



# 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

### June 2025

We're looking forward to another successful Strawberry Festival!



We hope to see you on June 6<sup>th</sup> from 11am -2pm downtown Shelbyville & MHP!

## **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**

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

### **Horizon Center Coordinators**

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

### **Program Staff**

Jessie Hundley, Social Services Coordinator  
Holly Schrank, Dispatcher  
Shelbi Smith, Health & Wellness Coordinator  
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**

Nick O'Connor, President  
Brent Swonger, Vice President  
Jamie Marcum, Treasurer  
Brandy Coomes, Secretary

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| Beau Browning   | Karen May     |
| Camelia Cucuruz | Heather Ross  |
| Beth Crouch     | Cindy Weidner |

“Serving seniors, improving lives.”



*Cakes  
Needed!*



We are in need of 100 yellow cakes size 9x13 in for Strawberry Festival! If you would like to donate, please drop off baked cakes at Shelby Senior Services, 2120 Intelliplex Dr., between 6/3-6/5 from 8am-4pm. Call 317-398-0127 to sign-up or for more details.

## 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
- 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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[Krughoff@shsindiana.com](mailto:Krughoff@shsindiana.com)



## SOCIAL SERVICES



Jessie Hundley  
Social Services Coordinator

It's almost summer! Friday, June 20th is the longest day of the year and marks the beginning of summer. The Alzheimer's Association challenges us to use this day to raise money doing something that we love. The Shelby County Active Aging Coalition will have a walk at Blue River Memorial Park to raise funds for the Alzheimer's Association on Friday, June 20<sup>th</sup>. Registration starts at 8:30 am & walk begins at 9:00am. Join us if you would like to walk or visit one of the many booths offering assistance and information for those who care for someone with dementia. Please come visit the Shelby Senior Services tent and introduce yourself! We are here to support you and help you find the resources you need.

Caring for someone with dementia may make every day seem like the longest day. There are resources available. Shelby Senior Services offers a monthly **Dementia Caregiver Gathering** on the third Tuesday of every month. Don't forget that the Alzheimer's Association is available 24/7 as well for all forms of dementia, at 800-272-3900 or alz.org. You are not alone, you do not have to do it by yourself.

Please remember to pick up your **Produce for Better Health Boxes**:

Monday, **June 2<sup>nd</sup>** and Monday, **June 16<sup>th</sup>**.

We want to make sure you receiving the produce as fresh as possible. We've also learned that even though they pack the produce all together- the more time it is stored in the box – the quicker it can go bad. To keep your produce fresh longer, avoid storing ethylene producers (like apples, bananas, and tomatoes) near ethylene-sensitive items (like avocados, grapes, and peppers). Onions should also be kept separate from potatoes, as they can cause them to sprout and spoil faster.

Here's a quick cheat sheet:

Ethylene Producers (Store Separately): Apples, Apricots, Avocados, Bananas, Melons (cantaloupe, honeydew), Mangoes, Onions, Pears, Persimmons, Plantains, and Tomatoes.

Ethylene-Sensitive Produce (Keep Away from Producers): Grapes, Lemons and limes, Cucumbers, Peppers, and Watermelon.



### 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

The Indiana Department of Health will be here June 13th from 10am-2pm for a vaccine clinic.

They will be providing Pneumonia, Shingles, and RSV vaccines. These are at no cost. If you have an insurance card of any kind, please bring it with you.

### Produce Pick-Up Days:

Monday, June 2nd  
Monday, June 16th  
12-4pm

## SHELBYGO TRANSPORTATION



Easter Hall-Beyer  
Director of Transportation

The construction in town is slowing ShelbyGo down. Travel times are taking longer. Please make sure you are ready for your scheduled pickup time. A 3 or 4 minute wait can really alter a driver's schedule. Return trips may have to wait a bit longer than they have been. Everyone at ShelbyGo is doing the best they can do with all this construction. We are very sorry for any inconvenience this may cause.

