of generosity and caring that makes our community so special.

DID YOU KNOW??? Virtual Dementia Tour Sessions are available upon request. If you or your group have an interest in learning more, just contact Jessie to set up a date.

As we celebrate Independence Day, we also celebrate the freedoms and opportunities that enrich our lives. Many of our members have witnessed decades of our nation's history and have contributed to the strength of our communities through service, hard work, and dedication. We thank you for the experiences and wisdom you share every day.

~Jessie

Thank you to all who donated to our protein food drive. We appreciate you!

Judy Eads	Tim & Janice	Anonymous
Dee Husky	Conway	Melissa Stewart
Jennifer Earle	Denise Holland	Valerie Donica
Doug Stephenson	Devonna Reynolds	
Jo Glover	Ken Sedam	
Diane Froiland	Betty Zoelzer	
Jane Sparks	Lois Thomas	



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
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Commodity Box Pick-Up

Day:

Monday, July 27th
1-3 p.m.

HAPPY
Birthday

Julie Rogers 10th
Gloria McDuffey 11th
Paul Burris 12th
Joe Monroe 12th
Barb Hoban-Alexander 12th
Dorcas Haggard 15th
Barb Doolin 20th
Betty Blackburn 24th
Kathy Nolting 26th
Mary Ann Sanders 28th

SHELBYGO TRANSPORTATION



Easter Hall-Beyer
Director of Transportation



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

Fares

Seniors 60+: Donation based
59 and under: \$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



Member Spotlight – Kathy Nolting

This month, we are proud to spotlight Kathy Nolting, a lifelong educator, community volunteer, gardener, and active member of our senior community. Born and raised in Cincinnati, Kathy graduated from Eastern Kentucky University with a degree in Elementary Education. She began her teaching career in Kentucky, where she taught for two years before moving to Indiana. There, she married a Hoosier from Columbus, Indiana, and the couple settled in Greensburg before eventually making Shelbyville their home in 1974. Throughout her remarkable 39-year teaching career, Kathy inspired generations of students at Sand Creek Elementary in Decatur County,

Milroy and Manilla Elementary in Rush County, and later at Pearson Elementary and New Hendricks Elementary in Shelbyville. Her dedication to education extended beyond the classroom, as she also taught graduate-level education courses for Ball State University and the University of Evansville for seven years, helping teachers earn their masters degrees. Kathy is also the proud mother of two sons, Josh and Jonathan Nolting. After retiring from teaching, Kathy felt called to continue serving others. She joined Shelby Senior Services as Activities Director, a position she held for eight years. Planning programs, organizing day trips, and building relationships with local seniors became some of her greatest joys. During the COVID-19 pandemic, Kathy missed working with seniors and returned to service through CICOA, helping provide lunches at the Senior Center. Outside of her professional life, Kathy has a passion for flower gardening. As a member and past president of the Diligent Diggers garden club, she has cultivated award-winning lilies that earned Grand Champion honors at three Shelby County fairs. Kathy remains an active member of Victory Fellowship Church of God and continues to embrace lifelong learning. She participates regularly in Lunch and Learn programs, Tai Chi, Mah Jongg, Bible Study, Book Club, and day trips through the Senior Center. She is thankful every day for the wonderful people she has been blessed to know. This July, Kathy will celebrate a very special milestone—her 80th birthday. We congratulate Kathy on a life dedicated to education, service, and lifelong learning, and we thank her for the positive impact she continues to make in Shelbyville.

TRAVEL



Carol McDaniel
Travel Coordinator

Savannah, St. Simons Island, Jekyll Island 2026

No matter how many times I visit Savannah, St. Simons Island and Jekyll Island, Georgia, I find these destinations some of the most beautiful cities in America. As promised, Shelby Senior Services traveled there once again.

With its 22 squares, lush with towering trees and colorful landscapes, our trolley tour was one of the highlights of the trip. As the first planned city in America, founded by James Oglethorpe, it sits next to the Savannah River.

While temperatures reached the high 90's every day on our trip, we enjoyed a breeze during our trolley tour. Our guide/driver told us the squares are dedicated to the many important military heroes throughout the history of Savannah. The squares with their statues and their beautiful fountains are breathtaking, and their perimeters are marked with live oak trees, gorgeous flowers and manicured grassy areas.

