



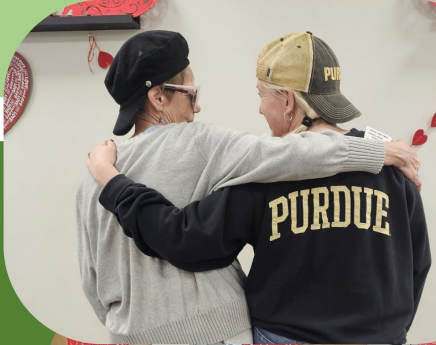
Shelby Senior Services, Inc.

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

March 2025

Lucky



to have our seniors

STAFF

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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Management Team

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

Horizon Center Coordinators

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

Program Staff

Abbagail Kirk, Health & Wellness Coordinator
Jessie Hundley, Social Services Coordinator
Holly Schrank, Dispatcher
Gina Batton, Bookkeeping
Carol McDaniel, Travel Coordinator
Will Mitchell, IT Coordinator

ShelbyGo Drivers

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

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“Serving seniors, Improving lives”

VOLUNTEERS NEEDED!

Shelby Senior Services is looking for Front Desk Volunteers!



Front desk volunteers assist in activity sign-ups, membership registration, greeting members, and more! This is a weekly position available to anyone who has a heart for seniors.

Shifts available are Monday, Tuesday, or Friday from 12-4pm

Contact Liz Renton at 317-398-0127 or lrenton@shelbyseniorservices.org



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

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SOCIAL SERVICES



Jessie Hundley
Social Services Coordinator

Important Alert: Be Aware of Common Scams Targeting Seniors

I want to remind everyone to be vigilant against scams that are increasingly targeting seniors. Scammers often use deceptive tactics to gain access to personal information or money, so it's crucial to stay alert and know what to look out for.

Common Scams to Watch For:

- **"Grandchild Emergency" Scam:** A caller pretends to be a grandchild in urgent need of money, often claiming to be in a legal or medical crisis.
- **IRS Imposter Scam:** Someone claiming to be from the IRS contacts you demanding immediate payment for supposed back taxes, often threatening legal action.
- **Tech Support Scam:** A caller claiming to be from a tech company contacts you about a computer problem and asks for remote access to your computer to "fix" it, then steals personal information or use scare tactics to trick victims into paying for unnecessary technical support services.
- **Medicare Fraud:** Individuals posing as Medicare representatives requesting personal information or pushing unnecessary medical services.
- **Romance Scams:** Fake online profiles created to build trust and then ask for money or personal details.

How to Protect Yourself:

Never give out personal information like your Social Security number, bank account details, or credit card information to someone you don't know and trust.

Verify the identity of callers: If someone claims to be from a reputable organization, ask for their contact information and call them back independently to verify.

Be cautious about high-pressure tactics: Don't feel pressured to make a decision, especially if someone is demanding payment or personal information.

Don't click on suspicious links or attachments: Be wary of emails or texts with unexpected requests or links and never click on them without verifying the sender.

Report suspicious activity: If you believe you've been targeted by a scam, report it to the authorities and to the relevant organization immediately.



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



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

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Needed Pantry Items:

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

Produce Pick-Up Days:

Monday, March 3rd
Monday, March 17th
12-4pm

SHELBYGO TRANSPORTATION



Easter Hall-Beyer
Director of Transportation

ShelbyGo would like to welcome a new driver to the team, Joy! Say hi to her next time you're riding with ShelbyGo!

Please remember you need to call several days in advance to get on the schedule. Same day calls are almost impossible for us to accommodate.

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—4:30pm

Please call (317) 398-0127 or (317) 398-7614 to schedule a ride.

Weather closings will be announced on Channel 13 WRTV, GIANT FM 96.5, and the Shelby Senior Services Facebook page.

