



**SHELBY
SENIOR
SERVICES**
ENGAGE ENRICH EMPOWER

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

September 2024

National Senior Center Month: Powering Connections



“Senior centers work with community partners to connect people to health, economic security, social engagement, purpose, creativity, mobility, nutrition—all in a social and fun environment!”



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

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Kathy Miller, Fairland
Regina Wall, Waldron
Kandi McKibben, Morristown

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Abigail Kirk, Health & Wellness Coordinator
Brooke Holycross, Family Caregiver Coordinator

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Gina Batton, Bookkeeping

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“Serving seniors, improving lives.”



KIM'S KORNER

Kim Koehl,
Executive Director

Wow! Here we are in September already and we are happy to say that it is National Senior Center Month. This year's theme is "Powering Connections." What a wonderful time this is at the Horizon Centers with many things going on. We are looking forward to all of the upcoming activities. As we look to the future, we are looking forward to bigger and better things. We are looking to increase activities at the Shelbyville Horizon Center with continuing day trips such as Louisville for a River Boat Cruise this month. We are looking to the future with the Baby Boomers continuing to join the ranks of 60+. We are looking at including new, engaging, and inviting activities. Many people think of Senior Centers as a place where older folks just come and sit and play bingo and drink coffee. Don't get me wrong, people do drink coffee and play Bingo but we also have many other fun and engaging activities to offer. We encourage you to come to one of our four centers and you will be surprised at all the activities, food, and fellowship that are happening every day. Just step in our doors and come see for yourself! Please feel free to drop in to Shelby Senior Services, 2120 Intelliplex Dr, Suite 101, Shelbyville, IN 46176 or call 317-398-0127 with any questions or suggestions for new activities you may have.

Also, we are excited to be celebrating the 10th Anniversary Party on September 22, 2024 for the Fairland Horizon Center. We look forward to seeing you all there.

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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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

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FAMILY CAREGIVER SUPPORT

Brooke Holycross,
Family Caregiver Support Coordinator

I know that a lot of my dementia caregivers out there, especially those biologically related to the person they are caring for, are concerned that they may develop dementia themselves. How can we reduce our risks? One area I have been looking into is diet, and here is a bit of what I have learned.

We all know high cholesterol is bad. Those with higher cholesterol have an increased risk of dementia, not to mention the heart disease that also comes with it. A study reported in the New England Journal of Medicine also connected high blood sugar levels – regardless of whether the participant had diabetes or not – to an increased rate of dementia.

Eating foods high in sugar, even if you are not diabetic, increases your risk of developing dementia. I am here to remind you of what you already know. Eating those unhealthy foods makes you unhealthy. You are what you eat.

My message for this month is to watch your cholesterol and sugar intake if you want to decrease your risk for developing dementia. There are drugs to help lower those numbers – and please, by all means, talk to your doctor and work to keep those numbers in check. But there are steps you can take on your own. You probably know what changes you need to make. I'm not saying give up that ribeye steak altogether, but maybe limit yourself to one a month. Do you feel like you are missing something if you don't have candy every day? Can you possibly decrease the amount you eat? Any little change is better than no change – and usually better than big changes. The big changes often lead to big frustration and therefore don't last long. Make a small change in your diet. Once it is a habit, then make another small change. Over time it will add up and you will be helping to reduce your risk for dementia.

Produce Pick-Up Days:

TUESDAY, September 3 (due to the Labor Day holiday) &
Monday, September 16

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

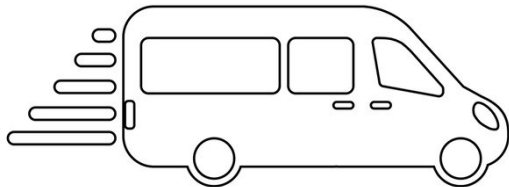




SHELBYGO TRANSPORTATION

Easter Hall Beyer,
Director of Transportation

Summer is wrapping up and school is back in session. Please be patient with the ShelbyGo drivers. It takes a little more time and navigation with the kids, school buses, and the road construction in Shelby County. We apologize in advance for any delays but appointments will continue as scheduled.



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.

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Are you interested in **advertising** in the Horizon Newsletter?

