

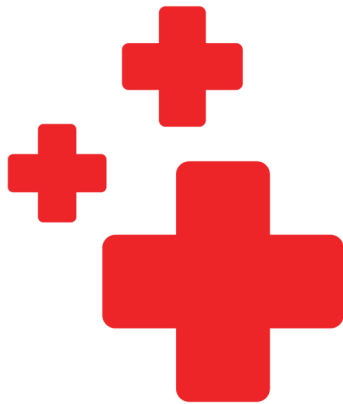


# Shelby Senior Services, Inc.

2120 Intelliplex Dr. Ste. 101  
Shelbyville, IN 46176  
317-398-0127  
ShelbyGo Transportation  
317-398-7614  
[www.shelbyseniorservices.org](http://www.shelbyseniorservices.org)  
Facebook @shelbyseniorservices

## Horizon Newsletter

**October 2024**



# MEDICARE OPEN ENROLLMENT PERIOD

**OCTOBER 16 - DECEMBER 5**

Medicare Annual Enrollment Period (AEP) is HERE!

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 appointments will be available.

Call Shelby Senior Services to schedule your appointment or with any questions at 317-398-0127.

See page 17 for more information on Annual Enrollment.

## 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.

## IN THIS ISSUE

- 3 Kim's Korner
- 3 Membership Information
- 5 Social Services
- 6 ShelbyGo
- 7 Travel
- 8 Health & Wellness
- 11 Activities Note
- 12 Activity Highlights
- 15 Activity Calendar
- 16 CICOA Meal Calendar
- 18 Waldron Horizon Center
- 18 Morristown Horizon Center
- 19 Fairland Horizon Center

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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

### ShelbyGo Drivers

Margaret Deaton	John Forthofer
Jerry Berry	Andrea Majeed
A-del Moore	Holly Schrank

### 2023-2024 Board of Directors

Jenni Haehl, President  
Nick O'Conner, Vice President  
Jamie Marcum, Treasurer  
Brandy Coomes, Secretary

Jason Abel	Heather Ross
Beau Browning	Brent Swonder
Beth Crouch	Cindy Weidner
Grace Dillow	Kevin Williams
	Bob Wortman

“Serving seniors, improving lives.”



# KIM'S KORNER

Kim Koehl,  
Executive Director

October! Who can believe it is October already? My, how time flies. We have been so busy at Shelby Senior Services that we hardly noticed that it is October already. We would like to take a moment and thank Girls, Inc. for collaborating with us for the "Bootleggers Ball" that we had on September 14. It was a huge success. The funds that we raised will be used to further the mission of Shelby Senior Services for the coming year. We are so grateful for the community, vendors, everyone who donated, everyone who attended and all the sponsors who helped make this possible. We could not have pulled this off without everyone who contributed in one way or another. I think it was a fun evening had by all. We had wonderful weather to be able to have the alley open for a cigar bar. We are thankful to be able to work with Girls, Inc. so closely to make it possible for both agencies to continue our missions.

October means it is Medicare Open Enrollment from October 15 through December 7, 2024. Kathy McFarland, SHIP Counselor, will be taking appointments to work with anyone on their insurance choices. She will help go over your options whether it be traditional Medicare and a supplement or a Medicare Advantage Plan. She will help you look at your medications and see what plan is a good fit for you and your lifestyle. To set up an appointment to meet with Kathy, just give us a call at 317-398-0127 or stop in Shelby Senior Services, 2120 Intelliplex Drive, Suite 101, Shelbyville, IN 46176. We look forward to speaking with you.

## 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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[www.HearIndiana.com](http://www.HearIndiana.com)

**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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# FAMILY CAREGIVER SUPPORT

Brooke Holycross,  
Family Caregiver Support Coordinator

Happy Halloween! As kids we loved going door-to-door to collect ALL the candy, and then going home to sort it out. As an adult, I enjoy going door-to-door, in a sense, to pass out the healthiest food that I can for our seniors who cannot get out to shop or visit a pantry for themselves. Whenever someone new comes in and sees the extent of what happens behind the scenes to get that food out of our door and to our neighbors in need, they are often shocked. So, this month I thought I would share a description of how our pantry operates.

