



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 2025

Shelby Senior Services
cordially invites you to our

Volunteer Recognition Banquet

April 17, 2025

Music at 3:00 PM

Meal at 4:00 PM

No Cost for the meal this month
which is provided by the
Wortman Family Foundation Fund
Administered by BRCF
Please RSVP

2120 Intelliplex Drive, Ste. 101
Shelbyville, IN 46176

Mission & Purpose

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

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

STAFF

Management Team

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

Horizon Center Coordinators

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

Program Staff

Jessie Hundley, Social Services Coordinator
Holly Schrank, Dispatcher
Gina Batton, Bookkeeping
Carol McDaniel, Travel Coordinator
Will Mitchell, IT Coordinator

ShelbyGo Drivers

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

2025-2026 Board of Directors

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Beth Crouch	Bob Wortman
Grace Dillow	Bob Wortman

“Serving seniors, improving lives.”



Liz Renton
Executive Director

LETTER FROM THE DIRECTOR

Within the past year, the volunteers at Shelby Senior Services have logged over 4,072 hours. That is amazing! These hours come from signing up members for activities at our front desk, cutting strawberries for the festival, delivering food to homebound seniors, holding heavy bags at Rock Steady Boxing, calling Bingo on Fridays, and much more. We are so grateful for each and every volunteer that helps us whether it's serving food for an hour or an eight hour day preparing taxes. If you donate your time to Shelby Senior Services, please consider joining us at our Volunteer Open House from 1-3pm or Volunteer Recognition Banquet—Music and a Meal from 3-5pm on Thursday, April 17th. Crystala has planned the entire afternoon to honor our volunteers so be sure to sign-up to attend at the front desk or by calling 317-398-0127. We appreciate all you do for this organization and the seniors of Shelby County.

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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SOCIAL SERVICES



Jessie Hundley
Social Services Coordinator

Do you or a loved one need help getting and preparing meals?

For any number of reasons from financial to physical limitations, many seniors and people with disabilities face challenges to eating regular, healthy meals every day. All programs are subject to enrollment and participation requirements.

Dine Dollars/M Meal Vouchers

We offer a meal program for active older adults at participating hospital cafeterias and restaurants. With CICOA Dine Dollars, seniors have more options and flexibility in dining choices. For a suggested contribution of \$3 each, individuals age 60 and over can receive a reusable meal card that can be redeemed for up to eight meals per month for breakfast, lunch or dinner at Major Hospital or Grandma's Pancake House. Enrollment is required.

Enjoy lunch with friends at Shelby Senior Services.

Lunch is served Monday through Friday at Shelby Senior Services, review the monthly *Horizon Newsletter* for menu. Voluntary contributions toward the cost of the meal service are accepted, appreciated and help us to serve more meals to neighbors in need! Enrollment and reservations are required.

Produce for Better Health

The Produce for Better Health (PBH) Program, grant-funded by Anthem BCBS, provides two boxes of fresh fruits and vegetables per month. Each box contains 14 pounds of produce with three fruits and three vegetables. Participants must report their weight and blood pressure monthly, fill out a separate application, complete quarterly satisfaction surveys, and participate in the lunch program at the senior center to remain enrolled.

In addition to these services, Shelby Senior Services offers food pantry delivery 2 times per month to seniors who are confined to their home within Shelby County. We are solely donation based and are currently in need of beans and peanut butter. Your generous donations are tax deductible and help us to meet the nutritional needs of our beloved seniors.



Dementia Caregiver Gathering

Presented by: Alzheimer's Association, Greater Indiana Chapter

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

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



Build a support system with people who understand.

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

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

800.272.3900 | alz.org®

Needed Pantry Items:

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

Produce Pick-Up Days:

Monday, April 7
Monday, April 21
12-4pm

SHELBYGO TRANSPORTATION



Easter Hall-Beyer
Director of Transportation

ShelbyGo hours of operation are 8:00am to 4:00pm
Monday through Friday.

To schedule a ride, you must speak to a live attendant.

ShelbyGo does run off of a schedule. You need to call a few days in advance to get on the schedule for a pick up.

Cancellation:

If you need to cancel your ride, please do so as soon as you know so that we can give that ride to someone else. You may call and leave message on our answering machine after hours.