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

## MEMBER SPOTLIGHT



### Marge Price

Marjorie Price (Marge) started out as Marjorie Hooten. She was born in Paoli, IN. She had 1 brother and 1 sister. Her baby sister is now 81 years young. She grew up in rural Bloomington, IN. She graduated high school in 1944 and attended college for 3 years studying Business. She worked doing secretarial work for many years. At 26 years old she moved to Wyoming to work at a VA hospital. While living there, she went on a blind date with a man named Talmadge Price. They were married. After 6 months of being married, her husband was sent to Tule, Greenland with the Air Force. When he returned they moved to Indianapolis, IN for schooling through Purdue Extension. Then he worked at General Electric (GE) in Shelbyville, IN for 69 years. They had three daughters: Melinda (Shelbyville, IN), Teresa (Cleveland, OH), and Jennifer (San Diego, CA). She has 9 grandchildren and 9 great-grandchildren. She was a substitute teacher for Shelbyville schools for 25 years. She volunteered at the MHP gift shop for 23 years. At 94, she officially retired. She attends First Baptist Church and has for 69+ years. For a while she taught Sunday school. Marge began painting in 1988. Over the last ten years, she has painted hundreds of paintings. Most of them are acrylic, but she has done some oils and a few watercolors. She enjoys painting birds and is fond of the red birds. Marge will turn 99 in June. She is still very active in the painting group, and her paintings are often admired. We are blessed to have her here at our center. She is a bright light to everyone she meets.

## TRAVEL



Carol McDaniel  
Travel Coordinator

Asheville, North Carolina, has been in the news recently due to the devastating flood which hit the area as a result of Hurricane Helene. Last fall, Shelby Senior Services scheduled a motorcoach trip to that area for May, which included a visit to the Biltmore Estate. It was touch and go trying to confirm that trip because of washed out roads and rock slides. About a month ago it was determined that we were a “go.” While there are still pockets where cleanup is still underway, overall, the town and the countryside has been restored meticulously for the return of visiting tour groups.

Of course, the Biltmore Estate was the outstanding feature of the whole trip. The 178,900+ square feet, massive 250-room French Renaissance chateau was not flooded, but the five-mile road leading up to the home had an extensive number of trees uprooted or snapped off and partially washed out roads. Fortunately for us, the estate is open for visitors and just as magnificent as it has always been since it was constructed. It was introduced to George W. Vanderbilt’s friends and family in 1895, six years after the beginning of the build, although it was still not finished. Vanderbilt purchased 125,000 acres and centered the home on top of a mountain in the middle of the property so he could enjoy the views from any window of the mansion. It was his wish to pursue his studies of art, literature, music, agriculture, horticulture and architecture in these magnificent surroundings. The home was furnished with the latest 1895 technology such as electricity and central heating and telephones. He installed an indoor swimming pool, bowling alley and gymnasium, just to mention some of the outstanding features of the mansion. Biltmore (named for Bilt, a town in Europe where his ancestors originated and More, the name given to the open grounds in that town) is still the largest private residence in America. His heirs currently own the property, which still covers 8,000 acres. One just has to visit this National Historic Landmark to appreciate Vanderbilt’s vision.

However, there are other places to discover while visiting Asheville. For example, The Basilica of Saint Lawrence. Rafael Guastavino, architect and builder of the Basilica, emigrated from Barcelona in 1881. He had been successful as a home and large factory builder in Spain. This church is one of the most beautiful Catholic churches in America. It is adorned with a dome made of tile, created by Guastavino. This enabled him to create an oval dome in the Basilica, which is strong, fireproof and beautiful. It is the largest oval, free-standing dome in America. He completed the church in 1908. He also used this method in a thousand buildings in places like NYC and Boston, as well as in buildings all up and down the east coast. When you visit Asheville, don’t miss this beautiful church.

Finally, historic buildings all over Asheville have been financed by wealthy landowners. Many of these were built by E. W. Grove. His most enduring legacy is the Grove Arcade. The Arcade is not a place for gaming, it is an ornate architectural structure housing an extensive number of fun, locally owned shops featuring jewelry, rare coins, watches, local crafts, fine art, instruments, and much more. You won’t go hungry there, either. You may choose to order scrumptious ice cream, sandwiches, bakery items, or cafe food. It is a community within a community, just as E. W. Grove envisioned. While Asheville has been through a challenging time, it has rebounded with gusto. You are welcomed there with open arms to experience all they have to offer.

Shelby Senior Services offers many fun and educational trips throughout the spring, summer and fall. We invite you to visit our office and pick up the flyers and brochures on the wall facing the front desk. Join our family of travelers. Call 317-398-0127 or 317-701-5984 for more information.



## HEALTH & WELLNESS



Shelbi Smith  
Health & Wellness Coordinator

Welcome to the latest edition of our monthly newsletter! I'm excited to share with you some events and classes going on this month. Health & Wellness will be putting on a Game Show Day! On June 25th at 2:00 pm, I will host a Minute To Win It game show extravaganza. Competitors face 10 challenges that escalate in level of difficulty using everyday household items. Each game has a one-minute time limit, and failure to finish the task on time will eliminate the contestant. The day will include games as seen in the popular TV show Minute To Win It, including:

Cotton Ball Scoop, Face the Cookie, Blind Fold Drawing, and so much more. WINNERS WILL BE AWARDED WITH PRIZES! Take the chance and have a little fun and lots of laughter! Come join us for a day full of games from the TV show "MINUTE TO WIN IT".

