

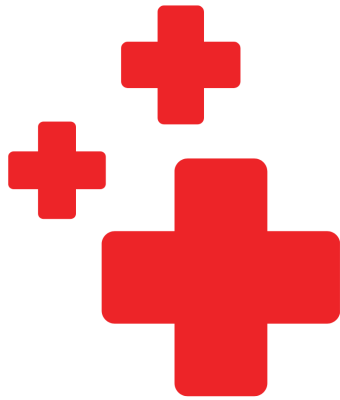


Shelby Senior Services, Inc.

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

Horizon Newsletter

October 2025



MEDICARE OPEN ENROLLMENT PERIOD

OCTOBER 16 - DECEMBER 4

Medicare Annual Enrollment Period (AEP) is HERE!

Shelby Senior Services, will again this year, partner with Medicare and have SHIP Counselors available to assist you at NO COST. Both in-person and phone appointments will be available.

Call Shelby Senior Services to schedule your appointment or with any questions at 317-398-0127.

See page 3 for more information on Annual Enrollment.

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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Management Team

Liz Renton, Executive Director
Easter Hall Beyer, Director of Transportation

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Kathy Miller, Fairland
Vivian Scott, Morristown

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Jessie Hundley, Social Services Coordinator
Holly Schrank, Dispatcher
Shelbi Smith, Health & Wellness Coordinator
Gina Batton, Administrative Coordinator
Jim Kozinski, Programming Assistant
Carol McDaniel, Travel Coordinator
Will Mitchell, IT Coordinator

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“Serving seniors, improving lives.”

Annual Enrollment 2026

Medicare Annual Enrollment Period (AEP) is HERE – October 16 through December 4 Shelby Senior Services, will again this year, partner with Medicare and have SHIP Counselors available to assist you at NO COST. Both in-person and phone-call appointments will be available. Let the volunteer know which is your preference when you call to make your appointment.

IMPORTANT to KNOW to make your appointments run smoothly:

1. Schedule your appointment for one hour and be prepared to arrive on time and use the entire hour. One hour per person (not one hour per couple).
2. Days available for SHIP appointments begin October 16 and end December 4. Hours are Tuesday - Thursday 10:00am-2:00pm.
3. **Bring your Medicare Card (the red, white, and blue one) and the You Book you received in the mail.**
4. **Bring a complete list of your PRESCRIPTION drugs by name, dosage, and frequency.**
5. Bring all the cards you use for any of your health care when you see your doctors.
6. Know your monthly income to see if you qualify for any subsidies.
7. If you do not have the needed materials with you, you will be asked to reschedule your appointment.

How do I schedule with a SHIP Counselor for Medicare AEP?

1. Call Shelby Senior Services at 317-398-0127. Inform them that you want to schedule a Medicare Annual Enrollment appointment with a SHIP Counselor.
2. If you prefer a phone appointment, this is when you tell them.
3. You will be asked: your name, your phone number, and what you are wanting to review. Do you only want to review your prescription drug plan or do you want to review your medical, dental, and/or Advantage Plan, or all of the above?

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

You will be responsible for remembering your own appointment. You will not be receiving reminder calls prior to your appointment. If you need to cancel or reschedule your appointment, call Shelby Senior Services at 317-398-0127 for assistance.

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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- ✓ **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

FALL INTO WELLNESS: Mind, Body, & Spirit

As the leaves change color and the air turns crisp, October is the perfect time to reflect on our well-being. This month, let's focus on nurturing our minds, bodies, and spirits.

Mental Wellness: Embracing Change Autumn is a season of transition. Sometimes, we face transitions in our own lives, such as changes in health, family dynamics, or living situations. These changes can be challenging, but they also present new opportunities. Indiana put into place a new number (9-8-8) to use in case of anyone experiencing mental health-related distress, or emotional distress of any kind. You can ALWAYS, if needed, call 9-1-1; however, this was implemented for other types of calls, texts or chats to give instant access to trained, compassionate, support for anyone experiencing mental-health or emotional distress. Join us for our Dementia Caregiver Gathering support group on Tuesday, October 21st at 1:30pm in the Gathering Room at the YMCA. We will discuss strategies for coping with change and building resilience. This group meets monthly every 3rd Tuesday at 1:30pm.

Physical Wellness: Harvest your Health Get outside: Enjoy a pumpkin-themed walk around the center's grounds or in a nearby park. Visit your favorite apple orchard or one of many fall festivals in our area. Try something new: Our Tai Chi or gentle yoga classes can improve balance and flexibility. See the full details in the Health & Wellness Section of this newsletter.

