



FALL SEMESTER 2017

September 1 – October 31, 2017

Registration begins August 28, 2017

Marshall County Council on Aging

1305 West Harrison Street

Plymouth, Indiana 46563

574 – 936 – 9904

www.marshallcountycouncilonaging.org

Legend:	LEC =	Life Enrichment Center 1305 W. Harrison, Plymouth
	CPL =	Culver Public Library 107 N. Main, Culver
	H =	Heartland Artists Gallery 103 W. LaPorte, Plymouth
	PPL =	Plymouth Public Library 201 N. Center, Plymouth
	PEO =	Purdue Extension Office 112 W. Jefferson, Rm 304, Plymouth
	FF =	Fitness Forum 2855 Miller Dr., Plymouth
	PFT =	Plymouth Family Taekwondo 213 Western Ave., Plymouth

People's University is a co-op of education to provide the opportunity to engage in life-long learning to the residents of Marshall County, sponsored by MARSHALL COUNTY COUNCIL ON AGING.

SEPTEMBER CLASS OFFERINGS ~

DATE	TIME	CLASS TITLE	FEE	LOCATION
ONGOING		FREE ONE-ON-ONE COMPUTER HELP	FREE	PPL
		<i>Computer Lab staff are available to help with questions about mobile devices or general computer usage questions during normal library hours.</i>		
01	11:00AM	SENIOR FIT EXERCISE (Wed & Fri)	FREE	LEC
		<i>Join in this exercise class. Healthcare provider release necessary, pick up the form.</i>		
06	11:00AM	SENIOR FIT EXERCISE (Wed & Fri)	FREE	LEC
		<i>Join in this exercise class. Healthcare provider release necessary, pick up the form</i>		
	7:00PM	MARSHALL COUNTY BOOK CLUB	FREE	PPL
		<i>A non-profit organization with a goal to provide a relaxed atmosphere for adults to discuss topics and books of interest. Everyone who loves reading and books is welcome to participate. Check for current title at PPL.</i>		
07	10:00AM	ARTS & CRAFTS SHARE CIRCLE	FREE	LEC
		<i>Learn a new craft! Share one of yours!</i>		
	11:00AM	AGING GRACEFULLY: MAKING THE MOST OF YOUR LATER LIFE ADVENTURE	FREE	PEO
		<i>Karen Richey will address 7 keys to well-being in later life.</i>		
	6:00 PM	PLYMOUTH AREA WRITER'S WORKSHOP	FREE	PPL
		<i>Share works in progress 6-6:30PM. Discuss topics related to the craft of writing, or explore ideas for developing writing 6:30-8:00 PM.</i>		
08	11:00AM	SENIOR FIT EXERCISE (Wed & Fri)	FREE	LEC
		<i>Join in this exercise class. Healthcare provider release necessary, pick up the form</i>		
	1:00PM	WHOLE GRAINS FOR HEALTH	FREE	FF
		<i>Learn about whole grain varieties that delight your taste buds in a wide range of dishes, some largely unchanged over the last several hundred years!</i>		
09	1:30PM	LIBRARY STITCH GROUP	FREE	PPL
		<i>Come and knit or crochet with fellow stitchers. Don't know how? Come and learn.</i>		
11	9:00AM	WOODCARVING	FREE	LEC
		<i>Join the Good Times Woodcarvers Club every Monday.</i>		
	10:00AM	PAPERCRAFTING	FREE	LEC
		<i>Join this FUN group every Monday while they make greeting cards.</i>		
	1:00-3:00PM	CROCHET – ALL SKILL LEVELS	FREE	LEC
		<i>New crocheters and crocheters of all levels are welcome. Individual instruction provided</i>		
	4:30-7:00PM	ENAMELING	\$20 by 9/5	H
		<i>We will be enameling a fall leaf suitable for pendant, key chain, or fan pull. Complete in one evening; all supplies provided.</i>		
	6:00PM	COMPUTERS FOR BEGINNERS	FREE	CPL
		<i>This course covers the basics of how to use a Windows-based computer.</i>		
	6:00PM	QUILTERS CLUB	FREE	LEC
		<i>Come learn about the art of quilting and the projects of this club.</i>		
12	9:00AM	KNITTING	FREE	LEC
		<i>This group offers encouragement to knitters of all skill levels. Learn to knit!</i>		
	10:00AM	MY PLATE	FREE	LEC
		<i>You will learn about all of the parts of My Plate and why they are important to our diet. Helpful websites will be shared. Also, the importance of eating breakfast.</i>		