As some of you may know, this month is Alzheimer's and Brain Awareness Month. President Ronald Reagan initiated the observance of Alzheimer's and Brain Awareness Month in 1983 to raise awareness about Alzheimer's and get people involved in the recognition of the disease and the types of care required by someone suffering from it. You can get involved today by helping yourself and others around you by promoting good mental health. Mental wellness and memory care are an important key to our day-to-day lives. Not only does it keep our mind healthy, but it will keep our body healthy. Here are some good examples of at-home remedies that can help keep your train of thought on those tracks.

Be physically active every day. Physical activity raises blood flow to the whole body, including the brain. Use sticky notes around the house wherever reminders could be helpful, and label cabinets and drawers for contents. Keep a notebook or use a smartphone to help keep track of appointments, dresses, directions and phone numbers. Playing memory games in your spare time. There are so many exercises to do to help with memory care, don't forget to do yours.

I wanted to remind everyone, outside my office, there is a hanging folder with all your latest updates on the Health and Wellness programs. Please stop by and look at what we have going on this month! There will be exercises, postings, flyers, recipes, and more. There are recent recipes from our crock pot classes and even a healthy "On the Go Menu Guide" to local restaurants to help you on your right choice of food while eating out. There will be new papers and ways to improve your health and wellness throughout the month, so please come by and check out what I have left for everyone! There is a "Leave a Comment & Suggestion" folder, utilize this! Let me know what you would like to see in future activities or leave any suggestions that you may have. Let's kick this month off strong and healthy!

### Health & Wellness Highlights:

**Crockpot Class**—Monday, June 16 at 1:30pm

**Rock Steady Boxing**—Every Tuesday & Thursday at 4pm

**Chair Volleyball**—Wednesday, June 18 at 2:00pm

**Minute to Win It**—Wednesday, June 25 at 2:00pm

**Tai Chi**—Every Thursday at 10am

**Bowling**—Every Friday at Blue River Bowl at 12pm

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Deborah Kilgore Potter

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Assisted Living

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


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

Author Unknown

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## SHELBYVILLE HORIZON CENTER



Crystala Evans  
Shelbyville Activity Coordinator

June is going to be an exciting month! We hope you will come check out our center if you have not done so already. It is a great opportunity to invite a friend to come with you as well. It is a great opportunity to connect with other seniors in our community, get acquainted and make new friends. Plus – it is nice and cool inside during the warmer months.

Strawberry Festival is here and we need volunteers. Strawberry Cutting Day is June 5<sup>th</sup> at Girls Inc. We would love to have you join us to cut strawberries at Girls, Inc. from 10 am to 1 pm. You will need to bring a colander, pairing knife and a cutting board. We will be providing lunch after we finish cutting the strawberries. As a way to thank you for volunteering to help cut berries we are going to give you a voucher for a complimentary Strawberry Shortcake, which is redeemable only at the Strawberry Festival and while supplies last on Friday, June 6<sup>th</sup>.

You can also help by donating 9x13 yellow cakes. We are accepting cakes in disposable pans from June 3<sup>rd</sup> to June 5<sup>th</sup> from 8 a.m. to 4 p.m. When you bake your cakes, please make sure that they are fully cooled before covering them. Covering a warm cake will cause it to sweat and will make the cake soggy and unusable. We want everyone to enjoy the fruits of your labor and we want to avoid food waste. Please turn them in at the front desk. We would love to have you be a part of the fun. This is always a fun event and we hope to see you there on Strawberry Cutting Day.

We are inviting all seniors to wear purple and attend the Longest Day Walk of Shelby County at Blue River Memorial Park on June 20, 2025. Registration begins at 8:30 a.m. and the walk begins at 9:00 a.m. I will be doing Buddy Bingo at this event. Come play Bingo with me and have a chance to win great prizes. This is a great way to get your steps in for the day and support a great cause. Register in-person the day of the event. No cost to participate. Donations are encouraged and appreciated, but not expected. We will have a group from the center walking – so come join us as we raise awareness about the fight against Alzheimer's. If walking is not your thing, come play Bingo with me instead.

Please be sure to scan your card every time you visit Shelby Senior Services. Scanning your card helps us help you. Be sure you are swiping the screen for each activity while here: classes, lunch, library, support groups, etc. Also, make sure you check Drop-In. Scanning your card helps staff identify what programs are of interest to members, provides important details for new grant proposals, identifies participation in programs eligible for grant funding, and helps staff members in case of emergency. If you do not have a scan card or have lost yours, please see me.

