



Shelby Senior Services, Inc.

2120 Intelliplex Dr. Ste. 101
Shelbyville, IN 46176

317-398-0127

ShelbyGo Transportation

317-398-7614

www.shelbyseniorservices.org

Facebook @shelbyseniorservices

Horizon Newsletter

December 2022

**SHELBY
SENIOR
SERVICES**
ENGAGE ENRICH EMPOWER



Shelby Senior Services would like to share our warmest wishes for a holiday season filled with joy and a New Year full of peace and prosperity!

Memorial & Honorarium

Donation Form

In Memory of _____

In Honor of _____

Given by _____

from City, State _____

Please send notification card to:

Name _____

Address _____

City, State, Zip _____

Thank you for your gift.

Please mail form with check payable to
Shelby Senior Services, Inc.

2120 Intelliplex Dr. Ste. 101, Shelbyville, IN 46176

STAFF

Management Team

Kim Koehl, Executive Director

Liz Renton, Director of Operations

Easter Hall Beyer, Director of Transportation

Horizon Center Coordinators

Fairland, Kathy Miller

Shelbyville, Crystalal' Evans

Morristown, Kathy Green

Program Staff

Carol McDaniel, Travel Coordinator

Michelle Riggs, Receptionist/Dispatcher

Donna Sipes, Family Caregiver Services Coordinator

Abbagail Kirk, Health and Wellness Coordinator

Will Mitchell, IT Coordinator

Gina Batton, Bookkeeping

ShelbyGo Drivers: Margaret Deaton, Jerry Berry,

John Forthofer, A-del Moore, Andrea Harvey, and Calvin Berry.

2021-2022 Board of Directors

Beau Browning, President

Jenni Haehl, Vice President

Nick O'Connor, Secretary

Scott Asher
Linda Bacon
Mike Smith
Cindy Weidner
Kris King
Bob Wortman

Marcy Patrick
Karen May
Tiera Purvis
Grace Dillow
Jamie Marcum
Brandy Coomes

Board meetings are held the second Thursday of each month at 9 a.m. This meeting is for the purpose of conducting the corporation's business. It is not considered a public community meeting but there will be a time for public participation as indicated by the agenda.

Mission and 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.

Vision Statement:

“Serving seniors, improving lives.”

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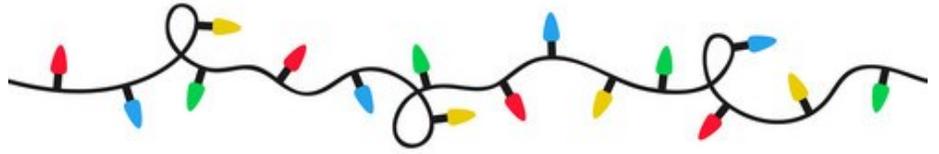
Is There Something on Your Mind?

Please let the staff at Shelby Senior Services, Inc. know what activities you'd like to see brought to our Horizon Center locations, what services you or a loved one need, and what the staff might improve on to meet your needs and desires. Call 317-398-0127 or put it in writing to us.

ADVERTISING APPEARING IN **THE HORIZON** HAS BEEN PURCHASED AND DOES NOT REPRESENT AN ENDORSEMENT OF PRODUCTS OR SERVICES BY SHELBY SENIOR SERVICES, INC.



Kim's Korner December 2022



It is the season of giving. We at Shelby Senior Services are very thankful for the community as a whole who continue to support the seniors of Shelby County. We would not be able to do what we do on a daily basis without the community. We are very fortunate for a wonderful gift that we received from Horseshoe Indianapolis Racing & Casino. They donated a new bus to us that will be used to take seniors on Day Trips and help with ShebyGo as needed. With the sign of the times along with everything else that has been going on, it has been harder for Shelby Senior Services to find affordable transportation for these day trips. We do try to take a day trip several times a year but with the costs, it is prohibitive at times. We try to keep the costs to a minimum for the seniors. This new bus will allow us to provide these trips at a very affordable cost to the seniors of Shelby County. We cannot thank them enough as well as the rest of the community for all the donations that we receive this time of year as well as throughout the year. Thank you again for all that you do to help the seniors in Shelby County.



FUN FRIDAY

Sock Exchange
December 2nd


Christmas Card
Exchange
December 9th


Ugly Sweater
December 16th


New Year's
December 30th






Indiana Hearing Aid Company

Your Neighbor In Better Hearing

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Shelbyville, IN 46176

Call (317) 421-7955

www.HearIndiana.com

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illness or condition.

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www.ourhospice.org




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FAMILY CAREGIVER PROGRAMS



Donna Sipes
Family Caregiver
Services Coordinator

We are in the last month of the year and with that comes a lot of loneliness for those that can't get out and about like the rest of us. Those of us that can get out can do so much for our seniors in the community that can't. Here are a few things we can all do to help combat that loneliness and isolation of the cold weather and holidays:

- If you have a senior near you and you know they will be alone this Christmas, make a point to stay in touch with them. Especially on Christmas, taking them a card can do so much to let them know someone is thinking about them.
- If you have some extra decorations, ask if it would be okay to put them up at their home. Give them a reason to enjoy the holiday and not dread it because they are alone.
- Take time to go sit and talk to them. Reminisce with them about the traditions they grew up with, look at old pictures with them and simply listen to them. This can go a long way in making them feel included and cared for.
- If you are able to invite them over for a holiday meal with your family, then do that. If they aren't able to get out to come to your home, but you can go to theirs then take a meal to them.
- The most important thing we can all do is to make them feel included and loved.

