



Shelby Senior Services, Inc.

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

May 2025

SHELBY SENIOR SERVICES ANNUAL

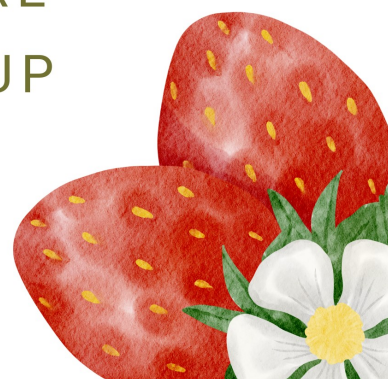
STRAWBERRY FESTIVAL

JUNE 6TH
11AM - 2PM

STRAWBERRY
SHORTCAKE
& ICE CREAM | \$8

LOCATED AT:

SHELBYVILLE PUBLIC SQUARE
& MHP PARKING LOT WALK-UP
OR DRIVE-THRU



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

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Easter Hall Beyer, Director of Transportation

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Kathy Miller, Fairland
Debbie Stafford, Waldron & Morristown

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

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“Serving seniors, improving lives.”



Liz Renton
Executive Director

LETTER FROM THE DIRECTOR

Strawberry Festival is just around the corner! We are busy making plans and preparing for 800 lbs of strawberries. There is so much that goes into planning this great event and as always, we need your help to make it another successful year. Volunteers contribute so much to this event—both the day of and behind the scenes leading up to it. There will be sign-up sheets at the front desk for Strawberry Cutting Day and cake donations. You can also call 317-398-0127 or email me lrenton@shelbyseniorservice.org for more information or to add your name to the list. This is such a great community event and it truly takes everyone to make it that way. There will again be two locations, downtown Shelbyville where the Mayor will be hosting Government Day and in the MHP parking lot with a drive-thru option available. I hope to see you June 6th from 11am—2pm at our Annual Strawberry Festival!

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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SOCIAL SERVICES



Jessie Hundley
Social Services Coordinator

Hello, Seniors!

As the weather warms and the days get longer, we want to remind everyone that our food pantry is here to support homebound seniors with nutritious food and resources. The Shelby Senior Services Food Pantry is committed to ensuring that our senior citizens have access to the food they need to thrive and remain independent in their homes for as long as possible.

- **Spring Food Drive:** Please consider joining us at the Shelbyville Senior Center for a food drive to help stock our pantry. We need donations of non-perishable items & canned goods. Our most needed items are peanut butter, beans (bagged or canned), hearty soups, and toilet paper.

How You Can Help:

- **Donate:** Your donations, whether monetary or food items, help us provide food to those in need.
- **Volunteer:** We always need volunteers to help with sorting, stocking, and delivery.
- **Spread the Word:** Share our newsletter and information about our pantry with your friends and neighbors



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.



Dementia Caregiver Gathering

Presented by: Alzheimer's Association, Greater Indiana Chapter

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

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



Build a support system with people who understand.

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

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

800.272.3900 | alz.org

Needed Pantry Items:

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

Produce Pick-Up Days:

Monday, May 5
Monday, May 19
12-4pm

SHELBYGO TRANSPORTATION



Easter Hall-Beyer
Director of Transportation

With the construction going on in the town and the outlying areas of town, this will hold up ShelbyGo's timing. Please be patient with the drivers and dispatch. Thanks in advance.

PICK UP WINDOW

ShelbyGo Public Transportation has a 30 minute pick-up window. This means that the van can arrive to pick you up anytime from **30 minutes before** and they only wait **5 minutes** after your scheduled pick-up time.

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

CANCELLATIONS AND NO SHOWS

It is important that if you don't need your trip, you cancel as soon as possible or at least 2 hours prior to your scheduled pickup time. Cancellations can be left on our voicemail when the office is closed. If the van arrives to pick you up and the driver cannot locate you or you have failed to cancel your trip at least 2 hour prior to your scheduled pickup time you will be considered a No Show. No Shows waste time and money, make other passengers late, and cause service denials to others. Shelby go clients will be charged for a no show fee as well.

