



# 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

### September 2025

# THANK YOU SHELBY COUNTY RECYCLING DISTRICT

Look for our new ShelbyGo van around town! Thank you to the Recycling District for choosing ShelbyGo as a recipient of one their special projects. We appreciate your commitment in reducing emissions and generosity towards improving public transportation.



## **Mission & Purpose**

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

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## **STAFF**

### **Management Team**

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

### **Horizon Center Coordinators**

Crystalá Evans, Shelbyville  
Kathy Miller, Fairland  
Vivian Scott, Morristown

### **Program Staff**

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

### **ShelbyGo Drivers**

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Jerry Berry	Andrea Majeed
Joy Vice	Daniel Majeed
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### **2025-2026 Board of Directors**

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“Serving seniors, improving lives.”

Shelby County Active Aging Coalition and Shelby Senior Services Presents:

# SENIOR EXPO

**10AM-2PM TUESDAY,  
SEPTEMBER 16TH**

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

**Free Lunch  
Provided by  
Ashford Place**



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

## 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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**www.HearIndiana.com**

\* 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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in the Horizon Newlsetter?

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

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Shelbyville & Greenwood Areas

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# SOCIAL SERVICES



Jessie Hundley  
Social Services Coordinator

## Farmers market information

Shelby County Farmers Market is an excellent resource for fresh, local foods and community engagement.

Here's what you need to know:

- Location: The Shelby County Farmers Market is located at the corner of West Washington and Harrison Streets in Shelbyville, IN. You can find it on the Shelbyville Public Square.
- Hours: The market is open on Saturdays from 8:00 a.m. to 12:00 p.m. during the season, which runs through September 27th, 2025.
- In addition to the Shelby County Farmers Market held on the Public Square, Neighborhood Farmers Markets are held as follows:



### WIC: 4:30 - 5:30 PM

July 8 & 22; August 5 & 19; September 2 & 16



### BLUERIDGE TERRACE APARTMENTS: 6 - 7 PM

July 8 & 22; August 5 & 19; September 2 & 16



### LOPER COMMONS: 4 - 5 PM

July 16 & August 13



### PEARSON PLACE APARTMENTS: 3 - 4 PM

July 17 & 31; August 14 & 28; September 11 & 25



### CHARLES MAJOR MANOR: 4:30 - 5:30 PM

July 17 & 31; August 14 & 28; September 11 & 25

Visiting a farmer's market offers numerous advantages for seniors, including access to nutritious produce, enhanced benefits including "SNAP Match" up to \$20 with market bucks, opportunities for gentle exercise, social interaction, and a connection to the community. It can also help combat feelings of isolation and stimulate the senses.

Remember: Farmers markets are not just a place to buy food, they are also social hubs and great opportunities to connect with the community. Consider exploring the Shelby County Farmers Market for both your nutritional needs and overall well-being.

As always, let me know if you have any questions, hope to see you there!

~Jessie

ALZHEIMER'S ASSOCIATION



## 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:

Tuesday, September 2nd  
Monday, September 15th  
12-4pm

## SHELBYGO TRANSPORTATION



Easter Hall-Beyer  
Director of Transportation

Shelby Go would like to personally thank the Shelby County Recycling District for the new **2025 Toyota Seinna hybrid rear loading wheelchair van** they purchased through their special projects for Shelby Go.

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



### Jeanne Cecil

Jeanne Cecil was born to Alice and Ralph Hayes in Greensburg, Indiana. She moved to Shelbyville at a young age. She attended Shelbyville High School and graduated in 1949. While in High School, she worked at the Five Points Drug Store. Jeanne married Herbert Lay, and they had five children: 3 girls and 2 boys. When her children were in their teens, she went back to work. She worked at Jester's Department Store. She worked mostly in the ladies' clothing and card departments. Jeanne loved to sew. She made her children's clothing, prom dresses, and all of her girls' wedding dresses.

