

SHELBY SENIOR SERVICES, INC.

HORIZONS

Monthly Publication of Shelby Senior Services, Inc.

THE HORIZON CENTER

The Center of Senior Life

1504 S. Harrison Street

Shelbyville, IN 46176

Phone; 317-398-0127

ShelbyGo Transportation

Phone: 317-398-7614

www.shelbyseniorservices.org

Facebook: @shelbyseniorservices

Twitter: @ShelbyCoSeniors

December 2019

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.

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Shelbyville, IN 46176

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SHELBY SENIOR SERVICES, INC.

ANNUAL CHRISTMAS PARTY

Seniors are Cordially Invited

Tuesday, December 17, 2019
Doors Open at 11:00 a.m.
Serving begins at 11:30 a.m.
Cost is \$3 per person

Knights of Columbus
413 E. South Street,
Shelbyville, IN 46176

We will be serving: Turkey,
Dressing, Noodles, Green Beans,
Rolls and Dessert
Drinks will be Coffee, Tea and
Water

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 **CENTRAL INDIANA**
SENIOR FUND

HEALTH & WELLNESS



Healthy Recipe
By: **Liz Oeffinger,**
Health and Wellness
Coordinator



"Love each other, breathe, exercise daily and enjoy everyday life and its beautiful treasures."

December Events

We're all guilty of being over indulgent during the holidays. Try substituting healthier ingredients to make those familiar favorites.

Healthy Green Bean Casserole

1/2 cup whole wheat panko breadcrumbs
1/4 cup freshly grated Parmesan cheese
2 tablespoons chopped fresh parsley
4 tablespoons extra-virgin olive oil
2 1/2 pounds green beans
1 medium onion
8 ounces baby bella mushrooms
3 tablespoons all-purpose flour
2 cups 2% milk
1 teaspoon kosher salt
1/2 teaspoon black pepper
1/8 teaspoon ground nutmeg
7 ounces 2% Greek yogurt

Instructions:

Preheat oven to broil. Lightly coat a 2-quart, baking dish with nonstick spray.
In a small bowl, stir together the Panko, Parmesan, parsley, and 2 tablespoons olive oil. Set aside.
Blanch the green beans: Bring a large pot of water to a boil. Prepare an ice water bath. Place the beans in boiling water and cook just until crisp-tender, about 3 minutes. Plunge into an ice bath to stop the cooking, then drain and lightly pat dry.
Meanwhile, heat 1 tbsp oil in a large saucepan over medium heat. Add onion and mushrooms. Stir frequently until the onion is soft and the mushrooms have given up their liquid, about 15 min. Add the remaining 1 tbsp olive oil. Sprinkle the flour over the top. Cook, stirring until all of the flour turns golden.
Slowly add the milk, stirring between each to prevent lumps from forming. Increase the heat to medium high. Stir in the salt, pepper, and nutmeg. Allow sauce to thicken. Continue cooking and stirring until the sauce thickens to resemble a creamy gravy, about 8-10 minutes. Remove from the heat and stir in the Greek yogurt.
Transfer half the green beans to the prepared baking dish. Spread half the sauce over the green beans. Add remaining green beans and top with the remaining sauce. Sprinkle the breadcrumb mixture over the top.
Broil, watching closely, until the casserole is bubbling and beginning to brown on top, 1 to 3 minutes, depending on your broiler. Garnish with parsley.

Line Dancing: Join us on Thursday Dec. 12th from 12:30 p.m. to 1:30 p.m. here at Shelby Senior Services. No cost.

Parkinson's Exercise and Support Group: This is a FREE event that meets at SportWorks at the Renovo Clinic on Wednesday Dec. 4th and 18th at 2:00 p.m. Instructed by Lisa Coppetelli.

Attention: Punch back against Parkinson's! Rock Steady Boxing Shelby County is a non-contact exercise program designed for those with Parkinson's. Each class helps to improve physical and mental health through boxing, exercises, and friendship. Stop by a class to see what it is all about!
If you have **Parkinson's** and are interested in becoming a boxer with **ROCK STEADY BOXING**, please contact Liz Oeffinger at 317-398-0127 for more information. **Classes meet every Tuesday at 3:00 p.m. and 4:15 p.m.; Thursdays at 3:00 p.m. and 4:15 p.m.; as well as Saturday at 9:00 a.m. (call for Saturday availability) at the Briley Family Center located at 643 Fair Avenue, Shelbyville.**

Geri-Fit: Classes take place Tuesday afternoons at 1:00 p.m. There's no cost for this program, only healthy benefits and rewards! This is a chair exercise, strength training, and muscle building and maintaining class for seniors. This class helps prevent falls and reduces arthritic conditions. Please bring your water bottle and 2 lb. weights. Contact Liz Oeffinger if you are interested in joining the class or have any questions.

Yoga: Chair yoga Mondays at 12:30-1:00 p.m. Cost is \$5; regular yoga Mondays at 1:00 p.m. Cost is \$5. Class is led by certified instructor Jerrilee Lucas. Classes are helpful for balance, flexibility, and strength. Anyone is welcome to attend!

T'ai Chi Alumni: Thursdays at 11:00-11:30 a.m. No cost or reservation needed!

Walk with Ease: Every Monday, Wednesday and Friday at 1:00 p.m. We will meet at the Parks Department Paul Cross Gym. When weather permits, we will be meeting at Blue River Memorial Park. Contact Liz at Shelby Senior Services to check location or with questions (317)398-0127. Bring a water bottle and your walking shoes!