Contact 317-398-0127
for more information!



TRAVEL

Carol McDaniel,
Travel Coordinator

Imagine a beautiful sight and you might say it is a beautiful view of a lake or a painting. However, if you haven't seen the falls in Niagara Falls, especially at night, you really have missed the best of the best! Shelby Senior Services took in the beauty and amazement of the falls recently on a trip.

I'll get to the falls in a minute, but for me, I must first share some other highlights of the trip. For example, the nearby town of Niagara-on-the-Lake is one of those quaint little towns with character, charm and spectacular water views. As expected, shops and restaurants line the streets. Friendly owners greet visitors from all over the world.

However, the streets are also lined with layers of colorful flowers that range from four feet tall red Canas in the middle of the lane divider planters strategically placed along the sidewalks to impatiens and a myriad of other annuals. Hanging pots have cascading vines and brilliant shades of blooming flowers on every street corner. Vendors chip in to pay for the \$1million price tag to decorate the town annually.

Venturing out to the surrounding area, family owned vineyards and family owned farms raising specialty crops such as lavender and fruit, dot the landscape. What a treat it is to walk into a lavender farm gift shop and smell the aroma of a variety of lavender items such as bath soap and skin products.

Getting back to Niagara Falls, the Welland Canal (Lock #3) is an experience that gets visitors up close and personal to huge cargo ships passing through the locks to get to their destinations. We arrived at the Canal just in time to witness a cargo ship approaching, entering and exiting the lock. You can almost reach out and touch the passing ship. Since the locks serve to rise or lower the water level to accommodate the vessel's needs, it is fascinating to see the way the ship is maneuvered into the narrow lock. The museum at Lock #3 takes you on a journey to see the history of previous locks, their locations and the building of the modern locks.

Of course, the ultimate attraction at Niagara Falls is the falls itself. Consisting of three separate falls, i.e., the Horseshoe Falls, the American Falls, and the Bridal Veil Falls. At its peak, water flows an average of 225,000 cubic feet per second over Horseshoe Falls. The American Falls and Bridal Veil Falls is halved at night and during low tourist time in winter, while 90% of the Horseshoe Falls is allowed to flow over the falls and ten per cent is diverted by an international control dam to the hydroelectric plant to produce electricity.

Niagara Falls wasn't always a honeymoon destination. Theodosia Burr Alson, daughter of Vice President Aaron Burr, and husband Joseph Alson were the first couple to honeymoon there in 1801. After that, fashionable couples began to flock to the falls, especially after WWII when the auto industry and tourism boards started advertising the destination. At night, a spectacular light show occurs on the falls. It is breathtaking! Crowds of people line the fences late at night to take pictures, since the summer sunsets are later. It is truly a beautiful and memorable sight to see!

Come to our October 10, 2024, Travel Show to see where we are going in 2025. Call 317-398-0127 to reserve your free seat!



HEALTH & WELLNESS

Abbagail Kirk,
Health & Wellness Coordinator

Crock-Pot Extravaganza class will be September 16th at 1:30 p.m. Participants please mark that date. Thank you so very much for the support and participation with the Crock-Pot Extravaganza! Would not be made possible for our Seniors with out the amazing grant from Blue River Community Foundation. Class filled up quickly which made me notice there is a calling for more cooking classes with our seniors. When I asked a group of 20 seniors what they would like to see me offer, a consensus was made for an AIR FRYER CLASS. This will be a general “How to” use and cooking with an AIR FRYER. We received a gracious donation from a senior to get this ball rolling! We will be covering how to cook sweet potatoes, cinnamon rolls, and Pigs in a Blanket. October 16th at 2:30 p.m. is the first class and we will set the date for the next month and what topic seniors want to discuss and learn more about! Use today to make a better you for tomorrow!

TRISHAW EXPERIENCE

September 9th
September 23rd

10:00a.m.-
11:30 a.m.