MEMBER SPOTLIGHT



Lois Antley

Lois Antley grew up in Richmond, Indiana. Her father was Reverend Lester Maples. He was a Baptist preacher for 50 years. Lois was raised learning all about the Lord, and she loves to read her bible. She was happily married to Doug for 19 years. They lived in Fountain City. He was the love of her life, and he brought her great joy. She is the mother of three boys Wade, William and Wesley. She has 12 grandchildren and 5 great-grandchildren, as well as several step-family members. Lois loves her boys dearly. Being a grandmother and great-grandmother is something that makes Lois very happy. She is very proud of her family. Lois recently welcomed her newest great-grandson, Reign, into the world.

Lois came to Shelbyville and hardly knew anyone. Since moving to Shelbyville she has joined Hope's Point Baptist Church, and she has met many wonderful people. Lois is an active member of Shelby Senior Services. Her favorite activities are Bible Study, Chair Volleyball, Dance and Karaoke, Music and a Meal, and Bingo. She has made so many friends here, and she likes talking to everyone. Anyone who knows Lois, knows that she loves Elvis. She always wins when we have trivia questions about Elvis. Lois also enjoys shopping. She loves Vera Bradley purses and pretty jewelry. She always comes to the center dressed nice. Her favorite are wearing things that Praise the Lord.

Lois Antley is a friend to all who know her. She is always there with a kind word for others. Her presence is such a blessing at our center. We are blessed to have her as apart of our center family. She wanted us to share this quote, "I am doing alright with the Lord's help." This is true for each of us every day.

TRAVEL



Carol McDaniel
Travel Coordinator

Shelby Senior Services recently sponsored a trip to Australia and New Zealand. What follows is a view of the countries through the eyes and notes taken by traveler Sherry Ponsler.

After a long plane ride, the group landed in Cairns City, Australia. Sherry noted that it was very humid. It is summer there right now.

The group enjoyed free time to get acquainted with the area. They began with a walk-about of the nearby gardens and a lagoon, and they enjoyed seeing the beautiful lights on the trees. Nearby, a Ferris wheel and small group of fishing boats dotted the scenery.

The trip featured many boat rides in various watercraft, including an old steam boat reminiscent of the African Queen boat captained by Humphrey Bogart. Aboard this steam boat the group was treated to a guitar player who enlisted them to be backup singers.

One full day on the water included snorkeling, a glass bottom boat ride, as well as viewing marine life while partially submerged in a small submarine. A Skyrail Rainforest Cableway took them across the rainforest canopy. "There was beautiful scenery above the tree tops," she wrote. Also featured in the nearby Rainforestation Nature Park were Aboriginal dancers, spear throwing and boomerang throwing," she noted.

Flights between cities took them to Sydney, Melbourne, Queenstown, New Zealand and Christchurch, New Zealand. In Sydney, the highlight was the Sydney Opera House, of course. It is a UNESCO World Heritage Site. The group toured private areas inside the site. After the tour, guests were treated to a dinner cruise with outstanding entertainment featuring singers and dancers.

In order to fully appreciate the scope of Melbourne's beauty, an included excursion took them to the Melbourne Skydeck. "What a view from the 88th floor of the Skydeck!" Ponsler noted. One highlight for Sherry was visiting the Phillip Island Penguin Parade and Koala Conservation Center. "We saw tons of kangaroos and wallabies. The penguins were very cute, also," she said.

At Queenstown, they took a two hour cruise on Milford Sound where they could see seals, dolphins and more. Ponsler shared, "There was a massive quantity of sheep, cows (dairy and beef) and deer in fields en-route to Milford Sound."

She also shared that Indiana farmers would probably be in disbelief when they saw the huge herds of deer that are raised for human consumption of venison. Normally, Indiana farmers aren't thrilled to see deer in their fields of corn.