Jeanne also worked at Cossairs Flower Shop for many years, assembling beautiful flowers. She did flowers for a lot of weddings, anniversaries, and holidays. When asked about her favorite flower, she said she loves them all. Jeanne and her second husband, Ray Cecil, used to love to square dance. They belonged to a group called the Bears Squares. They took lessons in Greensburg for many years. She also enjoys the Christmas holiday and has an amazing Holiday Village. Each year, she puts the whole display out for people to enjoy. Her display is well known, and she likes to invite people in to see her decorations. Jeanne was always an outdoorsy person. She loved camping and riding horses. Shakamak State Park was one of her favorite places to camp and ride. Each year, they would catch and clean fish for the freezer. Then they would have a Big Fish Fry. She lived in the country between Shelbyville and Waldron for many years. Then she moved to Shelbyville and lives in her childhood home. She has moved about a bit, but has mostly called Shelbyville her home. Jeanne likes to stay busy. Jeanne attended Beacon Baptist church for many years, but now she calls Crossroads Community Church her home. During her time at the senior center, she has done a lot of scrapbooking and paper crafts. She loved to play card games like Hand and Foot, and Euchre. She handmade all of the card pockets that we still use today during our Hand and Foot games. Jeanne joined the center back in the late 80s, early 90s. During her time at the center she has enjoyed the social interaction. She has made a lot of friends and met a lot of people. Getting out of the house and having a routine is the key to a long life. We enjoy seeing Jeanne each week. She always has a smile and a laugh that is so friendly. We are blessed to have her as a member of our center family.

## TRAVEL



Carol McDaniel  
Travel Coordinator

Although Shelby Senior Services has sponsored trips to many places in Canada over our years of travel, Ottawa, which is the capitol of Canada, was new to me. The St. Lawrence River cruise was a highlight in Montreal, and Quebec City's Fairmont Le Chateau Frontenac (hotel) reminded me of the splendor of European architecture.

Ottawa was named by the Algonquin Indians to mean either Traders or People of the Forest. That name emerged after the construction of the Rideau Canal by a man named Colonel By to enhance the lumber trade route. The area had been previously named Bytown.

Ottawa's Parliament Hill, the seat of government in Canada, features the grandeur you would expect as a capitol. As we passed by the Hill, the parade grounds in front of the building came to life with the red uniforms and large black bearskin hats we are accustomed to seeing in the changing of the guard in London, England. Crowds lined the perimeter to witness the event.

Streets surrounding Parliament Hill are dotted with world-wide Embassy buildings, especially the impressive American Embassy. The Canadian government represents its ten provinces and two territories.

Another highlight of the trip was the cruise on the St. Lawrence River. Just after enjoying eating and shopping in the the Underground City and visiting the Saint Joseph's Oratory of Mount Royal, which is a beautiful church in downtown Montreal, we headed for the dock and boarded the ship. I especially enjoy city river cruising, because one can see so many of the city's attractions and its industrial base from the water. Montreal is a main hub of trade. Container ships handle millions of cargo a year.

The 1976 Olympics were held in Montreal along the St. Lawrence River front. The stadium was built outside the main city because the mayor was convinced that the population of 2 million people would be 13 million by the time of the Olympics. He was wrong. So the rest of the venue was scattered for several miles along the river front back to the center of the city. Many of the attractions, such as what seems to be a mile-long roller coaster, are still in use today.

Quebec City sits on two levels, the upper level and lower level. Even though I have visited Quebec City in the past, our bus tour back then only took us by the Fairmount Le Chateau Frontenac hotel on the upper level. This time, when we exited the tour bus on the lower level, I headed straight for the Funicular, which is the people mover, and rode up the steep hill to experience the hotel and shops I missed previously.

The Chateau Frontenac rivals any hotel in Europe with its stunning architecture, crystal chandeliers, marble staircases and mahogany carved moldings. Outside, the vast porches on the hotel's two sides take in the breathtaking view, as well as provide enough space for musicians, dancers and other entertainers to wow the audiences. Lining the streets on the two sides are specialty restaurants and unique shops. They are intimate places to meet the shop owners, artisans or restaurant owners.

We would love to have you on our travels next year. Stop by Shelby Senior Services and pick up the schedule and brochures available at the front desk.

## HEALTH & WELLNESS



Shelbi Smith  
Health & Wellness Coordinator

As we welcome the crisp air and colorful leaves of September, it's the perfect time to refocus on our health and well-being. September is recognized as Healthy Aging Month, encouraging us to build positive habits, stay active, and connect with our community. At Shelby Senior Services, we're excited to offer a variety of engaging programs that support your physical, mental, and emotional wellness all month long.

Be sure to take part in our Health & Wellness Passport Program! For every health-related class you attend, you'll earn a stamp. Collect stamps to win fun prizes at the 2, 4, and 6-stamp milestones. It's a simple and motivating way to stay on track with your wellness goals.