Spiritual Wellness: Gratitude in the Autumn Practicing gratitude can have a profound impact on our mood and outlook. This month, let's intentionally look for things to be thankful for. Join us every Wednesday morning at 9:15am for Bible Study with Jim. If Bible Study is not your cup of tea, we actually offer "Tea Time" with Shelbi. Enjoy tea, good company, and thoughtful conversation. Join us for a relaxing wellness class focused on self-care and connection.

Need assistance? If you are feeling overwhelmed, remember that you are not alone. Please feel free to stop by my office or call to schedule a time to talk. You can also reach out to me through e-mail at: jhundley@shelbyseniorservices.org.



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 | alz.org

Produce Pick-Up Days:

Monday, October 6
Monday, October 20
12-4pm

Needed Pantry Items

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

SHELBYGO TRANSPORTATION



Easter Hall-Beyer
Director of Transportation

“Happy Fall Everyone”
October is Fire Prevention Month...

It is that time of year for everyone to replace the batteries in your smoke detectors. If you do not have working smoke detectors in your home please reach out to your local fire department or health department.

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

Fares

Seniors 60+: Free with donations accepted
Under 60: \$4 per boarding within city limits,
\$7 per boarding within county

Service Hours

Weekdays: 8:00am—4:00pm

MEMBER SPOTLIGHT



Dwain Alexander

Dwain Alexander was born on January 11, 1942, in Shelbyville, Indiana. His father worked for Compton Dairy and delivered milk by horse and wagon. He would start out at midnight and cover half of his route. Sometimes when I was four and five, he would come home and pick me up. Then I would go with him on the rest of his route. It was a thrill ride. If you spent too much time at a stop, the horse would go to the next stop. When done, you would unhitch the horse, and it would run up the hill to its stall. The horse's name was Red.

When I was 11 years old, I started passing papers for the Indianapolis Times. I won four contests while passing papers. Went to Washington, D.C. two times, New York, and Niagara Falls. Took money this trip and got \$25. Had three jobs at one time. Passed papers. When I started working, I bought my clothes and school books. I would go to Bob West's clothing store and put clothes in layaway. I would open up a Christmas Club at Shelby National for fifty cents a week. This gave me \$25 to buy Christmas. I went to Addison Township school until 8th Grade, where I played basketball, softball and track. I would also set pins in a bowling alley and washed cars on the weekend. My first job in high school was working at Ross' Supermarket until I graduated in 1960. I made \$1 an hour and sometimes worked 80 hours a week. After I graduated, I followed in my father's footsteps and went to work at Compton Dairy. After Compton's, I worked for Standard Grocery for 13 years. Owned Alex's Frost Top until my parents' deceased. Owned Jackets Hive in Morristown for 15 years. Then worked at and retired from Dolly Madison. Went to work at Walmart for 13 years and finally retired.

On June 17, 1961, I married my first wife, Michelle Curtis-Brendan, and we had three children. On January 28, 2023, after 62 years of marriage, she passed away. On July 29, 2024, I married Barbara Hoban. I was working at Walmart when I met her. We had a lot in common, and I fell deeply in love with her. We were the first couple to get married at the senior center. Barb finally convinced me at the age of 83 to finally quit working.



Carol McDaniel
Travel Coordinator



Travel Show

6:30pm

Thursday, October 30, 2025

2120 Shelby Senior Services, Inc.
Intelliplex Drive, Suite 101
Shelbyville, IN

Find out more about the 2026
travel season. Sign up to attend at
the SSS front desk or by calling
317-398-0127.



HEALTH & WELLNESS



Shelbi Smith
Health & Wellness Coordinator

Happy Fall, Everyone! October is here, bringing crisp mornings, colorful leaves, and a full month of fun, fellowship, and wellness at Shelby Senior Services.

We're excited to share all of the wonderful programs and events happening this month. Don't forget, many of our events require sign-ups to make sure we have enough supplies, so please stop by the front desk to secure your spot!

This month, Tea Time will be held on October 6th and October 20th at 10:00 am. This is the perfect opportunity to enjoy a warm cup of tea, light snacks, and friendly conversation with others. To make sure there are enough snacks for everyone, please remember to sign up in advance at Shelby Senior Services.

Our Crockpot Creations class will take place on Monday, October 20th at 1:00 pm. This month's class will feature a delicious fall-inspired meal. This is a sign-up only class and space is limited, so please make sure to reserve your spot by October 6th. Participants will enjoy a tasting, receive a printed recipe, and take home ingredients to make the dish themselves. Cut-off for this class will be on October 13th, don't forget to sign up before all spots are filled!

