



# Shelby Senior Services, Inc.

2120 Intelliplex Dr. Ste. 101  
Shelbyville, IN 46176  
317-398-0127  
ShelbyGo Transportation  
317-398-7614  
[www.shelbyseniorservices.org](http://www.shelbyseniorservices.org)  
Facebook @shelbyseniorservices

## Horizon Newsletter

**December 2024**

*Happy Holidays*



## 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  
Debbie Stafford, Waldron  
Kandi McKibben, Morristown

### Program Staff

Carol McDaniel, Travel Coordinator  
Abigail Kirk, Health & Wellness Coordinator  
Jessie Hundley, Family Caregiver Coordinator  
Lindsey Rasche, Dispatcher  
  
Will Mitchell, IT Coordinator  
Gina Batton, Bookkeeping

### ShelbyGo Drivers

Margaret Deaton	John Forthofer
Jerry Berry	Andrea Majeed
Daniel Majeed	A'del Moore
Holly Schrank	

### 2023-2024 Board of Directors

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Nick O'Conner, Vice President  
Jamie Marcum, Treasurer  
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Jason Abel	Heather Ross
Beau Browning	Brent Swonder
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Grace Dillow	Kevin Williams
	Bob Wortman

“Serving seniors, improving lives.”



# KIM'S KORNER

Kim Koehl,  
Executive Director

My self and the staff at Shelby Senior Services would like to wish you and yours a Merry Christmas! What a wonderful time of year. I love this time of year because of all the pretty lights and the feeling of family and friends all around. When I think about this time of year, I remember my Christmas's with my grandparents and my family and all of the family traditions. It makes me think about singing Christmas carols at my great aunt's home on Christmas Eve and my great grandmother being the only one that could recall the words to "O' Christmas Tree" and she was singing when the other one hundred of my family could sing those words. This is so amazing to me and stuck in my memory because the rest of the time due to Alzheimer Disease she couldn't recall even her children's names. I am very fortunate to have wonderful memories and wonderful family to be around this time of year. It is a blessed time of year.

It is the time of year that Shelby Senior Services and all of the seniors receive so many blessings. We celebrate so much during this time such as the Twinkle Tour on December 3 where seniors get on bus and go to see the lights and have dinner and maybe a few carols will be sung. Then we have the Christmas Party on December 3 where the seniors can come and enjoy a great chicken and noodle dinner and all the fixing and entertainment. Along with these special activities, we will continue to have all the wonderful programs and special music that we are blessed to have throughout the year. We have so much to be thankful for with the many who donate to the food pantry, families that could use some family cheer, and the Horizon Center.

So from the staff at Shelby Senior Services please have a Merry Christmas and a Happy New Year!

# 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

I want to sincerely thank everyone that I've had the pleasure of meeting so far for giving me such a warm welcome! Please do not hesitate to stop in my office to say hello, not only am I looking forward to meeting each of you but it helps to put a name with a face. I am extremely excited about my position and was blessed to be able to follow such an amazing person in Brooke as we continue to wish her well in pursuing her goals. As I write this, we have entered into another season with the time change recently and getting used to it being dark earlier in the day. With that in mind, the holidays come with a range of emotions for our seniors and their caretakers. While it is important to continue with traditions that can be carried on, the holidays offer an opportunity to create new traditions that work with your current circumstance. One of the aspects of being a caregiver can be grieving for the life you had before, or the loss of things that are not happening anymore. Think ahead about "How can we make this work this year with the needs of the person we are caring for?" There is always so much hype around the holidays and if you are a caregiver, you are already balancing all these other things, so it can be quite stressful. This year may look a bit different as the person receiving care changes but the pressure to make everything perfect still exists. Don't be afraid to ask for help and delegate the work (holiday and non-holiday related). If someone offers help, give them a job to do to take the stress off such as household chores or running errands. Remember, you also need to be flexible and most people would agree that when you really boil it down, what is important during the holidays is the togetherness. Having this mindset may be the difference between celebrating "The Nightmare Before Christmas" or "It's a Wonderful Life". My wish for you is that you are able to relax, find peace, and to know that you are cared for by all of us at Shelby Senior Services this holiday season and throughout the year!