- 12 10:00-NOON BEGINNING QUILTING \$20 by 9/5 H**
Learn to cut & piece a pillow top. Bring a sewing machine, four ¼ yard pieces of quilting cotton fabric, pins and scissors. \$25 after
- 1:00-3:00PM GENEALOGY 101, session 1 (3 session class) \$10 for all 3 LEC**
Introduction to Genealogy in three sessions, covering the basics of researching and recording family ancestry. An additional, optional, all day field trip will be offered to do research at the Fort Wayne-Allen County Genealogy Library. Monty Peden, instructor.
- 4:30-7:00PM ENAMELING \$20 by 9/5 H**
We will be enameling a fall leaf suitable for pendant, key chain, or fan pull. Complete in one evening; all supplies provided. \$25 after
- 13 11:00AM SENIOR FIT EXERCISE (Wed & Fri) FREE LEC**
Join in this exercise class. Healthcare provider release necessary, pick up the form
- 14 10:00AM THOSE AMAZING BLUE BIRDS! FREE LEC**
Dan Snider will talk about blue bird population over the years, habitat that they like, and types of bluebird boxes. The time of year for getting boxes ready and monitoring them is important. There can be problems with the nests and you will learn about some enemies of bluebirds.
- 1:00PM INTRO TO ESSENTIAL OILS FREE LEC**
Learn how essential oils can help to improve your natural health and wellness. Class taught by a registered nurse.
- 6:00PM THOSE AMAZING BLUE BIRDS! FREE LEC**
Dan Snider will talk about blue bird population over the years, habitat that they like, and types of bluebird boxes. The time of year for getting boxes ready and monitoring them is important. There can be problems with the nests and you will learn about some enemies of bluebirds.
- 7:00-9:00PM LEARNING BASIC MACRAME KNOTS \$15.00 LEC**
Jenny Laffoon will teach Larkhead, Square, Half-hitch, Half-Squares that twirl and combining them into a pleasing wall-hanging. Finished project is 12" wide by 20" long. All materials provided.
- 15 10:00AM COMPUTERS FOR BEGINNERS FREE CPL**
This course covers the basics of how to use a Windows-based computer.
- 11:00AM SENIOR FIT EXERCISE (Wed & Fri) FREE LEC**
Join in this exercise class. Healthcare provider release necessary, pick up the form
- 18 9:00AM WOODCARVING FREE LEC**
Join the Good Times Woodcarvers Club every Monday.
- 10:00AM PAPER CRAFTING FREE LEC**
Join the papercrafting group every Monday.
- 11:30AM GOOD BONES (AKA OSTEOPOROSIS TALK) FREE LEC**
What is it, what causes it, risk factors, symptoms, and how it's detected and treated.
- 6:00PM DIGITAL PHOTOGRAPHY BASICS FREE CPL**
This class provides information on basic camera operations, plus how to transfer photos to the computer for editing.
- 19 10AM-NOON FREE MOTION QUILTING \$10 by 9/12 H**
Demonstration and sample making. Supplies furnished- bring a sewing machine that feed dogs can lower. \$15 after

- 1:00-3:00PM GENEALOGY 101 session 2 (3 session class)\$10 for all 3 LEC**
Introduction to Genealogy in three sessions, covering the basics of researching and recording family ancestry. An additional, optional, all day field trip will be offered to do research at the Fort Wayne-Allen County Genealogy Library. Monty Peden, instructor
- 20 11:00AM SENIOR FIT EXERCISE (Wed & Fri) FREE LEC**
Join in this exercise class. Healthcare provider release necessary, pick up the form
- 11AM-1PM DINING WITH DIABETES \$30 pp or \$45 couple PEO**
(4 Sessions & 1 followup)
This is a series of five sessions. The program is open to those with diabetes, their family members and caretakers. The educational programs and cooking school will help adults with type 2 diabetes control their blood sugar to feel better and reduce risk of health complications. Learn how to prepare meals that are healthy, easy to prepare and taste good. Recipes will be demonstrated and you will have the opportunity to taste each one. Learn up-to-date information on nutrition, meal planning, exercise and how to understand common diabetes-related medical tests. Includes materials and meal.
- 5:00 – 7:00PM ZENTANGLE – session 1 (2 session class) \$25 by 9/13 H**
We will be Zentangling our initial suitable for framing. \$30 after
All supplies provided.
- 21 8AM – 3PM MARSHALL COUNTY SENIOR EXPO !! FREE AIRPORT**
OVER 60 vendors, free health screenings, entertainment, and food.
Win a door prize! Make it a day with us!
- 10AM – 2PM SAFE DRIVING \$15AARP/20 LEC**
This is a refresher course for Seniors focusing on changes in laws, road design, vision, hearing, flexibility, confidence, alternate means of transportation and more. There are no road tests. Some attendees may earn auto insurance discounts. Please bring your driver's license, AARP card (if applicable) and a sack lunch.
- 10:00AM ARTS & CRAFTS SHARE CIRCLE FREE LEC**
Learn a new craft! Share one of yours!
- 6:00-8:00PM FLOWERS FROM FELKE FREE PPL**
Local florist will demonstrate how to make a floral centerpiece.
- 6:00PM THURSDAY TECH TIME- FREE CPL**
ADVANCED MALWARE REMOVAL
Find out how malicious software works and how to repair any damage it causes.
- 22 10:00AM DIGITAL PHOTOGRAPHY BASICS FREE CPL**
This class provides information on basic camera operations, plus how to transfer photos to the computer for editing.
- 11:00AM SENIOR FIT EXERCISE (Wed & Fri) FREE LEC**
Join in this exercise class. Healthcare provider release necessary, pick up the form
- 23 10:00AM GENEALOGY: just the basics FREE CPL**
Explore your family history...find your ancestors...build your family tree...discover your story.. Learn how to build a solid foundation as you begin your genealogy journey.
- 11AM-3:00PM “SEE LIKE AN ARTIST”, DRAWING \$20 by 9/16 H**
Tim Tyree from Maumee, Ohio will be engaging the \$25 after

