



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 2026

So Long Summer



Welcome Fall



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

Horizon Center Coordinators

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Kathy Miller, Fairland
Vivian Scott, Morristown

Program Staff

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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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Daniel Majeed	Roger Burt

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“Serving seniors, improving lives.”

LETTER FROM THE DIRECTOR



Liz Renton
Executive Director

The end of September wraps up the summer season and we're onto fall, holidays, and cool weather. This past season was one of our busiest. We've had so many outdoor events enjoying the weather kicking it off with our Strawberry Festival and moving on to picnics in the park, hikes, day trips, and even flamingo races. But, there's no slowing down into October at Shelby Senior Services. In fact, the holidays tend to be our busiest months. This October brings us the Bridge Festival, Chili Cook-Offs, and costume parties. At the beginning of November, we will host Puzzle Palooza with Energy to Action on the 7th. If you have not joined or observed a jigsaw puzzle competition, now is the time! There are options to compete as a team of 1 to a team of 4 throughout the day. All proceeds benefit Shelby Senior Services. In the coming months, be sure to look out for our holiday favorites like decorating the Grover Tree, the Christmas Parade, and the annual Christmas Dinner.

MEMBERSHIP

Shelby Senior Services Membership

By becoming a member, you are helping to support activities, services, and programs that help our community thrive.

Memberships are required to attend activities at any Horizon Center. Services and CICOA lunches do not require a membership.

Annual Fees

\$50 per year: Access to Shelbyville, Fairland, Morristown, and Waldron Horizon Centers
*\$50 annual fee required for Shelbyville

\$25 per year: Access to one designated Horizon Satellite Center: Fairland, Morristown, or Waldron

Membership Discounts

Show your Horizon Center Membership Card at these businesses and receive the following discounts:

Applebee's: 10% discount

Bookmark Cafe & Three Sisters Books & Gifts:
10% discount

Elegant L: 10% discount on Merle Norman
Cosmetics

Kopper Kettle Inn Restaurant: 20% discount on a
chicken dinner served family style; not honored
on a holiday or live entertainment events

Mathies Landscaping: 10% off retail
merchandise

The Chicken Inn: 10% discount



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SOCIAL SERVICES



Jessie Hundley
Social Services Coordinator

As the leaves turn vibrant shades of amber and gold, we are officially embracing everything this beautiful season has to bring.

Caregiving is a journey of profound love, but it can also be incredibly isolating. We want to encourage our community members to participate in **Virtual Dementia Tour**, and our monthly **Caregiver Support Group**. You do not have to walk this path alone. We offer a safe, confidential space to share your frustrations, celebrate small victories, and exchange practical advice with peers who truly understand the daily realities of dementia care. Whether you are caring for a spouse, a parent, or a dear friend, you belong here.

3 Reasons to Join Us:

1. Shared Wisdom: Learn real-world tips from other caregivers on managing medication, handling behavioral changes, and navigating family dynamics.

2. Professional Guidance: As the staff social service coordinator, I will be on hand to provide resources for respite care, home health referrals, and long-term planning.

3. Emotional Relief: Sometimes, simply hearing the words "me too" is the greatest relief a caregiver can experience. Come pour a cup of coffee and let us support you.

Finally, as we spend more time indoors, I want to remind everyone of the vital role social connection plays in our overall well-being. Seasonal transitions can sometimes bring feelings of isolation or seasonal blues. I encourage you to join us for our daily CICOA lunches (M-F), participate in an afternoon activity, or take advantage of our local ShelbyGo transit to get out and about.

If you are facing a difficult season, need a listening ear, or require a referral for in-home care services, my door is always open. Let's make this a safe, warm, and connected autumn together.



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

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Homebound Senior Pantry Deliveries:

10/8 & 10/22

Commodity Box Pick Up: 10/26 @ 1-3p

Support Group: 10/20 @ 1:30p

HAPPY
Birthday

*Daniel Majeed 1st
Ginny Reffey 4th
Linda Crawford 6th
Nola Rogers 6th
Steve Holzhausen 8th
Joyce Smith 9th
*Carol McDaniel 12th
*Jim Kosinski 17th
Karen Wicker 19th
Mary Cadieux 22nd

SHELBYGO TRANSPORTATION



Easter Hall-Beyer
Director of Transportation

How does ShelbyGo schedule rides?