Yours in Service,  
Jessie



Shelby County Active Aging Coalition's Annual

## Senior Stocking Project

The Senior Stocking Project aims to spread some holiday spirit by delivering stockings to seniors throughout Shelby County.

If you would like to get involved or donate items email SCAAC at [scaacin@gmail.com](mailto:scaacin@gmail.com) or call Buffy Powers at (317) 825-3115 or Liz Renton at (317) 398-0127



Shelby County Active Aging Coalition  
Independence, Dignity, Advocacy

**Produce Pick-Up Days:**  
Monday, December 2 & Monday, December 16

**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

## Happy Holidays from ShelbyGo

Please remember as the weather is changing to please dress appropriately for the weather conditions. Please stand inside by the door or a window so you can watch for ShelbyGo to arrive. Driveways and sidewalks must be clear of snow and ice.



**ShelbyGo will be closed December 23, 2024 through January 1, 2025** *We apologize for any inconvenience this may cause.*

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.

MUSIC BY  
HICKORY WIND  
BAND  
12:30-1:30

SHELBY SENIOR SERVICES  
INVITES ALL SENIORS TO OUR ANNUAL

## CHRISTMAS DINNER

TUESDAY, DECEMBER 3RD  
DOORS OPEN 11AM  
MEAL: 11:30-12:30, MUSIC 12:30-1:30  
LOCATED AT SHELBY SENIOR SERVICES  
2120 INTELLIplex DR. SUITE 101

COST IS \$7 PER SENIOR  
YOU MUST PAY AT TIME OF SIGN-UP  
SIGN-UP FOR MEMBERS  
BEGINS NOV. 1ST,  
NON-MEMBERS NOV. 8

CHICKEN  
& NOODLES  
GREEN BEANS  
MASHED POTATOES  
COLE SLAW  
ROLLS  
DESSERT



If you have been told you have prediabetes, consider starting MHP's Diabetes Prevention Program. This year-long program is designed to help you make lifestyle changes to delay or prevent developing Type 2 diabetes. This is a free program for eligible participants. Contact Lisa Schnepf to see if you are eligible. Classes start January 6th.

Lisa-317-398-5315 or lschnepf@majorhospital.org



# TRAVEL

Carol McDaniel,  
Travel Coordinator

## THE HORIZON CENTER PRESENTS Nashville Show Trip



### INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 4 nights lodging in the Nashville area
- ◆ 8 meals: 4 breakfasts and 4 dinners
- ◆ 2 Great Shows: 1) GRAND OLE OPRY, 2) NASHVILLE NIGHTLIFE DINNER THEATER
- ◆ Guided Tours of NASHVILLE and BELLE MEADE HISTORIC SITE & WINERY
- ◆ Admission to the COUNTRY MUSIC HALL OF FAME AND MUSEUM
- ◆ Admission to a BEHIND THE SCENES TOUR
- ◆ Admission to the MADAME TUSSAUDS WAX MUSEUM

For more pictures, video, and information visit:  
[www.GroupTrips.com/HorizonCenter](http://www.GroupTrips.com/HorizonCenter)

# \$879\*

## 5 Days 4 Nights

\*PER PERSON, DOUBLE OCCUPANCY

(Mon - Fri)  
Jul 14 - 18  
2025



Nashville Nightlife Dinner Theater.

## Departure: Shelbyville, IN @ 8 am

**Day 1:** Depart in the comfort of a video and restroom equipped Motorcoach as you head for lots of excitement in Nashville. This evening, you'll enjoy Dinner and check into your Nashville area hotel for a four night stay.

**Day 2:** After enjoying a Continental Breakfast, you'll take a Guided Tour of NASHVILLE, including a photo stop at the Parthenon. The Parthenon is the world's only full scale reproduction of the famous Greek Temple. Then, you will enjoy a visit to the MADAME TUSSAUDS WAX MUSEUM and meet all of your favorite stars in the heart of Nashville. This evening, you will enjoy Dinner before going to see a show at the famous GRAND OLE OPRY.

