



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

June 2026

Join in on the
summer fun!



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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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
Gina Batton, Administrative Coordinator
Jim Kozinski, Programming Assistant
Carol McDaniel, Travel Coordinator

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“Serving seniors, improving lives.”



Liz Renton

LETTER FROM THE DIRECTOR

June is all about strawberries. Washing strawberries, slicing strawberries, strawberry t-shirts, strawberry shortcake, Strawberry Festival. Last year's festival used and sold out of 850 pounds of strawberries, 226 cakes, and 1,440 cups of ice cream. We've ordered more strawberries, cake, and ice cream to prepare for this year! We hope everyone can join us on June 5th from 11am – 2pm to support Shelby Senior Services and the 2026 Strawberry Festival. Spend the afternoon in downtown Shelbyville and enjoy lunch to celebrate Government Day and top it off with dessert of strawberry shortcake and ice cream. If you're on the other side of town or want easier access to some strawberry shortcake, join us in the parking lot of MHP where a walk-up and drive-thru will be available. We appreciate everyone who volunteers, donates, and attends the Strawberry Festival to make it the best one yet.

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
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Medicare Planning & Reviews

- Medicare Advantage, Medicare Supplement, Prescription Drug Plans
- Special Needs Plans (C-SNPs & D-SNPs)
- Short-Term Care Plans
- Recovery Care, Cancer Plans, and Hospital Indemnity
- Long-Term Care Insurance Options

Final Expense & Funeral Planning

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

Retirement Financial Protection

- Safe Money Strategies
- 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

- 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

The Longest Day Walk, benefiting the Alzheimer's Association, is scheduled for Friday, June 19, 2026, at Blue River Memorial Park in Shelbyville. Registration begins at 8:30 a.m. with the walk starting at 9:00 a.m. The Alzheimer's Association challenges us to use this day to raise money doing something that we love. Please join us to walk, or there will be many booths offering assistance and information for those who care for someone with dementia.

Beat the Heat: Essential Summer Safety Tips

Stay Ahead of Dehydration As we age, our body's natural ability to notice thirst decreases. Do not wait until you feel thirsty to drink water. Keep a water bottle nearby and sip from it throughout the day. It is best to limit alcoholic, caffeinated, or sugary beverages, as these can actually accelerate fluid loss.

Keep Your Living Space Cool When the outdoor heat index climbs, fans alone may not be enough to prevent heat-related illness. Keep your air conditioning running, or spend the hottest parts of the day in cool public spaces like public libraries, shopping malls, or local senior centers. Keeping your blinds or curtains closed during peak sunlight hours also helps block out ambient heat.

Review Your Medications Many common medications—including those for high blood pressure, heart conditions, and allergies—can increase your sensitivity to sunlight or impair your body's ability to sweat.

Schedule Your Outdoor Time Wisely If you enjoy gardening, walking, or outdoor exercise, try to schedule these activities for the cooler early morning or evening hours. When you do go outside, seek shady spots whenever possible to give your body a break from direct sunlight.

Know the Warning Signs Heat exhaustion and heat stroke are serious medical emergencies. Watch out for warning signs such as heavy sweating, dizziness, headache, rapid pulse, nausea, or sudden confusion. If you or someone near you experiences these symptoms, move to a cool place immediately, apply cool cloths to the skin, and seek medical attention right away.



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:

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

800.272.3900 | als.org®

Produce Pick-Up Days:

Monday, June 1st
Monday, June 15th

Commodity Box Pick-Up Day:

Monday, June 22nd,
1-3 p.m.

HAPPY
Birthday

Alice Reddick June 2nd
Cindy Fair June 10th
Vicki King June 12th
Janice Montgomery June 12th
Marjorie Price June 14th –
She turns "100"
Debbie Ray June 16th
*Holly Schrank June 17th
Paul Sanders June 25th

SHELBYGO TRANSPORTATION



Easter Hall-Beyer
Director of Transportation

The start of summer is here. To minimize delays, passengers are kindly requested to be ready and waiting at their designated pickup location when scheduling a ride with Shelby Go, due to the ongoing road construction impacting travel times. Please remember to call in advance to cancel your ride if not needed.