MEMBER SPOTLIGHT



Alice Reddick

Alice Reddick is not only a member of our Shelby Senior Services family, but she is also a very valued volunteer at our front desk. Alice greets everyone who enters our doors with a smile and a listening ear. She works hard answering the phones, signing up people for activities, receiving donations and payments, and answering questions for new members. We are so grateful for Alice, especially during tax time. She is a jewel of a volunteer. We appreciate all that she does for us each week. Alice married Don - the love of her life 60 years ago. She moved from her hometown in Illinois to Greensburg, Indiana in 1965 and then Waldron in 1972. They had three beautiful daughters together. Her middle daughter Andrea works for our sister organization, ShelbyGo. Alice has 8 grandchildren and 16 great-grandchildren that she adores. She has been the Secretary for Lewis Creek Baptist Church for 36 years. She likes to read books, crochet, and play cards. Alice plays Euchre with two different groups of friends once a month in Waldron. Their groups have been going strong for 40 years. We are so thankful for volunteers like Alice. They are the heart of our organization.

TRAVEL



Carol McDaniel
Travel Coordinator

The Baja California Cruise was a trip that interested me from the first time I saw the itinerary. Our Shelby Senior Services group travels have taken us to the Pacific Northwest from Seattle to San Francisco, but Southern California was not included in that trip. So, when I saw that San Diego, Catalina Island and Ensenada were the destinations, I said "Sign us up!"

San Diego is a sprawling metropolis with about 1.5 million people. I was surprised that it had so much to offer in the way of experiences. The charming Old Town district became our hub to see the famous San Diego Zoo, the USS Midway Museum, Balboa Park and Coronado Island.

Highlights for me included the Hotel del Coronado where famous celebrities and world leaders entertained guests from all over the world. In keeping with the theme, the elegant decor of the interior was topped off, literally, with hand-crafted crown chandeliers.

Of course, the USS Midway ship, decommissioned in 1992, fascinated us with veteran volunteers sharing their WWII details of service. Launched in 1945 just as the war was winding down, it is best known for the Battle of Midway, the U.S. Navy's greatest victory, which is documented in a film shown in the theater on the ship. The ship housed 4,500 crew, is 1,001 feet long, has 18 decks and was the flight deck for war planes, many of those on display permanently.

When going over the itinerary, I wondered why we were going to the zoo. Weren't we a little mature for that experience? When we arrived, I wondered no more! Located in Balboa Park, the 100 acre zoo, founded by Dr. Harry Wegforth in 1916, allows guests to come within feet of the more than 4,000 individual animals. We were shuttled on double decker buses around the entire park up and down steep hills to view species in their "natural" habitats. A male and female lion slept on their sides just a few feet from the bus as we passed. The male lion glanced our way briefly as if to say "I'm resting here, go away!" then stretched out, closed his eyes and continued his nap. Most fascinating for me were the two Pandas, each in its own part of the exhibit. The male was sitting curled up in a ball snoozing beside the pond. The female decided to perch on its back, feet in the air, on top of a bush-like bed, just enjoying the sunshine. What a life!

Life on a cruise ship is pretty spectacular, too. Gourmet meals, entertainment, a casino, special music and comedy in the restaurants and bars all day long comprise a pretty nice experience. We boarded the Carnival Radiance after a morning bus tour of Los Angeles. Our guide made it possible to make several stops around Los Angeles to see places such as Grauman's Chinese Theatre, home to the academy awards, made famous with the celebrities' stars, handprints and signatures on Hollywood Boulevard.

Sailing to Catalina Island was next on the agenda. Only 24 miles off the coast of Los Angeles, its main town is Avalon. It's harbor is horseshoe-shaped with quaint shops featuring local crafts, upscale dress shops, souvenir shops, and at its far point, a round, picturesque casino still in use as a community gathering place. Many of the prominent homes on the steep hillsides surrounding the town are owned by prominent business people. The Wrigleys of Wrigley Field fame, part of the wealthy jet-setters from around the globe, still own homes and support the arts and community there. I guess it's OK to chew gum in Avalon!

The last destination on the itinerary was Ensenada, Mexico. It was a hard choice to make when deciding what to do. Our choices were going to the beach, experiencing La Bufadora where a natural geyser erupts and sprays water about 50 feet high, or leisurely strolling through outdoor charming boutiques and shops selling local crafts and clothing and silver jewelry.

All in all, the Baja California Cruise was an enjoyable trip. Come and travel with us, we would love to have you join us! Call 317-398-0127 for more information.

