

FALL SEMESTER 2019

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
04	11:00AM	SENIOR FIT EXERCISE (Mon, Tues, Wed, Fri) <i>Join in this exercise class. Healthcare provider release necessary, pick up the form. Webster Ctr on Monday & Tuesday. Life Enrichment Ctr on Wednesday & Friday.</i>	FREE	VARIOUS
05	10:00AM	ARTS & CRAFTS SHARE CIRCLE <i>Learn a new craft! Share one of yours!</i>	FREE	LEC
	1:00 PM	THE POWER OF POSITIVE THINKING <i>Based on the book titled The Mayo Clinic Guide to Stress Free Living, this adaptation focuses on developing a positive attitude toward life to benefit our overall health. Health benefits include better coping skills, reduced risk of cardiovascular disease, reduced rates of depression, increased life span, and many more. Join us as we identify action steps to help us practice positive thinking every day.</i>	FREE	PEO
	2:00 PM	INDIANA CBD UPDATE <i>Indiana has recently updated laws surrounding CBD and its use in our state. CBD, or Cannabidiol, is produced by the cannabis plant. This chemical compound does not produce a high, and may even have therapeutic benefits for chronic pain and post traumatic stress disorder. But is what we find at local stores or online safe? This lesson will explore: How CBD oil is made and who is regulating it. CBD in Indiana – how it relates to Hoosiers and our health. Which symptoms science suggests CBD may help with, and how CBD works with our brain. CBD labeling and consumer safety.</i>	FREE	PEO
	3:00 PM	STAYING SHARP-DEBUNKING MYTHS ABOUT THE AGING BRAIN <i>Adapted from The Global Council on Brain Health recommendations for Cognitively Stimulating Activities, this program addresses several common myths related to the aging brain. We will examine these common myths and discuss why they are incorrect.</i>	FREE	PEO
09	9:00AM	WOODCARVING <i>Join the Good Times Woodcarvers Club every Monday. Guys and gals welcome!</i>	FREE	LEC

DATE	TIME	CLASS TITLE	FEE	LOCATION
09	10:00AM	PAPERCRAFTING <i>Join this FUN group every Monday while they make greeting cards and other paper items.</i>	FREE	LEC
	6:00PM	FRIENDSHIP QUILTERS CLUB <i>Come learn about the art of quilting and the projects of this club.</i>	FREE	LEC
10	9:00AM	KNITTING <i>This group offers encouragement to knitters of all skill levels. Learn to knit!</i>	FREE	LEC
	10:00AM	SCISSORS SNIPS (Snowflakes and More) <i>The Art of paper cutting and making snowflakes. 1st hour: folding, basic cutting and snowflake designs. 2nd hour: explore more complicated designs, lettering, silhouettes, and creative shapes. Monty Peden will be the instructor for this class.</i>	\$5.00	LEC
11	10:30 AM	LAW ENFORCEMENT MEET AND GREET <i>Informal opportunity to visit with local law enforcement personnel in a relaxed atmosphere.</i>	FREE	LEC
	11:00 AM	LEARN TO RECYCLE RIGHT! <i>Messages about recycling are confusing these days! Which plastic goes in the bin? Can garden hoses be recycled? And what's all this about China? Join us for a fun class that explains it all. Marianne Peters of the Recycle Depot will be the presenter.</i>	FREE	LEC
12	10:00 AM	FLY FISHING & PROPER FLY CASTING TECHNIQUES <i>Students will learn fly fishing history, practices, equipment and proper fly casting techniques. Dennis Carter of North Central Fly Fishing will be the presenter. Future meeting dates will be scheduled if there is interest shown.</i>	FREE	LEC
16	9:00AM	WOODCARVING <i>Join the Good Times Woodcarvers Club every Monday. Guys and gals welcome!</i>	FREE	LEC
	10:00AM	PAPERCRAFTING <i>Join this FUN group every Monday while they make greeting cards and other paper items.</i>	FREE	LEC
17	11:30AM	FYZICAL THERAPY – BALANCING ACT PART I <i>Come find out how FYZICAL Therapy & Balance Centers can help you love your life again. Our clinic understands how the fear of falling or dizziness can impact your day to day life. We are here for you and to get you back to doing what you love.</i>	FREE	LEC