There should never be any barriers to you being able to attend center events. Please give me a call at (317) 398-0127 if you have any questions or concerns. You can also keep up to date on programming via the Shelby Senior Services Facebook Page and our website at <http://www.shelbyseniorservices.org>.

Crystala Evans, ADC  
Shelbyville Activity Coordinator

HAPPY  
*Birthday*

Alice Reddick June 2<sup>nd</sup>  
Lowell Williams June 9<sup>th</sup>  
Cindy Fair June 10<sup>th</sup>  
Vicki King June 12<sup>th</sup>  
Janice Montgomery June 12<sup>th</sup>  
Debbie Ray June 16<sup>th</sup>  
\*Holly Schrank June 17<sup>th</sup>  
Paul Sanders June 25<sup>th</sup>

## ACTIVITY HIGHLIGHTS

Please sign up as some activities have limited space. When there is a cost for an activity please pay at the Front Desk or call 317-398-0127 to sign-up over the phone via a credit card.

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

### **\*Taking Appointments for - Tell Your Story – Make**

**Your Mark** We are going to be continuing our Oral History recordings and we want to hear your story. We are interviewing all seniors over the age of 60. This is a great way to tell your story and we will archive it as a part of the History of Shelbyville. During your lifetime you have seen many great things, accomplished great achievements, and overcome many obstacles. Please contact 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!

### **\*Mondays in June 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 June at 10:00 a.m. Caffeinated and Connected Sessions** We are going to be playing board games during our Caffeinated and Connected Series. Please come and join the fun as we enjoy a fun Coffee Bar, eat donuts, and play a different game each week. The more the merrier! This will be a great way to get more comfortable playing new games. Come give it a try and enjoy something new.

### **\*Thursday, June 5<sup>th</sup> is Strawberry Cutting Day 10 a.m.**

**to 1 p.m.** Please sign-up to join us for Strawberry Cutting Day. We will be cutting at Girls, Inc. from 10 a.m. to 1 p.m. Bring a cutting board, colander, and a paring knife for the cutting. Lunch will be provided. As a “thank you” for volunteering we will also be handing out vouchers for a complimentary Strawberry Shortcake redeemable only during the Strawberry Festival, and while supplies last.

### **Friday, June 6<sup>th</sup> is Strawberry Festival 11 a.m. to 2**

**p.m.** We will be serving up Strawberry Shortcake on the circle and in the MHP parking lot from 11 am – 2 pm. Cost is \$8. Come taste summer!

*The center will be CLOSED on June 9<sup>th</sup>*

### **\*Wednesday, June 11<sup>th</sup> at 11:30 a.m. Lunch and Learn –Livable Communities COST \$5**

Join us for June's Lunch and Learn where we will discuss Livable Communities with Kay Koenig. We are going to learn about the ways that Livable Communities works to help our citizens with disabilities maneuver in our town. Come check it out. You must R.S.V.P. at the front desk by June 10<sup>th</sup>. The cost is \$5 and there is room for 30 people. Lunch will be sponsored by The Waters of Rushville. We are having sandwiches, fruit, chips, cookie and a drink.

### **\*Thursday, June 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. Robert Moore from Defender Financial will be here with donuts.

### **Thursday, June 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 “All The Beauty In The World” by Patrick Bringley. Everyone is to meet in the Meeting Room this month. All center members are welcome.

### **Thursday, June 12<sup>th</sup> at 1:00 p.m. – Movie Matinee “American President” and Popcorn**

We are going to be showing American President. Come and enjoy a movie and some popcorn while watching a fun movie. The movie is 2 hours and 9 minutes long.

### **\*Friday, June 13<sup>th</sup> at 9:00 a.m. Fun Friday Father’s**

**Day** Memories about Dad’s and memories about your own Father. Our prize table sponsor is Ashford Place. The Birthday cupcake sponsor is Freeman Family Funeral Home. Come play Bingo and have cupcakes with the June birthday gang.

## ACTIVITY HIGHLIGHTS

**\*Wednesday, June 18th at 9:30 a.m. Day Trip to Nashville, IN COST \$35** Bus departs at 9:30 a.m. We are going to be having lunch at The Farmhouse Café and Tea Room at the Flower and Herb Barn at 11:00 a.m. Then we are going to go to Second Story Studio for a printmaking class at 1:00 p.m.. Cost is \$35 and there is room for 11 people. You MUST be able to climb stairs unassisted and you MUST be able to walk long distances for this trip. Please wear appropriate clothing, comfortable shoes, hats, sunscreen, etc. You can bring a beverage in a bottle with a cap for extra hydration. Nashville is a cute little town and there are a lot of fun shops. We will be able to shop as time permits.