Shelby Go will be closed
June 8th , July 3rd and July 6th

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



Kenneth “Kenny” Sedam: A Life of Faith, Family, and Hard Work

Kenneth, known affectionately as Kenny, was born to Harry and Lorraine Sedam. As the oldest of three siblings, Kenny grew up alongside a sister and a brother. His educational journey began at Trinity Lutheran School and continued through his high school years at Arsenal Tech. During his childhood, Kenny spent much of his time with his grandparents, creating fond memories that he carries with him to this day.

After graduating high school, he entered the workforce at L.S. Ayers and Company. At the age of 19, Kenny traveled to Madison, West Virginia, to marry his first wife,

Viola “Joyce.” Together, they settled in Indiana and raised four sons: Ronald, Brooks, Kenneth, and Brian. During this chapter of his life, Kenny worked for Indiana Vending and spent his free time staying active through basketball and softball. In 1979, Kenny began a long and dedicated career at Koch News Magazine and Book Company. He worked there for 33 years before retiring, having earned a reputation as someone who genuinely loved working with people and bringing a sense of fun to the workplace.

Kenny often credits his strong upbringing with providing the foundation for his successful journey with sobriety. Guided by the belief that there is “nothing God can’t handle”; he has maintained a lifelong connection to his faith, noting that God has always been present—it was simply a matter of listening. Kenny is currently married to his wife, Susan. Over their 21 years of marriage, they have remained deeply active in their church community. Kenny’s family has grown into a vast, beautiful legacy spread across the United States, including 13 grandchildren, 15 great-grandchildren, and 4 great-great-grandchildren. A mainstay at Faith Lutheran Church, Kenny serves as an usher and greeter. When he isn’t at church or the senior center, he is likely at the Arrowhead golf course in Greenfield or enjoying a game of Euchre, Bingo, or Chair Volleyball. Known for his sharp sense of humor and his philosophy to “do your part in what you ask God for”. Kenny continues to be a source of laughter and inspiration to everyone in his “center family.”

TRAVEL



Carol McDaniel
Travel Coordinator

Shelby Senior Services recently sponsored a once-in-a-lifetime trip to South Africa, Zimbabwe and Botswana! Once again, traveler Sherry Ponsler shared her experience with me, and I am sharing her thoughts and notes with you.

The long flight to South Africa was well worth the time. Landing in Johannesburg began the awesome journey with a guided tour of that large city. The tour continued to Pilanesberg Game Reserve. You've heard the old quote from the Wizard of Oz, "Lions and tigers and bears, oh my," well, this gorgeous reserve didn't have bears, but had lots more, i.e., giraffes, hippos, zebras, lions, impalas, wildebeests, etc., as well as owls! The guide explained that the top prizes for hunters included African elephants, lions, cheetahs, rhinos and Cape buffalo. With cameras at the ready, their tour of the reserve gave the group the opportunity to photograph many of these species. What could top that? How about a hot air balloon ride! Sherry described it as the most tranquil experience floating through the air and under the clouds. Continuing in the city of Pilanesberg, the group boarded open air vehicles and went on not one, but three animal viewing safaris, ending the evening with a delicious Boma dinner with singing and dance entertainment.

The experience continued to be one highlight after another. Being up close and personal at the elephant sanctuary was impressive, she noted. "We could touch the elephants and feed them. We got to take handfuls of elephant pellets (food) and toss them into mouths or down their trunks. The leftovers were either consumed by the elephants or by the herd of (nearby) warthogs. The elephant's skin is very thick with tiny hairs on it," Sherry wrote.

While on a cruise on the Chobe River in Botswana, the group was greeted by hippos, crocodiles, elephants, and more. After a morning safari in Chobe National Park, there was an afternoon opportunity to go on another safari or take a boat ride on the river. The group gathered for a delicious dinner at their lodge in the evening.

The return to South Africa was a 2-hour plus flight to Cape Town, South Africa. A motor coach visit to Stellenoch, in the wine country, featured several wine tasting opportunities. Sherry also mentioned the great food and accommodations that were provided on the trip. However, her favorite memory of the trip will be seeing the animals up close and personal. She really enjoyed the lodge at the game preserve as her favorite accommodation, because her room was overlooking a watering hole where lots of animals came to drink. The group stayed in lodges, not in tents, she added.