We can all work together this holiday season to make Christmas special for everyone!

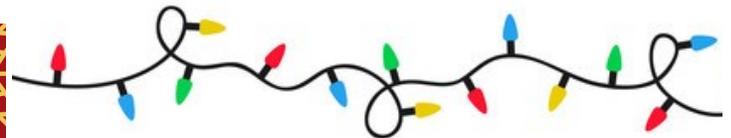
HOLIDAY FUN
Outing for the 2022 Holiday Season

FESTIVAL OF TREES DAY TRIP

DECEMBER 21ST
10:00 AM - 4:30 PM

COST IS \$15 PER PERSON
LIMITED TO 14 GUESTS

We will meet at the center at 10:00 AM
Travel to the Indiana Historical Society
Lunch is at your expense and we will eat at the Stardust Cafe located in the museum
After looking at all the trees, touring the museum having lunch and shopping in the gift shop we will return to the center.
Call 317-398-0127 to Reserve Your Spot!



Alzheimer's Caregiver Support Group

The 3rd Tuesday of every month
from 1:30pm-2:30pm

**Call Donna at Shelby Senior Services
for more information and/or
to sign up!
317-398-0127**



In home care by Seniors for Seniors.

Need Help? Want to Help? Call Today!
 Locally owned and operated by Tom and Noell Krughoff
 317-604-5520



"Thank you for your trust in caring for you or your loved one!" - Tom & Noell



SENIORS Helping SENIORS®

...a way to give and to receive®

Important Gleaners update! The Senior Mobile Pantry has been made available to all ages. See below for changed dates and times:

GLEANERS

Shelby County 2022 Mobile Pantry Schedule

Drive through only!

OPEN MOBILE

3rd Saturday of each month

Moving to the 3rd Saturday each month starting July 16th

10AM-12PM

Shelby Co Fairgrounds
 500 Frank St, Shelbyville, IN 46176

Updated 5/25/2022

No ID Required!
 Open to the public

2022 APRIL – SEPTEMBER Fairland

Drive through only!

2nd Friday of each month*

*Alt date: August 5th

1PM-2:30PM

New Life Methodist Church, 6145 N 400 W Road, Fairland IN

No ID Required!
 Open to the public

Gleaners Food Bank of Indiana, Inc.
 3737 Waldemere Avenue, Indianapolis, IN 46241
 317-925-0191 | www.gleaners.org

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On the Horizon Carol McDaniel, Travel Coordinator

The holiday season is upon us! During this busy season, we should take time to thank God for the blessings we enjoy. Freedom is one of those blessings.

Sometimes I forget what a wonderful country we have in the US. Yes, we have our differences, but overall we have the freedoms that other countries only wish they had. Here are a few observations I made during the year:

Our Mystery Trip was to Pittsburg, PA. During that trip we visited the Flight 93 Memorial. Terrorists took over that flight and tried to turn the plane around to hit a target in our country's capital. But patriotic Americans on that flight banded together to attempt to re-take the controls and save our country more devastation. Those patriots gave their lives so we could live in a country that is free. Sometimes, when we least expect it, our freedoms are threatened both externally and internally, and we are tested. My hope is that at such a time as that, I can be as patriotic and brave. Freedom to live as we wish is so precious.

Clarksville, TN, also brought to mind the bravery and patriotism of our American soldiers. Fort Campbell is located in a town that is built around the needs of the transient military population, beginning with the Civil War. I was reminded that if it weren't for these brave men and women over all these years, we wouldn't be free.

In Hawaii, I was reminded that we take for granted its diversity and beauty. God has created a lush land that provides spectacular scenery for us to visit and enjoy: hills and valleys, mountains, volcanoes, rain forests, and exotic flowers and plants. We must take care of that land in order to maintain it for generations to come. It is our responsibility to do that everywhere in our country.

In Honolulu, Pearl Harbor and the USS Arizona Memorial further emphasize that our citizens must remain vigilant to remain free.

Alaska was another destination in which I learned a great deal. Along with the beauty of the land, the animals are very important. God had a wonderful plan to provide a perfect place for elk, caribou, reindeer, bears, moose, and so many more species to thrive. He also taught us to respect these animals for their individual contributions to nature. In addition, He provided a climate in which vegetables grow to enormous size during the short summer season so that Alaskans could live off the land.

Abraham Lincoln would be proud of the tribute that Springfield, IL, has created for him. As 16th President during the Civil War, Lincoln found strength through his faith to win the war, free the slaves, and keep the country together. The city has erected a fitting monument for him, as well as one of the finest museums and library I have encountered.