*students in discussions and exercises in not only looking but **seeing** the world around them and finding familiar shapes in the world. They will be using shading to produce a 3 dimensional feel to their pictures.*

- 25 9:00AM WOODCARVING FREE LEC**
Join the Good Times Woodcarvers Club every Monday.
- 10:00AM PAPERCRAFTING FREE LEC**
Join the papercrafting group every Monday.
- 1:00-3:00PM CROCHET – ALL SKILL LEVELS FREE LEC**
New crocheters and crocheters of all levels are welcome. Individual instruction provided
- 6:00PM SMARTPHONE AND TABLET TRAINING FREE CPL**
This class provides hands-on training for all types of smartphones, tablets, and other portable devices. Students must provide their own devices.
- 26 9:00AM KNITTING FREE LEC**
This group offers encouragement to knitters of all skill levels. Learn to knit!
- 10:00AM COOKING FOR 1 or 2 FREE LEC**
How to plan and prepare meals for 1 or 2. Lots of recipes. Helpful hints.
- 1:00-3:00PM GENEALOGY 101 session 3 (3 session class) \$10 for all 3 LEC**
Introduction to Genealogy in three sessions, covering the basics of researching and recording family ancestry. An additional, optional, all day field trip will be offered to do research at the Fort Wayne-Allen County Genealogy Library. Monty Peden, Instructor
- 27 11:00AM SENIOR FIT EXERCISE (Wed & Fri) FREE LEC**
Join in this exercise class. Healthcare provider release necessary, pick up the form
- 11AM-1PM DINING WITH DIABETES \$30 pp or \$45 couple PE**
(4 Sessions & 1 followup)
Session 2, see full description on September 20th listing.
- 6:00PM INSPIRE SCHOLARLY RESEARCH FREE CPL**
Come and learn how to navigate INSPIRE, Indiana's virtual online library. This class will focus on academic databases and how to find sources for your research.
- 28 5:00 – 7:00PM ZENTANGLE – session 2 (2 session class) \$25 by 9/13 H**
We will be Zentangling our initial suitable for framing. \$30 after
All supplies provided.
- 29 10:00AM SMARTPHONE AND TABLET TRAINING FREE CPL**
This class provides hands-on training for all types of smartphones, tablets, and other portable devices. Students must provide their own devices.
- 11:00AM SENIOR FIT EXERCISE (Wed & Fri) FREE LEC**
Join in this exercise class. Healthcare provider release necessary, pick up the form
- 30 10AM-NOON SELF DEFENSE CLASS for WOMEN \$10 PFT**
Learn how to use proper techniques to defend yourself if attacked. The instructor, Trella McGee is the head instructor at Plymouth Family Taekwondo and has earned her UTF Instructor Certification. Signed release is required, pick up when you register.

OCTOBER CLASS OFFERINGS~

- ONGOING FREE ONE-ON-ONE COMPUTER HELP FREE PPL**
Computer Lab staff are available to help with questions about mobile devices or general computer usage questions during normal library hours.

