



**SHELBY
SENIOR
SERVICES**
ENGAGE ENRICH EMPOWER

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

January 2025



Mission & Purpose

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

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Easter Hall Beyer, Director of Transportation

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Kathy Miller, Fairland
Debbie Stafford, Waldron
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Abigail Kirk, Health & Wellness Coordinator
Jessie Hundley, Family Caregiver Coordinator

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“Serving seniors, improving lives.”



KIM'S KORNER

Kim Koehl,
Executive Director

Here we are finding ourselves at that time of year again. Happy New Year. I can't believe how quickly time flies. I am remembering things that have happened in the past year, all the wonderful people I have met and all the things that have been accomplished. When I look to the New Year I think it is going to be an exciting year here at Shelby Senior Services. We are fully staffed and have many new things on the horizon. We are looking at new programs and activities, as well as some of our old faithful activities such as Bingo and cards. On a personal note I am going to be a grandma again and am excited to see what this year brings. I am fortunate to have my loving family, friends and great co-workers with me throughout the year but some people are not so lucky. So when you are busy in your life please try to remember your next door neighbor who may be older and doesn't have family that lives close. Remember to stop by or call and see if they need any supplies while you are doing your running. Sometimes just having that phone call could brighten someone's day. Remember that Shelby Senior Services has volunteers that could visit with people if that is something that someone needs. They could be that visit that they look forward to a few times a month. We have ShelbyGo that is available by schedule to take people to doctors appointments, beauty shop appointments, grocery stores, etc. ShelbyGo will also bring you to the Horizon Center if you want to have somewhere to get out and be around people or do an activity or two. Sometimes just getting out of the house does so much to make someone feel better on these cold winter days. So if you are looking to find new friends, activities, services or just a cup of coffee please come see us at Shelby Senior Services, 2120 Intelliplex Dr, Suite 101, Shelbyville, IN.

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
- Denny's: 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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FAMILY CAREGIVER SUPPORT

Jessie Hundley,
Family Caregiver Support Coordinator

Temperatures are dropping and sidewalks are getting slick. Are our seniors ready for this? Let's look at some easy things that can help!

- **Proper fitting shoes** with good traction to help avoid slips and falls
- Keep a little **sidewalk salt** in a container by your door. Use this to sprinkle your pathway
- **Use handrails** and elbows of those sweet enough to help. Don't be afraid to ask someone for help!
- **Take your time!** No need to rush, slow is good and you may need to plan for extra time to ensure you are able to "take your time".
- **Dress in loose layers** as the air between the layers will help to keep you warm.

There are federally funded Energy Assistance Programs that can help low-income households keep warm through the winter. For details about this program in Shelby County, contact 317-398-3153. The Energy Assistance Program provides financial assistance to qualified households. Households are given a one-time benefit to maintain utility services during the winter heating season. EAP assists with a variety of heat sources including but not limited to: electric (prepaid & regular), natural gas, bulk fuel (propane/fuel oil), wood, and/or households that have one or more of the utilities included in the rent. The Energy Assistance Program is open to qualified households that have a disconnect, are disconnected, and/or are current on their bill.

Let's all do our part to help everyone who needs help to stay warm, safe and injury free this winter.

Produce Pick-Up Days:

Monday, January 6 & the second pick-up of the month is to be determined



Are you struggling to lose weight or tired of fad diets and regaining weight? Ready to start the New Year off right? Consider joining Lifesteps. This program, taught by MHP Registered Dietitian Lisa Schnepf, puts you in charge of your eating and activity, allowing you to tailor the program to fit your needs and set yourself up for success. It promotes lifestyle change, goal setting and provides social support. This program includes 14 interactive group sessions plus 2 individual meetings with Lisa. Interested? Plan to attend one of our informational meetings—January 9th or 16th at 4:30pm in the Sycamore Room at MHP. Contact Lisa for more information, 317-398-5315 or lschnepf@majorhospital.org

Needed Pantry Items:

- Soup
- Vegetables
- Fruit
- Tuna
- Peanut Butter
- Canned Beans
- Cereal
- Oatmeal Packets
- Rice
- Macaroni and Cheese
- Toilet Paper

SHELBYGO TRANSPORTATION



Easter Hall Beyer,
Director of Transportation

Please be mindful of the weather condition when ride with ShelbyGo and dress appropriately. Hypothermia occurs when the body loses heat faster than it produces it. The most common causes of hypothermia are exposure to cold-weather conditions or cold water. But prolonged exposure to any environment colder than the body can lead to hypothermia if a person isn't dressed properly or can't control the conditions. Specific conditions leading to hypothermia include:

- Wearing clothes that aren't warm enough for weather conditions.
- Staying out in the cold too long.
- Being unable to get out of wet clothes or move to a warm, dry location.
- Falling into the water, such as in a boating accident.
- Living in a house that's too cold, either from poor heating or too much air conditioning.

