



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

November 2024



Thankful
for our

seniors
volunteers
staff
community
donors
supporters

Mission & Purpose

The mission of Shelby Senior Services, Inc. is to respect and respond to the ever-changing needs of older adults and their families, to enhance their quality of life, to assist in maintaining their independence and to be an integrated and valued partner in Shelby County.

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STAFF

Management Team

Kim Koehl, Executive Director
Liz Renton, Director of Operations
Easter Hall Beyer, Director of Transportation

Horizon Center Coordinators

Crystala Evans, Shelbyville
Kathy Miller, Fairland
Regina Wall, Waldron
Kandi McKibben, Morristown

Program Staff

Carol McDaniel, Travel Coordinator
Abigail Kirk, Health & Wellness Coordinator
Brooke Holycross, Family Caregiver Coordinator
Lindsey Rasche, Dispatcher

Will Mitchell, IT Coordinator
Gina Batton, Bookkeeping

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Jerry Berry	Andrea Majeed
Daniel Majeed	A'del Moore
Holly Schrank	

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	Bob Wortman

“Serving seniors, improving lives.”



KIM'S KORNER

Kim Koehl,
Executive Director

November makes me think of all of the things that I am THANKFUL for. I am personally THANKFUL for my family and friends who are near and far. My kids, grandkids, and husband make me laugh and see the good in people. I am thankful for the fall colors, although I am not thankful for the cooler weather. I will always love summer the most. I am THANKFUL for the community that we live and work in. Shelby County people as a whole are kind, friendly, helpful, and inclusive. People work together for the greater good and to help things succeed.

Here at Shelby Senior Services, I am THANKFUL for all of the seniors who come and help, donate their time and services, and participate in all we have to offer. I am THANKFUL for the community that pulls together to make such a difference in senior's lives. I am THANKFUL for our staff and our Board of Directors who have such a passion for seniors, their needs and to better their lives. November is a good time to sit and ponder about what you are THANKFUL for in your life. Have a Happy Thanksgiving.

Save the Dates!

Nov. 11 - Holiday Bazaar

Nov. 25 - Decorate for Christmas

Dec. 3 - Christmas Dinner

Dec. 3 - Twinkle Tour

Dec. 6 - Christmas Parade

Dec. 13 - Breakfast with Santa

Find more information in the Highlights section or flyers throughout the Horizon!

MEMBERSHIP

Shelby Senior Services Membership

By becoming a member, you are helping to support activities, services, and programs that help our community thrive.

Memberships are required to attend activities at any Horizon Center. Services and CICOA lunches do not require a membership.

Annual Fees

\$50 per year: Access to Shelbyville, Fairland, Morristown, and Waldron Horizon Centers
* \$50 annual fee required for Shelbyville

\$25 per year: Access to one designated Horizon Satellite Center: Fairland, Morristown, or Waldron

Membership Discounts

Show your Horizon Center Membership Card at these businesses and receive the following discounts:

- Applebee's: 10% discount
- Bookmark Cafe & Three Sisters Books & Gifts: 10% discount
- Denny's: 10% discount
- Elegant L: 10% discount on Merle Norman Cosmetics
- Kopper Kettle Inn Restaurant: 20% discount on a chicken dinner served family style; not honored on a holiday or live entertainment events
- Mathies Landscaping: 10% off retail merchandise
- The Chicken Inn: 10% discount
- Texas Corral: 10% discount



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FAMILY CAREGIVER SUPPORT

Brooke Holycross,
Family Caregiver Support Coordinator

As some of you may have heard, I have accepted a new position and will be leaving Shelby Senior Services on October 25. I never expected that I would work here long-term, but I truly never expected it to be so short either. The decision was not easy. I love being here, being in my hometown, helping out in the most amazing community. However, I also have goals to obtain a clinical license which requires that I put in time in a clinical setting. I knew someday I would do that, but sometimes doors are opened when you least expect it. So here we are.

I am so grateful to all of you for putting your trust in me, sharing the good times and the bad times. Thank you most of all for looking out for each other – that’s what makes this job the best! A social worker can only do so much without the efforts of everyone around to help. It is amazing to see you all look out for each other the way that you do. It’s also been a good feeling when I have asked for pantry donations and so many of you stepped up. YOU have made this job so rewarding!