We have something new this month! Retro Rewind, where we'll be dancing through the decades! September we're traveling back to the 1950s, so throw on your poodle skirts, leather jackets, or favorite vintage look and get ready to move! **DJ Moxy** will be spinning a lively 50s playlist while we enjoy lighthearted dancing for exercise and fun. Join us on **September 8th at 1:00 PM** at Shelby Senior Services and don't forget to sign up at the front desk!

This month, Tea Time will be held just once, so make sure to join us on **September 15th at 10:00 AM** for a cozy morning of tea, snacks, and meaningful conversation. This program supports mental wellness by encouraging social interaction and friendship in a calm, welcoming space. As always, sign-up will be available at the front desk.

Crockpot Creations continues this September on a month-to-month basis, with our next class taking place on **September 15th at 1:30 PM**. This hands-on session focuses on easy, budget-friendly, and healthy meals you can make at home. Participants will taste-test the recipe in class and take home all the ingredients needed to recreate it in their own crockpot (note: crockpot not included). This is a sign-up only class with limited spots. **Cut off for sign-ups** will end on **September 8<sup>th</sup>** so please be sure to register at the front desk early!

We'll also continue our Chair Yoga program this month with a session on **September 24th at 2:00 PM**. This gentle movement class is perfect for all ability levels and focuses on stretching, balance, and breathwork—all from the comfort of a chair. Don't forget to sign up at the front desk if you'd like to attend.

September is a time of transition and new beginnings, making it a great opportunity to reset your wellness routines and try something new. Whether you're dancing through the decades, sipping tea with friends, learning new meal prep skills, or stretching your way to better health, we hope you'll join us in making this a vibrant and wellness-focused month at Shelby Senior Services.

### Health & Wellness Highlights:

**Retro Rewind 50's Dance Party**—Monday,  
September 8 at 1:00pm\*

**Tea Time**—Monday, September 15 at 10:00am\*

**Crockpot Creations**—Monday, September 15 at  
1:30pm\*

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

**Chair Yoga**—Wednesday, September 24 at 2:00pm\*

**Tai Chi**—Every Thursday at 10am

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

\*Sign-up required prior to the event date



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Assisted Living

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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 "Powering Possibilities: Flip The Script." Some areas for making connections are healthy aging, economic security, generations, and digital access.

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 Tai Chi, Chair Yoga and Crockpot Cooking all promote healthy eating. 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 Alzheimer's Walk and working with the young people at the YMCA allow for opportunities to connect with other 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 "Powering Possibilities: Flip The Script." Let us know why you enjoy coming to the senior center. Is it for friendship, crafts, improving your health, or to have a reason to get up in the morning?

Calling all Artists! We have received a grant for a six-week art series. Each week we will have a different class over a different topic like painting, jewelry making, ceramics, and more. Please see Crystala Evans, Activity Coordinator if you are interested in being a part of this series. She will get you on the VIP list. All of the costs are going to be covered by grant funds. We are looking for 10 people to participate. We are working on getting the dates together, but we need to have 10 interested people. Inquire 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. All programs and events listed in the newsletter are for **members only** unless it is stated otherwise. We do offer Day Passes for those who are not members and they just want to check us out. We don't want you to miss out on the fun.

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.

Sincere Regards,  
Crystalá Evans, ADC  
Shelbyville Activity Coordinator

HAPPY  
*Birthday*

\*Margaret Deaton 5  
Linda Chandler 6  
Kristy Holzhausen 16  
\*Will Mitchell 16  
Karen Williams 20  
\*Jerry Berry 24

## ACTIVITY HIGHLIGHTS

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

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

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

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

### **\*September 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.

**\*\*\*\*Center Closed on Monday, September 1<sup>st</sup> for Labor Day**

### **\*Tuesday September 2<sup>nd</sup>, 9<sup>th</sup>, 23<sup>rd</sup>, and 30<sup>th</sup> at 10:00 a.m. Caffeinated and Connected Sessions**

We are going to be covering a different topic using our I-pads. September 2<sup>nd</sup> is I-Pad Basics, September 9<sup>th</sup> is Using Google, September 23<sup>rd</sup> is Games of Skill using the I-pad, September 30<sup>th</sup> is Phone Camera, Take and Share. Please come and join the fun as we enjoy a fun Coffee Bar, eat donuts, and cover a different topic each week. Come give it a try and enjoy something new. Please sign-up so that we know how many donuts to buy for the class.