Where does the food come from? Some comes from food drives – food that is split among several pantries in Shelby County. Most of that food comes in during the holidays and lasts for a few months. From about March through October we depend on YOU. We receive small donations from individuals, and occasional large donations from businesses in town. We currently feed almost 50 individuals twice a month. Let’s break that down into the numbers for each month:

100 cans of soup	200 cans of tuna	400 packets of oatmeal
200 cans of vegetables	100 boxes of pasta	100 rolls of toilet paper
100 cans of fruit	100 cans of beans	50 jars of peanut butter

Visualize that for a moment. Visualize that amount of food being packed up for delivery. Visualize packing that food into cars to distribute two times every month. Visualize driving to 50 different houses throughout the county – from Morristown to Marietta. Now visualize the grateful smiles that receive this food twice a month. Now, if at all possible, visualize where you fit into this process. If you are able to donate any amount of any of the items each month, our seniors will be so grateful. If you are able to pick up the deliveries for 5 households and drop them off twice a month, our seniors will be so grateful. If you are able to donate a little cash here and there, our seniors will be so grateful.

**Produce Pick-Up Days:**  
Monday, October 7 & Monday, October 21

**Needed Pantry Items:**

- Soup
- Vegetables
- Fruit
- Tuna
- Peanut Butter
- Canned Beans
- Cereal
- Oatmeal Packets
- Rice
- Macaroni and Cheese
- Toilet Paper

*Dementia  
Caregiver  
Support Group*

The 3rd Tuesday  
of every month  
1:30pm to 2:30pm

Call Brooke at Shelby Senior  
Services for more information  
and/or to sign up at  
317-398-0127

# SHELBYGO TRANSPORTATION



Easter Hall Beyer,  
Director of Transportation

ShelbyGo would like to welcome  
and introduce our new staff members:

**Daniel Majeed**  
**ShelbyGo Driver**

Daniel is from Cincinnati, OH  
and now lives in Shelby  
County.



**Lindsey Rasche**  
**ShelbyGo Dispatcher**

Lindsey is a lifelong resident of  
Shelby County.



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.

**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 Show

6:30pm  
Thursday, October 10, 2024

2120 Shelby Senior Services, Inc.  
Intelliplex Drive, Suite 101  
Shelbyville, IN

Event is free  
Come find out what is scheduled  
for the 2025 season! Seating is  
limited, call 317-398-0127 for a  
reservation.



## TRAVEL

Carol McDaniel,  
Travel Coordinator

What is approximately 450 feet long, 75 feet wide and 45 feet tall and took 100 years to build? No, not the Convention Center. It was The Ark, of course!

Shelby Senior Services recently sponsored a trip to see the life-size replica of this gigantic ship. The trip also included a visit to the Creation Museum and a sightseeing cruise on the River Queen on the Ohio River in Cincinnati. However, for me the Ark stood out as the most interesting.

Noah, his wife Emzara, his three sons and their wives lived on the Ark for one year when the rains began falling signaling the beginning of the flood. These eight people fed, watered and cleaned cages of thousands of animals everyday. The enormity of the task is overwhelming when one views first-hand the three floors it took to house the animals. How did he manage to keep all of the species alive all that time! Imagine Noah searching the internet about what foods each animal needed. Just kidding. We know that God provided that information.

Storing the provisions would have taken a tremendous amount of space. Each of the three floors, approximately 25 feet tall, is built with wooden bins stacked row upon row to the ceiling and filled with sacks full of grain or enormous clay pots filled with water. Near the center of the Ark, Noah's living quarters are featured. Even though this is a replica, it is logical that he and the family would need to be positioned for efficiency. Life-sized representations of Noah and his family are shown doing everyday chores of cooking, sewing, feeding animals, woodworking and much more. Many move their arms and heads while performing their tasks. Among other necessities, the family had to eat, so they most likely raised gardens of consumables shown throughout the living quarters.

The Creation Museum has been around for several years. I visited there when it first opened, however, many new features have been added to make the visit more interesting. Since I had seen the beautiful exhibits following the events of the Bible, I opted to take advantage of the additions. One addition is the live music stage that features wonderful gospel artists. Currently, their focus is on 40 days of live gospel entertainment with special music by successful group and individuals. I got there on day 29, so there are several days left.

Educational presentations that day offered a demonstration about live reptiles. I learned about lizards, turtles and snakes. The presenter had these reptiles available to pet after the show. No, I didn't pet them. However, it was interesting.

Finally, we got to see Cincinnati from the River Queen, one of the sightseeing paddlewheel BB Riverboats. At 7 miles per hour, we saw everything from the prototype for the Brooklyn Bridge to the Great American Ball Park, to the Daniel Carter Beard Bridge, named after the founder of the Boy Scouts of America, to the Paul Brown Stadium. All in all it was a restful and fun ride.