If you need help, please don’t hesitate to call us. I may not be here, but I fully trust all of my coworkers to step in and assist you until a new Family Caregiver Support Coordinator is up to speed. I will miss you all, and I wish you all the best. Take good care of yourselves!

Produce Pick-Up Days:
Monday, November 4 & Monday, November 18



Shelby County Active Aging Coalition's Annual

Senior Stocking Project

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

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



Shelby County Active Aging Coalition
Independence. Dignity. Advocacy.



Thanksgiving

Food Drive

Items needed:

- Stuffing Mix
- Canned Green Beans
- Cream of Mushroom Soup
- Canned Corn
- Instant Potatoes
- Cornbread Mix
- Canned Yams
- Canned Pumpkin

Get involved at Shelby Senior Services!
We will be delivering Thanksgiving items to our homebound pantry clients. Put a bag together or drop off a few items to 2120 Intelliplex Dr. by Nov. 18.

Reach out to Liz at 317-398-0127 or lrenton@shelbyseniorservices.org





SHELBYGO TRANSPORTATION

Easter Hall Beyer,
Director of Transportation

Happy Thanksgiving from ShelbyGo!

ShelbyGo will be **closed** the following days for the Thanksgiving holiday:

November 28th and 29th, 2024.



ShelbyGo transportation is a public transportation that provides curb-to-curb service within Shelby County.

Fares

Seniors 60+ - free, donations accepted
Under 60 - \$4 within city, \$7 within county

Service Hours

Weekdays: 8:00am - 4:30pm

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

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

MUSIC
12:30-1:30

SHELBY SENIOR SERVICES
INVITES ALL SENIORS TO OUR ANNUAL

CHRISTMAS DINNER

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

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

CHICKEN & NOODLES
GREEN BEANS
MASHED POTATOES
COLE SLAW
ROLLS
DESSERT

SHELBY SENIOR SERVICE'S

HOLIDAY BAZAAR

November 11, 2024
9am-2pm
2120 Intelliplex Dr.

Join us at the MHP
Community Health and
Wellness building for local
handcrafted goods and
more!





TRAVEL

Carol McDaniel,
Travel Coordinator

What better way to enjoy the changing of the seasons than a Fall Foliage Cruise to Canada? Shelby Senior Services recently sponsored a trip that celebrated just that. We sailed out of NYC to Halifax, Nova Scotia, with stops along the way.

Before embarking on the Norwegian ship, the Breakaway, we spent an overnight in New York City. Although it was raining, our motorcoach tour highlighted all the famous sights such as the Chrysler building, Central Park, Wall Street, etc. The T2T (Tunnel to Towers) run was held that day, so a close-up view of the 9/11 memorial was not possible because of hopeless traffic jams.

Sailing away on a cruise ship is special. The Breakaway inched sideways to clear the dock while the 3,999 passengers settled into their rooms. Once we were on our way, NYC's towering skyscrapers became the focal point for pictures.

Itinerary stops included Newport, Rhode Island; Portland, Maine; Bar Harbor, Maine; Saint John, New Brunswick; and Halifax, Nova Scotia. Highlights for me were Bar Harbor, Halifax, and Saint John.

Newport, of course, is the home of "Mansion Row" where the wealthy owned "summer cottages" during the 19th century. This was the Gilded Age for architecture in the US. Visiting mansions such as the Breakers, Marble House and Rosecliff demonstrated just how rich these people were. Guests were entertained on a grand scale.

The most interesting stop for me was Bar Harbor. Picture a charming seaside town, and this is it. A short walk from the ship, turn the corner and you are immersed in coastal shops featuring local crafts and maritime history. No big box stores here.

Arcadia National Park is close by. One can hike or bike the 800 miles of trails. Of course, one of the absolute must-sees is Cadillac mountain. The views from every twist and turn on the way up and down are spectacular. At the top, we could view the crocodile islands, a series of "hump-like islands" in the harbor that appear to be a croc gliding along in the water. Our ship was anchored in that harbor and looked like a tiny toy boat.

