



# 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)  
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## Horizon Newsletter

February 2025



# IT'S TAX TIME!

Location:

Shelby Senior Services  
2120 Intelliplex Dr. Ste. 101

February 5 - April 15

Wednesdays 9am-4pm

Thursdays 9am-2pm

Appointments are required.

Call Shelby Senior Services at 317-398-0127 to  
reserve your spot or with any questions or  
concerns.

# STAFF

## Mission & Purpose

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

## Management Team

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

## Horizon Center Coordinators

Crystala Evans, Shelbyville  
Kathy Miller, Fairland  
Debbie Stafford, Waldron  
Kandi McKibben, Morristown

## Program Staff

Carol McDaniel, Travel Coordinator  
Abigail Kirk, Health & Wellness Coordinator  
Jessie Hundley, Family Caregiver Coordinator

Will Mitchell, IT Coordinator  
Gina Batton, Bookkeeping

## ShelbyGo Drivers

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

## 2023-2024 Board of Directors

Nick O'Conner, President  
Brent Swonger, Vice President  
Jamie Marcum, Treasurer  
Brandy Coomes, Secretary

Jason Abel            Jenni Haehl  
Beau Browning      Heather Ross  
Camelia Cucuruz    Cindy Weidner  
Beth Crouch         Bob Wortman  
Grace Dillow

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Advertising appearing in the *Horizon* has been purchased and does not represent an endorsement of products or services by Shelby Senior Services, Inc.

“Serving seniors, improving lives.”

# VOLUNTEERS NEEDED!

**Shelby Senior Services is looking for Front Desk Volunteers!**



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

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

Contact Liz Renton at 317-398-0127 or [lrenton@shelbyseniorservices.org](mailto:lrenton@shelbyseniorservices.org)



## MEMBERSHIP

### Shelby Senior Services Membership

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

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

#### Annual Fees

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

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

### Membership Discounts

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

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



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[Krughoff@shsindiana.com](mailto:Krughoff@shsindiana.com)



# FAMILY CAREGIVER SUPPORT

Jessie Hundley,  
Family Caregiver Support Coordinator

## February Love

**National Caregivers Day** is in February, which is a great time to show our love and appreciation to those who sacrifice so much each and every day. Family caregivers spend a great deal of time caring for family, neighbors and friends. For some, it is a full-time job and although it may truly be a labor of love, the truth is family caregivers often feel invisible, alone, and unappreciated. Here are some clear ways you can demonstrate your support and appreciation to a family caregiver.

**Simply say “thank you”** and tell them how great they are. Be specific. Compliment them on a job well done, whether it’s a good meal or a great job handling a crisis. Some specific ideas include mailing greeting cards, homemade treats, fresh flowers, or leaving a hand-written note.

**Make it possible for them to take a break**, don’t just encourage it. Assist them in finding the time and enact a plan. Schedule exercise, hair appointments, shopping, or their own health appointments. Don’t wait to be asked.

**Encourage a caregiver’s self-care.** Remind them it’s not selfish to care for themselves. Thank them with a gift certificate but don’t stop there because they may never use it. Help schedule the appointment, provide transportation and arrange back-up care.

**Spend time with them**, listen non-judgmentally. Let them share feelings, tell stories, laugh, cry, vent and process their caregiving experiences. You don’t have to fix anything; you just need to care and validate their perspectives.

**Bus Driver Appreciation Day** is also on February 22<sup>nd</sup>! Let’s make sure we show our ShelbyGo drivers some genuine love. Bus drivers face unique challenges daily, including unpredictable traffic, long hours, and the demands of diverse passengers. They navigate busy streets while ensuring passenger safety, often contending with tight schedules and weather conditions. These hurdles can be stressful, requiring patience, and quick thinking. Despite these challenges, bus drivers build meaningful connections with their regular riders, fostering a sense of community and belonging. They often become familiar faces, contributing to the social fabric of their neighborhoods. Without bus drivers, many individuals would struggle to reach their destinations, impacting their livelihoods and daily lives. Society often overlooks the hard work that bus drivers put in each day. Please join me in showing your appreciation for our ShelbyGo drivers this month and throughout the year.