Come and join us on a fun and educational trip! Our next free Travel Show is Thursday, October 10 at 6:30 at the Center and it showcases the 2025 trips. We will give some hints about the 2026 trips, too. Call 317-398-0127 to sign up. Seating is limited.



# HEALTH & WELLNESS

Abbagail Kirk,  
Health & Wellness Coordinator

We're jumping into fall wayyyyyyyy too quick for my liking! With that being said, READY OR NOT HERE WE COME. Cold and flu season is right around the corner.



### We have dates to save for our annual Flu Clinic:

- October 22** - Waldron Senior Center at 12:30
- October 23** - Morristown Senior Center at 1:00
- October 24** - Fairland Senior Center at 1:00
- October 25** - Shelbyville Horizon Center at 11:00

Flu vaccine and current Covid booster will be available on site for these days. Service is provided with Melanie from Medicap Pharmacy.

### H&W Highlights

- Crock-Pot Extravaganza** - Third Monday of each month at 1:30pm
- Air Fryers Class** - Oct. 16 at 1:30pm
- Rock Steady Boxing** - Every Tuesday & Thursday at 4pm
- Chair Yoga** - Every Wednesday at 1:30pm
- Drumming to Keep the Beat** - Oct. 23 at 1:30pm
- Tai Chi** - Every Thursday at 10am
- Bowling** - Every Friday at Blue River Bowl at 12pm

**NEW OPPORTUNITY**

Abbagail will be hosting a monthly cooking demo centered around AIRFRYERS. We will start October 16th at 2:30 p.m. Class will be limited to 20 participants. Sign up at the front desk or by calling 317-398-0127



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# SHELBYVILLE HORIZON CENTER

Crystalá Evans,  
Shelbyville Activity Coordinator

Fall is in the air! Things are always changing and Fall is a time when change is most evident. Make sure to dress in layers each day so that you can stay at your desired temperature. Sweaters and cardigans are always good to have in case the temperature changes during the day. I want you to be comfortable. Come out and visit – the coffee is hot and the company is like family.

We are going to be having an All Center Halloween Party. It will be complete with a “Murder Mystery” and a “Costume Contest for Halloween!” What you will need to do is to come dressed in your costume on October 31<sup>st</sup>. We will have a voting system for the overall Best Costume which will be voted on by our seniors. I know we have a lot of creative seniors who will want to join in on the fun. The winner will receive a prize and be crowned the 2024 Best Halloween Costume WINNER!!! It is sure to be a fun filled day that you are not going to want to miss.

Christmas card submissions are starting this month. Please send me your card submission for consideration. We have Tuesdays at 1:00 PM set aside for you to join in and work on your Christmas card submissions for the contest. Christmas card submissions are due by November 8<sup>th</sup>.

We will be decorating our tree and space at the Grover Museum at 1:00, on November 4th. Come join us as we make our tree come to life with our display. The theme this year is Christmas Around the World. This year we are going to be decorating our tree with France in mind. Inquire today as to how you can participate or what items we might need for our tree.

Birthday Club – Are you a member of our Birthday Club? This is an opt-in perk of membership. If you want us to recognize your birthday you need to fill out a Birthday Club form at the front desk. We will send you a birthday card, put it in our newsletter, and add it to our slide show. We know that not everyone wants to celebrate their birthdays publicly – so you have to fill out the form to have it recognized.

Volunteer opportunities – Please inquire about opportunities for volunteering. We have all sorts of opportunities for you to get involved in taking pride in your Senior Center. Front desk, newsletters, Grover Tree Decorators, Bingo Callers, program facilitation, and activity assistants - are just a few. If you feel led to share your time and talents with us – we would appreciate your assistance. Keep an eye out in the newsletter for upcoming areas of need for volunteers. We appreciate your time and talents.

Donations can be made to the front desk for Activities and activity supplies. Please specify what you want your donation to cover and please let Crystalá Evans know that you are making the donation. I will make sure that the funds go to cover the desired items. If I didn't know you made a donation – I wouldn't be able to personally thank you for your generosity. Please make me aware.

We appreciate your support and donations.

October is my Anniversary month! I have been serving at Shelby Senior Services for 6 years now. The time has gone by in the blink of an eye. I am thankful that I have been blessed to serve such wonderful souls. You continue to inspire me to live a meaningful life, take nothing for granted, and always do my best. Thank you for sharing your time with me. You are such a blessing to my life.