**Day 3:** Today, after a Continental Breakfast, you'll depart for a Guided Tour of beautiful BELLE MEADE HISTORIC SITE & WINERY. Marvel at its prewar architecture, and learn about its unique Southern history. Belle Meade's illustrious past has spanned from its prosperity as a Thoroughbred breeding establishment, to its perilous location at the Civil War's Battle of Nashville, to its current restoration as a historically accurate Victorian home. A visit to Belle Meade also provides an important insight into the struggles of African Americans before the Civil War. Next, you'll have an opportunity to explore Historic Downtown Nashville. This evening, enjoy Dinner and a Show at the fabulous NASHVILLE NIGHTLIFE DINNER THEATER.

**Day 4:** Enjoy a Continental Breakfast, before departing for a BEHIND THE SCENES TOUR of the Grand Ole Opry House or the Ryman Auditorium. There's nothing like the experience – it's a must-see for everyone in Music City! Walk in the footsteps of country music's superstars and get an exclusive look at what happens behind the scenes of the show that made country music famous! This afternoon, you'll head to the COUNTRY MUSIC HALL OF FAME AND MUSEUM. This is a state-of-the-art cultural landmark and an architectural crown jewel of the Nashville skyline. Be amazed by its incredible array of rare costumes, instruments, and historical mementos. This evening, enjoy Dinner with entertainment.

**Day 5:** Today, after enjoying a Continental Breakfast, you depart for home... A perfect time to chat with your friends about all the fun things you've done, the great sights you've seen, and where your next group trip will take you!



Belle Meade Historic Site & Winery.



Country Music Hall of Fame.



Famous Grand Ole Opry.

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### FOR INFORMATION & RESERVATIONS CONTACT:

**Carol McDaniel @ (317) 701-5984**





# HEALTH & WELLNESS

Abbagail Kirk,  
Health & Wellness Coordinator

Winding down the year I want to thank every senior that has participated, donated, encouraged and uplifted me through 2024! I feel like this year has been one for the books! Lots of grants, education, and new opportunities have been made available to me through many, many, resources in Shelby County! No Air Fryer class for December due to limited operating days. We will pick back up in January. If you're bored and want to check out so new things I am trying to bring to the home center stop in for Move & Groove or Drumming to Keep the Beat. New ways to get moving and stay active! Thanks for all your love and support! BIG LOVE!

**Tuesday December 10th & 17th at 8:30 a.m Commit to Being Fit Break-Fast** Abbagail is going to be offering up breakfast on Tuesday Mornings. 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

- Crock-Pot Extravaganza** - Monday Dec. 2 at 1:30pm
- Chair Volleyball** - Monday Dec. 9 at 1:30pm
- Commit to Being Fit Breakfast** -Tuesday Dec. 10 & 17 at 8:30am
- Rock Steady Boxing** - Every Tuesday & Thursday at 4pm
- Chair Yoga** - Wednesday Dec. 4 at 1:30pm
- Move & Groove** - Wednesday Dec. 11 at 1:30pm
- Drumming to Keep the Beat** - Wednesday Dec. 18 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

**12.10.24- Biscuits and Gravy**  
**12.17.24- Quiche**

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

# Quality End-of-Life Care for Our Patients



## Bereavement Support for Loved Ones



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dpotter@crh.org

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enlivant.com

**Healthy Grieving Tip** ...as Observed

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

Author Unknown

**Glenn E. George & Son Funeral Home**

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# SHELBYVILLE HORIZON CENTER

Crystala Evans,  
Shelbyville Activity Coordinator

Merry Christmas and Happy Holidays! We are very excited about the December calendar. So many fun things to do this month in a short time. Please make sure to R.S.V.P. early so that we can plan accordingly. Most items listed in the Highlights section are things that require you to sign up for in advance so that we are prepared. Please make note of the deadlines to register for an activity. We don't want you to miss out on a fun event just because you missed the deadline.

Our Annual Christmas Dinner is December 3<sup>rd</sup> and the doors open at 11:00 a.m. The cost is \$7 per person. We will not have our regularly scheduled activities that day. Hickory Wind Band will be here to perform following lunch. They will perform a mix of Bluegrass and popular Christmas songs. Then in the evening we are going to go on the Twinkle Tour and look at Christmas lights.