Another highlight of Savannah is the River Walk along the shore of the Savannah River. This is where one goes to eat and shop in the many restaurants and shops. Candy shops feature specialty goodies such as Pralines, a must have while in Savannah.

We encountered a brief rain shower on St. Simon Island. Described as a "picturesque" village, it boasts quaint shops and a beautiful shoreline to observe the water as you walk along the sidewalk. The visit was limited due to the rain, but the food and shops were worth the adventure.

The visit to Jekyll Island featured "cottages" where millionaires in the 1800's and early 1900's gathered to spend the winter months away from the cold of the north. The Jekyll Island Club members built "cottages" that were, in fact, mansions. They brought their families and servants to "rest" away from the big cities. Meals were taken in the large club house in order to socialize with the other millionaires and their families, so very few mansions had kitchens.

Our next adventure is a journey to New Orleans. Our reservations are full for this trip, but we have a few seats left for Memphis and the Ohio Amish trip. Won't you join us?

Call the office at 317-398-0127 for details.

HEALTH & WELLNESS



Shelbi Smith
Health & Wellness Coordinator

July is a wonderful time to focus on staying active, social, and healthy at Shelby Senior Services! As the weather gets warmer, remember that July can be a hot season, so please drink plenty of water, dress comfortably, and take breaks when needed. Staying hydrated, moving safely, eating balanced meals, and spending time with others are great ways to support your health and wellness this month. Be sure to sign up for all activities at the front desk, as spots may be limited!

Walking Wednesday – July 1st at 2:00 PM

Join us for a gentle, social walk to promote better health and wellness. Walking is a great way to stay active, improve balance, and enjoy time with friends. We will walk outside pending weather, and if needed, we will move indoors. All abilities are welcome!

Gerifit – July 8th at 2:00 PM

Come strengthen your body and improve flexibility with Gerifit! This seated fitness program includes light weights, stretching, and low-impact exercises in a safe and supportive environment.

Crockpot Creations – July 13th at 1:30 PM

Our popular Crockpot Creations class is back! Participants will learn how to make a healthy and delicious crockpot recipe, enjoy a tasting, and receive ingredients and the recipe to take home.

Chair Basketball – July 15th at 2:00 PM

Get ready for friendly competition with Chair Basketball! This fun seated activity is a great way to stay active, improve coordination, and enjoy laughs with friends.

Jeopardy & Lunch – July 20th at 12:00 PM

Get ready for an afternoon full of fun, laughter, and friendly competition at our Jeopardy & Lunch event at Cadillac Jack's! Test your knowledge, win prizes, and enjoy a delicious lunch while spending time with friends and meeting new people. Transportation is on your own, and participants will meet directly at Cadillac Jack's. Be sure to sign up at the front desk and join us for this exciting community outing!

Chair Volleyball – July 22nd at 2:00 PM

Join us for Chair Volleyball! This exciting game helps improve movement, coordination, and teamwork while creating lots of smiles and laughter.

Tea Time – July 27th at 10:00 AM

Relax and connect with others during Tea Time. Enjoy warm drinks, light conversation, and a welcoming atmosphere while making new friendships.

We look forward to another fun and healthy month together. Don't forget to stop by the front desk to sign up and reserve your spot!

Health & Wellness Highlights:

July 2026 – Sign-Up Required Activities

Walking Program — July 1st at 2:00 p.m.

Geri-Fit—July 8th at 2:00 p.m.

Crockpot Creations Class – July 13th at 1:30 PM
(spots limited)

Chair Basketball— July 15th at 2:00 p.m.

Jeopardy & Lunch at Cadillac Jack's — July 20th
at 12:00 p.m.

Chair Volleyball—July 22nd at 2:00 p.m.

Tea Time — July 27th at 10:00 a.m.