Cycling Without Age
Call for your reservation Today. Spaces are very limited.
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Suite 101
Shelbyville, IN

Come and enjoy a ride with Abbagail

H&W Highlights

- Crock-Pot Extravaganza** - Third Monday of each month at 1:30pm
- Trishaw Rides** - Sept. 9 & 23 at 10am
- Chair Volleyball** - Sept. 30 at 1pm
- Rock Steady Boxing** - Every Tuesday & Thursday at 4pm
- Chair Yoga** - Every Wednesday 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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SCAAC Senior Expo

Parks Department
Sept. 19th
10 AM - 2:30 PM

ENTER OUR DRAWING FOR A CHANCE TO WIN \$100, \$75, OR \$50 GIFT CARDS!



GUEST SPEAKERS

- 11 AM Carlita Hobart - Manager of Attorney General Consumer Protection Intake
- 12 PM Nicole Neisler NP - Nephrology & Cardiovascular
- 1:15 PM Brooke Holycross Shelby Senior Services Guest Speaker for ALZ

FEATURING

- KnoxBox Information
- BP and Cholesterol Checks
- Wound Clinic
- MHP Patient Portal Set Up



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SHELBYVILLE HORIZON CENTER

Crystala Evans,
Shelbyville Activity Coordinator

September is Senior Center Month, Alzheimer's Awareness Month, and Suicide Prevention Month. The theme this year for Senior Center Month is "Powering Connections." Some areas for making connections: healthy aging, economic, generations, diverse populations, and digital access. As a Senior Center, we work with community partners to provide access to health, financial security, social engagement, purpose, creativity, mobility, and nutrition—all in a social and fun environment! Classes such as Tai Chi, Chair Yoga and Healthy Cooking all promote healthy aging. Programs on Medicare and Medicaid, Lunch and Learns and Couponing and Pre-planning are offered to help with economic security. Intergenerational programs such as trips to the Grover Museum with the ladies from Girls, Inc and working with the young people at the YMCA allow for opportunities to connect with other generations. Working to incorporate diverse populations into our programming through Dementia Friends and unique activity offerings that address cultural awareness, veteran inclusion, and disability awareness. Digital connections such as our Caffeinated and Connected series and Tech Savvy Seniors as well as programs on digital security build confidence in using the internet with connected devices. We are very excited to start utilizing the AT&T Grant to purchase equipment that will allow us to Our focus is always on Friendship, Health, Purpose, and Creativity. We offer a lot of great opportunities for seniors to engage in activities with other seniors in our community. Our center is vital to the health and well-being of seniors in Shelby County by providing opportunities for meaningful engagement with others on a daily basis. Overall health is optimized through activities that engage the mental, physical, and social aspects of daily life. We invite you to be a part of "Powering Connections!" Let us know why you enjoy coming to the senior center. Is it for friendship, crafts, improving your health, or to have a reason to get up in the morning?

Medicare Open Enrollment time is coming up and the dates are October through December. You can schedule appointments to go over your Medicare options during this time. Please call (317) 398-0127 to schedule your appointment. Medicare and Medicaid are two separate, government-run programs. They are operated and funded by different parts of the government and primarily serve different groups.

Have you heard about the Fairland Senior Center 10th Anniversary Party event on September 22, 2024. Terry Lee Ridley and his Million Dollar Band will be there to perform at the Fairland Fire Department. Food served at 4:30 p.m. and the show begins at 6:00 p.m. Dress in your best 50s costume and have your picture taken at our photo booth to share with your family and friends. Food, fun, and festivities. You are NOT going to want to miss this event.

Please be sure to scan your card every time you visit Shelby Senior Services and be sure you are swiping the screen for all that you do while here: classes, lunch, library, support groups, etc. Also, make sure you check Drop-In. This helps when we apply for grants. If you do not have a scan card, or have lost yours, please see me.

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.

There are so many opportunities for you to participate in fun and creative ways. If there is something that you would like to see on our calendar – please let me know. We would love to have your feedback. There is also a Suggestion Box in the Activity room for you to put suggestions in for review.

Sincere Regards,
Crystalá Evans, ADC

ACTIVITY HIGHLIGHTS

September Highlights * denotes that you MUST sign-up at the Front Desk prior to the event. 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

We will be CLOSED on Monday, September 2nd for Labor Day

Daily – Drop-In, 9:00 a.m. to 4:00 p.m. Come inside where the weather is cool. We have air conditioning, cold water and daily lunches. You are welcome to bring a book or craft. Please feel free to work on our community puzzle, grab a game from our game cabinet, or visit the activity baskets for activity items such as word puzzles, adult coloring books, popular games and supplies.