We will be closed from December 23<sup>rd</sup> through January 1<sup>st</sup> for the holiday season. I am super excited for 2025 to begin. A new year and a new list of exciting activities for us to experience.

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

Sincere regards,  
Crystalá Evans, ADC  
Shelbyville Activity Coordinator



ASHFORD PLACE  
PRESENTS

## Breakfast with Santa



For Seniors  
**DECEMBER 13, 2024**  
9 AM - 10 AM BREAKFAST  
10 AM - 11 AM BINGO  
COST \$5

WHERE: SHELBYVILLE PARKS & REC  
945 S TOMPKINS STREET, SHELBYVILLE, IN 46176

**We invite you to have Breakfast with Santa for Seniors. You must be over 55 to attend. Cost is \$5**  
**Come for Breakfast, Bingo, Prizes and Holiday Fun!**

Sponsored by Ashford Place Health Campus



TICKETS AVAILABLE FOR PURCHASE  
AT SHELBY SENIOR SERVICES



Happy Birthday!

Jim Ash 7th  
 Karen Jones 9th  
 Ruth Ann Monroe 16th  
 Jesse Baxter 25th  
 Stephanie Smith 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

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

**Two Tuesday's and Three Friday's in December at 1:00 p.m. Euchre** Join us on the designated Tuesday and Friday afternoons for Euchre. We have tables of 4 players and after each round – the winning pair gets to move to the next table. There are 8 games and the scorecards get put into a basket for a monthly gift card drawing. The more you play the more chances you have to be the lucky winner. We play for fun – not for competition.

**\*Monday December 2<sup>nd</sup> and 16<sup>th</sup> 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.

**\*Tuesday, December 3<sup>rd</sup> at 11:00 a.m. Christmas Dinner and Party at the Center** Doors open at 11:00, meal at 11:30, and Music with the Hickory Wind Band at 12:30 p.m. Cost for the meal is \$7 per person. You MUST pre-pay for this meal. No tickets will be sold on the day of the meal. We will be having chicken and noodles, green beans, mashed potatoes, coleslaw, rolls, and dessert. Space is limited – so don't delay signing up.

**\*Tuesday, December 3<sup>rd</sup> at 4:30 p.m. Twinkle Tour – Christmas Nights of Lights Cost \$10** We are going to have a Twinkle Tour to downtown Indianapolis. First we are going to gather at the center at 4:30 p.m. Travel to the Old Spaghetti Factory downtown for dinner. Dinner is at your cost. Then we are going to drive around the circle downtown and then travel to see the Christmas Nights of Lights. Room for 14 people and Cost is \$10 for gas and the light show. Dinner is not included in the cost.

**Thursday, December 5<sup>th</sup> at 1:00 p.m. –Dance and Karaoke with DJ Moxy** We will be having a holiday Dance Party and Karaoke 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. This was the only day that we could fit in Dance and Karaoke for December.

**Friday, December 6<sup>th</sup> at 9:00 a.m. Fun Friday – Ugly Sweater and Christmas Socks Day** We are going to celebrate this fun Friday by wearing our Ugly Sweaters and Christmas Socks. If you don't have an ugly Christmas sweater -you can take a sweater and add a few things to give it some flair. Bring in a pair of Christmas Socks filled with a few fun things. Tie them with a bow and put them on the St. Nicholas Table for our Sock Gift Exchange. Our prize table sponsor is McKay Manor.

**\*Friday, December 6<sup>th</sup> at 6:00 p.m. Day Trip -Christmas Parade** We are once again going to offer seats on the bus to be in the Christmas Parade. We will have 14 spots available. Hot cocoa and Christmas Carols will be sung and we will have fun games while we wait on the nice and toasty bus for the parade to begin. Final details are forthcoming, but we wanted to get it in the newsletter in time to fill the bus. The parade starts at 7 pm – but we have to be in line earlier. Spots will fill up quickly!