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Healthy Grieving Tip
....as Observed

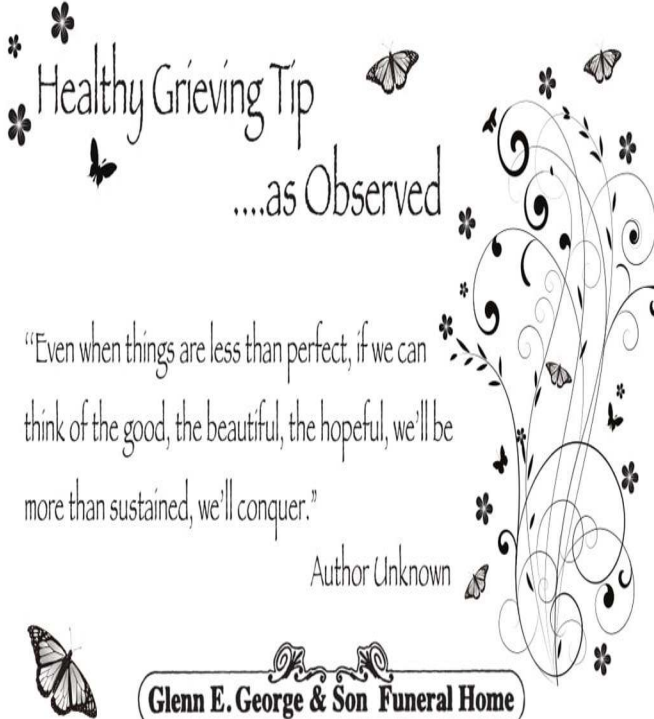
"Even when things are less than perfect, if we can think of the good, the beautiful, the hopeful, we'll be more than sustained, we'll conquer."

Author Unknown

Glenn E. George & Son Funeral Home

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SHELBYVILLE HORIZON CENTER



Crystala Evans
Shelbyville Activity Coordinator

Thank you to all of my center family for the wonderful anniversary surprise. Jeremy and I celebrated our 25th Wedding Anniversary dinner in style at Ruth Chris Steakhouse thanks to your generous gift card. We were even able to use the additional money to fund some fun things on our anniversary trip to the Smoky Mountains. It was where we celebrated on our honeymoon. Nice to go back after 25 years. You guys are the BEST!!! I am thankful every day that God called me to take a leap of faith and join the team at Senior Services. It has been such a blessing in so many ways. You guys made our anniversary extra special, and we definitely felt the love. Thank you from the bottom of our hearts. Speaking of anniversaries and weddings! We have two special weddings coming up in July and August. Feel free to bring in cards and notes of love in July for our very own Jim Kozinski (July 18th) and Shelbi Smith (August 1st). Let's shower them with lots of love as they await their special day. You can bring your cards to the front desk at SSS.

Thank you to everyone who volunteered to help make our Strawberry Festival a success. We could not have done it without the support of so many people in our community. I am excited to say that we raised \$784.85 in our Strawberry Festival King and Queen Contest. This money helps to fund programs and offsets the rising cost of food and entertainment.

Summer brings sunshine, cookouts, and backyard fun. But for some older adults in our community, these joyful months can feel isolating. With longer days and potentially increased heat, staying cool and connected can be a challenge. Here at Shelby Senior Services, we are dedicated to helping Shelby County seniors stay socially connected through meaningful activities of engagement. Our calendar is jam packed with many new and exciting opportunities for you to be engaged. Please make sure to sign-up for the Lunch and Learn, Music and a Meal, and the Dance and Karaoke with DJ Moxy. This is going to be a fun filled month.

When signing up for your favorite program please make sure to double check your calendar first. We do keep a waiting list for activities in case the need to cancel would arise. Please make sure to call and cancel in a timely manner so that we can get someone from the waiting list to fill your spot. Also, please try to arrive on the programs scheduled time. Being a good steward of everyone's time is very much appreciated. Bus trips will have a departure time that is important to keep us on schedule. Be mindful of that time, or the bus will leave without you. Also, craft classes will not be open to you if you are more than 15 minutes late. This is to ensure that the instructor does not have to take time to get you caught up.

