



Shelby Senior Services, Inc.

2120 Intelliplex Dr. Ste. 101
Shelbyville, IN 46176
317-398-0127
ShelbyGo Transportation
317-398-7614
www.shelbyseniorservices.org
Facebook @shelbyseniorservices

Horizon Newsletter

January 2024



**SHELBY SENIOR SERVICES WOULD LIKE TO THANK OUR MEMBERS,
VOLUNTEERS, DONORS, AND COMMUNITY FOR SUCH A SUCCESSFUL
2023 & WE'RE LOOKING FORWARD TO WHAT 2024 WILL BRING!**

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	

2023-2024 Board of Directors

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Linda Bacon	Tiera Purvis
Beth Crouch	Cindy Weidner
Grace Dillow	Kevin Williams

"Serving seniors, improving lives."



KIM'S KORNER

Kim Koehl,
Executive Director

Happy New Year! I hope you had a wonderful holiday season and things went the way you wanted them to during the holidays. Mine has been very busy with lots of children and grandchildren. My family is blessed to be growing all the time. My children are blessed with healthy and happy children (at least most of the time), but my, oh my, they are LOUD! I enjoy all that goes along with them and our home that is growing smaller each year but my husband doesn't enjoy the loudness very much.

I also think about our neighbors who may not have too much family around as the month grows colder. We need to make sure that we check on them and see if they are in need of anything. Many of them may be getting older, more frail, or just don't drive any longer. Some times the colder months add many different hurdles that many don't think about. It could be that they need their sidewalks shoveled so that they can safely get out to someone's care or maybe ShelbyGo to get to the grocery store or to doctor appointments. It could be that their heating bills are getting to be too high for their limited income and they need resources of where to find assistance. It could be that they are shut in for different reasons and need food delivered to them so that they have something to eat. Or it might even be that they want to come to the Horizon Center for an activity or program to get out of the house to fight the winter blues. What ever the case, we are here to try to make the time pass by safely and less lonely. Please call or come see us if you have questions that you, your neighbors, loved ones, or friends need help with. You can call 317-398-0127 or stop at 2120 Intelliplex Dr Suite 101, Shelbyville.

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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www.MorristownManor.com



FAMILY CAREGIVER SUPPORT

Brooke Holycross,
Family Caregiver Support Coordinator

Happy New Year! While the new year always brings about ideas of resolutions and change, one thing seems to always stay the same – all of the excitement of the holidays begins to wear off and we fall back into the normal routines again. For food pantries this means that donations slow down. My hope for 2024 is that we can keep our pantry stocked year-round.

Our pantry currently delivers food twice per month to approximately 30 seniors. We specifically try to help those who are unable to get to the store on their own, whether it be because of a lack of transportation or a disability or illness that makes shopping difficult. Some are temporarily on the list, others need consistent help and rely upon these deliveries. We need your help to keep our shelves stocked.

I would like to present to you, the amazing Shelby County community, a challenge to help me feed the seniors who need our help. Each month I will check our inventory and post in this newsletter what items are most needed. All non-perishable food items are always welcome, but sometimes the pantry is overflowing with some items and short on others. For those who help me restock the needed item of the month I will have a drawing at the end of the month for a small prize and, with your permission, you'll be acknowledged in my next post.

Any help that you are able to provide is very appreciated!

Produce Pick-Up Days:

Tuesday, January 2 & Monday, January 15
12-4pm

January needed pantry item: CANNED FRUIT

January prize:

Voucher for a drink or snack at the YMCA

We deliver two cans of fruit, twice a month, to about 30 people. That means we distribute about 120 cans of fruit every month. That is a lot of fruit! There will be a basket outside of my door in the Shelby Senior Services office for your donation, and an envelope where you can leave your name for the drawing. Any help at all is so appreciated! The drawing will occur on the last day of the month, and the winner will be contacted by phone or email.
Thank you all for your help!

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

Happy New Year 2024 from ShelbyGo!

Looking back at 2023, ShelbyGo picked up 9,787 people and transported to 18,999 different locations. ShelbyGo is increasing their run volume on a daily basis.