Judging by the number of safaris and close encounters described, I would agree that this was a once-in-a-lifetime experience. Thank you, Sherry, for your excellent descriptions.

HEALTH & WELLNESS



Shelbi Smith
Health & Wellness Coordinator

As the weather warms up, we are excited to offer fun opportunities to stay social, healthy, and moving all month long. We look forward to another month of friendship, wellness, and fun with all of you!

Tea Time – June 1st at 10:00 AM This social gathering is a wonderful way to connect with others, enjoy a warm drink, and start the month in a positive and welcoming environment. Staying socially connected is an important part of healthy aging and emotional wellness. Sign-ups are available at the front desk.

Walking Program – June 3rd & July 1st at 2:00 PM

We are excited to kick off our new Walking Program this month. Walking is a great way to improve heart health, balance, strength, and overall wellness while enjoying the outdoors with friends. Walks will take

place around the compound unless weather conditions are poor. If needed, we will move indoors and walk on the upstairs track at the YMCA. Please wear comfortable shoes and dress appropriately for the weather.

Strawberry Festival – June 5th from 11:00 AM–2:00 PM Don't forget to join us for our Strawberry Festival this month. Come enjoy delicious strawberry shortcake, community fellowship, and a fun afternoon together. This is a great opportunity to spend time with friends, meet new people, and celebrate the summer season with the community.

Geri-Fit – June 10th at 2:00 PM Join us for Geri-Fit, a senior-friendly exercise class focused on improving strength, balance, flexibility, and overall wellness. This class is a great way to stay active in a safe and encouraging environment while helping improve mobility and everyday movement. Whether you are new to exercise or already active, everyone is welcome to participate.

Beach Bash at Cadillac Jack's – June 15th at 12:00 PM Bring your beach spirit and join us for our Beach Bash at Cadillac Jack's. Wear your favorite beach attire, enjoy lunch, listen to music, and spend the afternoon making new friends.

Chair Volleyball – June 17th at 2:00 PM Chair Volleyball will continue this month with another fun and active afternoon. This friendly activity is a safe and enjoyable way to improve coordination, movement, flexibility, and teamwork while getting light exercise.

Crockpot Class – June 29th at 1:30 PM Our popular Crockpot Class returns this month with another simple and healthy recipe idea. Participants will learn easy meal preparation tips, enjoy a sample tasting, and take home the recipe and ingredients to recreate the meal at home. Spots are limited, so be sure to sign up at the front desk early to reserve your place.

As we continue into the summer season, we encourage everyone to stay active, connected, and involved in the many programs offered here at Shelby Senior Services. Participating in social activities, light exercise, and wellness programs can help improve both physical and emotional health while creating meaningful friendships along the way.

Health & Wellness Highlights:

June 2026 – Sign-Up Required Activities

Tea Time — June 1st at 10:00 a.m.

Walking Program — June 3rd and July 1st
at 2:00 p.m.

Geri-Fit—June 10th at 2:00 p.m.

Beach Bash at Cadillac Jack's — June 15th
at 12:00 p.m.

Chair Volleyball — June 17th at 2:00 p.m.

Crockpot Creations Class – June 29th at 1:30 PM
(spots limited)

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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



Crystalá Evans
Shelbyville Activity Coordinator

June is going to be an exciting month! We hope you will come check out our center if you have not done so already. It is a great opportunity to invite a friend to come with you as well. It is a great opportunity to connect with other seniors in our community, get acquainted, and make new friends. Plus, it is nice and cool inside during the warmer months.

Strawberry Festival is here and we need volunteers. Strawberry Cutting Day is June 4th at Girls Inc. We would love to have you join us to cut strawberries at Girls, Inc. from 10 am to 1 pm. You will need to bring a colander, a pairing knife, and a cutting board. We will be providing lunch after we finish cutting the strawberries. As a way to thank you for volunteering to help cut berries, we are going to give you a voucher for a complimentary Strawberry Shortcake, which is redeemable only at the Strawberry Festival and while supplies last on Friday, June 5th.