We do offer Day Trips throughout the year. These are all designed for the active older adult. If you are not able to walk long distances, traverse stairs, and ambulate on your own – please do not sign-up for these trips. We do not give refunds for the trip spots, and we do not allow you to gift your spot to someone else. We often have a waiting list for spots when people cancel, but it takes time to get them filled. If you cancel the morning of the trip we are often not able to get someone to take your spot on such short notice. Please be courteous to others and call ahead if you have a conflict that makes you not able to attend.

As summer weather approaches I feel that I need to remind you all to take good care of yourself. Wear sunscreen when outdoors. Drink plenty of water. Take a break when working in the yard or garden. Plan ahead on hot days with a fully charged phone, a hat, sunglasses, a snack, and a beverage. The center is a great place to be on a hot day. Feel free to come hang out with us and stay cool.

Crystalá Evans, ADC
Shelbyville Activity Coordinator

"Give the world the best you have and the best will come to you."

ACTIVITY HIGHLIGHTS

***Denotes that you must sign-up at the front desk or over the phone prior to the event date. 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.**

The center will be CLOSED to in-person programming on July 3rd for our Staff Retreat and July 6th for the Independence Day Holiday.

***Mondays in July on the 13th, 20th and the 27th 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 July 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!

Tuesdays and Fridays in July 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 July at 9:15 a.m. 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 July, at 10:15 a.m. Cardio Drumming** Join Dakota Nicely for a fun cardio workout. We drum along to the beat of several songs that are sure to get your blood flowing. Please sign-up as space is limited.

***Tuesday, July 7th at 1:00 pm. Artful Explorations Series – Session Five is a Handbuilding Ceramics Class.** Artful Explorations class this week is Handbuilding Ceramics with Lisa Macdonald. We would love for you to come and learn something new, or work towards perfecting your artistic talents. Sign-up to be a part of this class. No Cost, room for 10 participants.

***Wednesday, July 8th at 11:30 am Lunch and Learn – Hearing Health Cost \$5** This is a Lunch and Learn that you are not going to want to miss! This month we will be discussing Hearing Health with Ron Renforth of CapTel. We will be having sandwiches, chips, cookies, and lemonade. Cost is \$5 and is limited to 25 people.

Thursday, July 9th 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 will have donuts provided by our sponsor, Defender Financial.

Thursday, July 9th 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 “The Woman With The Cure” by Lynn Cullen.

Friday, July 10th at 9:00 a.m. – Fun Friday – All Center Birthday Party We are going to celebrate all of the July Birthdays, and all of the Birthdays celebrated throughout the year. Bring a gift to share with someone who shares or is close to your birth month. It is going to be a White Elephant exchange. Bring a gift and join in on the fun. We will celebrate with cupcakes sponsored by the Willows of Shelbyville. Bingo prize table is going to be sponsored by Ashford Place. Our very own Jim Kozinski is getting married on July 18th. Let's shower him with cards and happy thoughts. Bring a card for him and his lovely bride to be. Wear your red, white and blue as we celebrate the 250th anniversary of our great nation. It is also Blueberry day! Bring a blueberry snack to share.

***Wednesday, July 15th at 1:30 p.m. Karaoke Capone's Downtown Speakeasy** We are going to travel to downtown Shelbyville for Karaoke at Capone's. Meet at Capone's at 1:30 p.m. Karaoke runs from 1:30 to 3:00 p.m. Please sign-up in advance so that we can reserve a table for everyone.

ACTIVITY HIGHLIGHTS

***Wednesday, July 15th at 3:00 p.m. Hometown Hop-On Senior Cruise Cost \$5** We are going to depart from Capone's and take a ride on the Hometown Hop On. This ride will take us on a tour around Shelbyville. Cost is \$5, and there is room for 6 participants.

***Thursday, July 16th at 1:00 p.m. Christmas In July Craft with Erica from Millers** We are going to be doing a Christmas in July Craft with Erica from Miller's Merry Manor. Erica will also be bringing treats from the Swiss Maid in Hope, IN for everyone to enjoy.

***Thursday, July 16th at 3:00 p.m. Music and a Meal with Gary Phelps as Johnny Cash \$7** We are going to be welcoming Gary Phelps here as Johnny Cash to our center. Music at 3:00 p.m. and Meal at 4:00 p.m. The meal will be pulled pork with buns and BBQ sauce, baked beans, mac-n-cheese, a drink, and cookies for dessert. You must RSVP for this event by July 14th. Cost is \$7, and it is limited to 50 people.

