



# Shelby Senior Services, Inc.

2120 Intelliplex Dr. Ste. 101  
Shelbyville, IN 46176  
317-398-0127  
ShelbyGo Transportation  
317-398-7614  
[www.shelbyseniorservices.org](http://www.shelbyseniorservices.org)  
Facebook @shelbyseniorservices

## Horizon Newsletter

### August 2025



**SHELBY SENIOR SERVICES  
ALL CENTER**



# PICNIC IN THE PARK



**AUGUST 20, 2025**

**AT SUNSET PARK**



**PARTY STARTS AT NOON**



**554 River Road  
Shelbyville, IN 46176**



**All Senior Center Members  
Welcome**



- Fried Chicken Provided By Kopper Kettle
- Bring a Side Dish To Share
- Games and Activities
- Karaoke with DJ Moxxy



**JOIN US FOR GAMES, FOOD  
AND FUN**



[www.shelbyseniorservices.org](http://www.shelbyseniorservices.org)



## **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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Advertising appearing in the Horizon has been purchased and does not represent an endorsement of products or services by Shelby Senior Services Inc.

## **STAFF**

### **Management Team**

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

### **Horizon Center Coordinators**

Crystalá Evans, Shelbyville  
Kathy Miller, Fairland  
Debbie Stafford, Waldron & Morristown

### **Program Staff**

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

### **ShelbyGo Drivers**

Margaret Deaton	John Forthofer
Jerry Berry	Andrea Majeed
Joy Vice	Daniel Majeed
	Roger Burt

### **2025-2026 Board of Directors**

Nick O'Connor, President  
Brent Swonger, Vice President  
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Jason Abel	Jenni Haehl
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Beth Crouch	Cindy Weidner
Grace Dillow	Kevin Williams
	Bob Wortman

“Serving seniors, improving lives.”



## LETTER FROM THE DIRECTOR

Liz Renton  
Executive Director

August holds a full schedule for everyone at Shelby Senior Services. We have so many great events coming up. Of course there is our Annual Picnic in the Park on August 20th. As always, we will provide the fried chicken and you bring your dish of choice. Crystala always makes this a fun time and one of our favorites of the year. There are multiple day trips—the Indiana State Fair and a CPR class followed by lunch at Just Peachy. These always fill up quickly so be sure to reserve your spot ASAP. The Crockpot Class is open to all members this month! This great program has gone on for a year now and the demand has only grown! You must reserve your spot since you are provided with the ingredients for what Shelbi is cooking up. The Saturday Farmer's Market and Neighborhood Markets are taking place right now with great access to local produce and more. If you are unable to make it to these markets, be sure to speak to Jessie about our Produce Program! This program currently provides 60 seniors (and growing) with a 10lb box of produce twice a month. If you would like to get involved in any way, stop by or reach out to 317-398-0127!

## 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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**317-398-6060**



Are you interested in advertising  
in the Horizon Newlsetter?

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

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**Krughoff@shsindiana.com**

## SOCIAL SERVICES



Jessie Hundley  
Social Services Coordinator



### The Summer Hunger Gap

While the holiday season often sees a surge in food donations, summer presents unique challenges for food pantries. This year, data shows that food donations decline by about 30% during the summer months, while the demand for food assistance rises by roughly the same percentage. This creates a significant "summer hunger gap" that our pantry is working hard to bridge.

### How You Can Make a Difference

Support is crucial in helping meet the increased demand and ensure that no one in the community goes hungry this summer. Here are a few ways to help:

- **Donate food:** Non-perishable items like hearty soups, peanut butter, and beans are currently needed. Consider donating nutrient-rich items like canned vegetables, fruit, or high protein options like canned chicken or tuna.
- **Monetary donations:** Financial contributions allow the purchase of the most needed items, often in bulk, extending the reach of every dollar donated.
- **Volunteer your time:** Dedicated volunteers are always needed to help sort donations, stock shelves, and help with delivery.
- **Spread the word:** Help raise awareness about the summer hunger gap by sharing the need with your network. This can be done through social media, email, or by talking with friends and family about the importance of supporting local food pantries during this critical time.

Support, no matter how small, can make a huge difference in the lives of seniors facing hunger this summer and donations are tax deductible. Please consider joining the efforts to ensure that everyone in the community has access to the nutritious food they need.

**Thank you for your generosity and commitment to fighting hunger!**

*~Jessie*



### Dementia Caregiver Gathering

Presented by: Alzheimer's Association, Greater Indiana Chapter

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

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



**Build a support system with people who understand.**

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

- 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

### Needed Pantry Items:

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

### Produce Pick-Up Days:

Monday, August 4th  
Monday, August 18th  
12-4pm



## SHELBYGO TRANSPORTATION



Easter Hall-Beyer  
Director of Transportation

**ShelbyGo would like to welcome our new driver, Roger, to the team.**

We hope you have enjoyed your summer. It is time for the kids to return to school. Please remember school buses and the extra traffic may hold up ShelbyGo a bit. Please make sure that you are out and waiting for ShelbyGo to arrive. Call a few days in advance to schedule your ride. Same day (will call) rides cannot always be met. ShelbyGo tries their best to meet all requests but our schedule fills up quickly. We do have an answering machine. Please call to cancel your ride as soon as you possibly can. To schedule ride, you must speak to a live attendant. This cannot be done on the answering machine.