Traveling to Germany, my group attended the Passion Play in Oberammergau and sailed the Danube River. The Passion Play had been rolled over from 2020. It depicts the life and death of Jesus Christ. The play is held once every ten years, only it had been rolled over to 2022 because of Covid. The next production is in 2030. The entire small town participates in this story held about five months during the summer. Centuries ago, the townspeople were grateful that the plague did not devastate their village, so they vowed to thank God with this play. Over the years, a theater has been built, a covered pavilion was built to allow patrons to view the play shielded from the elements and the town has created many shops to cater to the public. I learned that faith can protect an individual, a town and a people from devastation. Oberammergau remains a testament to that faith.

Costa Ricans love Christmas. Beginning in September and continuing through October, November and December, houses and shops decorate for this important time. Gathering with family and friends takes center stage for all families, even though they are a poor country overall. With a climate that remains in the 80's and 90's year round, it looks strange to see the lush green foliage of the forests sporting Christmas lights. We take for granted that everyone celebrates the holidays the same, but Costa Rica makes this holiday extra special. I was reminded that maybe we don't put the same emphasis on Christmas because we are too busy with everyday life. Maybe we should put more effort into gathering with family and friends instead of focusing on the commercial part of the holiday.

As you can see, travel can be educational as well as fun.

Christmas is very special this year for me. Our first great-grandchild was born in October. George is the son of our oldest granddaughter Ellie and her husband Chandler. I have to brag a little because I was beginning to think I was never going to have great-grandchildren. Of course, he is the smartest and cutest baby ever!

My wish for you is that you enjoy the season and make happy memories while never forgetting the reason for the season, the birth of our Lord and Savior, Jesus Christ!

I wish you a VERY MERRY CHRISTMAS AND A HAPPY NEW YEAR!

Come and travel with us in 2023.

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INDIANAVASIA.ORG/VOLUNTEER

VASIA SERVICES ARE CURRENTLY ONLY AVAILABLE TO NURSING HOME CLIENTS. GUARDIAN AD LITEM CASES ARE NOT ACCEPTED.



DECEMBER ACTIVITY HIGHLIGHTS

***Thursday, December 1st at 1:00 Pack the Pantry Pie Party and Pie Trivia** – For National Pie Day we are going to Pack the Pantry with Canned Food Donations. Join us for Pie and Pie Trivia and a Pie in the Face between Liz Renton and Kim Koehl. Drop your cans in the box for the person that you want to receive a Pie In the Face.

***Friday, December 2nd at 9:00 a.m. Fun Friday - Christmas Sock Trade-Up** We are going to have fun by kicking off December with a Christmas Sock Exchange. Bring a pair of Christmas Socks to trade. You can add a little fun to the Christmas Socks by adding a bow and a surprise inside if you desire. Only people who bring a pair of Socks for the exchange will be able to participate. You can also wear your festive holiday attire and add a pair of Christmas Socks to show off. Bingo prizes will be sponsored by Waldron Rehabilitation and Healthcare Center.

***Friday, December 2nd at 11:30 Holiday Music with Don Stegemiller** Come out and enjoy some holiday music during lunch. You are welcome to book lunch with Kathy from CICOA at least a week in advance or bring a sack lunch and enjoy the music. This is FREE and fun for all. We will be playing Euchre at 1:00. Come hear the music beforehand and then stay for cards!

***Tuesday, December 6th Christmas Dinner and Party at the Center** Doors open at 11:00, meal at 11:30 and Music at 12:30. Cost for the meal is \$5 for members and \$8 for non-members. You MUST pre-pay for this meal. No tickets will be sold the day of the meal.

***Wednesday, December 7th at 1:00 pm What Your Family Needs to Know with Murphy Parks** Greg Parks from Murphy Parks will be here to discuss What Your Family Needs to Know – A Guide to Pre-Planning. We will discuss everything from writing your obituary, funeral arranging, making your wishes known and you will be able to ask questions with someone in the business of helping make life easier on your loved ones. It is giving the greatest gift to your loved ones. Please sign-up in advance.

Thursday, December 8th at 1:00 p.m. Book Club at the Horizon Center with Pam Weakley from the library. This month we will be discussing our favorite books. We will have cocoa and cookies for all to enjoy. All are welcome!

***Thursday – December 8th at 1:30 p.m. – Movie Matinee “White Christmas” and Popcorn** We are going to be showing “White Christmas” this month. Come and enjoy a movie and some popcorn while watching a fun movie. Movie is 2 hours long. Please sign-up in advance for the movie.

Friday, December 9th at 9:00 a.m. – Fun Friday – Christmas Card Day and December Birthday’s Today is the day to share Christmas Cards with one another. You can bring one card and give it to a special friend, or you can bring a bunch of cards to share with everyone. Here is a chance to give out and receive Christmas cards without having to spend the postage. Prize table sponsored by Ashford Place. We will also be celebrating our December Birthday’s with cupcakes.

***Monday, December 12th at 9:00 a.m. Gingerbread House Day** We will be making gingerbread houses today for National Gingerbread House Day. Come prepared to create a Gingerbread house to take home. You must R.S.V.P. by December 9th so that we know how many houses to be prepared for. You can bring candies, etc... that you might want to use to set it apart. Hot cocoa will be available for everyone while we decorate to Christmas music.

