



LIFE ENRICHMENT MATTERS

1st QUARTER, 2018

~The doors of wisdom are never shut. – Benjamin Franklin

Travel to San Antonio & the Gulf of Mexico this Spring!



Capture the essence of Texas in our San Antonio, Padre Island & the Gulf of Mexico bus tour! You will stand where history took place at the Alamo, and also enjoy the IMAX movie "ALAMO: The Price of Freedom." You will also get to visit Mission San Jose, established in 1720. This bus trip to San Antonio, TX also features a guided tour of San Antonio, with its many historical sites, and a visit to the Institute of Texan Cultures, devoted to the 26 different cultures that settled Texas. San Antonio's Riverwalk Cruise will also be a part of this trip. This Texas bus tour also covers Fredericksburg, TX, home of the National Museum of the Pacific War, which tells the personal stories of World War II soldiers. You will also tour the "LBJ Ranch" at the Lyndon B. Johnson National Historic Park as part of this Texas bus trip. Finally, you will visit Padre Island on the Gulf of Mexico and stop at the stunning Texas State Aquarium on the way. Other stops enroute include Bass Pro Shops – "Outdoor World", Cowgirl Hall of Fame, and the Will Rogers Memorial Museum. This trip is April 13 – 22, 2018 and costs \$905 per person, double occupancy. The Diamond Tours bus tour to San Antonio will give you the true spirit of the West! Reserve your spot today!

OUR HEALTH TALKS SERIES

During People's University in September and October last fall, there were three health talk presentations offered. We had many people attend and they wanted to learn about more topics. The presenter graciously offered to present a different Health Talk each month for 2018. These informative talks are at 11:30 AM on one Monday of the month and are FREE. Following are the topics for the first part of the year.

January 22 – Over the Counter Medicines
February 26 – Vitamins & Minerals

March 26 – Digestive Diseases
April 23 – Irritable Bowel Syndrome

BRIEF LEGAL ADVICE CLINIC

Attorneys with the Volunteer Lawyer Network organization are at the Life Enrichment Center to provide free legal advice. These clinics are generally on the 2nd Friday and 4th Wednesday of each month from 12:00 – 5:00 PM. This service is BY APPOINTMENT ONLY (no walk-ins will be accepted). Please call 574-936-9904 (toll-free 866-936-9904) to schedule an appointment time.

SENIOR FIT EXERCISE CONTINUES

The number 1 New Year's resolution is to lose weight and exercise. Well, we can help with that! Senior Fit is a FREE physical fitness exercise program for those 55 and better. Classes are led by fitness professionals and focus on upper and lower body strength, cardiovascular endurance, flexibility and balance. The Life Enrichment Center is happy to be a site for the free Senior Fit program which is held at 11:00 AM on Wednesdays and Fridays (typically 45 minute class). This is an outreach program of Saint Joseph Health System. Stop by and pickup the membership application forms packet. Let us help you keep your resolution and get FIT!

PINOCHLE ANYONE?

Do you play this card game? Would you like to have a place to play and learn with others? We have had interest expressed to start a Pinochle card playing group. We can provide the space, we need the players. Please call us at 574-936-9904 or 866-936-9904 (toll free) with your name and telephone number so we can help organize this activity for you.

INCOME TAX PREPARATION

Once again, Marshall County Council on Aging is teaming up with AARP to offer free tax return filing at the Life Enrichment Center. Volunteers are at The Life Enrichment Center and the Culver Library starting in February (days yet to be determined). Please call after January 15th to schedule your appointment at 936-9904 (toll-free 866-936-9904). Please bring the following items with you: 1) photo ID for you and your spouse 2) your 2016 tax return 3) Social Security statements, 4) any 1099s you've received, and 5) proof of health insurance for yourself, your spouse, and /or any dependents. Some restrictions do apply. *This tax service is free; although we would appreciate non-perishable food items/cleaning supplies/personal hygiene items for our donation basket for the food pantry. Thank you for your generosity.*

Encore Performing Arts
Marshall County Council on Aging
1305 W. Harrison St.
Plymouth, IN 46563



Encore
performing arts



Bulk Rate
US Postage
Paid
PermitNo.114



Transportation News - We

provide cab service Monday – Friday, 7:30AM –5:00PM. Our fleet with friendly drivers is ready to serve you! Rides up to 5 miles are \$2.50, and even less if you buy our pre-paid frequent rider cards. A \$10 card gets you 5 rides for the price of 4. Cards can be purchased at the Life Enrichment Center or from any driver. Out-of-town rides are also available by appointment: \$6 per ride for 5-30 miles, and \$11 per ride over 30 miles (one-way pricing). Call 574-936-9904 or toll-free 866-936-9904 to schedule your trip. As demands for rides have increased, please call early for out of town needs.

ROOM RENTAL AVAILABLE

Do you have a Holiday Party, Baby or Bridal Shower, Special Birthday, or a Family Reunion coming up in the near future? Are you looking for an easily accessible, spacious, and comfortable place to host it? We rent out our lovely large room/kitchen for occasions such as these. Come tour our building and talk with us!

www.marshallcountycouncilonaging.org

This is our website where you can view the monthly calendars which show meeting dates/times of special interest groups, group meetings and more. A digital copy of the resource 2016/2017 Marshall County Senior Guide is accessible on our website also. Check it out! Call us at 574-936-9904 or toll-free 866-936-9904 if you have any questions.