**\*Thursday, June 19<sup>th</sup> at 11:30 a.m. Summer Salad Lunch Pitch-In** Bring your favorite salad or side dish to share with the group. There is no charge for this luncheon. Drinks and paper products will be provided. Please sign up and let us know what kind of dish you are bringing. We hope to have a good variety. We will be playing games following the luncheon as we get ready for Joyful Road to tune up their instruments. Come and stay for the day.

**\*Thursday, June 19<sup>th</sup> at 3:00 p.m. Music and a Meal – Joyful Road Cost is \$7** We are going to be welcoming the Joyful Road to our center. Music at 3:00 p.m. and Meal at 4:00 p.m. The meal will be Chicken Alfredo, Spring Salad, Broccoli, Rolls with Butter, Fruit Cobbler, and a Drink. You must RSVP for this event by June 18<sup>th</sup>, and it is limited to 50 people.

**\*Friday, June 20<sup>th</sup> Registration starts at 8:30 a.m. Walk starts at 9:00 a.m. Longest Day Walk** of Shelby County– We are inviting all seniors to attend the Longest Day Walk at Blue River Memorial Park. This is a great way to get your steps in for the day and support a great cause. Register in-person the day of the event. No cost to participate. Donations are encouraged and appreciated, but not expected

**\*Friday, June 20<sup>th</sup> at 8:30 a.m. Day Trip to Blue River Memorial Park - Longest Day - Buddy Bingo** Join us as we wear purple in solidarity for the Longest Day and join the fight to outshine the darkness of Alzheimer's. You can join us for the Longest Day Walk, or if walking is not your thing you can play Buddy Bingo with Crystala Evans, Activity Coordinator at the park. Wear your purple to show your support. Sign-up to ride the bus with me from the center to the park. Bus leaves the center at 8:30 a.m. Room for 14 on the bus. Only sign-up at the front desk if you are riding the bus. Otherwise – meet us at Blue River Memorial Park for Bingo. We will have great prizes.

**Monday, June 23rd at 1:00 p.m. Committee Meeting** We will be having our quarterly Committee Meeting. Come out and join us as we discuss upcoming events, current procedures and policies, and ways to make our center work better for our clients. We value your feedback and ideas.


**\*Thursday, June 26<sup>th</sup> at 1:00 p.m. Price Is Right** We are going to play the Price Is Right with Donna Watkins from Heartland Hospice. You are not going to want to miss this! There will be prizes. If you come dressed up in a costume – you will be put in a drawing for a special prize. Get creative and come out for some fun.

**Friday, June 27th at 9:00 a.m. Fun Friday National Bingo Day and Sunglasses Day** Wear your favorite sunglasses and your lucky BINGO outfit. It is National Bingo Day. Let's party! Our Bingo sponsor is Compass Park.


**\*Monday, June 30<sup>th</sup> at 1:00 p.m. –Dance and Karaoke with DJ Moxy** We will be having a Party with DJ Moxy. 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.

**Thursday, July 3rd at 1:00 p.m. SCRABBLE** We are going to rack our brain and come up with our best words in SCRABBLE. This is always a fun game and everyone can play.





# CAFFEINATED AND CONNECTED



**Week One June 3rd 1**  
Let's Play SCRABBLE

**Week Two June 10th 2**  
Let's Play Yahtzee

**Week Three June 17th 3**  
Let's Play PHASE 10

**Week Four June 24th 4**  
Let's Play Uno

Join Our Weekly Game Series in June at 10:00 AM

Donuts and Coffee Each Week

CALL 317-398-0127 TO SIGN-UP

WWW.SHELBYSENIORSERVICES.ORG

## LUNCH AND LEARN



## LIVABLE COMMUNITIES June 11, 2025 11:30 A.M.

We are going to have a Lunch and Learn with Kay Koenig of Livable Communities. Lunch will be Subway sandwiches, chips, cookie and a drink.

Lunch Provided By:



Cost \$5  
Limited to 30 people

2120 Intelliplex Drive, Suite 101




## Summer Salad Luncheon

**JUNE 19, 2025**

LUNCH STARTS AT 11:30 AM  
WE ARE GOING TO HAVE A SUMMER SALAD LUNCHEON

NO COST  
LIMITED TO 30 PARTICIPANTS

THIS IS A PITCH-IN  
BRING YOUR FAVORITE SALAD TO SHARE. LET US KNOW WHAT YOU PLAN TO BRING AT THE FRONT DESK.