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

Fares

Seniors 60+ - free, donations accepted
Under 60 - \$4 within city, \$7 within county

Service Hours

Weekdays: 8:00am - 4:30pm

Please call (317)-398-7614 or (317)-398-0127 to schedule a ride.

Weather closings will be announced on Channel 13 WRTV, Giant FM 96.5, and the Shelby Senior Services Facebook page.

MEMBER SPOTLIGHT



Betty Zoelzer

Betty has been a member of Shelby Senior Services for 11 years as of July 2025. She has been volunteering for Senior Services for 9 of those years. She is an important part of our center family. Betty can be seen manning our front desk, helping with program sign-ups, assisting activities with programs, calling Bingo and Pokeno, and being helpful whenever and wherever needed. We appreciate all she does, and we hope she knows how much her presence means to our daily operations.

When not volunteering or hanging out at Shelby Senior Services Betty enjoys spending time with her husband Steve and her grandchildren. She is also an active member of the Eagles in Shelbyville. We run our front desk with the friendly faces of volunteers. If you are interested in becoming a volunteer – please call 317-398-0127. We would love to have you become part of our center family.



TRAVEL

Carol McDaniel,
Travel Coordinator

In my previous article, I talked about Newport, Rhode Island and Saint John, New Brunswick. The last port of call on this cruise was in Halifax, Nova Scotia.

It was one of the best ports on our cruise. Located on the NE coast of Nova Scotia, Halifax offers a variety of interesting places to visit. Among those places is the Maritime Museum of the Atlantic. It has life-sized replicas of sailboats and artifacts from steamships (including the Titanic).

The Immigration Museum at Pier 21 is another interesting place featuring lots of the history of immigrants who sailed fearlessly from Europe to the US. One can trace their ancestors by looking up names at the Immigration Museum.

Cruising is not for everyone, but our group thoroughly enjoyed all the activities on board. Among the many, many activities, are games such as trivia, crossword challenge, charades, Name That Language Trivia, Wheel of Fortune, Battle of the Sexes Gameshow and etc. If you cannot find a game in which to participate, there is always gambling.

The casino on the ship is only open when on open water. It is located mid-ship, probably so that everyone must pass through it to get to the other end of the ship!

Every night there is a different show at the Breakaway Theater. Those shows feature singing, dancing, comedy and perhaps a magic show. If a relaxing evening of music is your taste, I counted 15 different locations for music including jazz, guitar melodies, smooth sounds, pop, dine and dance opportunities and so much more.

Many restaurants are available for anyone wanting to experience different kinds of food.

Of course, there are shops on board. They are only open when not in port. One can buy anything from an expensive Rolex to a pack of gum. On the last day of the cruise, the shops feature sale items such as beach bags, watches, jewelry and more.

This cruise was kid-friendly. It offered a number of fun things kids and teens would enjoy.

And, of course, there are pools and hot tubs, even if it is only in the 50s outside.

Cruising is as relaxing or activity-filled as you want.

Come and join us on our next fun trips in 2025. Call 317-398-0127 for more information. Flyers are available at the front desk at Shelby Senior Services.



HEALTH & WELLNESS

Abbagail Kirk,
Health & Wellness Coordinator

Happy New Year! Please pay attention to a new change coming. We are moving our Commit to be Fit Breakfast to Mondays. Also, we are pushing back the time we will be starting by a half hour! I hope to see you all there! I can think of a better way to start my day! Nice home cooked breakfast and some stretching and Geri-Fit! Sign up today!

I will be starting Matter of Balance in February. Keep an eye up for dates. 8 week course ran consecutively. Over come the fear of falling and become an active senior living independently in our community.