Please be courteous to ShelbyGo employees as wait times for pickup's can be a little lengthy. Appointments are done before pickups.

Please remember to call several days in advance to get on the schedule. Same day appointments are almost always impossible for us to do.

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.

Timber Creek Village

Assisted Living

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State-of-the-Art Features:

- Large Apartments with Private Patios
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Are you interested in **advertising** in the Horizon Newsletter?

Contact 317-398-0127
for more information!



TRAVEL

Carol McDaniel,
Travel Coordinator

THE HORIZON CENTER PRESENTS

Niagara Falls

**** You Must Bring a Valid U.S. Passport or U.S. Passport Card for this Tour**

INCREDIBLE PRICE INCLUDES:

- ♦ Motorcoach transportation
- ♦ 4 nights lodging in the Niagara Falls area
- ♦ 8 meals: 4 breakfasts and 4 dinners
- ♦ GUIDED TOURS OF NIAGARA FALLS
- ♦ A Journey to The Falls on a "HORNBLOWER NIAGARA CRUISE"
- ♦ Gaming at FALLSVIEW CASINO
- ♦ A visit to NIAGARA-ON-THE-LAKE & QUEEN VICTORIA PARK

For more pictures, video, and information visit:
www.GroupTrips.com/HorizonCenter

\$910*

5 Days 4 Nights

*PER PERSON, DOUBLE OCCUPANCY

(Mon - Fri)
Aug 5 - 9
2024

World's most famous Falls

A Journey to The Falls

Gaming at Fallsview Casino

Visit beautiful Queen Victoria Park

Departure: Shelbyville, IN @ 8 am

Day 1: Depart your group's location in a spacious, video and restroom equipped motorcoach as you head for your destination: captivating, awe-inspiring Niagara Falls! This evening, you will have Dinner and check into your Niagara Falls area hotel for a four night stay.

Day 2: Start the day with a Continental Breakfast before you begin a Guided Tour of the Niagara Falls area. Visit an engineering marvel, the Welland Shipping Canal and beautiful Queen Victoria Park – home of one of the world's largest Floral Clocks. You'll have Dinner this evening at a local restaurant.

Day 3: Start the day with a Continental Breakfast before enjoying one of Niagara's most popular and breath-taking attractions, a boat ride on a "Hornblower Niagara Cruise." Sail near the base of the Horseshoe Falls and enjoy a truly awe-inspiring view of the mighty Niagara. Then, you'll take a tour of historical Niagara-on-the-Lake, one of the prettiest towns in Canada and full of 19th century charm. Later, enjoy Dinner and a visit to exciting Fallsview Casino and get in some gaming action before returning to your hotel.

Day 4: Enjoy a Continental Breakfast before departing for another Guided Tour of the Niagara Falls area, including another visit to Niagara-on-the-Lake. Later, you will dine at a local restaurant.

Day 5: Enjoy a Continental Breakfast before departing 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!

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FOR INFORMATION & RESERVATIONS CONTACT:
Carol McDaniel @ (317) 701-5984



HEALTH & WELLNESS

Abbagail Kirk,
Health & Wellness Coordinator

Starting January 10th, I will be starting a Chair Yoga program. Chair yoga will be held in the gathering room and will start at 1:30. I am looking forward to the start of a new year and meeting the needs of the senior independent living community. Don't forget, we also have satellite centers throughout Shelby County. Please, don't hesitate to come out and participate there as well! We are blessed with some pretty amazing Coordinators that make the satellite experiences by far phenomenal! Rock Steady Boxing of Shelby County is another amazing program that is offered for Parkinson's patients here in Shelby County as well. Let's see what the new year brings for us! Here's to 2024!