HEALTH & WELLNESS



Abbagail Kirk
Health & Wellness Coordinator

As some may or may not know, my enchanting journey with Shelby Senior Services is drawing to a close. I have chosen to heed the whisper of my heart and embark on a new path. This decision has been one of the most challenging I've faced in my life! I want each and every one of you to understand just how essential you have been during my time here. I am deeply grateful for the opportunity to grow in my career and to be part of this remarkable team. What a stellar family we have nurtured together! I wish my successor a seamless transition into this warm and loving community. I take immense pride in my work here, the bonds I've formed, the growth I've experienced, and the support and collaboration we've shared. Thanks to all my vibrant seniors, I have triumphantly surpassed my annual goals for three consecutive years! I am now ready to embrace the next chapter of my career. Thank you all for equipping me with the skills and courage to shine my brightest, turning my role into a true success story! WHAT A WILD THREE YEARS THIS HAS BEEN! BIG! BIG!! BIG LOVE!!!

Health & Wellness Highlights:

Chair Volleyball—Monday, March 3 & 31 at 1:30pm

Crockpot Class—Monday, March 17 at 1:00pm

Rock Steady Boxing—Every Tuesday & Thursday at 4pm

Tai Chi—Every Thursday at 10am

Bowling—Every Friday at Blue River Bowl at 12pm

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SHELBYVILLE HORIZON CENTER



Crystala Evans
Shelbyville Activity Coordinator

Spring is on the way!!! March is here and we are going to have a lot of great things on the calendar for the bodies, minds, and souls of our seniors. March starts us off with Mardi Gras, moves onto St. Patrick's Day and then we head towards Easter. So many great things to celebrate. We are going to take a trip to see Maple Syrup Tapping at Southeastway Park. There will be a very informative talk about what all goes into making Maple Syrup. After the tour we are headed to Rustic Root Tea Room for lunch and a warm cup of tea. Then to sum up the day we are going to a new place called Popcorn World. They are excited to have us visit and sample some of their signature flavors. Music and a Meal is going to be exciting with the Raccoon Lake Sax Quartet. Come listen to some great music and then enjoy a nice helping for Chicken and Noodles for dinner. These are just a few of all of the fun things that we have planned for March.

Come on out and be a part of our Committee Meeting. We will gather on March 10th to discuss all of the great things that we want to do in 2025. Suggestions and ideas are discussed and we can get new things on the calendar based on your feedback.

The Indianapolis Opera is coming to Shelbyville! Save the Date – April 9th at 1:00 p.m. We cordially invite you to the new Wortman Family Civic Theatre located at 1416 Miller Avenue, Shelbyville, IN 46176. The performance is FREE of charge and is open to anyone in Shelby County – especially seniors. The performance is funded with grants from the Blue River Community Foundation. Come check out the new facility and enjoy the opera. You are not going to want to miss this!

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

Review all of the activities and please check out the newsletter Activity Calendar. Sign up for some of our fun programs. We have an amazing calendar that is full of things to do. You can also keep up to date on programming via the Shelby Senior Services Facebook Page and our website at <http://www.shelbyseniorservices.org>. If you have a question about a program please call us at the center at (317) 398-0127.

Crystalá Evans, ADC
Shelbyville Activity Coordinator

HAPPY
Birthday

Chuck Oswald 5th
David Platt 5th
Mark Sexton 6th
Susan Sedam 13th
David Miller 15th
Laura Burkhardt 22nd
Tim Kindred 26th
George Glendenning 31st

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 March 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 March at 9:00 a.m. Caffeinated and Connected Sessions** We are going to be teaching Tablet How-To classes during our Caffeinated and Connected Series. Please come and join the fun as we enjoy a fun Coffee Bar, eat donuts, and cover a different Technology Topic for each week. The more the merrier! This will be a great way to get more comfortable using technology.

Monday, March 3rd and 31st at 1:30 p.m. Chair Volleyball

That's right – we are playing Chair Volleyball and this is going to be a fun-filled activity. It is also Produce Pick-up Day – so come play Chair Volleyball and then take home your produce.

***Tuesday, March 4th and 25th - Mobile Nails By A'del - By Appointment from 9:00 a.m. to 2:00 p.m.**

We are going to continue offering 30-minute Senior Polish Sessions in March with Mobile Nails By A'del Moore. Manicures only for natural nails. No Pedicures or Acrylic Nails during these sessions. There is no cost, but donations are greatly appreciated.