HEALTH & WELLNESS

T.O.P.S. - Taking Off Pounds Sensibly - Meets Tuesdays from 10-11 a.m. Have you thought about joining a weight loss program? Make 2019 your year towards a healthier lifestyle! Membership is \$32 for the year and \$5 per month. Your first meeting is FREE!!! Come check it out and learn about healthy eating and exercise. This is a great group of people who are tons of fun. This is a chance to meet others who are on their weight loss journey!

Bowling: Fridays 12:30 p.m. at Blue River Bowl. Cost is \$2 a game and \$2.50 for shoe rental. Anyone is welcome!

Chair volleyball Join us on Monday Dec. 9th and 23rd at 10:00 a.m. in the back room for volleyball. This is a free event open to everyone! All you need to bring is yourself and a little bit of competition! Contact Liz with any questions at 317-398-0127.

Interested in joining a Zumba Gold class? We need at least three people per class and scheduling is flexible. Contact Liz Oeffinger at 317-398-0127 and request a class in the near future!



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317-398-6060

Meet Jane. Her favorite pastime is gardening. Her legacy continues at Ashford Place.

Tending to flowers; singing hymns; enjoying a cup of coffee with friends...

These simple, enjoyable pastimes are sometimes lost when an individual enters an Alzheimer's/dementia journey. However, in the secure Legacy Lane memory care neighborhood at Ashford Place Health Campus, you will find our residents engaging in these activities and more. **Contact us today for information about our Move-In Special.**



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Health Campus

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1504 S. Harrison Street, Shelbyville, IN 46176

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Is There Something on Your Mind?

Please let the staff at Shelby Senior Services, Inc. know what activities you'd like to see brought to our Horizon Center locations, what services you or a loved one need, and what the staff might improve on to meet your needs and desires. Call 317-398-0127 or put it in writing to us.

ADVERTISING APPEARING IN **THE HORIZON** HAS BEEN PURCHASED AND DOES NOT REPRESENT AN ENDORSEMENT OF PRODUCTS OR SERVICES BY SHELBY SENIOR SERVICES, INC.

STAFF

Management Team

Kim Koehl, Executive Director
Buffy Powers, Coordinator of Volunteers/Ancillary Services
Elly Bowling, Dir. of Transportation/Building Maintenance

Horizon Center Coordinators

Fairland, Kathy Miller
Morristown, Gretchen Hasler & Elaine Wilhelm
Shelbyville, Crystala' Evans
Waldron, Jeannetta Stickford

Program Staff

Liz Oeffinger, Health & Wellness Coordinator
Carol McDaniel, Travel Coordinator
Betsy Stephen, Food Pantry Coordinator

Will Mitchell, IT Coordinator
Gina Batton, Bookkeeping
Easter Hall Beyer, Receptionist, Dispatcher

ShelbyGo Drivers: Margaret Deaton, Roger O'Banyon,
Michael DeBoard, Michael McClure, John Forthofer, John
Smith, Andrea Harvey, and Jerry Berry.

2019 Board of Directors

Jordon Caldwell, President
Chris King, Vice President
Rod Meyerholtz, Treasurer
Maria Bowman Horner, Secretary

Scott Asher	Bob Claxton
Marcy Patrick	Jenni Haehl
Robbie Stonebraker	Jack Tandy
Mike Smith	Cindy Weidner
Beth Chaney	Bob Wortman

Board meetings are held the second Thursday of each month at 9 a.m. This meeting is for the purpose of conducting the corporation's business. It is not considered a public community meeting but there will be a time for public participation as indicated by the agenda.

Mission and 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.

Vision Statement:

Serving Seniors...improving lives.

MORRISTOWN HORIZON CENTER

Morristown's Horizon Center is open on Wednesdays in the United Methodist Church, 221 S. Washington Street. Call coordinators Gretchen Hasler (317-431-0507) or Elaine Wilhelm (317-371-2168) to sign up for events, reserve lunch and for updates.

Weekly Schedule:

9:30 a.m. Bible Study (optional)
10:00 a.m. Coffee, Social Time, Puzzles
11:00 a.m. Wellness/Exercise with Liz
12:00 p.m. Lunch
1:00-4:00 p.m. Program and/or Euchre/Games with Janet.

CELEBRATE THE SEASON

December 4th: Beef Manhattans, dessert. 1:00 p.m. Special Music by Pam Keaton. Come enjoy some Christmas music to remind us of the true meaning of Christmas.

December 11th: 11:30-4:00 p.m. Christmas Party at the Bluebird. The center will not be open at 221 S. Washington, everyone is to meet at the Bluebird at 11:00 a.m. Menu is Turkey and noodles and sides; dessert: Donna's pie. Bingo and other games after lunch.

December 18th: Pot luck – bring a favorite Christmas food to share. 1:00 p.m. We will enjoy playing Christmas music with bells.

We will be closed on December 25th and January 1st. Have a very Merry Christmas and Happy New Year!

***It's also that time of the year for unpredictable weather! If Shelby Eastern Schools are closed because of weather, the center will also be closed. If you have questions about our center, please call Gretchen at 317-431-0507.