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

Fares

Seniors 60+: Free with donations accepted
Under 60: \$4 per boarding within city limits,
\$7 per boarding within county

Service Hours

Weekdays: 8:00am—4:00pm

Please call (317) 398-0127 or (317) 398-7614 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



Rose Allen

Rose Allen has been our longest-standing volunteer. She began her volunteer services at Major Hospital and then moved to Shelby Senior Services. She has over 20 years of volunteer service in our community. While at Shelby Senior Services she has enjoyed working the volunteer desk. Meeting and talking to new people has been her favorite part of volunteering. When she is not volunteering she enjoys Bingo, Euchre, and playing Hand and Foot. Rose attends activities at both at the Shelbyville and Fairland Horizon centers. For many years Rose served as the Treasurer of Beech Grove Schools. Rose has 2 biological children: Teresa Archer (Steve) and Tom Brown (Lori), three stepdaughters and 2 stepsons. She has 5 grandchildren: Rodger, Shawna, Jem, Kelly, and Bryan. Rose attends Bengal Christian Church. It has been her home church for her entire life. She is also the acting Vice President of St. Joe Social Club, a member of the Ladies Group at Bengal Christian Church, a Member of the American Legion Auxiliary, and is also a member of the Church of Women United. Rose has been a shining example of someone who leads with a servant's heart. Her years of service to others have been appreciated and we are excited to celebrate her with a Volunteer Recognition Party on April 7th at 1:00 p.m. Everyone is invited to attend this Open House and light refreshments will be served. Hope you can come celebrate with us.

TRAVEL



Carol McDaniel
Travel Coordinator



Travel Show

6:30pm

Thursday, May 1, 2025

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

Event is free
Come find out what is scheduled
for the 2026 season! Seating is
limited, call 317-398-0127 for a
reservation.



HEALTH & WELLNESS

CASOA
COMMUNITY ASSESSMENT SURVEY
FOR OLDER ADULTS

2024 **Community Assessment Survey
for Older Adults Presentation**



April 14, 2025 @ 1:00 pm - 2:00 pm

Venue: Shelby Senior Services

2120 Intelliplex Dr. Ste. 101 Shelbyville, IN 46176

The Community Assessment Survey for Older Adults (CASOA) provides valuable data on the strengths and challenges older adults experience in their communities. By understanding these results, stakeholders can make informed decisions to improve policies, programs, and resources that support aging populations.

Don't miss this opportunity to explore the findings and discuss ways to create a more age-friendly community!

***Monday, April 14th at 1:00 p.m.**
CASOA Survey Results Meeting

You are cordially invited to attend the CASOA Survey Results Meeting. Come for the Committee Meeting and stay for the Community Assessment Survey of Older Adults (CASOA) meeting. We will discuss the results of survey, and the needs of older adults in our community.

Health & Wellness Highlights:

Chair Volleyball—Monday March 31 at 1:30pm

Crockpot Class—Monday, April 21 at 1:30pm

Rock Steady Boxing—Every Tuesday & Thursday at 4pm

Tai Chi—Every Thursday at 10am

Bowling—Every Friday at Blue River Bowl at 12pm

SHELBY SENIOR SERVICES PRESENTS

Indianapolis **OPERA**
AN AFTERNOON FILLED WITH
MESMERIZING PERFORMANCE

THIS PERFORMANCE IS FUNDED WITH GRANTS FROM
THE BLUE RIVER COMMUNITY FOUNDATION



OPERA CABARET AROUND TOWN

APRIL 9, 2025
1:00 PM

WORTMAN FAMILY CIVIC THEATRE
1416 MILLER AVENUE
SHELBYVILLE, IN 46176

FOR MORE INFORMATION
CALL 317-398-0127

SHELBY SENIOR SERVICES, INC.
WWW.SHELBYSENIORSERVICES.ORG



**EVENT
HIGHLIGHTS**

- FREE Performance
- Open to Anyone



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SHELBYVILLE HORIZON CENTER



Crystalá Evans
Shelbyville Activity Coordinator

April is Volunteer Appreciation Month and we are going to have a Volunteer Banquet on April 17th during Music and a Meal. Volunteers who log hours for our center will be honored at this event. All center members are able to attend for FREE. All we ask is that you sign-up at the front desk so that we have enough food for everyone to enjoy. We were blessed to be able to cover the cost of the meal for all attendees through the Wortman Family Foundation Fund Administered by the BRCF.