~Jessie

### Needed Pantry Items:

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

### Produce Pick-Up Days:

- Monday, February 3rd
- Tuesday, February 18th
- 12-4pm





# SHELBYGO TRANSPORTATION

Easter Hall Beyer,  
Director of Transportation

Happy Valentines' Day From ShelbyGo!

If you cannot make your scheduled ride with ShelbyGo, please call to cancel it as soon as you possibly can. Someone else could be waiting for that opening.

Thank you,  
ShelbyGo

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.

# MEMBER SPOTLIGHT



## Jane Sparks

Jane Sparks has been a member of Shelby Senior Services for many years. She has Rheumatoid Arthritis but she does not let that slow her down. Jane has been teaching an Aqua Arthritis class at the Greensburg YMCA for many years. She enjoys teaching and it helps keep her moving. We all rely on Jane to bring the sunshine on a cloudy day. She comes into the center with a smile and a positive outlook. She loves to sing and can often get us all breaking into song right along with her. She attends activities such as Bible Study, plays Euchre and Bingo, participates in Music and a Meal and Lunch and Learn, and is a member of our Shelby Senior Services Committee. When she is not at the center she is out having fun with her twin boys Roy and Troy, or her grandson David. Jane is a bright light to our center and we are blessed to have her as a part of our center family.



## TRAVEL

Carol McDaniel,  
Travel Coordinator

Did you know that Shelby Senior Services is sponsoring a trip to the Biltmore in Asheville, North Carolina, from May 12 - 15?

The Asheville area was hit with flooding last year from hurricanes that traveled up the coast from Florida. Many people lost their homes and all their belongings as a result of that flooding. For a while I wasn't sure we would be able to visit this iconic destination. However, after keeping up on the news and reports from many sources, the trip is on!

This means that those of you who have already signed up can be assured we will be heading for North Carolina in May. I do have more seats available, also!

So, what's to see there? The main attraction is the Biltmore Estate mansion! It is the crowning glory of the Vanderbilt family whose patriarch was railroad magnet Cornelius Vanderbilt.

George Washington Vanderbilt, a nephew, became the head of the family after the passing of his father and grandfather. He was the person who decided to build a grand home on a mountain near Asheville. He hired famous architect Richard Morris Hunt and landscape architect Frederick Law Olmsted to build the 250-room mansion, which was modeled after the great mansions in Europe.

The original plot of land included 125,000 acres. The mansion boasted 175,856 square feet of floor space. Aren't you glad you don't have to mow the grounds and clean the house!!

If you haven't been to the Biltmore, this is a treat to see the beautiful home and its gardens.

The tour includes 4 days and 3 nights, lodging in the Asheville area, Guided Tour of Asheville, a full day visit to the Biltmore and much more. Flyers are available at the front desk in the office.

Cost is \$639 per person based on double occupancy. Add \$160 for a single room. A deposit of \$75 per person is due at sign-up; the final payment is due March 5, 2025. You must join Shelby Senior Services if you wish to go.

Call 317-398-0127 for more information OR call Carol at 317-701-5984 to sign up.



# HEALTH & WELLNESS

Abbagail Kirk,  
Health & Wellness Coordinator

February is the last few weeks of Commit to Being Fit. We will continue to have the Air Fryer classes monthly as long as we have the support in attendance! Please remember to sign up at the Front Desk for Commit to Being Fit and Air Fryer classes. Matter of Balance will be running in Fairland starting the first week in February through the end of March. This is for Fairland members. Keep your eyes open for Matter of Balance dates for the Horizon Center coming in March! February 20<sup>th</sup> I will be speaking in Fairland covering how to shop, healthy alternatives, and how to navigate around a grocery store. Also, covering the crazy marketing schemes companies go for to make their product appealing to us, the consumers. We have been blessed with a whole new year to work on ways to be a happier and healthier.