Finally, Saint John was new to me. It is a port city rising along a steep hill. Picturesque is the only way to describe it. If you go, see the Maritime Museum with artifacts from the Titanic. Also, Reversing Falls Rapids is phenomenal.

All in all, it was another of the fun trips sponsored by Shelby Senior Services. Come and join us. Call 317-398-0127 for more information.



HEALTH & WELLNESS

Abbagail Kirk,
Health & Wellness Coordinator

Big shout out to all of you!! I met my annual goal and grant for our Health and Wellness programs. I most definitely would not have been able to do so with out ALL my group and centers participation. You all have shown up 52 weeks in a row and shown dedication and camaraderie. I am beyond blessed to do this as a job. Moving right along to conquer our next year! Small steps today lead to a better healthier us tomorrow. We will do another air fryer class, November 13th at 2:30 pm. No limited sign up for this event. No fee, although, donations are encouraged. CrockPot Class (existing class) will be on November 4th at 1:30 pm. See what kind of fall treat we will be whipping up! Lets finish 2024 STRONG! Big Love.

Tuesday Mornings in November at 8:30 a.m Commit to Being Fit Break-Fast Abbagail is going to be offering up breakfast on Tuesday Mornings in November. She is going to infuse your mornings with nutrition and fitness. Come spend your Tuesday mornings nourishing your body, mind, and soul. Come early and stay for the whole day. Lots of great activities on the calendar – don’t miss out. Please R.S.V.P. in advance so that we know how much food to prepare. Cost is \$3 if you choose to not participate in the exercises.

H&W Highlights

Crock-Pot Extravaganza - Nov. 4 at 1:30pm

Air Fryers Class - Nov. 13 at 2:30pm

Cornhole - 3rd Monday at 1:30pm

Chair Volleyball - 4th Monday at 1:30pm

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

Rock Steady Boxing - Every Tuesday &
Thursday at 4pm

Chair Yoga - 2nd & 4th Wednesday at
1:30pm

Move & Groove - Nov. 6 at 1:30pm

Drumming to Keep the Beat - Nov. 20 at
1:30pm

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

The 2024 Holiday season is upon us! So many things to celebrate and be thankful for this year. Please don't miss out on all of these great opportunities to participate in fun programs. The Highlights section has a great description of things that we have that are outside of our regular programming. Please make sure to sign up for all of these great items so that we can prepare adequately. Some programs have a cost and that is due at the time of the sign-up. This is to cover the cost of the program and space is usually limited. It is extremely important to sign up in advance so that we can accommodate everyone. We reserve the ability to close a program two days prior – especially if it involves food. We need time to alert those preparing the food in advance. Feel free to cut out the one-page calendar and put it on your refrigerator. It even has the monthly CICOA menu on the back! That way you can highlight the programs that you want to make sure you attend. November is going to be a fantastic and fun-filled month!

We will be decorating our tree and space at the Grover Museum on November 4th at 1:00 p.m. Come join us for lunch at Capone's and then travel to the Grover Museum as we decorate our tree. This year the theme is "Holidays Around the World" and we have chosen France. Fashion, glitter and all that shines is going to be our focus.

Also – don't forget the Christmas Card submissions are due by November 8th for consideration. The winner of this year's Christmas Card will receive a \$20 Gift Card to Walmart and will have their art displayed on all of the cards we send out to our members. Send in your submissions to me and I will get them in line for the judges. I am excited to be part of the Major Alliance Style Show on November 8th at 5:00 p.m. at the Horseshoe Indianapolis Casino at 4300 N. Michigan Road, Shelbyville, IN 46176. The tickets are \$55 each which includes dinner and the style show. All proceeds from the Style Show will go to support the new Major Wish Fund. This fund will grant Oncology patients their special, Major Wish. If you would like to attend – please let me know and I can reserve a spot for you.

Planning for 2025 is underway. I am reaching out to our community and local businesses for program sponsorships. We have opportunities for meal sponsors, prize table sponsors for Bingo, program facilitation, craft leaders, music groups geared towards seniors, and sharing things you are knowledgeable about with our seniors as well during our monthly Lunch and Learn series. Please contact me at 317-398-0127 to get on the calendar. We would love to have you on our calendar.