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.

April is also the Lenten season, which ends with Easter. On April 11th we are going to have an Easter Gift Exchange. You will get your person on Friday, April 4th. The following week – we will do the gift exchange. You must be here on April 4th to get a person. The exchange will begin at 9 am on April 11th.

Reminder : We will be CLOSED on April 18th for Good Friday.

We will have an Easter craft on the 17th where we will make Sock Bunnies. Which will be followed by the Volunteer Banquet -Music and a Meal. The Volunteers will be able to sit at the VIP table and will have a little something extra for them at the table. We know that you all help out in special ways throughout the year, and give donations that we appreciate. Some people go above and beyond by volunteering to call Bingo, lead games, work the front desk, help with pantry deliveries, etc. If you log volunteer hours – this is for you to enjoy the fruits of your labors.

Each month we put out requests for donations. When you purchase an item for our center – we would appreciate it if you would take that item to the front desk. The item, or items must be put on a log sheet so that we can keep track of donations received. Please make sure that you are following this procedure. We need to be able to show how many donations it takes to run our center in a year.

You may have noticed that I moved my cubicle spot. This is in an effort to create a little space for me to get work done without interruption. Please be respectful of this space and of my time. It takes a lot to plan an entire month of fun activities. If you need something right away – please check in at the front desk. Thank you very much for your understanding. Rest assured that I am using my time wisely to bring you quality programming.

Always, always, always check-in when visiting the centers. We ask that you do this prior to the activity that you are attending. Please check Drop-In and each activity that you plan to do in a day. If you forgot your card you can type in with your phone number. If your account says that it is “Locked”. Please visit the front desk so that we can get you up to date in our system. We are going to be making sure that everyone is checking in for 2025. Your cooperation I greatly appreciated.

All activity items that are paid programs for 2025 will be non-refundable. You can't sell your spot to someone else. We will offer the spot to the next person on the waiting list at the program's cost. We have to do this because of the time and effort it takes to continually re-book those limited spots. Activities are filling up quickly – which is great – but people also tend to cancel often and it causes confusion for everyone. Please be mindful before you reserve your spot. Thank you in advance. Review all of the activities and please check out the newsletter Activity Calendar. 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.

Crystalá Evans, ADC
Shelbyville Activity Coordinator

HAPPY
Birthday

Becky Herring April 10th

*Debbie Stafford April 11th

Valerie Donica April 11th

Gennell Martin April 18th

Janice Conway April 19th

Anna Marie Anewalt April 23rd

Bill Wilhelm April 26th

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

***Mondays in April 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 April 1st, 8th, 22nd, and 29th at 9:00 a.m.**

Caffeinated and Connected Sessions 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, April 3rd at 9:00 a.m. Coffee with The**

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

Friday, April 4th at 8:00 a.m. Pop-Up Shop with Blue

River Stained Glass We are going to welcome Tim and Janice Conway to the center with their stained glass. They always have the perfect thing to give as a gift or to brighten up a window. Come shop and stock up on gifts. Call Crystalá Evans, Activity Coordinator at 317-398-0127 to be part of our next Pop-Up Shop!

Friday, April 4th at 9:00 a.m. – Fun Friday – Yearbook

Day We are going to kick off April with a Yearbook Day. Bring in a picture of you from High School and a Yearbook to share from your graduating class. It will be fun to see all of the schools and years represented. We can do a guessing game of “Who is who?”

Monday, April 7th at 1:00 p.m. Volunteer Recognition

Party for Rose Allen Everyone is invited to a party! We are going to celebrate our longest standing volunteer – Rose Allen. Feel free to bring a card with well wishes. We hope to share our favorite memories of us with Rose. DJ Moxy will be here with a little music, and there will be light refreshments served.

***Tuesday’s April, 8th, 15th, 22nd and 29th at 10:00 am**

Eat Smart, Live Strong We are going to welcome Claire Rivron here to our center to teach you about how to Eat Smart and Live Strong. This is a four-week series. Please sign-up and plan to attend each class. We hope to incorporate some of the CICOA food box items into the program so that you know how to better prepare those fruits and vegetables. Sign-up today!