***Tuesday, December 13th, 20th and 27th at 9:00 a.m. – Breakfast Bash** We are going to have Breakfast available at 9:00 a.m. Come join us for breakfast followed by games. Goodwill donations are accepted and appreciated. We do need you to sign-up at the front desk at least a week in advance to make sure that we have enough for everyone to enjoy.

***Wednesday, December 14th at 12:00 p.m. Lunch and Learn on the Road to Grover Museum** Join us at Grover Museum at 12:00 for our Lunch and Learn. We will be having lunch, cookies and cocoa, and learning about the Grover Museum. We will also be taking a tour of the streets of Old Shelby to admire all of the lovely Christmas trees. Lunch will be provided by Bellacino’s. Come enjoy the music of the holidays. You must R.S.V.P. at the front desk by December 12th. Room for 15 guests

Thursday, December 15th at 1:30 Jewelry Class with Kathy Barker COST is \$8 We will be making a beautiful pair of earring for us to keep or give away as a Christmas gift. Colors of the beads will vary – so they will each be unique. Kathy will have a selection to choose from. Limited to 12 guests and the cost is \$8 for each pair. Come try your hand at jewelry making.

***Thursday – December 17th at 3:00 p.m. – Music and a Meal - Over The Hill Gang and Dinner Mixer** Please call to reserve your spot to make sure we have enough food. This event is open to Shelby Senior Service members. Dinner will be provided.

Friday, December 16th at 9:00 a.m. Fun Friday – Ugly Sweater Day We are going to celebrate this fun Friday by wearing our Ugly Sweaters. We will be celebrating today by wearing our Ugly Sweaters. Our prize table sponsor is Morristown Manor.

***Wednesday, December 21st Day Trip - Festival of Trees** COST is \$15 You must sign- up in advance as space is limited to 14 passengers. Lunch is at your expense and there will be lunch available at the Historical Society Stardust Café. You can also bring a sack lunch if you desire. There are over 75 trees on display

Thursday, December 22nd – Festivus and Re-gifting White Elephant at 2:30 p.m Please R.S.V.P. for this so that we know how many people will be participating in the White Elephant. We are going to have a Festivus Party and do a White Elephant Re-Gift Exchange. Bring an item to share. We will have snacks, a Festivus Party, airing of grievances, and feats of strength. Along with wearing of festive hats. Wear your most crazy hat and vote for the most creative. And you will be deemed the King or Queen of Festivus. Bring an item that you want to re-gift for the White Elephant.

We will be CLOSED on December 23rd and 26th for the Christmas Holiday

***Wednesday, December 28th at 1:30 p.m. Ballroom Dancing and New Years Fun** We are going to gather for music and dancing. This time we are going to have a DJ playing music and we will be dancing the afternoon away. We are going to have a mock-New Year’s celebration complete with a toast. Wear your dancing shoes and your best New Year’s attire. We think you will have a ton of fun!

Friday, December 30th at 9:00 a.m. Fun Friday – New Years Celebration We are going to celebrate the New Year and ring in 2023. We will have a toast at noon and will have Bingo and prizes. Jane Sparks is sponsoring our Bingo Prize table. We are excited to be ringing in this New Year in person. Come join the fun as we celebrate the last Friday of the year.

HEALTH & WELLNESS



Health and Wellness:
By: Abigail Kirk



Ending the year on a positive note is an excellent way to bring in the new year. Let's take this time to reflect on the last year. How much have you accomplished this year? Have you made your physical and mental health important? If you are not healthy then what do you have?

"Chains of habit are too light to be felt until they are too heavy to be broken." – Warren Buffett. What does this mean? If a healthy mental and physical lifestyle was so easy then everyone would do it, RIGHT? What are some things you can do to help get in the right mind frame and space to do make changes that will stick?

Figure out the why behind how you developed the habit.

1. Be honest with yourself
2. Identify the cause
3. Make a list of simple steps to change
4. Remove the cause
5. Replace the habit
6. Make simple small changes at a time
7. Allow slip ups
8. Reward yourself for small successes
9. Don't give up
10. CELEBRATE THE GOOD WITH THE BAD!

The worst quality you could have is not to be able to see your own flaws. You must be honest with yourself to know what to change. To identify what needs to change you have to identify the cause as well. Making a list of simple steps can be a simple task to keep you on track. Remove the cause of this bad habit. Replace the bad habit with a positive meaningful activity. Small changes at a time will help with obtaining a larger goal. Allow for slip ups, we can show up and try every day, but we are human. We will fail, we will lose motivation. We will sometimes need to be reminded of the larger goal we are working for. Don't give up and CELEBRATE, CELEBRATE, CELEBRATE! Replace judgement with self-compassion.

"Motivation is what gets you started. Habit is what keeps you going." -Jim Ryun

LETS BRING 2023 IN WITH A BANG!

Health & Wellness Highlights:

BINGOCISE- Every Monday at 9:30

Chair Volleyball– 1st and 3rd Monday at 1:30

Line Dancing- 2nd Monday at 1:30

Corn Hole- 4th Monday at 1:30

Geri-Fit- Every Tuesday at 1:00

Blood Pressure Clinic- Tuesday at 1:30, Thursday at 9:00, Fridays at 9:00

Tai Chi- Every Thursday at 10:00

Bowling- Blue River Bowling every Friday at 12:00

Healthy Cooking with Abigail- 3rd Thursday of every month

Breakfast with Abigail- December 13th, 20th and 27th at 9:00

CONGREGATE MEAL INFORMATION



Shelby Senior Service's lunch program is provided through CICOA Aging & In-Home Solutions at the Horizon Center Monday-Friday.