***Monday's in January at 9:00 a.m Commit to Being Fit Break-Fast** Abbagail is going to be offering up break-fast. She is going to infuse your mornings with nutrition and fitness. Come spend your Tuesday mornings nourishing your body, mind, and soul. Come early and stay for the whole day. Lots of great activities on the calendar – don't miss out. Please R.S.V.P. in advance so that we know how much food to prepare. Cost is \$3 if you choose to not participate in the exercises.

H&W Highlights

Commit to Being Fit Breakfast -Mondays at 9am

Crock-Pot Extravaganza - Monday Jna. 13 at 1:30pm

Rock Steady Boxing - Every Tuesday & Thursday at 4pm

Move & Groove - Wednesday Jan. 8 at 1:30pm

Drumming to Keep the Beat - Wednesday Jan. 29 at 1:30pm

Tai Chi - Every Thursday at 10am

Bowling - Every Friday at Blue River Bowl at 12pm

**COMMIT TO BEING FIT
BREAK-FAST**

Exercise to start at 8:30 a.m.
Break-FAST served at 9:00 a.m.
If not participating with group exercise cost is \$3

1.6.2025 Biscuits and Gravy
1.13.2025 Casserole
1.20.2025 Oatmeal and Fruit
1.27.2025 Sausage Eggs Toast

Please sign up in advance
any questions call Abbagail
317-398-0127



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Healthy Grieving Tip ...as Observed

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

Author Unknown

Glenn E. George & Son Funeral Home

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SHELBYVILLE HORIZON CENTER

Crystala Evans,
Shelbyville Activity Coordinator

Happy New Year – Let’s ring in 2025 with excitement for the year ahead. We are going to be bringing you some new programs this month and we hope you join us. Make sure to check out the newsletter Activity Calendar and sign up for some of our fun programs. We have an amazing calendar that is full of things to do. You can also keep up to date on programming via the Shelby Senior Services Facebook Page and our website at <http://www.shelbyseniorservices.org>. If you have a question about a program please call us at the center at (317) 398-0127. This is the best way to get a quick response. We are excited to continue to provide you with quality programming and we are always open to hearing your ideas for future programs. Come be a part of the fun. There is something for everyone to enjoy.

If you are a member of Shelby Senior Services and you want us to recognize your birthday – please see me to sign up to be in the Birthday Club. Each month we will send out Birthday cards, have cupcakes and sing Happy Birthday. Plus – we are going to have a Birthday Party in July for all of our Birth months

We also are looking for volunteers. Volunteers are key to our success. I am looking for volunteers to call POKENO and BINGO, help get games going, and to be goodwill ambassadors. Let me know when you would like to sign up to help. Thank you for all that you do to make our center great!

Please check out the newsletter Activity Calendar and sign up for some of our fun programs. We have an amazing calendar that is full of things to do. You can also keep up to date on programming via the Shelby Senior Services Facebook Page and our website at <http://www.shelbyseniorservices.org>. If you have a question about a program please call us at the center at (317) 398-0127. This is the best way to get a quick response. We are excited to continue to provide you with quality programming and we are always open to hearing your ideas for future programs. Come be a part of the fun. There is something for everyone to enjoy. You are all on my mind and in my thoughts each day. You continue to inspire me to live a meaningful life, take nothing for granted, and always do my best. I am excited to see how much we grow as a family in 2025. If you have suggestions for trips or programs – please let me know. We even have a suggestion box where you can leave an anonymous suggestion.

Always,
Crystalá Evans, ADC
Shelbyville Activity Coordinator



Happy Birthday!

- *John Forthofer 3rd
- William Wilhelm 4th
- *Crystala Evans 7th
- *Gina Batton 13th
- Henry Williams 31st
- *Andrea Majeed 29th

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 Crystalá Evans at 317-398-0127 to reserve a slot to tell your story. Crystalá can schedule you for your recording at your convenience. We would love to have you become a part of history!

***Mondays in January 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 January at 9:00 a.m. Caffeinated and Connected** We are going to be teaching Tablet How-To classes during our Caffeinated and Connected Series. Please come and join the fun as we enjoy a fun Coffee Bar, eat donuts, and cover a different Technology Topic for each week. The more the merrier! This will be a great way to get more comfortable using technology. Come give it a try and enjoy a nice warm cup of coffee, tea, and even hot cocoa.