**\*Monday's in February at 9:00 a.m Commit to Being Fit Break-Fast** Abbagail is going to be offering up break-fast. 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

**\*Commit to Being Fit Breakfast** -Mondays at 9am

**\*Crock-Pot Extravaganza** - Monday Feb. 17 at 1:30pm

**Rock Steady Boxing** - Every Tuesday & Thursday at 4pm

**Moving & Grooving** - Wednesday Feb. 12 at 1:30pm

**\*Airfryer Class** - Wednesday Feb. 19 at 1:30pm

**Drumming to Keep the Beat** - Wednesday March 5 at 1:30pm

**Tai Chi** - Every Thursday at 10am

**Bowling** - Every Friday at Blue River Bowl at 12pm

**\*Must be signed up for in advance**

**COMMIT TO BEING FIT  
BREAK-FAST**

Exercise to start at 8:30 a.m.  
Break-FAST served at 9:00 a.m.  
If not participating with group exercise cost is \$3

**2.3.2025 Biscuits and Gravy**  
**2.10.2025 Breakfast Casserole**  
**2.17.2025 Oatmeal and Fruit**  
**2.24.2025 Sausage Eggs Toast**

Please sign up in advance  
any questions call Abbagail  
317-398-0127



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# SHELBYVILLE HORIZON CENTER

Crystala Evans,  
Shelbyville Activity Coordinator

February is here and LOVE is in the air! I am so excited about 2025 and all of the great adventures that we are going on this year. I have been busy planning and thinking about activities and adventures. Suggestions are always appreciated and taken under advisement. Please know that not all things are possible, but your ideas are important. We can dream big - and dreams do come true.

On February 10<sup>th</sup> we are going to have a Valentine’s Dance and Karaoke Party at 1:00. Come move and groove with our fun loving bunch as we kick off Valentine's week. We are also going to have a Valentine’s Day gift exchange on the 14th. If you want to sign-up to give and in turn receive a Valentine gift – let me know. I will have papers available for you to pick a Valentine. We all know that you are probably missing that special someone in your life. It can be a hard time – but it does not have to be. Let’s make this Valentine’s Day extra special by celebrating with a friend. We all deserve to feel special and we can all share the LOVE this season. Join in on the fun and come celebrate with us on Friday, February 14th. We will exchange gifts at 9:00 am. Then we will celebrate February Birthday’s with cupcakes donated by Jane Sparks. Ashford Place will be our prize table sponsor.

The Birthday Club is up and running! If you have not signed up for 2025 – please visit our front desk and fill out a Birthday Club form. If you are a member of Shelby Senior Services and you want us to recognize your birthday – please sign-up. Each month we will send out Birthday cards, have cupcakes and sing Happy Birthday. Plus – we are going to have a Birthday Party in July for all of our Birthday months. If you want to be an ambassador for your birthday month and volunteer to decorate your birth-month table – please see me. We also are going to be looking for volunteers to call POKENO and BINGO. Let me know when you would like to sign-up to be a caller. Thank you for all that you do to make our center great!

When you sign up for an activity and it is full – please get on the waiting list. When something comes up and you are not able to attend a program we will call the next person on the list. All activity items that are paid programs for 2025 are non-refundable. You can’t sell your spot to someone else. We will offer up the spot to the next person at the cost of the program. We have to do this because of the time and effort it takes to continually re-book those limited spots. Activities are filling up quickly – which is great – but people also tend to cancel often and it causes confusion for everyone. Please be mindful before you reserve your spot. Thank you in advance.

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

Happy Valentine’s Day!

Always,

Crystalá Evans, ADC  
Shelbyville Activity Coordinator

*Happy Birthday!*

Jane Sparks 8th  
\*Easter Hall-Beyer 18th  
Kara Zagar 20th  
Lois Antley 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

**\*Taking Appointments for - Tell Your Story – Make Your Mark** We are going to be continuing our Oral History recordings and we want to hear your story. We are interviewing all seniors over the age of 60. This is a great way to tell your story and we will archive it as a part of the History of Shelbyville. During your lifetime you have seen many great things, accomplished great achievements, and overcome many obstacles. Please contact Crystala Evans at 317-398-0127 to reserve a slot to tell your story. Crystala can schedule you for your recording at your convenience. We would love to have you become a part of history!

**\*Mondays in February by appointment– Tech Savvy Seniors - By Appointment from 9:00 a.m. to 11:00 a.m.** We will be taking appointments for you to learn your technology with one-on-one, 30-minute sessions. Make your appointment, tell us what you want to learn on your device, and bring your technology fully charged and ready to work on during your session.

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

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

**Thursday, February 6th and March 6th at 1:00 p.m. SCRABBLE** Come and join us as we play SCRABBLE. We have an encouraging group that has a love for the game. Everyone helps one another play. Please come give it a try and give your brain a good workout. This is a great way to improve cognitive function!