Monday's in September at 9:00 a.m. Seniors Choice

Join us on Monday mornings in September for Seniors Choice. We have all sorts of games in the closet that we have not played in a while. Come play a new game, do a word puzzle, or work on the facility puzzle. There is something for everyone to enjoy!

Wednesday's in September at 9:15 a.m. 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, September 5th at 1:00 p.m. –Dance**

Party and Karaoke with Moxy We will be having a Dance Party and Karaoke fun with Moxy our favorite DJ. Join us for music, dance, singing, and friendship. Light refreshments will be served. Put on those dancing shoes, practice your favorite song, and come on out for an afternoon of fun.

Friday, September 6th at 9:00 a.m. – Fun Friday – Grandparents Day We are going to celebrate Grandparents Day. Bring in a picture of your grandchildren or someone who is like a grandchild to you. Our Bingo sponsor is McKay Manor.

***Wednesday, September 11th at 12:00 p.m. Lunch and Learn – Dementia Friends Cost \$5** We are going to welcome our very own Brooke Holycross here to talk to you about becoming a Dementia Friend. The Dementia Friends Indiana initiative—an outreach of Dementia Friendly America—seeks to educate communities across the state about dementia, break down the stigma surrounding dementia, and implement practical changes that make life easier to navigate for those with dementia, and for their loved ones. This is a very special training that will allow you to recognize ways to assist those with dementia who are living in our community. Cost of the Lunch is \$5. For lunch we are going to have a Baked Potato Bar, Salad, Drink, and Dessert. The Willow of Shelbyville will be bringing our potato toppings. Open to all center members. See the front desk to reserve your spot today.

***Thursday, September 12th 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, September 12th 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 “The Stills” by Jess Montgomery. 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 – September 12th at 2:00 p.m. – Movie Matinee “An American In Paris” and Popcorn We are going to be showing “An American In Paris” featuring Gene Kelly. Come and enjoy a movie and some popcorn while watching a fun movie. The movie is 1 hour and 48 minutes long.

ACTIVITY HIGHLIGHTS

Friday, September 13th at 9:00 a.m. – Fun Friday – Uncle Sam Day & September Birthdays We are going to celebrate Uncle Sam Day by wearing our red, white and blue. We will celebrate our September birthdays with cupcakes. Our Bingo sponsor is Ashford Place.

***Monday, September 16th from 1 pm to 4 pm – Pre-Needs appointments with Barbara McFarland from Freeman Family Funeral Homes** Barbara will be here to talk to you about your individual plans for pre-needs. Feel free to set up an appointment and talk to her about what your wishes are and what things you want to have happen when you pass on. This is one of the greatest gifts that you can give your children. Schedule a time slot and chat with Barbara here at our center.

***Tuesday, September 17th at 9:00 a.m. Changes In Medicare with Robert Moore** We are going to welcome Robert Moore here to our center to discuss the changes that are happening with Medicare. Open enrollment is quickly approaching and we want you to be able to make informed decisions.

***Thursday, September 19th at 3:00 p.m. Music and a Meal – Hickory Wind Bluegrass Band COST \$7** We are going to welcome Hickory Wind 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 some ham, au gratin potatoes, parsley carrots, rolls, cheesecake and a drink. We would like you to sign up and pay by Tuesday, September 17th. Space is limited – so sign up early. Cost is \$7 and we will have room for 30 participants.

Friday, September 20th at 9:00 a.m. Fun Friday – Pirate Day and String Cheese Day We are going to celebrate Fun Friday by dressing like Pirates. It is Pirate Day and we want you to wear your pirate attire. We will be serving up some string cheese for String Cheese Day as well. Our prize table sponsor is Morristown Manor.

***Monday, September 23rd at 1:00 p.m. Committee Meeting** We will have a Committee Meeting this month. This is open to all center members. Please let us know if you plan to attend by signing up at the front desk. We value your feedback.