- 02 9:00AM WOODCARVING** **FREE** **LEC**
Join the Good Times Woodcarvers Club every Monday.
- 10:00AM PAPERCRAFTING** **FREE** **LEC**
Join the papercrafting group every Monday.
- 6:00PM COMPUTER SECURITY** **FREE** **CPL**
This class provides information about how to keep your computer secured and up-to-date.
- 03 9:30-11:30AM BEGINNING WATERCOLOR PAINTING \$15/\$10** **LEC**
\$15 per class all materials furnished/ \$10 per class if participants bring own supplies. This four session mini class focuses on the fluidity and transparency of watercolor painting. Each week you'll be guided through painting a small 5x7 botanical piece, suitable for quick and easy framing or gift giving.
- 04 9:00AM ESSENTIAL OILS** **FREE** **LEC**
(how they relate to the aging population)
Ruth Nelson will educate you on general safety of essential oils and touch on common medical concerns focusing on the elderly. Within this group there will be medical contradictions the presenter would like to bring to the surface as well.
- 10AM-NOON CROCHET A SOFT SIDED MARKET BAG** **FREE** **LEC**
Learn how to crochet a market bag using recycled plastic store bags. Very basic knowledge of crochet and Size G crochet hook needed.
- 11:00AM SENIOR FIT EXERCISE (Wed & Fri)** **FREE** **LEC**
Join in this exercise class. Healthcare provider release necessary, pick up the form
- 11AM-1PM DINING WITH DIABETES** **\$30 pp or \$45 couple** **PEO**
(4 Sessions & 1 followup)
Session 3, see full description on September 20th listing
- 7:00PM MARSHALL COUNTY BOOK CLUB** **FREE** **PPL**
A non-profit organization with a goal to provide a relaxed atmosphere for adults to discuss topics and books of interest. Everyone who loves reading and books is welcome to participate. Check for current title at PPL.
- 05 10:00AM ARTS & CRAFTS SHARE CIRCLE** **FREE** **LEC**
Learn a new craft! Share one of yours!
- 6:00 PM PLYMOUTH AREA WRITER'S WORKSHOP** **FREE** **PPL**
Share works in progress 6-6:30PM. Discuss topics related to the craft of writing, or explore ideas for developing writing 6:30-8:00 PM.
- 06 10:00AM COMPUTER SECURITY** **FREE** **CPL**
This class provides information about how to keep your computer secured and up-to-date.
- 11:00AM SENIOR FIT EXERCISE (Wed & Fri)** **FREE** **LEC**
Join in this exercise class. Healthcare provider release necessary, pick up the form
- 09 9:00AM WOODCARVING** **FREE** **LEC**
Join the Good Times Woodcarvers Club every Monday.
- 10:00AM PAPERCRAFTING** **FREE** **LEC**
Join the papercrafting group every Monday.
- 1:00-3:00PM CROCHET – ALL SKILL LEVELS** **FREE** **LEC**
New crocheters and crocheters of all levels are welcome. Individual instruction provided
- 6:00PM MICROSOFT OFFICE** **FREE** **CPL**

Covers common features of Microsoft Office programs and specific functions of Word, Excel, PowerPoint, and Publisher.

- 10 9:00AM KNITTING FREE LEC**
This group offers encouragement to knitters of all skill levels. Learn to knit!
- 9:30AM BEGINNING WATERCOLOR PAINTING \$15/\$10 LEC**
\$15 per class all materials furnished/ \$10 per class if participants bring own supplies. This four session mini class focuses on the fluidity and transparency of watercolor painting. Each week you'll be guided through painting a small 5x7 botanical piece, suitable for quick and easy framing or gift giving.
- 10:00AM LABEL READING FREE LEC**
Do food labels confuse you? This class will share what to look for when reading a food label and how they will be changing in 2018.
- 11 11:00AM SENIOR FIT EXERCISE (Wed & Fri) FREE LEC**
Join in this exercise class. Healthcare provider release necessary, pick up the form
- 11AM-1PM DINING WITH DIABETES \$30 pp or \$45 couple PEO**
(4 Sessions & 1 followup)
Session 4, see full description on September 20th listing
- 13 10:00AM MICROSOFT OFFICE FREE CPL**
Covers common features of Microsoft Office programs and specific functions of Word, Excel, PowerPoint, and Publisher.
- 11:00AM SENIOR FIT EXERCISE (Wed & Fri) FREE LEC**
Join in this exercise class. Healthcare provider release necessary, pick up the form
- 14 1:30PM LIBRARY STITCH GROUP FREE PPL**
Come and knit or crochet with fellow stitchers. Don't know how? Come and learn.
- 16 9:00AM WOODCARVING FREE LEC**
Join the Good Times Woodcarvers Club every Monday.
- 10:00AM PAPER CRAFTING FREE LEC**
Join the papercrafting group every Monday.
- 11:30AM RESTLESS LEG SYNDROME FREE LEC**
What is it? Symptoms, causes, risk factors, diagnosis, treatment, and lifestyle coping methods. Ellen Jennings of Interim HealthCare will lead this discussion.
- 6:00PM SMARTPHONE AND TABLET TRAINING FREE CPL**
This class provides hands-on training for all types of smartphones, tablets, and other portable devices. Students must provide their own devices.
- 17 10:30AM 3 D PUMPKIN WATERCOLOR PAINTING \$20 by 10/10 H**
(For ages 6 -12) \$25 after
Students will be learning about perspective, shading and composition as they create a pumpkin patch scene.
- 1:00-3:00PM FIBER ARTS COLLAGE \$25 BY 10/3 H**
Bring fabric you like, beads, lace. All other supplies will be supplied, including sewing machine. \$30 after
- 18 11:00AM SENIOR FIT EXERCISE (Wed & Fri) FREE LEC**
Join in this exercise class. Healthcare provider release necessary, pick up the form
- 19 9:30AM BEGINNING WATERCOLOR PAINTING \$15/10 LEC**
\$15 per class all materials furnished/ \$10 per class if participants bring own supplies. This four session mini class focuses on the fluidity and transparency of