### **\*Wednesday, September 3<sup>rd</sup> at 9:00 a.m. Day Trip to the Recycling District**

We are going to be traveling to the Recycling District to learn all about what they do. Bus departs the center at 9:00 a.m. Room for 14 people. Cost of the lunch is at your expense. We will take the bus to Cracker Barrel for lunch following the program.

### **\*Thursday, September 4<sup>th</sup> at 1:00 p.m. Canvas Class**

**with Mindy** Join us for another exciting canvas class with Mindy Martin. Cost is \$25 and this covers all of the supplies. Room for 10 people.

### **Friday, September 5<sup>th</sup> at 9:00 a.m. Fun Friday -**

**Cheese Pizza Day** We are going to celebrate Cheese Pizza Day! Do you have a favorite pizza type? Cheese is very popular. Are you a Papa John's or a Pizza Hut lover? Come and tell us what you like on your pizza. If you want to be creative – come dressed as a Pizza Delivery person. Our Bingo sponsor is McKay Manor.

### **\*Monday, September 8<sup>th</sup> at 1:00 p.m. –Retro Rewind to the 50s - Dance and Karaoke with DJ Moxy**

We will be having a Retro Rewind Party back to the 50s 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. Put on your poodle skirts and your Pink Ladies jackets!

### **\*Wednesday, September 10<sup>th</sup> at 11:30 a.m. Lunch and Learn – Fall Prevention: Safety In The Home by Infinity Home Care– COST \$5**

Nadine Prather will be here from Infinity Home Care to discuss Fall Prevention. Safety In The Home this is an important topic to visit and revisit again throughout your life. The things you do now to prevent falls are key to living in your home for many years to come. Lunch will be Subway sandwich trays, chips cookie and a drink. Cost is \$5. You must R.S.V.P. at the front desk by September 9<sup>th</sup>. The cost is \$5 and there is room for 20 people.

### **\*Thursday, September 11<sup>th</sup> at 9:00 a.m. Coffee with The Mayor**

Scott Furgeson will be here to enjoy a cup of coffee and chat. He wants to hear from our 60 and over senior community. This is a great chance to have an open forum discussion with the Mayor directly. Call to reserve your spot and Day Passes are available. Robert Moore from Defender Financial will be here with donuts. Please sign up in advance so that we have enough donuts available.



## ACTIVITY HIGHLIGHTS

**Thursday, September 11<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 "What Does It Feel Like?" by Sophie Kinsella. Everyone is meeting in the Meeting Room this month. All center members are welcome.

**Thursday – September 11<sup>th</sup> at 1:00 p.m. – Movie "The Maylering."** We are going to be showing "The Maylering" featuring Ava Gardner and Omar Sharif. Come and enjoy a movie and some popcorn while watching a fun movie. The movie is 1 hour and 33 minutes long.

**Friday, September 12<sup>th</sup> 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 Freeman Family Funeral Home. Our Bingo sponsor is Ashford Place Health Campus.

**Tuesday, September 16<sup>th</sup> from 10 am to 2 pm – Senior Expo** We will be hosting this years 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. Come find out what new things are being offered in our community.

**\*Thursday, September 18<sup>th</sup> at 1:00 p.m. Bird Feeders with Barbara** Staying with the bird theme, and having fun with Barbara McFarland from Murphy Parks. We are going to be making bird feeders. This is a FREE craft. There is room for 10 people, and the supplies are being furnished by Murphy Parks.

**\*Thursday, September 18<sup>th</sup> at 3:00 p.m. Music and a Meal – Michael Murphy and the 10<sup>th</sup> Street Band** **Cost is \$7** We are going to be welcoming Michael Murphy and the 10<sup>th</sup> Street Band to our center. Music at 3:00 p.m. and Meal at 4:00 p.m. The meal will be tender herbed pork loin, roasted vegetables, mashed potatoes with gravy, rolls with butter, cobbler, and a drink. The meal is limited to 50 people, so sign up early. Cost is \$7 per person for members.

**Friday, September 19<sup>th</sup> at 9:00 a.m. Fun Friday – Talk Like A Pirate Day** We are going to celebrate Fun Friday by talking and dressing like Pirates. It is "Talk Like a Pirate Day" and we want you to wear your pirate attire. Our prize table sponsor is Morristown Manor.