TITLE VI COMPLAINT PROCEDURE (GENERAL REQUIREMENT)

Any person who believes she or he has been discriminated against on the basis of race, color, or national origin by the Shelby Senior Services/*ShelbyGo* may file a complaint by completing and submitting the agency's Title VI Complaint Form. *ShelbyGo* investigates the complaint received no more than 180 days after the alleged incident. *ShelbyGo* will process complaints that are complete.

Once the complaint is received, Shelby Senior Services/*ShelbyGo* will review it to determine if our office has jurisdiction. The complainant will receive an acknowledgement letter informing her/him whether the complaint will be investigated by our office.

Shelby Senior Services/*ShelbyGo* has 60 days to investigate the complaint. If more information is needed to resolve the case, *ShelbyGo* may contact the complainant. The complainant has 10 business days from the date of the acknowledgement letter to send requested information to the investigator assigned to the case. If the investigator is not contacted by the complainant or does not receive the additional information within 10 business days, *ShelbyGo* can administratively close the case. A case can be administratively closed also if the complainant no longer wishes to pursue his or her case.

After the investigator reviews the complaint, she/he will issue one of two letters to the complainant: a closure letter or a letter of finding (LOF). A closure letter summarizes the allegations and states that there was not a Title VI violation and that the case will be closed. An LOF summarizes the allegations and the interviews regarding the alleged incident, and explains whether any disciplinary action, additional training of the staff member, or other action will occur. If the complainant wishes to appeal the decision, she/he has 15 days after the date of the letter or the LOF to do so.

A person may also file a complaint directly with the Federal Transit Administration (FTA)

Walker Place Senior Living Where Friends become Family

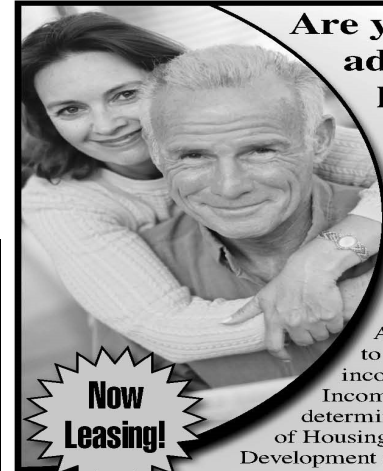
Vada would like to share with you why she chose Walker Place for her Independent and Assisted living needs. Walker Place was the 1st place I looked at. I went home and told my daughter this is where I want to go and never regretted it. It is a friendly at home community where we do a lot of hands on crafts and activities with Brenda Smith. You feel at home as soon as you walk in the front door. I love the friendly and helpful staff and I feel like we are one big family. I have my own private apartment with a beautiful courtyard view; 3 home cooked meals; a bistro is available throughout the day for snacks; housekeeping; bus transportation to and from Dr.'s appointments or for errands; 24 hour on site nurse if I ever need it and we also have Physical therapy on-site and exercise program with Legacy! Come join the fun with Senior Stretchers, our Walker Place Exercise Group! I definitely would recommend people to move in to Walker Place. There are great benefits. I referred a friend and I got \$1,000 check in the mail! I would encourage you to call today at 317-392-3370 and schedule a tour with Tracey Tucker and receive a complimentary lunch or dinner and learn about the senior living options available to you!
Walker Place Resident, Vada Crim



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- Elevator
- Parking for Residents
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WALDRON HORIZON CENTER

Waldron's Horizon Center is open Tuesday at Waldron Baptist Church 112 Grant Street, Waldron, IN. Hours 9:30 a.m. - 2:00 p.m. Jeannetta Faye Stickford is the center's coordinator and may be reached at [317-431-3284](tel:317-431-3284). Please invite your neighbors and friends.

Every Tuesday:
 9:30 a.m. Coffee and Bible Study (Optional)
 10:00 a.m. Coffee and Social time
 10:15 a.m. 1st and 3rd Tuesday of each month, Blood Pressure Screening by Aperion Care Waldron
 10:30 a.m. Wellness/Exercise with Liz
 11:30 a.m. Lunch \$5.00
 Afternoon games with Janet following lunch
 Please invite your Neighbors and Friends.

December 3rd: We will be meeting at 9:30 am for our Christmas celebration at McKay Manor 1473 E McKay Rd Shelbyville, please come and join in the fun and games along with a tour of McKay Manor. Lunch provided by McKay Manor cooked by Chief Coop he will be preparing: Fried chicken, macaroni and cheese, green beans, biscuits, and ice cream. Vickie Harris, social worker, will have a presentation after lunch about coping with/ enjoying the holidays.

December 10th: Lunch provided by: Ashford Place TBA.

December 17th: Lunch provided by: Walker House Swiss steak, potatoes, vegetable, dessert apple crisp.

December 24th: Lunch provided by Waldron Grocery Store. Tenderloin sandwiches, potato wedges and or chips and dessert Bingo game after lunch.

December 31st: Lunch provided by Waldron Grocery Store. Meatloaf, mashed potatoes, green beans, and dessert.

"It was decided by Waldron Senior Service that we would adopt a local child for Christmas this year from Waldron School and they will be help anonymously."

The "**true meaning of Christmas**" is a phrase that began to appear in the mid-19th century when a shift toward a more secular culture resulted in a national backlash. Christians began to see the secularization of the celebration day of the birth of Christ as the shift toward Santa and gift exchanging replaced the celebration of the advent of Christ and giving to the poor and needy without expectation of receiving anything in return.