***Thursday, March 6th 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.

***Thursday, March 6th at 1:00 p.m. Coffee and Canvas Cost \$25**

We will be doing a canvas class with Mindy Martin. Feel free to bring your own brushes, or we will have some available. Cost is \$25 and we are limited to 10 participants. Please sign-up.

Friday, March 7th at 8:30 a.m. Pop-Up Shop with Julie Rogers

We are going to have a Pop-Up Shop and this month it is going to be filled with great gift items that are made with love by Julie Rogers. 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, March 7th at 9:00 a.m. – Fun Friday – Highland Plaid Day

We are going to celebrate this Fun Friday by wearing our best plaid. We are celebrating the March month starting off with Highland Plaid. You can wear a plaid hat, scarf, pants, etc. Let me see what kind of fun plaid that you can come up with. Prize table sponsored by McKay Manor.

Monday, March 10th at 1:00 p.m. Committee Meeting

We are hoping to be able to discuss 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. If you are not able to make this meeting we do have a suggestion box located in the Horizon Center.

***Wednesday, March 12th at 11:30 a.m. Lunch and Learn – Eating Healthy On a Budget COST \$5**

Join us for March's Lunch and Learn to enjoy a delicious lunch. We will discuss tips and tricks to Eating Healthy on a Budget. Come check it out. You must R.S.V.P. at the front desk by March 10th. The cost is \$5 and there is room for 20 people.

ACTIVITY HIGHLIGHTS

***Thursday, March 13th bus departs at 9:30 a.m. Day Trip – Maple Syrup Tapping, Tea and Popcorn COST \$6** Day Trip to Southeastway Park to learn about Maple Syrup Tapping. This trip starts outdoors and we want you to dress for the weather. Wear shoes that can get muddy. Then we are going to the Rustic Root Tea Room for lunch. Ending our day with a trip to Popcorn World where we will sample popcorn and learn about how it is prepared. Cost is \$6 and covers the Syrup tour. Lunch and popcorn is at your expense. Room for 14 people. Reserve your spot today.

Thursday, March 13th 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 Pursuit of Happyness” by Chris Gardner. Everyone is to meet in the SSS Room. All center members are welcome.

Thursday – March 13th at 2:00 p.m. – Movie Matinee “The Pursuit of Happyness” and Popcorn We are going to be showing “The Pursuit of Happyness” with Will Smith. Come and enjoy a movie and some popcorn while watching a fun movie. The movie is 1 hour and 57 minutes long.

Friday, March 14th at 9:00 a.m. Fun Friday St. Patrick’s Day and March Birthdays Wear your green for St. Patrick’s Day. Our prize table sponsor is Ashford Place. Birthday cupcakes sponsored by Lois Thomas. Come play Bingo, win prizes, have cupcakes, and celebrate with the March birthday gang.

***Monday, March 17th at 1:00 p.m. –St. Patrick’s Day Dance and Karaoke with DJ Moxy** We will be having a St. Patrick’s Day 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, March 20th at 1:00 p.m. Medicare 101 with Robert Moore** Robert Moore will be here to discuss Medicare 101. He is a representative of Defender Financial Group and he has a wealth of knowledge. He would love to discuss the basics of Medicare and the way the plans work.

***Thursday, March 20th at 3:00 p.m. Music and a Meal with Raccoon Lake Sax Quartet COST \$7** We will have entertainment with Raccoon Lake Sax Quartet at 3:00 p.m. Then we are going to have a meal from Your Way Catering at 4:00. We are going to have chicken and noodles, mashed potatoes and gravy, green beans, rolls with butter and brownies for dessert. Cost is \$7 and we are limited to 50 people.

Friday, March 21st at 9:00 a.m. Fun Friday – Trisomy 21 – World Down Syndrome Day Today we are raising awareness for those with Down Syndrome. It is also known as Trisomy 21. Join us by wearing your blue and yellow. We will be wearing our “Sam’s Squad” shirts in the office. March 21,2025 marks World Down Syndrome Day and we are excited to support all of the beautiful people who make our days brighter. Our Bingo prize table is going to be sponsored by Morristown Manor and Cypress Run. Come join the fun. A big “thank you” to Morristown Manor for their support of our activities. We appreciate you!