Don't forget to sign-up for the December Christmas dinner which will be on December 3rd. Cost is \$7 for members and non-members. It is going to be a great time to gather with your center friends. Come be a part of the fun.

Happy Holidays and may you all be blessed this holiday season!

Sincere regards,
Crystalá Evans, ADC
Shelbyville Activity Coordinator

Happy Birthday!

Charlene McColley November 6th
 Tim Conway November 7th
 Vickie Marshall November 21st
 Peggy Franklin November 24th
 Lee McDaniel November 25th
 Lois Thomas November 28th

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

November Tell Your Story – Make Your Mark We are going to be continuing our Oral History recordings and we want to hear your story. 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. We would love to have you become a part of history!

***Monday, November 4th 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.

***Monday, November 4th at 12:00 p.m. for lunch at Capone's and 1:00 p.m. to Decorate the Grover Tree** We are going to meet at Capone's for lunch at 12:00 p.m. and then go to the Grover Museum at 1:00 p.m. at 52 W. Broadway Street in Shelbyville. Please sign-up so that we know how many people will be attending. Our tree is going to be in the School House again this year. Come help us decorate our tree and bring our story to life.

Tuesday, November 5th is Election Day – Early voting is open prior to November 5th at the Shelby County Courthouse for anyone who wants to vote early. Please let us know if you have any questions about early voting. Don't forget to get to the polls on November 5th to cast your vote.

***Thursday, November 7th at 1:00 p.m. Kitchen Fun with Barb McFarland** We are going to make a Waldorf Salad. Come watch Barb prepare this delicious Fall salad. 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.

Friday, November 8th at 8:00 a.m. – Pop-Up Shop Our next Pop-Up Shop is going to be with Blue River Stained Glass. We are going to welcome Tim and Janice Conway to our center to showcase all of their beautiful stained glass. Come and shop till you drop. Great chance to pick up a nice Christmas gift. 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, November 8th at 9:00 a.m. – Fun Friday – Peanut Butter and November Birthdays Day We are going to celebrate Peanut Butter Day and November Birthdays. Feel free to bring a peanut butter-flavored treat to share with the group for Peanut Butter Day. We are going to celebrate November Birthdays with cupcakes sponsored by Tim and Janice Conway. Our Bingo sponsor is Blue River Stained Glass.

Friday, November 8th at 5:00 p.m. Major Women's Alliance Style Show See Crystala Evans, Activity Coordinator if you want to purchase a ticket to the Style Show. Tickets are \$55 and the event is going to be at the Horseshoe Indianapolis Casino. Proceeds from the show will go to grant wishes to Oncology patients through Major Wish.

Monday, November 11th from 9 am – 2 pm is the Holiday Bazaar Our regularly scheduled activities are going to be canceled for the day. Come out and shop for some great Christmas gifts created by our crafty vendors. You are not going to want to miss out!

***Tuesday, November 12th and 26th - 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 November 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. Call to schedule your appointment slot today!

***Wednesday, November 13th at 12:00 p.m. Lunch and Learn On The Road to Cynthia's Hallmark COST \$5** Come join us as we venture to Cynthia's Hallmark for lunch, a fashion show, and shopping! Please R.S.V.P. at the front desk or by calling 317-398-0127. We will have space on the bus this year, but it is only available for the first 14 people who sign up. They always provide us with a good meal and put on a good show. Space is limited to 30 participants. When the bus is full there are options to drive yourself or to carpool with other center members.

Thursday, November 14th 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.

ACTIVITY HIGHLIGHTS

Thursday, November 14th 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 our favorite books. Everyone is to meet in the Meeting Room. All center members are welcome.

Thursday – November 14th at 2:00 p.m. – Movie Matinee “Babes in Toyland” and Popcorn We are going to be showing the “Babes In Toyland” featuring Ray Bolger and Annette Funicello. The movie is 1 hour and 45 minutes long.

Friday, November 15th at 9:00 a.m. – Fun Friday – Button Day We are going to celebrate Button Day by showing off our favorite buttons. If you have a button jar at home – bring it in for show and tell. We are celebrating the function of the button and the hobby of button collecting. Our Bingo sponsor is Shelby Senior Services.