CALL 317-398-0127  
TO RESERVE YOUR SPOT

SHELBYSENIORSERVICES.ORG



## DAY TRIP NASHVILLE, IN JUNE 18TH

BUS LEAVES AT 9:30 A.M.  
FARMHOUSE CAFE AND  
SECOND STORY ART STUDIO



GET READY TO EXPLORE NASHVILLE, IN. JOIN US FOR LUNCH AT THE FARMHOUSE CAFE & TEA ROOM AT THE FLOWER AND HERB BARN. JOIN US AS WE RELAX AND ENJOY A NICE GLASS OF SASSAFRAS TEA. LUNCH AND SHOPPING AT YOUR COST. THEN WE WILL TRAVEL TO SECOND STORY ART STUDIO FOR A PRINTMAKING CLASS. YOU MUST BE ABLE TO CLIMB STAIRS.

**LIMITED TO 11 PARTICIPANTS  
COST IS \$35 PER PERSON**

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

FIND MORE INFORMATION AT WWW.SHELBYSENIORSERVICES.ORG





# JUNE ACTIVITY CALENDAR

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|--|--|--|---|
| <b>2</b> Produce Pick-Up<br>9:00 Tech Savvy Seniors<br>1:00 Mah Jongg                           | <b>3</b><br>10:00 Caffeinated & Connected<br>- SCRABBLE<br>1:00 Euchre<br>1:00 Painting, Knitting, Crochet,<br>and Open Crafting           | <b>4</b><br>9:15 Bible Study with Jim<br>1:00 Hand and Foot Card<br>Game   | <b>5</b><br>Strawberry<br>Cutting Day<br>@ Girls Inc.<br>10 am – 1 pm  | <b>6</b><br>Strawberry<br>Festival<br>11 am – 2 pm  |
| <b>9</b><br>Center Closed<br>Floating<br>Holiday  | <b>10</b><br>10:00 Caffeinated & Connected<br>- Yahtzee<br>1:00 Euchre<br>1:00 Painting, Knitting, Crochet,<br>and Open Crafting           | <b>11</b><br>9:15 Bible Study with Jim<br>11:30 Lunch and Learn –<br>Livable Communities Cost \$5<br>1:00 Hand and Foot Card<br>Game | <b>12</b><br>9:00 Coffee with the Mayor<br>9:30 POKENO<br>10:00 Tai Chi<br>1:00 Book Club – Meeting Rm<br>1:00 Movie Matinee                             | <b>13</b><br>9:00 Fun Friday – Father's Day<br>9:30 June Birthdays by Freeman's<br>9:30 Bingo by Ashford Place<br>1:00 Euchre<br>1:00 Dominoes                            |
| <b>16</b> Produce Pick-Up<br>9:00 Tech Savvy Seniors<br>1:00 Mah Jongg<br>1:30 Crockpot Class   | <b>17</b><br>10:00 Caffeinated & Connected<br>- Phase 10<br>1:00 Euchre<br>1:00 Painting, Knitting, Crochet,<br>and Open Crafting          | <b>18</b><br>9:15 Bible Study with Jim<br>9:30 Day Trip - Nashville<br>1:00 Hand and Foot Card<br>Game<br>2:00 Chair Volleyball      | <b>19</b> No CICOA - Juneteenth<br>9:30 POKENO<br>10:00 Tai Chi<br>11:30 Summer Salad Lunch<br>Pitch-In<br>3:00 Music and a Meal Cost \$7<br>Joyful Road | <b>20</b> Longest Day Walk<br>8:30 Day Trip – Longest Day Walk<br>9:00 Fun Friday – Purple for<br>Longest Day<br>9:30 Buddy Bingo in Park<br>1:00 Euchre<br>1:00 Dominoes |
| <b>23</b><br>9:00 Tech Savvy Seniors<br>9:00 Mah Jongg<br>1:00 Committee Meeting                | <b>24</b><br>10:00 Caffeinated & Connected<br>- Uno<br>1:00 Euchre<br>1:00 Painting, Knitting, Crochet,<br>and Open Crafting               | <b>25</b><br>9:15 Bible Study with Jim<br>1:00 Hand and Foot<br>2:00 Minute To Win It  | <b>26</b><br>9:30 POKENO<br>10:00 Tai Chi<br>1:00 Price is Right with Donna  | <b>27</b><br>9:00 Fun Friday – National Bingo<br>Day & Sunglasses Day<br>9:30 BINGO by Compass Park<br>1:00 Euchre<br>1:00 Dominoes                                       |
| <b>30</b><br>9:00 Tech Savvy Seniors<br>9:00 Mah Jongg<br>1:00 Dance & Karaoke<br>with DJ Moxxy | <b>1</b><br>10:00 Caffeinated & Connected<br>- Boardgame of Sorry<br>1:00 Euchre<br>1:00 Painting, Knitting, Crochet,<br>and Open Crafting | <b>2</b><br>9:15 Bible Study with Jim<br>1:00 Hand and Foot Card<br>Game   | <b>3</b><br>9:30 POKENO<br>10:00 Tai Chi<br>1:00 SCRABBLE  | <b>4</b><br>Center Closed<br>For July 4 <sup>th</sup><br>Holiday  |