"...to give up one's very self — to think only of others — how to bring the greatest happiness to others — that is the true meaning of Christmas." *The American magazine, vol. 28, 1889*

FAIRLAND HORIZON CENTER

The Fairland Horizon Center is open each Thursday at 9 a.m. 12:00 p.m. Lunch \$4.00 please reserve by Monday eve for Thursday's lunch. If the "weather outside is frightful" please tune in to WSVX radio; 96.5FM or 1520 AM for a list of closings, or call Kathy at 317-398-4817. If Triton Schools are closed, so are we!

9:00-9:30 a.m. Coffee Chat
9:30-10:30 a.m. Chair Volleyball ~ Dec. 5 & 19
Exercise ~ Dec. 12
10:30-11:45 a.m. Bible Study
Board Games with Jan
Hand and Foot/Bridge

December 5th: First Thursday Euchre! Noon Lunch: Ham & Bean Soup, cornbread, slaw and dessert.
 1:00 p.m. Euchre tournament there will be prizes for High and Low Scores.

December 12th: "Haul out the Holly" Giving Tree Gifts are due TODAY. 12:00 noon Holiday Pitch In! Bring your favorite holiday dish to share with everyone, or take this opportunity to try out a new recipe. There will be a sign-up sheet, so be thinking about what you might like to bring. Not everyone will need to bring a dish, so no worries if all you want to bring is your appetite. 1:00 p.m. Triton Central Chamber Choir entertains and delights us with Music of the Season. Advisory board today following music.

December 19th: An Old Fashioned Christmas 12:00 noon Mom's Christmas Casserole, veggie, salad and dessert.
 1:00 p.m. An Old Fashioned Christmas Afternoon....after our bellies are full, let's sit back and tell our favorite Christmas Stories from years gone by, sing a few Christmas Carols, address a few cards to those who are away from us and dream about our hopes and wishes for the new year.

Closed on December 26th



Kim's Korner December 2019

My self and the staff at Shelby Senior Services would like to wish you and yours a Merry Christmas! What a wonderful time of year. I love this time of year because of all the pretty lights and the feeling of family and friends all around. When I think about this time of year I remember my Christmas's with my Grandparents and my family and all of the family traditions. It makes me think about singing Christmas Carols at my Great Aunts home on Christmas Eve and My Great Grandmother being the only one that could recall the words to "O' Christmas Tree" and she was singing when the other one hundred of my family could sing those words. This is so amazing to me and stuck in my memory because the rest of the time due to Alzheimer Disease she couldn't recall even her children's names. I am very fortunate to have my wonderful memories and wonderful family to be around this time of year. It is a blessed time of year.

It is the time of year that Shelby Senior Services and all of the seniors receive so many blessings. We celebrate so many during this time such as the Twinkle Tour on December 4 where 40 people with get on bus and go to see the lights and have dinner and maybe a few carols will be sung. Then we have the Christmas Party on December 17 where the seniors can come and enjoy a great Turkey dinner and all the fixing and entertainment. Along with these special activities we will continue to have all the wonderful programs and special music that we are blessed to have throughout the year. We have so much to be thankful for with the many people who donate to the food pantry, families that could use some family cheer, and the Horizon Center. Also to the Shelby County Council on Aging who coordinates donations and delivery of "Holiday Hugs" to the seniors in the county.

So from the staff at Shelby Senior Services please have a Merry Christmas and a Happy New Year!



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FAMILY CAREGIVER PROGRAMS

Gleaners Food Bank Senior Mobile Truck Proxy Form 2019-20

Proxy Forms are available at Shelby Senior Services office

The Proxy Form is necessary for any individual unable to pick-up at a senior **mobile** food distribution for health or other conflicts with the scheduled distribution hours.

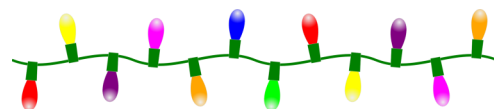
One Proxy per household

- **Recipient:** Person/Household receiving the food/items from a Gleaners Senior Program distribution.
- **Proxy:** Person picking up the food items at a Gleaners' Senior Program distribution.
- **The Recipient needs to complete the proxy form**, sign and provide a current piece of mail for the Proxy to bring to the distribution each time.
- **Proxy will need to have ID for verification.**
- **Proxy can pick up for themselves (if they qualify)** and for ONE additional household.
- **Proxy will need to get a new form each time** they visit for the next month, have the recipient fill it out and sign each month and provide a current piece of mail a utility.



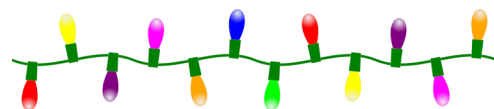
Dementia Friends

A Dementia Friend is someone who wants to make a positive difference in the lives of people living with dementia through increased awareness and support. The Dementia Friends Indiana movement seeks to advance education and awareness of dementia, reduce the stigma associated with the disease, and create community environments that are welcoming and conducive for those living with dementia. To find out how you can help or get involved call 317-398-0127.



10 Most needed Items for Food Pantry at Shelby Senior Services

- Dry Cereal (Whole grain, no sugar added)**
- Evaporated Milk**
- Fruit (Canned with juices/no artificial sweetener)**
- Vegetable or Canola Oil**
- Peanut Butter (small or regular size)**
- Soup (410 mg Sodium or less)**
- Tuna (Water packed)**
- Bath soap**
- Laundry Detergent**
- Toilet Tissue**



Help Others-Volunteer

Shelby Senior Services will always welcome volunteers to assist seniors in the community and support programming to benefit them.