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



### Ron Kramer

Ron Kramer was born in Tell City, Indiana. He graduated from Tell City High School in 1966. He was very involved in 4H and was a ten-year member. He went to 4-H camp and many leadership camps during his 4-H career. Ron received his Bachelor of Science degree in Teaching from Indiana State University in Terre Haute, IN. He started out wanting to be a U.S. History teacher. After student teaching, he ended up becoming a 4th grade elementary education teacher in 1971. Ron continued inspiring young minds throughout his career. He taught for 2 years in Paoli, Indiana. Taught for 1 year in Franklin and then came here to Shelbyville in 1975. He taught at Hendricks

School for 28 years. While at Hendricks, he taught 4th and 5th grade. He enjoyed leading all the science and math lessons. Leading hands-on science experiments was his favorite. He has many great stories about his science lessons. Ron coached boys and girls, mostly 5th and 6th grade, basketball for 10 years at several different schools. He coached 40 years of girls' basketball in total. His girls' basketball teams were in the championship, or won the championships many years running. He coached at least 6 girls who made the Indiana All-Stars. Ron keeps in touch with women's basketball by attending every game he can. He even has season tickets for the Indiana Fever and IU Women's Basketball. When there is a game, you know Ron will be there. Ron's motto in teaching and in coaching basketball was to "Always work hard, and have fun." In that order. Ron loves the outdoors. He enjoys fishing and being out in the woods in the shade. He likes to paint and enjoys both watercolor and acrylics. Some of his paintings have won blue ribbons in the Shelby County fair. He won a Grand Champion ribbon for one of his paintings three years ago. Ron also loves to read. He is a member of several book clubs. His favorite thing to read is books about science fiction and fantasy. Ron is a member of the First Presbyterian Church. He has been an elder and a deacon there. He is very involved in his church community. Ron has been a member of Shelby Senior Services since 2014. He enjoys Tai Chi Chih, Book Club, Canvas classes, Day Trips, playing Hand and Foot, and puzzles. When Ron is not in an activity, he can be found working on the community puzzle. We value Ron's input during our book club and his artistic eye. He is a valued member of our center family.



**Carol McDaniel**  
Travel Coordinator



Shelby Senior Services, Inc.  
The Horizon Center



## Winter Getaway in Panama

Tour Dates: February 19 - 25, 2026

### Tour Highlights

- 8 Meals: 6 breakfasts and 2 lunches
- Airport transfers on tour dates when air is provided by Mayflower Cruises & Tours
- Tour the UNESCO World Heritage Site of Casco Antiguo in Panama City
- Discover the operational marvel of the Panama Canal at the Miraflores Lock Visitor Center
- Taste two local specialties: Panamanian Geisha Coffee and rum
- Create your own chocolate bar
- Sail to the Pacific Ocean on a partial transit of the Panama Canal
- Relax during a three-night stay at a beach resort

**DAY 1 USA / Panama City, Panama:** Depart the USA on your flight to Panama City. Upon arrival, you'll be met by a Mayflower Cruises & Tours representative and transferred to your hotel. The remainder of the day is at leisure to relax and become acquainted with your new surroundings.

**DAY 2 Panama City:** The day is spent discovering the diversity of this amazing city. Visit the Miraflores Lock Visitor Center where an expert guide helps you experience the construction history of the canal. Breathtaking views of the 8th Wonder of the World await. A stroll through Casco Antiguo - the oldest section of Panama City and a UNESCO World Heritage Site, showcases the variety of architecture and rich history. Visit a chocolate lab to learn about the production of this product and make your own chocolate bar! A few more tastings are in store as you sample the Panamanian Geisha Coffee (one of the most expensive in the world), and another local favorite...rum! Lunch is included during the excursion. **Meals: B, L.**

**DAY 3 Panama Canal Cruise:** Today may well be a highlight of your trip! Depart for the Gamboa area and embark a ship to begin the partial transit of the Panama Canal, narrated by a local expert. Cruise through the Gaillard Cut, cross under the Centennial Bridge and transit the Pedro Miguel Locks. Enjoy lunch onboard while experiencing the operation of the lock as you descend 30-feet in one step and reach Miraflores Lake. Enter the Miraflores Locks in the Pacific Ocean where you are lowered 60-feet in a two-step process. Sail on the Pacific Ocean, pass under the Bridge of the Americas and disembark at Amador Causeway in the Panama Bay. After an exciting day in the Panama Canal, return to the hotel by coach for an afternoon and evening at leisure. **Meals: B, L.**

Join the Winter Getaway in  
Panama!  
Contact Carol McDaniel at  
317- 701-5984 for more  
information.



