



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

March 2026

Lucky to
have our
seniors!



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

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Easter Hall Beyer, Director of Transportation

Horizon Center Coordinators

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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
Executive Director

LETTER FROM THE DIRECTOR

Our annual Save the Dates post card has been sent out! If you are a current Shelby Senior Services member at any of our Horizon Centers, you should be receiving yours in the mail shortly. You can find dates for the following events: Volunteer Appreciation, Chair Volleyball Tournament, Travel Show, Strawberry Festival, All Center Birthday Party, Annual Picnic, Fairland Anniversary Party, Senior Expo, Puzzle Palooza and the Christmas Dinner. So, be sure to mark your calendars to attend some of our biggest programs of the year! We're excited to bring on new and improved programming opportunities. If you have any suggestions, no matter how big or small, we would like to hear them. Our committee meetings are always a great place to give input, next one being April 13, or stop by the office any time to talk to any of the programming staff or myself!

Don't forget, we are still scheduling tax appointments but spaces are becoming very limited. If you would like to schedule your free tax assistance appointment, please call 317-398-0127 to reserve your spot as soon as possible.

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



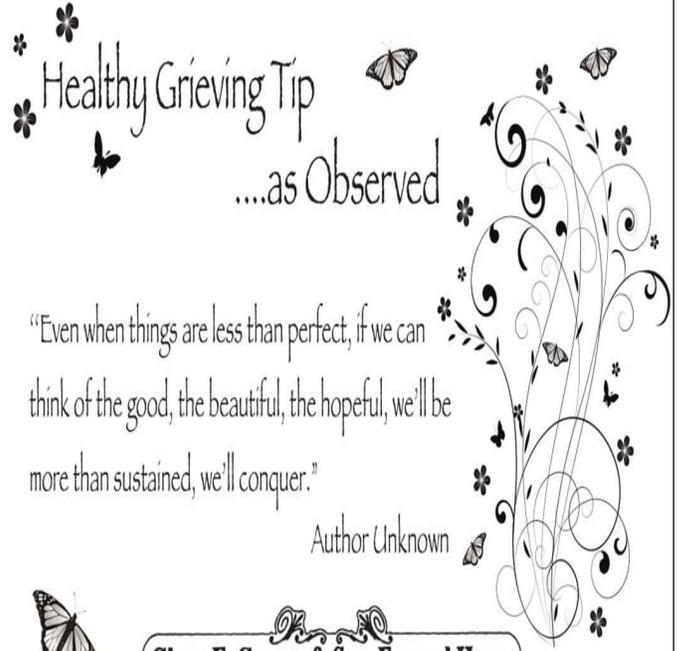
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Healthy Grieving Tip
...as Observed

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

Author Unknown



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SOCIAL SERVICES



Jessie Hundley
Social Services Coordinator

Welcome to March in Shelbyville!

Hello friends! As winter finally loosens its grip on Shelby County, March brings a welcome sense of renewal—and plenty of opportunities to connect, learn, and enjoy time together at the Senior Center. Whether you're eager to stretch your legs, try something new, or simply share a cup of coffee with friends, we've got a full month of activities to brighten your days.

A Note of Thanks

We want to extend heartfelt appreciation to the volunteers who sort, stock, distribute and deliver food. Your kindness keeps this program running smoothly and ensures that no one in our community feels forgotten. A special note of thanks to all the seniors who participated in the our "Souper Bowl" organized by Crystala'. They were able to collect 125 cans of soup!!

Our Shelby Senior Services Food Pantry continues to be a steady source of support for homebound older adults in our community. As winter winds down and grocery prices remain unpredictable, we're grateful for the generosity that keeps our shelves stocked and our neighbors cared for.

Wellness Tip of the Month

Stay connected! Isolation can affect both mental and physical health, especially after the winter months. Try joining one of our activity groups, volunteer in the community, or even call an old friend. A small social interaction can brighten your day! Let's take time to appreciate the small joys—sunshine, friendship, and laughter—and support one another as we move forward into spring.

