



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

September 2026

Fairland Senior Center's 12th Anniversary Fund Raiser

Sunday September 13, 2026

4:30pm - 7:15pm

in the Fire Station Bays~rain or shine!



Combining the electric stage presence and powerful vocals comparable to that of the young **Elvis Presley** the showmanship and frightening precision with piano likened to the Killer, **Jerry Lee Lewis**, **Terry Lee Ridley** is an unbeatable **reincarnation of everything that was exciting about the 1950's**.

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Billy's Dogs and Burgers

serving time...4:30pm - 6:15
Grilled Burgers, Hot Dogs, Cones, Chips, Dessert, Drinks

No charge! Free will donation.

Lion's Club Ice Cream

Golf Cart transportation from
your car to the fire dept. bays!

Contact Kathy Miller, Fairland Senior's Director for more info: 317 364-0029

Mission & Purpose

The Mission of Shelby Senior Services, Inc. is to respect and respond to the ever-changing needs of older adults and their families, to enhance their quality of life, to assist in maintaining their independence and to be an integrated and valued partner in Shelby County.

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Easter Hall Beyer, Director of Transportation

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Kathy Miller, Fairland
Vivian Scott, Morristown

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

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“Serving seniors, improving lives.”

LETTER FROM THE DIRECTOR



Liz Renton
Executive Director

September is Senior Center Month and to celebrate, Shelby Senior Services has so many events you will not want to miss!

- **Fairland Anniversary Party—September 13**

Join us Sunday, Sept. 13, to celebrate our Fairland Senior Center! Hamburgers and hot dogs will be available with Terry Lee Ridley performing at 6pm. This is a free event is open to everyone. Donations are highly encouraged!

- **Garden Party—September 21**

To celebrate Senior Center Month, we will be hosting a Garden Party at Charles Davis Mansion. Lunch will be provided. Crystala has an exciting lineup of activities with games, a guest appearance from a historical figure, and carriage rides to top it all off!

- **Senior Expo—September 22**

Shelby Senior Services and the Shelby County Active Aging Coalition will be joining forces to bring you the Annual Senior Expo! Join us from 10am-2pm for all info you need to continue aging well where you live. Free lunch will be provided by Ashford Place beginning at 12pm.

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
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Mathies Landscaping: 10% off retail
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SOCIAL SERVICES



Jessie Hundley
Social Services Coordinator

Dear Friends,

As summer winds down and fall begins, September is a good time to check in—not only on our physical health, but also on our emotional and social well-being. If you're experiencing loneliness, grief, family concerns, financial difficulties, caregiving stress, or a major life change, I am available to listen and help connect you with community resources. You don't need to wait until a situation becomes a crisis. Sometimes, a conversation is the first step toward finding a solution.

Let's squeeze in a little more fun too! Challenge yourself to do one more summer thing you've been meaning to do. Enjoy an ice cream cone, sit outside with a friend, take a scenic drive, watch the sunset, or simply spend an afternoon doing something that makes you smile. One of the best things about our center is the opportunity to build friendships. Take a few minutes this month to introduce yourself to someone new, invite someone to join you for lunch or an activity, or check in on a friend you haven't seen recently. A simple hello can make someone's day.

September may bring cooler temperatures and changing leaves, but we end summer on a high note and welcome fall with friendship, laughter, and new memories!

Serving our senior neighbors who are homebound continues to be a challenge, we are in need of the following items: Hearty Soups, Cereal, Peanut Butter, & Beans.

- 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.
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Commodity Box Pick-Up

Monday, Sept. 28th 1-3pm

HAPPY
Birthday

*Margaret Deaton 5
Linda Chandler 6
Kristy Holzhausen 16
Janet Sembach 18
Karen Williams 20
*Jerry Berry 24

SHELBYGO TRANSPORTATION



Easter Hall-Beyer
Director of Transportation

Happy Labor Day!

Shelby Go would like to welcome Rich Allender to our team. He is our new Shelby Go driver.

Shelby Go will be closed September 7th for the Labor Day Holiday. We apologize for any inconvenience this may cause.