You can also help by donating 9x13 yellow cakes. We are accepting cakes in disposable pans from June 1st to June 4th from 8 a.m. to 4 p.m. When you bake your cakes, please make sure that they are fully cooled before covering them. Covering a warm cake will cause it to sweat and will make the cake soggy and unusable. We want everyone to enjoy the fruits of their labor, and we want to avoid food waste. Please turn them in at the front desk. We would love to have you be a part of the fun. This is always a fun event, and we hope to see you there on Strawberry Cutting Day.

We are inviting all seniors to wear purple and attend the Longest Day Walk of Shelby County at Blue River Memorial Park on June 19, 2026. Registration begins at 8:30 a.m. and the walk begins at 9:00 a.m. I will be calling Bingo at this event. Come play Bingo with me and have a chance to win great prizes. This is a great way to get your steps in for the day and support a great cause. Register in-person the day of the event. No cost to participate. Donations are encouraged and appreciated, but not expected. We will have a group from the center walking – so come join us as we raise awareness about the fight against Alzheimer's. If walking is not your thing, come play Bingo with me instead.

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

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

"Smile because happiness looks gorgeous on 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.**

***Thursdays in June, 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.

***Thursday, June 4th is Strawberry Cutting Day 10 a.m. to 1 p.m.** Please sign-up to join us for Strawberry Cutting Day. We will be cutting at Girls, Inc. from 10 a.m. to 1 p.m. Bring a cutting board, colander, and a paring knife for the cutting. Lunch will be provided. As a "thank you" for volunteering, we will also be handing out vouchers for a complimentary Strawberry Shortcake redeemable only during the Strawberry Festival, and while supplies last.

Friday, June 5th is Strawberry Festival 11 a.m. to 2 p.m. We will be serving up Strawberry Shortcake downtown Shelbyville and in the MHP parking lot from 11 am – 2 pm. Cost is \$8. Come taste summer!
The center will be CLOSED on June 8th

***Tuesday, June 9th at 1:00 pm. Artful Explorations Series – Session Three is a Canvas Class.** We are taking people to be a part of our Artful Explorations class. 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 series. No Cost, room for 10 participants.

***Wednesday, June 10th at 11:30 am Lunch and Learn – Recycling District Program Cost \$5** This is a Lunch and Learn that you are not going to want to miss! We will be having sandwiches, chips, cookies, and lemonade. Cost is \$5 and is limited to 25 people.

***Wednesday, June 10th at 2:00 p.m. GeriFit** We are going to be starting up the GeriFit program with Shelbi in June. Please reserve your spot today.

Thursday, June 11th at 9:00 a.m. Coffee with The Mayor Scott Furgeson will be here to enjoy a cup of coffee and chat. This is a great chance to have an open forum discussion with the Mayor directly. No need to sign-up for this, but please come out and bring your questions. We will have donuts provided by our sponsor, Defender Financial.

Thursday, June 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 great book called "The Last Carolina Girl" by Meagan Church.

Friday, June 12th at 9:00 a.m. Fun Friday – Flag Day and June Birthdays We are going to be celebrating Flag Day. Wear something red, white and blue. Our Bingo sponsor is Ashford Place, and our birthday cupcakes are brought to you by Main Street Hospice. Come play Bingo, win prizes, have cupcakes, and celebrate with the June birthday gang.

***Monday, June 15th at 12:00 p.m. Beach Party at Cadillac Jacks** Cost of the lunch is at your expense. Everyone is to meet there. Lunch and Beach Party for everyone to enjoy. Sign-up at the front desk.

***Monday, June 15th at 1:00 p.m. Price Is Right with Fifth Third Bank** We are welcoming Brittney and Annette here from Fifth Third Bank to play the Price Is Right. If you come dressed in a costume – like they do on the TV show — you will have a chance to win an extra prize. This is sure to be a fun-filled afternoon.

***Wednesday, June 17th at 1:30 p.m. Karaoke Capone's Downtown Speakeasy** We are going to travel to downtown Shelbyville for Karaoke at Capone's. Cost is the price of your lunch. Meet at Capone's at 1:30 p.m. Please sign-up in advance so that we can reserve a table for everyone.