Also, she was impressed with how beautiful New Zealand was compared to Australia. In Queenstown, the coach stopped at Mt. Cook, the highest mountain in New Zealand. One stop allowed free time to take in the "sheepdog statue." Christchurch completed the tour with a bus tour of the city. Overall, Sherry stated that it was a wonderful trip.

A special thanks to Sherry Ponsler for her informative overview of the trip to Australia and New Zealand.

If you would like to experience great destinations and fun times, please join us for our Travel Show, Thursday, May 1, 2025, at the senior center. Please call to reserve your free spot - 317-398-0217.

HEALTH & WELLNESS



Shelbi Smith
Health & Wellness Coordinator

As May approaches us I would like to introduce myself. My name is Shelbi, and I am the new Health and Wellness coordinator! I am looking forward to meeting everyone and getting this month started. This coming month, I will be putting on a class about indoor gardening! INDOOR GARDENING EXPLORATION will be held at the Shelby Senior Services with Mr. Mccord Snider, Agriculture Educator and FFA Advisor at East Central Middle School. This hands-on workshop will cover the basics of caring for household plants, choosing the right indoor plants for your space and lifestyle, and easy ways to create your own little green haven at home! So, come join us!

Also, some of you may not know that the month of May is Arthritis Awareness Month. Approximately 350 million people globally have some form of arthritis. As the warm weather approaches us, sit and think to yourself, "How can you help prevent and improve Arthritis? What kind of exercise can we do in our day-to-day activities that might help prevent arthritis?" Despite its prevalence, it's important to remember that effective treatments and strategies for managing the condition are available, allowing many to continue to lead fulfilling lives.

Foods that we eat daily can also affect arthritis symptoms. The foods you should try to avoid with arthritis include: Red meat, sugary foods and drinks, highly processed foods, gluten, and more. These types of foods can increase inflammation that may worsen arthritis symptoms, whereas foods like beans, whole grains, and fatty fish may reduce inflammation and arthritis symptoms. There are many ways we can help soften arthritis symptoms through food, so let's do that!

Arthritis doesn't just cause discomfort but can profoundly influence an individual's daily activities, so why not add just one simple exercise daily for just 10 minutes to help prevent arthritis? Daily stretches and exercises keep not only your body but also your mind healthy.

I want you to challenge yourself this month, make the time daily to get your stretches and exercise in, and keep a journal of your history. Not only does journaling help the peace of mind, but it also keeps track of your progress. Journal your health and wellness journey. Write down daily the steps you took today to improve your health, and the activities you did to improve your wellness. Keep your log daily and watch your fitness goals grow and grow. After May, look back and see how much progress you have made in your journey, and make even bigger goals for the next month, and don't just stop there! Please, come share your fitness journey with me to help prevent and manage arthritis.

If you would like to submit a suggestion on any types of health and wellness classes or any ideas you would like to see in the future, please fill out suggestions in the "Ah-Ha Moment Box" right outside the activities room. Or feel free to stop by my desk and have a chat. I'm looking forward to meeting everyone and helping you get your health and wellness journey started!

Health & Wellness Highlights:

Chair Volleyball—Monday, May 5 at 1:30pm

Crockpot Class—Monday, May 19 at 1:30pm

Rock Steady Boxing—Every Tuesday & Thursday at 4pm

Tai Chi—Every Thursday at 10am

Bowling—Every Friday at Blue River Bowl at 12pm

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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

Older Americans Month is celebrated every May. It is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens. This year's theme is *"Flip the Script on Aging."* *This is a great opportunity to transform the perceptions of aging. We want to transform how society perceives, talks about and approaches aging. Age is really just a number and it doesn't define what you can and can't do.*

We want to highlight the contributions, opportunities and connections of older adults that are outside of what some deem age appropriate. We want to take this month to honor our members contributions. This is also a great time to stay active and engaged. Shelby Senior Services activities offer many great opportunities for you to explore new things and stay connected with others in your community.