Warm Regards,  
Crystalá Evans, ADC  
Shelbyville Activity Coordinator

*Happy Birthday!*

- Ginny Reffey 4<sup>th</sup>
- Steve Holzhausen 8<sup>th</sup>
- \*Carol McDaniel 12<sup>th</sup>
- Kathy Boska 25<sup>th</sup>
- Kristina Dabney 30<sup>th</sup>

# ACTIVITY HIGHLIGHTS

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

**\*Tuesday, October 1<sup>st</sup> at 9:00 a.m. Changes in Medicare with Robert Moore** We are going to welcome Robert Moore to our center to discuss the changes in Medicare. Open enrollment is October through December and we want you to be able to make informed decisions.

**Thursday, October 3<sup>rd</sup> at 9:00 a.m. Coffee with The Mayor** Scott Furgeson will be here to enjoy a cup of coffee and chat. He wants to hear from our 60 and over senior community. This is a great chance to have an open forum discussion with the Mayor directly. Call to reserve your spot and Day Passes are available.

**\*Thursday, October 3<sup>rd</sup> at 1:00 p.m. Halloween Canvas Class with Mindy Cost is \$25** We are going to be painting a Halloween-inspired piece to kick off October. Cost is \$25 and is limited to 10 people. Feel free to bring your favorite brushes and let's get creative with Mindy.

**Friday, October 4<sup>th</sup> at 9:00 a.m. – Fun Friday – Cinnamon Bun and Smile Day** We are going to celebrate Cinnamon Bun Day and Smile Day. We will bake fresh Cinnamon Rolls for you to enjoy, but it will cost you a smile. Come with a happy smile to share with everyone. Our Bingo sponsor is McKay Manor.

**\*Tuesday, October 8<sup>th</sup> and 22<sup>nd</sup> at 9:00 a.m. Tech Savvy Seniors** We are taking appointments for our Tech Savvy Seniors. Make an appointment, bring your technology fully charged, and come to learn something new. Appointments can cover your phone, tablet, and laptop device.

**\*Tuesday, October 8<sup>th</sup> at 1:00 Ceramic Ornaments with Kelsie COST is \$22** we are going to be making ornaments for Halloween and Christmas. Come on out and make a few ornaments. Class is limited to 10 people and we hope you will join us.

**\*Wednesday, October 9<sup>th</sup> at 12:00 p.m. Lunch and Learn – Graveyards and Ghost Stories Chili Cook-Off Cost \$5** We are going to have several pots of chili for you to sample from the various facilities that want to showcase their culinary skills. During our Lunch and Learn we are going to have a presentation about the history of our graveyards around town with Donna Dennison from the SCPL Genealogy and History Department. Then enjoy Smores for dessert as we tell a few Ghost stories. There is no limit to the number of participants. We just need you to sign up ahead of time. It should be a perfect Fall afternoon for some spooky fun. Bring your own ghost story to share with the group.

**Thursday, October 10<sup>th</sup> at 1:00 p.m. Book Club at the Horizon Center in the Meeting Room** with Pam Weakley from the library. This month we will be discussing the book "On This Rockne" by Ralph McInery . Everyone is to meet in the Meeting Room. We are excited to share our thoughts on this suspenseful book. All center members are welcome.

**Thursday – October 10<sup>th</sup> at 2:00 p.m. – Movie Matinee "Maltese Falcon" and Popcorn** We are going to be showing the "Maltese Falcon" featuring Humphrey Bogart. Come and enjoy a movie and some popcorn while watching a fun movie. The movie is 1 hour and 41 minutes long.

**Friday, October 11<sup>th</sup> at 9:00 a.m. – Fun Friday – Breast Cancer Awareness Day & October Birthdays** We are going to celebrate Breast Cancer Awareness Day by wearing our pink and pink breast cancer attire. We will celebrate our October birthdays with cupcakes sponsored by a generous donor. Our Bingo sponsor is Ashford Place.

**\*Monday, October 14<sup>th</sup> at 1:00 p.m. Kitchen Fun with Barb McFarland** We are going to make a Pumpkin Crunch Dessert. Come watch Barb prepare this delicious Fall dessert. 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.