June 2025



Aging & In-Home Solutions

A member of the  connect Alliance



 SCAN ME

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|---|--|--|---|---|
| <b>2</b><br>Sloppy Joe<br>Roasted Sweet Potatoes<br>Brussel Sprouts w/ Onion<br>WG Bun<br>Diced Pineapple<br>Milk   | <b>3</b><br>Chicken Parmesan<br>Parmesan Cheese<br>Apples w/Cherries & Almonds<br>Roasted Potatoes<br>Wheat Bread<br>Mango Cup<br>Milk | <b>4</b><br>Teriyaki Chicken & Noodles<br>Stir Fry Veggies<br>Fresh Orange<br>Milk   | <b>5</b><br>Grilled Chicken w/ Salsa & Cheese<br>Black Beans<br>Carrots<br>Corn Bread<br>Mandarin Oranges<br>Milk | <b>6</b><br>Turkey Ham & Beans<br>Diced Beets<br>Diced Carrots<br>Corn Bread<br>Mixed Fruit<br>Milk                   |
| <b>9</b><br>Oven Fried Chicken<br>Collard Greens<br>Whipped Sweet Potatoes<br>Orange Juice<br>Milk                  | <b>10</b><br>Smoked Pork Sausage w/Peppers & Onions<br>Peas<br>Roasted Potatoes<br>Wheat Bread<br>Strawberry Applesauce<br>Milk        | <b>11</b><br>Arroz Con Pollo<br>Fajita Vegetables<br>Corn & Black Beans<br>Diced Mango & Papaya<br>Milk                          | <b>12</b><br>Pot Roast w/Gravy<br>Mashed Potatoes<br>Broccoli<br>Wheat Bread<br>Applesauce<br>Milk                | <b>13</b><br>Vegetarian Chili<br>California Veggies<br>Roasted Sweet Potatoes<br>Corn Bread<br>Tropical Fruit<br>Milk |
| <b>16</b><br>Grilled Hamburger<br>Mac & Cheese<br>Festive Green Beans<br>Diced Pineapple<br>WG Bun<br>Milk          | <b>17</b><br>Braised Beef Over Egg Noodles<br>Collard Greens<br>Diced Carrots<br>Wheat Roll<br>Applesauce<br>Milk                      | <b>18</b><br>Beef Stew<br>Corn<br>Turnip Greens<br>Wheat Bread<br>Diced Peaches<br>Milk  | <b>19</b><br>Meal Site Closed<br><br>Happy Juneteenth!  | <b>20</b><br>Sliced Turkey w Southwest Pasta<br>Corn<br>Peas<br>Pudding Cup<br>Milk                                   |
| <b>23</b><br>Meatloaf w/ Gravy<br>Mashed Potatoes<br>Brussel Sprouts<br>Wheat Bread<br>Mandarin Oranges<br>Milk     | <b>24</b><br>Country Fried Steak w/Gravy<br>Spinach<br>Baked Potato<br>Tropical Fruit<br>Milk  | <b>25</b><br>Spaghetti/Meatballs<br>Parmesan Cheese<br>Italian Cut Green Beans<br>California Veggies<br>Mandarin Oranges<br>Milk | <b>26</b><br>Indiana Style Chili Mac<br>Mixed Veggies<br>Applesauce<br>Corn Bread<br>Milk                         | <b>27</b><br>Chicken Roma<br>Couscous<br>Roasted Carrots<br>Apples & Cherries w/ Almonds<br>Wheat Bread<br>Milk       |
| <b>30</b><br>Smothered Chicken Breast w/ Gravy<br>White and Wild Rice<br>Key West Veggies<br>Birthday Treat<br>Milk |  |   |   | <b>Cultural Meal Day</b><br><br> |

\*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 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. If you are unable to make your reservation, please call to let us know by 10am that day.

### **Activity Center Needs:**

Sweetener Packets – Splenda, Equal Packets, etc.  
Small Dessert Plates  
Square Napkins  
Rolled Silverware for Events  
Powdered Lemonade in a Can

### **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 have concluded. Reservations for 2025 filings will begin around January 2026. Stay tuned for more information or call 317-398-0127 with any questions.