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



Becky Herring

If you've ever noticed a bright smile, a beautifully hand-sewn quilt, or heard a stunning rendition of "Coat of Many Colors" filling our halls, you've likely crossed paths with our wonderful friend, Rebecca Herring. Known at the center simply as Becky, she brings an incredible lifetime of adventure, creativity, and deep faith to our community. Born Rebecca Ray in Peru, Indiana, Becky grew up in a bustling household as one of six siblings. While many know her today for her kindness, Becky has quite the adventurous past. For

many years, she managed the Beech Grove Pet Corral, where she raised everything from a Capuchin monkey to a Bengal tiger. Her lifelong boundary-less love for animals continues today at home with her two beloved dogs, a Yorkie named Lucy Lou and a Boston Terrier named Ricky. Becky is a true master of arts and crafts. Whether it is painting, beadwork, puzzles, diamond art, or hand-sewing, she does it all. Remarkably, Becky has hand-sewn over 150 quilts. Her absolute favorite creation is a beautiful quilt she recently finished for her baby sister, Bobby. When she isn't working on her latest craft masterpiece, Becky loves to let loose on the dance floor and step up to the microphone for karaoke. If you're lucky, you'll catch her singing her favorites, "Amazing Grace" and Dolly Parton's "Coat of Many Colors." The true anchors of Becky's life are her deep faith and her family. March 26, 2011, marks the happiest day of her life, when she married the love of her life, Richard Herring. She is also a proud mother to her daughter, Michelle, and a doting grandmother to Shelby and Kyle, who reside in Kentucky. Becky holds a profound love for the Lord Jesus and lives her life rooted in strong faith, actively attending Crossroads church. Her daily inspiration comes from her favorite Bible verse, John 3:16. Next time you see Becky at a center event or craft table, be sure to say a warm hello, ask her about her latest art creation, or compliment her latest craft project. We are so blessed to have her as part of our center family.

TRAVEL



Carol McDaniel
Travel Coordinator

Elvis's mansion in Memphis was the main destination for our recent Shelby Senior Services trip. We were fortunate enough to visit during Elvis Week, which marked the anniversary of his death. What surprised me were the many wreaths from fan clubs all over the world on display in the Memory Garden where Elvis Aaron Presley is buried. We tend to think we are the only ones who remember the King of Rock 'n Roll, but the truth is, he left his mark on music around the world.

The mansion is maintained with original furnishings exactly the way Elvis had them. It is a two-story home reminiscent of the South with columns on the front porch. Inside there are lots of mirrored walls, elegant chandeliers and the latest trends in furniture typical of beautiful homes of his era. Of course, his living room featured a grand piano, the basement had a wrap around leather couch, which wrapped around three walls. Guests could enjoy the three TVs while sipping on a drink from the bar. The jungle room (his family room) was decorated with everything that would make jungle animals feel right at home. Green shag carpet, a couch and matching chairs with heavily carved arm rests, a wooden tiki bar at one end and a pond at the other.

In addition to the main house, other buildings on the grounds housed his trophies, his collection of custom-made costumes as well as his father's office. Immediately across the street, which is being widened, is a complex of buildings for the public.

He had a fantastic collection of cars and fun off-road vehicles. Of course, the pink Cadillac is on display. There is a small movie theater to view documentary films about Elvis, restaurants and more. Truly, Graceland is testament to his legacy.

While the mansion and the grounds did not disappoint, other highlights in Memphis were the pyramid, the ducks at the Peabody and Beale Street. Beale Street is a couple of blocks long with souvenir shops, restaurants and more. This is where you are entertained while you eat catfish or BBQ or another popular southern fried dish. It is where you hear the blues, rock 'n roll and more. We ate at the BB King restaurant and in popped Elvis, an impersonator, in a red jumpsuit who was setting up to entertain a group due later in the afternoon.

Inside the Peabody Hotel, the ducks are the stars of the show. The Peabody isn't fancy from the outside, but when you get inside, it looks as if you have entered a different world of classy elegance. On the main floor, columns surround the vast sitting area filled with comfortable couches and overstuffed chairs. Hanging overhead, huge crystal chandeliers highlight the central water feature, a circular pond with a statue in the middle. Swimming in the pond all day are the Peabody ducks, trained to march from their private elevator in the morning to the pond on a red carpet and up the steps into the pond. At precisely 5 pm, the ducks' trainer announces that the ducks are going to retire to their penthouse apartment. He again places the steps for the ducks and at his call, they climb down the steps and waddle to the elevator. Their red carpet is lined with spectators taking pictures. If small children are in attendance, they are invited to sit alongside the carpet and the ducks will sometimes greet the children before heading to the elevator.