Friday, July 17th at 9:00 a.m. Fun Friday – Lottery Day We are going to be celebrating Lottery Day. Our Bingo sponsor is Morristown Manor. Our very own Shelbi Smith is getting married on August 1st. Let's shower her with cards and happy thoughts. Bring a card for her and her husband to be. Congratulations to the happy couple.

***Monday, July 20th at 1:00 p.m. Flamingo Races with John and Root Beer Floats with Main Street Hospice** If you have never raced a flamingo – you are not going to want to miss this! We race flamingos down a track and the first one to the finish line is the winner. This is always a fun time and we hope you will join us. Please sign-up so that we know how many racers we will have for the afternoon. Overall winner will receive a prize! If you just want to be a spectator – that is fine too. Come for the yummy Root Beer floats compliments of Main Street Hospice.

***Tuesday, July 21st at 1:00 pm. Artful Explorations Series – Session Six is Watercolor Class.** Artful Explorations class this week is Watercolor Class with Dawn Adams. We would love for you to come and learn something new, or work towards perfecting your artistic talents. Sign-up to be a part of this class. No Cost, room for 10 participants.

*** Thursday, July 23rd at 10:00 am Day Trip to Lunch and a Movie at the Brown County Playhouse. Cost \$5 plus the cost of your lunch.** There is room for 12

people. For our July "Let's Go To The Movies" we are going to travel to Nashville, IN to see Thelma. The cost of the move is FREE. You are not going to want to miss this trip.

Friday, July 24th at 9:00 a.m. Fun Friday– Beach Party Day We encourage you to focus on being at the Beach today. Think Hawaiian shirts, tropical décor, sunglasses and sandals. Our Bingo prize table is going to be sponsored by Compass Park. They always bring great prizes. Come join the fun.

***Monday, July 27th at 1:00 p.m. –Dance and Karaoke with DJ Moxy** We will be having a Party with DJ Moxy. Join us for music, dance, singing, and friendship. Bring a light refreshment to share. Feel free to dress up in your favorite beachy outfit and sunglasses. Kathy Nolting will be celebrating her 80th birthday with us today – and she is providing the cake. Let's wish her a very Happy Birthday with a card filled with well wishes.

***Thursday, July 30th at 1:00 p.m. SCRABBLE** We are going to play SCRABBLE. Have an afternoon snack and enjoy some SCRABBLE.

Friday, July 31st at 9:00 a.m. Fun Friday– Twin Day We encourage you to partner with someone and be their twin for the day. Wear matching outfits, or something similar and be someone's twin. We will also have a little fun with Jelly Beans for Jump for Jelly Bean Day. Our Bingo prize table is going to be sponsored by McKay Manor.

***Tuesday, August 4th 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 appropriate.

SHELBY SENIOR SERVICES

LUNCH AND LEARN



HEARING HEALTH

Join us for an informative Lunch and Learn where we discuss The importance of Hearing Health. We will be having Sandwiches, Chips, Cookies and a Drink.



WEDNESDAY, JULY 8, 2026
11:30 AM LUNCH SERVED
12:00 PRESENTATION
COST IS \$5- LIMITED TO 25 GUESTS

BROUGHT TO YOU BY



DAY TRIP BROWN COUNTY

JULY 23RD

BUS LEAVES AT 10:00 A.M.
BIG WOODS PIZZA & BROWN COUNTY PLAYHOUSE



GET READY TO EXPLORE BROWN COUNTY IN BEAUTIFUL NASHVILLE, IN. JOIN US FOR LUNCH AT BIG WOODS PIZZA AND A MOVIE AT THE BROWN COUNTY PLAYHOUSE. WE ARE GOING TO SEE "THELMA" AT THE BROWN COUNTY PLAYHOUSE AT 2:00 PM. THE MOVIE IS FREE FOR SENIORS. LUNCH AND SHOPPING AT YOUR COST.