New this October, we are thrilled to host a Football Pep Rally tailgate party! October 13th at 1:00 pm, put on your favorite sports gear and bring along your favorite football game day snack to share. This event will include fun, active games that will have you feeling like you're out there on the field. Be sure to sign up at the front desk and let us know what snack you'll be bringing to the celebration.

On Wednesday, October 22nd at 2:00 pm, we will also be offering Chair Yoga. This gentle class is perfect for all fitness levels and provides a wonderful way to stretch, breathe, and relax. Chair Yoga helps improve flexibility, circulation, and overall well-being. This class is sign-up only, so please sign up before the day of the event at the front desk.

Autumn is a wonderful season to focus on health and wellness! From staying active with Chair Yoga, to fueling your body with Crockpot Creations, and connecting socially through Tea Time and the Pep Rally Potluck. October is filled with opportunities to care for your mind, body, and spirit. As the days grow shorter and the weather cools, remember to make time for yourself: enjoy a walk among the fall leaves, try a new seasonal recipe, or take a moment of relaxation with a warm drink. We look forward to seeing you at Shelby Senior Services this October as we celebrate wellness, joy, and community together!

Health & Wellness Highlights:

Tea Time—Monday, October 6th at 10:00 am &
Monday, October 20th at 10:00 am
Sign-up required in advance at Shelby Senior Services

Crockpot Creations—Monday, October 20th at 1:00 pm Reserve spot by: **October 6th**
Final sign-up cut-off: **October 13th**

Football Pep Rally Potluck—Monday, October 13th at 1:00 pm. Sign-up required at front desk; please note what snack you'll bring

Chair Yoga—Wednesday, October 22nd at 2:00 pm.
Sign-up required before the day of the class

Rock Steady Boxing—Every Tuesday & Thursday at 4pm

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Feel free to stop by our office at 1728 State Road 44, Shelbyville, IN 46176. Our dedicated staff is ready to answer any questions you may have and provide the support you need regarding our services.



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SHELBYVILLE HORIZON CENTER



Crystala Evans
Shelbyville Activity Coordinator

Fall is in the air! Things are always changing and Fall is a time when change is most evident. Make sure to dress in layers each day so that you can stay at your desired temperature. Sweaters and cardigans are always good to have in case the temperature changes during the day. I want you to be comfortable. Come out and visit– the coffee is hot and the company is like family.

This year has passed by quickly and we have all been very busy. We have decided to not have a Holiday Bazaar this year. Instead we are going to be offering Pop-Up Shop Friday's for anyone that is interested. Please contact, Crystala Evans, Activity Coordinator if you want to reserve a spot for a Pop-Up. There is no cost for the spot.

We are going to be having a Halloween Party on Monday, October 27th . DJ Moxy will be here playing music and we are going to do a little Monster Mash of our own. There will be a "Costume Contest" as well. We will have a voting system for the overall Best Costume which will be voted on by our seniors. I know we have a lot of creative seniors who will want to join in on the fun. The winner will receive a prize and be crowned the 2025 Best Halloween Costume WINNER!!! It is sure to be a fun filled day that you are not going to want to miss.

Christmas card submissions are starting this month. Please send me your card submission for consideration. We have Tuesdays at 1:00 PM set aside for you to join in and work on your Christmas card submissions for the contest. Christmas card submissions are due by November 14th .

We will be decorating our tree and space at the Grover Museum at 1:00 p.m. on November 3rd. Come join us as we make our tree come to life with our display. The theme this year is Fictional Super Heroes. This year we are going to be decorating our tree with superheroes in mind. Inquire today as to how you can participate or what items we might need for our tree.

Birthday Club – Are you a member of our Birthday Club? This is an opt-in perk of membership. If you want us to recognize your birthday you need to fill out a Birthday Club form at the front desk. We will send you a birthday card, put it in our newsletter, and add it to our slide show. We know that not everyone wants to celebrate their birthdays publicly – so you have to fill out the form to have it recognized.

Activity supply donations can be made at the front desk. Refer to the list in the newsletter for the center's needs. It changes each month. Please see the front desk to have them record your donation. These are very important to show what it costs to run our facility. We appreciate your support and donations.

October is my Anniversary month! I have been serving at Shelby Senior Services for 7 years now. I guess it is true – time flies when you are having fun. As I being my 8 th year - I am thankful that I have been blessed to serve such wonderful souls. You continue to inspire me to live a meaningful life, take nothing for granted, and always do my best. Thank you for sharing your time with me. There are no perfect words to describe the amount of love I have for each of you. You are such a blessing to my life.