**Friday, February 7<sup>th</sup> at 8:30 a.m. Valentine’s Pop-Up Shop with Vicki Davenport** We are going to have a Valentine Pop-Up Shop and this month it is going to be filled with great gift items for your Valentine. Come and shop till you drop. 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, February 7<sup>th</sup> at 9:00 a.m. – Fun Friday – Seniors Behaving Badly Day** We are going to celebrate this Fun Friday with a twist. We are celebrating Seniors Behaving Badly. Everyone expects you to play by the rules – just because you know better. Well today – all bets are off. Wear whatever you want to express yourself. Prize table sponsored by Kara Zagar.

**\*Monday, February 10<sup>th</sup> at 1:00 p.m. –Dance and Karaoke with DJ Moxy** We will be having a Valentine’s Day Party with DJ Moxy. Join us for music, dance, singing and friendship. Bring a light refreshment to share. Put on those dancing shoes, practice your favorite song and come on out for an afternoon of fun.

**\*Tuesday, February 4<sup>th</sup> and 18<sup>th</sup> - 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 February 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!



# ACTIVITY HIGHLIGHTS

**\*Wednesday, February 12<sup>th</sup> at 11:30 a.m. Lunch and Learn – Shelby County Active Aging Council**  
**COST \$5** Join us for February's Lunch and Learn to enjoy soup and salad with the Shelby County Active Aging Coalition. President, Buffy Powers, will discuss the mission and purpose behind SCAAC, what we can do for our senior community, and how you can get involved. Several agencies will be present to showcase their specialties. Come check it out. You must R.S.V.P. at the front desk by February 10<sup>th</sup>. The cost is \$5 and there is room for 30 people.

**Thursday, February 13<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 "A Long Petal of the Sea" by Isabel Allende. Everyone is to meet in the Meeting Room. All center members are welcome.

**Thursday – February 13<sup>th</sup> at 1:30 p.m. – Movie Matinee "Funny Face" and Popcorn** We are going to be showing "Funny Face" with Fred Astaire. Come and enjoy a movie and some popcorn while watching a fun movie. The movie is 1 hour and 43 minutes long.

**\*Friday, February 14<sup>th</sup> at 9:00 a.m. Fun Friday Valentine's Gift Exchange and February Birthdays**  
We are going to be drawing names on January 31<sup>st</sup> and February 7<sup>th</sup> for our Valentine's Day Gift Exchange. On February 14<sup>th</sup> we will be exchanging gifts. Wear pink, red or anything with hearts on it for Fun Friday. Our prize table sponsor is Ashford Place. Birthday cupcakes sponsored by Jane Sparks. Come play Bingo, exchange gifts, and have cupcakes for the February birthday gang.

**\*Thursday, February 20<sup>th</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, February 20<sup>th</sup> at 1:00 p.m. Medicare 101 with Robert Moore** Robert Moore will be here to discuss Medicare 101. He is a representative of Defender Financial Group and he has a wealth of knowledge. He would love to discuss the basics of Medicare and the way the plans work. Sometimes people get confused and they put off doing the Medicare research. This is a good time to start that discussion.

**\*Thursday, February 20<sup>th</sup> at 3:00 p.m. Music and a Meal ft. Jazz with Jim Vanslambrook** **COST \$7**  
We will have entertainment with Jim VanSlambrook at 3:00 p.m. Then we are going to have a meal from Your Way Catering at 4:00. We are going to have meatloaf, mashed potatoes and gravy, rolls with butter and cobbler for dessert. Cost is \$7 and we are limited to 50 people.

**Friday, February 21<sup>st</sup> at 9:00 a.m. Fun Friday – Play More Cards Day** Today is a good day to "Play More Cards" – and it is just like it sounds. We are opening it up for you to play 3 Bingo cards at a chance to get better odds for winning. Our Bingo prize table is going to be sponsored by Morristown Manor and Cypress Run. Come join the fun.

**\* Thursday, February 27<sup>th</sup> at 9:30 a.m. Spa Day Trip For Manicures and Lunch At Olive Garden**  
**COST \$10** Join us as we travel to Greenfield for a spa day at PJs Beauty College. We will have manicures, polish and hand massages. The cost is \$10. The cost of your lunch and the tip is your responsibility. We will have lunch at the new Olive Garden. Limited to 14 people. Space is limited. Sign-up today!