LIMITED TO 12 PARTICIPANTS
COST IS \$5 PER PERSON

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

FIND MORE INFORMATION AT WWW.SHELBYSENIORSERVICES.ORG



CHAIR VOLLEYBALL

GOOD FUN. GREAT FRIENDS. EVERYONE WELCOME!

2120 INTELLIPLEX DR SHELBYVILLE IN, 46176
JULY 22ND 2:00 PM

SIGN UP SHEET AT FRONT DESK OF SHELBY SENIOR SERVICES!



- ★ NO EXPERIENCE NEEDED
- ★ ALL FITNESS LEVELS WELCOME
- ★ SIT, SERVE, AND SMILE!

LOOKING FOR LAUGHTER, LIGHT EXERCISE, AND A CHANCE TO CONNECT WITH OTHERS?
 COME JOIN US FOR CHAIR VOLLEYBALL!
 WHETHER YOU'RE COMPETITIVE OR JUST HERE FOR THE FUN, THERE'S A SEAT FOR YOU!

Shelby Senior Services Presents

MUSIC & A MEAL

JULY 16, 2026
MUSIC W/ GARY PHELPS
AS JOHNNY CASH



3:00 MUSIC
4:00 MEAL
COST IS \$7

MEAL BY:
 YOUR WAY CATERING:
 PULLED PORK
 MAC N CHEESE
 BUNS AND BBQ SAUC
 BAKED BEANS
 COOKIES
 AND A DRINK

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

2120 Intelliplex Drive, Suite 101
www.shelbyseniorservices.org





JULY ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 9:00 Mah Jongg 1:30 Crockpot Class	30 10:00 Caffeinated & Connected – Boardgame of Sorry 1:00 Euchre 1:00 Painting, Knitting, Crochet	1 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 2:00 Walk Program	2 9:00 POKENO 10:00 Tai Chi 10:15 Cardio Drumming 1:00 SCRABBLE	3 Center Closed For Staff Retreat
6 Center Closed Independence Day Holiday Observed	7 10:00 Caffeinated & Connected – Yahtzee 1:00 Artful Explorations – Handbuilding Ceramics 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	8 9:15 Bible Study with Jim 11:30 Lunch and Learn – Hearing Health with CapTel Cost \$5 1:00 Hand and Foot 2:00 Gerifit	9 9:00 Coffee with the Mayor 10:00 Tai Chi 10:15 Cardio Drumming 1:00 Book Club	10 9:00 Fun Friday – Red, White and Blueberry Day 9:30 All Center Birthdays with Willows of Shelbyville 9:30 Bingo by Ashford Place 1:00 Euchre & 1:00 Dominoes
13 9:00 Tech Savvy Seniors 1:00 Mah Jongg 1:30 Crockpot	14 10:00 Caffeinated & Connected – Phase 10 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	15 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 1:30 Karaoke @ Capone's 3:00 Hometown Hop On \$5 2:00 Chair Basketball	16 9:00 POKENO 10:00 Tai Chi 10:15 Cardio Drumming 1:00 July Craft with Erica 3:00 Music and a Meal Cost \$7 Gary Phelps as Johnny Cash	17 9:00 Fun Friday – Lottery Day 9:30 Bingo by Morristown 1:00 Euchre 1:00 Dominoes
20 9:00 Tech Savvy Seniors 9:00 Mah Jongg 12:00 Cadillac Jacks 1:00 Flamingo Races and Root Beer Floats with Main Street Hospice	21 10:00 Caffeinated & Connected – Uno 1:00 Artful Explorations – Watercolor Class 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	22 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 2:00 Chair Volleyball	23 9:00 POKENO 10:00 Tai Chi 10:15 Cardio Drumming 10:00 Day Trip – Lunch and Movie at Brown County Playhouse Cost \$5	24 9:00 Fun Friday – Beach Party Day 9:30 BINGO by Compass Park 1:00 Euchre 1:00 Dominoes
27 9:00 Tech Savvy Seniors 10:00 Tea Time 9:00 Mah Jongg 1:00 Dance & Karaoke with DJ Moxxy (Kathy N)	28 10:00 Caffeinated & Connected – Boardgame of Sorry 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	29 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 2:00 Walk Program	30 9:00 POKENO 10:00 Tai Chi 10:15 Cardio Drumming 1:00 SCRABBLE	31 9:00 Fun Friday – Twin Day 9:30 Bingo by McKay Manor 1:00 Euchre 1:00 Dominoes