Thursday, January 2nd at 1:00 p.m. – Take Down Center Decorations Christmas has come and gone and we are going to be taking down all of the Christmas decorations and making way for 2024. Come and help us pack up Christmas and put up things for the New Year. We would appreciate your help.

Thursday, January 2nd at 3:00 p.m. – Take Down the Grover Tree We will meet at the Grover Museum at 3:00 p.m. to take down the Grover tree and pack up all the decorations.

Friday, January 3rd at 9:00 a.m. – Fun Friday – New Year’s and Chocolate Cherry Day We are going to celebrate New Year’s as we ring in 2025. It is also Chocolate Cherry Day. We will have some Cherry Cordials for you to enjoy. Wear anything you have that says – Happy New Year’s. It can be a flashy, glitzy or sparkly. Prize table sponsored by Shelby Senior Services.

***Monday, January 6th at 1:00 p.m. –Dance and Karaoke with DJ Moxy** We will be having a New Years Dance and Karaoke Party of fun with Moxy our favorite DJ. 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. We will observe the birthdays of Crystalá and Elvis on this day. Let’s party!!!!

***Tuesday, January 7th and 21st - Mobile Nails By A’del - By Appointment from 9:00 a.m. to 2:00 p.m.** We are going to continue offering 30-minute Senior Polish Sessions in January with Mobile Nails By A’del Moore. Manicures only for natural nails. No Pedicures or Acrylic Nails during these sessions. There is no cost, but donations are greatly appreciated. Call to schedule your appointment slot today!

***Wednesday, January 8th at 11:30 a.m. Lunch and Learn – Decluttering COST \$5** Join us at the center and we will discuss Decluttering. The New Year is always a great time to start going through things and getting rid of things that no longer bring you joy. Lighten your load in 2025! Tricia Thomas will be here to discuss her strategies for decluttering. If it is something that you can’t do – she even offers a service that will do the decluttering for you. Come check it out. We will have chili, crackers, peanut butter sandwiches and cookies for dessert. You must R.S.V.P. at the front desk by January 7th. The cost is \$5 and there is room for 25 people.

ACTIVITY HIGHLIGHTS

Thursday, January 9th 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 Princess of Las Vegas” by Chris Bhojalian. Everyone is to meet in the Meeting Room. All center members are welcome.

Thursday – January 9th at 1:30 p.m. – Movie Matinee “ Penny Serenade” and Popcorn We are going to be showing “Penny Serenade” with George Stevens. Come and enjoy a movie and some popcorn while watching a fun movie. The movie is 2 hours long.

Friday, January 10th at 9:00 a.m. Fun Friday – Elvis Day Bring in anything that is related to Elvis. We are going to have fun giving a salute to the King of Rock-n-Roll. We know there are a lot of Elvis fans in the crowd. We will also celebrate January Birthdays with cupcakes sponsored by Anita Suiters. Our Bingo prize table is going to be sponsored by Ashford Place Health Campus. Come join the fun.

*** Thursday, January 16th Watercolor Snowflakes** Join us as we create beautiful snowflakes with watercolors. This is a fun craft where you don’t have to be great at art. Let the process do the work. There is no cost for this activity. Just please make sure to R.S.V.P. so that we have enough spots for everyone.

***Thursday, January 16th at 3:00 p.m. Music and a Meal with Mystery Train Band COST \$7** We will have entertainment with Mystery Train Band at 3:00 p.m. Then we are going to have meal from Your Way Catering at 4:00. We are going to have roast beef, mashed potatoes and gravy, green beans, rolls with butter and cookies for dessert. Cost is \$7 and we are limited to 50 people.

Friday, January 17th at 9:00 a.m. Fun Friday – National Classy Day Wear something classy to Bingo. It is Classy Day and we want you to come and strut your stuff. You can even bring sunglasses to wear – like the celebrities do. Our Bingo prize table is sponsored by Morristown Manor and Cypress Run.

***Monday, January 20th at 9:30 a.m. Indiana State Museum COST \$5** We are going to take a Day Trip to the Indiana State Museum. This trip includes lots of walking and stairs. We will be able to see a movie at the IMAX – which would be at your expense. At the time of the newsletter printing the movie schedule is TBD. Lunch is available for purchase at the Museum restaurant. Room for 14 people and Cost is \$5 (plus your lunch and movie ticket).