***Wednesday, June 17th at 2:00 Chair Volleyball** Come out and enjoy Chair Volleyball. This is a fun game which is all seated. You are not going to want to miss out on the fun.

***Wednesday, June 17th 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. We will end at the Alley Tap for Dinner or snacks. Cost is \$5 and there is room for 6 participants.

***Thursday, June 18th at 1:00 p.m. Diamond Art with Erica from Millers** We are going to be doing Diamond Art with Erica from Miller's Merry Manor. Erica will also be bringing treats from the Swiss Maid in Hope, IN for everyone to enjoy. Have an afternoon snack and enjoy some craft time.

ACTIVITY HIGHLIGHTS

***Thursday, June 18th at 3:00 p.m. Music and a Meal with Raccoon Lake Sax Quartet Cost \$7** We are going to be welcoming the Raccoon Lake Sax Quartet back to our center. Music at 3:00 p.m. and meal at 4:00 p.m. The meal will be roast turkey, mashed potatoes and gravy, parsley carrots, rolls with butter, a drink, and cookies for dessert. You must RSVP for this event by June 16th. Cost is \$7, and it is limited to 50 people.

Friday, June 19th Longest Day Walk of Shelby County Registration starts at 8:30 a.m. Walk starts at 9:00 a.m. We are inviting all seniors to attend the Longest Day Walk at Blue River Memorial Park. This is a great way to get your steps in for the day and support a great cause. Register in-person the day of the event. No cost to participate. Donations are encouraged and appreciated, but not expected.

Friday, June 19th at 9:30 a.m. Bingo at Blue River Memorial Park - Longest Day Bingo Join us as we wear purple in solidarity for the Longest Day Walk and join the fight to outshine the darkness of Alzheimer's. You can join us for the Longest Day Walk, or if walking is not your thing, you can play Bingo with Crystala Evans at the park. Meet us at Blue River Memorial Park for Bingo. We will have great prizes from Morristown Manor, Cypress Run, Heart to Heart Hospice, and First Light. There will NOT be bingo at the center.

Monday, June 22nd at 1:00 p.m. Committee Meeting We are going to have a Committee Meeting. We are hoping to be able to discuss upcoming events, and what kinds of trips to take, music you like, and programs that you want to see. This meeting is open to everyone and we hope to see you there. This is a chance for you to put in your ideas. If you are not able to make this meeting we do have a suggestion box located in the Horizon Center.

***Monday, June 22nd at 1:00 p.m. –Slice, Slice Baby - Cake Bar with Waldron Rehabilitation and Healthcare** We are going to be having another delicious Cake Bar. Our favorite baker, Tracey Hash, will be here with an assortment of delicious cakes to sample. You can have your cake and eat it too today! This is made possible by Nicole Cherry, and a sponsorship from Waldron Rehabilitation and Healthcare.

***Monday, June 22nd 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. Put on those dancing shoes, practice your favorite song, and come on out for an afternoon of fun. Feel free to dress up in your favorite beachy outfit and sunglasses.

***Tuesday, June 23rd at 1:00 pm. Artful Explorations Series – Session Four is a Jewelry Class.** Come be a part of our Artful Explorations class. We are going to try our hands at making jewelry. This is a FREE class. 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 the fun. No Cost, room for 10 participants.

***Wednesday, June 24th at 10:00 am Day Trip to The Parlor PS - Tea Party Cost \$5** We are going to be taking a trip to The Parlor PS for a Victorian Tea. Cost is \$5, plus the cost of your lunch. There is room for 12 people. Come ready for a pinkies up, tea in your cup, fun experience. After lunch we are going to explore the Yellow Moon Antiques Shop.

***Thursday, June 25th Let's Go To The Movies Time is TBD** Cost is at your expense and is \$5 for the Movie – which is payable at the time of the movie, and the Senior Daily Special is \$7 which includes a Regular Popcorn and a Medium Drink. Since they don't release the movie until the week prior -we want you to sign up and give us your phone #. As the date gets closer we will pick a movie.

Friday, June 26th at 9:00 a.m. Fun Friday– Crazy Hair Day We encourage you to embrace a wacky and wild hair style for the day. Add a fun headband, clips, pony tail, wild hat, etc. Our Bingo prize table is going to be sponsored by Compass Park. They always bring great prizes. Come join the fun.