Strawberry Festival is coming in June and we need volunteers. Strawberry Cutting Day is June 5th at Girls Inc. We would love to have you join us to cut strawberries. Bring a colander, cutting board, and a pairing knife to Strawberry Cutting Day. We do ask that you sign-up so that we know how many people to count on for lunch. That is right – we will provide lunch as a way to say "Thank You" for coming out and helping. This is always a fun community event and we hope to see you at Girls, Inc. on Strawberry Cutting Day on June 5, 2025. Another way that you can help is by signing up to provide 9x13 yellow cakes. It takes a lot of cake to make all those strawberry shortcakes. Feel free to provide a cake. Your donation would be greatly appreciated. We also need people to eat the strawberry shortcakes. The day for our Strawberry Festival is June 6th – mark your calendars. Cost is \$8 and that is a deal.

We do offer Day Trips throughout the year. These are all designed for the active older adult. If you are not able to walk long distances, traverse stairs, and ambulate on your own – please do not sign-up for these trips. We do not give refunds for the trip spots, and we do not gift your spot to someone else. We often have a waiting list for spots when people cancel, but it takes time to get them filled. If you cancel the morning of the trip we are often not able to get someone to take your spot on such short notice. Please be courteous to others and call ahead if you have a conflict that make you not able to attend.

If you eat CICOA lunches - we ask that you call and cancel if you are not planning on coming. At the very least we ask that you call prior to 10 a.m. on the day of your meal. This is so that the meals are not being wasted. We know that things come up unexpectedly; and that you might need to cancel occasionally. However, we have had a lot of cancellations recently. This leads to unnecessary food waste. We want to continue to offer these meals at our meal site. Please be kind and courteous by canceling as soon as possible.

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>.

HAPPY
Birthday

Patsy Spurlin May 1st
*Kathy Miller May 5th
Susan Snyder May 6th
Kay Koenig May 15th
Jerry Thomas May 15th
Betty Zoelzer May 15th

ACTIVITY HIGHLIGHTS

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

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

***Mondays in May 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 May at 9:00 a.m. Caffeinated and Connected Sessions** We are going to be teaching Tablet How-To classes during our Caffeinated and Connected Series. Please come and join the fun as we enjoy a fun Coffee Bar, eat donuts, and cover a different Technology Topic for each week. The more the merrier! This will be a great way to get more comfortable using technology. Come give it a try and enjoy a nice warm cup of coffee, tea, and even hot cocoa.

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

Wednesday's in May at 9:15 am. Bible Study Join us each Wednesday for our non-denominational Bible Study with Jim Martin. We have a great group of people who meet here to come together for fellowship and faith. Join us for prayer, bible readings, reflection, discussion, and fun. We would love to have you join our group.

***Thursday, May 1st at 1:00 p.m. Crafts with Erica** We are going to be doing a fun craft with Erica from Millers Merry Manor. This time we will be making a pressed flower jar. There is room for 10 people. Craft is FREE. Come and get crafty.

Thursday, May 1st 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.

Thursday, May 1st at 6:30 p.m. Travel Show – Make sure to get on the list to hear about all of the wonderful things Carol McDaniel has in store for you in 2025 and 2026.

Friday, May 2nd at 9:00 a.m. Fun Friday – Derby Hat Day We are going to wear our favorite hats for Derby Day. Come dressed for the Derby and let's have some fun at Bingo. Our prize table sponsor is TBD.

***Thursday, May 8th at 9:00 a.m. Coffee with The Mayor** Scott Furgeson will be here to enjoy a cup of coffee and chat. 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, May 8th 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 "Remarkable Creatures" by Tracey Chevalier. Everyone is to meet in the Meeting Room this month. All center members are welcome.

Thursday – May 8th at 1:00 p.m. – Movie Matinee "Wicked: For Good" and Popcorn We are going to be showing "Wicked:For Good" with Ariana Grande. Come and enjoy a movie and some popcorn while watching a fun movie. The movie is 2 hours and 41 minutes long.