Join us on one or more of our fun and educational trips. Call Shelby Senior Services for more information 317-398-0127

HEALTH & WELLNESS



Shelbi Smith

Health & Wellness Coordinator

September is full of great opportunities to stay active, learn something new, and spend time with friends at Shelby Senior Services. We hope you'll join us for exercise, cooking, social activities, and outdoor fun throughout the month.

Walking Program – September 2nd at 2:00 p.m.

Join us at Shelby Senior Services for our Walking Program. Walking is a great way to improve mobility, endurance, and overall health while staying active with friends. This program requires sign-ups.

Senior Strength and Strike – September 9th at 2:00 p.m.

Join Kerry Broshears from Walker Place for Senior Strength and Strike at Shelby Senior Services. This fun cardio boxing-style class will include air boxing and exercises designed to improve strength, movement, and coordination. Come join us and try something new! This program requires sign-ups.

Singo at Cadillac Jack's – September 14th at 12:00 noon

Meet us directly at Cadillac Jack's for a fun afternoon of Singo! Singo is just like bingo, but instead of numbers and letters, it's all about music! Listen to songs, mark your card, and have fun playing along. Bring a friend and enjoy the \$10 senior lunch special. Transportation is on your own. This program requires sign-ups.

Geri-Fit – September 16th at 1:00 p.m.

Join us at Shelby Senior Services for Geri-Fit, a senior-friendly strength class using light weights and simple exercises to improve strength, balance, flexibility, and mobility. This program requires sign-ups.

Tea Time – September 21st, at 10:00 a.m.

Come relax and enjoy tea, snacks, and friendly conversation at Shelby Senior Services. Tea Time is a great opportunity to socialize, meet new people, and enjoy time together. This program requires sign-ups. Please sign up at the front desk of Shelby Senior Services.

Healthy Cooking Class – September 21st at 1:30 p.m.

Come learn an easy, healthy recipe and try it for yourself! Participants will go home with the recipe and helpful ideas for making healthier, easier meal choices in the future. This program requires sign-ups. Please sign up at the front desk of Shelby Senior Services.

Chair Volleyball – September 23rd at 1:00 p.m.

Join us at Shelby Senior Services for Chair Volleyball. This fun seated activity encourages movement, coordination, teamwork, and plenty of laughs. This program requires sign-ups.

Meltzer Woods Walking Program – September 30th 10:00 a.m.

We will meet directly at Meltzer Woods for a special outdoor walk. This walk will be one mile or longer on uneven surfaces with no rest stops. Please sign up accordingly, wear supportive walking shoes, dress for the weather, and bring a water bottle. Transportation is on your own. This program requires sign-ups. Please sign up at the front desk of Shelby Senior Services.

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SHELBYVILLE HORIZON CENTER



Crystala Evans
Shelbyville Activity Coordinator

September is Senior Center Month, Alzheimer's Awareness Month, and Suicide Prevention Month. The theme this year for Senior Center Month is "Happier Birthdays - Happen Here." This year's theme lends itself to something everyone understands and enjoys, "Celebration." At our center, birthdays aren't just a celebration—they're a reflection of healthier, more connected years. And that's something special.

Some areas for making connections are healthy aging, economic security, intergenerational connections, mental health and well-being, and community engagement. As a Senior Center, we work with community partners to provide access to health, financial security, social engagement, purpose, creativity, mobility, and nutrition—all in a social and fun environment! Classes such as Cardio Drumming and Tai Chi promote health. Programs on Medicare and Medicaid, Lunch and Learns on various topics, and programs around financial wellness are offered to help with economic security. Intergenerational programs such as Bingo Buddies with camp kids at the Alzheimers Walk, and working with the young people at the YMCA allow for opportunities to connect with younger generations. Working to incorporate diverse populations into our programming through Dementia Friends and unique activity offerings that address cultural awareness, veteran inclusion, and disability awareness. Digital connections such as our Caffeinated and Connected series and Tech Savvy Seniors, as well as programs on digital security, build confidence in using the internet with connected devices.

Our focus is always on Friendship, Health, Purpose, and Creativity. We offer a lot of great opportunities for seniors to engage in activities with other seniors in our community. Our center is vital to the health and well-being of seniors in Shelby County by providing opportunities for meaningful engagement with others on a daily basis. Overall health is optimized through activities that engage the mental, physical, and social aspects of daily life. We invite you to be a part of "Happier Birthdays Happen Here." Your monetary donations help us to provide our seniors with celebrations throughout the year. Whether it is celebrating monthly birthdays through our Birthday Club, having cupcakes, sending cards, hosting parties for our seniors celebrating milestone birthdays, and providing opportunities for music and entertainment. We appreciate your support. Donate today!