Friday, June 26th from 12:00 pm to 1:00 pm Ice Cream Sundae Bar We are going to have a Sundae Bar with Quentin from Cornerstone and Monica from Interim. No need to sign-up. Just show up and enjoy an Ice Cream Sundae from 12 pm to 1 pm.

***Monday, June 29th at 1:30 p.m. Crockpot Class** Sign-Up to be a part of the Crockpot Class for June. There is room for 15 people. Meal items will be provided for the first 15 participants to take home.

SHELBY SENIOR SERVICES PRESENTS

LUNCH AND LEARN RECYCLING



JUNE 10, 2026
11:30 A.M. LUNCH
12:00 PRESENTATION

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

WE ARE WELCOMING THE SHELBY COUNTY
RECYCLING DISTRICT HERE TO OUR CENTER TO
TALK ABOUT RECYCLING.

COST IS \$5 - LIMITED TO 25 PARTICIPANTS

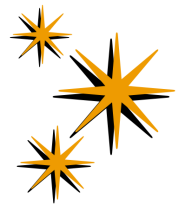


**Shelby County
Recycling District**

FOR MORE INFORMATION CALL 317-398-0127

SHELBY SENIOR SERVICES, INC.

WWW.SHELBYSENIORSERVICES.ORG



*Come dressed in
a costume to be
entered for a
special prize.*

The Price Is Right

June 15th at 1:00 P.M.

Join us for a fun afternoon playing The Price is Right. We are going to welcome Brittney and Annette from Fifth Third Bank here with prizes and fun. Room for 20 participants. Please sign up to reserve your spot today.



FIFTH THIRD



**2120 Intelliplex Drive, Suite 101,
Shelbyville, IN 46176**



SHELBY SENIOR SERVICES PRESENTS



Class designed to help seniors build strength, improve balance, and stay active. This class uses light hand weights and safe movements to support overall health and wellness. All fitness levels are welcome.

OUR SERVICES:

- Improves Balance
- Increases Flexibility
- Boosts Energy & Confidence
- Supports Healthy Aging



INFORMATIONS:

June 10th
2:00 PM

At Shelby Senior Services



LET'S GO TO THE MOVIES
MOVIE MATINEE
JUNE 25TH - TIME TBD

Join us at Republic Theatres - Studio 10 Cinemas
1625 East State Hwy 44, Shelbyville IN 46176

Senior Movie - Cost is \$5 and the Senior Daily Special is \$7.00 includes Regular Popcorn and Medium Drink with Unlimited Refills. We will announce the Movie the week prior on Facebook, or you can ask Crystala Evans, Activity Coordinator any questions. Join me at the Movies theatre for an afternoon of fun. Sign-up so I can coordinate our movie going group.