***Wednesday, April 9th at 11:30 a.m. Lunch and Learn**

– Opera Pre-Party COST \$5 Join us for April's Lunch and Learn where we will discuss the Opera and a little history of the Opera. Come check it out. You must R.S.V.P. at the front desk by April 7th. The cost is \$5 and there is room for 30 people. We will take 14 people on the bus from here to the Opera at the Wortman Family Civic Theatre. Bus reservations will be on a separate list. We will have a sandwich tray, salad, chips, dessert and a drink for the \$5 at the center. Then we can all car-pool and you can follow the bus.

Thursday, April 10th 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 Duke and I” by Julia Quinn. Everyone is to meet in the SSS Room. All center members are welcome.

Thursday – April 10th at 2:00 p.m. – Movie Matinee

“Vanity Fair” and Popcorn We are going to be showing “Vanity Fair” with Reese Witherspoon. Come and enjoy a movie and some popcorn while watching a fun movie. The movie is 2 hours and 25 minutes long.

ACTIVITY HIGHLIGHTS

***Friday, April 11th at 9:00 a.m. Fun Friday - Easter Attire Day and April Birthdays** Wear your best Easter attire. We will have our Easter gift exchange starting at 9:00 a.m. You will trade names on Friday, April 4th. Our prize table sponsor is Ashford Place. Birthday cupcakes sponsored by Jane Sparks. Come play Bingo, win prizes, have cupcakes, and celebrate with the April birthday gang.

***Tuesday, April 15th at 8:30 a.m. Day Trip - Aldi Grocery Tour** We will meet at the center and the bus will depart at 8:30 a.m. We will travel to Aldi's and meet with Registered Dieticians from MHP to go through the store at Aldi's and learn about what the healthiest brands are to buy. There is NO cost for this and the group can come back to the center and attend the Eat Smart, Live Strong session at 10:00 a.m.

***Thursday, April 17th at 1:00 p.m. Easter Bunny Craft** We are going to be making Sock Bunnies. This is a FREE craft. Come and check it out. Please make sure that you are signed-up in advance so that we can get everything set up for your craft spot. This is a cute and fun craft.

Thursday, April 17th from 1-3 pm. Volunteer Open House We will have refreshments, games, and the craft. Come be a part of the fun as we thank our volunteers. We appreciate you!

***Thursday, April 17th at 3:00 p.m. Volunteer Banquet – Music and a Meal** We are going to be welcoming the Stone Canyon Band to our center. Music at 3:00p.m. and Meal at 4:00 p.m. The meal will be carved ham, au gratin potatoes, parsley carrots, rolls with butter, a drink and cobbler for dessert. You must RSVP for this event by April 15th and it is limited to 50 people. We will be recognizing all of our wonderful volunteers in April for all of their hours of service to Senior Services. There is no cost for this month's meal as a bonus. Thank You to everyone who brings in donations.

Friday, April 18th – CLOSED for Good Friday

***Monday, April 21st at 1:00 p.m. –Ceramic Class with Kelsie Martin COST \$5** We will be making flower frogs out of clay. This is a hand-building ceramics class. We will make these to put in vases of flowers. Easy and fun. Room for 10 people and Cost is \$5 per flower frog.

***Thursday, April 24th at 1:00 p.m. Stained Glass Dragonflies with Tim and Janice Conway COST \$5** We are going to be making stained glass dragonflies. The cost is \$5. You are welcome to come and learn how to do Stained Glass with Tim and Janice Conway of Blue River Stained Glass. Cost is \$5 and we have room for 10 people.

Friday, April 25th at 9:00 a.m. Popcorn Day We are going to have Popcorn Day. Bring your favorite popcorn treat to share. If you have anything popcorn related – bring it in to share with the group. Our Bingo sponsor is Compass Park.

***Monday, April 28th at 1:00 p.m. –Dance and Karaoke with DJ Moxxy** We will be having a Party with DJ Moxxy. 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 have a few games to play as well.

Friday, May 2nd 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. Bingo. Our prize table sponsor is TBD.