watercolor painting. Each week you'll be guided through painting a small 5x7 botanical piece, suitable for quick and easy framing or gift giving.

- | | | | | |
|-----------|--------------------|---|----------------------|------------|
| | 10:00AM | ARTS & CRAFTS SHARE CIRCLE | FREE | LEC |
| | | <i>Learn a new craft! Share one of yours!</i> | | |
| | 1:00PM | SCRAPBOOKING WITH GAIL | \$10 | LEC |
| | | <i>This class includes supplies to complete 1-2 pages. Participants need to bring 4-8 photographs and photo safe (acid and lignin free) adhesive.</i> | | |
| | 2:30PM | MEMORIES PRESERVATION | FREE | LEC |
| | | <i>This presentation will cover the importance of converting all forms of memories to digital. Types of media will include: videotapes, film reels, mini dvds, slides, prints, negatives, photos, and photo albums. You will learn the deterioration that is happening and given options for getting these transferred. You will also learn how these memories can be shared with family members.</i> | | |
| | 6:00PM | THURSDAY TECH TIME-
SECURING YOUR IDENTITY | FREE | CPL |
| | | <i>Discusses best practices for avoiding security issues involving the internet, email, and e-commerce.</i> | | |
| 20 | 10:00AM | SMARTPHONE AND TABLET TRAINING | FREE | CPL |
| | | <i>This class provides hands-on training for all types of smartphones, tablets, and other portable devices. Students must provide their own devices.</i> | | |
| | 11:00AM | SENIOR FIT EXERCISE (Weds & Fri) | FREE | LEC |
| | | <i>Join in this exercise class. Healthcare provider release necessary, pick up the form</i> | | |
| 21 | 1:00-3:00PM | MARBELIZED PAINTING | \$25 by 9/23 | H |
| | | <i>You will be creating a beautiful marbled design and transferring several of these monoprints to their paper.</i> | \$30 after | |
| 23 | 9:00AM | WOODCARVING | FREE | LEC |
| | | <i>Join the Good Times Woodcarvers Club every Monday.</i> | | |
| | 10:00AM | PAPERCRAFTING | FREE | LEC |
| | | <i>Join the papercrafting group every Monday.</i> | | |
| | 1:00-3:00PM | CROCHET – ALL SKILL LEVELS | FREE | LEC |
| | | <i>New crocheters and crocheters of all levels are welcome. Individual instruction provided</i> | | |
| | 5:00-7:00PM | WATERCOLOR INSTRUCTION | \$20 by 10/16 | H |
| | | <i>This class will be for watercolor artists-beginning to intermediate levels. All materials will be provided.</i> | \$25 after | |
| | 6:00PM | SMARTPHONE AND TABLET TRAINING | FREE | CPL |
| | | <i>This class provides hands-on training for all types of smartphones, tablets, and other portable devices. Students must provide their own devices.</i> | | |
| 24 | 9:00AM | KNITTING | FREE | LEC |
| | | <i>This group offers encouragement to knitters of all skill levels. Learn to knit!</i> | | |
| | 9:30AM | BEGINNING WATERCOLOR PAINTING | \$15/\$10 | LEC |
| | | <i>\$15 per class all materials furnished/ \$10 per class if participants bring own supplies. This four session mini class focuses on the fluidity and transparency of watercolor painting. Each week you'll be guided through painting a small 5x7 botanical piece, suitable for quick and easy framing or gift giving.</i> | | |
| | 1:00PM | DECO MESH CHRISTMAS WREATH | \$25 | LEC |

Learn how to make a mesh wreath for your home. All supplies and necessary materials for a 2-color Christmas wreath included (mesh, 18" frame, ribbon, embellishments).