The following opportunities are available:

- Gleaners Senior Mobile Food Truck**
- Friendly Visitors**
- Fairland Meals on Wheels**
- Hands@ Home program**

If you have a little time and a few skills available, please call Buffy Powers, Coordinator of Volunteers and Ancillary Services at Shelby Senior Services, Inc. at 317-398-0127.



With sincere appreciation, Shelby Senior Services accepted the following donations:

DONATIONS

American Legion: Victory Gary and Lou Ann Ryhal
Post No. 70 Board of Director's
St. Joe's Social Club

THANKS TO THE FOLLOWING ORGANIZATIONS/INDIVIDUALS FOR DONATIONS THIS MONTH TO THE ACTIVITIES DEPARTMENT:

THANKS TO THE FOLLOWING ORGANIZATIONS/INDIVIDUALS FOR DONATIONS THIS MONTH TO THE ACTIVITIES DEPARTMENT:

Hawaiian Breeze Dancers, Go Express Travel, Iron Skillet Restaurant, Indiana State Fairgrounds, Cynthia's Hallmark, Morgan Van Dyke of Senior Helpers, Knights of Columbus, Sharon Moore, Jo Bartley, Kathy Barker, Christmas Card Artist Submissions, Blue River Community Foundation, Craft Bazaar Vendors, CICOA, Marilyn O'Tain, Steve Weber, Shelby County Council on Aging, Ralanda Smallfelt, Seniors Helping Seniors, Indiana Hearing Aide Company, Senior Helpers, Angels of Mercy, Greenfield Healthcare Center, Ashford Place, Heritage House, Morristown Manor/Cypress Run, McKay Manor, Walker Place, Aperia Care of Waldron, Morning Pointe of Franklin, Millers Merry Manor in Hope, First Care, Great Lakes Hospice, First Light HomeCare, United Health Care, Barry Cox with Humana, Main Street Hospice, Kindred Hospice, Freeman Family Funeral Home, Murphy Parks Funeral Service, Glenn E. George Funeral Home, MHP Home Care, The Legacy Group, Serving with Liberty, Shepperd Brothers, Over The Hill Gang, Tim and Janice Conway, Jane Huber, Paula Nigh, Jo Bartley, Helen Devoe, Betty Zoelzer Barb Campbell, Peggy Tillison, Lois and Jerry Thomas, Alice Tate, David Miller, Anna Marie Annewalt, Kara Zagar, Jane Sparks, Jane Huber, Jim Martin, Pam Weakley, Gary Sinclair, Holly Simpson of Signs-n-More, Grover Museum, Shelby Go, Horizon Center Committee Members, Stitchin' Sisters, and Dementia Friends of Indiana.

Thank you to Tim and Janice Conway for their donation of a chair cart to hold our chairs.

Have you been thinking about making funeral pre-arrangements, but just can't make that phone call?

What a great peace of mind it brings to know you've taken care of the pre-plans for you and your family. The comment we always hear, "That wasn't bad at all!"

We look forward to hearing from you!

819 S. Harrison St.
Shelbyville, Indiana 46176
317-392-2555

124 E. North St.
Morristown, Indiana 46161
765-763-6321



Senior Movie

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TRANSPORTATION



Elly Bowling
Dir. Of Transportation

SHELBYGO

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Please call us at **317-398-7614** or **317-398-0127** for more information and to reserve your ride.

HAPPY HOLIDAYS!

Shelby Senior Services and ShelbyGo will be closed on the following days:

Tuesday, December 24, 2019
Wednesday, December 25, 2019
Wednesday, January 1, 2020

All closings and delays will be listed on WRTV Channel 6 and WTHR Channel 13. You may also tune in to radio station WSVX Giant 96. If Shelbyville Central Schools are operating on a 2-hour delay, the Horizon Center will not open until 10:00 a.m.

For the safety of all ShelbyGo drivers and clients, we would like to remind all ShelbyGo clients to please keep your driveways and sidewalks clear of snow and ice this winter.

Show your Horizon Center membership card and these businesses will give cardholder discounts:

Applebee's: 10% discount.

Bookmark Café Three Sisters Books & Gifts: 10% discount.

Denny's: 20% discount, except for the \$2, \$4, \$6, \$8 menu.

Sherry Talbert (In-Sight Realty): Free Market Analysis of Real Estate Value

Midwest Eye Consultants, Dr. Toppe: 20% discount for those 60 and older on services not billable to insurance; 15% military discount on services not billable to insurance; 30% off second set of eyeglasses (frames, lenses) purchased within 30 days of 1st pair. Proper ID must be shown for discounts and cannot be combined with other discounts.

Don's Pizza & Pasta: 10% discount.

Elegant L Formal Wear & Merle Norman Cosmetic Studio: 10% discount on Merle Norman Cosmetics.

Hughes Gathering of Flowers & Gifts: 10% discount on items.

Grandma's Pancake House: 10% discount on cardholders' meal only if 60 and over; available Mon-Sun; not valid on holidays.

Kopper Kettle Inn Restaurant: 20% discount on a chicken dinner served family style; not honored on a holiday or live entertainment events.

Mathias Landscaping: 15% discount on retail merchandise.

Paw Paws Pet Shop & Boutique: 15% discount; free pick up and return service.

Renew Body & Spirit LLC, massage, reflexology: 10% discount on any 1-hour service.