Warm Regards,
Crystala Evans, ADC
Shelbyville Activity Coordinator

HAPPY
Birthday

*Daniel Majeed 1 st
Ginny Reffey 4 th
Steve Holzhausen 8 th
Joyce Smith 9 th
*Carol McDaniel 12 th
*Jim Kosinski 17 th
Mary Cadieux 22 nd
Kathy Boska 25 th

ACTIVITY HIGHLIGHTS

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

* denotes that you MUST sign up at the Front Desk prior to the event date

***Taking Appointments for - Tell Your Story – Make Your Mark**

We are going to be continuing our Oral History recordings and we want to hear your story. We are interviewing all seniors over the age of 60. This is a great way to tell your story and we will archive it as a part of the History of Shelbyville. During your lifetime you have seen many great things, accomplished great achievements, and overcome many obstacles. Please contact Crystala Evans at 317-398-0127 to reserve a slot to tell your story. Crystala can schedule you for your recording at your convenience. We would love to have you become a part of history!

***October 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 October 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 October 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.

***Thursday, October 2nd at 1:00 p.m. SCRABBLE** We are going to rack our brain and come up with our best words in SCRABBLE. This is always a fun game, and everyone can play.

Friday, October 3rd at 9:00 a.m. Fun Friday - Snoopy Day We are going to celebrate Snoopy Day! Do you have a favorite Snoopy shirt, sweatshirt, or Snoopy item that you would like to share. Our Bingo sponsor is the Willows of Shelbyville.

***Monday, October 6th at 1:00 p.m. Halloween Craft –**

FREE We are going to be making Halloween Sugar Skulls. This is a FREE craft. Please sign-up in advance as space is limited. Open to 10 participants. All supplies will be provided. Come get crafty!

***Tuesday October 7th, 14th, 21st, and 28th at 10:00**

a.m. Caffeinated and Connected Sessions We are going to be playing a different game each week. We will start with Yahtzee, then play Sorry, Phase 10 and Uno. Please sign up so that we know how many treats to buy for the class. You can attend one or all game weeks, but do sign up in advance.

***Wednesday, October 8th at 11:30 a.m. Lunch and Learn – Arthritis of the Hip and Knee – COST \$5**

Kyle Stoops, Hip and Knee Surgeon from the Indiana Orthopedic Institute will be here to discuss Arthritis of the Hip and Knee. Lunch will be a Chili Cook-Off. We will have chili with all the fixings, peanut butter sandwiches, dessert and a drink. Cost is \$5. You must R.S.V.P. at the front desk by October 7th. The cost is \$5 and there is room for 30 people.

***Thursday, October 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 and Day Passes are available. Robert Moore from Defender Financial will be here with donuts. Please sign up in advance so that we have enough donuts available.

Thursday, October 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 “The Mystery of Mrs. Christie” by Marie Benedict. Everyone is meeting in the Meeting Room this month. All center members are welcome.

Thursday – October 9th at 1:00 p.m. – Movie “Knives

Out” We are going to be showing “Knives Out” featuring Daniel Craig. This movie is 2 hours and 10 minutes. Come and enjoy a movie and some popcorn!

ACTIVITY HIGHLIGHTS

***Friday, October 10th at 9:00 a.m. Day Trip – Fall Train**

Ride We are going to be taking a Fall Train Ride. Bus departs the center at 8:30 a.m. Room for 13 people. Cost is \$30. Cost of lunch is at your expense. We will take the train on a 2-hour ride to see the fall foliage. Then go for lunch. You are not going to want to miss this!

Friday, October 10th at 9:00 a.m. Fun Friday - Handbag

Day Bring your favorite handbag to show off your style. Are you a big purse, small purse, or a sling bag person? We will also be celebrating October birthdays. Our cupcake sponsor is Jan Myers. Our Bingo sponsor is Ashford Place Health Campus.

***Monday, October 13th at 1:00 p.m. Football Tailgate**

Party We are having a Football Tailgate Party! Crystala and Shelbi have planned a fun afternoon of games, snacks and fun. Test your football knowledge, score a field goal and win fun prizes in the process. We hope you will join us. Please Sign-up at the front desk so that we know how many people are coming.

***Wednesday, October 15th at 8:00 a.m. Day Trip to Bridge**

Festival in Parke County Cost is \$5 Rise and Shine - let's board the bus to beautiful Parke County for their annual Bridge Festival. Bring a buddy because you are on your own to explore the entire festival. This trip includes a lot of walking on uneven grassy surfaces. Crowds of people gather for this festival, and there is a lot to see and do. Bring CASH to spend. This is open to Senior Services members. If you are not a member – you can buy a Day Pass for an additional \$5 as long as you are over 60 years old. Room for 12 participants.