Reservations are made on Wednesday for the following week. Please call 317-398-0127 to reserve your meal or for further information.

Rise & shine...

**we're having a
breakfast
bash!**

12/06/2022- Sausage Hashbrown Breakfast Casserole

12/13/2022- Strawberry Pancakes/ Sausage Links

12/20/2022- Ham Egg and Cheese Sliders

RSVP a week in advance by calling 317-398-0127.
Served by 9 a.m.
Cost: Donation



HEALTH & WELLNESS

Annual Enrollment 2023

Medicare Annual Enrollment Period (AEP) is HERE – October 15 through December 7. Shelby Senior Services, will again this year, partner with Medicare and have SHIP Counselors available to assist you at NO COST. Both in-person and phone-call appointments will be available. Let the receptionist know which is your preference when you call to make your appointment.

IMPORTANT to KNOW to make your appointments run smoothly:

1. Schedule your appointment for one hour and be prepared to arrive on time and use the entire hour. One hour per person (not one hour per couple).
2. Days available for SHIP appointments begin October 17 and end December 2. Hours are Monday 8:00am-3:00pm.
3. **Bring your Medicare Card (the red, white, and blue one).**
4. **Bring a complete list of your PRESCRIPTION drugs by name, dosage, and frequency.**
5. Bring all the cards you use for any of your health care when you see your doctors.
6. Know your monthly income to see if you qualify for any subsidies.

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

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

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

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

Meet Jane. Her favorite pastime is gardening.
Her legacy continues at Ashford Place.

Tending to flowers; singing hymns; enjoying a cup of coffee with friends...

These simple, enjoyable pastimes are sometimes lost when an individual enters an Alzheimer's/ dementia journey. However, in the secure Legacy Lane memory care neighborhood at Ashford Place Health Campus, you will find our residents engaging in these activities and more. **Contact us today for information about our Move-In Special.**



Ashford Place
Health Campus

317-398-8422
2200 N. Riley Highway
Shelbyville, IN 46176
ashfordplacehc.com

Are you turning 65?
Call your local licensed Humana sales agent.



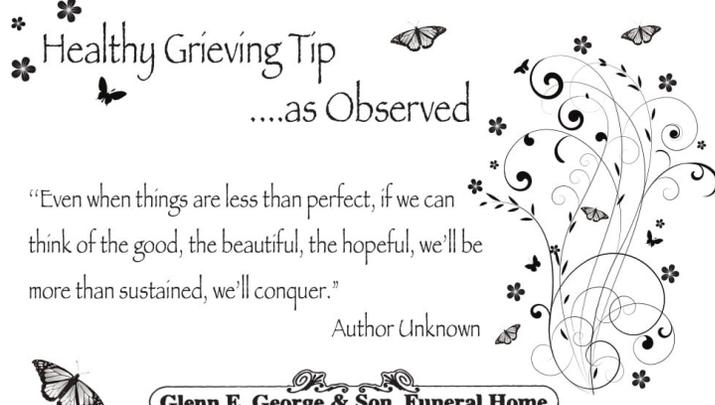
Janet Brewer
317-313-2579
(TTY: 711)
Monday – Friday
8 a.m. – 5 p.m.

Humana.

