



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

April 2024



to our volunteers for helping us grow!

Please join us at our Volunteer Open House

Thursday, April 18 1-3pm

If you are a volunteer or are interested in volunteer opportunities, stop by Shelby Senior Services for refreshments, favors, and games!

Music & a Meal to follow for members of the Horizon Center, must sign up in advance.

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

Kim Koehl, Executive Director
Liz Renton, Director of Operations
Easter Hall Beyer, Director of Transportation

Horizon Center Coordinators

Crystala Evans, Shelbyville
Kathy Miller, Fairland
Regina Wall, Waldron
Kandi McKibben, Morristown

Program Staff

Carol McDaniel, Travel Coordinator
Michelle Riggs, Dispatcher
Abigail Kirk, Health & Wellness Coordinator
Brooke Holycross, Family Caregiver Coordinator

Will Mitchell, IT Coordinator
Gina Batton, Bookkeeping

ShelbyGo Drivers

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Jerry Berry Andrea Majeed
A-del Moore Calvin Berry
Holly Schrank

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“Serving seniors, improving lives.”



KIM'S KORNER

Kim Koehl,
Executive Director

SPRING has SPRUNG! I am so happy. Warm weather and longer days are welcoming. I enjoy spring. It is a time of renewal. Flowers are starting to pop up. April also means it is time to celebrate our volunteers. We are celebrating volunteers who help with so many things here at Shelby Senior Services.

We are fortunate to have so many people who care about Shelby Senior Services and the services and programs that we provide to Seniors 60+ in Shelby County. Our volunteers are great about manning our front desk and signing up people for programs and activities. We utilize volunteers in many different ways such as: Hands at Home projects where they do simple home repairs to allow seniors to continue to stay in their homes, AARP tax aide program volunteers who take their time to get trained and take refresher courses to be able to continue to do peoples taxes during tax season, SHIP counselors who give countless hours through maintaining their training throughout the year and provide in-person meetings and phone calls to help seniors with Medicare questions, senior legal aide who comes to our office one day a month to give free legal advice and do simple forms such as POAs and living wills, the different entertainment and craft groups or Individuals who donate their talents; the drivers who deliver food to our shut-in seniors in the county, our Board of Directors who give many hours sharing their professional expertise and fundraising help, and the many volunteers who help with fundraisers such as Strawberry Fest with cutting many strawberry's, baking cakes and donating funds and goods to help the agency out to make it a great day.

There are always great opportunities to volunteer at Shelby Senior Services. If you would like to volunteer, please reach out to Liz Renton at 2120 Intelliplex Dr, Suite 101, Shelbyville or call 317-398-0127.

MEMBERSHIP

Shelby Senior Services Membership

Membership fees help to maintain the quality of your Horizon Centers. 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.

If you are interested in a membership, have questions, or are interested in our scholarship program, please contact 317-398-0127.

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



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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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FAMILY CAREGIVER SUPPORT

Brooke Holycross,
Family Caregiver Support Coordinator

Did you know April is National Humor Month? It was created in 1976, and because it fits so well with April Fool's Day there couldn't be a better month to celebrate! I don't want to overwhelm you with a scientific article filled with citations to back up my statements, but laughter really is good medicine. It improves your overall health, mentally and physically. If you are a caregiver of someone with dementia I'm guessing you need an opportunity to laugh.

Dementia is very serious and can be very hard to deal with as a caregiver, as well as for the person with dementia. Some days, you just have to take a step back and find humor in the moment. Those with dementia may have trouble understanding jokes they once would have appreciated. They may become agitated and feel that they are being laughed at when they do not understand what was funny. What are some safe ways to explore humor with someone who has dementia? Find some old TV shows they once appreciated. Did your dad love Johnny Carson? How about a sitcom, such as The Carol Burnett Show? Perhaps reading some comic strips together would help alleviate some of the stress and tension. Call up that friend or family member that tells the best stories about fun times in the past. My hope is that you find something to make you laugh every day. It truly is the best medicine.

A joke to get you started: Where did the general put his armies? In his sleeves.



Produce Pick-Up Days:
Monday April 1st and Monday April 15th
12-4 pm

April needed pantry item:

Cereal or oatmeal

Please leave it in the basket inside the Shelby Senior Services office, and place your name and phone number into the envelope above the basket. A drawing will take place on April 30th for a gift card for a local business! Your donations are very appreciated.

February's winner: Rita Hamilton – Congratulations! She won a gift card for Three Sisters Books & Gifts.