***Thursday, October 16th at 1:00 p.m. Trivia and Treats**

with Chuck Winslow Come ready to enjoy a taste of Fall. We are going to enjoy some fun Fall treats. Chuck Winslow will be here to share a fun afternoon.

***Thursday, October 16th at 3:00 p.m. Music and a Meal – Highway 46 Band Cost is \$7**

We are going to be welcoming Highway 46 Band to our center. Music at 3:00 p.m. and Meal at 4:00 p.m. The meal will be meatloaf, parsley carrots, mashed potatoes with gravy, rolls with butter, brownies, and a drink. The meal is limited to 50 people, so sign up early. Cost is \$7 per person for members.

Friday, October 17th at 9:00 a.m. Fun Friday – Football Fan

Day We are going to celebrate Fun Friday by celebrating Football Fan Day. Wear your favorite football team attire

Are you a Colts fan? Wear your blue and white. Bring a treat to share that would be great for tailgating. Our prize table sponsor is Morristown Manor.

***Monday, October 20th at 1:00 p.m. Day Trip to the**

Pleasant View Apple Orchard We are going to take an afternoon trip to the Pleasant View Apple Orchard. Save your appetite because they have all sorts of yummy apple treats to purchase. You can buy apples, pumpkins, cider and more. No cost, room for 14 people.

***Thursday, October 23rd at 1:00 p.m. Urogynecology**

Presentation with Dr. Christa Lewis, DO We will welcome Dr. Christa Lewis to our center to discuss over active bladder, stress urinary incontinence, UTIs, vaginal estrogen and prolapse. Do you have issues with incontinence? You can have a simple procedure that will change your life.

Friday, October 24th at 9:00 a.m. Fun Friday - Halloween

Orange and Black Pre-Party Wear your black and orange, or Halloween-themed attire, for this Fun Friday. We are going to play Halloween-themed Bingo too! Feel free to bring a trick-or-treat to share with the group. Our Bingo prize table sponsor is Compass Park.

***Monday, October 27th at 1:00 p.m. Halloween Dance**

and Karaoke with DJ Moxy Come ready to do the Monster Mash and the Time Warp. Snacks will be a pitch-in. Bring a snack to share. Music by DJ Moxy. We will have lots of Tricks and Treats going on at the Horizon Center the week of Halloween.

Wednesday, October 29th at 1:00 p.m. Finish The Grover

Tree Decorations We are going to be finishing the Grover Tree Decorations today. Come out and help us get the finishing touches ready.

***Friday, October 31st at 12:00 p.m. Fun Friday -**

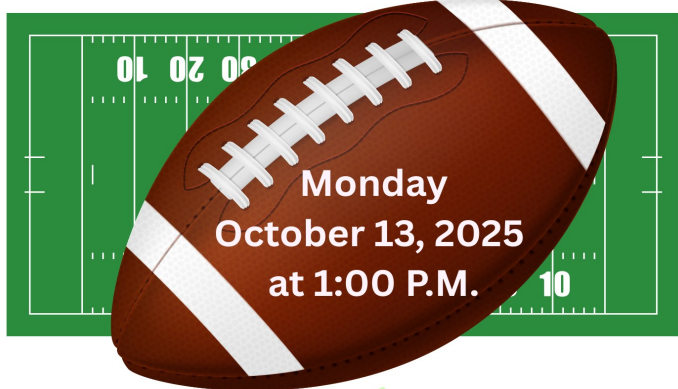
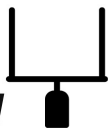
Halloween Halloween Fun Friday is always a treat! You can come dressed in costume for Bingo and wear it all day and into the spooky night. We hope you have a howling good time. Bring a trick or a treat to share with the group. If Halloween costumes are not your thing – wear something orange and black.

***Tuesday, November 4th at 1:00 p.m. Decorate the Grover**

Tree We are going to be decorating our Tree at the Grover Museum. Our theme this year is Fictional Super Heroes. We are going to represent super hero power with our tree and decorations.



JOIN US FOR A FOOTBALL TAILGATE PARTY

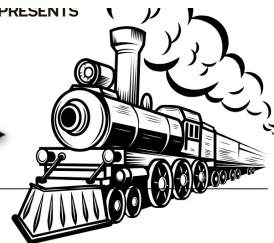


Join us for a Football Tailgate Party. We will have games, food and fun! Come play football field goal, trivia and more. You can win prizes.



Bring Your Favorite Appetizer or Snack to Share and Join the Fun!

SHELBYSENIORSERVICES.ORG



Day Trip - Fall Train Ride

OCTOBER 10, 2025
BUS DEPARTS 8:30 A.M.