***Friday, May 9th at 9:00 a.m. Fun Friday Mother's Day and May Birthdays** We are celebrating Mother's Day and May Birthdays. Today is a great day to share memories about being a Mom, or memories about your Mom. Our prize table sponsor is Ashford Place. The Birthday cupcake sponsor is Betty Zoelzer.

ACTIVITY HIGHLIGHTS

***Friday, May 9th at 11:30 a.m. Spring Potluck** Bring your favorite Spring dish to share with the group. Shelbi Smith will be in charge of the Spring Potluck while I am out on the Day Trip. It can be any kind of salad: appetizer, main or dessert salad. 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 so that we can make sure we have a variety.

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

***Monday, May 12th 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.

***Wednesday, May 14th at 11:30 a.m. Lunch and Learn –Digital Coupon Class with Diana Stone COST \$5** Join us for May's Lunch and Learn where we will discuss how to save money with coupons. We are going to start by focusing on Kroger App and how to save the most money. Come check it out. You must R.S.V.P. at the front desk by May 7th. The cost is \$5 and there is room for 30 people. Lunch will be sponsored by Walker Place.

***Thursday, May 15th at 3:00 p.m. Music and a Meal – Hi Way 46 Band Cost is \$7** We are going to be welcoming the Hi Way 46 Band to our center. Music at 3:00 p.m. and Meal at 4:00 p.m. The meal will be Grilled Chicken, Roasted Vegetables, Macaroni and Cheese, Rolls with Butter, a Drink, and Brownie for dessert. You must RSVP for this event by May 13th and it is limited to 50 people.

Friday, May 16th – CLOSED for STAFF Retreat

***Wednesday, May 21st at 12:00 p.m. Lunch and Karaoke Capone's Downtown Speakeasy** We are going to travel to downtown Shelbyville to have lunch at Capone's Downtown Speakeasy. Then we are going to join others for Karaoke. Cost is the price of your lunch. Bus departs at 12:00 p.m. Room for 14 participants.

***Thursday, May 22nd at 1:00 p.m. Nutrition Class For Life with Dartaja Woods** We are going to welcome Dartaja Woods here for a very informative class on Nutrition. Come and learn more about how to look and feel younger by properly fueling your body.

Friday, May 23rd at 9:00 a.m. Indy 500 – Race Day Please feel free to wear your black and white, or checkered outfit for our Race Day Pre-Party. Who do you think will win this year's race? Our Bingo sponsor is Compass Park.

The center will be CLOSED on May 26th

Thursday, May 29th 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.

Friday, May 30th at 9:00 a.m. Creativity Day We are going to get creative with Creativity Day. You are welcome to wear your favorite outfit that has some creative flair. Think something that you might wear in your youth. Remember – age is only a number. Let's break those barriers. We will also have a group art project that you are welcome to be a part of at the center. Join the fun! Our Bingo sponsor is Jo Glover.

***Thursday, June 5th 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.

Friday, June 6th 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!

Indoor Gardening Class

May 14th, 2025 - 2 pm
Registration - \$5/person

Registration - \$5/person



WHO IS MR. MCCORD SNIDER?

Hello! My name is McCord Snider and I am the Agriculture Educator and FFA Advisor at East Central Middle School. I am finishing my seventh year of teaching at ECMS and am excited to bring agriculture awareness and experiential learning opportunities to seniors in the Shelby County community. I currently live in Greensburg. During my time at ECMS, I have been recognized by the Indiana Association and Agriculture Educators (IAAE) and the National Association of Agricultural Educators (NAAE) for my contributions to the Indiana Agriculture Education community. For the past four years, I have been one of eight finalists for the Golden Owl Award. This award identifies Indiana's best agricultural educator who goes above and beyond the call of duty. In November 2023, I received the NAAE Teachers Turn the Key Scholarship Award which allowed me to travel to Phoenix, AZ, to attend the 75th NAAE Convention. During this opportunity, I got to work alongside and collaborate with the cream of the crop agriculture educators from across the country. Locally, I serve on various boards and committees within southeastern Indiana. One major role I serve in is the Dearborn County - Purdue Extension Board Vice President. I am excited to share my experiences with the Shelby County community and partner with Ms. Shelby Smith at Shelby Senior Services to strengthen agricultural literacy throughout southeastern Indiana.