Yours in Service,

~Jessie



Dementia Caregiver Gathering

Presented by: Alzheimer's Association, Greater Indiana Chapter

Third Tuesday of the month
1:30 p.m. - 2:30 p.m.

Shelby Senior Services
2120 Intelliplex Dr.
Suite 101
Shelbyville, IN 46176



Build a support system with people who understand.

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

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- Talk through issues and ways of coping.
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- Learn about community resources.

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Produce Pick-Up Days:

Monday, March 2nd
Monday, March 16th
12-4pm

Commodity Box Pick-Up

Day:
Monday, March 23rd
1-3pm

Needed Pantry Items:

Canned chicken/tuna
Canned Fruit
Peanut Butter
Canned Beans

SHELBYGO TRANSPORTATION



Easter Hall-Beyer
Director of Transportation

Just a friendly reminder that everyone needs to be mindful of their personal hygiene while riding Shelby Go please. No drinks, open containers, or tobacco use of any form are permitted on ShelbyGo Vans.

Please check your seat when you arrive at your destination for personal belongings.

Shelby Go drivers can only take you to the destinations on their paperwork, please do not get upset with them when they say they can't take you anywhere else. We run a pretty full schedule daily.

Thank you for your cooperation.

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



Vickie Marshall

Anita Victoria Scudder, aka “Vickie” was born in Shelbyville, Indiana, on a very cold and snowy day in November 1950. She was born to Charles and Donna Scudder. They were Holstein dairy farmers. She had two sisters and a brother. Life on the dairy farm was very busy. She milked 120 cows every morning, and again every night after school. Their family were Co-Op famers in Columbus. Vickie went to school in Manilla for 8 years. She graduated from Columbus North in 1969 when it was just one school. There were 400 kids in her graduating class.

After high school, she got married to Jim Marshall. They had three children: David, Kim, and Jeff. They started their life in Columbus, and Vickie moved back to Shelbyville with her three kids. This began her life as a single mother. She relied on the Lord to get her through tough times. She got saved in 1976 at Word of Life Fellowship. This is where her life with Christ really took root. Vickie worked as a nanny for ten years for a family that had ten kids. Then she worked at Linne’s Bakery and Café as Assistant Manager for ten years. She got sick and had congestive heart failure. This caused her to seek work as a caregiver. She took care of Don Kendall’s wife Barb Kendall for 10 years while she was battling Alzheimer’s. Vickie is a courageous woman. She has fought and survived cancer. Her words of advice are that she can do all things with the help of the Lord. She likes to play cards and is a big Hand and Foot player. She is a part of the Chicken Card Club at Chicken Inn that meets each week. She did a lot of sewing in her life and she loved to sew. She loves going to church and being with family. She joined the Senior Center to play Euchre many years ago from the advice of a friend. Being a part of the senior center has been wonderful. It has meant friends and a beautiful extended family. Vickie has such a big heart. She has continued to be in a caregiver role even in retirement. Many of the people she has cared for have become dear friends. She has been very blessed, and God has taken very good care of her. We are blessed to have her as a part of our center family.

TRAVEL



Carol McDaniel
Travel Coordinator

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- ◆ Admission to MEMPHIS ROCK 'N' SOUL MUSEUM
- ◆ GAMING at a MEMPHIS AREA CASINO

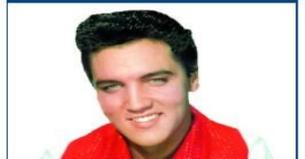
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Visit Graceland - Home of Elvis

Departure: Shelbyville, IN @ 8 am

Day 1: Depart your group's location in a spacious, restroom and video equipped motorcoach as you head for your destination: Memphis – Home of the Blues, Soul & Rock n Roll. This evening, you will have Dinner and check into your Memphis area hotel for a four night stay.