**Tuesday, December 10<sup>th</sup> and 17<sup>th</sup> at 9:00 a.m. Caffeinated and Connected** We are going to be using our new tablets and showing you how to utilize the lending library for your technology needs. We will cover different Technology Topics each week. The more the merrier! This will be a great way to get to know how to use the center technology stations better. Come and get connected.

# ACTIVITY HIGHLIGHTS

**\*Wednesday, December 11<sup>th</sup> at 11:30 a.m. Lunch and Learn on the Road to Grover Museum** Join us at the center and we will take the bus to Chicken Inn at 11:30 a.m. for lunch at your cost. We will have lunch, then travel to the Grover Museum. We will be taking a tour of the streets of Old Shelby to admire all of the lovely Christmas trees. Come enjoy Christmas Around The World. You must R.S.V.P. at the front desk by December 9<sup>th</sup>. Room for 15 guests. No cost, but lunch is at your expense.

**\*Thursday, December 12<sup>th</sup> at 9:00 a.m. Coffee with The Mayor** Scott Furgeson will be here to enjoy a cup of coffee and chat. He wants to hear from our 60 and over senior community. This is a great chance to have an open forum discussion with the Mayor directly. Call to reserve your spot and Day Passes are available.

**Thursday, December 12<sup>th</sup> at 1:00 p.m. Book Club at the Horizon Center in the Meeting Room** with Pam Weakley from the library. This month we will be discussing The Christmas Train by David Baldacci. Everyone is to meet in the main Activity Room. All center members are welcome. Feel free to stay for the movie following book club.

**Thursday – December 12<sup>th</sup> at 1:30 p.m. – Movie Matinee “The Christmas Train” and Popcorn** We are going to be showing the “The Christmas Train.” Come and enjoy a movie and some popcorn while watching a fun movie. The movie is 1 hour and 26 minutes long.

**\*Friday, December 13<sup>th</sup> at 9:00 a.m. Day Trip - Breakfast with Santa for Seniors COST \$5** We are going to be selling tickets to Breakfast with Santa for Seniors. The first 14 people will be able to meet at the Horizon Center and ride the bus there and back. No messing with parking – we will drop you off at the door. Tickets are \$5 each and after the bus fills up we will have tickets for you to purchase and attend this fun event. Bus departs the center at 8:45 a.m. Let’s all go see Santa together. We are going to have our Fun Friday and Bingo at the Parks Department. Dress in your best holiday themed attire. Breakfast at 9:00 a.m. and Bingo starts at 10:00 a.m. There will be prizes. The address is 945 S. Tompkins Street, Shelbyville, IN 46176.

**\*Monday, December 16<sup>th</sup> at 1:00 p.m. Committee Meeting** We are going to have our last Committee Meeting of 2024. We are hoping to be able to discuss 2025 and what kinds of trips to take, music you like, and programs that you want to see. This meeting is open to everyone and we hope to see you there. This is a chance for you to put in your ideas. If you are not able to make this meeting we do have a suggestion box located in the Horizon Center.

**\*Wednesday, December 18<sup>th</sup> at 1:00 p.m. Christmas Tea, Cookie Walk and White Elephant Gift Exchange** Bring a plate of cookies and a \$20 gift to exchange with the group. Each person will have the chance to fill a tin with cookies for Christmas. We will have tea and snacks. Then we will have a white elephant gift exchange. See how many people want to steal your gift. We hope that everyone brings in some delicious cookies to share at our first Cookie Walk. You must sign-up in advance so that we know how many cookie tins to have. There is no limit to the number of people – just get on the list by December 16<sup>th</sup>.

**\*Thursday, December 19<sup>th</sup> at 3:00 p.m. Music and a Meal with Tommy John and the MistleTones COST \$7** We will have entertainment with Tommy John and the MistleTones at 3:00 p.m. Then we are going to have meal from Your Way Catering at 4:00. We are going to have Herbed Pork Loin, Roasted Vegetables, Mashed Potatoes and Gravy, Rolls and Cobbler for dessert. Cost is \$7 and we are limited to 50 people.