INDOOR GARDENING EXPLORATION

A Day of Green and Growth

Join us for a relaxing and enriching class designed especially for seniors who love plants or are curious to start their indoor gardening journey. This hands-on workshop will cover the basics of caring for houseplants, choosing the right indoor plants for your space and lifestyle, and easy ways to create your own little green haven at home.

Throughout the class, you'll enjoy:

- ★ Beginner-Friendly Lessons on lighting, watering, and potting
- ★ Hands-On Activities like planting your own potted herbs
- ★ Tips for Accessible Gardening with low-maintenance, senior-friendly tools
- ★ Plant Care Demonstrations and take-home guides
- ★ Social Time and Q&A with fellow plant lovers and gardening experts

Whether you have a sunny windowsill or just a cozy corner, you'll leave with the skills, confidence, and inspiration to nurture life indoors. All materials are provided — just bring your curiosity and a smile!

LEARNING TO DO, DOING TO LEARN, EARNING TO LIVE, LIVING TO SERVE



KARAOKE DAY TRIP

Did you know that they host Karaoke at Capone's each month? We are going to take a trip to Capone's Downtown Speakeasy for lunch and some Karaoke.

11:30 PM | MAY 21, 2025

Location: 1 Public Square, Shelbyville





This is open to everyone. You can ride the bus, or meet at the restaurant.

Call 317-398-1027 to reserve your spot on the bus.

Lunch is at your cost



LUNCH AND LEARN



Digital Coupons

May 14 at 11:30 A.M.

Diana Stone from Purdue Extension will be here to show is how to save money with Digital Coupons

Lunch Provided by **Walker Place** ASSISTED LIVING



COST \$5
Limited to 30 Participants



Great ways to save money



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

SHELBY SENIOR SERVICES PRESENTS



DAY TRIP TO THE MURAT

MAY 9, 2025

BUS DEPARTS 10:30 AM



Don't miss it! Join us as we travel to the Murat Shrine Temple for a musical theatre performance of Imagination.