2120 Intelliplex Drive, Suite 101
Shelbyville, IN 46176

MORE INFORMATION
317-398-0127

www.shelbyseniorservices.com



JUNE ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Produce Pick-Up 9:00 Tech Savvy Seniors 10:00 Tea Time 1:00 Mah Jongg	2 10:00 Caffeinated & Connected - SCRABBLE 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	3 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 2:00 Walk Program	4 Strawberry Cutting Day @ Girls Inc. 10 am – 1 pm	5 Strawberry Festival 11 am – 2 pm
8 Center Closed Floating Holiday	9 10:00 Caffeinated & Connected - Yahtzee 1:00 Artful Explorations - Canvas Class 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	10 9:15 Bible Study with Jim 11:30 Lunch and Learn - Recycling District Program Cost \$5 1:00 Hand and Foot 2:00 Gerfit	11 9:00 Coffee with the Mayor 10:00 Tai Chi 10:15 Cardio Drumming 1:00 Book Club	12 9:00 Fun Friday - Flag Day 9:30 June Birthdays by Main Street Hospice 9:30 Bingo by Ashford Place 1:00 Euchre 1:00 Dominoes
15 Produce Pick-Up 9:00 Tech Savvy Seniors 10:00 Tea Time 1:00 Mah Jongg 12:00 Beach Party @ Cadillac Jacks 1:00 Price Is Right	16 10:00 Caffeinated & Connected - Phase 10 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	17 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 1:30 Karaoke @ Capone's 2:00 Chair Volleyball 3:00 Hometown Hop On \$5	18 9:00 POKENO 10:00 Tai Chi 10:15 Cardio Drumming 1:00 Diamond Art - 6:30pm 3:00 Music and a Meal Cost \$7 Raccoon Lake Sax Quartet	19 Longest Day Walk - No CICOA 8:30 Day Trip - Longest Day Walk 9:00 Fun Friday - Purple for Longest Day 9:30 Bingo @ Blue River Park 1:00 Euchre 1:00 Dominoes
22 9:00 Tech Savvy Seniors 9:00 Mah Jongg 1:00 Committee Meeting 1:00 Cake Bar w/ Waldron 1:00 Dance & Karaoke with DJ Moxxy	23 10:00 Caffeinated & Connected - Uno 1:00 Artful Explorations - Jewelry Class 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	24 12:00 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 10:00 Day Trip - The Parlor PS Tea Party Cost \$5	25 9:00 POKENO 10:00 Tai Chi 10:15 Cardio Drumming 1:00 Let's Go To The Movies	26 9:00 Fun Friday - Crazy Hair Day 9:30 BINGO by Compass Park 12 - 1 Ice Cream Sundae Bar w. Cornerstone & Interim - FREE 1:00 Euchre 1:00 Dominoes
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, and Open Crafting	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

June 2026



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 STRAWBERRY CUTTING DAY 	5 STRAWBERRY FESTIVAL 
8 CENTER CLOSED FLOATING HOLIDAY	9 Smoked Pork Sausage w/Peppers & Onions Peas Roasted Potatoes Wheat Bread Strawberry Applesauce Milk	10 LUNCH AND LEARN COST \$5	11 Pot Roast w/Gravy Mashed Potatoes Broccoli Wheat Bread Applesauce Milk	12 Chicken Adobo White Rice Pilaf Lima Beans Diced Pineapple Milk
15 Grilled Hamburger Mac & Cheese Festive Green Beans Diced Pineapple WG Bun Milk	16 Beef Tortellini Carrots Green Beans Mixed Fruit Milk 	17 Herb Crusted Hake Roasted Potatoes Broccoli Wheat Bread Tropical Fruit Milk	18 Bagel w/ Pork Sausage, Egg & Cheese Roasted Sweet Potatoes Sliced Apples Milk	19 Meal Site Closed Happy Juneteenth!
22 Sliced Turkey w/ Southwest Pasta Corn Peas Pudding Cup Milk	23 Country Fried Steak w/Gravy Spinach Baked Potato Tropical Fruit Milk	24 Spaghetti/Meatballs Parmesan Cheese Italian Cut Green Beans California Veggies Mandarin Oranges Milk	25 Indiana Style Chili Mac Mixed Veggies Applesauce Corn Bread Milk	26 Meatloaf w/ Gravy Mashed Potatoes Brussel Sprouts Wheat Bread Mandarin Oranges Milk
29 Smothered Chicken Breast w/ Gravy White and Wild Rice Key West Veggies Birthday Treat Milk	30 Chicken & Noodles Rosemary Potatoes Broccoli Wheat Roll Diced Pears Milk			Cultural Meal Day 

*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 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:

Individually wrapped snacks
Gift Cards for Prizes for Euchre and Pokeno
Small Plates
Paper Towels
Square Napkins

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.



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Call Guardian Care: (317) 360-0359

FREE UPCOMING EVENT:

Understanding Alzheimer's & Dementia

Lunch & Learn at Christ Missionary Baptist Church

July 15 12pm-2pm

RSVP: event_rsvp@cmbcindy.org



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317.398.9781



WALDRON

Join us every Tuesday in June!

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!

MORRISTOWN

Join us at the Morristown Horizon Center!

Located at the Morristown Methodist Church, 221 S. Washington St. Morristown, IN. Open Wednesdays from 10:00 am-2:00 pm. For lunch reservations, call or text Vivian at 765-404-2280.