**\*Monday, September 22<sup>nd</sup> 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.

**\*Thursday, September 25<sup>th</sup> at 1:00 p.m. Craft with Erica – Sunflower Craft** We are going to have a FREE craft that is being sponsored by Miller's Merry Manor from Hope, Indiana. This is going to be a sunflower craft. Erica will be here to lead us in this fun craft. There is room for 10 people and there is no cost.

**\*Friday, September 26<sup>th</sup> at 8:00 a.m. Fun Friday – Johnny Appleseed Day** We are going to celebrate Johnny Appleseed Day for Fun Friday. Wear your favorite apple attire, or bring an apple treat to share. Our Bingo sponsor is going to be Compass Park.

**\*Monday, September 29<sup>th</sup> at 1:00 p.m. – You Are The Author** We are going to be creating book pages. Bring Pictures, Hand Drawings, Poems, Quotes, and anything that can be included into a page of our book. This would make a fun Christmas gift for friends and family. Please make sure to come and be included. We will meet again in October to get our pages finished. Cost of the finished book will be dependent on how many people participate.

**Thursday, October 2<sup>nd</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.

**Friday, October 3<sup>rd</sup> 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.

# Lunch and Learn



## FALL PREVENTION: SAFETY IN THE HOME

**SEPTEMBER 10, 2025**

**11:30 P.M. WEDNESDAY**

We are excited to have Nadine Prather here from Infinity Home Care. She will be discussing Fall Prevention: Safety In The Home. This follows along with our series on ways to stay living at home longer. Room for 20 people. Cost \$5

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You Are  
The Author  
September 29th  
1:00 PM



Come and join Crystala Evans, Activity Coordinator for a fun project. We are going to be creating pages that will be part of our book. Don't miss out.

**Title:** *Create Your Book Page*

**Date:** September 29<sup>th</sup> at 1:00 P.M.

*Bring Pictures, Hand drawings, poems, quotes*

**Goals:** *Come and create a page for publication in our book. This would make a fun Christmas Gift for friends and family.*



## Canvas Class with Mindy

**September 4th, 2025  
at 1:00 P.M.**

Cost is \$25

Room for 10 Participants

Mindy has been doing some type of art her entire life! She did graphic design for 10 years. Mindy has also done black and white and color illustration, acrylics and oil painting.

2120 Intelliplex Drive, Suite 101  
Shelbyville, IN 46176

# RETRO REWIND

## DANCING THROUGH THE DECADES

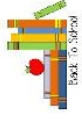
### 50s

**DRESS UP LIKE THE  
50s POODLE SKIRTS  
AND LEATHER JACKETS**

**BRING YOUR FAVORITE  
NOSTALGIC SNACK THAT  
MATCHES THE THEME**

**SHELBY SENIOR SERVICES  
SEPTEMBER 8TH  
1:00 PM**











# SEPTEMBER ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Labor Day <b>CENTER CLOSED</b>	2 Produce Pick-Up 10:00 Caffeinated & Connected Using the Ipad - Basics 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	3 9:00 Day Trip – Recycling District & Lunch 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game	4 9:30 POKENO 10:00 Tai Chi 1:00 Canvas Class with Mindy Cost \$25	5 9:00 Fun Friday – Cheese Pizza 9:30 BINGO by McKay Manor 1:00 Euchre 1:00 Dominoes
8 9:00 Tech Savvy Seniors 9:00 Mah Jongg 1:00 Dance & Karaoke – 50s Retro Rewind	9 10:00 Caffeinated & Connected Google Search and Google Lens 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	10 9:15 Bible Study with Jim 11:30 Lunch and Learn – Fall Prevention with Infinity Cost \$5 1:00 Hand and Foot Game	11 9:00 Coffee with The Mayor 9:30 POKENO 10:00 Tai Chi 1:00 Book Club – Meeting Rm 1:00 Movie Matinee	12 9:00 Fun Friday – Stand Up To Cancer Day 9:30 Bingo by Ashford Place 1:00 Euchre 1:00 Dominoes
15 Produce Pick-Up 9:00 Tech Savvy Seniors 10:00 Tea Time 1:00 Mah Jongg 1:30 Crockpot Class	16 <b>Senior Expo</b> 10 am – 2 pm	17 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game	18 9:30 POKENO 10:00 Tai Chi 1:00 Bird Feeders with Barbara 3:00 Music and a Meal – Michael Murphy & The 10 <sup>th</sup> Street Band Cost \$7	19 9:00 Fun Friday – Talk Like a Pirate Day 9:30 Bingo by Morristown Manor 1:00 Euchre 1:00 Dominoes
22 9:00 Tech Savvy Seniors 9:00 Mah Jongg 1:00 Committee Meeting	23 10:00 Caffeinated & Connected Games of Skill 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	24 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 2:00 Chair Yoga	25 9:30 POKENO 10:00 Tai Chi 1:00 Craft with Erica – Sunflower Craft	26 9:00 Fun Friday – Johnny Appleseed Day 9:30 BINGO by Compass Park 1:00 Euchre 1:00 Dominoes
29 9:00 Tech Savvy Seniors 1:00 Mah Jongg 1:00 You Are The Author	30 10:00 Caffeinated & Connected – Phone Camera (Take & Share) 1:00 Euchre 1:00 Painting, Knitting, Crochet, and Open Crafting	1 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game	2 9:30 POKENO 10:00 Tai Chi 1:00 SCRABBLE	3 9:00 Fun Friday – World Smile Day 9:30 BINGO by Willows 1:00 Euchre 1:00 Dominoes