Make sure to read the highlights section and sign up for any upcoming programs as soon as you can because they tend to fill up quickly. We don't want you to miss out on the fun. There is a Day Trip to Stream Cliff Farms, Lunch and Learn over "Signs it's time for Assisted Living", Music and a Meal with Dennis Kuller with great Country Music, and our Senior Expo. We are going to gather at the Charles Davis Mansion on September 21, 2026. Where we will be having a Garden Party complete with lunch and dessert. Donna Dennison will be presenting; we will have tours of the mansion, and following dessert we will be taking carriage rides with Life Vantage Farms and McQualla Carriages. Sign-up today as space is limited. This is our way of celebrating Senior Center month.

There are so many opportunities for you to participate in fun and creative ways. If there is something that you would like to see on our calendar – please let me know. We would love to have your feedback. There is a Suggestion Box in the Activity room for you to put suggestions in for review. We also have a donation box to help cover the cost of all the paper products we use. Please see our donation list for items we are currently in need of receiving. This helps us provide you with FREE coffee, tea, hot chocolate, and snacks.

Sincere Regards,
Crystala Evans, ADC
Shelbyville Activity Coordinator

"September teaches us that endings can be beautiful too."

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, August 31st at 1:00 p.m. Hat Burning with Liz Riggs Cost \$30** We are going to be learning the fun art of Hat Burning with Liz Riggs. Each hat is a tan color. Cost is \$30, and the class is limited to 10 people. Liz will have finished hats for sale that day as well. They will cost more, but you can splurge. Stop by and design or purchase a hat. Perfect for the Fall days ahead.

***Monday September 14th and 28th 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.

Monday, September 2nd at 1:00 p.m. Poi Class with Meghann We are going to welcome Meghann back to teach us all about Poi and lead us in another fun Poi Class. Poi is a movement and performance art where you swing weighted objects called “poi” attached to tethers. No need to sign-up.

Friday, September 4th at 9:00 a.m. Fun Friday– Wildlife Day We want you to take a walk on the wild side today. It is National Wildlife Day. Wear your animal prints and wildlife outfits. Our Bingo prize table is going to be sponsored by the Willows of Shelbyville. They always bring great prizes.

Monday, September 7th – CLOSED for Labor Day

***Wednesday, September 9th at 11:30 am Lunch and Learn – Signs It’s Time for Assisted Living Cost \$5** This is a Lunch and Learn that you are not going to want to miss! This month we will be discussing “Signs It’s Time for Assisted Living,” We are welcoming Kerry Broshears from Walker Place to our center to share ways to understand when you might consider Assisted Living. They will also be providing lunch with Chicken Salad sandwiches, Italian Tuscan Tortellini Soup, chips, pumpkin Loaf for dessert, and a drink. Cost is \$5 and is limited to 25 people. Stay for his Strength and Strike class at 2:00 p.m.

Thursday, September 10th 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 Fall of Marigolds” by Susan Meissner.

***Thursday, September 10th 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, September 11th at 9:00 a.m. Fun Friday - Stand Up To Cancer Day Wear your favorite Cancer Awareness shirt to share with the group. Let’s all “Stand Up To Cancer” in support. We will also be celebrating September birthdays. Our cupcake sponsor is Marilyn Reed. Our Bingo sponsor is Ashford Place Health Campus.

***Monday, September 14th at 1:00 p.m. Committee Meeting** We will have a Committee Meeting this month. This is open to all center members. Please let us know if you plan to attend by signing up at the front desk. We value your feedback.

***Wednesday, September 16th at 1:30 p.m. Karaoke Capone’s Downtown Speakeasy** We will be having Karaoke at Capone’s for Senior Karaoke. Karaoke runs from 1:30 to 3:00 p.m. Please sign-up in advance so that we can reserve a table for everyone.

***Thursday, September 17th at 1:00 p.m. Fall Craft with Erica from Millers** We are going to make a Fall 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.

ACTIVITY HIGHLIGHTS

***Thursday, September 17th at 3:00 p.m. Music and a Meal with Denny Kuller COST \$7** We are going to be welcoming Denny Kuller to our center with a little country music. Music at 3:00 p.m. and Meal at 4:00 p.m. The meal will be tender roast beef, mashed potatoes and gravy, green beans, rolls with butter, a drink, and cobbler for dessert. You must RSVP for this event by September 15th. Cost is \$7, and it is limited to 50 people.