H&W Highlights

Walk with Ease - Every Monday at 10:30am

Chair Volleyball - 1st & 3rd Monday at 1pm

Corn Hole - 4th Monday at 1pm

Commit to Being Fit Breakfast - Every
Tuesday at 8:30am

Rock Steady Boxing - Every Tuesday &
Thursday at 4pm

Chair Yoga - Every Wednesday at 1:30pm

Blood Pressure Checks - Every Thursday at 9am

Tai Chi - Every Thursday at 10am

Bowling - Every Friday at 12pm

starting january 10th

Chair Yoga

start the new year off adding yoga to your new routines and changed habits!

class will be held wednesdays at 1:30 in the gathering room

contact abbagail with any questions or to sign-up simply call 317-398-0127

COMMIT TO BEING FIT BREAK-FAST

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

1.9.24- Biscuit and Gravy
1.16.24- Quiche
1.23.24- Bacon, Eggs, Biscuits

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



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Walker Place


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The Lucky 7 Cafe 

*** 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

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SHELBYVILLE HORIZON CENTER

Crystala Evans,
Shelbyville Activity Coordinator

Happy New Year – Let's ring in 2024 with excitement for the year ahead. We are going to be bringing you some new programs this month and we hope you join us. Make sure to check out

If you are a member of Shelby Senior Services and you want us to recognize your birthday – please see me to sign up to be in the Birthday Club. Each month we will send out Birthday cards, have cupcakes and sing Happy Birthday. Plus – we are going to have a Birthday Party in July for all of our Birthday months. If you want to be an ambassador for your birthday month and volunteer to decorate your birth-month table – please see me. We also are going to be looking for volunteers to call POKENO and BINGO. Let me know when you would like to sign up to be a caller. Thank you for all that you do to make our center great!

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

You are all on my mind and in my thoughts each day. You continue to inspire me to live a meaningful life, take nothing for granted, and always do my best. I am excited to see how much we grow as a family in 2024. If you have suggestions for trips or programs – please let me know. We even have a suggestion box where you can leave an anonymous suggestion.

Always,
Crystala Evans, ADC
Shelbyville Activity Coordinator

Happy Birthday!

*John Forthofer 3rd
William Wilhelm 4th
Kim Spegal 6th
*Crystala Evans 7th
*Gina Batton 13th
Henry Williams 31st

Would you like to join our monthly Birthday Club?
Ask us how!

Activity Needs:

Decaf coffee
Regular coffee
Square napkins
Paper towels
Sugar
Sweet N Low

ACTIVITY HIGHLIGHTS

***Monday's in January at 9:00 a.m. Tell Your Story – Make Your Mark** We are going to be starting our Oral History recordings and we want to hear your story. This new series 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. We would love to have you become a part of history!

***Tuesdays in January at 9:00 a.m. Caffeinated and Connected** We are going to be starting off our Tuesdays with our Caffeinated and Connected Series. 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. We will have something for everyone.

Wednesday, January 3rd at 1:00 p.m. – Take Down Center Decorations Christmas has come and gone and we are going to be taking down all of the Christmas decorations and making way for 2024. Come and help us pack up Christmas and put up things for the New Year. We would appreciate your help.

***Thursday, January 4th at 1:00 p.m. – Take Down the Grover Tree** We will meet at the Grover Museum at 1:00 p.m. to take down the Grover tree and pack up all the decorations. If you brought decorations for the tree – please stop by and pick up your items at the museum. If you want to meet for lunch at Three Sisters Café prior to tree take down please let Crystala Evans know. She will reserve a spot for you at her table around 11:30 a.m. They have delicious soups and sandwiches.

Friday, January 5th at 9:00 a.m. – Fun Friday – National Bird Day We are going to celebrate National Bird Day. Wear anything you have that has a bird on it to Bingo. It can be a cardinal, finch or bird of prey. Prize table sponsored by Valerie and Cheryl Donica.

***Wednesday, January 10th at 12:00 p.m. Lunch and Learn with FAME COST \$5** Join us as we welcome Barry Reed from FAME to talk about bringing help to the world by donating medical equipment and supplies. You are not going to want to miss out on their mission and ways that they impact lives around the globe. You must R.S.V.P. at the front desk by January 8th. Room for 20 guests. Cost is \$5.

Thursday, January 11th at 1:00 p.m. Book Club at the Horizon Center with Pam Weakley from the library. This month we will be discussing the book “Still Life” by Louise Penny. That’s right – the books have arrived and we are excited to share our thoughts on this awesome book. All center members are welcome!