***Thursday, September 26th at 9:00 a.m. Day Trip to Louisville for River Boat Cruise Cost is \$40** There are 11 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 bring sunscreen. Make sure to choose your lunch option for the Picnic Box Lunches. We will depart the center on the bus promptly at 9:00 a.m. and return at 4:30 p.m. The River Boat Cruise is 2 hours long and we will have lunch on the boat. If you are not able to be out and about for the entire day – then this trip is not appropriate.

Friday, September 27th at 9:30 a.m. Fun Friday – Scarf Day We are going to encourage you to wear your favorite scarf for Fun Friday. Come enjoy Bingo and win prizes. Our Bingo sponsor is Compass Park.

***Thursday, October 3rd 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 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.

***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.

Lunch and Learn DEMENTIA FRIENDS

SEPTEMBER 11TH, 2024
WEDNESDAY AT 12:00 P.M.
SPACE IS LIMITED TO 20
LUNCH - BAKED POTATO BAR
WITH WILLOWS OF SHELBYVILLE
COST IS \$5 PER PERSON

Join us as we welcome Brooke Holycross here to talk about Dementia Friends Indiana initiative which seeks to educate communities across the state about dementia, break down the stigma surrounding dementia, and implement practical changes that make life easier to navigate for those with dementia and for their loved ones.



Day Trip on the Mary M. Miller River Boat



SEPTEMBER 26, 2024

BUS DEPARTS AT 9:00 A.M

WE ARE GOING TO TAKE A RIVERBOAT TOUR

COST IS \$40 + INCLUDES BOX LUNCH OF YOUR CHOICE

LIMITED TO 11 PARTICIPANTS

JOIN US AS WE ENJOY A TRIP VIA THE MARY M. MILLER - BELLE OF LOUISVILLE RIVER BOAT



CALL 317-398-0127 TO RESERVE YOUR SPOT

SHELBYSENIORSERVICES.ORG



MEDICARE PRESENTATION

Medicare Changes

TUESDAY, SEPTEMBER 17, 2024
TIME: 1:00 PM

Robert Moore

Presentation on Medicare Changes

We will have Robert Moore here from Defender Financial Group here on September 17, 2024 at 9:00 a.m. to discuss the Medicare Changes. Get answers to common Medicare questions. Learn about the different parts of Medicare and when to apply. Learn what is not covered by Medicare Part A and Part B.

Find out what changes are happening in the world of Medicare before Open Enrollment begins.

Please R.S.V.P. at 317-398-0127



www.shelbyseniorservices.org

Shelby Senior Services Presents

MUSIC AND A MEAL



SEPTEMBER 19th at 3:00 PM

Really Great MUSIC

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special performance by:
HICKORY WIND BLUEGRASS BAND

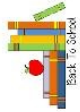
Dinner served 4:00 p.m by Your Way Catering
Ham, Au Gratin Potatoes, Parsley Carrots, Rolls and Cheesecake for dessert