**Friday, December 20<sup>th</sup> at 9:00 a.m. Fun Friday – Christmas Card and Cocoa Day** We are going to celebrate Fun Friday with Christmas Cards and Cocoa. Dress in your favorite Christmas attire. Today is the day to share Christmas Cards. You can bring one card and give it to a special friend, or you can bring a bunch of cards to share with everyone. Here is a chance to give out and receive Christmas cards without having to spend the postage. Prize table sponsored by Morristown Manor.

***We will be CLOSED from December 23rd to January 1st for the Christmas Holiday***

***See you January 2, 2025***





# CHRISTMAS TEA COOKIE WALK & WHITE ELEPHANT



**DECEMBER 18TH  
1:00 PM**

You are invited to a Christmas Tea. Bring a \$20 wrapped gift for our White Elephant Gift Exchange and a Batch of Cookies to share. We will give you a cookie tin to fill for our Cookie Walk. We will also have tea and a gift exchange.  
No Limit - Just RSVP



**CALL (317) 398-0127 OR  
VISIT OUR VOLUNTEER  
DESK TO RESERVE YOUR  
SPOT TODAY!**



## LUNCH AND LEARN ON THE ROAD

# Grover Museum



**Wednesday - December 11, 2024**

Bus Departs at 11:30 AM  
for Chicken Inn

Grover Museum 1:00 PM

Room for 14 Bus Riders and guests

PLEASE RSVP to (317) 398-0127

as space is limited

**WE WILL BE ENJOYING LUNCH AT THE  
CHICKEN INN. THEN WE WILL TRAVEL TO  
THE GROVER MUSEUM TO ENJOY THE  
CHRISTMAS TREES.**

We are excited to enjoy this fun trip  
and get to explore the museum - especially all of the  
Christmas Tree displays.



WWW.SHELBYSENIORSERVICES.ORG

# DANCE & Party KARAOKE

**DECEMBER 5 2024  
THURSDAY - 1:00 PM**

## DJ MOXY

**Come join us for an  
afternoon of fun!**

FREE ADMISSION WITH MEMBERSHIP  
DAY PASSES \$5.00  
2120 INTELLIPEX DRIVE, SUITE 101  
SHELBYVILLE, IN 46176

Shelby Senior Services Presents

# MUSIC & A MEAL



**TOMMY JOHN AND THE  
MISTELTONES  
THURSDAY - DECEMBER 19, 2024**

**3:00 MUSIC - 4:00 MEAL**

Please R.S.V.P. by calling 317-398-0127

Room for 50 Guests - COST \$7

Meal catered by Your Way Catering

Herbed Pork Loin  
Roasted Vegetable  
Mashed Potatoes & Gravy  
Rolls, Cobble and a Drink