***Monday, March 24th at 1:00 p.m. Kitchen Fun with Barbara McFarland** We are going to make a Tuscan Bean Soup. Come watch Barb prepare this delicious soup and then have some samples.

***Monday, March 24th at 2:00 p.m. Pre-Planning Appointments with Freeman Family Funeral Homes** After our cooking session we are going to have open appointments for you to schedule a pre-planning appointment from 2:00 to 4:00. Each appointment can be 30 minutes to 1 hour long. Schedule your appointment at the front desk. Barbara will be here to help you start the pre-planning process and get the ball rolling.

***Thursday, March 27th at 1:00 p.m. Crafts with Erica from Millers Merry Manor** We are going to be doing some fun crafts with Erica. There is no cost for the craft session. Come try your hand at something new.

Friday, March 28th at 9:00 a.m. Super Hero Day We are going to embrace our superpowers and celebrate Super Hero Day. You can put on a mask, wear a crown, or a cape. Our Bingo sponsor is Compass Park. 13 We want to get ideas for our upcoming Super Hero themed Christmas tree for 2025.

Shelby Senior Services Presents

MUSIC & A MEAL



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THURSDAY - MARCH 20, 2025

COST IS \$7 PER PERSON

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4:00 MEAL

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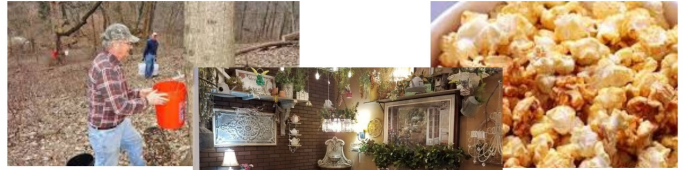
Entertainment and Food Cost

2120 Intelliplex Drive, Suite 101

www.shelbyseniorservices.org



Day Trip- Maple Syrup Tapping at
Southeastway Park, Rustic Root for
Lunch and Popcorn World



March 13, 2025



Cost \$6, Limited to 14 participants

We are going to depart the center at 9:30 a.m. Travel to Southeastway Park to learn about Maple Syrup and see tree tapping. Then we will travel to Rustic Root for lunch and tea. Ending our journey with a trip to Popcorn World to sample some specialty popcorn flavors and learn about their mission.

RSVP By Calling (317) 398-0127

2120 Intelliplex Drive
Shelbyville, IN 46176

shelbyseniorservices.org



CAFFEINATED AND CONNECTED



Week One
March 4th

Understanding the Ipad

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

Join Our Weekly Series in March at 9:00 AM

Week Two
March 11th

How To Navigate the Internet

Learn how to navigate the Internet Internet 101

Week Three
March 18th

How to Set up and Use Email

Learn how to set up and email address. Email basics

Week Four
March 25th

How To Use Apps

Learn about different Apps and How to Use Them

Donuts and Coffee Each Week

CALL 317-398-0127 TO SIGN-UP

WWW.SHELBYSENIORSERVICES.ORG

Join us for a
Volunteer Recognition Party
honoring

ROSE ALLEN

April 7, 2025
at 1:00 P.M.

All are invited to come celebrate. Cards and notes of love are appreciated. We hope to see you there.