***Thursday, January 23rd at 1:00 Cocoa and Canvas Class with Mindy COST \$25** Join us as we paint with Mindy. She has led us in a class before and we are going to welcome her to our center again for another canvas session. Cost is \$25 and the class is limited to 10 people.

Friday, January 24th at 9:00 a.m. Fun Friday – Compliment Day We are going to celebrate Compliment Day. We all have something that we can compliment others about. Today we are going to make an extra effort on sharing compliments with others. Prize table sponsored by Compass Park.

***Monday, January 27th at 1:00 p.m. Kitchen Fun with Barbara McFarland** We are going to make a Tuscan Bean Soup. Come watch Barb prepare this delicious soup and then have some samples. After our cooking session we are going to have open appointments for you to schedule a pre-planning appointment from 2:00 to 4:00.

Thursday, January 30th at 1:00 p.m. SCRABBLE Join us for an afternoon of fun with words. We are playing SCRABBLE. The more the merrier and we can have more than one game going.

Friday, January 31st at 9:00 a.m. Fun Friday - Backward Day We will be celebrating Backward Day. This is left up to your interpretation. You can wear your top backwards, hat backwards, wear pajamas, or wear something in an unconventional way. No rules to what is right today. Have fun and be original. It is also – National Hot Cocoa Day. We will have hot cocoa for you to enjoy on this winter day.

Cocoa & Canvas Class with Mindy

**January 23rd, 2024
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
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MYSTERY TRAIN BAND

Dinner served 4:00 p.m. from Your Way Catering
COST \$7 per person
Meal includes: Roast Beef, Mashed Potatoes & Gravy, Green Beans, Rolls & Dessert

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

↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑

Bar code

Limited to 50 people

Food ★ Music ★ Fun

Day Trip

INDIANA STATE MUSEUM AND HISTORIC SITES

**MONDAY
JANUARY 20, 2024
BUS DEPARTS
9:30 A.M.**

RSVP By Calling (317) 398-0127

Day Trip to the Indiana State Museum Cost \$5, Limited to 14 participants

We are going to depart the center at 9:30 a.m. Museum opens at 10:00 a.m. Lunch at the museum at your expense in the museum restaurant. If you see an Imax movie, that is at your expense. We plan to return to the center at 4:30 p.m.

2120 Intelliplex Drive
Shelbyville, IN 46176

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DANCE & Party KARAOKE

**JANUARY 6, 2024
MONDAY - 1:00 PM**

DJ MOXY

Come join us for an afternoon of fun!




FREE ADMISSION WITH MEMBERSHIP
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JANUARY ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 CENTER CLOSED	31 CENTER CLOSED NEW YEAR'S EVE	1 CENTER CLOSED NEW YEAR'S DAY	2 9:30 POKENO 10:00 Tai Chi 1:00 Jeopardy 1:00 Take Down Center Christmas Decorations and Grover Tree	3 9:00 Fun Friday – New Year's & Chocolate Cherry Day 9:30 BINGO by Shelby Senior Services 1:00 Euchre & 1:00 Dominoes
6 9:00 Commit To Being Fit Break-Fast 9:00 Tech Savvy Seniors 9:00 cMah Jongg 1:00 Dance & Karaoke with DJ Moxxy – New Year's Party	7 9:00 Mobile Nails by A'del 9:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	8 9:15 Bible Study with Jim 11:30 Lunch and Learn – Decluttering Cost \$5 1:00 Hand and Foot Card Game 1:30 Moving & Grooving	9 9:00 Coffee with The Mayor 9:30 POKENO 10:00 Tai Chi 1:00 Book Club – Princess of Las Vegas 1:30 Movie Matinee – Penny Serenade	10 9:00 Fun Friday – Elvis Day 9:30 January Birthdays by Anita Suiters 9:30 Bingo by Ashford Place 1:00 Euchre & 1:00 Dominoes
13 9:00 Commit To Being Fit Break-Fast 9:00 Tech Savvy Seniors 1:00 Mah Jongg 1:00 Crockpot Class	14 9:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	15 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 1:30 Airfryer Class with Abbi	16 9:30 POKENO 10:00 Tai Chi 1:00 Watercolor Snowflakes 3:00 Music and a Meal COST \$7 with Mystery Train Band	17 9:00 Fun Friday – National Classy Day 9:30 BINGO by Morristown Manor 1:00 Euchre 1:00 Dominoes
20 No CICOA 9:00 Commit To Being Fit Break-Fast 9:30 Day Trip – IN State Museum COST \$5 1:00 Mah Jongg	21 National Hug Day 9:00 Caffeinated & Connected 9:00 Mobile Nails by A'del 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	22 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game	23 9:30 POKENO 10:00 Tai Chi 1:00 Cocoa and Canvas Class with Mindy COST \$25	24 9:00 Fun Friday – Compliment Day 9:30 BINGO by Compass Park 1:00 Euchre & 1:00 Dominoes
27 9:00 Commit To Being Fit Break-Fast 9:00 Tech Savvy Seniors 1:00 Mah Jongg 1:00 Kitchen Fun with Barbara McFarland	28 9:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	29 Puzzle Day 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 1:30 Drumming to Keep the Beat	30 9:30 POKENO 10:00 Tai Chi 1:00 SCRABBLE	31 National Hot Cocoa Day 9:00 Fun Friday – Backward & Hot Cocoa Day 9:30 BINGO - SSS 1:00 Euchre 1:00 Dominoes