Sanders Jewelry: 10% discount on all regular priced merchandise, in stock only.

The Chicken Inn - 10% discount

The Texas Corral - 10% discount

Annual Memberships available for all ages: \$25.

Call 317-398-0127 for more information about memberships.

Gleaner's Senior Food Truck Locations and Schedules

The Senior Gleaner Food Truck is for only Shelby County Residents. You must be 55 or older. The truck is scheduled for Dec. 10th please note this change due to holiday.

The **NEW** truck location is at 350 N. Tompkins Street. Enter from Tompkins St. **ONLY.** A volunteer will be giving directions, **please park as requested.** Please do not arrive before 11:00 a.m. The items are available from the truck 1:00 p.m. to 2:30 p.m.

- You must have personal identification to go through line.
- May have someone assist in line 16 years or older.
- For safety on small lot please leave children at home.
- Bring a cart or wagon, etc. to help move products. They are not provided.
- Weather conditions rule. Rain or wet ground will not allow unloading of products.

For updated information go to Facebook or call Shelby Senior Services at 317-398-0127.

All workers are **volunteers**, they are sharing their time to help with this project.

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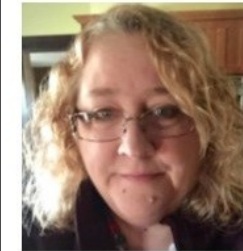
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Senior Food Pantry

The Senior Food Pantry is open on Mondays, Wednesdays, and Fridays, 10 a.m. until noon, on the days that the Senior Center is open in Shelbyville. The pantry specializes in low-sugar and low-sodium items for those 60 years or older with hypertension or diabetes.

We also accept donations of food, paper and cleaning items for our pantry. Call Shelby Senior Services at 317-398-0127 for more information.

Be sure you are following doctors' instructions about proper diet for your particular health condition. MHP hospital nutrition staff is always available for assistance if needed.



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TRAVEL



**Canadian Rockies
Journal Part 2
Carol McDaniel,
Travel Coordinator**

The second half of our Canadian Rockies by Train Trip included the most beautiful and breathtaking scenery I have ever experienced, even compared to the Alps. Beside the views, the VIP treatment at The Fairmont Chateau Lake Louise and The Fairmont Banff Springs hotels are contenders for highlights of the year!

The weather was beginning to turn by the time we reached The Icefields Parkway near Lake Louise. The winds howled as our group cautiously made their way to the visitors center at the Athabaska Glacier. The fun ride across the 1,000 foot glacial ice mass, the largest south of the Arctic Circle, was cancelled just as we entered the Center, where a myriad of adventurers who had arrived before us were waiting. The 55-mile-an-hour wind stopped the large bus-like crawlers from leaving due to the danger of accidents on the path with drop-offs and crevices. While we were disappointed, safety concerns topped the priority list.

The Fairmont Chateau Lake Louise did not disappoint. Movie stars and star athletes stay in digs such as this one. Waiting for us in our room was a personal note from the Royal Service Team, who urged us to let them know if we needed anything. The designation "Royal," we found out, is only awarded to places where the British Royals have visited.

We all had lakeview rooms, which is a pre-paid optional upgrade. The commoners must get by with only the view of mountains. Alas, what a pity!

The hotel is located in a National Park. It sits on a brilliant blue lake which goes from light to dark shading as the sun moves. There are hundreds of rooms, several dining rooms, a spa, exercise rooms, and lots of stores with expensive stuff. I didn't shop there.

In Canada, in a National Park the land is leased and the improvement is private property. Leases have to be renewed, but the lease is usually long term, say 99 years.

Strolling along Lake Louise is both invigorating and calming. Hiking trails abound, skiing is nearby, and the food is prepared by famous chefs imported from all over the world.

Remember I told you that the weather was turning? That night it snowed 12 inches! Our motorcoach driver was not a bit worried. He drives for tours almost every week, he told us, and, sure enough, the roads were almost totally cleared by the time we headed for Banff. I was glad I had my hiking boots and long underwear for those cold days.

The Fairmont Banff Springs hotel resembles a European castle. Built with Rundle stone cut from the mountain directly in back, the large boulder-like stones remind one of a fortress.

It was in this area we saw the most wildlife. During our journey across Western Canada, we saw elk, moose (up close out the coach window), mountain goats, eagles, different kinds of deer, such as mule deer with their big ears, and more. No bears, however. We were told they are preparing to hibernate. All are protected animals.

Banff is also visited regularly by movie stars and famous athletes. Movies have been shot at both the Lake Louise and Banff hotels. Marilyn Monroe's picture hangs in the Heritage Room at Banff along with the founders of the hotel. She was playing golf with a sprained and wrapped ankle that she sustained while filming a movie nearby. Husband Joe DiMaggio looks on from the background.

Banff has a village shopping area with a myriad of restaurants and souvenir stores. It is not unusual to find shops with furs and expensive jewelry, as well as shops with inexpensive trinkets to take home to the grandkids. Lovely homes dot the area, even though the homeowners don't own the land. One had to pop in and out of the shops quickly, because it was very brisk. One night the temperature got down to 17 degrees F.

It was nice to be treated to fine dining and upscale hotels on our tour. Canada has a lot to offer tourists in the winter and the summer. This was an opportunity-of-a-lifetime trip, one that we will remember the rest of our lives. The most memorable of the entire trip, however, was the spectacular beauty of the Rockies. More beautiful than pictures can depict, once you experience the views I don't think they can be topped.