- 8:00PM DECLUTTER FOR LIFE \$2 PPL**
Are you downsizing? Trying to live more simply? Marianne Peters will share strategies and resources for making life easier and more fun!
- 25 11:00AM SENIOR FIT EXERCISE (Wed & Fri) FREE LEC**
Join in this exercise class. Healthcare provider release necessary, pick up the form
- 6:00PM INSPIRE FOR TEST AND COLLEGE PREP FREE CPL**
Come and Learn how to navigate INSPIRE, Indiana's virtual online library. This class will focus on resources available for high school through grad school including test prep, college search, and career tools.
- 6:00-8:00PM STAINED GLASS SERIES \$125 for all H**
10/25, 10/27, 11/1, 11/3 In this 4 series workshop, students will be making a glass panel to hang in a window.
- 27 10:00AM SMARTPHONE AND TABLET TRAINING FREE CPL**
This class provides hands-on training for all types of smartphones, tablets, and other portable devices. Students must provide their own devices.
- 11:00AM SENIOR FIT EXERCISE (Wed & Fri) FREE LEC**
Join in this exercise class. Healthcare provider release necessary, pick up the form
- 28 10:00AM GENEALOGY: building on the basics FREE CPL**
Prefer those who attended the basic class on 9/23. Build on your basic genealogy research by seeing what's available for FREE at the library and on-line, and touch on the current hot-topics in genealogy.
- 30 9:00AM WOODCARVING FREE LEC**
Join the Good Times Woodcarvers Club every Monday.
- 10:00AM PAPER Crafter FREE LEC**
Join the papercrafting group every Monday.
- 11:30AM SKIN CARE AWARENESS FREE LEC**
What to watch for when checking your skin. We will discuss skin abnormalities, common diseases of the skin, skin cancer, causes of skin irritations and breakdown and how to protect your skin. Ellen Jennings of Interim HealthCare will lead this discussion.

The Marshall County SENIOR EXPO 2017

is fast approaching with a new date & location!

Thursday, September 21, 2017

8:00 am – 3:00 pm

Plymouth Municipal Airport

Come join us for free admission, free food, free entertainment, free health screenings, over 60 informative vendors, and lots of door prizes!