Dementia Caregiver Support Group

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

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



SHELBYGO TRANSPORTATION

Easter Hall Beyer,
Director of Transportation

April is designated as National Month of Hope and with hope comes promise. Whether we're hoping for a brighter tomorrow or the promise of a good meal, April is full of reasons to smile. Spring is finally here.

We here at ShelbyGo are ready for the warm weather that is approaching. ShelbyGo hopes everyone has an amazing month.

Happy Spring everyone!

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.

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www.timbercreekvillagecommunity.com



Preparing for the solar eclipse:

- Limit travel, if possible, from Friday, April 4 to Tuesday, April 9, 2024
- Expect the highways and freeways to be extra busy with thousands of visitors
- Visit grocery store or schedule grocery delivery
- Pick up medications or schedule delivery
- Fill up gas tank
- Avoid scheduling personal appointments
- Check the local TV stations for weather, travel, and safety reports

How the solar eclipse may affect people living with dementia.

What is Dementia? Dementia is a general term for changes in memory, communication, language, problem-solving, judgment, senses, personality, behavior, and mood. These changes can be severe enough to impact our daily lives.

What is Alzheimer's Disease? Alzheimer's Disease is the most common cause of dementia, but there are many different types.

If the person cannot safely watch the total solar eclipse, please consider making their space as comfortable and safe as possible.

- Avoid very dark spaces as people living with dementia may fear darkness or become confused if they cannot see well.
- Provide soft, indirect light by using wall washers or translucent light fixtures or coverings to prevent irritating shadows.
- Avoid harsh overhead lighting
- Encourage engagement in multisensory activities:
- Painting (nails, picture, etc.) while having a conversation
- Use pictures or objects in the room as conversation starters
- Drawing or doing a puzzle while listening to their favorite music
- Watching their favorite TV show curled up in their favorite blanket.
- Stay as close to their routine as possible to reduce confusion and agitation. - If you must travel to a public space, consider having companion cards on hand



TRAVEL

Carol McDaniel,
Travel Coordinator



Travel Show

6:30pm

Thursday, May 9, 2024

2120 Shelby Senior Services, Inc.
Intelliplex Drive, Suite 101
Shelbyville, IN

Event is free

Come find out what is scheduled
for the 2025 season! Seating is
limited, call 317-398-0127 for a
reservation.





HEALTH & WELLNESS

Abbagail Kirk,
Health & Wellness Coordinator

Thank you to all who participated in Commit to Being Fit Breakfast! I always feel the support when it comes to you all! And who doesn't enjoy a home cooked meal! April will have Hypertension Control and Matter of Balance continuing throughout the month. Also, wanted to remind everyone of the bowling group of seniors that meet at Blue River Bowling at noon on Friday with a discounted rate at this time. Bowling is done team style, alternating lanes. An amazing group that loves to laugh and encourage each other! Call me at the office for more details. We will be having a walking challenge next month! Keep your eyes open for more details! Thanks for all your hard work and dedication!

DO YOU HAVE concerns about falling?



A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



Shelby Senior Services
Conference Room 1p-3p
March 15th, 22nd
April 12th, 19th, 26th
May 3rd, 10th, 17th

Once a week for 8 weeks for

2 Hours each class

Program fee is FREE

For more information please call
Abbagail Kirk
317-398-0127

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006
This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.
A Matter of Balance Lay Leader Model
Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.
A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

H&W Highlights

Hypertension Control - Every Monday at 10:00am

Chair Basketball - 1st Monday at 1pm

Chair Volleyball - 3rd Monday at 1pm

Cornhole - 5th Monday at 1pm

Rock Steady Boxing - Every Tuesday & Thursday at 4pm

Chair Yoga - Every Wednesday at 1:30pm

Tai Chi - Every Thursday at 10am

Bowling - Every Friday at 12pm

Matter of Balance - Fridays at 1:00pm

Health Coach Hypertension Control

To improve hypertension self-management through small group educational sessions and support offered by a trained Health Coach.