Shelby Go runs on a monthly schedule. As one month ends, the schedule for the following month opens. Rides are scheduled on a first come first serve basis. We are very sorry that we cannot meet everyone's needs at the time of their request. We ask that you be kind and courteous to the person that is scheduling your ride. We do ask that you call as soon as you possibly can with your appointments. Thank you in advance.

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

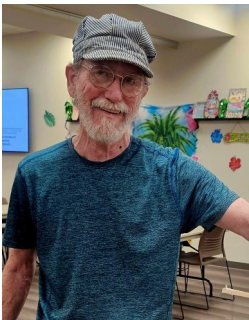
Fares

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



John Ketchum

If you appreciate the beauty of finely crafted furniture, you have likely marveled at the work of John Ketchum. Born in Rushville, Indiana in January 1955, John's legendary work ethic started early. At just 11 years old, his very first job was helping his father deliver milk—a hard day's work that earned him exactly one quarter and a cold quart of chocolate milk. That early grit followed him through high school, where he played outside linebacker, to the U.S. Air Force, where he served as a jet engine mechanic. After his military service, John traded jet engines for woodworking, embarking on a remarkable 45+ year career shaping Indiana's furniture industry. His journey reads like a history book of regional craftsmanship, starting at Schnadig Furniture Corporation where he spent 15 years mastering the fundamentals of furniture manufacturing. Then on to RomWeber in Batesville, Indiana where he dedicated himself to the precision and artistry required for high-end, fine furniture. Then on to Old Hickory Furniture, where he worked with raw, natural materials, crafting iconic pieces from rustic hickory saplings. Armed with decades of elite experience, John founded Wood's Rustic Furnishings. As a skilled artist and master craftsman, John found his true calling combining historical barn wood and raw nature. His creations—ranging from residential masterpieces to custom commercial and campground installments—are known for their lasting quality, turning reclaimed timber into functional sculptures and timeless conversation pieces. Behind every great craftsman is a deep love for family. John is a proud father to his sons Johnny, Jared, Jason, Jeff, Lucas, and Logan, and his daughter, Leslie. Today, his legacy lives on through his numerous grandchildren and great-grandchildren, and he carries with him the beautiful memory of his late wife, Rochelle. At 70 years old, John has officially semi-retired from his lifelong passion. While he may be stepping back to enjoy the fruits of his labor, the masterpieces he created will continue to bring beauty and history into homes and retreats for generations to come.

"Life is but a dream come true, I feel mine has and now it's time to share those dreams." — John Ketchum



Carol McDaniel
Travel Coordinator



Travel Show

6:30pm

Thursday, October 29, 2026

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

Event is free

**Come find out what is scheduled
for the 2027 season! Seating is
limited, you must call 317-398-0127
to reserve your spot.**



HEALTH & WELLNESS



Shelbi Smith

Health & Wellness Coordinator

October is full of opportunities to stay active, enjoy the beautiful fall season, and spend time with friends at Shelby Senior Services. From Tai Chi and walking to a murder mystery adventure, cooking, games, and Halloween fun, we have something for everyone this month. Most activities require sign-ups, so please stop by the front desk of Shelby Senior Services to reserve your spot.

Tai Chi – Every Monday at 10:00 a.m. Join Shelbi every Monday at 10:00 a.m. for a guided Tai Chi class at Shelby Senior Services. Tai Chi uses gentle, controlled movements to help improve balance, flexibility, strength, and overall well-being. The class is designed to be comfortable and welcoming, so come move at your own pace and start your week with us.

Murder Mystery Hike & Picnic – October 7th at 10:00 a.m. Get ready for a fall adventure at Pleasant View Apple Orchard! We will walk through the orchard while working together to follow clues and solve a fun murder mystery, followed by a picnic lunch. This activity requires **a lot of walking with limited opportunities for rest**, so please plan accordingly and wear comfortable walking shoes and weather-appropriate clothing. Come enjoy the fall scenery, put your detective skills to the test, and see if you can solve the mystery!