Day 2: Start with a Continental Breakfast, then you'll enjoy a visit to the MEMPHIS ROCK 'N' SOUL MUSEUM. Since opening its doors in 2000, the Rock 'N' Soul Museum has been seen by over 200,000 tourists. Take an audio guided tour through the museum's seven galleries and see the story of rock and soul unfold through extensive audio footage, artifacts and audio visual programs. Next, you'll enjoy lunch on your own on BEALE STREET. Next, you'll enjoy a GUIDED TOUR of MEMPHIS, the "Home of the Blues. Tonight, enjoy Dinner at a local restaurant then return to your hotel for a good night's rest.

Day 3: After a Continental Breakfast, your group will have a memorable day, starting with a MANSION TOUR of amazing and opulent GRACELAND, home of Elvis Presley. Your visit will also include Elvis' TWO CUSTOM AIRPLANES and admission to the expanded PRESLEY MOTORS CAR MUSEUM. Later, you'll enjoy an authentic Memphis themed Dinner with Entertainment.

Day 4: Today after Continental Breakfast, you'll enjoy a visit to the MEMPHIS AREA CASINO for some gaming excitement. Later, you'll enjoy a visit to the famous SUN STUDIO, one of the top rated attractions in all of Memphis. While here, the group will begin their guided narrated tour on the second floor of the Studio (Note: Requires going up about ten steps) and tells the unique story of Rock and Roll in the 1950's while viewing enormous amounts of famous Rock and Roll memorabilia. The group then finishes on the first floor with a guided narrated studio tour - seeing the exact place Elvis Presley and many other legendary musicians recorded their famous songs. This evening, you will enjoy Dinner then return to your hotel for a good night's rest.

Day 5: Today after enjoying a Continental Breakfast, you depart for home... A perfect time to chat with your friends about all the fun things you've done, the great sights you've seen and where your next group trip will take you!



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FOR INFORMATION & RESERVATIONS CONTACT:

Carol McDaniel @ (317) 701-5984

HEALTH & WELLNESS



Shelbi Smith
Health & Wellness Coordinator

March is a wonderful time to refresh healthy habits, boost energy, and focus on overall wellness as we welcome the start of spring. With longer days and warmer weather ahead, staying active, socially connected, and nourished plays an important role in supporting both physical and mental health.

This month, we're excited to offer several engaging programs designed to keep you moving, learning, and connected.

Tea Time will be held on March 9th and March 23rd at 10:00 AM, offering a relaxed and welcoming space to enjoy tea, light refreshments, and meaningful conversation.

If you missed the Staying Safe presentation with Detective Anderson, we will be hosting another session on Wednesday, March 11th at 12:30 PM at the Morristown Satellite Center, where helpful safety tips and community resources will be shared.

We're also heading out for SINGO at Cadillac Jack's on March 16th from 12:00–2:00 PM, a fun and interactive music bingo game that encourages laughter, social connection, and friendly competition. Participants will meet directly at Cadillac Jack's for this event.

Chair Volleyball continues on March 4th and March 25th at 2:00 PM, providing a safe and enjoyable way to stay active, improve coordination, and build teamwork.

We will also be hosting our Crockpot Class on March 23rd at 1:30 PM, where participants will learn how to prepare a healthy, easy meal, enjoy a tasting during class, and be sent home with the ingredients to recreate the recipe at home.

All activities are sign-up only, and registration sheets will be available at the front desk of Shelby Senior Services. Be sure to reserve your spot early—spaces are limited!

~Shelbi

Health & Wellness Highlights:

March 2026 – Sign-Up Required Activities

Tea Time – March 9th & March 23rd
at 10:00 AM

Staying Safe—March 11th at 12:30 PM at the
Morristown Center

SINGO – March 16th at 12:00 PM at Cadillac Jack's

Crockpot Creations Class – March 23rd at 1:30 PM
(spots limited)

Chair Volleyball – March 4th & March 25th at 2:00
PM

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SHELBYVILLE HORIZON CENTER



Crystala Evans
Shelbyville Activity Coordinator

Spring is on the way!!! March is here and we have a lot of great things on the calendar for the body, mind, and souls of our seniors. March starts us off with Mardi Gras, moves onto St. Patrick's Day and then we head towards Easter. So many great things to celebrate. We are going to take a Girls Trip to do a Sip and Paint – Tea Party. Music and a Meal is going to be exciting with a fan favorite – the Hickory Wind Band. Come listen to some great music and then enjoy a nice dinner prepared by our favorite Chef Matt from Your Way Catering. These are just a few of all of the fun things that we have planned for March.