"Improve the health of your community"

OFFERED BY A TRAINED HEALTH COACH	BASICS OF HYPERTENSION CONTROL
MEDICATION MANAGEMENT	TOBACCO CESSATION STRESS MANAGEMENT
LONG TERM & SHORT TERM ACTION PLANS	NUTRITION AND PHYSICAL ACTIVITY WEIGHT MANAGEMENT

Health Coaches for Hypertension Control is an 8 week course each meeting consisting of a 90 minute meeting

Class dates: March 4th, 11th, 18th April 1st, 15th, 22nd, 29th & May 6th
Class starts @ 10 am

OFFICE NUMBER (317)398-0127 **OUR WEBSITE** www.shelbyseniorservices.org



Contact Deborah at 812-314-8083
Learn more at ourhospice.org



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2nd Monday each month is
Hungry Monday from 7a-10a

Coming Soon: New paved 21 space
parking lot across from diner



SHELBYVILLE HORIZON CENTER

Crystala Evans,
Shelbyville Activity Coordinator

Are you Eclipse ready? The eclipse is set to begin happening on April 8th at 1:50 p.m. and end at 4:23 p.m. The entire event is 2 hours and 23 minutes long. At approximately 3:08 p.m. and lasting for 4 minutes and 1 second there will be a total eclipse. There will be a lot of people here from out of town. Please have a full tank of gas, all of your medications and shopping done ahead of that weekend, and make sure to pick up a pair of Eclipse glasses from us at our center so that you can safely experience this historical event.

April is also Volunteer Appreciation Month and we are going to have a Volunteer Open House. If you are a current volunteer – we appreciate all that you do to help with our daily operations! If you want to learn about available volunteer opportunities – come check us out. We have several opportunities available for you to get involved. Come be a part of a wonderful organization. Volunteers are the heart and soul of our organization and they are the key to our success. We will have a Volunteer Open House on April 18th from 1-3pm. This will be followed by Music and a Meal at 3:00 p.m. where Mystery Train Band will perform and dinner will be prepared by Chicken Inn. Don't miss out – reserve your spot today.

In order to be a part of all of the wonderful things we provide we do ask that you purchase a membership. Memberships are for seniors who are 60 or over and the cost is a one-time charge of \$50 for the entire year. That is a deal! We do have scholarships available for people who are on a limited income and are unable to pay the membership fee. We never want finances to be a barrier to our seniors – so please inquire if you are in need of assistance.

We do offer Day Passes as well. You are welcome to come try us out for a day by purchasing a Day Pass at our front desk. The fee is \$5 for the day and that money can be applied to your membership if you decide to join. Please do not let any fee stand in the way of you joining in on the fun we have here at our center. If you are unable to pay for any reason – please come see me and we can work something out.

If transportation is a concern – we do offer the services of ShelbyGo. Make sure to schedule it in advance so that we have availability. We have several center members who utilize ShelbyGo for transportation to and from activities.

If you are interested in joining our center programs, but are a little shy. We do understand! Everyone was new here once, but have all become a part of our center family. We welcome new faces and want you to come give us a try. There should never be any barriers to you being able to attend center events. Please give me a call at (317) 398-0127 if you have any questions or concerns. You can also keep up to date on programming via the Shelby Senior Services Facebook Page and our website at <http://www.shelbyseniorservices.org>.

Crystalá Evans, ADC
Shelbyville Activity Coordinator

Happy Birthday!

- Becky Herring April 10th
- Valerie Donica April 11th
- Gennell Martin April 18th
- Janice Conway April 19th
- * Regina Wall April 23rd
- Anna Marie Anewalt April 23rd
- * Brooke Holycross April 25th
- Bill Wilhelm April 26th
- Russell Haag April 28th

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

Tuesdays in April at 9:00 a.m. Caffeinated and Connected Please come and join the fun as we enjoy a fun Coffee Bar and have a different discussion topic or game planned for each week. The more the merrier! This will be a great way to get to know one another. Come give it a try and enjoy a nice warm cup of coffee, tea, and even hot cocoa. Since we are not having breakfast – if enough people sign-up we will have donuts. We will have something for everyone.

Tuesdays in April at 1:00 p.m. Meditative Rose - Artistic Expression We are going to be doing the Meditative Rose which is famously painted by Salvadore Dali on Tuesdays in April. To tie in with our trip to the Dali Alive experience at Newfields we are going to try our hand at our own Dali interpretation. I will have 8 x 10 canvas available for \$2, or you can bring a canvas of your own size choice. No cost to participate. Come and try your hand at our version of this beautiful masterpiece.

***Thursday, April 4th at 9:00 a.m. Roll with Doane for Commissioner - Coffee and Cinnamon Rolls with JT Doane** We are going to welcome JT Doane to our center for a Meet and Greet and to enjoy Cinnamon rolls. We will start POKENO immediately following at 9:30 a.m.

Friday, April 5th at 8:00 a.m. Pop-Up Shop with Maurer's Market We are going to have freeze dried candies for you to purchase. Get ready for the eclipse with some space-themed candy. This is a fun twist on the upcoming eclipse. Come shop and stock up on sweet treats. Call Crystalá Evans, Activity Coordinator at 317-398-0127 to be part of our next Pop-Up Shop!