Healthy Cooking: Lasagna Pitch-In Lunch – October 12th at 11:30 a.m. Healthy Cooking looks a little different this month! Since CICOA will not be serving lunch that day, our Healthy Cooking class will take its place. We will be having a **Lasagna Pitch-In Lunch**, so please bring one of your favorite side dishes to share. Come enjoy lasagna, try different sides, share a meal with friends, and spend some time together around the table.

Fall Cornhole Tournament – October 14th at 1:00 p.m. It's time for some friendly fall competition! Join us at Shelby Senior Services for our Fall Cornhole Tournament. Whether you are an experienced player or have never tossed a bag before, you are welcome to participate. We'll enjoy some laughs, friendly competition, and plenty of social time. We plan to play outside, weather permitting, and will move the fun indoors if needed.

Halloween Party at Cadillac Jack's – October 19th at 12:00 noon Put on your best costume and meet us directly at Cadillac Jack's for our Halloween Party! Join your friends for lunch, Halloween fun, games, and plenty of laughs. Cadillac Jack's will have its **\$10 senior lunch special** available. Costumes are encouraged, so have some fun dressing up and bring a friend along! Transportation is on your own, and we will meet directly at Cadillac Jack's.

Pins & Pumpkin Bowling Bash – October 21st at 1:00 p.m. Come roll, score, and have some fun at our **Pins & Pumpkin Bowling Bash**! We'll be playing Wii Bowling, which offers all the excitement of bowling with less physical strain than traditional bowling. It is a fun way to stay active, socialize, and enjoy a little friendly competition. Seniors of all activity levels are welcome, so come see how many strikes you can roll!

Walking Wednesday – October 28th at 1:00 p.m. Finish the month by getting your steps in with our Walking Wednesday program at Shelby Senior Services. Enjoy some fresh fall air, movement, and conversation while walking with friends. We plan to walk outside, weather permitting, and will move indoors if necessary. Wear comfortable walking shoes, bring some water, and come enjoy a healthy afternoon together.

We hope you'll join us throughout October as we **stay active, try new things, connect with friends, and enjoy everything the fall season has to offer!**

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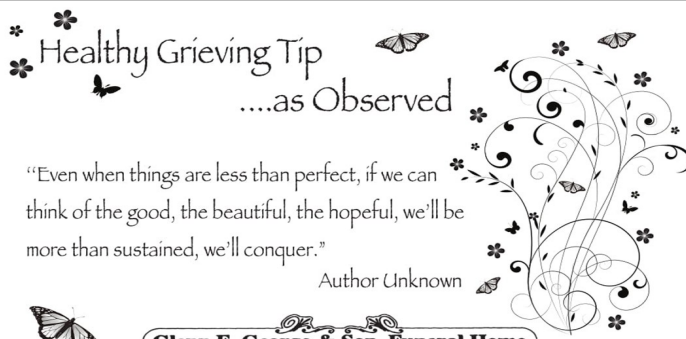
*** Healthy Grieving Tip**
....as Observed

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

Author Unknown

Glenn E. George & Son Funeral Home

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SHELBYVILLE HORIZON CENTER



Crystala Evans
Shelbyville Activity Coordinator

Fall is in the air! One thing you can always be certain of is change. 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.

Please make sure to read the entire newsletter. We have so many great things going on this month that we can't fit it all in my highlights section alone. Make sure to check out Shelbi and Carol's pages for wonderful activity opportunities as well. And let's not forget about our satellite centers. They have great activities planned too. Don't miss out on something that you are really wanting to attend. We all work very hard to bring you quality programming that is sure to please.

This year has passed by quickly and we have all been very busy. We will 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 on a Friday morning for a Pop-Up. There is no cost for the spot, but I also don't guarantee any sales. We are going to be having a Halloween Party on Monday, October 26th. DJ Moxxy 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 2026 Best Halloween Costume WINNER! It is sure to be a fun 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 10th.

We will be decorating our tree and space at the Grover Museum at 1:00 p.m. on November 4th. Come join us as we make our tree come to life with our display. The theme this year is Hometown Heroes and will feature a red, white and blue theme to go along with the 250th Anniversary of the Declaration of Independence. This year we are going to be decorating our tree with our veterans 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.

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 "8" wonderful years now. I guess it is true – time flies when you are having fun. As I begin my 9th 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 family to me, and you are such a blessing to my life.