September 2025



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Meal Site Closed Happy Labor Day!</p>	<p>2 Chicken Parmesan Parmesan Cheese Apples w/Cherries &amp; Almonds Roasted Potatoes Wheat Bread Mango Cup Milk</p>	<p>3 Teriyaki Chicken &amp; Noodles Stir Fry Veggies Fresh Orange Milk</p>	<p>4 Grilled Chicken w/ Salsa &amp; Cheese Black Beans Carrots Corn Bread Mandarin Oranges Milk</p>	<p>5 Turkey Ham &amp; Beans Diced Beets Diced Carrots Corn Bread Mixed Fruit Milk</p>
<p>8 Oven Fried Chicken Collard Greens Whipped Sweet Potatoes Orange Juice Milk</p>	<p>9 Smoked Pork Sausage w/Peppers &amp; Onions Peas Roasted Potatoes Wheat Bread Strawberry Applesauce Milk</p>	 <p>10 Chicken Burrito Bowl Black Beans Fajita Vegetables Cilantro Lime Rice Diced Mango Milk</p>	<p>11 Pot Roast w/Gravy Mashed Potatoes Broccoli Wheat Bread Applesauce Milk</p>	<p>12 Vegetarian Chili California Veggies Roasted Sweet Potatoes Corn Bread Tropical Fruit Milk</p>
<p>15 Grilled Hamburger Mac &amp; Cheese Festive Green Beans Diced Pineapple WG Bun Milk</p>	 <p>16 Braised Beef Over Egg Noodles Collard Greens Diced Carrots Wheat Roll Applesauce Milk</p>	<p>17 Beef Stew Corn Turnip Greens Wheat Bread Diced Peaches Milk</p>	<p>18 Bagel w/ Pork Sausage, Egg &amp; Cheese Roasted Sweet Potatoes Sliced Apples Milk</p>	<p>19 Sliced Turkey w/ Southwest Pasta Corn Peas Pudding Cup Milk</p>
<p>22 Fish &amp; "Chips" Breaded Hake Roasted Red Skinned Potatoes Peas Diced Peaches Milk</p> 	<p>23 Country Fried Steak w/Gravy Spinach Baked Potato Tropical Fruit Milk</p>	<p>24 Spaghetti/Meatballs Parmesan Cheese Italian Cut Green Beans California Veggies Mandarin Oranges Milk</p>	<p>25 Indiana Style Chili Mac Mixed Veggies Applesauce Corn Bread Milk</p>	<p>26 Meatloaf w/ Gravy Mashed Potatoes Brussel Sprouts Wheat Bread Mandarin Oranges Milk</p>
<p>29 Smothered Chicken Breast w/ Gravy White and Wild Rice Key West Veggies Birthday Treat Milk</p>	<p>30 Chicken &amp; Noodles Rosemary Potatoes Broccoli Wheat Roll Diced Pears Milk</p>			<p>Cultural Meal Day</p> 

\*Menus are subject to change based on product availability.

<https://cicoa.org/menu>



### CICOA Meal Information

Shelby Senior Services lunch program is provided through CICOA 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:

Regular Sugar Packets  
Cans of Regular Coffee  
Square Napkins  
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. Open Enrollment will begin scheduling September 15 for appointments beginning October 15. 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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#### 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!

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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.