ALL ABOARD THE WHITEWATER VALLEY RAILROAD FOR A BEAUTIFUL FALL ADVENTURE

**COST IS \$30 PER PERSON
LIMITED TO 13 PARTICIPANTS
OPEN TO SENIOR SERVICES
MEMBERS**



We will have lunch at the Ole Rooster. Price of your lunch is at your expense.

FOR MORE INFORMATION
CALL 317-398-0127

2120 INTELLIPLEX DRIVE, SUITE 101
SHELBYVILLE, IN 46176

WWW.SHELBYSENIORSERVICES.ORG



Lunch and Learn Arthritis of the Hip and Knee



Wednesday October 8, 2025

Lunch Served at 11:30 P.M. - Cost \$5
Presentation from 12:00 P.M. to 1:00 P.M.

We are having a Chili Cook-Off

Come enjoy some chili, all the fixings, peanut butter sandwiches and dessert. Join us as we welcome Kyle Stoops, Hip and Knee Replacement Surgeon from the Indiana Orthopedic Institute. The focus will be on arthritis

of the hip and knee.

Limited to 30 people
Deadline to sign-up is
Tuesday, October 7th



Call to reserve
your spot
at 317-398-0127

2120 Intelliplex Drive, Suite 101
Shelbyville, IN 46176
www.shelbyseniorservices.org



HALLOWEEN DANCE PARTY

OCTOBER 27, 2025 | 1:00 PM

COME DRESSED IN YOUR FAVORITE HALLOWEEN COSTUME READY FOR SOME TRICKS AND TREATS

Winner of the Costume Contest will receive a Prize

DJ MOXY WILL BE HERE WITH THE MONSTER MASH MUSIC, BRING A SNACK TO SHARE

FOOD * COSTUME CONTEST * MUSIC * DANCING

2120 INTELLIPLEX DRIVE, SUITE 101
SHELBYVILLE, IN 46176

COST IS FREE



OCTOBER ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 9:00 Tech Savvy Seniors 1:00 Mah Jongg 1:00 You Are The Author	30 10:00 Caffeinated & Connected 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 9:30 POKENO 10:00 Tai Chi 1:00 SCRABBLE	3 9:00 Fun Friday – Snoopy Day 9:30 BINGO by Willows 1:00 Euchre 1:00 Dominoes
6 Produce Pick-Up 9:00 Tech Savvy Seniors 10:00 Tea Time 1:00 Mah Jongg 1:00 Halloween Craft - FREE	7 Taco Day 10:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	8 National Chili Week 9:15 Bible Study with Jim 11:30 Lunch and Learn – Arthritis of the Hip & Knee Chili Cook-Off Cost \$5 1:00 Hand and Foot Game	9 9:00 Coffee with The Mayor 9:30 POKENO 10:00 Tai Chi 1:00 Book Club – Meeting Rm 1:00 Movie Matinee	10 October Birthday Party 8:30 Day Trip – Fall Train Ride COST \$30 9:00 Fun Friday – Handbag Day 9:30 Bingo by Ashford Place 1:00 Euchre & 1:00 Dominoes
13 9:00 Tech Savvy Seniors 1:00 Mah Jongg 1:00 Football Tailgate Party	14 10:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	15 8:00 Day Trip – Bridge Festival Cost \$10 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game	16 9:30 POKENO 10:00 Tai Chi 1:00 Trivia & Treats with Chuck 3:00 Music and a Meal – Hi Way 46 Band Cost \$7	17 9:00 Fun Friday – Football Fan Day 9:30 Bingo by Morristown Manor 1:00 Euchre 1:00 Dominoes
20 Produce Pick-Up 9:00 Tech Savvy Seniors 10:00 Tea Time 1:00 Crockpot Class 1:00 Day Trip to the Pleasant View Apple Orchard	21 10:00 Caffeinated & Connected 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 Yoga	23 9:30 POKENO 10:00 Tai Chi 1:00 Urogynecology Presentation with Dr. Christa Lewis	24 9:00 Fun Friday – Orange and Black 9:30 BINGO by Compass Park 1:00 Euchre 1:00 Dominoes
27 9:00 Tech Savvy Seniors 9:00 Mah Jongg 1:00 Halloween Dance and Karaoke Party	28 Chocolate Day 10:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	29 9:15 Bible Study with Jim 1:00 Hand and Foot 1:00 Finish Grover Tree Decorations	30 9:30 POKENO 10:00 Tai Chi 1:00 SCRABBLE	31 Halloween 9:00 Fun Friday – Halloween 9:30 BINGO 1:00 Euchre 1:00 Dominoes