Warm Regards, Crystalá Evans, ADC

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.

***Monday October 5th, 19th, and 26th by appointment only – Tech Savvy Seniors - By Appointment from 9:00 a.m. to 11:00 a.m.**

We will be taking appointments for you to learn your technology with one-on-one, 30-minute sessions. Make your appointment, tell us what you want to learn on your device, and bring your technology fully charged and ready to work on during your session.

Tuesdays in October at 10:00 a.m. Caffeinated and Connected We have a different game each week that is designed to engage the senses. We hope to see you!

Thursdays in October, at 10:15 a.m. Cardio Drumming Join Dakota Nicely and Crystala Evans for a fun cardio workout! We drum along to the beat of several songs that are sure to get your blood flowing. No need to sign-up since we now have extra equipment for drumming. Just show up and be ready to get in a great workout.

***Thursday, October 1st at 1:00 p.m. – Canvas Class with Dawn Adams COST \$20** We are going to have a fun Canvas Class with Dawn Adams. The canvas will be 11x14, and we will be doing a Fall painting. Cost is \$20 and there is room for 10 people. Remember to show up promptly at 1:00 p.m. so that we can all start at the same time. Class cut-off is 1:15 pm. This helps keep us all on the same page as we paint together.

Friday, October 2nd at 9:00 a.m. – Fun Friday – World Smile Day We are going to celebrate World Smile Day. We will have a treat for you to enjoy, but it will cost you a smile. Come with a happy smile to share with everyone. Our Bingo sponsor is Willows of Shelbyville.

***Monday, October 5th at 1:00 p.m. Medicare Updates for 2027 with SHIPP** We will be welcoming Bruce Muller here to talk about the Medicare Updates for 2027 with SHIPP. Come and learn about the upcoming changes while Open Enrollment is available.

***Tuesday, October 6th at 1:00 p.m. Stencil Craft with Becky Cost \$10** We are going to be doing a stencil craft with Becky Herring. Cost is \$10 and the class is limited to 10 people. Sign-up at the front desk.

***Thursday, October 8th 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. No need to sign-up for this, but please come out and bring your questions. We are hoping to have donuts donated to go along with our coffee.

***Thursday, October 8th 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. 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, October 9th at 9:00 a.m. Fun Friday – Flannel and Fall Wear your favorite flannel shirt or your favorite Fall outfit. We will also be celebrating October birthdays. Our cupcake sponsor is Jan Myers. Our Bingo sponsor is Ashford Place Health Campus.

***Monday, October 12th 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.

ACTIVITY HIGHLIGHTS

***Wednesday, October 14th at 11:30 am Lunch and Learn – Chili Cook-Off and Old Time Medicine Show**
Cost \$5 This month we will be having a Chili Cook-Off. Come and sample some great chili with all the fixings, peanut butter sandwiches, and cookies for dessert. Then we will have Donna Dennison here as Temperance Quack and her Old Time Medicine Show. This is part of our People In History series. We will have one in November and December – so stay tuned. Cost is \$5 and is limited to 25 people.

Thursday, October 15th 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 Girl From Greenwich Street” by Lauren Willig.

***Thursday, October 15th at 1:00 p.m. Veteran Craft with Erica from Millers** We are going to make a Veteran Craft with Erica from Miller’s Merry Manor. Erica will also be bringing treats from the Swiss Maid in Hope, IN for everyone to enjoy. Have an afternoon snack and enjoy some craft time..

***Thursday, October 15th at 3:00 p.m. Music and a Meal with Mystery Train Band** **COST \$7** We are going to be welcoming the Mystery Train band back to our center with a little fun music. Music at 3:00 p.m. and Meal at 4:00 p.m. The meal will be Chicken Alfredo, fresh broccoli, garlic bread, drinks, and cheesecake for dessert. You must RSVP for this event by October 13th. Cost is \$7, and it is limited to 50 people.

Friday, October 16th at 9:00 a.m. Fun Friday – Football Jersey Day We are going to be dressing in our favorite football jersey and supporting our favorite team. Come on out and play Bingo. Our Bingo sponsor is Morristown Manor.