Enjoy a partial transit of the Panama Canal



Relax at the Playa Bonita beach resort

**DAY 4 Panama City - Playa Bonita:** Depart the city and journey by coach to La Playa Bonita beach area. Enjoy the next three nights in the relaxed atmosphere of the resort. **Meal: B**

**DAY 5 Playa Bonita:** Enjoy a full day at leisure, discovering all the amenities of the resort, or, join an optional excursion to the Embera Indigenous Village. Mix and mingle with these happy people, living in the rainforest, with no "modern conveniences". See some of their cultural dances and explore the area's abundant variety of birds and wildlife during a visit to the surroundings of the village. **Meal: B**

**DAY 6 Playa Bonita:** A final day of rest and relaxation on the beach or poolside is in store for today. **Meal: B**

**DAY 7 Panama City / USA:** After breakfast, it's time to say goodbye to Panama as you return to the Tocumen International Airport for your flight home. **Meal: B**

Itinerary subject to change and order of events may vary.

FOR RESERVATIONS OR INFORMATION CONTACT:

**Amanda Coleman**  
Coleman Luxury Travel  
317-918-3705  
amanda@colemanlt.com

**Mayflower**  
CRUISES & TOURS



2026 Departure Date	Per Person Double	Single Room
February 19	\$3,574	\$4,623

Pricing includes roundtrip airport transfers and roundtrip airfare from Indianapolis.

Airfare may not be available until documents are received. Air seats are assigned by the airline for the entire group and may not be available until airport check-in. Seat changes can only be attempted at the airport and may not be possible. If specific seat assignments are vital to your reservation, we recommend booking air on your own rather than booking air with the group.

### HOTEL ACCOMMODATIONS

Days 1 through 3 - InterContinental Miramar, Panama City  
Days 4 through 6 - Westin Playa Bonita, Playa Bonita

**Optional "All Inclusive" Upgrade**  
"All Inclusive" upgrade available at the Westin Playa Bonita for an additional \$399 per person. The upgrade includes lunch and dinner daily (days 4 through 6), unlimited premium drinks and premium house wines (all served by the glass), taxes and tips. The upgrade is available on a per "room" basis (both guests in the room must purchase it), and only to guests 18 years and older. Mini-bar items are not included in the "All Inclusive" option.

**Optional Excursion\***  
Embera Indigenous Village: \$200 per person  
\*Note: minimum number of guests required to operate

**Travelers Protection Plan (TPP) - \$399 per person (optional)**  
This reimbursable fee covers all cancellation fees when we or a certified cancellation one day before the tour departs. If you must leave the tour early due to personal illness, illness or death of a member of your immediate family, TPP guarantees full refund for any unused services after the departure of the tour. Other benefits include medical expenses for illness and injury, emergency transportation, 24-hour hot line, and lost or stolen baggage assistance. Return air transportation is included ONLY if your air tickets were provided by Mayflower Cruises & Tours. If you purchase the optional Travelers Protection Plan (TPP), you will be refunded all payments, including deposit amount, less the TPP premium amount.

**Cancellation Charges:** Within Traveler's Protection Plan (TPP)  
• 91 days or more prior: Deposit amount  
• 61 to 90 days prior: 20% of tour cost  
• 41 to 60 days prior: 30% of tour cost  
• 21 to 40 days prior: 50% of tour cost  
• Day 1 of departure or early departure from tour: 100% of tour cost  
• No refund on unused portions of the tour

**Exclusions:** Mayflower Cruises & Tours reserves the right to alter its refund and cancellation policy when a substantial amount of cancellations or postponement of travel is attributable to: conditions resulting from an act of God, natural or man-made disaster, fire, government action, civil disorder, war, hostilities between nations, or unavailability of transportation through no fault of Mayflower Cruises & Tours.

Revised 04/03/2014

## HEALTH & WELLNESS



Shelbi Smith  
Health & Wellness Coordinator

August is a time of warm sunshine, fresh starts, and renewed focus on personal well-being. As we head into the tail end of summer, it's a great opportunity to focus on small, meaningful habits that support our health, happiness, and community connection. This month, we're proud to offer a variety of wellness activities designed to nourish the body, mind, and spirit—all right here at Shelby Senior Services!

We're excited to continue our **Tea Time** gatherings on **August 4th and 18th at 10:00 AM**. This relaxing class invites you to sip a warm cup of tea, enjoy light tea party snacks, and engage in friendly conversation. Tea Time is more than just a cozy moment—it's a proven way to support wellness by reducing stress, improving digestion, and encouraging social connection. Come unwind with us and connect over shared stories and soothing sips!