October 2025



Monday	Tuesday	Wednesday	Thursday	Friday
29 Smothered Chicken Breast w/Gravy White & Wild Rice Key West Veggies Wheat Roll Birthday Treat Milk	30 Chicken & Noodles Rosemary Potatoes Broccoli Wheat Roll Diced Pears Milk	1 Beef Stroganoff w/ Egg Noodles Italian Cut Green Beans Diced Carrots Wheat Roll Fresh Orange Milk	2 Scrambled Eggs Pork Sausage Roasted Potatoes Wheat Bread Spiced Peaches Milk	3 Chicken & Noodles Rosemary Roasted Potatoes Broccoli Wheat Roll Diced Pears Milk
6 Produce Pick-Up Grilled Hamburger Mac & Cheese Festive Green Beans Diced Pears Wheat Bun Milk	7 Cheese Lasagna w/ Veggie Marinara Capri Veggies Lima Beans Wheat Roll Diced Pineapple Milk	8 Lunch And Learn Chili Cook-Off Cost \$5	9 Orange Chicken White Rice Pilaf Broccoli Tropical Fruit Cup Milk 	10 Swedish Meatballs Broccoli Diced Carrots Brown Rice Wheat Bread Mixed Fruit Milk
13 Braised Beef Over Egg Noodles Collard Greens Diced Carrots Wheat Roll Applesauce Milk	14 Oven Fried Chicken Whipped Sweet Potatoes Collard Greens Orange Juice Milk	15 Bagel w/Egg, Pork Sausage & Cheese Sliced Apples Roasted Sweet Potatoes Milk	16 Chicken Adobo White Rice Pilaf Lima Beans Diced Pineapple Milk	17 Potato Pollock Peas and Corn Turnip Greens Wheat Bread Tropical Fruit Milk
20 Produce Pick-Up Chicken Parmesan Parmesan Cheese Apples w/Cherries & Almonds Roasted Potatoes Wheat Bread Diced Mangos Milk	21 Teriyaki Chicken & Noodles Stir Fry Veggies Fresh Orange Milk	22 Sloppy Joe WG Bun Roasted Sweet Potatoes Brussel Sprouts w/ Onion Diced Pineapple Milk	2 Sliced Turkey over Southwest Pasta Broccoli Peas Chocolate Pudding Milk	254 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 Ginger BBQ Chicken Whipped Sweet Potatoes Collard Greens Wheat Bread Diced Pears 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 Aging & In-Home Solutions at the Shelbyville Horizon Center Monday-Friday.

Reservations are made by Tuesday at noon for the following week. You can make a reservation by calling 463-777-1239 or sign-up during the lunch hours of 10:30am-12:30pm. If you are unable to make your reservation, please call to let us know by 10am that day.

Activity Center Needs:

Halloween Party Snacks
Hot Cocoa Packets
Square Napkins
Small Plates
Individually wrapped snacks

Are you interested in advertising
in the Horizon Newsletter?

Contact Liz Renton at 317-398-0127 or
lrenton@shelbyseniorservices.org

Legal Aide Services:

A paralegal from the Indiana Legal Services: Senior Law Project come to Shelby Senior Services the third Thursday every month. To schedule an appointment with the paralegal, call 317-398-0127.

SHIP Services:

The State Health Insurance Assistance Program (SHIP) is a free and impartial counseling program for people with Medicare. To schedule an appointment, call 317-398-0127.

Tax Services:

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

UROGYNECOLOGY PRESENTATION

October 23, 2025
at 1:00 p.m.

DR. CHRISTA LEWIS, DO

Dr. Christa Lewis, is a fellowship trained Urogynecologist and Board-certified OB/GYN with MHP OB/GYN. She specializes in pelvic organ prolapse, urinary incontinence, fecal incontinence, and painful bladder syndrome. Urogynecology is a branch of medicine that deals with gynecology and obstetrics that involves female pelvic medicine and reconstructive surgery.

JOIN US AS WE DISCUSS:

Overactive Bladder

Stress Urinary Incontinence

Urinary Tract Infections

Vaginal Estrogen

Prolapse



MORE INFORMATION

(317)398-0127

www.shelbyseniorservices.org

2120 Intelliplex Drive, Suite 101
Shelbyville, IN 46176

MHP MAJOR HEALTH
PARTNERS



WALDRON

Join us at the Waldron Horizon Center!

Located at the Waldron Baptist Church, 112 Grant St. Waldron, IN. Open Tuesdays from 10:00 am-2:00 pm.