***Tuesday, October 20th at 1:00 p.m. Jewelry Craft with Melissa** **Cost \$10** We are going to be making cute Fall inspired jewelry with Melissa.

***Wednesday, October 21st at 1:30 p.m. Karaoke Capone’s Downtown Speakeasy** We will be having our last Karaoke at Capone’s for Senior Karaoke for the 2026 season. Please sign-up in advance so that we can reserve a table for everyone.

***Thursday, October 22nd at 1:00 p.m. School Districts Upcoming Referendum** Join us as we welcome Dr. Matt Vance from Shelbyville Central Schools to our center to discuss our school district's upcoming referendum. This will be an opportunity to ask questions and to learn about our community schools. Please sign-up at the front desk.

Friday, October 23rd 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. Our prize table sponsor is Compass Park.

***Monday, October 26th at 1:00 p.m. –Dance and Karaoke with DJ Moxy- Halloween Party** We will be having a Halloween Party with DJ Moxy. Wear your favorite costume and come for some fun. We will have a costume contest, pumpkin pass, and tricks and treats. Come ready to do the Monster Mash and the Time Warp. 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.

Thursday, October 29th at 1:00 p.m. VASIA - Coffee, Connections and Community We are going to welcome Lauren Rynerson from VASIA and Buffy Powers here from Seniors Helping Seniors to discuss their partnership and upcoming items. Come be a part of this wonderful and informative discussion.

***Friday, October 30th 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.

***Wednesday, 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 for the 250th Anniversary of the Declaration of Independence and we are honoring our Veterans. We are going to represent the men and women who have served and continue to serve to protect our freedom.



DAY TRIP BRIDGE FESTIVAL

October 12, 2026

Bus Departs at 8:00 a.m.
Returns 4:30 p.m.

Cost is \$5 per person
Cost covers gas and parking
Meals and Souvenirs at your
expense
Limited to 12
Lots and lots of Walking
Outside All Day

BRIDGETON 2026

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EVERY MONDAY

10:00 AM

SHELBY SENIOR SERVICES

All Seniors Welcome!

Calmer
Stronger
Healthier
Happier

A HEALTHIER TOMORROW STARTS WITH MOVEMENT TODAY.

LUNCH AND LEARN OLD TIME MEDICINE SHOW

October 14, 2026
11:30 p.m. Cost is \$5
2120 Intelliplex Drive, Suite 101
Shelbyville, IN 46176

Join us for a discussion with Temperance Quack and her Old Time Medicine Show. How different are doctors from yesterday to today?

Chili Cook-Off for Lunch:
Chili, peanut butter sandwiches, crackers, cookies and a drink.

COST IS \$5 PER PERSON
OPEN TO SENIOR SERVICES MEMBERS
DAY PASSES AVAILABLE
FOR PEOPLE OVER THE AGE OF 60

CALL TO RSVP 317-398-0127



Shelby Senior Services Presents

MUSIC AND A MEAL

OCTOBER 15th at 3:00 PM

Really Great Country MUSIC

special performance by:



MYSTERY TRAIN BAND

Dinner served 4:00 p.m. from Your Way Catering
COST \$7 per person
Meal includes: Chicken Alfredo, Fresh Broccoli, Garlic Bread & Cheesecake for Dessert