Friday, September 18th at 9:00 a.m. Fun Friday – Cowboy Hat or Burned Hat Day We are going to be celebrating today with a Cowboy Hat or by wearing our decorated Burned Hats that we made at the center. That's right we are getting a little country!!! Come on out and play Bingo. Our Bingo sponsor is Morristown Manor.

***Monday, September 21st at 11:00 a.m. Garden Party at the Charles Davis Mansion Cost \$20** We are going to gather at Sunset Park 554 River Road at 11:00 am, and the Hometown Hop-On will take you to the Charles Davis Mansion at 103 W. Mechanic Street, Shelbyville. We will be having a Garden Party complete with lunch at 11:30 am and dessert. Following dessert, we will enjoy listening to Donna Denison as she portrays a living historical figure, Sarah Shank. Dress in your finest attire and wear your best hat. We will have a contest winner for the best hat. Then we will be taking carriage rides thanks to Life Vantage Farms and McQualla Carriages. Room for 25 people; Cost is \$20. This is our way of celebrating Senior Center month. Thank you to all of our generous sponsors who donated to make this event a success. We appreciate your support. The cutoff for sign-ups is September 17th so that we can plan the food accordingly.

Tuesday, September 22nd from 10 am to 2 pm – Senior Expo We will be hosting the Senior Expo. All regular activities will be cancelled for this day. You are welcome to come out and enjoy the Senior Expo. There will be many vendors and senior service agencies in attendance for this event. Plus – there will be free stuff. Lunch will be provided by Ashford Place Health Campus. Come find out what new things are being offered in our community.

***Thursday, September 24th at 10:00 a.m. Day Trip to Stream Cliff Farms Cost is \$35** There are 14 spots on the bus. The seats are very cozy on the bus. Cost \$35 per person, and that includes lunch. We will be having Rosemary Chicken Salad on a freshly baked croissant, birdseed pasta salad, herb chips, lemon layer dessert, tea and lemonade. The lecture will be on Indiana's oldest herb farm discussing herbs, spices, and teas with Lauren Manning. You must be able to climb stairs and we are not able to accommodate walkers due to room on the bus. This trip will include a fair amount of walking. Wear comfortable shoes, a hat and sunscreen. Also, bring cash to spend at the gift shop. We will depart the center promptly at 10:00 a.m. and return at 4:30 p.m. If you are not able to be out and about for the entire day – then this trip is not for you. Bring a friend and enjoy a day on the farm.

Friday, September 25th at 9:00 a.m. Fun Friday– World's Biggest Coffee Morning Day We encourage you to bring your favorite coffee mug. It is also World's Biggest Coffee Morning. Come enjoy a good cup of coffee and a fun treat. Wear something that shows your love of coffee if you have something. Our Bingo prize table is going to be sponsored by Compass Park. Come join the fun.

***Monday, September 28th at 1:00 p.m. –Dance and Karaoke with DJ Moxy** We will be having a Party with DJ Moxy. Join us for music, dance, singing, and friendship. Bring a light refreshment to share. Put on those dancing shoes, practice your favorite song, and come on out for an afternoon of fun.

***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. Our Bingo sponsor is Willows of 13 Shelbyville.

Shelby Senior Services

Join us for a lovely afternoon

Garden Party at the Charles Davis Mansion

MONDAY 21 SEPTEMBER

TIME: 11:00 AM

Where: Park at Sunset Park
Ride over on Hometown Hop-On

Join us for an afternoon of fun
Lunch, Guest Speaker Donna Dennison,
Carriage Rides and Mansion Tours
Room for 25 People, Cost \$20
Sign Up By Calling: 317-398-0127

Contest for the Best Hat

WALKING Program

STEP OUT. BREATHE DEEP. FEEL BETTER.

Join us for an invigorating hike at Meltzer Woods! Let's get moving, enjoy the beauty of nature, and build a healthier, stronger community together. ♥

DATE: SEPTEMBER 30TH, 2026

TIME: 10:00 AM

LOCATION: MELTZER WOODS
1522 S 600 E,
SHELBYVILLE, IN 46176

MEET: MEET DIRECTLY THERE

PLEASE NOTE:
This will be a hike that requires one mile walk or longer on uneven path with **no rest stops**.

FRESH AIR. STRONGER BODY. STRONGER COMMUNITY.

BRING WATER AND STAY HYDRATED. | WEAR COMFORTABLE SHOES. | DRESS FOR THE WEATHER. | ENJOY NATURE AND THE DAY!