Thursday, January 11th at 1:00 p.m. – Movie Matinee “Top Hat” and Popcorn We are going to be showing “Top Hat” featuring Fred Astaire. Come and enjoy a movie and some popcorn while watching a fun movie. The movie is 1 hour and 41 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, January 12th at 8:30 a.m. – Pop-Up Shop MawPaws Sourdough Our next Pop-Up Shop is going to be with the Marsh family of MawPaw’s Sourdough. If you enjoy sourdough treats – you are not going to want to miss out. Come and shop till you drop. If you have a small business with handmade creations – please call Crystala Evans, Activity Coordinator to be part of our next Pop-Up Shop!

Friday, January 12th at 9:00 a.m. – Fun Friday – Hat Day We are going to wear hats for Hat Day. Wear a hat that you just love and want to share with us. Prize table sponsored by Ashford Place. We will also be celebrating our January Birthdays with cupcakes. Help us celebrate our January Birthday Club Members.

***Monday, January 15th at 1:00 p.m. –Dance and Karaoke with DJ Moxy** We will be having a New Year’s Dance and Karaoke Party of fun with Moxy, our favorite DJ. Join us for music, dance, singing and friendship. Bring a light refreshment to share. Put on those dancing shoes, practice your favorite song and come on out for an afternoon of fun.

***Thursday, January 18th at 3:00 p.m. Music and a Meal with the Raccoon Lake Sax Quartet** We are going to be welcoming the Raccoon Lake Sax Quartet for the first time to our center. They will be here to play us some great music. Our meal sponsor is Walker Place and the meal is being served at 4:00 p.m. You must RSVP for this event by January 16th and it is limited to 30 people.

Friday, January 19th at 9:00 a.m. Fun Friday – Winnie the Pooh and Popcorn Day We are going to celebrate Winnie the Pooh and Popcorn Day today. Wear anything that has Winnie the Pooh or any character from that series. If nothing else you can wear yellow and red for our beloved Pooh Bear. Bring a honey-inspired treat or some Popcorn to share if you would like. I will have tea and honey to warm you on this January day and popcorn treats. Our prize table sponsor is Morristown Manor.

***Wednesday, January 24th at 10:00 a.m. Day Trip to Warm Glow Candle Company and Stone Hearth Café** **COST \$7** Our first trip of 2024 and we are headed to the Warm Glow Candle Company for a fun shopping adventure and lunch at the Stone Hearth Café. Cost for the trip is \$7 and you are responsible for the cost of your lunch and shopping items. Space is limited to 14 people.

***Thursday, January 25th at 1:00 p.m. Cocoa and Canvas** COST is \$30 Becky Gorman will be here for a fun afternoon of Cocoa and Canvas. Join us as we gather together to paint and brush up on our skills. The cost is \$30 and limited to 10 people.

Friday, January 26th at 9:00 a.m. Fun Friday – National “Big Wig” and Kazoo Day We are going to wear our best cute, funny or outrageous wig for Big Wig day. This is also Kazoo Day and we are going to have a little fun trying our hand at the Kazoo. Kazoo’s for everyone! Let’s make a fun video of us all playing the Kazoo. Our prize table sponsor is Gloria McDuffey and James Jones.

*** denotes that you MUST sign up at the Front Desk prior to the event**

Lunch and Learn



FAME

WEDNESDAY - JANUARY 10, 2024
12:00 P.M. - SPACE IS LIMITED
COST IS \$5 PER PERSON

Join us as we welcome Barry Reed from FAME here to talk about bringing help to the world by donating medical equipment and supplies.

CALL TO RESERVE YOUR SPOT TODAY
BY CALLING 317-398-0127

January is a great time to donate unused items to charity.



January 18, 2024
Music starts 3:00 PM
Dinner Served 4:00 PM

Raccoon Lake Sax Quartet

We are having Music and a Meal with music by the Raccoon Lake Sax Quartet and a meal provided by Walker Place. This is going to be a fun evening that you are not going to want to miss.