Exciting news! **Crockpot Creations** is now being offered on a month-to-month basis, and we're welcoming new seniors each month. Just sign up for any month you'd like to attend—it's that simple! Be sure to mark your calendars for our next class on **August 11th at 1:30 PM**. This hands-on session focuses on healthy eating and easy meal prep strategies using affordable, senior-friendly ingredients. You'll learn how to create a nutritious, delicious crockpot meal, and even get to sample the dish during class before taking home all the ingredients to make it yourself! Each session also includes a brief, encouraging discussion on healthy habits and how meal prepping can reduce stress, save time, and support better nutrition.

This class is sign-up only, and spots fill quickly—so don't wait! Stop by the front desk to reserve your seat.

We're also offering **Chair Yoga on August 13th at 2:00 PM**—a gentle movement class perfect for improving flexibility, balance, and circulation without leaving your seat. Whether you're new to yoga or just looking for a way to stay active without strain, this class is designed with seniors in mind and welcomes all abilities.

As part of our **Health & Wellness Passport Program**, don't forget—you can collect stamps each time you attend one of these classes. Collect 2, 4, or 6 stamps and win fun prizes while tracking your journey to better health! Passports and sign-up sheets are available at the front desk.

Taking care of our health doesn't have to be overwhelming, it's the small, consistent steps that truly make a difference. Whether you're sipping tea with friends, learning new ways to cook healthier meals, or gently moving your body in chair yoga, each activity brings you closer to a stronger, more balanced lifestyle. We hope you'll join us this August as we embrace wellness in fun, meaningful ways together as a community! Let's make this month one of connection, self-care, and healthy habits that last.

Here's to a joyful, healthy August!

### Health & Wellness Highlights:

**Tea Time**—Monday, August 4 & 18 at 10am

**Crockpot Creations**—Monday, August 11 at 1:30pm

**Rock Steady Boxing**—Every Tuesday & Thursday at 4pm

**Chair Yoga**—Wednesday, August 13 at 2pm

**Tai Chi**—Every Thursday at 10am

**Bowling**—Every Friday at Blue River Bowl at 12pm



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*Our range of services includes non-medical transportation, assistance with activities of daily living, pet care, companion care, meal preparation, and more!*

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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Assisted Living

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## SHELBYVILLE HORIZON CENTER



Crystalá Evans  
Shelbyville Activity Coordinator

August is our Annual All-Center Picnic in the Park on August 20th at 12:00 p.m. at Sunset Park for all Senior Service Members. Please bring a side dish and a serving spoon for your dish. We will have fried chicken provided by the Kopper Kettle and Karaoke with DJ Moxy. We will even have chair volleyball and a few other games for fun. You are also welcome to just come and visit. This is for members of our centers. Please bring a cushion or a comfortable chair for your pleasure. Please sign-up prior to August 19<sup>th</sup> at the front desk or via your satellite centers so we make sure to have enough chicken for everyone. Please call me with questions at (317) 398-0127.

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 CPR Class, Coffee with the Mayor, Day Trip to the Indiana State Fair, Lunch and Learn over Financial Wellness, Music and a Meal with Todd Lee – Music For A The Good Life, A Bird Town Program with Rachael Ackley, an Ice Cream Social and Trivia Hour, and an Emergency Preparedness with Sandy Hall.

We have a few Day Trip reminders that you need to keep in mind when reserving a spot on the bus. Please be on time for all Day Trips. We have a schedule to keep and places to be. If you are not here on time, you will be left behind. Our trips are designed for active, older adults who can walk far distances, maneuver stairs, and take care of their own personal belongings. Drinks are NOT allowed on the bus unless they are in a bottle with a cap that tightens. If you are diabetic, pack a snack in case meals are delayed. Please secure all belongings when on the bus. Lastly, we DO NOT give refunds for any reason. We want everyone to have a good time. A lot of planning and effort go into these outings. We appreciate your respect and consideration.

Please be sure to scan your card every time you visit Shelby Senior Services and be sure you are checking the screen for all that you do while here: classes, lunch, support groups, etc. Also, make sure you check Drop-In. This helps when we apply for grants. If you do not have a scan card, or have lost yours, please see me.

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.

Special thanks to all those who contribute to the mission of Shelby Senior Services. Your support, donations, membership, and sponsorship make a difference. We are honored to serve Shelby County seniors. We can't do it without you!

Sincere Regards,  
Crystalá Evans, ADC  
Shelbyville Activity Coordinator

HAPPY  
*Birthday*

Kenny Sedam 1st  
Robert Scheigert 2nd  
Marilyn Bartlett 4th  
\*Liz Renton 5th  
Jo Glover 13th  
Marilyn Reed 17th  
Helen Hilken 19th  
Janet McDaniel 19th  
Jim Reed 21st  
Jeannie Cecil 21st  
Pam Scheigert 21st

## 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

Please know that we do our best to ensure the accuracy of information in the monthly newsletter. We apologize for any errors or inconsistencies.