Friday, April 5th at 9:00 a.m. – Fun Friday – Eclipse Theme We are going to have an Eclipse Party! Dress in your favorite Space-themed attire. It can be Sun and moon, Star Wars, Star Trek, and even Alien-related. There will be a costume contest with an Eclipse Party Basket as a prize. Prize table sponsored by Vita Senior Living.

***Friday April 5th at 12:00 p.m. Eclipse Lunch Party** We are going to be serving up Planetary Pizza, Saturn Salad, Sun Chips, Moon Pies, Cosmic Brownies, and Tang to drink. Please sign up for this event as space is limited to 40 people. We will have Eclipse glasses while supplies last. Dress in your favorite Eclipse attire. Come for Bingo, stay for lunch and games in the afternoon.

The center will be CLOSED for the Eclipse April 8th

Tuesday, April 9th and 23rd By Appointment from 9:00 to 2:00 p.m. Mobile Nails By A'del We are going to continue offering 30-minute Senior Polish Sessions in April 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, April 10th at 12:00 p.m. Lunch and Learn - Estate Planning COST \$5** Join us as we welcome Jody Butts here from Stephenson Rife, LLP here to talk to you about Estate Planning. Latisha Idelwine will also be here from MHP to talk about the MHP Foundation. Lunch is going to be Meatloaf from Cracker Barrel. You must R.S.V.P. at the front desk by April 9th. Room for 20 guests. Cost is \$5.

Thursday, April 11th at 1:00 p.m. Book Club at the Horizon Center in the Community Room with Pam Weakley from the library. This month we will be discussing the book “To Hell And Back” by Audie Murphy. We are excited to share our thoughts on this awesome book. All center members are welcome!

***Thursday – April 11th at 1:00 p.m. – Movie Matinee “My Fair Lady” and Popcorn** We are going to be showing “My Fair Lady” featuring Audrey Hepburn. Come and enjoy a movie and some popcorn while watching a fun movie. The movie is 2 hours and 53 minutes long. Please sign up in advance for the movie so that we know how many are coming and how much popcorn to prepare.

***Friday, April 12th at 9:00 a.m. Fun Friday Kite Day and April Birthdays** We are celebrating Kite Day and if the weather permits we can go fly a kite outside. We shall see. Wear anything that is kite related. Our prize table sponsor is Ashford Place. The Birthday cupcake sponsor is Jane Sparks. Come play Bingo and have cupcakes with the April birthday gang. We have a long list of April birthdays that we can't wait to celebrate.

ACTIVITY HIGHLIGHTS

***Tuesday, April 16th at 9:00 a.m. Caffeinated and Connected with the Commissioner and The Mayor** Come and have coffee and donuts with Shelby County Commissioner Jason Abel and Mayor Scott Furgeson. We will discuss county government happenings for 2024. This is a great chance to have an open forum discussion with government officials directly. Call to reserve your spot and Day Passes are available.

Thursday, April 18th from 1-3 pm. Volunteer Open House We will have refreshments, games and more. Come be a part of the fun as we thank our volunteers. We appreciate you!

***Thursday, April 18th at 3:00 p.m. Music and a Meal with the Mystery Train Band** We are going to be welcoming the Mystery Train Band to our center. They will be here to play us some great music. Our meal sponsor is Chicken Inn and J.T. Doane for Shelby County Commissioner is providing the dessert. The meal is being served at 4:00 p.m. You must RSVP for this event by April 15th and it is limited to 30 people.

Friday, April 19th at 9:00 a.m. Fun Friday – Jelly Bean Day Wear your favorite Jelly Bean color or anything with Jelly Beans on it. There will be jelly bean treats to enjoy as well. We are even going to have a Guess How Many jelly beans are in the jar. The closest person will win the entire jar! Our prize table sponsor is Morristown Manor.

Monday, April 22nd at 1:00 p.m. –Dance and Karaoke with DJ Moxy – Drama at the Disco We will be having a Spring Fling Dance Party and Karaoke fun with Moxy our favorite DJ. This time we are going to have a little Drama at the Disco – where there will be a “Who Did It Reveal” Join us for music, dance, singing, and friendship. Light refreshments will be served. Put on those dancing shoes, wear your Spring colors or favorite Disco attire, practice your favorite song, and come on out for an afternoon of fun.