# ACTIVITY HIGHLIGHTS

**\*Wednesday, October 16<sup>th</sup> at 8:00 a.m. Day Trip to Bridge Festival in Parke County Cost is \$5** Rise and Shine and let's board the bus to beautiful Parke County for their annual Bridge Festival. Bring a buddy because you are on your own to explore the entire festival. This trip includes a lot of walking on uneven, grassy surfaces. Crowds of people gather for this festival and there is a lot to see and do. Bring CASH to spend – in case the credit card machines are not working properly. Wear comfortable shoes for all of the walking, dress for all types of weather, and an appetite for some vendor food and craft shopping. Limited to 12 participants.

**Thursday, October 17<sup>th</sup> at 1:00 p.m. Afternoon Games with Compass Park** We are going to have Compass Park here to lead us in a few afternoon games.

**\*Thursday, October 17<sup>th</sup> at 3:00 p.m. Music and a Meal – Bobby Wiggins Band COST \$7** We are going to welcome Bobby Wiggins Band to our center for a show that is sure to please. Come for the music and stay for the meal. The meal is being provided by Your Way Catering. We will be serving up roast beef, mashed potatoes and gravy, green beans, rolls, cookies for dessert, and drinks. We would like you to sign up and pay by Tuesday, October 15<sup>th</sup>. Space is limited – so sign up early. Cost is \$7 and we will have room for 40 participants.

**Friday, October 18<sup>th</sup> at 9:00 a.m. Fun Friday – Handbag and Neck-Tie Day** We are going to celebrate Fun Friday by bringing in our favorite Handbag or wearing our favorite Neck-Tie. You can even do both as well. You do you! We will be serving up some Chocolate Cupcakes for Chocolate Cupcake Day as well. Our prize table sponsor is Morristown Manor.

**\*Friday, October 18<sup>th</sup> at 11:30 a.m. Salad Lunch Pitch-In** We are going to be having a Salad Lunch Pitch-In. Bring your favorite salad to share with the group. There is no cost to participate. Just let us know what you might be bringing so that we have a variety.

**\*Thursday, October 24<sup>th</sup> at 9:00 a.m. Day Trip to Escape Room and the Old Spaghetti Factory Cost is \$35** There are 14 spots on the bus. You must be able to climb stairs and we are not able to accommodate walkers because we do not have room on the bus. This trip will include a fair amount of walking. Be prepared. Wear comfortable shoes, a jacket, hat and dress for the weather.

**Friday, October 25<sup>th</sup> at 9:00 a.m. Fun Friday - Halloween Orange and Black Pre-Party** Wear your black and orange, or Halloween-themed attire for this Fun Friday. We are going to play Halloween-themed Bingo too! Feel free to bring a trick-or-treat to share with the group. Our Bingo prize table sponsor is Compass Park.

**\*Monday, October 28<sup>th</sup> at 1:00 p.m. Halloween Dance and Karaoke with DJ Moxy** Come ready to do the Monster Mash and the Time Warp. Snacks will be a pitch-in. Bring a snack to share. Music by DJ Moxy. We will have lots of Tricks and Treats going on at the Horizon Center the week of Halloween.

**\*Thursday, October 31<sup>st</sup> at 12:00 p.m. All Center Halloween Party COST \$5** Come for lunch with a costume on. We are going to have an All Center Halloween Party complete with food and fun. Dress up in your favorite costume and be ready to compete for the Best Costume. There will be prizes. We are also going to have a Murder Mystery happening at the center. Come and see – Who the suspects are and see if you can solve the crime. Audience participation is key to solving the mystery. Please R.S.V.P. for this event by October 29<sup>th</sup>.

**Friday, November 1<sup>st</sup> at 9:00 a.m. Gratitude Day – Fun Friday** We are going to kick-off November with Gratitude and keep it going all month long. Come ready with something you are grateful for and be ready to share it with the group. Our Bingo Prize table sponsor is McKay Manor.

**\*Wednesday, November 4<sup>th</sup> at 1:00 p.m. Decorate the Grover Tree** We are going to be decorating our Tree at the Grover Museum. Our theme this year is Holidays Around the World. We are going to represent France with our tree and decorations.



WWW.SHELBYSENIORSERVICES.ORG

# DANCE & Karaoke Party

## KARAOKE

OCTOBER 28 2024  
MONDAY - 1:00 PM

### DJ MOXY

Come join us for an afternoon of fun!