July 2026



Monday	Tuesday	Wednesday	Thursday	Friday
Cultural Meal Day 		1 Ginger BBQ Chicken Whipped Sweet Potatoes Collard Greens Wheat Bread Diced Pears Milk	2 Scrambled Eggs Pork Sausage Roasted Potatoes Wheat Bread Spiced Peaches Milk	3 CENTER CLOSED STAFF RETREAT
6 CENTER CLOSED INDEPENDENCE DAY OBSERVED	7 Herb Crusted Hake Red Skinned Potatoes Broccoli Wheat Bread Tropical Fruit Milk	8 LUNCH AND LEARN COST \$5	9 Chicken Ratatouille Root Vegetables Diced Peaches Milk 	10 Swedish Meatballs Broccoli Diced Carrots Brown Rice Wheat Bread Mixed Fruit Milk
13 Oven Fried Chicken Whipped Sweet Potatoes Collard Greens Orange Juice Milk	14 Italian Bowtie Pasta w/Beef Broccoli w/Red Peppers Green Beans Mandarin Oranges Milk	15 Bagel w/Egg, Pork Sausage & Cheese Sliced Apples Roasted Sweet Potatoes Milk	16 Turkey Ham & Beans Beets Carrots Corn Bread Mixed Fruit Milk	17 Bibimbap Kyoto Vegetables Red Skinned Potatoes Wheat Bread Diced Pears Milk
20 Sliced Turkey over Southwest Pasta Broccoli Peas Chocolate Pudding Milk	21 Chicken Parmesan Parmesan Cheese Apples w/Cherries & Almonds Roasted Potatoes Wheat Bread Diced Mangos Milk	22 Sloppy Joe WG Bun Roasted Sweet Potatoes Brussel Sprouts w/ Onion Diced Pineapple Milk	23 Teriyaki Chicken & Noodles Stir Fry Veggies Fresh Orange Milk	24 Beef Stew Corn Turnip Greens Wheat Bread Diced Peaches Milk
27 Meatloaf w/Gravy Brussels sprouts Mashed Potatoes Mandarin Oranges Birthday Treat Milk	28 Indiana Style Chili Mac California Veggie Blend Applesauce Corn Bread Milk	29 Smoked Pork Sausage w/Peppers & Onions Peas Roasted Potatoes Wheat Roll Strawberry Applesauce Milk	30 Chicken & White Bean Chili Brussel Sprouts Corn Corn Bread Mixed Fruit Milk	31 Lemon Salmon Roasted Sweet Potatoes Broccoli w/ Red Peppers Wheat Roll Mandarin Oranges Milk

<https://cicoa.org/menu>

*Menus are subject to change based on product availability.

CICOA Meal Information

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

Activity Center Needs:

Rolled Silverware for Our Annual Picnic
Individually wrapped snacks
Five \$20 Gift Cards for Prizes
Small Plates

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.

Flamingo Races & Root Beer Floats



**July 20, 2026
at 1:00 PM**

Join us for a fun afternoon of Flamingo Racing with John Forthofer and Root Beer Floats with Main Street Hospice.

**SIGN UP BY JULY 17TH
BY CALLING
317-398-0127**
2120 Intelliplex Drive,
Suite 101 Shelbyville, IN
46176



- Brand new short term rehab unit
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Willows
of SHELBYVILLE
2309 S. Miller St.
Shelbyville, IN 46176
317.398.9781



WALDRON

Join us every Tuesday in July!

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!

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



MORRISTOWN

Join us at the Morristown Horizon Center!

Located at the Morristown Methodist Church, 221 S. Washington St. Morristown, IN. Open Wednesdays from 10:30 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.