***Wednesday, April 24th, Bus Departs at 10:00 a.m. Day Trip - Newfields and Dali Alive** Cost is \$30 and is limited to 14 people. The cost of the lunch is at your expense and we are excited to be having lunch at the Café at Newfields in the museum. You are in for a real treat at the Dali Alive experience. Then you are able to visit the beautiful gardens with their Spring blooms or stay inside and enjoy the exhibits throughout the museum. Plus there is even a museum and garden shop. Plan to spend the whole day at Newfields and immerse yourself in all that they have to offer. *Dali Alive is a multi-sensory experience with bright and contrasting lighting, changing sounds, large images, crowds, or various additional stimuli. If you have serious health issues, have an epileptic condition, or any health condition you believe can be triggered by a sensory event please do not attend this portion of the trip.*

***Thursday, April 25th at 1:00 p.m. Cookies and Canvas** Cost is \$20 and is limited to 10 people. We are going to welcome Becky Gorman here to paint with us. We are going to be working on painting flowers. Feel free to bring your brushes, or we will have brushes for you to use. Sign-up as space is limited.

Friday, April 26th at 9:00 a.m. – Fun Friday – Pretzel and Pet Day We are going to bring a picture of our favorite pet for Pet Day and enjoy a pretzel treat. You are welcome to bring a pretzel treat to share as well. Prize table sponsored by Greenfield Health Care. Bingo prizes and a coverall will be given out to our lucky winners!

Friday, May 3rd at 8:30 a.m. Pop-Up Shop with Blue Bell Farms We are going to have Hannah from Blue Bell Farms here for our Pop-Up Shop. Come shop till you drop. Call Crystalá Evans, Activity Coordinator at 317-398-0127 to be part of our next Pop-Up Shop!

Friday, May 3rd at 9:00 a.m. Fun Friday – Derby Hat Day We are going to wear our favorite hats for Derby Day. Come dressed for the Derby and let's have some fun. We are going to sip Mint Juleps, and cookies, and play some Bingo. Our prize table sponsor is Victorious Star. Come and hear from Ntanda Chishimba as she talks all about what Victorious Star has to offer for Home Care Services.




*Chat with
Mayor
Scott Furgeson
and County
Commissioner
Jason Abel*

CAFFEINATED AND CONNECTED WITH THE COMMISSIONER & MAYOR

April 16th, 2024 at 9:00 A.M.

★

Come and have caffeine and donuts with Government Officials. Shelby County Commissioner Jason Abel and Mayor Scott Furgeson will be here presenting. We will discuss county government happenings for 2024. This is a great chance to have an open forum discussion with those at the source. There will be great opportunities to ask those questions.

Call to reserve your spot 317-398-0127

2120 Intelliplex Drive, Suite 101
Shelbyville, IN 46176
www.shelbyseniorservices.org



ECLIPSE PARTY



Friday April 5, 2024
Lunch Served at 12:00 P.M.
Limited to 40 participants

We are having an Eclipse Lunch Party!!!
Serving up Planetary Pizza, Saturn Salad, Sun Chips,
Moon Pies, Cosmic Brownies and every Astronauts
favorite drink - Tang!







Deadline to sign-up is
Wednesday,
April 3rd

2120 Intelliplex Drive, Suite 101
Shelbyville, IN 46176
www.shelbyseniorservices.org

Call to reserve
your spot
at 317-398-0127



Newfields Dali Alive




NEWFIELDS SHELBYSENIORSERVICES.ORG





Canvas & Cookies

Learn to Paint Flower Class

Come Learn to Paint with Becky Gorman from Easley Artistry

Join us as we try our hand a creating our very own flower interpretation.

Whether you are a seasoned artist, or a novice. Come join us for this exciting class where you will learn to paint these beautiful flowers.

Cost is \$20 per person and is limited to 10 people. Please call 317-398-0127 to reserve your spot as space is limited.

Thursday at 1:00 PM
April 25, 2024
Class is Limited to 10 people
Cost is \$20 Per Person