FREE ADMISSION WITH MEMBERSHIP  
DAY PASSES \$5.00  
2120 INTELLIPLIX DRIVE, SUITE 101  
SHELBYVILLE, IN 46176

Shelby Senior Services Presents

# MUSIC & A MEAL

BOBBY WIGGINS

## THURS.- OCTOBER 17, 2024

COST IS \$7 PER PERSON

**3:00 MUSIC**  
**4:00 MEAL**

MEAL BY:  
YOUR WAY CATERING:  
TENDER ROAST BEEF,  
MASHED POTATOES,  
BROWN GRAVY, ROLLS,  
COOKIES, AND A DRINK

Please R.S.V.P.  
by calling  
317-398-0127

Room for 40 Guests  
COST \$7 for  
Entertainment and Food Cost  
2120 Intelliplex Drive, Suite 101  
[www.shelbyseniorservices.org](http://www.shelbyseniorservices.org)

## LUNCH AND LEARN GRAVEYARDS + GHOST STORIES

October 9, 2024  
12:00 p.m. Cost is \$5  
2120 Intelliplex Drive, Suite 101  
Shelbyville, IN 46176

Come vote for your favorite Chili  
We are going to have a Chili Cook-Off for Lunch. A discussion with Donna Dennison from the Shelby County Library Genealogy and History Department about Graveyards around Shelbyville. Then Smores for dessert and a few Ghost Stories.

BRING A GHOST STORY TO SHARE WITH THE GROUP.  
OPEN TO SENIOR SERVICES MEMBERS  
DAY PASSES AVAILABLE  
FOR PEOPLE OVER THE AGE OF 60

CALL TO RSVP 317-398-0127

## DAY TRIP BRIDGE FESTIVAL

October 16, 2024

Bus Departs at 8:00 a.m.  
Returns 4:30 p.m.

Cost is \$5 per person  
Cost covers gas and parking  
Meals and Souvenirs at your expense  
Limited to 12

Lots and lots of Walking  
Outside All Day

BRIDGETON 2024

317-398-0127 [www.shelbyseniorservices.org](http://www.shelbyseniorservices.org)








# OCTOBER ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> 9:00 Seniors Choice 1:00 Mah Jongg 1:00 Chair Volleyball	<b>1</b> 9:00 Changes in Medicare with Robert Moore 9:00 Mobile Nails by A'del 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	<b>2</b> 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 1:30 Chair Yoga	<b>3</b> 9:00 Coffee with the Mayor 9:30 POKENO 10:00 Tai Chi 1:00 Halloween Canvas Class with Mindy \$25	<b>4</b> 9:00 Fun Friday – Cinnamon Bun and Smile Day 9:30 BINGO – McKay Manor 1:00 Euchre 1:00 Dominoes
<b>7</b> Produce Pick-up 9:00 Seniors Choice 1:00 Mah Jongg 1:30 Crockpot Extravaganza	<b>8</b> 9:00 Tech Savvy Seniors 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting 1:00 Ceramic Ornaments with Kelsie COST \$22	<b>9</b> 9:15 Bible Study with Jim 12:00 Lunch and Learn – Graveyards and Ghost Stories Chili Cook-Off Smores COST \$5 1:30 Move & Groove 1:30 Hand & Foot	<b>10</b> Travel Show 6:30 pm 9:30 POKENO 10:00 Tai Chi 1:00 Book Club – On The Rockne 2:00 Movie Matinee – Maltese Falcon	<b>11</b> 9:00 Fun Friday – Breast Cancer Awareness Day & October Birthdays 9:30 BINGO – Ashford Place 1:00 Euchre 1:00 Dominoes
<b>14</b> 10:00 Geri-Fit 1:00 Mah Jongg 1:00 Kitchen Fun with Barb McFarland 2:00 Pre-Needs Appts. With Freeman	<b>15</b> 9:00 Caffeinated and Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting 1:30 Alzheimers Support Group	<b>16</b> 8:00 Day Trip – Bridge Festival Cost \$5 9:15 Bible Study with Jim 1:00 Hand and Foot Cards 1:30 Chair Yoga 1:30 Air Fryer Class with Abbi	<b>17</b> 9:30 POKENO 10:00 Tai Chi 1:00 Afternoon Games with Compass Park 3:00 Music and a Meal with Bobby Wiggins COST \$7	<b>18</b> 9:00 Fun Friday – Handbag and Neck-Tie Day, Choc Cupcake Day 9:30 BINGO – Morristown Manor 11:30 Salad Lunch Pitch-In 1:00 Euchre 1:00 Dominoes
<b>21</b> Produce Pick-up 9:00 Seniors Choice 1:00 Mah Jongg	<b>22</b> 9:00 Mobile Nails by A'del 9:00 Tech Savvy Seniors 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	<b>23</b> 9:15 Bible Study with Jim 1:00 Hand and Foot Cards 1:30 Drumming to Keep The Beat	<b>24</b> Day Trip – Escape Room and Old Spaghetti Factory Cost \$35 9:30 POKENO 10:00 Tai Chi	<b>25</b> Flu Vaccines 9:00 Fun Friday – Orange & Black 9:30 BINGO – Compass Park 11:00 Flu Vaccines 1:00 Euchre 7 1:00 Dominoes
<b>28</b> 9:00 Seniors Choice 10:00 Geri-Fit 1:00 Mah Jongg 1:00 Dance and Karaoke With DJ Moxy	<b>29</b> 9:00 Caffeinated and Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	<b>30</b> 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 1:30 Chair Yoga	<b>31</b> HALLOWEEN PARTY 9:30 POKENO 10:00 Tai Chi 12:00 Halloween Party COST \$5 Lunch, Murder Mystery & Costume Contest	<b>1</b> 9:00 Fun Friday – Gratitude Day 9:30 BINGO – Key Bank 1:00 Euchre 1:00 Dominoes