### **\*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!

### **\*Mondays in August by appointment– 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 August at 10:00 a.m. Caffeinated and**

**Connected Sessions** We are going to be playing board games during our Caffeinated and Connected Series. Please come and join the fun as we enjoy a fun Coffee Bar, eat donuts, and play a different game each week. The more the merrier! This will be a great way to get more comfortable playing new games. Come give it a try and enjoy something new.

**Tuesdays and Fridays in August 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 August 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.

### **Friday, August 1<sup>st</sup> at 9:00 a.m. Fun Friday Golden Girls**

**Day** Everyone has a favorite Golden Girl that they can identify with. Are you a Blanche, Dorothy, Sophia, or Rose? Dress in an outfit that shows which one you are most like. You can also wear something that is related to the Golden Girls. This day is also homemade Pie day. If you have a special pie that you make – bring it to share with the group, Our Bingo sponsor is Victorious Star.

### **\*Monday, August 4<sup>th</sup> at 1:00 p.m. Nutrition For Life with**

**Dartaja Woods** We are going to welcome Dartaja Woods from the American Heart Association here for a very informative class on Nutrition. We will also be making smoothies. Enjoy a healthy snack and learn more about how to look and feel younger by properly fueling your body.

### **\*Tuesday, August 5<sup>th</sup> at 8:00 a.m. Day Trip to the Indiana**

**State Fair Cost is \$5** There are 14 spots on the bus. The seats are very cozy on the bus. Cost is a donation of \$5 per person for gas is to be taken at the time of your reservation for your spot on the bus. The tickets to the Fair Entry have been donated by the Indiana State Fair. This trip will include a fair amount of walking. Be prepared. Wear comfortable shoes, a hat and lots of sunscreen. Also, bring cash to spend at the food vendors to avoid extra fees. We will depart the center on the bus promptly at 8:00 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 appropriate.

### **\*Thursday, August 7<sup>th</sup> at 1:00 p.m. Emergency**

**Preparedness with Sandy Hall** We will welcome Sandy Hall here from the Shelby County Health Department to discuss Emergency Preparedness. She will have a lot of fun things to give you to take home to stay safe in the event of an emergency. Don't be caught without the proper tools. Please sign-up in advance so that we know how many items she will need to bring.

### **Friday, August 8<sup>th</sup> at 9:00 a.m. – Fun Friday – Cat Day and**

**Dollar Day** Bring a Dollar for a fun game. Also, bring a picture of your beloved Cat, or something cat related. We will have pictures of cats that are available for adoption from the Shelby County Animal Shelter. We will celebrate August Birthdays with cupcakes sponsored by Tim and Janice Conway of Blue River Stained Glass. Bingo prize table is going to be sponsored by Ashford Place.



## ACTIVITY HIGHLIGHTS

**\*Wednesday, August 13<sup>th</sup> – Day Trip CPR Class and Lunch at Just Peachy** Join us at a CPR Class where we will learn life saving skills. Cost is FREE. Room for 7 people. Bus departs at 8:30 AM. We will have CPR class and then travel to Just Peachy Café for lunch. Cost of the lunch is at your expense.

**\*Wednesday, August 13<sup>th</sup> at 11:30 a.m. Lunch and Learn - Stay Sharp, Stay Safe -Protecting Yourself from Scams – COST \$5** Brittney Minnich and Annette Rayburn will be here from Fifth Third Bank to talk about Scams and ways to help your financial wellness. Stay Sharp, Stay Safe: Protect Yourself from Scams. We are going to have a lunch sponsored by Your Way Catering. It will be Pulled Pork BBQ, Baked Beans, Mac-n-Cheese, and Brownies for Dessert. You must R.S.V.P. at the front desk by August 12<sup>th</sup>. The cost is \$5 and there is room for 20 people.

**\*Thursday, August 14<sup>th</sup> at 9:00 a.m. Coffee with The Mayor & Knox Box Info** 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. We will also have a presentation on the Know Box program. These are FREE for you. Help EMS help you should an emergency arise. 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, August 14<sup>th</sup> 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 Winter Soldier: Cold Front” by Mackenzie Lee. Everyone is meeting in the Meeting Room this month. All center members are welcome.

**Thursday – August 14<sup>th</sup> at 1:00 p.m. – Movie Matinee “A Star Is Born” and Popcorn** We are going to be showing “A Star Is Born” featuring Judy Garland and James Mason. Come and enjoy a movie and some popcorn while watching a fun movie. The movie is 2 hours and 56 minutes long.

**Friday, August 15<sup>th</sup> at 9:00 a.m. Fun Friday Tell A Joke Day** Bring your best Joke for Tell a Joke Day. It can be a Knock, Knock Joke, or a real humdinger. Our Bingo sponsor is Morristown Manor. Come enjoy some joking and fun. No pun intended.

**\*Wednesday, August 20<sup>th</sup> at 12:00 p.m. Annual All Center Picnic at Sunset Park** Join us for our Annual Picnic at Sunset Park. All center members are welcome. We are going to have fried chicken provided by the Kopper Kettle. Please bring a side dish to share with everyone. You will need to bring a serving spoon for each item. These are self-serve, so please make it easy for everyone. I don’t have time to stage every side item. Please plan accordingly and bring a cushion or a chair for your comfort. We will have chair volleyball, games and Karaoke with DJ Moxy. It is sure to be a great time!