***Friday, May 9th at 10:30 a.m. Day Trip to the Murat Cost \$70** We are going to take a trip to the Murat for a meal and a show. This is a dinner theatre matinee and we are going to see the production of "Imagination." The Cost is \$70 and includes the lunch and a 2 ½ hour performance. Limited to 11 people.

EAT SMART LIVE STRONG


PURDUE UNIVERSITY
Extension - Nutrition Education Program



BECAUSE YOUR BEST DAYS ARE AHEAD!

Eat Smart, Live Strong is Purdue Extension NEP's free program just for Seniors.

FOOD, FUN, FRIENDS

Share practical tips for making affordable food choices and keeping active. Enjoy tasty, nutritious recipes. Gather with friends, and gain inspiration for using CICOA Produce Box ingredients each week!



INTERESTED?

Classes will be held
Tuesdays from 10-11 AM
April 8, 15, 22 & 29, 2025

Participants are encouraged to attend the full series!
Hands-on food demos, taste tests & participation gifts
No registration is required.



 Purduenep
 @PurdueNEP
 Purdue Extension Nutrition Education Program
eatgathergo.org



Purdue University is an Equal Access/Equal opportunity institution. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) and USDA's Expanded Food and Nutrition Education Program (EFNEP). If you require special accommodations to attend this event, please email Nutrition Education Program - fnp@purdue.edu.

LET'S GET CRAFTY



Stained Glass Dragonflies

April 24, 2025 at 1:00 P.M.

Tim and Janice Conway will be here with a fun Dragonfly craft. We are going to be learning the art of Stained Glass.

Sponsored by Blue River Stained Glass



Stained Glass Craft



Cost \$5
Limited to 10
Participants

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

Shelby Senior Services Presents

MUSIC & A MEAL

MUSIC WITH
STONE CANYON BAND
APRIL 17, 2025

COST IS FREE THIS MONTH


3:00 MUSIC
4:00 MEAL

Please R.S.V.P.
by calling
317-398-0127
Room for 50 Guests
COST IS FREE
Volunteer Appreciation
Banquet
2120 Intelliplex Drive, Suite 101
www.shelbyseniorservices.org




MEAL BY:
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AU GRATIN POTATOES
COBBLER, ROLLS
AND A DRINK





CAFFEINATED AND CONNECTED



Week One
April 1st

Understanding the Ipad

Learn about the basic functions of the Ipad and Getting Started.