You MUST R.S.V.P. for this event by January 14th by calling 317-398-0127

Limited to 50 people

Food ★ Music ★ Fun





OCTOBER ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 9:00 Tech Savvy Seniors 9:00 Mah Jongg 1:00 Dance and Karaoke with DJ Moxy	29 10:00 Caffeinated & Connected – Phase 10 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	30 9:15 Bible Study with Jim 10:00 Walking @ Meltzer Woods 1:00 Hand and Foot Card Game	1 9:00 POKENO 10:00 Tai Chi 10:15 Cardio Drumming 1:00 Canvas Class w/ Dawn Adams Cost \$20	2 9:00 Fun Friday – World Smile Day 9:30 BINGO by Willows 1:00 Euchre 1:00 Dominoes
5 9:00 Tech Savvy Seniors 9:00 Mah Jongg 10:00 Tai Chi w/ Shelbi 1:00 Medicare Updates For 2027 with SHIPP	6 10:00 Caffeinated & Connected – Yahtzee 1:00 Euchre 1:00 Stencil Craft with Becky Cost \$10 1:00 Open Crafting & Crochet	7 9:15 Bible Study with Jim 10:00 Murder Mystery Hike & Lunch at Pleasant View 1:00 Hand and Foot	8 9:00 Coffee with the Mayor 10:00 Tai Chi 10:15 Cardio Drumming 1:00 Let's Go To The Movies	9 9:00 Fun Friday – Flannel & Fall 9:30 October Birthdays by Jan Myers 9:30 Bingo by Ashford Place 1:00 Euchre & 1:00 Dominoes
12 8:00 Day Trip to Bridgefest Cost \$5 9:00 Mah Jongg 10:00 Tai Chi w/ Shelbi 11:30 Healthy Cooking Pitch-In and Lasagna Lunch	13 10:00 Caffeinated & Connected – Uno 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	14 9:15 Bible Study with Jim 11:30 Lunch and Learn – Chili Cook-Off and Temperance Quack Visit Cost \$5 1:00 Hand and Foot Card 1:00 Fall Cornhole Tournament	15 9:00 POKENO 10:00 Tai Chi 10:15 Cardio Drumming 1:00 Book Club 1:00 Veteran Ornaments - Erica 3:00 Music and a Meal Cost \$7 Mystery Train Band	16 9:00 Fun Friday – Football Jersey 9:30 Bingo by Morristown 1:00 Euchre 1:00 Dominoes
19 9:00 Tech Savvy Seniors 9:00 Mah Jongg 10:00 Tai Chi w/ Shelbi 12:00 Cadillac Jacks – Costume Party	20 10:00 Caffeinated & Connected – Scrabble 1:00 Euchre 1:00 Jewelry Craft with Melissa Cost \$10 1:00 Open Crafting & Crochet	21 9:15 Bible Study with Jim 1:00 Hand and Foot Card 1:00 Pumpkins & Pins Wii Bowling Bash 1:30 Karaoke @ Capone's	22 9:00 POKENO 10:00 Tai Chi 10:15 Cardio Drumming 1:00 School Districts Upcoming Referendum w/ Dr. Matt Vance	23 9:00 Fun Friday – Orange & Black for Halloween 9:30 BINGO by Compass Park 1:00 Euchre & 1:00 Dominoes
26 9:00 Tech Savvy Seniors 9:00 Mah Jongg 10:00 Tai Chi w/ Shelbi 1:00 Dance and Karaoke with DJ Moxy - Halloween	27 10:00 Caffeinated & Connected – Phase 10 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	28 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 1:00 Walking Wednesday	29 Travel Show 6:30 9:00 POKENO 10:00 Tai Chi 10:15 Cardio Drumming 1:00 VASIA - Coffee, Connections & Community	30 9:00 Fun Friday – Halloween 9:30 BINGO by McKay Manor 1:00 Euchre 1:00 Dominoes

October 2026



SCAN ME

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

<https://cicoa.org/menu>

*Menus are subject to change based on product availability.

CICOA Meal Information

Shelby Senior Services lunch program is provided through CICOA at the Shelbyville Horizon Center Monday - Friday at 11:30am. Reservations are made by Tuesday at noon for the following week.

You can make a reservation by signing up on a lunch day during the hours of 10:00am - 12:30pm, call us at 317-398-0127, or stop by the front desk.

If you are unable to make your reservation, please call to let us know by 10am that day.

Activity Center Needs:

Halloween Party Snacks
Halloween Costume Party Gift Card
Hot Cocoa Packets
Wrapped Silverware
Individually wrapped snacks
2 Dozen Donuts on November 12th

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. We are currently looking for a new SHIP counselor. If you are in need of an appointment, call the toll free number at 800-452-4800

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.



PUZZLE PALOOZA

JIGSAW PUZZLE TOURNAMENT

PRESENTED BY ENERGY2ACTION
BENEFITTING SHELBY SENIOR SERVICES

November 7, 2026

Beginning at 8am

**Location: MHP Wellness Center
YMCA Gym
2120 Intelliplex Dr.
Shelbyville, IN**

**For information and to
register, please go to
www.energy2action.com**

Register early! Limited space in each category!