Cost is \$70, includes lunch and 2 1/2 hour performance, Limited to 11 people

Call 317-398-0127

2120 INTELLIPLEX DRIVE, SUITE 101
SHELBYVILLE, IN 46176





MAY ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 9:00 Tech Savvy Seniors 9:00 Mah Jongg 1:00 Dance & Karaoke with DJ Moxy	29 9:00 Caffeinated & Connected 10:00 Eat Smart, Live Strong 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	30 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game	1 Travel Show 6:30 PM 9:30 POKENO 10:00 Tai Chi 1:00 Crafts with Erica 1:00 SCRABBLE	2 9:00 Fun Friday – Derby Day 9:30 BINGO 1:00 Euchre 1:00 Dominoes
5 Produce Pick-Up 10:00 Wii Tournament 1:00 Mah Jongg 1:30 Chair Volleyball	6 9:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	7 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game	8 9:00 Coffee with the Mayor 9:30 POKENO 10:00 Tai Chi 1:00 Book Club – Remarkable Creatures in Meeting Room 1:00 Movie Matinee – Oz Wicked: For Good	9 9:00 Fun Friday – Mother’s Day 9:30 May Birthdays by Betty Zoelzer 9:30 Bingo by Ashford Place 10:30 Day Trip – Murat 11:30 Spring Potluck 1:00 Euchre & 1:00 Dominoes
12 9:00 Tech Savvy Seniors 1:00 Mah Jongg 1:00 Dance & Karaoke with DJ Moxy	13 9:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	14 9:15 Bible Study with Jim 11:30 Lunch and Learn – Digital Coupon Class \$5 1:00 Hand and Foot Card Game 2:00 Indoor Garden Class	15 9:30 POKENO 10:00 Tai Chi 3:00 Music and a Meal Cost \$7 HiWay 46 Band	16 CENTER CLOSED STAFF RETREAT
19 Produce Pick-Up 9:00 Tech Savvy Seniors 9:00 Mah Jongg 1:30 Crockpot Class	20 9:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	21 9:15 Bible Study with Jim 12:00 Day Trip – Lunch and Karaoke at Capone’s 1:00 Hand and Foot	22 9:30 POKENO 10:00 Tai Chi 1:00 Nutrition For Life with Dartaja Woods	23 9:00 Fun Friday – Indy 500 9:30 BINGO by Compass Park 1:00 Euchre 1:00 Dominoes
26 CENTER CLOSED	27 9:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	28 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 2:00 Chair Volleyball	29 9:30 POKENO 10:00 Tai Chi 1:00 SCRABBLE	30 9:00 Fun Friday – Creativity Day 9:30 BINGO – Jo Glover 1:00 Euchre 1:00 Dominoes

May 2025



Monday	Tuesday	Wednesday	Thursday	Friday
Cultural Meal Day 			1 Ginger BBQ Chicken Whipped Sweet Potatoes Collard Greens Wheat Bread Diced Pears Milk	2 Chicken and White Bean Chili Brussel Sprouts Corn Corn Bread Mixed Fruit Milk
5 Oven Fried Chicken Whipped Sweet Potatoes Collard Greens Orange Juice Milk	6 Spaghetti/Meatballs Parmesan Cheese Italian Cut Green Beans California Veggies Mixed Fruit Milk	7 Butter Chicken Rice Pilaf Broccoli Tropical Fruit Milk	8 BBQ Beef Green Beans Scalloped Potatoes WG Bun Diced Peaches Milk	9 Meal Site Closed for Staff Training
12 Grilled Hamburger Mac & Cheese Festive Green Beans Diced Pears WG Bun Milk	13 Cheesy Smothered Chopped Steak White Rice Pilaf Peas Wheat Bread Mandarin Oranges Milk	14 Lunch and Learn	15 Almond Crusted Fish California Veggies Scalloped Potatoes Mixed Fruit Wheat Bread Milk	16 Closed for SSS Staff Retreat
19 Beef Kebab Fajita Vegetables Rice Pilaf Pear & Cranberry Crisp Milk 	20 Bagel w/Pork Sausage, Egg & Cheese Roasted Sweet Potatoes Applesauce Milk	21 Meatloaf w/Gravy Mashed Potatoes Brussel Sprouts Mandarin Oranges Milk	22 Beef Stew Corn Turnip Greens Wheat Bread Diced Peaches Milk	23 Cheese Lasagna w/ Veggie Marinara Capri Veggies Lima Beans Wheat Roll Diced Pineapple Milk
26 Happy Memorial Day! Meal Site Closed	27 Chicken & Noodles Rosemary Potatoes Italian Cut Green Beans Wheat Roll Birthday Treat Milk	28 Italian Bowtie Pasta w/Beef Broccoli w/Red Peppers Green Beans Applesauce Milk	29 Country Fried Steak w/Gravy Spinach Baked Potato Tropical Fruit Milk	30 Sweet Potato Crusted Pollock Roasted Potatoes Broccoli Wheat Bread Tropical Fruit Cup Milk

<https://cicoa.org/menu>

*Menus are subject to change based on product availability.

CICOA Meal Information

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

Reservations are made by Tuesday at noon for the following week. You can make a reservation by calling 463-777-1239 or sign-up during the lunch hours of 10:30am-12:30pm. If you are unable to make your reservation, please call to let us know by 10am that day.