10:00-11:15— Coffee and Chat

11:15 -12:00— Exercises for the body and mind with Shelbi and Jim

12:00-1:00 p.m.— Lunch (cost \$5)

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

June 3rd

Lunch: Coney dogs, sides, cake and ice cream

Activity: Birthday Club: Celebrating this month's birthdays

June 10th

Lunch: Crockpot Shepherd's Pie sides and dessert

Activity: Craft: dried flowers on glass votives

June 17th

Lunch: Warm Sliders, sides and dessert

Activity: Celebrating Dads: share memories, photos, etc. of a father figure in your life.

June 24th

Lunch: Ravioli , sides and dessert

Activity: Games: Trivia or Bingo, or something new!

Happy Birthday this month to
Susie Swise and Ray Ball!

DONATIONS

Thank you to our donors:

Michelle Richardson	Jane Sparks
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Martin	Sue Cooper
Donna Sanders	Connie Ford
Judy Posz	First Presbyterian
Scott Bailey—YMCA	Church
Diane Froiland	Richard Lucas
Holly Schrank	Barb Jakad
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Reed	Marjorie Kuhn
Judy Eads	Dee Husky
Kenneth Sedam	Jennifer Earl

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 June 11th and 25th Exercise with Shelbi
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

June 4 Strawberry Cutting at the Girls, Inc. 710 S. Miller Street, Shelbyville. Fairland Center Closed

Starts at 10:00 a.m. Bring your own cutting board, bowl and favorite knife! We will have a pizza lunch there after the berries are all finished.

Those Fairland folks baking cakes for the Strawberry Festival, please bring them to the Fairland Center on Thursday June 4th at 9:00a.m. Remember we are closed today but I will meet you in the parking lot to get your cakes. I will take all cakes in my car to the Main Center before I go to cut strawberries.

If you want to take them yourself to the Main center on Wednesday, or early before you go cut berries, please feel free to do so. Just be sure they get there on Thursday.

JUNE 11 2nd Thursday Euchre

12:00 Lunch: Sandwiches, Pasta Salad, Broccoli Salad, and Dessert Bars (sugar cookie blondies, cookie brownies, and cowboy cookies)

1:00 Euchre Tournament

JUNE 18 NO MEETING IN FAIRLAND DUE TO THE FISH FRY June 19th & 20th

If you signed up for pies please remember to bring them over on Thursday the 18th.

June 25 John Wayne Day (in honor of Father's Day & July 4th)

Lunch: Cowboy Casserole, Sides and Dessert

1:00 AMERICA'S ALL-TIME GREATEST MOVIE HERO PRESENTS AN HISTORICAL CELEBRATION WITH OVER TWO-DOZEN LEGENDARY GUEST STARS John Wayne's first television special, originally aired as Swing Out, Sweet Land on NBC-TV in 1970, is a patriotic and poignant journey through American history -- with music, comedy and many famous friends. As host and narrator, Wayne walks through pivotal moments in America's past. His guests include Jack Benny as a citizen asking George Washington (Lorne Greene) about that dollar he supposedly threw across the Potomac River; Bob Hope and Ann-Margret entertaining the troops at Valley Forge; printer Red Skelton discussing dissent with apprentice Tom Smothers; Lucille Ball as Miss Liberty; and Bing Crosby as Mark Twain, philosophizing with freed slave Frederick Douglass (Roscoe Lee Brown). Also: Dean Martin as inventor Eli Whitney; Michael Landon as Peter Minuit, buying Manhattan Island from an Indian (Bonanza co-star Dan Blocker); brothers Rick and David Nelson fighting on opposite sides in the Civil War; Phyllis Diller as a 19th-century Presidential candidate; Dan Rowan and Dick Martin as the Wright brothers; Celeste Holm and Dennis Weaver as the parents of young Abraham Lincoln; Greg Morris as Crispus Attucks.

Musical highlights include Ribbon Of Steel by Johnny Cash, This Is A Great Country by Glen Campbell, Oh, Susannah by Roy Clark, Clementine by Leslie Uggams and God Bless America by the cast. JOHN WAYNE'S TRIBUTE TO AMERICA is a lavish and thoughtful timepiece of 20th-century television entertainment, presenting a parade of legendary stars in a humorous and hopeful celebration.



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