Week Two
April 8th

How To Navigate the Internet

Learn how to navigate the Internet Internet 101

Week Three
April 22nd

How to Set up and Use Email

Learn how to set up and email address. Email basics

Week Four
April 29th

How To Use Apps

Learn about different Apps and How to Use Them

Donuts and Coffee Each Week


CALL 317-398-0127
TO SIGN-UP

WWW.SHELBYSENIORSERVICES.ORG



APRIL ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 9:00 Tech Savvy Seniors 1:00 Mah Jongg 1:30 Chair Volleyball	1 April Fools 9:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	2 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game	3 9:00 Coffee with the Mayor 9:30 POKENO 10:00 Tai Chi 11:00 Day Trip – IRT for Glass Menagerie Cost \$40	4 Pop-Up Shop – Stained Glass 9:00 Fun Friday – Yearbook Day 9:30 BINGO by Tim & Janice Conway 1:00 Euchre & 1:00 Dominoes
7 Produce Pick-Up 9:00 Tech Savvy Seniors 9:00 Mah Jongg 1:00 Volunteer Recognition Party for Rose Allen	8 9:00 Caffeinated & Connected 10:00 Eat Smart, Live Strong 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	9 9:15 Bible Study with Jim 11:30 Lunch and Learn – Opera Pre-Party COST \$5 1:00 Indianapolis Opera Show - Offsite	10 9:30 POKENO 10:00 Tai Chi 1:00 Book Club – The Duke & I 2:00 Movie Matinee – Vanity Fair	11 Easter Exchange 9:00 Fun Friday – Easter 9:30 April Birthdays by Jane Sparks 9:30 Bingo by Ashford Place 1:00 Euchre & 1:00 Dominoes
14 9:00 Tech Savvy Seniors 9:00 Mah Jongg 1:00 CASOA Survey	15 8:30 Aldi Grocery Tour 10:00 Eat Smart, Live Strong 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	16 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game	17 Volunteer Appreciation 9:30 POKENO 10:00 Tai Chi 1:00 Easter Bunny Craft 3:00 Music and a Meal - FREE Volunteer Banquet	18 Good Friday CENTER CLOSED 
21 Produce Pick-Up 9:00 Tech Savvy Seniors 1:00 Mah Jongg 1:00 Ceramics Class with Kelsie Martin Cost \$5 1:30 Crockpot Class	22 Earth Day 9:00 Caffeinated & Connected 10:00 Eat Smart, Live Strong 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	23 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game	24 9:30 POKENO 10:00 Tai Chi 1:00 Stained Glass Dragonflies with The Conways COST \$5	25 9:00 Fun Friday – Popcorn Day 9:00 Captel Caption Phones 9:30 BINGO by Compass Park 1:00 Euchre & 1:00 Dominoes
28 9:00 Tech Savvy Seniors 9:00 Mah Jongg 1:00 Dance & Karaoke with DJ Moxy	29 9:00 Caffeinated & Connected 10:00 Eat Smart, Live Strong 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	30 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game	1 9:30 POKENO 10:00 Tai Chi 1:00 SCRABBLE	2 9:00 Fun Friday – Derby Day 9:30 BINGO 1:00 Euchre & 1:00 Dominoes

April 2025



SCAN ME

Monday	Tuesday	Wednesday	Thursday	Friday
Cultural Meal Day 	1 Beef Stroganoff w/ Egg Noodles Italian Cut Green Beans Diced Carrots Wheat Roll Fresh Orange Milk	2 Ginger BBQ Chicken Whipped Sweet Potatoes Collard Greens Wheat Bread Diced Pears Milk	3 Scrambled Eggs Pork Sausage Roasted Potatoes Wheat Bread Spiced Peaches Milk	4 Sweet Potato Pollock Roasted Potatoes Broccoli Wheat Bread Tropical Fruit Milk
7 Grilled Hamburger Mac & Cheese Festive Green Beans Diced Pears Wheat Bun Milk	8 Cheese Lasagna w/ Veggie Marinara Capri Veggies Lima Beans Wheat Roll Diced Pineapple Milk	9 Braised Beef Over Egg Noodles Collard Greens Diced Carrots Wheat Roll Applesauce Milk	10 Chicken Pot Pie Broccoli Wheat Roll Mixed Fruit Milk 	11 Almond Crusted Fish Spinach Scalloped Potatoes Wheat Bread Diced Peaches Milk
14 Oven Fried Chicken Whipped Sweet Potatoes Collard Greens Orange Juice Milk	15 Italian Bowtie Pasta w/Beef Broccoli w/Red Peppers Green Beans Mandarin Oranges Milk	16 Bagel w/Egg, Pork Sausage & Cheese Sliced Apples Roasted Sweet Potatoes Milk	17 Enchilada Bowl Fajita Vegetables Cilantro Lime Rice Diced Mango Milk	18 Potato Pollock Peas and Corn Turnip Greens Wheat Bread Tropical Fruit Milk
21 Chicken Parmesan Parmesan Cheese Apples w/Cherries & Almonds Roasted Potatoes Wheat Bread Diced Mangos Milk	22 Teriyaki Chicken & Noodles Stir Fry Veggies Fresh Orange Milk	23 Sloppy Joe WG Bun Roasted Sweet Potatoes Brussel Sprouts w/ Onion Diced Pineapple Milk	24 Sliced Turkey over Southwest Pasta Broccoli Peas Chocolate Pudding Milk	25 Beef Stew Corn Turnip Greens Wheat Bread Diced Peaches Milk
28 Meatloaf w/Gravy Brussels sprouts Mashed Potatoes Mandarin Oranges Birthday Treat Milk	29 Indiana Style Chili Mac California Veggie Blend Applesauce Corn Bread Milk	30 Smoked Pork Sausage w/Peppers & Onions Peas Roasted Potatoes Wheat Roll Strawberry Applesauce Milk		

<https://cicoa.org/menu>

*Menus are subject to change based on product availability.