***Friday, November 15th Pizza Lunch and Oral History Presentation COST \$5** Join us for some pizza! Please let us know what kind of pizza you prefer when you sign-up. Is it cheese, pepperoni, sausage or supreme? We are going to welcome Michella Marino to our center to discuss Oral Histories and why they are important. Lunch is at 11:30 a.m. and the presentation will begin at 12:00 p.m.. No limit on the amount of people. Cost is \$5.

Thursday, November 21st at 1:00 p.m. Santa Boot with Janice No cost craft. We are going to welcome Janice Conway here for a fun craft. We are going to be painting a ceramic Santa Boot. There is no charge, but donations are appreciated. Limited to 10 people. Please sign-up to reserve your spot in advance.

***Thursday, November 21st at 3:00 p.m. Music and a Meal Thanksgiving Pitch-In** We will have entertainment with the HiWay 46 Band at 3:00 p.m. Then we are going to have a Thanksgiving Pitch-In at 4:00. Bring a covered dish to share with the group. McKay Manor is sponsoring the Turkey. Please sign-up at the front desk as space is limited. We will have room for 40 participants. There is no cost this month. Please help us pack our pantry for the holidays by bringing a canned good. We need canned fruits, veggies and soups. Thank you!

Friday, November 22nd at 9:00 a.m. Fun Friday – Thankful Hearts Day We are going to celebrate Fun Friday with Thankful Hearts. Think about what you are thankful for and be ready to write it down. Dress in your favorite Fall attire. Our prize table sponsor is Compass Park.

Monday, November 25th at 9:00 a.m. – Decorate Center for Christmas We are going to Decorate the Center for Christmas. Come and help us trim the tree and get our center looking beautiful for the holidays. We look forward to seeing you. Hot cocoa will be served to enjoy!

November 28th & 29th – Center Closed for Thanksgiving

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

***Tuesday, December 3rd Twinkle Tour – Christmas Nights of Lights Cost \$10** We are going to have a Twinkle Tour to downtown Indianapolis. We are going to gather at the center at 4:30 p.m. Travel to Olive Garden in Greenfield for dinner. Then we are going to depart to see the Christmas Nights of Lights. Room for 14 people and Cost is \$10 for gas and the light show. Dinner is not included in the cost.

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

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

***Tickets on Sale Now for April 3, 2025 from 11:00 a.m. to 5:00 p.m. “Glass Menagerie” at Indiana Repertory Theatre** COST \$40 per person, limited to 14 people. We will be traveling downtown for lunch and Shapiros Deli and seeing the play at IRT. Tickets will sell out fast. No Refunds – if you are not able to make the trip.

**SHELBY SENIOR SERVICES
CHRISTMAS TREE**



**DECORATING OUR TREE
AT THE GROVER MUSEUM,
52 W BROADWAY**

1:00PM

WEDNESDAY, NOV 4TH

*Come and help us decorate our
tree at the Grover Museum.
Our tree will be in School House*



**LUNCH AT CAPONE'S AT 12:00PM
DECORATE TREE AT 1:00 PM**



LET'S GET CRAFTY



Santa Boot Craft

November 21st at 1:00 P.M.

Janice Conway will be here with a fun craft. We are going to be painting a ceramic Santa Boot.

Sponsored by Blue River Stained Glass

Donations appreciated



*Ceramic
Painting
Craft*



317-398-0127
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**No Cost
Limited to 10
Participants**

Shelby Senior Services

**THANKS
GIVING**
dinner

NOVEMBER 21, 2024
HI WAY 46 BAND AT 3:00 PM
PITCH-IN 4:00 PM

We are going to have a Thanksgiving Pitch-In Meal at Senior Services. The turkey is bring provided by McKay Manor. Bring your favorite Dish, Dessert, Salad or Side

**MEMBERS - PLEASE CALL TO RESERVE
YOUR SPOT 317-398-0127**

Pizza Luncheon

NOVEMBER 15, 2024
LUNCH STARTS AT 11:30 AM

**WE ARE GOING TO HAVE A
PIZZA LUNCHEON & GUEST SPEAKER**
**COST \$5 - PLEASE LET US KNOW
WHAT VARIETY OF PIZZA YOU LIKE
AT SIGN-UP**