2120 Intelliplex Drive
Suite 101
Shelbyville, IN 46176



Becky Gorman
Artist from
Easel-y Artistry

www.shelbyseniorservices.org





APRIL ACTIVITY CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY



FRIDAY



<p>1 Produce Pick-up 12-4 9:00 Open Games and Cards 10:00 Hypertension Control 1:00 Mah Jongg 1:30 Chair Basketball</p>	<p>2 9:00 Caffeinated and Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting 1:00 Artistic Expression - Dali</p>	<p>3 9:15 Bible Study with Jim M 1:00 Hand and Foot Card Game 1:30 Chair Yoga</p>	<p>4 9:00 Roll with Doane for Commissioner 9:30 POKENO 10:00 Tai Chi 1:00 SCRABBLE</p>	<p>5 ECLIPSE PARTY 8:00 Pop-Up Shop – Maurer’s Market 9:00 Fun Friday – Eclipse Theme 12:00 Eclipse Lunch Party 9:30 BINGO – Vita Senior Living 1:00 Matter Of Balance 1:00 Euchre & Dominoes</p>
<p>8 CENTER CLOSED FOR ECLIPSE</p>	<p>9 9:00 Mobile Nails By A’del 9:00 Caffeinated and Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting 1:00 Artistic Expression - Dali</p>	<p>10 9:15 Bible Study with Jim M 12:00 Lunch and Learn – Estate Planning & Cracker Barrel COST \$5 1:00 Hand and Foot Card Game 1:30 Chair Yoga</p>	<p>11 World Parkinson’s Day 9:30 POKENO 10:00 Tai Chi 1:00 Book Club in CM RM 1:00 Movie Matinee – My Fair Lady</p>	<p>12 9:00 Fun Friday – Kite Day April Birthdays by Jane Sparks 9:30 BINGO – Ashford Place 1:00 Matter Of Balance 1:00 Euchre 1:00 Dominoes</p>
<p>15 Produce Pick-up 12-4 9:00 Open Games and Cards 10:00 Hypertension Control 1:00 Mah Jongg 1:30 Chair Volleyball</p>	<p>16 9:00 Caffeinated and Connected with the Commissioner & Mayor 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting 1:00 Artistic Expression - Dali 1:30 Alzheimer’s Caregiver Support Group</p>	<p>17 9:15 Bible Study with Jim M 1:00 Hand and Foot Card Game 1:30 Chair Yoga 1:30 Paper Flower Craft - FREE</p>	<p>18 Volunteer Recognition 9:30 POKENO 10:00 Tai Chi 1-3 Volunteer Open House 3:00 Music and a Meal – Mystery Train Band & Chicken Inn – Meal & JT Doane for Commissioner – Dessert</p>	<p>19 9:00 Fun Friday – Jelly Bean Day 9:30 BINGO – Morristown Manor 1:00 Matter Of Balance 1:00 Euchre 1:00 Dominoes</p>
<p>22 Earth Day 9:00 Open Games and Cards 10:00 Hypertension Control 1:00 Mah Jongg 1:00 Dance and Karaoke with DJ Moxy – Drama at the Disco</p>	<p>23 9:00 Caffeinated and Connected 9:00 Mobile Nails By A’del 1:00 Euchre 1:00 Painting, Knitting and Crochet 1:00 Artistic Expression - Dali</p>	<p>24 9:15 Bible Study with Jim M 10:00 Day Trip – Newfields Dali Alive Cost \$30 1:00 Hand and Foot Card Game 1:30 Chair Yoga</p>	<p>25 9:30 POKENO 10:00 Tai Chi 1:00 Canvas & Cookies COST \$20 1:00 Chair Basketball</p>	<p>26 Atbor Day 9:00 Fun Friday – Pretzel & Pet Day 9:30 BINGO – Greenfield Health Care 1:00 Matter Of Balance 1:00 Euchre 1:00 Dominoes</p>
<p>29 9:00 Open Games and Cards 10:00 Hypertension Control 1:00 Mah Jongg 1:30 Cornhole</p>	<p>30 9:00 Caffeinated and Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting 1:00 Artistic Expression - Dali</p>	<p>1 9:15 Bible with Jim M 1:00 Hand and Foot Card Game 1:30 Chair Yoga</p>	<p>2 9:30 POKENO 10:00 Tai Chi 1:00 SCRABBLE</p>	<p>3 Derby Day 8:00 Pop-Up Shop – Blue Bell Farms 9:00 Fun Friday –Derby Hat Day 9:30 BINGO – Victorious Star 1:00 Matter Of Balance 1:00 Euchre & Dominoes</p>