**Thursday, August 21<sup>st</sup> 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.

**\*Thursday, August 21<sup>st</sup> at 3:00 p.m. Music and a Meal – Music For The Good Life Cost is \$7** We are going to be welcoming Todd Lee here with Music For The Good Life to our center. Music at 3:00 p.m. and Meal at 4:00 p.m. The meal will be tender roast beef, green beans, mashed potatoes with gravy, rolls with butter, cookies, and a drink. The meal is limited to 50 people, so sign up early.

**Friday, August 22<sup>nd</sup> at 9:00 a.m. Fun Friday – Be An Angel Day** Wear something with an Angel or a religious reflection on it today. This is Be An Angel Day. Please be an angel to someone today. We can share stories or make a commitment to be extra nice today. Our Bingo sponsor is Compass Park. Come enjoy some fun.

**\*Monday, August 25<sup>th</sup> at 1:00 p.m. Bird Program with Rachael Ackley** Did you know that Shelby County is a Bird Town? Come and learn about ways that you can be a part of this initiative for bird conservation. We will have a lot of great information for you on what you can do as well. We will have snacks as well.

**Thursday, August 28<sup>th</sup> at 1:00 p.m. Ice Cream Social & Trivia Game with Chuck** Come ready to enjoy a taste of summer with an ice cream sundae bar. We are going to eat ice cream and play trivia. Chuck Winslow will be here to share a fun afternoon.

**\*Friday, August 29<sup>th</sup> at 8:00 a.m. Fun Friday - College Day** We are going to celebrate College Day for Fun Friday. Wear your favorite college team attire. Our Bingo sponsor is going to be our very own Joy Vice. She works for ShelbyGo and has graciously offered to be our sponsor.

# DAY TRIP CPR CLASS AND LUNCH AT JUST PEACHY CAFE



**Room for 7  
people  
Cost is your  
lunch**



**August 13th  
Bus Departs at  
8:30 AM  
CPR Class  
9 AM - 11 AM  
Lunch at  
Just Peachy Cafe  
11:30 to 12:30 PM  
Return 1:00 PM**

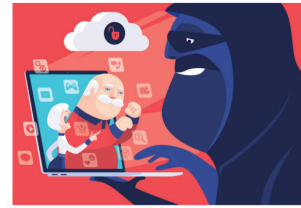
**Learn life-saving skills**

**Training at Annex II Building  
20 W Polk Street, Suite 202  
WWW.SHELBYSENIORSERVICES.ORG**



LUNCH AND LEARN

## Stay Sharp, Stay Safe: Protecting Yourself from Scams



**August 13th at 11:30 A.M.**

Brittney Minnich from Fifth Third Bank will be presenting. Every day, scammers come up with new tricks to take advantage of trusting people—especially older adults. But knowledge is power! In this session, we'll explore the most common types of fraud targeting seniors, how to spot red flags, and simple steps you can take to protect yourself and your loved ones. Whether it's a phone call, email, or even someone at your door, you'll leave feeling more confident and prepared to say, "No thanks!" to fraud.



**FIFTH THIRD**

Lunch Prepared by  
Your Way Catering  
Pulled Pork  
Mac-n-Cheese  
Baked Beans  
Brownies

**COST \$5  
Limited to 25  
Participants**

**317-398-0127  
www.shelbyseniorservices.org  
2120 Intelliplex Drive, Suite 101  
Shelbyville, IN 46176**



Shelby Senior Services Presents

# MUSIC & A MEAL

MUSIC FOR THE GOOD LIFE  
WITH TODD LEE

**AUGUST 21, 2025**

**COST IS \$7**

**3:00 MUSIC  
4:00 MEAL**

Please R.S.V.P.  
by calling  
317-398-0127  
Room for 50 Guests  
COST IS \$7  
Entertainment  
& Food Cost

MEAL BY:  
YOUR WAY CATERING:  
ROAST BEEF  
GREEN BEANS  
MASHED POTATOES &  
GRAVY  
ROLLS WITH BUTTER  
COOKIES  
AND A DRINK

2120 Intelliplex Drive, Suite 101  
www.shelbyseniorservices.org



## CROCK POT CLASS

**August 11<sup>th</sup>  
1:30 pm**



Class focused on healthy, simple crockpot meals. Each session includes a cooking demo, tasting, and FREE take-home ingredients with a recipe card.