**Friday, February 28<sup>th</sup> at 9:00 a.m. Fun Friday – Floral Design Day** We are going to celebrate Floral Design Day. We all have something that we can wear that has flowers on it and we all need a little Spring. Today we are going to bring the sunshine and start to look forward to warmer temps. Prize table sponsored by Compass Park.



Shelby Senior Services Presents

# MUSIC & A MEAL



MUSIC WITH  
**JIM VANSLAMBROOK**  
FEBRUARY 20, 2025

COST IS \$7 PER PERSON

3:00 MUSIC

4:00 MEAL

MEAL BY:  
YOUR WAY CATERING:  
MEATLOAF,  
MASHED POTATOES, BROWN  
GRAVY, ROLLS, COBBLER,  
AND A DRINK

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

Room for 50 Guests

COST \$7 for

Entertainment and Food Cost

2120 Intelliplex Drive, Suite 101

[www.shelbyseniorservices.org](http://www.shelbyseniorservices.org)



# Lunch and Learn



SHELBY COUNTY ACTIVE  
AGING COALITION

WEDNESDAY - FEBRUARY 12, 2025

11:30 P.M. - SPACE IS LIMITED

COST \$5 PER PERSON

*Join us for February's Lunch and Learn to enjoy soup and salad with the Shelby County Active Aging Coalition. President, Buffy Powers, will discuss the mission and purpose behind SCAAC, what we can do for our senior community, and how you can get involved.*

CALL TO RESERVE YOUR SPOT TODAYBY  
CALLING 317-398-0127



SHELBY SENIOR SERVICES PRESENTS

# Indianapolis OPERA

AN AFTERNOON FILLED WITH  
MESMERIZING PERFORMANCE

THIS PERFORMANCE IS FUNDED WITH GRANTS FROM  
THE BLUE RIVER COMMUNITY FOUNDATION



OPERA CABARET AROUND TOWN

APRIL 9, 2025

1:00 PM

WORTMAN FAMILY CIVIC THEATER  
11416 MILLER AVENUE  
SHELBYVILLE, IN 46176

FOR MORE INFORMATION  
CALL 317-398-0127

SHELBY SENIOR SERVICES, INC.  
[WWW.SHELBYSENIORSERVICES.ORG](http://WWW.SHELBYSENIORSERVICES.ORG)

EVENT  
HIGHLIGHTS

- Exquisite Music
- Stunning Visuals
- Live Orchestra



SP  
DAY TRIP FOR  
MANICURES AND  
LUNCH AT  
OLIVE GARDEN

FEBRUARY 27TH

DEPART CENTER 9:30 A.M.

COST IS \$10 PLUS TIP AND

THE PRICE OF YOUR LUNCH

LIMITED TO 14 PEOPLE



We are going to meet at the center. Bus departs at 9:30 a.m. We are going to have a Spa Day and get manicure and hand massages in Greenfield, Indiana, Then we are going to have lunch at Olive Garden.

Sign-up is limited - so don't delay

CALL (317) 398-0127 OR VISIT OUR VOLUNTEER  
DESK TO RESERVE YOUR SPOT TODAY!