January 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cultural Meal Day</p> 		<p>1 Happy New Year Meal Site Closed</p>	<p>2 Scrambled Eggs Pork Sausage Roasted Potatoes Spiced Peaches Milk</p>	<p>3 Beef Stroganoff w/ Egg Noodles Italian Cut Green Beans Diced Carrots Wheat Roll Fresh Orange Milk</p>
<p>6 Grilled Hamburger Mac & Cheese Festive Green Beans Diced Pears Wheat Bun Milk</p>	<p>7 Almond Crusted Fish Spinach Scalloped Potatoes Wheat Bread Diced Peaches Milk</p>	<p>8 LUNCH AND LEARN</p>	<p>9 Swedish Meatballs Broccoli Diced Carrots Brown Rice Wheat Bread Mandarin Oranges Milk</p>	<p>10 Cheese Lasagna w/ Veggie Marinara Capri Veggies Lima Beans Wheat Roll Diced Pineapple Milk</p>
<p>13 Oven Fried Chicken Whipped Sweet Potatoes Collard Greens Orange Juice Milk</p>	<p>14 Italian Bowtie Pasta w/Beef Broccoli w/Red Peppers Green Beans Mandarin Oranges Milk</p>	<p>15 Bagel w/Egg, Pork Sausage & Cheese Sliced Apples Roasted Sweet Potatoes Milk</p>	<p>16 Turkey Ham & Beans Diced Beets Diced Carrots Corn Bread Mixed Fruit Milk</p>	<p>17 Potato Pollock Peas and Corn Turnip Greens Wheat Bread Tropical Fruit Milk</p>
<p>20 Meal Site Closed</p>	<p>21 Teriyaki Chicken & Noodles Stir Fry Veggies Fresh Orange Milk</p>	<p>22 Hoppin John w/Turkey Ham Cooked Cabbage White Rice Pilaf Diced Peaches Milk</p> 	<p>23 Sliced Turkey over Southwest Pasta Broccoli Peas Chocolate Pudding Milk</p>	<p>24 Beef Stew Corn Turnip Greens Wheat Bread Diced Peaches Milk</p>
<p>27 Meatloaf w/Gravy Brussels sprouts Mashed Potatoes Mandarin Oranges Birthday Treat Milk</p>	<p>28 Indiana Style Chili Mac California Veggie Blend Applesauce Corn Bread Milk</p>	<p>29 Jamaican Pork Roast Key West Veggies Root Veggies Corn Bread Diced Pears Milk</p>	<p>30 Smoked Pork Sausage w/Peppers & Onions Peas Roasted Potatoes Wheat Roll Strawberry Applesauce Milk</p>	<p>31 Chicken Parmesan Parmesan Cheese Apples w/Cherries & Almonds Roasted Potatoes Wheat Bread Diced Mangos Milk</p>

<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 on Tuesday at noon for the following week. You can make phone reservations by calling 463-777-1239 or sign-up during the lunch hours of 10:30am-12:30pm.