**OPEN TO ALL CENTER MEMBERS
WE WILL HAVE A PRESENTATION ON
ORAL HISTORY AT 12:00 PM WITH
MICHELLA MARINO**

**CALL 317-398-0127
TO RESERVE YOUR SPOT**

SHELBYSENIORSERVICES.ORG



NOVEMBER ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 9:00 Tech Savvy Seniors 10:00 Geri-Fit 1:00 Mah Jongg 1:00 Dance and Karaoke With DJ Moxy	29 9:00 Caffeinated & Connected 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 1:30 Chair Yoga	31 HALLOWEEN PARTY 9:30 POKENO 10:00 Tai Chi 12:00 Halloween Party COST \$5 Lunch, Murder Mystery & Costume Contest	1 9:00 Fun Friday – Gratitude Day 9:30 BINGO – Key Bank 1:00 Euchre 1:00 Dominoes
4 Produce Pick-up 9:00 Tech Savvy Seniors 12:00 Lunch at Capone’s 1:00 Decorate Grover Tree 1:00 Mah Jongg 1:30 Crockpot Extravaganza	5 Election Day 8:30 Commit To Being Fit Break-Fast 9:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	6 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 1:30 Move & Groove	7 9:30 POKENO 10:00 Tai Chi 1:00 Kitchen Fun with Barbara McFarland 2:00 Pre-Needs Appointments with Freeman	8 Pop Up Shop 8 – 1 pm 9:00 Fun Friday – Peanut Butter & November Birthdays 9:30 BINGO – Blue River Stained Glass 1:00 Euchre & 1:00 Dominoes 5:00 MHP Fashion Show
11 Veteran’s Day Holiday Bazaar 9 am – 2 pm	12 8:30 Commit To Being Fit Break-Fast 9:00 Mobile Nails by A’del 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	13 9:15 Bible Study with Jim 11:30 Lunch and Learn – Cynthia’s Hallmark \$5 1:00 Hand and Foot Cards 1:30 Chair Yoga 2:30 Air Fryer Class with Abbi Toyland	14 9:00 Coffee with the Mayor 9:30 POKENO 10:00 Tai Chi 1:00 Book Club – Talk About Our Favorite Books 2:00 Movie Matinee – Babes In Toyland	15 9:00 Fun Friday – Button Day 9:30 BINGO – Morristown Manor 11:30 Pizza Lunch and Oral History Presentation Cost \$5 1:00 Euchre 1:00 Dominoes
18 Produce Pick-up 9:00 Fish Bowl and Jeopardy 1:00 Mah Jongg 1:30 Cornhole	19 8:30 Commit To Being Fit Break-Fast 9:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	20 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 1:30 Drumming to Keep The Beat	21 Thanksgiving Pitch-In 9:30 POKENO 10:00 Tai Chi 1:00 Santa Boot with Janice 3:00 Music and a Pitch-In Meal with HiWay 46 Band	22 9:00 Fun Friday – Thankful Hearts 9:30 BINGO – Compass Park 1:00 Euchre 7 1:00 Dominoes
25 9:00 Decorate Center for Christmas 10:00 Brain Busters 1:00 Mah Jongg 1:30 Chair Volleyball	26 8:30 Commit To Being Fit Break-Fast 9:00 Mobile Nails by A’del 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	27 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 1:30 Chair Yoga	28 CENTER CLOSED FOR THANKSGIVING DAY	29 CENTER CLOSED FOR THANKSGIVING HOLIDAY