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.

When you sign up for an activity, and it is full – please get on the waiting list. When something comes up and you are not able to attend a program we will call the next person on the list. All activity items that are paid programs for 2026 are non-refundable. You can't sell your spot to someone else. We will offer up the spot to the next person at the cost of the program. We have to do this because of the time and effort it takes to continually re-book those limited spots. Activities are filling up quickly – which is great – but people also tend to cancel often, and it causes confusion for everyone. Please be mindful before you reserve your spot. Thank you in advance.

Review all of the activities, and please check out the newsletter Activity Calendar. Sign-up for some of our fun programs. We have an amazing calendar that is full of things to do. You can also keep up to date on programming via the Shelby Senior Services Facebook Page and our website at <http://www.shelbyseniorservices.org>. If you have a question about a program please call us at the center at (317) 398-0127.

This month I am looking for sponsors to supply us with Gift Cards for places that are local. They can also be to Walmart and/or Kroger. We use these as prizes for our seniors, and they are very helpful. Walmart gift cards for \$20 can be used to buy groceries, as gifts for family and friends, or to get seniors from one social security check to another. I am also 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.

Welcome Spring,

Crystalá Evans, ADC
Shelbyville Activity Coordinator

ACTIVITY HIGHLIGHTS

Please sign-up as some activities have limited space. When there is a cost for an activity please pay at the Front Desk or call 317-398-0127 to sign-up over the phone via a credit card.

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

***Monday, March 2nd at 1:00 p.m. Flower Wreath Craft – FREE** We are going to be making a cute Flower Wreath Craft with Kristen Jessie of Walker Place. This is a FREE craft and is limited to 10 participants. Please reserve your spot today.

Tuesdays in March at 10:00 a.m. Caffeinated and Connected We will play a different game each week. We hope to see you!

***Thursdays in March 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, March 5th at 10:30 a.m. Day Trip – Sip and Paint Cost \$35** This is the perfect Girls Day trip! We are going to board the bus at 10:30 a.m. and depart for the Kopper Kettle. Reservations have been secured and we are promised a spot! Then we are headed to the Farmhouse in Arlington. There we will have a Sip and Paint Party. There is room for 11 people and the cost is \$35. This does not include the cost of your lunch. Please sign-up as space is limited.

Friday, March 6th at 9:00 a.m. Fun Friday Dress Day and Oreo Day Wear your favorite dress for Dress Day. It is also Oreo Day. We will have milk and Oreo cookies to enjoy this morning. Our prize table sponsor is the Willows.

***Monday, March 9th at 1:00 p.m. –Dance and Karaoke with DJ Moxy** We will be having a St. Patrick's Day 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 green or gold.

***Wednesday, March 11th at 11:30 am Lunch and Learn – Healthy Eating 2026 Cost \$5** This is a Lunch and Learn that you are not going to want to miss! We are going to welcome Dietitian Lisa Schnepf to our center to talk about Healthy Eating in 2026. Did you know we have a new food pyramid? Let's talk about that and ways we can work towards better health with the food we eat. Cost is \$5 and is limited to 25 people.

***Thursday, March 12th 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, March 12th 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 Shootist" by Miles Swarthout. Book Club will meet in the Activity Room since we will have taxes going on in the Meeting Room.

Friday, March 13th at 9:00 a.m. Fun Friday St. Patrick's Day and March Birthdays Wear your green for St. Patrick's Day. Our prize table sponsor is Ashford Place. Birthday cupcakes sponsored by Lois Thomas. Come play Bingo, win prizes, have cupcakes, and celebrate with the March birthday gang.