Join us for an evening of food, fun and fellowship. Please R.S.V.P by calling 317-398-0127



COCOA AND CANVAS



WITH BECKY GORMAN
THURSDAY, JANUARY 25,
2024



CLASS STARTS
AT 1:00 PM
COST IS \$30
TO COVER ALL YOUR
MATERIALS
LIMITED TO 10 PARTICIPANTS
PLEASE CALL (317) 398-0127 TO
RESERVE YOUR SPOT



Join us on Tuesday's in January
for Caffeinated and Connected
at 9:00 A.M

Each Tuesday we will gather
together for a different Game and
Discussion Topic each week

Call 317-398-0127 to
Reserve your Spot today!



SNACKS | DRINKS | MUSIC

Dancing starts at 1:00 pm
DJ MOXY WILL BE HERE TO PARTY



Pop-Up shop



**January 12th 8 am
MAWPA Sourdough
Goods**

Come to our Pop-Up Shop
MAWPA Sourdough Goods will be here with their
delicious sourdough baked goods. You are not going
to want to miss out on these healthy and delicious
treats. The Cinnamon Rolls are amazing!

**2120 Intelliplex Drive, Suite
101, Shelbyville, IN 46176**

WWW.SHELBSENIORSERVICES.ORG





JANUARY ACTIVITY CALENDAR

MONDAY

TUESDAY

WEDNESDAY




THURSDAY

FRIDAY

1 CENTER CLOSED FOR NEW YEARS DAY	2 Produce Pick-Up 12-4 9:00 Caffeinated and Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	3 9:15 Bible Study with Jim M 1:00 Hand and Foot Card Game 1:00 Take Down Center Christmas Decorations	4 9:00 Blood Pressures 9:30 POKENO 10:00 Tai Chi 1:00 Take Down Grover Tree	5 9:00 Fun Friday – National Bird Day 9:30 BINGO – Valerie & Cheryl Donica 1:00 Euchre 1:00 Dominoes
8 9:00 Make Your Mark - Oral History Project 10:30 Walk With Ease 1:00 Mah Jongg 1:00 Chair Volleyball	9 8:30 Commit To Being Fit Break-Fast 9:00 Caffeinated and Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	10 9:15 Bible Study with Jim M 12:00 Lunch and Learn – FAME & Cagney's Pizza COST \$5 1:00 Hand and Foot Card Game 1:30 Chair Yoga	11 9:00 Blood Pressures 9:30 POKENO 10:00 Tai Chi 1:00 Book Club – Still Life 1:00 Movie Matinee – Top Hat with Fred Astaire	12 8:30 Pop-Up Shop with MAWPA Sourdough Goods 9:00 Fun Friday – Hat Day January Birthday's 9:30 BINGO – Ashford Place 1:00 Euchre 1:00 Dominoes
15 Produce Pick-Up 12-4 9:00 Martin Luther King Day Activities 10:30 Walk With Ease 1:00 Mah Jongg 1:00 Dance and Karaoke with DJ Moxy	16 8:30 Commit To Being Fit Break-Fast 9:00 Caffeinated and Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting 1:30 Alzheimer's Caregiver Support Group	17 9:15 Bible Study with Jim M 1:00 Hand and Foot Card Game 1:30 Chair Yoga	18 9:00 Blood Pressures 9:30 POKENO 10:00 Tai Chi 1:00 Open Games & Cards 3:00 Music and a Meal – Raccoon Lake Sax Quartet and Walker Place	19 9:00 Fun Friday – Winnie the Pooh Day & Popcorn Day 9:30 BINGO – Morristown Manor 1:00 Euchre 1:00 Dominoes
22 9:00 Make Your Mark - Oral History Project 10:30 Walk With Ease 1:00 Mah Jongg 1:30 Chair Volleyball	23 8:30 Commit To Being Fit Break-Fast 9:00 Caffeinated and Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	24 9:15 Bible Study with Jim M 10:00 Day Trip to Warm Glow & Stone Hearth Café COST \$7 1:00 Hand and Foot Card Game 1:30 Chair Yoga	25 9:00 Blood Pressures 9:30 POKENO 10:00 Tai Chi 1:00 Cocoa & Canvas \$30 1:30 Healthy Cooking	26 9:00 Fun Friday – National "Big Wig" and Kazoo Day 9:30 BINGO – Gloria McDuffey and James Jones 1:00 Euchre 1:00 Dominoes
29 Puzzle Day 9:00 Make Your Mark - Oral History Project 10:30 Walk With Ease 1:00 Mah Jongg 1:00 Corn Hole	30 8:30 Commit To Being Fit Break-Fast 9:00 Caffeinated and Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	31 Hot Cocoa Day 9:15 Bible Study with Jim M 1:00 Hand and Foot Card Game 1:30 Chair Yoga	1 9:00 Blood Pressures 9:30 POKENO 10:00 Tai Chi 1:00 SCRABBLE	2 9:00 Fun Friday – Ground Hog Day and Wear Red Day 9:30 BINGO – TBD 1:00 Euchre 1:00 Dominoes