Your Way Catering  
192 S County Rd. 850 W  
Glenwood, IN 46133  
765-561-4198



2120 Intelliplex Drive, Suite 101  
www.shelbyseniorservices.org





# DECEMBER ACTIVITY CALENDAR





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Produce Pick-Up 9:00 Tech Savvy Seniors 1:00 Mah Jongg 1:30 Crockpot Extravaganza	<b>3</b> Twinkle Tour 4:30 PM <b>CHRISTMAS PARTY</b> Doors Open at 11:00 Lunch Served 11:30 12:30 Music with Hickory Wind	<b>4</b> 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 1:30 Chair Yoga	<b>5</b> 9:30 POKENO 10:00 Tai Chi 1:00 Dance & Karaoke with DJ Moxy	<b>6</b> Saint Nicholas Day 9:00 Fun Friday – Ugly Sweater & Christmas Sock Exchange Day 9:30 BINGO – McKay Manor 1:00 Euchre & 1:00 Dominoes 6:00 Christmas Parade 6 PM
<b>9</b> 1:00 Mah Jongg 1:30 Chair Volleyball	<b>10</b> 8:30 Commit To Fitness Fit Break-Fast 9:00 Mobile Nails by A'del 9:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	<b>11</b> 9:15 Bible Study with Jim 11:30 Lunch and Learn – Chicken Inn and Grover Museum Tree Tour 1:00 Hand and Foot 1:30 Move & Groove	<b>12</b> 9:00 Coffee with The Mayor 9:30 POKENO 10:00 Tai Chi 1:00 Book Club 1:30 Movie Matinee – The Christmas Train	<b>13</b> Breakfast with Santa 9:00 Day Trip – Breakfast & Bingo with Santa at the Parks Department 1:00 Euchre 1:00 Dominoes
<b>16</b> Produce Pick-Up 9:00 Tech Savvy Seniors 1:00 Mah Jongg 1:00 9 minittee Meeting	<b>17</b> 8:30 Commit To Being Fit Break-Fast 9:00 Caffeinated & Connected 9:00 Mobile Nails by A'del 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	<b>18</b> 9:15 Bible Study with Jim 1:00 Christmas Tea, Cookie Walk and White Elephant Gift Exchange 1:30 Drumming to Keep The Beat	<b>19</b> 9:30 POKENO 10:00 Tai Chi 3:00 Music and a Meal COST \$7 with Tommy John and the Mistletones	<b>20</b> 9:00 Fun Friday – Christmas Card & Cocoa Day 9:30 BINGO – Morristown Manor 1:00 Euchre 1:00 Dominoes
<b>23</b> CENTER CLOSED	<b>24</b> CENTER CLOSED <b>CHRISTMAS EVE</b>	<b>25</b> CENTER CLOSED <b>CHRISTMAS DAY</b>	<b>26</b> CENTER CLOSED	<b>27</b> CENTER CLOSED
<b>30</b> CENTER CLOSED	<b>31</b> CENTER CLOSED <b>NEW YEAR'S EVE</b>	<b>1</b> CENTER CLOSED <b>NEW YEAR'S DAY</b>	<b>2</b> 9:30 POKENO 10:00 Tai Chi 1:00 Jeopardy	<b>3</b> 9:00 Fun Friday – New Year's Celebration 9:30 BINGO – McKay Manor 1:00 Euchre 1:00 Dominoes



December 2024



SCAN ME

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 <i>Produce Pick-Up</i>                      Chicken Adobo                      White Rice                      Lima Beans                      Diced Pineapple                      Milk</p> 	<p>3  <b><i>Christmas Party</i></b>                      Cost \$7                      Doors Open 11:00                      Lunch 11:30                      Music 12:30</p>	<p>4                      Teriyaki Chicken &amp; Noodles                      Stir Fry Veggies                      Fresh Orange                      Milk</p>	<p>5                      Grilled Chicken w/Salsa &amp; Cheese                      Black Beans                      Diced Carrots                      Corn Bread                      Mandarin Oranges                      Milk</p>	<p>6                      Sloppy Joe                      Roasted Sweet Potatoes                      Brussel Sprouts w/ Onion                      WG Bun                      Diced Pineapple                      Milk</p>
<p>9                      Oven Fried Chicken                      Collard Greens                      Whipped Sweet Potatoes                      Orange Juice                      Milk</p>	<p>10                      Turkey Ham &amp; Beans                      Diced Carrots                      Diced Beets                      Corn Bread                      Mixed Fruit                      Milk</p>	<p>11                      Smoked Pork Sausage w/Peppers &amp; Onions                      Peas                      Roasted Potatoes                      Wheat Bread                      Strawberry Applesauce                      Milk</p>	<p>12                      Almond Crusted Fish                      Succotash                      Wild Rice                      Diced Pears                      Milk</p>	<p>13 <i>Holiday Meal</i>                      Pot Roast w/ Gravy                      Mashed Potatoes                      Brussel Sprouts w/ Onions                      Cheesecake                      Wheat Bread                      Diced Pineapple                      Milk</p>
<p>16 <i>Produce Pick-Up</i>                      Grilled Hamburger                      Mac &amp; Cheese                      Festive Green Beans                      Diced Pineapple                      WG Bun                      Milk</p>	<p>17                      Braised Beef Over Egg Noodles                      Collard Greens                      Diced Carrots                      Wheat Roll                      Applesauce                      Milk</p>	<p>18                      Sliced Turkey over Southwest Pasta                      Broccoli                      Peas                      Chocolate Pudding                      Milk</p>	<p>19                      Bagel w/ Pork Sausage, Egg &amp; Cheese                      Roasted Sweet Potatoes                      Sliced Apples                      Milk</p>	<p>20                      Beef Stew                      Corn                      Turnip Greens                      Wheat Bread                      Diced Peaches                      Milk</p>
<p>23                       Meal Site Closed</p>	<p>24                       Merry Christmas                       Meal Site Closed</p>	<p>25                       Merry Christmas                       Meal Site Closed</p>	<p>26                       Meal Site Closed</p>	<p>27                       Meal Site Closed</p>
<p>30                       Meal Site Closed</p>	<p>31                       New Year's Eve                       Meal Site Closed</p>	<p>1                       New Year's Day                       Meal Site Closed</p>	<p>2  <b><i>First Day Of 2025</i></b></p>	