September 2017

← Aug 2017

Oct 2017 →

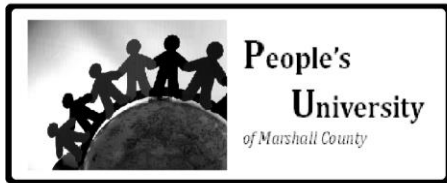
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Marshall County Council on Aging Life Enrichment Center 1305 W Harrison St, Plymouth, IN (574)936-9904 toll-free (866)936-9904 www.marshallcountycouncilonaging.org</p>		<p>CLASS</p> <p>*LIFE ENRICHMENT CTR #PLYMOUTH PUBLIC LIB +CULVER PUBLIC LIB *PURDUE EXTENSION OFFICE PREREGISTRATION</p>	<p>LOCATIONS</p> <p>~HEARTLAND ARTISTS =PLY MOUTH FAMILY TAEKWONDO !! FITNESS FORUM</p> <p>NEEDED</p>	<p>ONGOING</p> <p>Free one-on-one Computer help #</p>	<p>1</p> <p>11:00 SENIOR FIT EXERCISE * 1:00 EUCHRE *</p>	<p>2</p> <p>7:00 EUCHRE *</p>
<p>3</p> <p>Peoples University Classes offer something for everyone! Sign up NOW (preregistration needed)</p>	<p>4 LaborDay</p> <p>MCOAA CLOSED</p>	<p>5</p> <p>1:30 BINGO *</p>	<p>6</p> <p>9 WEIGHT WATCHERS * 11:00 Senior Fit Exercise * 11:00-2:00 DAV * 7:00 EUCHRE * 7:00 MARSHALL COUNTY BOOK CLUB #</p>	<p>7</p> <p>10:00 ARTS & CRAFTS SHARE CIRCLE * 11 AGING GRACEFULLY ^ 6:00PLY AREA WRITERS# 7:30 HOOSIER OLD WHEELS MEETING *</p>	<p>8</p> <p>11:00 SENIOR FIT EXERCISE * 1:00 EUCHRE * 1:00 WHOLE GRAINS FOR HEALTH!!!</p>	<p>9</p> <p>1:30 LIBRARY STITCH GROUP # 7:00 EUCHRE *</p>
<p>10 Grandparents Day</p> <p><i>Celebrate Grandparents</i></p>	<p>11</p> <p>9:00 WOOD CARVING * 10:00 PAPER CRAFTING * 12:00 BRIDGE * 1:00 CROCHETING * 4:30 ENAMELING ~ 6:00 COMPUTERS FOR BEGINNERS + 7:00 QUILTERS *</p>	<p>12</p> <p>9:00 KNITTING * 10:00 MY PLATE * 10:00 Beginning Quilting ~ 1:00 GENEALOGY 101 * 1:30 BINGO * 4:30 ENAMELING ~</p>	<p>13</p> <p>9 WEIGHT WATCHERS * 11:00 Senior Fit Exercise * 11:00-2:00 DAV * 12:30 BRIDGE CLUB * 7:00 EUCHRE *</p>	<p>14</p> <p>10:00 THOSE AMAZING BLUEBIRDS * 1:00 Intro to Essential Oils * 6:00 THOSE AMAZING BLUEBIRDS * 7:00 LEARNING BASIC MACRAME KNOTS * 7:00 CAMERA CLUB *</p>	<p>15</p> <p>10:00 COMPUTERS FOR BEGINNERS + 11:00 SENIOR FIT EXERCISE * 1:00 EUCHRE *</p>	<p>16</p> <p>7:00 EUCHRE *</p>
<p>17</p>	<p>18</p> <p>9:00 WOOD CARVING * 10:00 PAPER CRAFTING * 11:30 GOOD BONES * 12:00 BRIDGE * 6:00 DIGITAL PHOTOGRAPHY BASICS +</p>	<p>19</p> <p>10:00 FREE MOTION QUILTING ~ 1:00 GENEALOGY 101 * 1:30 BINGO *</p>	<p>20</p> <p>9 WEIGHT WATCHERS * 11:00 Senior Fit Exercise * 11:00-2:00 DAV * 11:00 DINING WITH DIABETES ^ 5:00 ZENTANGLE ~ 7:00 EUCHRE *</p>	<p>21 SENIOR EXPO! At the Plymouth Airport</p> <p>10:00 ARTS & CRAFTS SHARE CIRCLE * 10:00 SAFE DRIVING * 6:00 FLOWERS/FELKE # 6:00THURS TECHTIME +</p>	<p>22 First Day of Autumn</p> <p>10:00DIGITAL PHOTOGRAPHY BASICS + 11:00 SENIOR FIT EXERCISE * 1:00 EUCHRE *</p>	<p>23</p> <p>10:00 GENEALOGY-just the basics + 11:00 SEE LIKE AN ARTIST DRAWING ~ 7:00 EUCHRE *</p>
<p>24</p>	<p>25</p> <p>9:00 WOOD CARVING * 10:00 PAPER CRAFTING * 12:00 BRIDGE * 1:00 CROCHETING * 6:00 SMARTPHONE +</p>	<p>26</p> <p>9:00 KNITTING * 10:00 COOKING FOR 1 OR 2 * 1:00 GENEALOGY 101 * 1:30 BINGO *</p>	<p>27</p> <p>9 WEIGHT WATCHERS * 11:00 Senior Fit Exercise * 11 DINING W/DIABETES ^ 12:30 BRIDGE CLUB * 6 INSPIRE SCHOLARLY + 7:00 EUCHRE *</p>	<p>28</p> <p>5:00 ZENTANGLE ~</p>	<p>29</p> <p>10:00SMARTPHONE/ TABLET TRAINING + 11:00 SENIOR FIT EXERCISE * 1:00 EUCHRE *</p>	<p>30</p> <p>10:00 SELF DEFENSE CLASS = 7:00 EUCHRE *</p>