You, too, can have these experiences by traveling with us. For more information, call the Center at 317-398-0127 or Carol at 317-701-5984.

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DECEMBER SHELBYVILLE HORIZON CENTER

WEEKLY SCHEDULED EVENTS

THE HORIZON CENTER, SHELBYVILLE

Open Monday-Friday 8:00 a.m. - 4:00 p.m.

Activity	Time	Mon	Tues	Wed	Thurs	Fri
SOCIAL						
Drop-in	8:00 a.m.	X	X	X	X	X
CICOA Lunch	11:00 a.m.	X	X	X	X	X
Over The Hill Gang (3 rd Thursday of Every Other Month)	3:00 p.m.				X	
The Shepperd Bothers (2 nd)	3:00 p.m.	X				
Monthly B-day Celebration (2 nd)	9:00 a.m.					X
GAMES						
Puzzle Solving	8:00 a.m.	X	X	X	X	X
Open Cards and Games	9:00 a.m.	X	X	X	X	
Afternoon Open Cards	12:30 p.m.	X			X	
Euchre	12:30 p.m.		X			X
Hand & Foot Club (1 st & 3 rd)	12:30 p.m.			X		
Mah Jongg	12:30 p.m.	X				
Bingo	9:30 a.m.					X
Trivia (2 nd & 4 th)	2:00 p.m.				X	
Bridge (1 st & 3 rd)	1:00 p.m.				X	
Mexican Train Dominoes	1:00 p.m.	X				X
HEALTH AND FITNESS						
T.O.P.S.	10:00 a.m.		X			
Geri Fit	1:00 p.m.		X			
Yoga	1:00 p.m.	X				
Chair Yoga	12:30 p.m.	X				
Walk With Ease	1:00 p.m.			X		X
Tai Chi Chih Alumni Group	11:00 a.m.				X	
Line Dancing (2 nd & 4 th)	12:30 p.m.				X	
Bowling (Blue River Bowl)	12:30 p.m.					X
Chair Volleyball (2 nd & 4 th)	10:00 a.m.	X				
Rock Steady Boxing (Briley Center)	3:00 p.m.		X		X	
ARTS AND EDUCATION						
Learn to Knit	10:00 a.m.				X	
Quilters (2 nd & 4 th)	10:00 a.m.				X	
Lady's Crafty Creators	1:00 p.m.	X		X		X
Painting	1:00 p.m.		X			
Painters Social	1:00 p.m.				X	
Papercraft	9:30 a.m.		X			
Bible Study	9:15 a.m.			X		
Book Club (2 nd)	1:00 p.m.				X	

SOCIAL ACTIVITIES SHELBYVILLE HORIZON CENTER



Crystalá Evans,
Shelbyville Horizon Center
Activity Coordinator

ALL PROGRAMS that are PRE-PAID are Non-Refundable – unless we have to cancel due to low attendance. Items that have a cost must be pre-paid for in order to be signed-up.

When you see (*) this indicates you must sign –up for event

***Monday, December 2, 2:00 p.m. Hawaiian Dancers Christmas Show** We will have the Hawaiian Breeze Dancers here for a special Christmas Show. There is No cost and room for 50 guests. This will be a fun filled afternoon!

Wednesday, December 4, 4:00 p.m. Twinkle Tour and Dinner Out on the Town This year we are going to take our Twinkle Tour up a notch. We are planning on taking a trip to the Iron Skillet for dinner, then going to the Fairgrounds for the Light Show, then on to the Circle Downtown. Our Tour is currently booked.

Thursday, December 5th and 19th 1:00 p.m. Bridge We have started a Bridge Group. If you want to join us – we would love to have you. Class meets the 1st and 3rd Thursday of each month.

Friday, December 6, 9:30 a.m. “New Year’s 2020” Themed Bingo Please join us for some fun New Years themed Bingo. Complete with a 50/50 drawing and fun prizes. We will have tickets \$1 each or 6 for \$5.

***Monday, December 9, 3:00 – 5:00 p.m. Musical entertainment with the Shepperd Brothers** Dinner provided by Murphy Parks Funeral Home. No cost. Room for 50 guests.

***Wednesday, December 11, 12:00 p.m., Lunch and Learn On The Road to Cynthia’s Hallmark - COST \$3** We will be carpooling to Greenfield to Cynthia’s Hallmark Store for our Lunch and Learn this month. They will be serving snacks and will have a fun fashion show! This is always a fun trip that is sure to please. Cost is \$3 per person. Limited to 40 guests.

Thursday, December 12, 1:00 p.m. Bookclub at the Horizon Center with Pam Weakley from the library. Join us as we have a conversation about our favorite books and plan some fun reads for 2020. All are welcome!

Thursday, December 12, 2:00 p.m. Movie “Agatha Raisin and the Quiche of Death” Join us as we watch a movie in the Blue Room and enjoy some popcorn and snacks. This is a 2 hour movie. All are welcome!

Thursday, December 12 and 26, 2:00 p.m. – Thursday Trivia Please join us as we have some fun with Trivia. If you think you would be a good contestant on Jeopardy – you have got to try this out. It will be a brain stimulating afternoon.

Friday, December 13th we will celebrate our December Birthday Group We will have a fun game of Bingo. The sponsor is Ashford Place and they are also bringing the cake. Barry Cox will be here in the afternoon with a snack for our Euchre crowd who also share a December Birthday!