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

<https://cicoa.org/menu>



### **CICOA Meal Information**

Shelby Senior Services lunch program is provided through CICOA Aging & In-Home Solutions at the Shelbyville Horizon Center Monday-Friday. Reservations are made 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  
Paper Towels  
Heavy Duty 3-Divider Paper Plates  
Bingo Sponsors  
Birthday Cupcake Sponsors for the 2025 Calendar Year (24 Cupcakes)

### **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](mailto: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)

## **December 3**

**Lunch:** Crockpot Cooking with Abbagail, turtle fudge skillet cake

**Activity:** Cards & Games

## **December 10**

**Lunch:** Sweet & sour shredded chicken, potato wedges, lemon sheet cake

**Activity:** BINGO for prizes!

## **December 17**

**Lunch:** Cheesy ham & potato casserole, veggies & dip, pie

**Activity:** Christmas Carols & Games

## **December 24**

**Christmas Eve: Closed**

## **December 31**

**New Year's Eve: Closed**

# 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)

## **December 4**

**Lunch:** Chicken dumplings, mashed potatoes, corn, rolls, and dessert

**Activity:** Christmas crafting! We will have supplies available for step by step holiday canvas painting, Santa gnomes, wooden bookmarks, keychains, and more! Come craft a keepsake for yourself or create a unique gift for someone on your list! Games, cards, and conversation for those not interested in crafting.

## **December 11**

**Lunch:** Cheesy chicken enchiladas, rice, beans, chips, salsa, and dessert

**Activity:** Christmas crafting continued

## **December 18**

**Lunch:** Ham, cheese potatoes, green bean casserole, sweet rolls, and dessert

**Activity:** Morristown Center Christmas Party! Let's celebrate the holiday together with games, prizes, snacks, and lots of laughs!

**The center will be closed December 25th and January 1st. See you next year!**

# 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 Dec. 5th & 19th

**10:00 - 11:00** - Chair Volleyball Dec. 12th

**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

### Dec. 5 First Thursday Euchre!

**Lunch:** Chili, fixins, and dessert

**1:00** Euchre tournament

... prizes for High and Low Scores

**1:00** Crock Potting # 5 with Abbagail in the Conference Room

### Dec. 12 "Haul out the Holly" Giving Tree Gifts are due TODAY

**Lunch:** TBA ...You will like it, I promise!

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

Following concert - wrapping of Giving Tree Gifts that need wrapped!

### Dec. 19 "A Cup of Christmas Tea"

**Lunch:** Holiday Pitch-in

**1:00** "A Cup of Christmas Tea" was based on the book by Tom Hegg. Our own Lucy Tormoehlen tells the wonderful story of the events that lead to the writing and publishing of the book. We all know that Christmas is more than just a date. Lucy creates the setting for sharing treasured memories over your cup of tea. Guys will like this program as well as the gals!

**Closed on December 26 and January 2**

## 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  
McNeelyLaw LLP  
Subro Solutions  
Ryobi  
Stephenson Rife LLP

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

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.



## Murphy-Parks Funeral Services

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  - *Pre-Arrangements*
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703 S. Harrison Street, Shelbyville, IN 46176  
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### 317-398-6697



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- *Pet Cemetery*
- *Heroes of Honor & Glory  
Veterans Lawn Crypt &  
Cremation Garden*

625 Progress Parkway, Shelbyville, IN 46176

### 317-398-6060

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

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