ACTIVITY HIGHLIGHTS

***Monday, March 16th at 12:00 p.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.

***Tuesday, March 17th at 9:00 a.m. Oatmeal Breakfast sponsored by McKay Manor** Please sign up so that they know how many people to prepare for breakfast. This is a FREE Breakfast brought to you by McKay Manor. Dress in your favorite St. Patrick's Day attire. At the very least – make sure you are wearing something green so that you don't get pinched.

***Wednesday, March 18th at 1:00 p.m. Canvas Class with Mindy Cost \$10** We are going to be doing a fun painting with Mindy. Cost is \$10 and there is room for 10 people in the class.

***Thursday, March 19th at 1:00 p.m. Scrabble with Erica** We are going to have a Scrabble with Erica at 1:00 p.m. Please sign up so that we know how many boards we will need. This is always a fun afternoon.

***Thursday, March 19th at 3:00 p.m. Music and a Meal – Hickory Wind Cost is \$7** We are going to be welcoming Hickory Wind back to our center. Music at 3:00 p.m. and Meal at 4:00 p.m. The meal will be Ham, Au Gratin potatoes, Parsley Carrots, Rolls with Butter, Cheesecake for dessert, and a Drink. The meal is limited to 50 people, so sign up early. Cost is \$7 per person for members.

Friday, March 20th at 9:00 a.m. Fun Friday – Welcome Spring We are so excited for Spring! Wear something that really shows that Spring is in the air. You can also wear Light Blue and Yellow for World Down Syndrome Day. Our Bingo prize table is going to be sponsored by Morristown Manor. They always bring great prizes. Come join the fun.

***Monday, March 23rd at 1:30 p.m. Crockpot Class** Sign-Up to be a part of the Crockpot Class for March. There is room for 15 people. Meal items will be provided for the first 15 participants to take home.

***Wednesday, March 25th at 2:00 p.m. 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. Come practice for our Chair Volleyball Tournament. You might even get to play against your favorite staff member.

***Thursday, March 26th 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 number. As the date gets closer we will pick a movie. This is so that we can have a Movie Matinee in a real theatre and have movie theatre popcorn as a group. This is something new – so come and help make it a success.

Friday, March 27th at 9:30 a.m. Fun Friday, Hat Day We will be wearing our favorite hats today. They can be hats of all kinds. Dress in your favorite hat and strut your stuff for the day. Our Bingo sponsor is Guardian Cars. Let's welcome them to our center!

***Monday, March 30th at 1:00 p.m. Bunny Hat Craft with Liz Riggs Cost \$5** We are going to get ready for Easter by having a fun craft with Liz Riggs. This is such a cute craft! There is room for 10 people, and Cost is \$5 to participate. Just please sign up at the front desk.

***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 15 people to ride the bus. Inquire with Crystala Evans, Activity Coordinator as to availability.

HAPPY
Birthday

Chuck Oswald 5th
Mark Sexton 6th
Gloria Thomas 8th
Susan Sedam 13th
Bob Crawford 21st
Laura Burkhardt 22nd
Tim Kindred 26th
George Glendenning 31st

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DANCE & Party

KARAOKE

MARCH 9, 2026
MONDAY - 1:00 PM

DJ MOXY

Come join us for an afternoon of fun!

FREE ADMISSION WITH MEMBERSHIP
DAY PASSES \$5.00
2120 INTELLIPLEX DRIVE, SUITE 101
SHELBYVILLE, IN 46176

FUN FRIDAY

March 6th Dress Day & Oreo Cookie Day

March 13th St. Patrick's Day

March 20th Welcome "Spring" Day

March 27th Hat Day

CHAIR VOLLEYBALL

GOOD FUN. GREAT FRIENDS. EVERYONE WELCOME!