November 2024



SCAN ME

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>You are responsible For signing-up for meals for the following week by 12:00 PM on Tuesday</p>	<p>If you are not signed-up we will NOT have a meal to prepare for you. Thank you.</p>	<p>1 Chicken Parmesan Parmesan Cheese Apples w/ Cherries & Almonds Broccoli w/ Red Peppers Mango Cup Milk</p>
<p>4 Oven Fried Chicken Whipped Sweet Potatoes Collard Greens Orange Juice Milk</p>	<p>5 Spaghetti/Meatballs Parmesan Cheese Italian Cut Green Beans California Veggies Mixed Fruit Milk</p>	<p>6 Smothered Chicken Breast White & Wild Rice Key West Veggies Wheat Bread Diced Pineapple Milk</p>	<p>7 BBQ Beef Green Beans Scalloped Potatoes WG Bun Diced Peaches Milk</p>	<p>8 Turkey Ham & Beans Diced Beets Diced Carrots Corn Bread Mixed Fruit Milk</p>
<p>11 Holiday Bazaar 10 am - 2 pm</p>	<p>13 Chicken Marsala Roasted Potatoes Broccoli w/ Red Peppers Mixed Fruit Milk</p> 	<p>13 LUNCH AND LEARN ON THE ROAD</p>	<p>14 Thanksgiving Dinner Sliced Turkey w/gravy Maple Sweet Potatoes Festive Green Beans Pumpkin Pie Diced Pears Milk</p>	<p>15 11:30 Pizza Lunch Oral History Presentation</p>
<p>18 Beef Stew Corn Turnip Greens Wheat Bread Diced Peaches Milk</p>	<p>19 Bagel w/Pork Sausage, Egg & Cheese Roasted Sweet Potatoes Applesauce Milk</p>	<p>20 Meatloaf w/Gravy Mashed Potatoes Brussel Sprouts Mandarin Oranges Milk</p>	<p>21 Cheese Lasagna w/ Veggie Marinara Capri Veggies Lima Beans Wheat Roll Diced Pineapple Milk</p>	<p>22 Jamaican Pork Roast Key West Veggies Root Veggie Blend Corn Bread Diced Pears Milk</p>
<p>25 Chicken & Noodles Rosemary Potatoes Italian Cut Green Beans Wheat Roll Birthday Treat Milk</p>	<p>26 Vegetarian Chili California Veggies Roasted Sweet Potatoes Corn Bread Tropical Fruit Milk</p>	<p>27 Italian Bowtie Pasta w/Beef Broccoli w/Red Peppers Green Beans Applesauce Milk</p>	<p>28 Happy Thanksgiving! Meal Site Closed</p>	<p>29 Holiday Meal Site Closed</p>

<https://cicoa.org/menu>

*Menus are subject to change based on product availability.

CICOA Meal Information

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

Reservations are made on Tuesday at noon for the following week. You can make phone reservations by calling 463-777-1239 or sign-up during the lunch hours of 10:30am-12:30pm.

Activity Center Needs:

Books of Stamps
Small/Dessert Plates
Paper Towels
Square Napkins
Heavy Duty 3-Divider Paper Plates
Birthday Cupcake Sponsors for the 2025 Calendar Year (24 Cupcakes)

Legal Aide Services:

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

SHIP Services:

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

Tax Services:

The AARP Tax-Aide program has been completed for the year. Scheduling for 2024 fillings will begin in January.

Annual Enrollment 2024

Medicare Annual Enrollment Period (AEP) is HERE – October 16 through December 5. Shelby Senior Services, will again this year, partner with Medicare and have SHIP Counselors available to assist you at NO COST. Both in-person and phone-call appointments will be available. Let the receptionist know which is your preference when you call to make your appointment.

IMPORTANT to KNOW to make your appointments run smoothly:

1. Schedule your appointment for one hour and be prepared to arrive on time and use the entire hour. One hour per person (not one hour per couple).
2. Days available for SHIP appointments begin October 16 and end December 5. Hours begin 12:00pm-3:00pm.
3. **Bring your Medicare Card (the red, white, and blue one).**
4. **Bring a complete list of your PRESCRIPTION drugs by name, dosage, and frequency.**
5. Bring all the cards you use for any of your health care when you see your doctors.
6. Know your monthly income to see if you qualify for any subsidies.

How do I schedule with a SHIP Counselor for Medicare AEP?

1. Call Shelby Senior Services at 317-398-0127. Inform them that you want to schedule a Medicare Annual Enrollment appointment with a SHIP Counselor.
2. If you prefer a phone appointment, this is when you tell them.
3. You will be asked: your name, your phone number, and what you are wanting to review. Do you only want to review your prescription drug plan or do you want to review your medical, dental, and/or Advantage Plan, or all of the above?