Shelby Senior Services
2120 Intelliplex Drive, Suite 101
Shelbyville, IN 46176

Questions - call 317-398-0127



MARCH ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Produce Pick-Up 9:00 Tech Savvy Seniors 1:00 Mah Jongg 1:30 Chair Volleyball	4 Mardi Gras – Fat Tuesday 9:00 Mobile Nails by A'del 9:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	5 Ash Wednesday 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game	6 9:00 Coffee with The Mayor 9:30 POKENO 10:00 Tai Chi 1:00 Coffee & Canvas with Mindy Cost \$25	7 Pop-Up Shop with Julie Rogers 9:00 Fun Friday – Highland Plaid Day 9:30 BINGO by McKay Manor 1:00 Euchre & 1:00 Dominoes
10 9:00 Tech Savvy Seniors 9:00 Mah Jongg 1:00 Committee Meeting	11 9:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	12 9:15 Bible Study with Jim 11:30 Lunch and Learn – Healthy Eating on a Budget Cost \$5 1:00 Hand and Foot Card Game	13 9:30 POKENO 9:30 Day Trip – Maple Syrup Trip COST \$6 10:00 Tai Chi 1:00 Book Club 2:00 Movie Matinee	14 Pi Day 9:00 Fun Friday – St. Patricks Day 9:30 March Birthdays by Lois Thomas 9:30 Bingo by Ashford Place 1:00 Euchre 1:00 Dominoes
17 Produce Pick-Up 9:00 Tech Savvy Seniors 1:00 Dance & Karaoke with DJ Moxxy – St. Patricks Day 1:00 Crockpot Class	18 9:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	19 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game	20 9:30 POKENO 10:00 Tai Chi 1:00 Medicare 101 with Robert Moore 3:00 Music and a Meal COST \$7 with Raccoon Lake Sax Quartet	21 9:00 Fun Friday – Down Syndrome Day – Trisomy 21 9:30 BINGO by Morrilstown Manor 1:00 Euchre 1:00 Dominoes
24 9:00 Tech Savvy Seniors 1:00 Mah Jongg 1:00 Kitchen Fun with Barbara McFarland 2:00 Pre-Needs Appts.	25 9:00 Mobile Nails by A'del 9:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	26 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game	27 9:30 POKENO 10:00 Tai Chi 1:00 Craft with Erica from Millers Merry Manor	28 9:00 Fun Friday - Super Hero Day 9:30 BINGO by Compass Park 1:00 Euchre & 1:00 Dominoes
31 9:00 Tech Savvy Seniors 1:00 Mah Jongg 1:30 Chair Volleyball	1 9:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	2 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game	3 9:30 POKENO 10:00 Tai Chi 1:00 SCRABBLE	4 9:00 Fun Friday – Yearbook Day 9:30 BINGO by McKay Manor 1:00 Euchre & 1:00 Dominoes

March 2025



SCAN ME

Monday	Tuesday	Wednesday	Thursday	Friday
3 Sloppy Joe Roasted Sweet Potatoes Brussel Sprouts w/ Onion WG Bun Diced Pineapple Milk	4 Chicken Parmesan Parmesan Cheese Apples w/Cherries & Almonds Roasted Potatoes Wheat Bread Mango Cup Milk	5 Teriyaki Chicken & Noodles Stir Fry Veggies Fresh Orange Milk	6 Chicken Cacciatore Mashed Potatoes Broccoli Wheat Bread Diced Peaches Milk	7 Almond Crusted Fish Turnip Greens Baked Potato Diced Peaches Milk
10 Oven Fried Chicken Collard Greens Whipped Sweet Potatoes Orange Juice Milk	11 Turkey Ham & Beans Diced Carrots Diced Beets Corn Bread Mixed Fruit Milk	12 Smoked Pork Sausage w/Peppers & Onions Peas Roasted Potatoes Wheat Bread Strawberry Applesauce Milk	13 Pot Roast w/Gravy Mashed Potatoes Broccoli Wheat Bread Applesauce Milk	14 Vegetarian Chili California Veggies Roasted Sweet Potatoes Corn Bread Tropical Fruit Milk
17 Grilled Hamburger Mac & Cheese Festive Green Beans Diced Pineapple WG Bun Milk	18 Braised Beef Over Egg Noodles Collard Greens Diced Carrots Wheat Roll Applesauce Milk	19 Beef Stew Corn Turnip Greens Wheat Bread Diced Peaches Milk	20 Bagel w/ Pork Sausage, Egg & Cheese Roasted Sweet Potatoes Sliced Apples Milk	21 Sweet Potato Pollock Roasted Potatoes Broccoli Wheat Bread Sunflower Seeds Milk
24 Chicken Cordon Bleu Asparagus Roasted Potatoes Mixed Fruit Milk 	25 Country Fried Steak w/Gravy Spinach Baked Potato Tropical Fruit Milk	26 Spaghetti/Meatballs Parmesan Cheese Italian Cut Green Beans California Veggies Mandarin Oranges Milk	27 Indiana Style Chili Mac Mixed Veggies Applesauce Corn Bread Milk	28 Potato Pollock Tartar Sauce Peas and Corn Collard Greens Wheat Bread Tropical Fruit Milk
31 Smothered Chicken Breast w/ Gravy White and Wild Rice Key West Veggies Birthday Treat Milk				Cultural Meal Day 

*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.