SHELBY SENIOR SERVICES PRESENTS

Day Trip - Stream Cliff Farms



**SEPTEMBER 24, 2026
BUS DEPARTS 10:00 A.M.**

**WE ARE GOING TO ENJOY A
FUN FILLED TRIP TO
STREAM CLIFF FARMS
COST IS \$35 PER PERSON
LUNCH IS INCLUDED
LIMITED TO 14 PARTICIPANTS
OPEN TO SENIOR SERVICE
MEMBERS**



**Menu is Rosemary Chicken Salad
on a freshly baked croissant,
birdseed pasta salad, herb chips,
lemon layer dessert, tea and
lemonade. Lecture: Indiana's
oldest herb farm discussing
herbs, spices, and teas with
Lauren Manning.**

**FOR MORE INFORMATION
CALL 317-398-0127**

2120 INTELLIPLEX DRIVE, SUITE 101
SHELBYVILLE, IN 46176
WWW.SHELBYSENIORSERVICES.ORG



Shelby Senior Services, Inc.

LUNCH & LEARN

Signs It's Time
for
Assisted Living

**September 9, 2026
Lunch: 11:30 PM**

Join us for our Lunch and Learn hosted by Walker Place. We will be talking about Assisted Living and how you know it is time to consider downsizing. Lunch Menu: Chicken Salad Sandwiches, Italian Tuscan Tortellini Soup, Chips, Pumpkin Loaf and a Drink.

**COST \$5,
ROOM FOR 25**

**Walker Place
ASSISTED LIVING**
A LakeHouse Senior Living Community

www.shelbyseniorservices.org
Call 317-398-0127 to RSVP



SEPTEMBER ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 9:00 Tech Savvy Seniors 9:00 Mah Jongg 1:00 Hat Burning with Liz Riggs Cost \$30	1 10:00 Caffeinated & Connected – Phase 10 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	2 9:15 Bible Study with Jim 1:00 Hand and Foot Game 1:00 Poi Class w/ Meghann 2:00 Walking Wednesday	3 9:00 POKENO 10:00 Tai Chi 10:15 Cardio Drumming 1:00 SCRABBLE	4 9:00 Fun Friday – Wildlife Day 9:30 BINGO by Willows 1:00 Euchre 1:00 Dominoes
7 CENTER CLOSED FOR LABOR DAY HOLIDAY	8 10:00 Caffeinated & Connected – SCRABBLE 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	9 9:15 Bible Study with Jim 11:30 Lunch and Learn – Signs it's time for Assisted Living with Walker Place Cost \$5 1:00 Hand and Foot 2:00 Senior Strength & Strike with Kerry Broshears	10 9:00 POKENO 10:00 Tai Chi 10:15 Cardio Drumming 1:00 Book Club 1:00 Let's Go To The Movies	11 9:00 Fun Friday – Stand Up To Cancer Day 9:30 September Birthdays by Marilyn Reed 9:30 Bingo by Ashford Place 1:00 Euchre & 1:00 Dominoes
14 9:00 Tech Savvy Seniors 9:00 Mah Jongg 12:00 Cadillac Jacks - Singo 1:00 Committee Meeting	15 10:00 Caffeinated & Connected – Uno 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	16 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 1:30 Karaoke @ Capone's 1:00 GeriFit	17 9:00 POKENO 10:00 Tai Chi 10:15 Cardio Drumming 1:00 Fall Craft with Erica 3:00 Music and a Meal Cost \$7 Denny Kuller – Country Music	18 9:00 Fun Friday – Cowboy Hat or Burned Hat Day 9:30 Bingo by Morristown 1:00 Euchre 1:00 Dominoes
21 9:00 Mah Jongg 10:00 Tea Time 11:00 Garden Party Cost \$20 1:30 Healthy Cooking	22 Senior Expo 10 AM – 2 PM	23 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 1:00 Chair Volleyball	24 9:00 POKENO 10:00 Day Trip – Stream Cliff Farms Cost \$35 10:00 Tai Chi 10:15 Cardio Drumming	25 9:00 Fun Friday – World's Biggest Coffee Morning 9:30 BINGO by Compass Park 1:00 Euchre & 1:00 Dominoes
28 9:00 Tech Savvy Seniors 9:00 Mah Jongg 1:00 Dance and Karaoke with DJ Moxxy	29 10:00 Caffeinated & Connected – Yahtzee 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	30 9:15 Bible Study with Jim 10:00 Walking Program @ 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