April 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Chicken & Noodles Rosemary Potatoes Broccoli Wheat Roll Diced Pears Milk</p>	<p>2 Pot Roast w/Gravy Key West Veggies Mashed Potatoes Wheat Bread Strawberry Applesauce Milk</p>	<p>3 Spaghetti/meatballs Parmesan Cheese California Veggie Blend Italian Cut Green Beans Mandarin Oranges Milk</p>	<p>4 Country Fried Steak w/Gravy Spinach Baked Potato Tropical Fruit Milk</p>	<p>5 Southwest Omelet w/Cheese & Salsa Shredded Mini Wheats Hash Browns Mixed Fruit Milk</p>
<p>8 Grilled Hamburger Mac & Cheese Festive Green Beans Diced Pears Wheat Bun Milk</p>	<p>9 Almond Crusted Fish Spinach Scalloped Potatoes Wheat Bread Diced Peaches Milk</p>	<p>10 Braised Beef Over Egg Noodles Collard Greens Diced Carrots Wheat Roll Applesauce Milk</p>	<p>11 Turkey w/Gravy Maple Sweet Potatoes Broccoli Wheat Roll Mandarin Oranges Milk</p>	<p>12 Cheese Lasagna w/ Veggie Marinara Diced Carrots Lima Beans Wheat Roll Diced Pineapple Milk</p>
<p>15 Oven Fried Chicken Whipped Sweet Potatoes Collard Greens Orange Juice Milk</p>	<p>16 Italian Bowtie Pasta w/Beef Broccoli w/Red Peppers Green Beans Mandarin Oranges Milk</p>	<p>17 Bagel w/Egg, Sausage & Cheese Sliced Apples Roasted Sweet Potatoes Milk</p>	<p>18 Beef Stroganoff w/ Egg Noodles Italian Cut Green Beans Diced Carrots Fresh Orange Milk</p>	<p>19 Meal Site Closed</p>
<p>22 Cottage Pie w/ Beef & Mashed Potatoes Italian Cut Green Beans Wheat Roll Diced Peaches Milk</p> 	<p>23 Vegetarian Chili California Veggie Blend Roasted Sweet Potatoes Cornbread Tropical Fruit Milk</p>	<p>24 Chicken Parmesan Parmesan Cheese Apples w/Cherries & Almonds Roasted Red Potatoes Wheat Bread Diced Mangos Milk</p>	<p>25 Sloppy Joe Roasted Sweet Potatoes Brussels Sprouts w/Onion Wheat Bun Diced Pineapple Milk</p>	<p>26 Beef Stew Corn Turnip Greens Wheat Bread Diced Peaches Milk</p>
<p>29 Meatloaf w/Gravy Brussels sprouts Mashed Potatoes Mandarin Oranges Birthday Treat Milk</p>	<p>30 Indiana Style Chili Mac Mixed Veggies Applesauce Corn Bread Milk</p>			<p>Cultural Meal Day</p> 

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

Activity Center Needs:

Birthday Cupcake Sponsors (24 Cupcakes)

Individually Wrapped Snacks
Equal Packets
Square Napkins
Tissues

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:

Appointments are now being scheduled for the AARP Tax-Aide Program. This program assists tax payers in filing simple tax forms at no cost. Call 317-398-0127



Liz Renton,
Director of Operations

Volunteers have always played such an important role at Shelby Senior Services. We are lucky enough to have so many volunteers help us day after day, year after year. Last year alone we totaled over 3,600 volunteer hours. That is AMAZING! Those hours come from tax preparers, strawberry cutting, front desk volunteers, Rock Steady Boxing cornermen, helpers at our Satellite Centers, food pantry deliveries, and so much more. It is not an overstatement to say we could not do what we do without each and everyone of them.

If you have been into the office I'm sure you're familiar with our Front Desk volunteers - Alice, Betty, Susan, and Stephanie. They all go above and beyond to help those that walk through our doors from being a welcoming face to making sure everyone gets signed up for the activities they're attending. These ladies have been volunteering with us for over 1 year to almost 10 years and we cannot thank them enough for all the things they do for the staff in the office.

With April being Volunteer Appreciation Month, we are having our annual Volunteer Open House on April 18th from 1-3pm. Whether you're looking for new opportunities to get involved or have been volunteering with us for a while, we would love to see you there!

If you have questions about volunteering, please contact me at 317-398-0127 or lrenton@shelbyseniorservices.org.

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. If you would like more information or would like to reserve a spot for lunch, please call 317-398-0127.

9:30 - Coffee & Chat

10:30-11:30 - Exercises with Abbagail

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

April 2

Lunch: Meatloaf, mashed potatoes, green beans, and peanut butter cookies

Activity: National Peanut Butter and Jelly Day Games & Cards

April 9

Lunch: Chicken and noodles, mashed potatoes, corn, and brownies

Activity: National Sibling Day - Bring pictures of you and your siblings! Followed by Uno

April 16

Lunch: Potato bar with all the toppings and cobbler

Activity: National World Art Day - We will be painting!