SHELBY COUNTY ACTIVE AGING  
COALITION INVITES YOU TO

## **Join us at the Longest Day Walk of Shelby County**

**JUNE 20, 2025**

**AT BLUE RIVER  
MEMORIAL PARK  
REGISTRATION @ 8:30AM  
WALK & EVENT @ 9AM-12PM**

**HELP US RAISE  
AWARENESS FOR THE  
FIGHT AGAINST ALZHEIMERS**



This year-long in-person program is designed to help those who have pre-diabetes or who are at risk make lifestyle changes to delay or prevent developing Type 2 diabetes.

### **Sessions focus on:**

- Nutrition
- Physical activity
- Behavior changes

### **This program is free to eligible participants.**

Call 317.398.5315 or email Lisa Schnepf, lschnepf@majorhospital.org to learn more and see if you are eligible.

## WALDRON

### Join us at the Waldron Horizon Center!

Located at the Waldron Baptist Church, 112 Grant St. Waldron, IN. Open Tuesdays from 10:00am-2:00pm. For lunch reservations, call or text Debbie at 317-443-0332.

**10:00**—Coffee & Chat  
**11:00-11:45**—Exercises  
**11:45**—Lunch (cost \$5)

#### June 3

**Lunch:** Shelbi's Surprise

**Activity:** More surprises from Shelby

#### June 10

**Lunch:** Asian chicken cranberry salad, brownies

**Activity:** Cards and Conversation

#### June 17

**Lunch:** Ham & cheese wraps, yummy dessert

**Activity:** Debbie's Scotland & Ireland Trip

#### June 24

**Lunch:** Provided by Waldron Health Care

**Activity:** Cards and 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)

#### June 4

**Lunch:** Shelbi's Surprise

**Activity:** More surprises from Shelby

#### June 11

**Lunch:** Asian chicken cranberry salad, brownies

**Activity:** Cards and Conversation

#### June 18

**Lunch:** Ham & cheese wraps, yummy dessert

**Activity:** Debbie's Scotland & Ireland Trip

#### June 25

**Lunch:** Provided by Morristown Manor

**Activity:** Cards and Conversation

## DONATIONS

### Thank you to our donors:

|                      |                   |
|----------------------|-------------------|
| Barbara Askander     | Marjorie Kuhn     |
| Rebecca Benesh       | John Nedderman    |
| Laura Burkhardt      | Sandra Schoentrup |
| Linda Chandler       | Jane Sparks       |
| Janice & Tim Conway  | John Wetnight     |
| Valerie Donica       | Betty Zoelzer     |
| Barb Hoban-Alexander | Anonymous Donors  |

### 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, CICOA, Shelby Go, Horizon Center Committee Members, Dementia Friends of Indiana, Alzheimer's Association, SCUFFY, and Blue River Community Foundation.

## 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 June 19

Chair Volleyball June 26

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

**11:00-12:00**—Bible Study

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

### June 5 Strawberry Cutting at Girls Inc.

710 South Miller Street, Shelbyville

**10:00 am** Bring your own cutting board, bowl, and favorite knife!

We will have a pizza lunch there after the berries are all finished.

There will be no one at the Fairland Center this day before 12:45.

**\*\*\*WE WILL BE OPEN FOR EUCHRE at**

**1:00pm\*\*\***



Join us at Girls Inc. on June 5th from 10am-1pm to cut strawberries for our annual Strawberry Festival! Please bring a cutting knife and colander. Sign-up or call for questions at 317-398-0127 or [Irenton@shelbyseniorservices.org](mailto:Irenton@shelbyseniorservices.org)

### June 12 NO MEETING due to the Fish Fry June 13 &14

### June 19 "A Guy for the Guys"

...in honor of Father's Day

**Lunch:** Summertime Salad Pitch IN

**1:00** Let's see, what is something that most all guys like to either participate in or watch? SPORTS!

Today we will welcome Bob Gardner to share with us his many entertaining stories of High School Sport. Bob spent 48 years in education here in Indiana...starting as a teacher/coach in 1970 in Campbellsburg, Indiana and progressed all the way to the top of the high school sports world as executive director of the National Federation of High School Sports NFHS). Bob and his wife are members of First Christian Church in Shelbyville, where I have been attending. Several of the folks there have told me, "You need to get Bob to come and talk with your seniors. They would love him!" Well, this kind man with a wonderful voice graciously accepted my invitation! I am certain this will be a great afternoon!!

### June 26 Music Time!

**Lunch:** TBA

**1:00** Bob Foster on guitar and Bill James on clarinet will be here to make some music with me. I hope our resident mandolin player might join in too! Songs to sing along on, tap your toes to, and warm our hearts. "It's been a long, long time"





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**317-398-6060**

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Shelbyville, IN 46176

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