* 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

SOCIAL ACTIVITIES SHELBYVILLE HORIZON CENTER

DECEMBER ACTIVITY CALENDAR



9 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>28 9:00 Decorate Center for Christmas 9:30 Bingocize 1:00 Mah Jongg 1:00 Corn Hole 3:00 Women Rowing North</p>	<p>29 9:00 SCRABBLE 12:30 Blood Pressure Checks 1:00 GeriFit 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting</p>	<p>30 9:15 Bible Study with Jim M 12:30 Nutrition Series with Clare from Purdue, Week #6 1:00 Hand and Foot Card Game 2:00 Afternoon Tea and Christmas Memories</p>	<p>1 9:00 Blood Pressure Checks 9:30 POKENO 10:00 Tai Chi 1:00 Pie Party and Trivia and Pack the Pantry 4:30 Twinkle Tour Cost \$20</p>	<p>2 Christmas Parade 9:00 Fun Friday - Christmas Sock Trade-Up 9:30 BINGO - Waldron Rehab 11:30 Holiday Music with Don Stegemiller 1:00 Euchre 1:00 Dominoes</p>
<p>5 9:00 Table Top Games 9:30 Bingocize 1:00 Mah Jongg 1:30 Chair Volleyball 3:00 Women Rowing North</p>	<p>6 ANNUAL CENTER CHRISTMAS PARTY Doors Open at 11:00 AM Lunch 11:30 to 12:00 PM Music 12:30 to 1:30</p>	<p>7 9:15 Bible Study with Jim M 1:00 What Your Family Needs to Know with Murphy Parks 2:00 Hand and Foot Card Game</p>	<p>8 9:00 Blood Pressure Checks 9:30 POKENO 10:00 Tai Chi 1:00 Book Club - Talk About Favorite Books 1:30 Movie Matinee - White</p>	<p>9 Christmas Card Day 9:00 Fun Friday - December Birthdays and Christmas Card Day 9:30 BINGO - Ashford Place 1:00 Euchre 1:00 Dominoes</p>
<p>12 Gingerbread House Day 9:00 Make a Gingerbread House 9:30 Bingocize 1:00 Committee Meeting 1:00 Mah Jongg 1:30 Line Dancing 3:00 Women Rowing North</p>	<p>13 9:00 Breakfast Bash 9:30 SCRABBLE 12:30 Blood Pressure Checks 1:00 GeriFit 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting</p>	<p>14 9:15 Bible Study with Jim M 12:00 Lunch and Learn - at Grover Museum to view Trees Lunch provided - FREE 1:00 Hand and Foot Card Game</p>	<p>15 Cupcake Day 9:00 Blood Pressure Checks 9:30 POKENO 10:00 Tai Chi 1:30 Jewelry Class with Kathy Barker \$8 3:00 Music and a Meal - Over the Hill Gang</p>	<p>16 Ugly Sweater Day 9:00 Fun Friday- Ugly Sweater Day 9:30 BINGO - Morristown 1:00 Euchre 1:00 Dominoes</p>
<p>19 9:00 Table Top Games 9:30 Bingocize 1:00 Mah Jongg 1:30 Chair Volleyball 3:00 Women Rowing North</p>	<p>20 9:00 Breakfast Bash 9:30 Christmas Carols and Christmas Song Trivia 12:30 Blood Pressure Checks 1:00 GeriFit 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting</p>	<p>21 Crossword Puzzle Day 9:00 Crossword Puzzle Fun 9:15 Bible Study with Jim M 10:00 Day Trip - Festival of Trees Cost \$15 1:00 Hand and Foot Card Game</p>	<p>22 9:00 Blood Pressure Checks 9:30 POKENO 10:00 Tai Chi 1:30 Cooking with Abbi 2:30 Festivity and Regifting White Elephant</p>	<p>23 CLOSED FOR CHRISTMAS HOLIDAY</p>
<p>26 CLOSED FOR CHRISTMAS HOLIDAY</p>	<p>27 9:00 Breakfast Bash 9:30 SCRABBLE 12:30 Blood Pressure Checks 1:00 GeriFit 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting</p>	<p>28 National Card Playing Day 9:15 Bible Study with Jim M 1:00 Hand and Foot Card Game 1:30 Ballroom Dancing and New Years Fun with DJ Moxy</p>	<p>29 9:00 Blood Pressure Checks 9:30 POKENO 10:00 Tai Chi</p>	<p>30 9:00 Fun Friday - New Years Celebration - Toast at Noon 9:30 BINGO - Jane Sparks Sponsoring 1:00 Euchre 1:00 Dominoes</p>



Crystala' Evans,
Shelbyville Horizon Center
Activity Coordinator

Note from Activities

Merry Christmas and Happy Holidays! We are very excited about the December calendar. So many fun things to do this month. Please make sure to R.S.V.P. early so that we can plan accordingly. Most items listed in the Highlights section are things that require you to sign-up for in advance so that we are prepared. Our Annual Christmas Dinner is December 6th and the doors open at 11:00 AM. We will not have our regularly scheduled activities that day. Steve Jeffris will be here to perform that day at 12:30 a.m.

We will be closed on December 23rd and 26th for the Christmas holiday and there will be no activities on those days. On December 28th we will be celebrating the New Years holiday with Ballroom Dancing – complete with a DJ and a New Year’s toast. Come dressed in your black and gold for the 2023 New Year and don’t forget your dancing shoes.

May you and yours be blessed this holiday season. Know that you all hold a special place in my heart today and always!

Sincere regards,
 Crystala Evans, ADC
 Shelbyville Activity Coordinator



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Shelbyville, IN.



HOLIDAY MUSIC

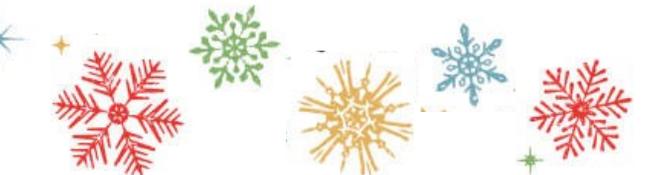


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DECEMBER 2, 2022
11:30 TO 12:30 MUSIC
EUCHRE AND DOMINOES TO FOLLOW

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TRANSPORTATION



Easter Hall-Beyer
Director of Transportation

Happy Holidays from ShelbyGo

As cold weather approaches, please be mindful you need to dress for the elements. Please try to remain inside if possible. Please listen and/or watch for ShelbyGo to arrive. Driveways and sidewalks need to be cleared for your safety and ShelbyGo staff. ShelbyGo will wait 5 minutes for you at a pickup. I hope everyone has a blessed and safe holiday.