September 2026



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Parmesan Parmesan Cheese Apples w/Cherries & Almonds Roasted Potatoes Wheat Bread Mango Cup Milk	2 Sloppy Joe Roasted Sweet Potatoes Brussel Sprouts w/ Onion WG Bun Diced Pineapple Milk	3 Turkey Ham & Beans Diced Beets Diced Carrots Corn Bread Mixed Fruit Milk	4 Grilled Chicken w/ Salsa & Cheese Black Beans Carrots Corn Bread Mandarin Oranges Milk
7 CLOSED FOR LABOR DAY	8 Oven Fried Chicken Collard Greens Whipped Sweet Potatoes Orange Juice Milk	9 LUNCH AND LEARN COST \$5	10 Gnocchi Carbonara Festive Green Beans Diced Pineapple Milk	11 Pot Roast w/Gravy Mashed Potatoes Broccoli Wheat Bread Applesauce Milk
14 Grilled Hamburger Mac & Cheese Festive Green Beans Diced Pineapple WG Bun Milk	15 General Tsao's Chicken Brown Rice Stir Fry Vegetables Mandarin Oranges Milk 	16 Herb Crusted Hake Roasted Potatoes Broccoli Wheat Bread Tropical Fruit Milk	17 Bagel w/ Pork Sausage, Egg & Cheese Roasted Sweet Potatoes Sliced Apples Milk	18 Braised Beef Over Egg Noodles Collard Greens Diced Carrots Wheat Roll Applesauce Milk
21 Sliced Turkey w/ Southwest Pasta Corn Peas Pudding Cup Milk	22 SENIOR EXPO 10AM - 2PM	23 Spaghetti/Meatballs Parmesan Cheese Italian Cut Green Beans California Veggies Mandarin Oranges Milk	24 Indiana Style Chili Mac Mixed Veggies Applesauce Corn Bread Milk	25 Meatloaf w/ Gravy Mashed Potatoes Brussel Sprouts Wheat Bread Mandarin Oranges Milk
28 Smothered Chicken Breast w/ Gravy White and Wild Rice Key West Veggies Birthday Treat Milk	29 Chicken & Noodles Rosemary Potatoes Broccoli Wheat Roll Diced Pears Milk	30 Beef Stroganoff Egg Noodles Green Beans Carrots Wheat Roll Fresh Orange Milk		Cultural Meal Day 

*Menus are subject to change based on product availability.
<https://cicoa.org/menu>

CICOA Meal Information

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

Activity Center Needs:

Small Plates
Styrofoam Divided Trays for Large Meals
Plastic Knives – Heavy Duty
Donations for our Garden Party
2 Dozen Donuts on October 8th

Legal Aide Services:

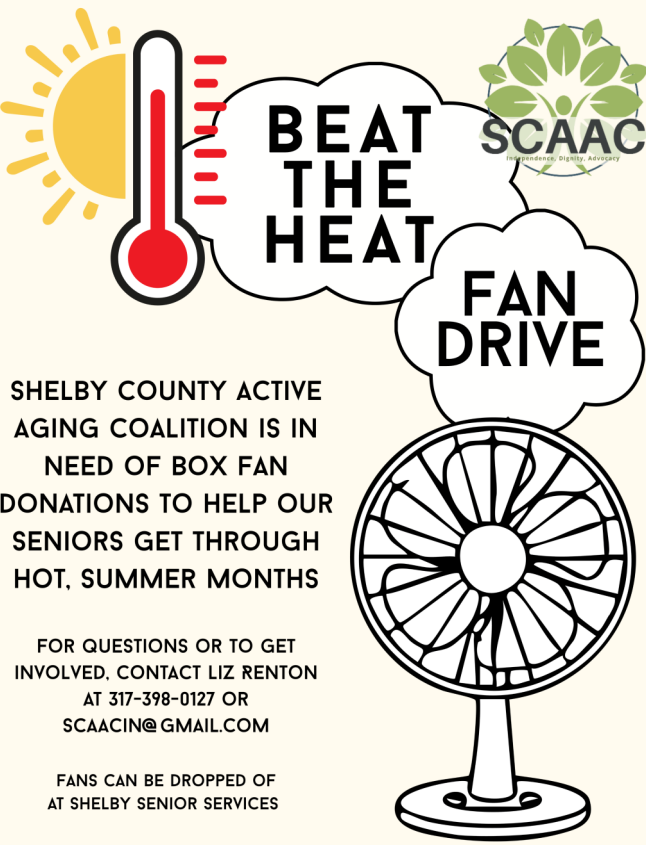
A paralegal from the Indiana Legal Services: Senior Law Project come to Shelby Senior Services the third Thursday every month. To schedule an appointment with the paralegal, call 317-398-0127.