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MARCH 4TH & 25TH 2:00 PM

SIGN UP SHEET AT FRONT DESK OF SHELBY SENIOR SERVICES!

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LET'S GO TO THE MOVIES

MOVIE MATINEE

MARCH 26TH - 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



MARCH ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Produce Pick-Up 9:00 Tech Savvy Seniors 1:00 Mah Jongg 1:00 Flower Wreath Craft – FREE with Kristen Jessie from Walker Place	3 10:00 Caffeinated & Connected - Yahtzee 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	4 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 2:00 Chair Volleyball	5 9:00 POKENO 10:00 Tai Chi 10:15 Cardio Drumming 1:00 Day Trip – Sip and Paint Cost \$35	6 9:00 Fun Friday – Dress Day and Oreo Day 9:30 BINGO by Willows 1:00 Euchre & 1:00 Dominoes
9 9:00 Tech Savvy Seniors 9:00 Mah Jongg 10:00 Tea Time 1:00 Dance and Karaoke with DJ Moxy	10 10:00 Caffeinated & Connected - Sorry 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	11 9:15 Bible Study with Jim 11:30 Lunch and Learn – Healthy Eating 2026 Cost \$5 1:00 Hand and Foot Game	12 9:00 Coffee with The Mayor 10:00 Tai Chi 10:15 Cardio Drumming 1:00 Book Club	13 9:00 Fun Friday – St. Patrick’s Day 9:00 Birthday Cupcakes by Lois Thomas 9:30 BINGO by Ashford Place 1:00 Euchre & 1:00 Dominoes
16 Produce Pick-Up 9:00 Tech Savvy Seniors 12:00 Lunch at Cadillac Jacks 1:00 Mah Jongg	17 St. Patrick’s Day 10:00 Oatmeal Breakfast - St. Patrick’s Day Games & Fun 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	18 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 1:00 Canvas Class with Mindy Cost \$10	19 9:00 POKENO 10:00 Tai Chi 10:15 Cardio Drumming 1:00 SCRABBLE with Erica 3:00 Music and a Meal – Hickory Wind Cost \$7	20 9:00 Fun Friday – Welcome Spring 9:30 Bingo by Morristown Manor 1:00 Euchre 1:00 Dominoes
23 10:00 Tea Time 9:00 Mah Jongg 1:30 Crockpot Class	24 10:00 Caffeinated & Connected - Phase 10 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	25 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 2:00 Chair Volleyball	26 9:00 POKENO 10:00 Tai Chi 10:15 Cardio Drumming 1:00 Let’s Go To The Movies	27 9:00 Fun Friday – Hat Day 9:30 Bingo by Guardian Care 1:00 Euchre 1:00 Dominoes
30 9:00 Tech Savvy Seniors 9:00 Mah Jongg 1:00 Bunny Craft with Liz Riggs Cost \$5	31 10:00 Caffeinated & Connected - Uno 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 9:00 POKENO 10:00 Tai Chi 1:00 Rock Painting w/ Shelbi	3 Good Friday Center Closed for Good Friday