**10:00**—Coffee & Chat

**11:00-11:45**—Exercises

**11:45**—Lunch (cost \$5)

### September 2

**Lunch:** BBQ beef sandwiches, potato salad, veggies, and dessert

**Activity:** Cards & Games

### September 9

**Lunch:** Sausage and cheese tortellini, salad, and dessert

**Activity:** Cards & Games

### September 16

**Lunch:** Baked potato bar, toppings, and dessert

**Activity:** Cards & Games

### September 23

**Lunch:** Chicken, potatoes, carrots, and dessert

**Activity:** Cards & Games

### September 30

**Lunch:** Vegetable soup, cornbread, and dessert

**Activity:** Cards & Games

## MORRISTOWN

### Join us at the Morristown Horizon Center!

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

**11:00-11:15**—Coffee & Chat

**11:15-12:00**—Exercises

**12:00**—Lunch (cost \$5)

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

### September 3

**Lunch:** Cheesy ham and potato casserole, sides, and dessert

**Activity:** Bingo with prizes

### September 10

**Lunch:** Chicken green bean casserole, sides, and dessert

**Activity:** Trivia

### September 17

**Lunch:** Lasagna, Texas toast, sides and dessert

**Activity:** Craft with MaryAnn

### September 24

**Lunch:** Baked chicken tenders, side and dessert

**Activity:** White Elephant exchange

## DONATIONS

### Thank you to our donors:

Janice & Tim Conway  
Valerie Donica  
Kimber Thompson  
Betty Zoelzer  
Pat Alexander  
Anonymous Donors  
Barbara Askander  
Bev Compton  
Judy Eads

Cindy Fair  
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Carol Mateer  
John & Sandra  
Schoentrup  
Kathryn Shaw  
Jane Sparks  
Dewiggins Family  
Brenda Meeke

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

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

# FAIRLAND

## Join us at the Fairland Horizon Center!

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

**9:30-10:00**—Coffee & Chat

**10:00-11:00**—Exercise with Shelbi Sept. 4 & 18  
Chair Volleyball Sept. 11 & 25

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

**11:00-12:00**—Bible Study

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

### September 4 First Thursday Euchre

**Lunch:** Lasagna, salad, garlic bread, and dessert

**1:00** Euchre tournament

...prizes for High and Low Scores

**1:00** Crock-potting with Shelbi in back room

### September 11 Introducing my friends "Bleu Django"

**Lunch:** Chicken cordon bleu, au gratin potatoes, peas, and dessert

**1:00** Bleu Django is an acoustic gypsy jazz/swing combo. Its instrumentation (violin, guitars, bass) and repertoire pay tribute to a unique musical group created in Paris, France over 80 years ago. In 1932 a couple of Frenchmen who were enthusiasts of American jazz established an organization dedicated to the promotion of traditional jazz and swing in Paris. It was called the Hot Club de France and its founders' intention was to introduce Europeans to the "hot jazz" that was being performed in America during the 20's and 30's by such legends as Duke Ellington, Louis Armstrong and Benny Goodman.

### September 18 "Talk to the Animals"

**Lunch:** Menu TBA

**1:00** Luke Schonfeld (Yes, Frankie's boy and RoseAnn's grandson) will be entertaining us with several of his critters from "down on the farm" and let me tell you, Luke does not have your TYPICAL farm animals! Who knows what he will be brining along this time?!

### September 25 Indoor Gardening Class with McCord Snider

**Lunch:** Chicken pot pie, salad, rolls and dessert

**1:00** Join us for a relaxing and enriching class designed especially for seniors who love plants or are curious to start their indoor gardening journey. This hands on workshop will cover the basics of caring for houseplants. Whether you have a sunny windowsill or just a cozy corner, you'll leave with skills, confidence, and inspiration to nurture life indoors. All materials are provided, just bring your curiosity and a smile! Suggested donation of \$5.00.

\*\*\*\*\*

### A Special Note...

This month marks our 11 year anniversary as the Fairland Senior Center. Although we are not having a big party this year, we will still be doing a fundraising campaign. Already, I have received a pledge for \$4000 from the Town of Fairland!! Woohoo!!!

I will be sending update letters regarding our center, thanking folks for their past support and asking for their continued support! If you would like to make a donation, there will be a special box out all month on our Thursdays. If you write a check, please make it to Shelby Senior Services with a note: Fairland 11th. Thank you! - Kathy



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