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.



BEAT THE HEAT

FAN DRIVE

SHELBY COUNTY ACTIVE AGING COALITION IS IN NEED OF BOX FAN DONATIONS TO HELP OUR SENIORS GET THROUGH HOT, SUMMER MONTHS

FOR QUESTIONS OR TO GET INVOLVED, CONTACT LIZ RENTON
AT 317-398-0127 OR
SCAACIN@GMAIL.COM

FANS CAN BE DROPPED OFF AT SHELBY SENIOR SERVICES

Shelby County Active Aging Coalition and Shelby Senior Services Presents:

SENIOR EXPO

10AM-2PM TUESDAY, SEPTEMBER 22

At Shelby Senior Services, Inc.
2120 Intelliplex Dr.
Shelbyville, IN 46176

Free Lunch Provided by Ashford Place



- ✓ VARIOUS HEALTH TESTS
- ✓ SENIOR RESOURCES
- ✓ PERSONAL HEALTH
- ✓ ADAPTIVE EQUIPMENT
- ✓ FREE GIVEAWAYS

WALDRON

Join us every Tuesday in September!

Lunch at the St. Paul Tavern at 11am
– Cost \$5

Following lunch, we will have games
for everyone to enjoy.

Please call 317-398-0127 and ask for
Liz to reserve your spot or with any
questions. We hope to see you there!

MORRISTOWN

Join us at the Morristown Horizon Center!

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

September 2

Lunch: Sloppy jo sandwiches, sides, birthday cake, ice cream

Activity: Celebrating September Birthdays

September 9

Lunch: Chicken vegetable soup, sides, and dessert

Activity: TBD

September 16

Lunch: Pizza, sides, and dessert

Activity: TBD

September 23

Lunch: Potato bar sides and dessert

Activity: TBD

September 30

Lunch: Meat loaf, sides, and dessert

Activity: TBD

DONATIONS

Thank you to our donors:

American Legion	Bob & Debbie
Post #70	Martin
John Ketchum	Tim & Janice
Anonymous	Conway
Connie Ford	Marilyn & Jim
Valerie Donica	Reed
Senda Oliver	

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.

Mornings:

- 9:30-10:00** Coffee Chat
10:00 -11:00 Chair Volleyball—September 3 & 17
Exercises with Shelbi—September 10 & 24
11:00 Bible Study
11:00 -12:00 Mind Games Board Games, Card Games & Bridge
12:00 Lunch \$5 Please make reservations by the Tuesday prior

September 3 First Thursday Euchre

Lunch: Menu TBA

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

September 10 A Message From the Recorder's Office

Lunch: Menu TBA

- 1:00** Almost all of us have visited the recorder's office in Shelbyville and have met Jessica Pile. She comes to us today with information regarding a growing concern...property fraud.

Advisory Council Meeting following presentation

September 17. Music Man, Steve Jeffris

Lunch: Menu TBA

- 1:00** Steve Jeffris! His name says it all. A friend of the Fairland Seniors, Steve will be here once again to make music for us and with us. This will be his first time back since November of 2023! Unexpected complications with a hip replacement, led him on a long road to recovery. As of last month, he is "back in the saddle again" making music for all of his friends. I can't wait to see him! Bring a friend, this is a great show!

September 24 Senior Self Defense

Lunch: Menu TBA

- 1:00** Meet Your Instructor: Kerry Broshears
Kerry Broshears is the Sales Director at Walker Place Assisted Living with a passion for helping older adults stay safe, confident, and independent. He previously managed Premier Martial Arts studios, has trained in kickboxing and Muay Thai for nine years, and has taught Rock Steady Boxing for the past three years, helping individuals with Parkinson's disease improve their strength, balance, and confidence. In this Senior Self-Defense class, Kerry will teach practical strategies to increase awareness, avoid dangerous situations, and build confidence using simple, effective self-defense techniques designed for older adults of all ability levels.

* * *
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

437 Amos Road, Shelbyville IN 46176
317-398-4599



106 E. Franklin, St. Paul, IN 47272
765-525-2411



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

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Shelbyville, IN 46176

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