JEWELRY MAKING



JOIN US AS WE MAKE
EARRINGS WITH
KATHY BARKER
COLORS OF BEADS WILL VARY
THURSDAY, DECEMBER 15TH
1:00 P.M.
SIGN-UP BY CALLING (317) 398-0127
COST IS \$8 FOR A PAIR OF
EARRINGS
LIMITED TO 12 GUESTS



PRESENTATION WITH
MURPHY PARKS
**WHAT YOUR
FAMILY
NEEDS TO
KNOW**

DECEMBER 7, 2022

1:00 PM

AT SHELBY SENIOR SERVICES

Make sure your Final Wishes are documented so that your family does not have to guess. Guest Speaker Greg Parks will be here to answer any questions you might have. Call (317) 398-0127 to reserve your spot today.




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Denny's: 20% discount, except for the \$2, \$4,
\$6, \$8 menu.

Sherry Talbert (In-Sight Realty): Free Market
Analysis of Real Estate Value

Midwest Eye Consultants, Dr. Toppe: 20%
discount for those 60 and older on services not
billable to insurance; 15% military discount on
services not billable to insurance; 30% off
second set of eyeglasses (frames, lenses)
purchased within 30 days of 1st pair. Proper
ID must be shown for discounts and cannot be
combined with other discounts.

Don's Pizza & Pasta: 10% discount.

*Elegant L Formal Wear & Merle Norman
Cosmetic Studio*: 10% discount on Merle
Norman Cosmetics.

Hughes Gathering of Flowers & Gifts: 10%
discount on items.

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

Mathias Landscaping: 15% discount on retail
merchandise.

Paw Paws Pet Shop & Boutique: 15%
discount; free pickup and return service.

*Renew Body & Spirit LLC, massage,
reflexology*: 10% discount on any 1-hour
service.

The Chicken Inn - 10% discount

The Texas Corral - 10% discount

Annual Memberships
available for ages 60+:
\$50

Call 317-398-0127 for
more information
about memberships.

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American Legion Victory Post No. 70

Henry Williams
Ryobi

Thank you
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**THANKS TO THE FOLLOWING ORGANIZATIONS/INDIVIDUALS FOR DONATIONS
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Infinity Home Care Plus, Waldron Rehabilitation and Healthcare Center, Ashford Place, Morristown Manor and Cypress Run, McKay Manor, Walker Place, Centerwell Home Health, Humana, Freeman Family Funeral Home, Murphy Parks Funeral Service, Glen E. George and Son Funeral Home, Gleaners, 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.



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Vital ICE is an In Case of Emergency APP provided by Freeman Family Funeral Homes that can help save lives. Vital ICE is a mobile platform for users to list their vital health information, emergency contacts, and more. EMS and first responders can access the APP in emergencies, and it can also be utilized as a communication tool that can be sent from any computer.

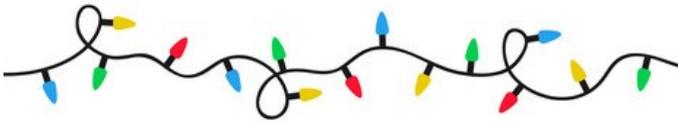
819 Harrison St. Shelbyville, IN
317.392.2555

124 North St. Morristown, IN
765.763.6321

WALDRON HORIZON CENTER

The Waldron Horizon Center will be taking a break for the month of December. We would love to see any seniors in the Waldron area visit our Shelbyville Horizon Center!

We are looking for a part time Activity Director in Waldron. If interested, please contact Kim Koehl at 317-398-0127 or email her at kkoehl@shelbyseniorservices.org.



You Are Invited to Our
Lunch and Learn
 CHRISTMAS FUN AT THE GROVER MUSEUM



December 14, 2022 at 12:00 P.M.
 At The Grover Museum
 52 West Broadway, Shelbyville, IN 46176

We will have lunch provided by Bellacino's, cookies and Cocoa and Tour the Museum and the Holiday Trees. Room for 15
 Guests - Cost is FREE



Please call (317) 398-0127 to
 Reserve Your Spot



Happy
Birthday
 To You



Karen Jones 9th
 Stephanie Smith 29th

FAIRLAND HORIZON CENTER

Every Thursday at Fairland Fire Dept. Community Room
 400 W 400 N, Fairland, IN 46126
 9:30 am until we are done for the day!
 Kathy Miller, 317 398-4817 or 317 364-0029

Mornings:

- 9:30- 10:00 Coffee Chat
 - 10:15 - 11:00 Exercises with Abigail Dec. 8
 - 10:00 - 11:00 Chair Volleyball Dec. 1 & 15
 - 11:00 BIBLE STUDY
 - 11:00 -12:00 Mind Games , Board Games, Bridge
 - 12:00 Lunch \$5.00
- Please make reservations by the Tuesday prior

Dec. 1 First Thursday Euchre!

Noon Lunch: Chili, peanut butter sandwiches, veggie sticks, cheese and crackers, and dessert

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

Dec. 6th, 11:30 Shelbyville Horizon Center

\$5.00 pre pay ~ you must sign up for this by Dec. 1

Dec. 8 "Haul out the Holly"

Giving Tree Gifts are due TODAY

Noon Lunch: Something different ... You will like, I promise!