You MUST R.S.V.P. for this event by September 17th by calling 317-398-0127

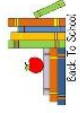
Cost \$7 Limited to 30 people

Food ★ Music ★ Fun







SEPTEMBER ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CENTER CLOSED FOR LABOR DAY	3 Produce Pick-Up 9:00 Caffeinated and Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	4 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 1:30 Chair Yoga	5 9:30 POKENO 10:00 Tai Chi 1:00 Dance and Karaoke with DJ Moxy	6 9:30 Fun Friday – Grandparent’s Day 9:30 BINGO – McKay Manor 1:00 Euchre 1:00 Dominoes
9 9:00 Seniors Choice 1:00 Mah Jongg 1:00 Music Monday with Elvis by Scotty Zion	10 9:00 Tech Savvy Seniors 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	11 9:15 Bible Study with Jim 12:00 Lunch and Learn – Dementia Friends & Baked Potato Bar COST \$5 1:30 Chair Yoga 1:30 Hand & Foot	12 9:00 Coffee with the Mayor 9:30 POKENO 10:00 Tai Chi 1:00 Book Club – The Stills 2:00 Movie Matinee – An American In Paris	13 9:00 Fun Friday – Uncle Sam Day September Birthdays 9:30 BINGO – Ashford Place 1:00 Euchre 1:00 Dominoes
16 Produce Pick-Up 9:00 Seniors Choice 1:00 Mah Jongg 1:00 Pre-Needs Appts. With Freeman 1:30 Crockpot Extravaganza	17 9:00 Changes in Medicare with Robert Moore 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting 1:30 Alzheimers Support Group	18 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 1:30 Chair Yoga	19 Senior Summit 10-2 9:30 POKENO 10:00 Tai Chi 3:00 Music and a Meal with Hickory Wind Bluegrass Band COST \$7	20 9:00 Fun Friday – Pirate Day & String Cheese Day 9:30 BINGO – Morristown Manor 1:00 Euchre 1:00 Dominoes
23 9:00 Seniors Choice 10:00 Trishaw Rides 1:00 Mah Jongg 1:00 Committee Meeting	24 9:00 Tech Savvy Seniors 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	25 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 1:30 Chair Yoga	26 9:00 Day Trip to Louisville for River Boat Cruise COST \$40 10:00 Tai Chi	27 9:00 Fun Friday – Scarf Day 9:30 BINGO – Compass Park 1:00 Euchre 1:00 Dominoes
30 9:00 Seniors Choice 1:00 Mah Jongg 1:00 Chair Volleyball	1 9:00 Caffeinated and Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	2 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 1:30 Chair Yoga	3 9:30 POKENO 10:00 Tai Chi 1:00 Halloween Canvas Class with Mindy \$25	4 9:00 Fun Friday – Cinnamon Bun and Smile Day 9:30 BINGO – McKay Manor 1:00 Euchre 1:00 Dominoes

September 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>CLOSED FOR LABOR DAY</p>	<p>3</p> <p>Chicken Parmesan Parmesan Cheese Apples w/Cherries & Almonds Roasted Potatoes Wheat Bread Mango Cup Milk</p>	<p>4</p> <p>Teriyaki Chicken & Noodles Stir Fry Veggies Fresh Orange Milk</p>	<p>5</p> <p>Grilled Chicken w/Salsa & Cheese Black Beans Diced Carrots Corn Bread Mandarin Oranges Milk</p>	<p>6</p> <p>Almond Crusted Fish California Veggies Scalloped Potatoes Diced Peaches Wheat Bread Milk</p>
<p>9 Produce Pick-Up Oven Fried Chicken Collard Greens Whipped Sweet Potatoes Orange Juice Milk</p>	<p>10</p> <p>Country Ham & Beans Diced Carrots Diced Beets Corn Bread Mixed Fruit Milk</p>	<p>11</p> <p>LUNCH AND LEARN 12:00</p>	<p>12</p> <p>Vegetarian Chili California Veggies Roasted Sweet Potatoes Corn Bread Tropical Fruit Milk</p>	<p>13</p> <p>Italian Bowtie Pasta w/Beef Broccoli w/Red Peppers Green Beans Applesauce Milk</p>
<p>16</p> <p>Grilled Hamburger Mac & Cheese Festive Green Beans Diced Pineapple WG Bun Milk</p>	<p>17</p> <p>Sliced Turkey over Southwest Pasta Broccoli Peas Chocolate Pudding Milk</p>	<p>18</p> <p>Chicken & Shrimp Paella Kyoto Veggies Wheat Bread Diced Pears Milk</p> 	<p>19</p> <p>Bagel w/Sausage, Egg & Cheese Roasted Sweet Potatoes Sliced Apples Milk</p>	<p>20</p> <p>Beef Stew Corn Turnip Greens Wheat Bread Diced Peaches Milk</p>
<p>23 Produce Pick-Up Country Fried Steak w/Gravy Spinach Baked Potato Tropical Fruit Milk</p>	<p>24</p> <p>Spaghetti/meatballs Parmesan Cheese California Veggies Italian Cut Green Beans Mandarin Oranges Milk</p>	<p>25</p> <p>Meatloaf w/Gravy Mashed Potatoes Brussel Sprouts Wheat Bread Diced Pears Milk</p>	<p>26</p> <p>Potato Pollock Tartar Sauce Peas and Corn Collard Greens Wheat Bread Tropical Fruit Milk</p>	<p>27</p> <p>Indiana Style Chili Mac Mixed Veggies Applesauce Corn Bread Milk</p>
<p>30</p> <p>Smothered Chicken Breast w/ Gravy White and Wild Rice Key West Veggies Wheat Roll Birthday Treat Milk</p>		<p>REMINDER: YOU ARE RESPONSIBLE FOR SIGNING UP FOR MEALS BY TUESDAY AT 12 PM</p>	<p>If you do not Sign up by Tuesday of the Prior week - We will not have a meal for you.</p>	