# FEBRUARY ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Produce Pick-Up 9:00 Commit To Being Fit Break-Fast 9:00 Tech Savvy Seniors 9:00 Mah Jongg	<b>4</b> 9:00 Mobile Nails by A'del 9:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	<b>5</b> 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game	<b>6</b> 9:30 POKENO 10:00 Tai Chi 1:00 SCRABBLE	<b>7</b> Valentine's Pop-Up Shop 9:00 Fun Friday – Seniors Behaving Badly 9:30 BINGO by Kara Zagar 1:00 Euchre & 1:00 Dominoes
<b>10</b> 9:00 Commit To Being Fit Break-Fast 9:00 Tech Savvy Seniors 9:00 Mah Jongg 1:00 Dance & Karaoke with DJ Moxy	<b>11</b> 9:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	<b>12</b> 9:15 Bible Study with Jim 11:30 Lunch and Learn – SCAC Council Soup & Salad Cost \$5 1:00 Hand and Foot 1:30 Moving & Grooving	<b>13</b> 9:30 POKENO 10:00 Tai Chi 1:00 Book Club –A Long Petal of The Sea 1:30 Movie Matinee – Funny Face	<b>14</b> Valentine's Day 9:00 Fun Friday – Valentine's Day 9:30 February Birthdays by Jane Sparks 9:30 Bingo by Ashford Place 1:00 Euchre 1:00 Dominoes
<b>17</b> Presidents Day 9:00 Commit To Being Fit Break-Fast 9:00 Tech Savvy Seniors 1:00 Mah Jongg 1:30 Crockpot Class	<b>18</b> Produce Pick-Up 9:00 Mobile Nails by A'del 9:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	<b>19</b> 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 1:30 Airfryer Class with Abbi	<b>20</b> 9:00 Coffee with The Mayor 9:30 POKENO 10:00 Tai Chi 1:00 Medicare 101 3:00 Music and a Meal COST \$7 Jazz with Jim VanSlambrook	<b>21</b> 9:00 Fun Friday – Play More Cards Day 9:30 BINGO by Morristown Manor 1:00 Euchre 1:00 Dominoes
<b>24</b> 9:00 Commit To Being Fit Break-Fast 9:00 Tech Savvy Seniors 1:00 Mah Jongg	<b>25</b> 9:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	<b>26</b> 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game	<b>27</b> 9:30 POKENO 9:30 Spa Day Trip for Manicures and Olive Garden Cost \$10 10:00 Tai Chi	<b>28</b> 9:00 Fun Friday – Floral Design Day 9:30 BINGO by Compass Park 1:00 Euchre & 1:00 Dominoes
<b>3</b> 9:00 Tech Savvy Seniors 1:00 Mah Jongg 1:30 Chair Volleyball	<b>4</b> Mardi Gras – Fat Tuesday 9:00 Mobile Nails by A'del 9:00 Caffeinated & Connected 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	<b>5</b> 9:15 Bible Study with Jim 1:00 Hand and Foot Card Game 1:30 Drumming to Keep the Beat	<b>6</b> 9:30 POKENO 10:00 Tai Chi 1:00 SCRABBLE	<b>7</b> 9:00 Fun Friday – Super Hero Day 9:30 BINGO by McKay Manor 1:00 Euchre & 1:00 Dominoes



February 2025



Aging & In-Home Solutions

A member of the INconnect Alliance.



SCAN ME

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Oven Fried Chicken Whipped Sweet Potatoes Collard Greens Orange Juice Milk	<b>4</b> Spaghetti/Meatballs Parmesan Cheese Italian Cut Green Beans California Veggies Mixed Fruit Milk	<b>5</b> Smothered Chicken Breast w/Gravy White & Wild Rice Key West Veggies Wheat Bread Diced Pineapple Milk	<b>6</b> BBQ Beef Green Beans Scalloped Potatoes WG Bun Diced Peaches Milk	<b>7</b> Sliced Turkey w/Gravy Maple Sweet Potatoes Broccoli Diced Pears Milk
<b>10</b> Grilled Hamburger Mac & Cheese Festive Green Beans Diced Pears WG Bun Milk	<b>11</b> Cheesy Smothered Chopped Steak White Rice Pilaf Peas Wheat Bread Mandarin Oranges Milk	<b>12</b> LUNCH AND LEARN	<b>13</b> Almond Crusted Fish California Veggies Scalloped Potatoes Mixed Fruit Wheat Bread Milk	<b>14</b> Pot Roast w/Gravy Broccoli Mashed Potatoes Wheat Bread Applesauce Milk
<b>17</b> Meal Site Closed	<b>18</b> Bagel w/Pork Sausage, Egg & Cheese Roasted Sweet Potatoes Applesauce Milk	<b>19</b> Meatloaf w/Gravy Mashed Potatoes Brussel Sprouts Mandarin Oranges Milk	<b>20</b> Beef Stew Corn Turnip Greens Wheat Bread Diced Peaches Milk	<b>21</b> Cottage Pie Mashed Potatoes Italian Cut Green Beans Wheat Roll Diced Peaches Milk
<b>24</b> Chicken & Noodles Rosemary Potatoes Italian Cut Green Beans Wheat Roll Birthday Treat Milk	<b>25</b> Vegetarian Chili California Veggies Roasted Sweet Potatoes Corn Bread Tropical Fruit Milk	<b>26</b> Italian Bowtie Pasta w/Beef Broccoli w/Red Peppers Green Beans Applesauce Milk	<b>27</b> Country Fried Steak w/Gravy Spinach Baked Potato Tropical Fruit Milk	<b>28</b> Ginger BBQ Chicken Root Veggies Collard Greens Wheat Bread Diced Pears Milk
				Cultural Meal Day 