October 2017

← Sep 2017

Nov 2017 →

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
<p>1</p> <p>People's University classes continue this month - SIGN UP NOW! Bring some friends too! Ongoing - Free one-on-one computer help #</p>	<p>2</p> <p>9:00 WOOD CARVING * 10:00 PAPER CRAFTING * 12:00 BRIDGE * 6:00 COMPUTER SECURITY + 7:00 DAV MEETING *</p>	<p>3</p> <p>9:30 BEG WATERCOLOR PAINTING * 1:30 BINGO *</p>	<p>4</p> <p>9 WEIGHT WATCHERS * 10:00 CROCHET MARKET BAG * 11:00 Senior Fit Exercise * 11 DINING W/DIABETES ^ 7:00 MC BOOK CLUB # 7:00 EUCHRE *</p>	<p>5</p> <p>10:00 ARTS & CRAFTS SHARE CIRCLE * 6:00PLY WRITERS WORKSHOP # 7:30 HOOSIER OLD WHEELS MEETING *</p>	<p>6</p> <p>10:00COMPUTER SECURITY + 11:00 SENIOR FIT EXERCISE * 1:00 EUCHRE *</p>	<p>7</p> <p>7:00 EUCHRE *</p>		
<p>8</p> <p>Branson Bus Trip - depart 8AM</p> <p>ONGOING - Free one-on-one computer help #</p>	<p>9</p> <p>9:00 WOOD CARVING * 10:00 PAPER CRAFTING * 12:00 BRIDGE * 1:00 CROCHETING * 6:00 QUILTERS * 6:00 MICROSOFT OFFICE +</p>	<p>10</p> <p>9:00 KNITTING * 9:30BEG WATERCOLOR PAINTING * 10:00 LABEL READING * 1:30 BINGO *</p>	<p>11</p> <p>9 WEIGHT WATCHERS * 11:00 Senior Fit Exercise * 11 DINING W/DIABETES ^ 12:30 BRIDGE CLUB * 7:00 EUCHRE *</p>	<p>12</p> <p>7:00 CAMERA CLUB *</p>	<p>13</p> <p>10:00 MICROSOFT OFFICE + 11:00 SENIOR FIT EXERCISE * 1:00 EUCHRE *</p>	<p>14</p> <p>1:30 LIBRARY STITCH GROUP + 7:00 EUCHRE *</p>		
<p>15</p>	<p>16</p> <p>9:00 WOOD CARVING * 10:00 PAPER CRAFTING * 10:30 3D PUMPKIN PAINT ~ 11:30 RESTLESS LEGS * 12:00 BRIDGE * 6:00Smartphone/tablet +</p>	<p>17</p> <p>1:00 FIBER ARTS COLLAGE ~ 1:30 BINGO *</p>	<p>18</p> <p>9 WEIGHT WATCHERS * 11:00 Senior Fit Exercise * 11:00-2:00 DAV * 7:00 EUCHRE *</p>	<p>19</p> <p>9:30 BEG WATERCOLOR * 10:00 ARTS & CRAFTS SHARE CIRCLE * 1:00SCRAPBOOKING * 2:30 MEMORIES PRESERVATION * 6:00THURS TECHTIME +</p>	<p>20</p> <p>10:00SMART PHONE/ TABLET TRAINING + 11:00 SENIOR FIT EXERCISE * 1:00 EUCHRE *</p>	<p>21</p> <p>1:00 MARBELIZED PAINTING ~ 7:00 EUCHRE *</p>		
<p>22</p>	<p>23</p> <p>9:00 WOOD CARVING * 10:00 PAPER CRAFTING * 12:00 BRIDGE * 1:00 CROCHETING * 5:00WATERCOLOR ~ 6:00SMARTPHONE AND TABLET TRAINING +</p>	<p>24</p> <p>9:00 KNITTING * 9:30BEG WATERCOLOR * 1 DECO MESH WREATH * 1:30 BINGO * 8:00 DECLUTTER FOR LIFE #</p>	<p>25</p> <p>9 WEIGHT WATCHERS * 11:00 Senior Fit Exercise * 11:00-2:00 DAV * 12:30 BRIDGE CLUB * 6:00 INSPIRE TEST PREP+ 6:00 STAINED GLASS ~ 7:00 EUCHRE *</p>	<p>26</p>	<p>27</p> <p>10:00Smart phone/tablet + 11:00 SENIOR FIT EXERCISE * 1:00 EUCHRE *</p>	<p>28</p> <p>10:00 GENEALOGY - building on the basics + 7:00 EUCHRE *</p>		
<p>29</p>	<p>30</p> <p>9:00 WOOD CARVING * 10:00 PAPER CRAFTING * 11:30SKIN CARE AWARENESS * 12:00 BRIDGE *</p>	<p>31 Halloween</p> <p>1:30 BINGO *</p> 	<p>CLASS LOCATIONS</p> <p>*LIFE ENRICHMENT CTR ~HEARTLAND ARTIST'S GALLERY #PLYMOUTH PUBLIC LIB =PLYMOUTH FAMILY TAEKWONDO +CULVER PUBLIC LIB !! FITNESS FORUM *PURDUE EXTENSION OFFICE</p>				<p>Marshall County Council on Aging Life Enrichment Center 1305 W Harrison St, Plymouth, IN (574)936-9904 toll-free(866)936-9904 www.marshallcountycouncilonaging.org</p>	



People's University Registration

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

CLASS DATE	TITLE	\$
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

CH# _____ CASH _____ TOTAL PAID: _____

Please note that subject matter is presented by independent persons/groups through "People's University" and does not signify or imply an endorsement by Marshall County Council on Aging of the person's or group's opinions or activities.

Registrations will not be accepted without payment where applicable.

Please return this registration page and all applicable fees to:
 Marshall County Council on Aging
 1305 W. Harrison Street, Plymouth, IN 46563
 Phone: (574) 936-9904 toll-free: (866) 936-9904
 Fax: (574) 936-8904
 Website: www.marshallcountycouncilonaging.org

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