April 23

Lunch: Chili, peanut butter and honey sandwiches, cornbread, and chocolate cake

Activity: World Book Day - Discuss your favorite book

April 30

Lunch: Coney dogs, chips and dip, baked beans, and cookies

Activity: International Jazz Day and Bingo

MORRISTOWN

Join us at the Morristown
Horizon Center!

Located at the Morristown Methodist Church 221 S. Washington St. Morristown, IN. 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 is \$5, call Kandi to reserve a spot)

April 3 - Easter Celebration / Cookies and Canvas

Lunch - Ham, Cheese potatoes, veggie pizza, and fruit pizza

Activity - Come enjoy some homemade cookies and paint an Easter / Spring themed painting.

April 10

Lunch - Green beans, smoked sausage, and potatoes simmer pot, cornbread with butter and dessert

Activity - Freeman Family Funeral Home will be here to talk about the importance of pre-planning your funeral. After, Arlene's daughter will be coming to do a fun drum activity with us.

April 17 - Bingo!

Lunch - Chicken stir fry with rice and dessert

Activity - Bingo sponsored by Freeman Family Funeral Home

April 24 -

Lunch - Meatloaf, mashed potatoes, corn and dessert

Activity - Shelby Senior Services Brooke Holycross will be here to share information about the dementia friends program.

* Special thanks to Freeman Family Funeral Home, Brooke Holycross, and Arlene's daughter for visiting us!

FAIRLAND

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.

9:30-10:00 - Coffee Chat

10:00-11:00 - Exercise with Abbagail Mar. 7 & 21
Volleyball Mar. 14 & 28

11:00-11:55 - Bible Study, Mind Games, Card Games, Board Games, Bridge

12:00 - Lunch \$5.00

A note from Kathy,

As most of you are aware, I lost my son, Jeremy, to cancer at the end of February. Yes, it is a lot in a very short time span but once again, thanks to the prayers and support of friends and family, I am making the most of each day - finding some joy in each and every single one.

Abbagail, Liz, Regina, and Kandi, have made sure that Fairland Seniors has not "skipped a beat!" I love those girls! Thanks to Kim for sparing them at the Main Center so they can help out in Fairland. The entire Fairland Senior Family has pitched in with food, helped set up and clean up, picked up supplies that we have needed - you name it, they have made sure Thursdays were still terrific! I can never thank you enough! Oh...and I do not want to forget Robbie Stonebreaker, who has helped the gals open up in the morning each week, and he is not even on our SSS Board anymore!

I am still moving slow and easing back in to the "new normal." That is why the afternoon programming with the exception of First Thursday Euchre is listed as TBA. As soon as I have the schedule, I will email all of you and Abbi will post to Facebook.

Many thanks and hugs to all!
See you soon, Kathy

April 4th First Thursday Euchre!

1:00 Euchre tournament

... prizes for High and Low Scores

Programming for all other Thursdays in April is TBA

DONATIONS

Thank you to our donors:

Kappa Delta Phi Sorority
Flat Rock Christian Church
Pantry Pals and Gleaners
Maria McAlister
American Legion Victory Post No. 70
Three Sisters Books and Gifts
Edward Jones
Victory Fellowship Church
Elizabeth Blackburn
Tim and Janice Conway
Freudenberg NOK
Mary Ann Turner
Triton Central Middle School Food
Science Class
Sandra Schoentrup
Kara Zagar
Division of Family Resources/Wayne
Region 10
Laura Burkhardt

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

Willows of Shelbyville, Ashford Place,
Freeman Family Funeral Home, Murphy
Parks Funeral Service, Glen E. George
and Son Funeral Home, Infinity Home
Care Plus, Waldron Health and
Rehabilitation Center, Nigh Farms, Kara
Zagar, Jane Sparks, Kopper Kettle, CVS,
Walgreens, CICOA, Shelby Go, Horizon
Center Committee Members, Dementia
Friends of Indiana, Alzheimer's
Association, SCUFFY, and Blue River
Community Foundation.



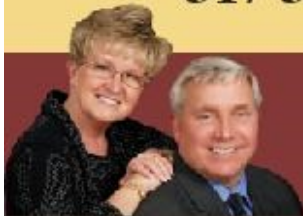
Freeman Family Funeral Homes Crematory & Monument Service



819 S. Harrison Street
Shelbyville, IN 46176
317-392-2555



124 E. North Street
Morristown, IN 46161
765-763-6321



Mike & Lana Freeman - Owners

www.freemanffh.com



Ryan, Sarah, Reese & Jameson Haehl

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