January 2024



Monday	Tuesday	Wednesday	Thursday	Friday
1 Happy New Years! Meal Site Closed	2 Chicken & Noodles Rosemary Potatoes Broccoli Wheat Roll Diced Pears Milk	3 Pot Roast w/Gravy Key West Veggies Mashed Potatoes Wheat Bread Strawberry Applesauce Milk	4 Southwest Omelet w/Cheese & Salsa Shredded Mini Wheats Hash Browns Mixed Fruit Milk	5 Spaghetti/meatballs Parmesan Cheese California Veggie Blend Italian Cut Green Beans Mandarin Oranges Milk
8 Grilled Hamburger Mac & Cheese Festive Green Beans Diced Pears Wheat Bun Milk	9 Country Ham & Beans Brussel Sprouts Diced Beets Corn Bread Mixed Fruit Milk	10 Braised Beef Over Egg Noodles Collard Greens Diced Carrots Wheat Roll Applesauce Milk	11 Turkey w/ Gravy Maple Sweet Potatoes Broccoli Wheat Roll Mandarin Oranges Milk	12 Cheese Lasagna w/ Veggie Marinara Diced Carrots Lima Beans Wheat Roll Diced Pineapple Milk
15 Happy MLK Day! Meal Site Closed	16 Burrito Bowl w/ Shredded Chicken Fajita Veggies Black Beans Cilantro Lime Rice Diced Mangos Milk	17 Oven Fried Chicken Whipped Sweet Potatoes Collard Greens Orange Juice Milk	18 Italian Bowtie Pasta w/ Beef Broccoli w/ Red Peppers Green Beans Mandarin Oranges Milk	19 Potato Pollock Tartar Sauce Peas & Corn Collard Greens Wheat Bread Tropical Fruit Milk
22 Butter Chicken White Rice Pilaf Broccoli Tropical Fruit Milk 	23 Sloppy Joe Roasted Sweet Potatoes Brussels Sprouts w/ Onion Wheat Bun Diced Pineapple Milk	24 Vegetarian Chili California Veggie Blend Roasted Sweet Potatoes Cornbread Tropical Fruit Milk	25 Beef Stew Corn Turnip Greens Wheat Bread Diced Peaches Milk	26 Chicken Parmesan Parmesan Cheese Apples w/ Cherries, & Almonds Roasted Red Potatoes Wheat Bread Diced Mangos Milk
29 Meatloaf w/Gravy Brussels sprouts Mashed Potatoes Mandarin Oranges Birthday Treat Milk	30 Indiana Style Chili Mac Mixed Veggies Applesauce Corn Bread Milk	31 Ginger BBQ Chicken Whipped Sweet Potatoes Collard Greens Wheat Bread Diced Pears Milk		Cultural Meal Day 

<https://cicoa.org/menu>

*Menus are subject to change based on product availability.

CICOA Meal Information

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

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

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:

Appointment will begin scheduling **January 15th** for the AARP Tax-Aide Program. This program assists tax payers in filing simple tax forms at no cost. Call 317-398-0127

VOLUNTEER OPPORTUNITIES

Are you interested in volunteering at
Shelby Senior Services?

Volunteer Opportunities:

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

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



WALDRON

Join us at the Waldron Horizon Center!