CICOA Meal Information

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

Reservations are made by Tuesday at noon for the following week. You can make a reservation by calling 463-777-1239 or sign-up during the lunch hours of 10:30am-12:30pm.

Activity Center Needs:

Paper Towels

June and July Birthday Cupcake Sponsor

\$20 Gift Cards to Walmart for Pokeno and Euchre

Drawing Prizes

Individually Wrapped Snacks

Legal Aide Services:

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

SHIP Services:

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

Tax Services:

Tax appointments for 2024 filings are being scheduled. Please call 317-398-0127 to reserve your spot. Tax forms are available for pick-up at the front desk or in the realtor box at the West Entrance.

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. Open Tuesdays from 9:30am-2:00pm. For lunch reservations, call or text Debbie at 317-443-0332.

9:30—Coffee & Chat
11:00-11:45—Exercises
11:45—Lunch (cost \$5)

April 1

Lunch: Deep dish pizza, salad, bread sticks, dessert
Activity: Games, Cards, & Conversation

April 8

Lunch: Brunch for Lunch, coffee cake
Activity: All about Opera!

April 15

Lunch: Tomato soup, toasted ham and cheese sandwiches, veggies, peach cobbler
Activity: Easter Craft

April 22

Lunch: Pigs in a Blanket, pasta salad, pineapple upside down cake
Activity: Barnyard Party Pals

April 29

Lunch: Mexican chicken, bean stuff with scoops, oatmeal chocolate chip cookies
Activity: Games, Cards, & Conversation

MORRISTOWN

Join us at the Morristown Horizon Center!

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

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

April 2

Lunch: Deep dish pizza, salad, bread sticks, dessert
Activity: Games, Cards, & Conversation

April 9

We will not be meeting in Morristown so that you all can go to the Opera in Shelbyville!

April 16

Lunch: Tomato soup, toasted ham and cheese sandwiches, veggies, peach cobbler
Activity: Easter Craft

April 23

Lunch: Pigs in a Blanket, pasta salad, pineapple upside down cake
Activity: Barnyard Party Pals

April 30

Lunch: Mexican chicken, bean stuff with scoops, oatmeal chocolate chip cookies
Activity: Games, Cards, & Conversation



FAIRLAND

Join us at the Fairland Horizon Center!

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

9:30-10:00—Coffee & Chat

10:00-11:00—Exercise April 3 & 17

Chair Volleyball April 10 & 24

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

11:00-12:00—Bible Study

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

April 3 First Thursday Euchre

Lunch: Hoosier Stew (smoked sausage, green beans, potatoes), rolls, pickled beets, and dessert—Courtesy of ReNew UWF

1:00 Euchre tournament

...prizes for High and Low Scores

1:00 Crock Pot # 9 with Liz in back room

April 10 "Safety 101"

Lunch: Fried chicken, baked beans, potato salad and dessert

1:00 Situational Awareness is the first step in keeping yourself safe, where ever you are. Steve Elder will share with us some practical tips on how to keep ourselves and our families safe in the ever changing and sometimes dangerous world that we live in.

Advisory Council Following Presentation

April 17 "Old Time Medicine Show"

Lunch: Cutting Edge Pizza, salad and dessert

1:00 Whoever heard of raisons as an ingredient in medicine to cure what ails you?? Well, back in the 1800's there were many interesting concoctions that filled folks medicine cabinets! Donna Dennison, genealogy expert and history buff from the Shelby County Library, will take us on a time travel trip back to the days medicine for our great, great grandparents!

April 24 "Modern Medicine"

Lunch: Roast beef manhattans, green beans, salad and dessert

1:00 Last week we learned about medical treatments using raisons and leeches.... this week we will learn about chemo and leeches...you read that correctly. My friend Kathy Caplinger will be here to share her incredibly interesting journey of cancer and healing.

DONATIONS

Thank you to our donors:

Tri Kappa
Kappa Delta Phi
Cindy Fair
Denny Ramsey
Jane Sparks
Lois Thomas
Valerie Donica
Mary Cadieux
Anonymous Donors

In Memory of:

John Hilkene
Given by: Helen Hilkene

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

Department:

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

* * *
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

Shelby Senior Services, Inc.
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Shelbyville, IN 46176

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