**Each month includes:**

- Crockpot meal tasting
- Nutrition tip of the month
- Take-home recipe card
- Ingredients to make the dish at home



2120 Intelliplex Dr.  
Shelbyville IN  
46176



317-398-0128

**SIGN UPS WILL BE AT THE FRONT DESK AT  
SHELBY SENIOR SERVICES EVERY MONTH**



# AUGUST ACTIVITY CALENDAR





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>28</b> 9:00 Tech Savvy Seniors 9:00 Mah Jongg 1:00 Dance & Karaoke with DJ Moxy	<b>29</b> 10:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting 5:30 Medicare 101	<b>30</b> 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 2:00 Chair Volleyball	<b>31</b> 9:30 POKENO 10:00 Tai Chi 1:00 Jewelry Class with Becky	<b>1</b> 9:00 Fun Friday – Golden Girls Day 9:30 BINGO by Victorious Star 1:00 Euchre 1:00 Dominoes
<b>4</b> Produce Pick-Up 9:00 Tech Savvy Seniors 10:00 Tea Time 1:00 Mah Jongg 1:00 Nutrition for Life with Dartaja Woods	<b>5</b> 8:00 Day Trip to the State Fair Cost \$5 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	<b>6</b> 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game	<b>7</b> 9:30 POKENO 10:00 Tai Chi 1:00 Emergency Preparedness with Sandy Hall	<b>8</b> 9:00 Fun Friday – Cat Day and Dollar Day 9:30 Bingo by Ashford Place 1:00 Euchre 1:00 Dominoes
<b>11</b> 9:00 Tech Savvy Seniors 1:00 Mah Jongg 1:30 Crockpot Class	<b>12</b> 10:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	<b>13</b> 8:30 Day Trip - CPR Class 9:15 Bible Study with Jim 11:30 Lunch and Learn – Stay Sharp, Stay Safe Cost \$5 1:00 Hand and Foot 2:00 Chair Yoga	<b>14</b> 9:00 Coffee with the Mayor & Knox Box Info 9:30 POKENO 10:00 Tai Chi 1:00 Book Club – Meeting Rm 1:00 Movie Matinee	<b>15</b> 9:00 Fun Friday – Tell A Joke Day 9:30 Bingo by Morristown Manor 1:00 Euchre 1:00 Dominoes
<b>18</b> Produce Pick-Up 9:00 Tech Savvy Seniors 10:00 Tea Time 1:00 Mah Jongg	<b>19</b> 10:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	<b>20</b> <b>ALL CENTER PICNIC AT SUNSET PARK</b>	<b>21</b> 9:30 POKENO 10:00 Tai Chi 1:00 SCRABBLE 3:00 Music and a Meal – Music For The Good Life Cost \$7	<b>22</b> 9:00 Fun Friday – Be An Angel Day 9:30 BINGO by Compass Park 1:00 Euchre 1:00 Dominoes
<b>25</b> 9:00 Tech Savvy Seniors 9:00 Mah Jongg 1:00 Bird Town Program with Rachael Ackley	<b>26</b> 10:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	<b>27</b> 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game	<b>28</b> 9:30 POKENO 10:00 Tai Chi 1:00 Ice Cream Social & Trivia Game with Chuck	<b>29</b> 9:00 Fun Friday – College Day 9:30 BINGO by Joy Vice 1:00 Euchre 1:00 Dominoes



August 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Cultural Meal Day</b> 				<b>1</b> Ginger BBQ Chicken Whipped Sweet Potatoes Collard Greens Wheat Bread Diced Pears Milk
<b>4</b> Oven Fried Chicken Whipped Sweet Potatoes Collard Greens Orange Juice Milk	<b>5</b> Spaghetti/Meatballs Parmesan Cheese Italian Cut Green Beans California Veggies Mixed Fruit Milk	<b>6</b> Chicken & Sausage Jambalaya Fajita Vegetables Cauliflower Diced Pineapple Milk 	<b>7</b> BBQ Beef Green Beans Scalloped Potatoes WG Bun Diced Peaches Milk	<b>8</b> Sliced Turkey w/Gravy Maple Sweet Potatoes Broccoli Diced Pears Milk
<b>11</b> Grilled Hamburger Mac & Cheese Festive Green Beans Diced Pears WG Bun Milk	<b>12</b> Cheesy Smothered Chopped Steak White Rice Pilaf Peas Wheat Bread Mandarin Oranges Milk	<b>13</b> Turkey Ham & Beans Beets Carrots Corn Bread Mixed Fruit Milk	<b>14</b> Almond Crusted Fish California Veggies Scalloped Potatoes Mixed Fruit Wheat Bread Milk	<b>15</b> Pot Roast w/Gravy Broccoli Mashed Potatoes Wheat Bread Applesauce Milk
<b>18</b> Beef & Broccoli Lo Mein Noodles Diced Carrots Diced Pears Milk	<b>19</b> Bagel w/Pork Sausage, Egg & Cheese Roasted Sweet Potatoes Applesauce Milk	<b>20</b> Meatloaf w/Gravy Mashed Potatoes Brussel Sprouts Mandarin Oranges Milk	<b>21</b> Beef Stew Corn Turnip Greens Wheat Bread Diced Peaches Milk	<b>22</b> Cheese Lasagna w/ Veggie Marinara Capri Veggies Lima Beans Wheat Roll Diced Pineapple Milk
<b>25</b> Vegetarian Chili California Veggies Roasted Sweet Potatoes Corn Bread Tropical Fruit Milk	<b>26</b> Chicken & Noodles Rosemary Potatoes Italian Cut Green Beans Wheat Roll Birthday Treat Milk	<b>27</b> Italian Bowtie Pasta w/Beef Broccoli w/Red Peppers Green Beans Applesauce Milk	<b>28</b> Country Fried Steak w/Gravy Spinach Baked Potato Tropical Fruit Milk	<b>29</b> Herb Crusted Hake Roasted Potatoes Broccoli Wheat Bread Tropical Fruit Cup 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:

Sugar Packets  
Cans of Regular Coffee  
Square Napkins  
Kleenex  
AAA Batteries  
Individually wrapped snacks

### Legal Aide Services:

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

### SHIP Services:

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

### Tax Services:

Tax appointments for 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.



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CENTRAL**  
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**CHUCK WINSLOW**  
463-204-8050  
MEDICARE & RETIREMENT SPECIALIST  
AMBASSADOR TO SENIORS | US MARINE VETERAN

#### HOW I HELP FAMILIES AND MY COMMUNITY:

##### ✓ 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!

#### Trusted Partners Of:



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## 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. For lunch reservations, call or text Debbie at 317-443-0332.

**10:00**—Coffee & Chat  
**11:00-11:45**—Exercises  
**11:45**—Lunch (cost \$5)

#### August 5

**Lunch:** Smoked sausage, green beans, potatoes. With salad, bread and cherry dump cake  
**1:00** TBA

#### August 12

**Lunch:** Spaghetti and meatballs, salad, garlic bread, and peach cobbler  
**1:00** TBA

#### August 19

**Lunch:** Breakfast casserole, fruit, and toast  
**1:00** TBA

#### August 26

**Lunch:** taco bar and snickerdoodle blondies  
**1:00** TBA

## MORRISTOWN

### Join us at the Morristown Horizon Center!

Located at the Morristown Methodist Church, 221 S. Washington St. Morristown, IN. Open Wednesday from 11:00 am-2:00 pm. For lunch reservations, call or text Debbie at 317-443-0332.

**11:00-11:15**—Coffee & Chat  
**11:15-12:00**—Exercises  
**12:00**—Lunch (cost \$5)

#### August 6

**Lunch:** Smoked sausage, green beans, potatoes. With salad, bread and cherry dump cake  
**1:00** TBA

#### August 13

**Lunch:** Spaghetti and meatballs, salad, garlic bread, and peach cobbler  
**1:00** TBA

#### August 20

##### Closed for the Annual Picnic!

Please join us for Picnic in the Park at Sunset Park starting at 12pm.

#### August 27

**Lunch:** taco bar and snickerdoodle blondies  
**1:00** TBA

## DONATIONS

### Thank you to our donors:

Mary Anderson	Jan Myers
Laura Burkhardt	Karen Parmer
Delta Theta Tau Zeta	John Schoentrup
Lamda	Holly Schrank
Valerie Donica	Ken Sedam
Judy Eads	Sandy Whitten
Duke Energy	Betty Zoelzer
John Gill	Anonymous Donors
Linda Hanahan	
Margie Kuhn	
Carol Mateer	
Janet McDaniel	

### 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, 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, 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 August 7

Chair Volleyball August 14 & 28

Wii Bowling August 21

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

**11:00-12:00**—Bible Study

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

### August 7 First Thursday Euchre

**Lunch:** Menu: Hurry up burgers, sides, and dessert

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

**1:00** "Crockpotting" with Shelbi in back study room.

### August 14 Puzzle-a-thon and Games

**Lunch:** Leftover Casseroles...gotcha wondering?

Sides and dessert

**1:00** Our yearly puzzle- a- thon, but if you are not into jigsaw puzzles, please stay and play any game you like! Hand and Foot, Bridge, Scrabble, Yatzee, Chinese Checkers, Euchre, whatever you can think of. Bring something from home if you'd like!

### August 21 "...Just Horsin' Around!"

**Lunch:** Baked potato and salad bar

**1:00** Richard Keyton has been involved in standard bred harness racing for 55 years! He is a friend of Joyce Cummings and will be here to share with us tales from all those years of horsin' around.

### August 28 "Pickin' and a Grinnin'"

**Lunch:** Country Fare...exactly what... TBA

**1:00** WE ALL can remember tuning our TV's on Sunday nights to that silly variety show that hailed from "Kornfield Kountry HEE HAW" starring Roy Clark and Buck Owens. It aired from 1969 to 1993. Today, let's dress like Junior, Grampa Jones, or even one of the Hee Haw Honeys and spend the afternoon with one of those shows, laughing along with that cornpone humor and some good old Pickin' and a Grinnin'.



\* \* \*  
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



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