Individuals (Novice) - \$30

(Novice has participated in less than 10 puzzle tournaments)

Individuals (Expert) - \$30

(Expert - you know who you are!)

Partners - \$40

3 Person Teams - \$45

4 Person Teams 550 Piece - \$50

2, 3, or 4 Person Teams 1000 Piece - \$60

4 Person Teams 100 Piece Relay - \$45

Kids 12 & Under 100 Piece Individual - \$30

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immediately after cleaning
30 to 45 minutes

WALDRON

Join us every Tuesday in October!

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!

Due to increased bank fees, credit and
debit purchases will carry a fee of 3%.
We apologize for the inconvenience.

**Thank you for donations in
memory of:**

In Memory of
Helen DeVoe

Given by:
Tim & Janice Conway

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.

October 7

Lunch: Lasagna, sides and dessert.

Activity: Flu shots, Melanie with Medworks

October 14

Lunch: Ham and beans, sides and dessert

Activity: Laugh out loud short videos

October 21

Lunch: Burrito bar, sides and dessert

Activity: Autumn Craft

October 28

Lunch: Shepherds pie, sides and dessert

Activity: Staff from Morristown Library: continue reading, with
these helpful tools and services for seniors.

DONATIONS

Thank you to our donors:

Betty Zoelzer	Barb Kappes
Jo Glover	Diane Froiland
Nola Rogers	Karen Jones
Sandra Schoentrup	Jim Reed
Tim & Janice Conway	Denise Holland
Ken & Susan	First Presbyterian Church
Sedam	Judy Fuller
Valerie Donica	Judy Eads
Marjorie Kuhn	Tana Edwards
Sharon Smith	Joyce Cummings

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

Cornerstone, Interim, Serenity Home Care, Main Street
Hospice, Compass Park, Willows of Shelbyville, McKay Manor,
Waldron Health and Rehabilitation Center, Willows of
Shelbyville, Ashford Place, Walker Place, Morristown Manor
and Cypress Run, Compass Park, 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, Capone's
Downtown Speakeasy, Hometown Hop On, 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.

A note from Kathy...A huge Thank You to everyone who supported our 12th anniversary celebration and made it a huge success! I am still picking up the pieces from the event and have not yet decided on the menus for October. I will post them on Facebook as soon as I have had time to regroup!

Mornings:

9:30-10:00 Coffee Chat

10:00 -11:00 Chair Volleyball—Oct. 8 & 22
Exercises with Shelbi—Oct. 1 & 15
Chair Basketball—Oct. 29

11:00 Bible Study

11:00 -12:00 Mind Games Board Games, Card Games & Bridge
10:00-11:30 Flu Shot Oct. 15

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

October 1 First Thursday Euchre

Lunch: TBA

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

October 8 "Bingo with Kristen"

Lunch: TBA

1:00 Kristen from McKay Manor will share with us today a little about different levels of care within senior living and then lead us in an afternoon of Bingo! She's bringing prizes too!!! Advisory Board to follow.

October 15 Fish Bowl

10:00- 11:30 FLU SHOTS bring your medicare card

Lunch: TBA

1:00 Be thinking about something about yourself, that no one else knows...and if they did...might surprise them. For instance..someplace you worked when you were young, where you had your first kiss, some exotic place you have visited....you get the idea. Write these things down on a piece of paper and drop them in to the fish bowl. We will pull them out one at a time and read them...then see if we can guess who was the author...and see how well we know one another!!!

October 22 Card Games Day

Lunch: TBA

1:00 For everyone one who would like to learn or just brush up on your skills, plan on staying this afternoon to play! Euchre — Hand and Foot — Bridge —even Solitaire! We have folks that are really good at these games and they will be on hand to help us learn or just have a refresher course. It's never to late to try something new....Bridge anyone??

October 29 Music Time with Rick!!

Lunch: TBA

1:00 Rick Myers, lead singer of the Eastern Wing band will be here to entertain us. He is a great singer and guitar player... just ask our own Marie Bass!! She has been one of his "groupies" for years!!



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625 Progress Parkway, Shelbyville, IN 46176

317-398-6060

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2120 Intelliplex Dr. Ste. 101
Shelbyville, IN 46176

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