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

You will be responsible for remembering your own appointment. You will not be receiving reminder calls prior to your appointment. If you need to cancel or reschedule your appointment, call Shelby Senior Services at 317-398-0127 for assistance.

WALDRON

Join us at the Waldron Horizon Center!

Located at the Waldron Baptist Church, 112 Grant St. Waldron, IN and open Tuesdays from 9:30am-2pm. Lunch Reservations: call or text Debbie at 317-443-0332 to reserve your spot.

9:30 - Coffee & Chat

11:00-12:00 - Exercises with Abbagail

11:45 - Lunch (cost is \$5)

November 5 (Election Day)

Lunch: Crockpot Cooking with Abbagail

Activity: Card games

November 12

“Chicken Soup for the Soul Day”

Lunch: Chicken tortellini soup, crackers, veggies, and apple pie

Activity: Painting Santa boots with Janice & Tim Conway

November 19

Brunch for Lunch!

Lunch: Breakfast casserole, baked apple butter donut holes, and orange juice

Activity: Let's Dance!

November 26

Lunch: Turkey & cheese sliders, baked sweet potato fries, broccoli salad, and pineapple upside-down cake

Activity: Thanksgiving activities

MORRISTOWN

Join us at the Morristown Horizon Center!

Located at the Morristown Methodist Church 221 S. Washington St. Morristown. Open Wednesdays from 11am until 2pm.

Contact Kandi McKibben at 765-719-3615.

11:00-11:15 - Coffee / Tea and Chat

11:15-12:00 - Exercises with Abbi

12:00 - Lunch (cost \$5 call/text Kandi to reserve a spot)

November 6

Lunch: Chicken soup sampler, breads with butter and dessert.

Activity: Games, Cards, and Conversation

November 13

Lunch: Loaded baked potato bar and dessert

Activity: Blue River Stained Glass will be here with a ceramic craft!

November 20

Lunch: Thanksgiving pitch in dinner

Activity: We will be making snowman ornaments!

November 27

The center will be closed this week for Thanksgiving.



FAIRLAND

DONATIONS

Join us at the Fairland Horizon Center!

Located at the Fairland Fire Dept. Community Room 400 W 400 N Fairland, IN every Thursday from 9:30am until we are done for the day! Call Kathy Miller at 317-364-0029 to reserve your spot.

Mornings:

9:30 - 10:00 - Coffee Chat

10:15 - 11:00 - Exercise with Abbagail Nov. 14th

10:00 - 11:00 - Chair Volleyball Nov. 7 & 21

11:00 - Bible Study

11:00 - 12:00 - Mind Games, Card Games, Board Games, Bridge

12:00 - Lunch \$5.00 please make reservations by the Tuesday prior

November 7th "Thankful for Fun with Friends"

Lunch: Pork roast, mashed potatoes & gravy, sides and dessert

1:00 Euchre tournament

...prizes for High and Low Scores

1:00 Crock-potting #2 with Abbagail in back room

Nov. 14 "Thankful for Our Veterans and America"

Lunch: Dried beef gravy and biscuits, sides and dessert

*Veteran's lunches are free today!

1:00 A special guest from the Indiana National Guard will join us this day as we pay respect to our veterans and remember all they have done to keep America free.

November 21 "Thankful for the Beauty of the Earth"

Lunch: Meat loaf, scalloped potatoes, veggies, rolls, and dessert

1:00 Flower arranging with Don! We have never made a fall arrangement but we are changing that today as we create something with the glorious colors of autumn, just in time for Thanksgiving! We will be collecting a free will donation to help pay for the expense of the flowers.

November 28rd ~ Center is Closed ~ Happy Thanksgiving!



Thank you to our donors:

Tim & Janice Conway
Second Mt. Pleasant Baptist Church
Harry Meeke
John Gill
Jan Myers
Guy Benedict
Holly Schrank
Judy Eads
Beatty Construction
C-Tech
Kim Bryant
Sandra Schoentrup
Carol Mateer
Betty Zoelzer
Janet & Lee McDaniel

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.

* * *
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
317-398-4599



106 E. Franklin, St. Paul, IN 47272
765-525-2411



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

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