1:00 Triton Central Chamber Choir entertains and delights us with Music of the Season.

Wrapping of Giving Tree Gifts, that need wrapped!

Dec. 15 "Christmas Around the World"

Noon Lunch: Holiday dishes from around the world, don't worry, many from the good old USA

1:00 Christmas around the World... Judy Berry will display several of her Nativity Collection and Darlene Morgan will lead us in Holiday Trivia Around the World! Carols and Legends with Kathy from around the world too!

Closed on Dec. 22

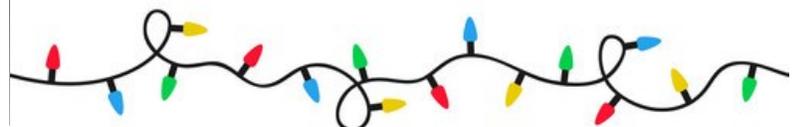
Dec. 29 Happy New Year....a little early!

Note the special time!

Doors open at 11:30

Noon Lunch: Kathy's favorite party foods! A feast of fun!

1:00 Let's Party!! Every good New Years Party includes music, so that's exactly what I have for you! Swinging to music with Garry Lauziere! Robin and I met Garry at a social event we were entertaining for about 6 years ago. He just happened to bring along his trumpet and sat in with the band. What fun! We called him to play on several gigs after that! He's a great entertainer with a wonderful sound set up that allows him to have a "band" accompanying him as he plays and sings. So dress in your party clothes if you like, bring your dancing shoes, if you want to "cut a rug" and let's ring in the New Year with joy and hope! Of course a toast with sparkling grape juice!



MORRISTOWN HORIZON CENTER

Join us at the Morristown Horizon Center!

Located at the Morristown United Methodist Church, 221 S Washington St, Morristown, IN 46161 and open Wednesday Nov. 2nd, 9th, 16th, and 30th from **11:00am until 2:00pm.**

The Morristown Horizon Center will be closed the 23rd for the holiday.

11:00 – 11:15: Coffee/Tea and Chat

11:15 – 12:00: Exercises with Abbi

Noon: Lunch (cost is \$5)

December 7th: National Cotton Candy Day

Lunch: Bluebird

1:00 Making cotton candy

December 14th: National Monkey Day

Lunch: Potato soup & chocolate dipped bananas

1:00 White elephant gift exchange

December 21st: Christmas Time

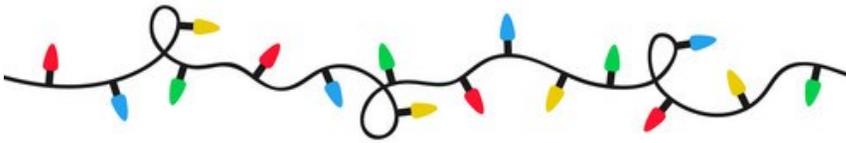
Lunch: Chicken & noodles, bring a Christmas side dish

1:00 Make a Christmas ornament

December 28th: National Playing Cards Day

Lunch: Sub sandwiches, chips, & veggie tray

1:00 Card games



TITLE VI COMPLAINT PROCEDURE (GENERAL REQUIREMENT)

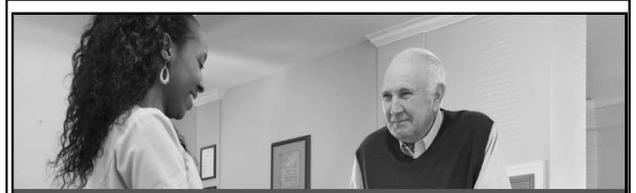
Any person who believes she or he has been discriminated against on the basis of race, color, or national origin by the Shelby Senior Services/*ShelbyGo* may file a complaint by completing and submitting the agency's Title VI Complaint Form. *ShelbyGo* investigates the complaint received no more than 180 days after the alleged incident. *ShelbyGo* will process complaints that are complete.

Once the complaint is received, Shelby Senior Services/*ShelbyGo* will review it to determine if our office has jurisdiction. The complainant will receive an acknowledgement letter informing her/him whether the complaint will be investigated by our office.

Shelby Senior Services/*ShelbyGo* has 60 days to investigate the complaint. If more information is needed to resolve the case, *ShelbyGo* may contact the complainant. The complainant has 10 business days from the date of the acknowledgement letter to send requested information to the investigator assigned to the case. If the investigator is not contacted by the complainant or does not receive the additional information within 10 business days, *ShelbyGo* can administratively close the case. A case can be administratively closed also if the complainant no longer wishes to pursue his or her case.

After the investigator reviews the complaint, she/he will issue one of two letters to the complainant: a closure letter or a letter of finding (LOF). A closure letter summarizes the allegations and states that there was not a Title VI violation and that the case will be closed. An LOF summarizes the allegations and the interviews regarding the alleged incident, and explains whether any disciplinary action, additional training of the staff member, or other action will occur. If the complainant wishes to appeal the decision, she/he has 15 days after the date of the letter or the LOF to do so.

A person may also file a complaint directly with the Federal Transit Administration (FTA) at FTA Office of Civil Rights, 1200 New Jersey Avenue SE, Washington, DC 20590.



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