<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:**

Cans of Coffee Regular or Decaf  
Hot Cocoa Packets  
Individually Wrapped Snacks  
Sympathy and Birthday Cards  
Stamps

### **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:**

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

# **VOLUNTEER OPPORTUNITIES**

Are you interested in volunteering at  
Shelby Senior Services?

### **Volunteer Opportunities:**

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

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



# WALDRON

Join us at the Waldron Horizon Center!

Located at the Waldron Baptist Church, 112 Grant St. Waldron, IN 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)

## February 4

**Lunch:** Pork loin, roasted potatoes, carrots and onions, biscuits & dessert

**Activity:** Make Valentine cards for Waldron Health Care residents

## February 11

**Lunch:** Spaghetti, breadsticks, salad & dessert

**Activity:** Games, Cards & Conversation

## February 18

**Lunch:** Taco/Nacho bar & dessert

**Activity:** Bingo with prizes!

## February 25

**Lunch:** Meatloaf, mashed potatoes, corn & dessert

**Activity:** Games, Cards & Conversation

# 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)

## February 5

**Lunch:** Pork loin, roasted potatoes, carrots, and onions, butter bread, and dessert

**Activity:** We will be making valentine cards for Morristown Manor residents.

## February 12

**Lunch:** My homemade spaghetti, breadsticks, salad, and dessert

**Activity:** Ink pen flower bouquet craft

## February 19

**Lunch:** Taco/Nacho bar and dessert

**Activity:** Games, Cards, and Conversation

## February 26

**Lunch:** Meatloaf, mashed potatoes, corn, and dessert

**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.

### Every Thursday:

\*Notice the changes for February and March

**9:00** Coffee Chat

**9:30-11:30** Matter of Balance Class

If you are not participating in MOB, there will be tables open for bridge, cards, puzzles, etc.

**11:00 - 12:00** Bible Study

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

### Feb 6 First Thursday Euchre

**Lunch:** Kathy's ham And bean soup, cornbread, slaw, and dessert. Ham or turkey sandwiches for those who can not eat beans.

**1:00:** Euchre tournament

... prizes for High and Low Scores

**1:00:** Crock potting with Abbi #7

### Feb. 13 Valentines Day, Music Makes my Heart Sing

Of course, dress in red or "Valentiney"

**Lunch:** Menu TBA

**1:00:** Michael Balassone will be entertaining us today and I am so excited to welcome him to Fairland. He has a fabulous voice and plays a wonderful tenor sax. He does top 40's cover tunes, from the 1940's on. He is an excellent musician and I know you will love him! From Frank Sinatra to the group "Bread" that I grew up with - remember the song? "If a picture paints a thousand words, then why can't I paint you? Ah!" This guy is GREAT!

### Feb. 20 Healthy Abbi and Volleyball

**Lunch:** Menu TBA

**1:00:** Abbi will share with us some very important nutritional tips, giving us some good guidance on staying healthy in our golden years. Of course exercise is a big part of that, so.....after her talk we will play AFTERNOON VOLLEYBALL!

### Feb. 27 "Back Home again in Indiana"

**Lunch:** Hoosier Themed Lunch! I think that means sugar cream pie!

**1:00:** All Indiana! Look around your house and bring something that has "roots" in Indiana. Something that you will be able to share a story about. Don Rabourn will be bringing some Indiana glass ware. Maybe you have something made by a Hoosier craftsman, a souvenir, or hat from an Indiana land mark that you have visited!

# DONATIONS

## Thank you to our donors:

Mary Ginther  
Betty Zoelzer  
Stephenson Rife LLP  
Lisa Schnepf  
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McNeely Law  
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## Thank you to the following organizations/individuals for donations to the Activities Department:

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

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

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

Author Unknown



**Glenn E. George & Son Funeral Home**

437 Amos Road, Shelbyville IN 46176  
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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