October 2024



SCAN ME

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Pot Roast w/Gravy Key West Veggies Mashed Potatoes Wheat Bread Strawberry Applesauce Milk</p>	<p>2 Beef Biryani Cauliflower Green Beans w/ Almonds Wheat Bread Tropical Fruit Milk</p> 	<p>3 Spaghetti/meatballs Parmesan Cheese California Veggie Blend Brussel Sprouts Mandarin Oranges Milk</p>	<p>4 Beef Stroganoff w/ Egg Noodles Italian Cut Green Beans Diced Carrots Fresh Orange Milk</p>
<p>7 Produce Pick-up Grilled Hamburger Mac &amp; Cheese Festive Green Beans Diced Pears Wheat Bun Milk</p>	<p>8 Almond Crusted Fish Spinach Scalloped Potatoes Wheat Bread Diced Peaches Milk</p>	<p>9 <b>Lunch and Learn</b></p>	<p>10 Beef w/Broccoli &amp; Noodles Diced Carrots Diced Pears Milk</p>	<p>11 Cheese Lasagna w/ Veggie Marinara Capri Veggies Lima Beans Wheat Roll Diced Pineapple Milk</p>
<p>14 Oven Fried Chicken Whipped Sweet Potatoes Collard Greens Orange Juice Milk</p>	<p>15 Italian Bowtie Pasta w/Beef Broccoli w/Red Peppers Green Beans Mandarin Oranges Milk</p>	<p>16 Bagel w/Egg, Sausage &amp; Cheese Sliced Apples Roasted Sweet Potatoes Milk</p>	<p>17 Country Ham &amp; Beans Diced Beets Diced Carrots Corn Bread Mixed Fruit Milk</p>	<p>18 <b>Salad Lunch Pitch-In</b></p>
<p>21 Produce Pick-up Sloppy Joe WG Bun Roasted Sweet Potatoes Brussel Sprouts w/ Onion Diced Pineapple Milk</p>	<p>22 Teriyaki Chicken &amp; Noodles Stir Fry Veggies Fresh Orange Milk</p>	<p>23 Chicken Parmesan Parmesan Cheese Apples w/Cherries &amp; Almonds Roasted Potatoes Wheat Bread Diced Mangos Milk</p>	<p>24 Sliced Turkey over Southwest Pasta Broccoli Peas Chocolate Pudding Milk</p>	<p>25 Beef Stew Corn Turnip Greens Wheat Bread Diced Peaches Milk</p>
<p>28 Meatloaf w/Gravy Brussels sprouts Mashed Potatoes Mandarin Oranges Birthday Treat Milk</p>	<p>29 Indiana Style Chili Mac California Veggie Blend Applesauce Corn Bread Milk</p>	<p>30 Ginger BBQ Chicken Whipped Sweet Potatoes Collard Greens Wheat Bread Diced Pears Milk</p>	<p>31 <b>HALLOWEEN PARTY</b></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:**

Small/Dessert Plates  
Paper Towels  
Square Napkins  
Heavy Duty Paper Plates  
Gallon Ziploc Bags

### **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. If you would like more information or would like to reserve a spot for lunch, please call 317-398-0127.