***Monday, December 16, 1:00 p.m. Body Scrubs with Morgan - COST \$3** Yes – Morgan will be returning to us to do a Make and Take – Body Scrub! This will be a chance to make a gift for yourself or a friend. Cost is \$3 and is Limited to 10 guests.

***Tuesday, December 17, 11:00 a.m. the Annual Christmas Party at the KFC - COST \$3.** Sign-up’s begin December 2nd. Cost is \$3 per person. The menu will consist of Turkey, dressing, noodles, mashed potatoes, gravy, coleslaw and dessert. Please join us as we celebrate as a family.

***Thursday, December 19, 1:00 p.m. Memory Wire Bracelets with Kathy Barker - COST \$8** Sign up to make a lovely Memory Wire Bracelet. Cost is \$8 and 12 people.

Friday, December 20, 9:00 a.m. Christmas Bingo. We are going to have a Christmas Theme Bingo! Complete with a 50/50 drawing and fun prizes. We will have tickets \$1 each or 6 for \$5.

Friday December 20, 9:00 a.m. Ugly Christmas Sweater Day. Join us by wearing your festive and fun Ugly Sweaters, or festive attire.

We will be CLOSED for the Christmas Holiday on December 24th and 25th.

Friday December 27, 9:00 a.m. New Year’s Bingo Party. We are encouraging you to wear your most fun, favorite and flashy New Year’s attire. We will have New Year’s Themed Bingo and a 50/50 drawing.

Tuesday, December 31, 11:00 a.m. New Year’s at Noon On New Year’s Eve we will have CICOA lunch and celebrate New Year’s at noon. As 12:00 p.m. approaches we will celebrate with a New Year’s countdown and a toast to “Ring in the Year 2020.”

We will be CLOSED January 1st for New Year’s Day

January Events

We will be CLOSED for New Year’s Day, January 1st

***Thursday, January 2, 1:00 p.m. Flamingo Races** We will be ringing in the first working day of the New Year with a fun Flamingo Race hosted by John Forthofer. There is no cost to participate. Please sign-up if you wish to race. However, we welcome you to just come and cheer for your favorite contestant. This will be a fun filled afternoon!

Friday, January 3, “Roaring 20’s” Themed Bingo Please join us for some fun as we ring in the year 2020 with a Roaring 20’s theme Bingo. You are encouraged to wear something that represents that era.

***Monday, January 6, 1:00 p.m. Stained Glass with Tim and Janice Conway** We will be making stained glass sunrises with Tim and Janice Conway. Each one is a make and take craft. The cost is \$7 and is Limited to 12 guests.

Thursday, January 9, 1:00 p.m. Bookclub at the Horizon Center with Pam Weakley from the library. Join us as we start some fun reads for 2020. All are welcome!

Friday, January 10th we will celebrate our January Birthday Group We will have a fun game of Bingo. The sponsor is Ashford Place and they are also bringing the cake. Let’s celebrate all of our January Birthday’s!

***Thursday, January 16, 3:00 p.m. Over the Hill Gang.** Come on out and listen to the lovely sounds of Over The Hill Gang. Dinner will be provided by Aperion Care of Waldron. No Cost. Room for 50 guests.

***Monday, January 20, 11:00 a.m. Lunch Trip to the Just Peachy Cafe** No CICOA lunch today – so we are heading to the Just Peachy Café for lunch. We will travel there by carpool. Cost is the cost of your lunch. Room for 10 guests.

Friday, January 20, 9:00 a.m. National Peanut Butter Day – Fun

Friday. We are going to have a Peanut Butter Party! Freeman Funeral Homes will be bringing us a fun Peanut Butter treat to celebrate. Bring your favorite Peanut Butter snack to share during Bingo and Euchre. We will vote for our favorite kind of Peanut Butter. Are you a fan of Crunchy or Creamy? Let’s see how many things we can think of that we enjoy that are made of Peanut Butter?



Are YOU or any of your FRIENDS
interested in playing Bridge?

We will play December 5th and December 19th

At 1:00 p.m.



We are going to be having Bridge on the 1st and 3rd Thursday’s of each month. We need at least 4 people per table. Feel free to call Crystalá Evans, Activity Coordinator at 317-398-0127 to get added to the list.

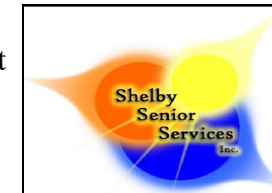


Birthday Club – Do you want your birthday recognized on the rotating screen in the Horizon Center? If you do – please see me to discuss getting your birthday recognized on the Big Screen! We will have a **December Birthday celebration** – complete with cake on **Friday, December 13, 9:00 a.m.**



MEET SOME FRIENDS AT LUNCH

We are excited to announce that congregate meals have been changed to improve nutrition content and quality.



Shelby Senior Service’s lunch program is provided through CICOA Aging & In-Home Solutions at the Horizon Center Monday thru Friday. Stop by and get a complete menu.



Reservations are made on Wednesday for the following week. Please call 317-398-0127 for further information.

Meals on Wheels: Fairland, Boggstown Area
Do you live in the Fairland/Boggstown area and need home delivered meals? Meals on Wheels has expanded into your area of Shelby County. Special diets are available.
Contact information:
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Shelbyville, IN 46176
317-398-4470 o

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