July 1st

Lunch: Pulled pork, sides, cake and ice cream

Activity: Celebrating July birthdays and 4th of July

July 8th

Lunch: Crockpot Mexican casserole, sides and dessert

Activity: Crockpot cooking tips and recipes

July 15th

Lunch: Chicken green bean casserole, sides and dessert

Activity: Trivia, bingo or something new

July 22nd

Lunch: Potato bar, sides and dessert

Activity: IN the KNOW: new information and trends for Seniors

July 29th

Lunch: Breakfast bar, sides and dessert

Activity: TBD

Happy Birthday this month to Sandy Ross!

DONATIONS

Thank you to our donors:

Betty Zoelzer	Barbara Alexander
Connie Ford	Jan Myers
First Presbyterian Church	Laura Burkhardt
Sue Cooper	Jane Sparks
Kimber Thompson	Marilyn Reed
Anonymous	Robert Crawford
Bill Merrick	Melissa Stewart
Valerie Donica	Joyce Smith
Rosie Swain	Sharon Smith
Tana Edwards	Judy Posz
Barbara Kappes	Diane Froiland
Jonathon & Kathleen Agee	Dee Husky

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, 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 July 2nd and 16th Exercise with Shelbi
July 9th and 23rd Chair Volleyball

Bring a friend! Lots of fun!

July 30th Chair BASKETBALL

11:00 Bible Study

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

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

Christmas in July ANY Thursday in July

***Be sure and draw a slip out of our drawing box, if you would like to participate in our annual Christmas in July. Items listed for purchase will be things like coffee, plastic forks, toilet paper, paper towel, foam dinner plates, napkins...anything we might need on our Senior Thursdays. Please tape your receipts to the bottom of your gift. NO NEED TO WRAP THE GIFTS THIS YEAR! We will still play games around the prices, so please be sure you have your receipts taped to the bottom. This is a fun afternoon that stocks our supplies for the rest of the year!

July 2 First Thursday Euchre

12:00 Lunch: Smoked Pork Tenderloin, Au Gratin Potatoes, Broccoli, rolls & dessert

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

July 9 " Good people to know! " Jessica Pile, Shelby Co. recorder and Ben Moore, Fairland's new Marshall

12:00 Lunch: Summertime Salad Pitch-in

1:00 p.m.: Almost all of us have visited the recorder's office in Shelbyville and have met Jessica Pile. She comes to us today with information regarding a growing concern, property fraud. Once she has answered all of your questions, we will meet our new Fairland Marshall, Ben Moore. He will fill us in on his duties as the town's latest addition to help keep us safe and make Fairland a great place to live.

July 16 "Man's Best Friend and protector!"

12:00 Lunch: Dogs Galore! Everyone's favorite...big, fat, grilled hot dogs, coney sauce, sauerkraut, all your favorite toppings, baked beans, chips, coleslaw and dessert

1:00 p.m.: Officer Scott DeBaun, of the Shelbyville Police Dept, is parting with his "favorite partner on the beat" as his service dog will soon be retired. Today, they will be visiting us and demonstrating the many skills a police dog has, showing us the importance of their presence in the line of duty with our men in blue.

July 23th Music Time

12:00 Lunch: "Stuffed Green Peppers, Sides and Dessert,"

1:00 p.m.: Bob Foster (guitar), fresh off a trip to Nashville, Tennessee for the Chet Adkins festival, will be here to make some music with me. I am hoping perhaps Paul Sanders, our resident mandolin player, will join in too!! Songs to sing along to, tap your toes to, and warm our hearts. "It's been a long, long time"

July 30th Annual Christmas in July

12:00 Lunch: "Fried Chicken & Fixins and Dessert"

1:00 p.m.: Dress for the holidays! Bring your "presents" for our Christmas in July Celebration. Tape your receipt to the bottom of your "gifts", so that we can have a record of "giving" for our center. We are also going to play games that include "The Price is Right" so it is important to have that receipt with your gift! Prizes will be awarded!! Thank you for participating and helping us stock the shelves for the rest of the year at Fairland Senior Center. This is always a fun day!



Freeman Family Funeral Homes Crematory & Monument Service



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124 E. North Street
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765-763-6321



Mike & Lana Freeman - Owners

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Ryan, Sarah, Reese & Jameson Haehl

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