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Produce Pickup Lemon Salmon Sweet Potatoes Broccoli w/ Red Peppers Wheat Roll Mandarin Oranges Milk</p>	<p>3 Chicken Parmesan Parmesan Cheese Apples w/Cherries & Almonds Roasted Potatoes Wheat Bread Mango Cup Milk</p>	<p>4 Teriyaki Chicken & Noodles Stir Fry Veggies Fresh Orange Milk</p>	<p>5 Turkey Ham & Beans Diced Beets Diced Carrots Corn Bread Mixed Fruit Milk</p>	<p>6 Potato Pollock Peas & Corn Collard Greens Tartar Sauce Wheat Bread Tropical Fruit Milk</p>
<p>9 Oven Fried Chicken Collard Greens Whipped Sweet Potatoes Orange Juice Milk</p>	<p>10 Smoked Pork Sausage w/Peppers & Onions Peas Roasted Potatoes Wheat Bread Strawberry Applesauce Milk</p>	<p>11 LUNCH AND LEARN COST \$5</p>	<p>12 Pot Roast w/Gravy Mashed Potatoes Broccoli Wheat Bread Applesauce Milk</p>	<p>13 Almond Crusted Fish California Vegetables Scalloped Potatoes Wheat Bread Mixed Fruit Milk</p>
<p>16 Produce Pickup Grilled Hamburger Mac & Cheese Festive Green Beans Diced Pineapple WG Bun Milk</p>	<p>17 Bibimbap Kyoto Blend Vegetables Red Skinned Potatoes Diced Pears Milk</p> 	<p>18 Braised Beef Over Egg Noodles Collard Greens Diced Carrots Wheat Roll Applesauce Milk</p>	<p>19 Bagel w/ Pork Sausage, Egg & Cheese Roasted Sweet Potatoes Sliced Apples Milk</p>	<p>20 Herb Crusted Hake Roasted Potatoes Broccoli Wheat Bread Tropical Fruit Milk</p>
<p>23 Sliced Turkey w/ Southwest Pasta Corn Peas Pudding Cup Milk</p>	<p>24 Country Fried Steak w/Gravy Spinach Baked Potato Tropical Fruit Milk</p>	<p>25 Spaghetti/Meatballs Parmesan Cheese Italian Cut Green Beans California Veggies Mandarin Oranges Milk</p>	<p>26 Indiana Style Chili Mac Mixed Veggies Applesauce Corn Bread Milk</p>	<p>27 Meatloaf w/ Gravy Mashed Potatoes Brussel Sprouts Wheat Bread Mandarin Oranges Milk</p>
<p>30 Smothered Chicken Breast w/ Gravy White and Wild Rice Key West Veggies Birthday Treat Milk</p>	<p>31 Chicken & Noodles Rosemary Potatoes Broccoli Wheat Roll Diced Pears Milk</p>		<p>Happy National Nutrition Month!</p>	<p>Cultural Meal Day</p> 

*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:

Gift Cards for Prizes for Euchre and Pokeno
Paper Towels
Square Napkins
Plates
Heavy Duty Silverware
Powdered Creamer
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 2025 filings are being scheduled. Please call 317-398-0127 to reserve your spot. Tax forms are available for pick-up at the front desk or in the realtor box at the West Entrance.




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317.398.9781



WALDRON

The Waldron Horizon Center is shifting!

Every Tuesday of every month, the Waldron Horizon Center will be meeting at the St. Paul Tavern (103 N Webster St., St. Paul). Join us there beginning at 11am for conversation and lunch followed by games in the afternoon. Lunch cost is \$5. Please call 317-398-0127 and ask for Liz to reserve your spot or with any questions. We would love to see you there!

In memory of: Bob Wilkerson

Thank you to the 34 donations received in honor of Bob, Dee Huskey's brother. We greatly appreciate her center family and the Greenfield Elks group donating in his memory.

In Memory of

Earl & Anna Fay Willis
Jerry Willis

Given by:

The Kappes/Willis Families

MORRISTOWN

Join us at the Morristown Horizon Center!

Located at the Morristown Methodist Church, 221 S. Washington St. Morristown, IN. Open Wednesdays from 11:00 am-2:00 pm. For lunch reservations, call or text Vivian at 765-404-2280.

10:30-11:15— Coffee and Chat

11:15 -12:00— Fun Exercises with Shelbi and Jim

12:00-1:00 p.m.— Lunch (cost \$5)

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

March 4th

Lunch: Pigs-in-Blanket, sides and dessert

Activity: In the know: Current topics and kitchen hacks

March 11th

Lunch: Beef vegetable soup and sandwiches, dessert

Activity: Detective Anderson: Staying Safe and Secure

March 18th

Lunch: Ham & Beans, and GREEN cornbread, sides and dessert

Activity: Spring Craft with MaryAnn. Wear your Green for St Pat's day!