Located at the Waldron Baptist Church, 112 Grant St. Waldron, IN and open Tuesdays from 9:30am-2pm. 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)

January 2

Lunch - Meat loaf, mashed potatoes, oyster dressing, and gravy

Activity - Bingo

January 9

Lunch - Fried chicken, corn, potato salad, and strawberry dump cake

Activity - Brooke Holycross is coming to speak on the services Shelby Senior Services provides

January 15

Lunch - Stir fry, rice, and fortune cookies

Activity - Music Day, What's your favorite song?

January 23

Lunch - Beef and noodles, mashed potatoes, rolls, and brownies

Activity - Dominoes

January 30

Lunch - Chili, peanut butter sandwiches, corn-bread, and peach dessert from Bridget

Activity - Board games

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)

January 3 - Happy New Year!

Lunch - Baked potato and salad bar, dessert

Activity - Games, Cards, and Conversation

January 10 - National Cut Your Energy Costs Day!

Lunch - Taco Bar and dessert

Activity - Join us as our friends from NineStar Connect visit to share some helpful tips on how to cut your energy costs and some information on internet safety for seniors!

January 17 - Shelby Senior Services Inc. Visit!

Lunch - Beef vegetable soup, crackers, and brownies

Activity - Enjoy an informative visit from Shelby Senior Services own Brooke Holycross. She will be here to discuss all of the benefits and services of being a SSS Member!

January 24

Lunch - Meatloaf, mashed potatoes, corn, and dessert

Activity - Cards, games, and conversation

January 31 - Wild West Murder Mystery Lunch!

Lunch - Pulled pork sandwiches, potato salad, slaw, veggies w/ dip, deviled eggs, chips & chocolate sheet cake

Activity - Let's take a trip back to the Wild West in 1870!

We will enjoy lunch in our center turned Wild West Saloon and take the roles of the characters there, all while solving a fun filled "who done it" murder mystery! Will you be the first to find the murderer, or was it you?!

*Please sign up for this event by January 17th

*In the event that we are closed due to bad weather, the make up day for this will be February 7th.

*Special Thanks to NineStar Connect and Brooke Holycross for taking the time to come talk with 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.

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

9:30-10:00 - Coffee Chat

10:00-11:00 - Exercise with Abbagail Jan 11 & 25
Volleyball Jan 4 & 18

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

12:00 - Lunch \$5.00 (All lunch menus TBA for January! Watch your Facebook and emails for updates.)

January 4 First Thursday Euchre!

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

January 11 “Fairland Updates”

Jeremy Miller, Fairland Town Council member, and Steve Elder, Fairland’s Comprehensive Committee head, will be here to talk about what’s coming up for our town in the new year. We will also help them with putting together an emergency response plan for our seniors here in town. Bring your questions and your suggestions!

January 18 “Scrapbooking 2023” Join us as we sift through the memories of the past year and file them away for posterity sake. This is a fun time gathering around the big table and reminiscing....and cutting and pasting!

January 25 “Do you Hear What I Hear ” Our own, Sue Cooper was the recipient of a Cochlear Implant last fall. It has taken months to get adjusted to “hearing” again. This amazing technology for those suffering from severe hearing loss, is an incredible gift! Sue will share with us the story of her journey back to “sound”! Also joining us today is Stacey Bunes, from Clear Captions. She will be here to explain the latest telephone hearing assisting devices around and they are absolutely free to you! Stacey is a neat gal who has struggled with hearing loss all of her life and is committed to helping others with the same issues.

DONATIONS

Thank you to our donors:

ENERGY2ACTION LLC
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David & Katherine Platt

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

Ashford Place, Morristown Manor
and Cypress Run, McKay Manor,
Walker 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, Tim and
Janice Conway of Blue River Stained
Glass, Rock Steady Boxing Shelby
County, Willows of Shelbyville,
Salvation Army, Kopper Kettle, CVS,
Walgreens, CICOA, Shelby Go,
Horizon Center Committee
Members, Dementia Friends of
Indiana, Alzheimer’s Association,
SCUFFY, and Blue River Community
Foundation.



Freeman Family Funeral Homes Crematory & Monument Service



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317-392-2555



124 E. North Street
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Ryan, Sarah, Reese & Jameson Haehl

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