Activity Center Needs:

Hot Cocoa Packets
Sugar, Equal and Sweet & Low in Packets
Individually Wrapped Snacks

Legal Aide Services:

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

SHIP Services:

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

Tax Services:

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

VOLUNTEER OPPORTUNITIES

Are you interested in volunteering at
Shelby Senior Services?

Volunteer Opportunities:

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

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



WALDRON

Join us at the Waldron Horizon Center!

Located at the Waldron Baptist Church, 112 Grant St. Waldron, IN. Open Tuesdays from 9:30am-2:00pm. For lunch reservations, call or text Debbie at 317-443-0332.

9:30—Coffee & Chat

11:00-11:45—Exercises with Abbi

11:45—Lunch (cost \$5)

March 4

Lunch: Chili, crackers, celery, peanut butter sandwiches, Dessert

Activity: Games, Cards & Conversation

March 11

Lunch: Spaghetti & Meatballs, Garlic Bread, Pie

Activity: St. Patrick's Day fun

March 18

Lunch: Sloppy Joes, Fries, Veggies, Dessert

Activity: Games, Cards & Conversation

March 25

Lunch: Loaded Baked Potato Bar, Dessert

Activity: Something Exciting!

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 with Abbi

12:00—Lunch (cost \$5)

March 5

Lunch: Chili, crackers, celery, peanut butter sandwiches, Dessert

Activity: Games, Cards & Conversation

March 12

Lunch: Spaghetti & Meatballs, Garlic Bread, Pie

Activity: St. Patrick's Day fun

March 19

Lunch: Sloppy Joes, Fries, Veggies, Dessert

Activity: Games, Cards & Conversation

March 26

Lunch: Loaded Baked Potato Bar, Dessert

Activity: Something Exciting!



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 March 6 & 20

Chair Volleyball March 13 & 17

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

11:00-12:00—Bible Study

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

March 6 First Thursday Euchre

Lunch: Sloppy Joes, potato salad, veggie tray and dessert

1:00 Euchre tournament

...prizes for High and Low Scores

Crock Potting #8 in back room

March 13 "Getting to Know You..." meeting Jessie

Lunch: Baked potato and salad bar, desserts

1:00 Jessie Hundley, Social Services Coordinator at SSS, will be here to discuss the impact of Alzheimer's and Dementia in our community. She will also share info on resources available to us including support groups that she leads here in Shelby County.

March 20 Jeopardy! Wear green today!

Lunch: Mary Noble's chicken and dumplings, mashed potatoes, green beans, and dessert

1:00 Abbi's new and improved Jeopardy—We worked the kinks out in January with our first ever team Jeopardy. Before she left, Abbi created a new version that will be simpler for all of us! Come and have a blast!

March 27 "Patsy Cline Tribute"

Lunch: Judy Berry's baked spaghetti casserole, salad, garlic bread, and dessert

1:00 Ginny Spillman, as "Miss Patsy Cline" is a central Indiana native who discovered her love for singing in a small church in Amo. Her talents flourished after marriage, leading to numerous accolades in Indiana's theatre scene. From winning awards to headlining as Patsy Cline, Ginny's journey spans stages, chapel and racetracks. She comes to us today, fresh off a tour of Florida Senior communities and theatres.

A note from Kathy...

With Abbagail's departure, we must postpone the continuation of Matter of Balance classes until a new person has had time to train and be certified. Hopefully we can pick that back up in April. We will go back to our regular time schedule for March, opening at 9:30am.

DONATIONS

Thank you to our donors:

Betty Blackburn

Laura Burkhardt

Cindy Fair

Bill Merrick

Kara Zagar

Anonymous Donors

In Memory of:

Bertha Fischer

Given by: David Platt

Katherine Platt

Given by: David Platt

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

Shelby County Active Aging Coalition members, Robert Moore, 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.

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

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

Author Unknown



Glenn E. George & Son Funeral Home

437 Amos Road, Shelbyville IN 46176
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765-525-2411



Shelby Senior Services, Inc.
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Shelbyville, IN 46176

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