*Menus are subject to change based on product availability.
<https://cicoa.org/menu>

CICOA Meal Information

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

AA Batteries
Zippered Gallon and Quart Ziploc Bags
Gift Card Sponsors for Activity Prizes
Individually Wrapped Snacks
Birthday Cupcake Sponsor (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.

Open Enrollment Information:

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.

You are able to schedule appointments involving open enrollment beginning September 1st.



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.

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)

September 3

Lunch: Chicken and noodles, green beans and potatoes, and a seasonal pie!

Activity: Mexican Train

September 10

Lunch: Pulled pork sandwich, baked beans, tater tots, and sugar cookie with ice cream

Activity: Euchre, Uno for those whom don't want to play Euchre

September 17

Lunch: Chicken alfredo with broccoli, garlic french bread, and chocolate chunk brownies

Activity: Reminisce! Bring something from home that you can share a memory with the group!!

September 24

Lunch: Chili with honey peanut butter and jelly sandwich, and pumpkin pie

Activity: Making a fall door hanger

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)

September 4

Lunch: Crockpot extravaganza with Abbagail and dessert

Activity: We will be making car / closet air fresheners

September 11

Lunch: Chicken dumplings, mashed potatoes, corn, rolls, and pie

Activity: Carole Wicker will be bringing her pictures of 9-11 to share with us

September 18

Lunch: Pulled pork BBQ, mac and cheese, slaw, chips, and apple cake

Activity: We will be crafting wood block pumpkins!

September 25

Lunch: Green beans, smoked sausage, and potatoes, butter bread / cornbread, and strawberry cheesecake

Activity: Games, cards, and conversation



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 Sept. 5 & 19
Volleyball Sept. 12 & 26

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

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

September 5 First Thursday Euchre

Lunch: Lasagna, salad, garlic bread, and dessert

1:00 Euchre tournament, prizes for High and Low Scores

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

September 12 "Making a Difference"

Lunch: Stuffed peppers, corn pudding, sliced tomatoes, broccoli salad, and dessert

1:00 The Blue River Foundation is such a treasure in our community. I had no idea just how big a treasure until I worked with them in setting up a scholarship fund in memory of Chuck and Jeremy. Just recently we received a \$2500 grant from them for entertainment for our center! Jennifer Jones, BRCF Executive Director (with Triton connections!) will be here to share with us how they make a difference in the lives of Shelby county residents and how we can do the same!

September 19 "Back to the 50's"

In anticipation of our big party on Sunday, we will have a 1950's lunch:

Lunch: Chicken ala king and sides, banana split dessert

1:00: Have you ever had problem with your legs swelling or a sore not healing as quickly as it should? If not, then you are lucky and some day as you continue to age, you may be a part of that "club." It's great to know there is help for these annoying problems. Shelby Hudson from the MHP Wound Center will be here to share about their services.

After her talk, we will head back to the 50's. Be ready to tell your favorite story or a memento to share with the group.

ADVISORY COUNCIL FOLLOWING to finalize Sept 22 Anniversary

September 26 "The Party's Over"

Lunch: TBA - maybe leftovers!

1:00 I may have a special guest join us and if this date ends up not working for him, we will have an afternoon of games!

DONATIONS

Thank you to our donors:

Judy Eads
Holly Schrank
Knauf
Donna Sanders
Karen Jones
Dee Perkins
Marilyn Henry
Mona & Darrin Nickleson
Eddie Marlow
Vicki King
Tim & Janice Conway
Maria Bowman-Horner
Karen Jones

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

Barbara and Dwain Alexander, Jane Sparks, Betty Zoelzer, Jan Myers, Tim & Janice Conway, Susan & Ken Sedam, Vicki King, Events Rentals by Janet, 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.



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