**9:30** - Coffee & Chat

**11:00-12:00** - Exercises with Abbagail

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

### October 1

**Lunch** - Chicken broccoli alfredo, breadsticks, and cookies

**Activity** - Euchre

### October 8

**Lunch** - Pulled pork sliders, tater tots, and peach dessert

**Activity** - Mexican Train/Game

### October 15

**Lunch** - Taco bar and vanilla ice cream

**Activity** - Memory Game and Teaser

### October 22

**Lunch** - Baked spaghetti, garlic bread, and apple dessert

**Activity** - Paint a Pumpkin

### October 29

**Lunch** - Potato soup with grilled cheese, carrots, celery, and pumpkin pie

**Activity** - Costume Day!! Dress up HAVE FUN!!!!

# 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)

### October 2

**Lunch** - Chili, crackers, peanut butter and honey sandwich, and pumpkin roll

**Activity** - Let's welcome fall with some warm spiced cider and a fall themed activity.

### October 9

**Lunch** - Crockpot cooking with Abbagail

**Activity** - We will be sampling popular snacks from around the world! You decide if it's a trick or a treat!

### October 16

**Lunch** - Lasagna, salad, garlic bread, and brownies

**Activity** - Games, cards, and conversation

### October 23

**Lunch** - We will be celebrating our one year anniversary together with a pizza party!

**Activity** - Annual Halloween treat bag packing for the church

### October 30

**Lunch** - Feet loaf, corns, monster mashed potatoes and spooky treats

**Activity** - Spooky tales and Myths of Morristown





# FAIRLAND

## Join us at the Fairland Horizon Center!

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

**9:30-10:00** - Coffee Chat

**10:00-11:00** - Exercise with Abbagail Oct. 3 & 24  
Volleyball Oct. 17 & 31

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

**12:00** - Lunch \$5.00 - Reserve by Tuesday of that week

### October 3 First Thursday Euchre

**Lunch:** Menu TBA

**1:00** Euchre tournament

...prizes for High and Low Scores

Crock-Potting # 3 in Conference Room with Abbagail

### October 10 Fairland Closed for Floor Deep Clean

### October 17th "So What's Up Now?"

**Lunch:** TBA

**1:00** There have been lots of "buzz" about changes coming to Fairland...a new gas station, strip mall, apartments, etc. It's time we talk to someone who really knows what is happening! Mike Bowman, owner of M and C Excavating is our man! He works closely with the town council and will be here to explain some of the proposed projects for our town and answer some of your questions.

### October 24 "Joyful Road"

**Lunch:** Menu TBA

**1:00** Bluegrass, Standards, and Gospel accompanied by Ukulele, Mandolin and Bass, sounds like a great afternoon program to me! Nisa Hensley and Natalie Hornsby will be performing for us today with swinging, toe-tapping music! This will be their second visit with us - back by popular demand!

### October 31 HALLOWEEN and Murder Mystery

Read carefully! The morning will go on as usual but at noon our center in Fairland will close for the rest of the day. Those who want to participate will head down to the Shelbyville Center for lunch our Halloween Murder Mystery Party. As for the lunch menu, something ghoulishly delicious is in the works. As usual, you will need to make your reservations my Tuesday of that week, cost is \$5. For those who think "this is not for me", you can leave at noon or travel down to Shelbyville and have lunch there, leave afterwards, or just hang around and watch the fun. The more the merrier!

# DONATIONS

## Thank you to our donors:

Lindsey Rasche  
Friends of Fairland  
Judy Eads  
Donna Sanders  
J.B. Myer  
Vicki King  
Tim & Janice Conway  
Mary Oeffinger  
Joannie Hoffman  
God's Grain Bin  
Jenni Haehl  
Anna Tackett  
Barbara Anderson  
Ashley Martin

## In Memory of:

Catherine Platt  
Given by: David Platt

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

Betty Zoelzer, Jake Sparks, Vicki King, Sharon Moore, 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, Alzheimer's Association, SCUFFY, and Blue River Community Foundation.





# Freeman Family Funeral Homes Crematory & Monument Service



819 S. Harrison Street  
Shelbyville, IN 46176  
**317-392-2555**



124 E. North Street  
Morristown, IN 46161  
**765-763-6321**



**Mike & Lana Freeman - Owners**

[www.freemanffh.com](http://www.freemanffh.com)



**Ryan, Sarah, Reese & Jameson Haehl**

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

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