10:00—Coffee & Chat

11:00-11:45—Exercises

11:45—Lunch (cost \$5)

October 7

Lunch: Biscuits and gravy, bacon, and fruit

Activity: Cards & Games

October 14

Lunch: Ham & cheese sliders, tater tots, salad, and dessert

Activity: Cards & Games

October 21

Lunch: Chili, peanut butter sandwiches, veggies, and dessert

Activity: Cards & Games

October 28

Lunch: Pizza, breadsticks, salad, and dessert

Activity: Cards & Games

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 & Chat

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

12:00—Lunch (cost \$5)

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

October 1

Lunch: Pizza and Baked Potato bar, sides and dessert

Activity: Bingo with prizes

October 8

Lunch: Tortellini soup, sides and dessert

Activity: In the Know

October 15

Lunch: Ham and Beans with Cornbread, sides and dessert

Activity: All About your pet Day

October 22

Lunch: Smoked Sausage with green beans/potatoes, sides and dessert.

Activity: Fall themed Craft with Mary Ann

October 29

Lunch: Chicken and rice casserole, sides and dessert.

Activity: Memory Games

DONATIONS

Thank you to our donors:

Kenneth Sedam	
Kimberly Thompson	Lee & Janet
Louis & Pat	McDaniel
Alexander	Jane Sparks
Marjorie Kuhn	Betty Zoelzer
Valerie Donica	Bonnie Scott
Joyce Cummings	Jane Sparks
Judy Eads	Sandra Schoentrup
Lynne Taska	

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

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, All Center Donors, Your Way Catering, Indiana, Tim and Janice Conway of Blue River Stained Glass, Salvation Army, Kopper Kettle, CVS, Walgreens, CICOA, Shelby Go, Horizon Center Committee Members, Dementia Friends of Indiana, Alzheimer's Association, SCUFFY, and Blue River Community Foundation.

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.

9:30-10:00—Coffee & Chat

10:00-11:00—Exercise with Shelbi Oct. 2 & 16

Chair Volleyball Oct. 9, 23 & 30

11:00-12:00—Games, bridge, cards, puzzles, etc.

11:00-12:00—Bible Study

12:00—Lunch (cost \$5) *make reservations Tuesday prior

October 2 First Thursday Euchre

Lunch: Dog Days of Summer...Grilled Big Fat Hot Dogs,
Coney Sauce, Sides and Dessert

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

1:00 Crock-Potting Conference Room with Shelbi

October 9 "Shot - Glass - Medicare"

11:00- 12:30 FLU SHOTS bring your Medicare card

Lunch: Chicken Alfredo Casserole, Broccoli, Salad, Garlic bread & Dessert

1:00 Lots of folks have collected, been gifted or purchased a piece of Fenton Glassware. If you have a piece at home, bring it today! Don Rabourn will be bringing part of his collection...perhaps we will have something he has not seen!

1:45 Bruce Mueller will be here with all of the updates on Medicare, just in time for the October enrollment. He will present with Medicare Bingo and prizes for all!

October 16 "Music - Hickory Wind Ensemble"

Lunch: Kathy's Meatloaf, Baked Potatoes, Greenbeans & Dessert

1:00 Hickory Wind Ensemble is made up of Karol Wainscott (guitar & vocals), Bob Mason (guitar & mandolin and Jeanie Brown (bass) , three very talented musicians that play a little bit of everything you like! ... a little country, a little bluegrass, a little gospel, a little standards from the past 60 years...a lot of "littles" adding up to "A WHOLE LOT" of great music!!! You will love 'em!

AD BOARD FOLLOWING

October 23 "Courtesy of Ashford Place"

Lunch: Chicken and Noodles, Sides and Dessert

1:00 From the lunch prepared by their chef, to the Bingo game with prizes they provide...this day is brought to you by Ashford Place Senior Living. Dawn Taylor will be here to tell us and show us just why this may be a good spot for you to consider someday, when your home just gets a little too big or you just need a little extra help with daily living. Our own Betty V. lives there in a villa home!

October 30 Trick or Treat ????

Lunch: "Goul-lash, Witches Fingers and Haunted Sides and Desserts " (including kitty litter cake)

1:00 Program...Trick or Treat?...only Kathy knows for sure...come and be surprised.



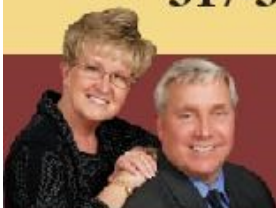
Freeman Family Funeral Homes Crematory & Monument Service



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Shelbyville, IN 46176
317-392-2555



124 E. North Street
Morristown, IN 46161
765-763-6321



Mike & Lana Freeman - Owners

www.freemanffh.com



Ryan, Sarah, Reese & Jameson Haehl

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2120 Intelliplex Dr. Ste. 101
Shelbyville, IN 46176

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