March 25th

Lunch: Taco Bar , sides and dessert

Activity: Games: Trivia or Bingo

Blood Drive at the Morristown Center on March 13th, 12-5pm. Share the news! Thank you to Morristown Methodist Church, L.V.Spencer, and Mary Ann Toll for organizing this important event!!

DONATIONS

Thank you to our donors:

Betty Zoelzer	Claudia New
Pat Alexander	Jane Sparks
Louie Alexander	Betty Blackburn
Barbara Alexander	Christine DeBaun
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Janice Montgomery	McDaniel
Joyce Cummings	Starbucks
Marjorie Kuhn	

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

Main Street Hospice, Compass Park, Willows of Shelbyville, McKay Manor, Waldron Health and Rehabilitation Center, Ashford Place, Walker Place, Morristown Manor and Cypress Run, Freeman Family Funeral Home, Murphy Parks Funeral Service, Glen E. George and Son Funeral Home, Infinity Home Care Plus, Your Way Catering, Indiana, Tim and Janice Conway of Blue River Stained Glass, Salvation Army, Kopper Kettle, CICOA, Shelby Go, Horizon Center Committee Members, Dementia Friends of Indiana, Alzheimer's Association, SCUFFY, Blue River Community Foundation, and Defender Financial Group.

FAIRLAND

Join us at the Fairland Horizon Center!

Located at the Fairland Fire Dept. Community Room, 400 W 400 N Fairland, IN. Open Thursdays from 9:30am until we're done for the day! Call Kathy at 317-364-0029 to reserve your spot.

Mornings:

- 9:30- 10:00** Coffee Chat
10:00 -11:00 Chair Volleyball March 5th & 26th
10:00-11:00 Chair Basketball March 12th
10:00-11:00 Exercise with Shelbi March 19th
11:00 Bible Study
11:00 -12:00 Mind Games Board Games, Card Games & Bridge
12:00 Lunch \$5

March 5 First Thursday Euchre

12:00 Lunch : Pot Roast and Carrots, Mashed Potatoes, Green Beans, Rolls and Dessert

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

Crock Potting: in back room with Shelbi

March 12 "Elder Law Update"

12:00 Lunch: Ham Sliders, Fixins and Desserts ala "March madness food"

1:00 Jodi Butts, Elder Law Specialist with Stephenson & Rife in Shelbyville will be here to get us all up to date on all the legal changes regarding Seniors, wills, trust, end of life documents, etc. Not a "fun" program, but something that each and every one of us need to keep up on. Having lost Chuck much earlier in life than I had hoped and working with helping my friend with alzhiemers during a "crisis situation", I know first hand how important it is to plan ahead. Even if you have "all of your affairs in order"...rules and regulations change all the time. I hope you will make time for Jodi's presentation. It will be important to you and to your family.

March 19 "Mrs. Smiley Sings" OH, AND BE SURE TO WEAR GREEN TODAY.

Lunch: 12:00 TBA: Something "Irishy" (not lamb!)

1:00 ... Mrs. (Lauren) Smiley Sings Many of you heard this lovely lady at the main Center at Christmas time. Today she is making her debut performance at Fairland! I am sure she will include an Irish tune or two...She has a great voice and oozes sparkling charm...you will love her!!

March 26 "Bingo with a Twist "

12:00 Lunch: Main Course TBA. Dessert: Joyce's Cheesecake

1:00 Bingo with a Twist! Originally planned for the last Thursday in January...but snowmageddon got in the way!! We all have something unused or maybe used only once, sitting around at home that has been there for a longtime. Chances are, we never will use it and it is just collecting dust or taking up space in a drawer or on a shelf! Let's wrap up one of those items (for instance: candles, a good book already read, soups, dish towels, new shirt in wrong size, jewelry that is not your style, wrong kind of toothpaste you bought by accident....the possibilities are unending!)

Wrap your item so no one can tell what it is, we will use these for prizes in Bingo with a twist! Oh and there will be a cover all prize too....that is unwrapped!



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