Activity Center Needs:

Powdered Lemonade in a Can

June and July Birthday Cupcake Sponsor

\$20 Gift Cards to Walmart for Pokeno and Euchre

Drawing Prizes

Individually Wrapped Snacks

Legal Aide Services:

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

SHIP Services:

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

Tax Services:

Tax appointments for 2024 filings have concluded.

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



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 lrenton@shelbyseniorservices.org

We are in need of 125 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.



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)

May 6

Lunch: Baked spaghetti, salad, bread sticks, sugar cream cake
Activity: Games, Cards & Conversation

May 13

Lunch: Taco salad, cheese quesadillas, fried ice cream
Activity: Crafty thing

May 20

Lunch: Broccoli ham ring, fluffy carrot dip with Stacy's Chips, devil's food poke cake
Activity: Indy 500 Themed Game

May 27

Lunch: Hamburger/Cheeseburger on the grill, potato salad, brownies
Activity: Games, Cards & Conversation

MORRISTOWN

Join us at the Morristown Horizon Center!

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

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

May 7

Lunch: Baked spaghetti, salad, bread sticks, sugar cream cake
Activity: Games, Cards & Conversation

May 14

Lunch: Taco salad, cheese quesadillas, fried ice cream
Activity: Crafty thing

May 21

Lunch: Broccoli ham ring, fluffy carrot dip with Stacy's Chips, devil's food poke cake
Activity: Indy 500 Themed Game

May 28

Lunch: Hamburger/Cheeseburger on the grill, potato salad, brownies
Activity: Games, Cards & Conversation

DONATIONS

Thank you to our donors:

Rose Allen	Susan Sedam
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Cindy Fair	
Ron Kramer	Katherine Platt
Marjorie Kuhn	Phil Kaster
Sandra Scoentrup	Given by: David Platt

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

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

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 May 1 & 15

Chair Volleyball May 8, 22, & 29

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

11:00-12:00—Bible Study

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

May 1 First Thursday Euchre

Lunch: Taco Salad (chix or beef), fixings, Mexican ice cream dessert

1:00 Euchre tournament

...prizes for High and Low Scores

Crock Potting with Shelbi # 10 in the Conference Room

May 8 "Joy's House"

Lunch: TBA

1:00 Tina McIntosh, is the founder and CEO of Joy's House—a nonprofit organization in Indianapolis that offers daytime care to adults with life-altering diagnoses, plus services for caregivers. I personally have been there on several occasions and witnessed what a blessing it is to the community. You will not want to miss this very special guest. There will be a basket for free will donations after the program.

May 15 "Who is it?"

Lunch: TBA

1:00 Think of something about yourself, something no one else knows about. Write it down, sign your name, and put it in the basket. We each will take a turn drawing out a slip, reading it, then we will guess who wrote it! We have not done this since Millie wrote on her slip "I am living in sin!" and George had written "I'm happy!" Can't wait to see what surprises we will have!

Advisory Board meeting following presentation. Please stay and help with ideas and plans for the next few months.

May 22 "For Ladies Only" - don't worry boys...something for you too

Lunch: TBA

1:00 Today we will meet Dr. Christa Lewis, a very talented doctor/surgeon at MHP. My daughter Tiffany has worked beside her as a nurse in the operating room and sings her praises. As a urogynecologist, her specialty is specifically for ladies only. She has agreed to take time from her busy schedule to come and share with us about her practice and the new procedures available to help us gals with some of the problems we develop as we age: pelvic floor disorders, overactive bladder and urinary incontinence.

Guys, you can escape to the conference room and play cards to your hearts content!

May 29 "Bingo"

Lunch: First cook out of the season –burgers, fat dogs & all the fixings

1:00 Bingo! Walker Place is providing the prizes!



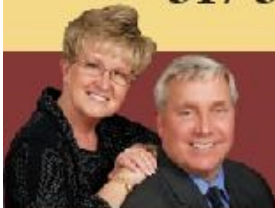
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