Activity Center Needs:

Individually Wrapped Snacks
Bingo Sponsors

Legal Aide Services:

A paralegal of the Indiana Legal Services: Senior Law Project comes 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:

The AARP Tax-Aide program has been completed for the year. Scheduling for 2024 fillings will begin in January.

VOLUNTEER OPPORTUNITIES

Are you interested in volunteering at
Shelby Senior Services?

Volunteer Opportunities:

Front Desk Home Deliveries Rock Steady Boxing
Strawberry Festival Pantry Donations Special Events
And More!

If you would like to volunteer or have more questions, contact Liz Renton at
lrenton@shelbyseniorservices.org or (317) 398-0127



WALDRON

Join us at the Waldron Horizon Center!

Located at the Waldron Baptist Church, 112 Grant St. Waldron, IN and open Tuesdays from 9:30am-2pm. Lunch Reservations: call or text Debbie at 317-443-0332 to reserve your spot.

9:30 - Coffee & Chat

11:00-12:00 - Exercises with Abbagail

11:45 - Lunch (cost is \$5)

January 7

Lunch: Crockpot with Abbi, lemon cake

Activity: Cards & Games

January 14

Lunch: Smoked sausage, green beans & potatoes, veggies & dip, lemon cake

Activity: Cards etc.

January 21

Lunch: Taco Tuesday! Corn sasserole, mexican wedding cakes

Activity: Mexican Train Dominoes

January 28 (Chinese New Year – January 29)

Lunch: Honey chicken stir fry, fortune cookies

Activity: Cards etc.

MORRISTOWN

Join us at the Morristown Horizon Center!

Located at the Morristown Methodist Church 221 S. Washington St. Morristown. Open Wednesdays from 11am until 2pm.

Contact Kandi McKibben at 765-719-3615.

11:00-11:15 - Coffee / Tea and Chat

11:15-12:00 - Exercises with Abbi

12:00 - Lunch (cost \$5 call/text Kandi to reserve a spot)

January 8

Lunch: Meatloaf, mashed potatoes, corn, cobbler, and ice cream

Activity: New year, New you! Let's chat about your New Year's resolutions and local resources available to help you achieve those goals.

January 15

Lunch: Beef and Noodles, mashed potatoes, green beans and brownie sundae

Activity: We will be painting mini canvas winter scenes. Games and cards available for those not wanting to paint.

January 22

Lunch: Potato soup, hot ham and cheese sweet roll sliders, and pineapple upside down cake.

Activity: Bingo with blind bag mystery prizes.

January 29

Lunch: Coney dogs, Mac and cheese, coleslaw, chips, and cookies

Activity: Games, Cards, and conversation



FAIRLAND

DONATIONS

Join us at the Fairland Horizon Center!

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

Mornings:

9:30 - 10:00 - Coffee Chat

10:15 - 11:00 - Exercise with Abbagail Jan. 18 & 25

10:00 - 11:00 - Chair Volleyball Jan. 11

11:00 - Bible Study

11:00 - 12:00 - Mind Games, Card Games, Board Games, Bridge

12:00 - Lunch \$5.00 please make reservations by the Tuesday prior

All meals for January TBA, watch your email or facebook.

January 2 Closed

January 11

1:00 Euchre Tournament

Crock potting with Abbi #6

January 18

1:00 Scrapbooking

January 25

1:00 Bingo

If the "weather outside is frightful" please tune in to WSVX radio; 96.5FM or 1520 AM for a list of closings, or call Kathy at 317-364-0029. If the Triton Schools are closed, we are closed.

Thank you to our donors:

Judy Eads

Barb Hoban-Alexander

Anonymous Donations

Second Mt. Pleasant Baptist Church

Theresa Anderson

Easter Hall

Sandy Whitten

Sandra Schoentrup

Betty Zoelzer

Anne Renton

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

Robert Moore, Key Bank, 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.





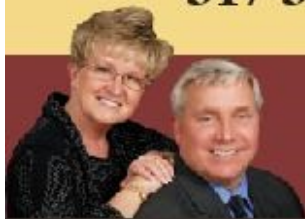
Freeman Family Funeral Homes Crematory & Monument Service



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317-392-2555



124 E. North Street
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Mike & Lana Freeman - Owners

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Ryan, Sarah, Reese & Jameson Haehl

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