<u>DATE</u>	<u>TIME</u>	<u>CLASS TITLE</u>	<u>FEE</u>	<u>LOCATION</u>
19	10:00AM	ARTS & CRAFTS SHARE CIRCLE <i>Learn a new craft! Share one of yours!</i>	FREE	LEC
23	9:00AM	WOODCARVING <i>Join the Good Times Woodcarvers Club every Monday. Guys and gals welcome!</i>	FREE	LEC
	10:00AM	PAPERCRAFTING <i>Join this FUN group every Monday while they make greeting cards and other paper items.</i>	FREE	LEC
	11:30AM	OUR HEALTH TALK –MANAGING YOUR MEDICATIONS SAFELY <i>We will discuss suggestions for taking your medications safely; side effects of various medications and tips to avoid side effects; also getting your medication information organized. Ellen Jennings of Interim HealthCare will be the presenter.</i>	FREE	LEC
24	9:00AM	KNITTING <i>This group offers encouragement to knitters of all skill levels. Learn to knit!</i>	FREE	LEC
30	9:00AM	WOODCARVING <i>Join the Good Times Woodcarvers Club every Monday. Guys and gals welcome!</i>	FREE	LEC
	10:00AM	PAPERCRAFTING <i>Join the papercrafting group every Monday.</i>	FREE	LEC
	6:00 PM	WHAT HAPPENS WHEN WE CAN NO LONGER SPEAK FOR OURSELVES? <i>Who would make decisions for you if you could no longer speak for yourself? What if you had an accident and your loved ones needed to know what your wishes were? Do you want CPR? It doesn't always work like it does on television. Do you want to use a ventilator to help you breathe? If you can no longer take food and medication by mouth, do you want a feeding tube? These are only a few of the questions that your family may deal with if you are unable to communicate your wishes. It is important to let your family know what your wishes are and designate a person to make those decisions. If you want to know more, come learn about Advance Directives. Advance Directives designate a decision maker, state your wishes, and can be done without any cost involved! Marcy Heil, Respecting Choices Advanced Care Plan Facilitator will be the presenter.</i>	FREE	LEC

OCTOBER CLASS OFFERINGS

03	10:00AM	ARTS & CRAFTS SHARE CIRCLE <i>Learn a new craft! Share one of yours!</i>	FREE	LEC
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DATE	TIME	CLASS TITLE	FEE	LOCATION
03	11:30AM	FYZICAL THERAPY – BALANCING ACT PART II <i>Come find out how FYZICAL Therapy & Balance Centers can help you love your life again. Our clinic understands how the fear of falling or dizziness can impact your day to day life. We are here for you and to get you back to doing what you love.</i>	FREE	LEC
07	9:00AM	WOODCARVING <i>Join the Good Times Woodcarvers Club every Monday. Guys and gals welcome!</i>	FREE	LEC
	10:00AM	PAPERCRAFTING <i>Join the papercrafting group every Monday.</i>	FREE	LEC
08	9:00AM	KNITTING <i>This group offers encouragement to knitters of all skill levels. Learn to knit!</i>	FREE	LEC
	10:00AM	IDENTITY THEFT/FRAUD PROTECTION <i>Kim Bates of 1st Source Bank will review how to protect your identity and know if your identity has been stolen.</i>	FREE	LEC
10	11:00AM Or 6:00PM	DINING WITH DIABETES <i>Dining with Diabetes is a series of four sessions and a two month follow-up session. The series will be offered as a mid-day class or evening class on Thursday, October 10, 17, 24 and 31st. 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. You will learn how to prepare meals that are healthy, easy to prepare and taste good. Recipes will be demonstrated, and participants will have the opportunity to taste each one. You will also learn up-to-date information on nutrition, meal planning, exercise and how to understand common diabetes-related medical tests. Recipe and handouts will be given to each participant. Pre-registration is required and participants are encouraged to attend all class sessions.</i>	\$30/person or \$45/couple	PEO
14	9:00AM	WOODCARVING <i>Join the Good Times Woodcarvers Club every Monday. Guys and gals welcome!</i>	FREE	LEC
	10:00AM	PAPERCRAFTING <i>Join the papercrafting group every Monday.</i>	FREE	LEC
	6:00PM	QUILTERS CLUB <i>Come learn about the art of quilting and the projects of this club.</i>	FREE	LEC

DATE	TIME	CLASS TITLE	FEE	LOCATION
17	8AM-3PM	MARSHALL COUNTY SENIOR EXPO – FREE!!! <i>COME TO PLYMOUTH HIGH SCHOOL TODAY TO VISIT THE MANY VENDOR BOOTHS. There will be free health screenings, entertainment, and food. Win a door prize! Make it a day with us.</i>		
21	9:00AM	WOODCARVING <i>Join the Good Times Woodcarvers Club every Monday. Guys and gals welcome!</i>	FREE	LEC
	10:00AM	PAPERCRAFTING <i>Join the papercrafting group every Monday</i>	FREE	LEC
22	9:00AM	KNITTING <i>This group offers encouragement to knitters of all skill levels. Learn to knit!</i>	FREE	LEC
	10:00AM	SHOP: GET THE BEST FOR LESS <i>You will learn how using in-store ads, unit pricing, and coupons help to get the most for your money. Presented by Renell Finke of the Extension Office.</i>	FREE	LEC
	11:00AM	SIMPLIFYING FOOD LABELS <i>You will learn how to read and use labels to compare foods, control portions, and identify whole-grain products. Presented by Renell Finke of the Extension Office.</i>	FREE	LEC
28	9:00AM	WOODCARVING <i>Join the Good Times Woodcarvers Club every Monday.</i>	FREE	LEC
	10:00AM	PAPERCRAFTER <i>Join the papercrafting group every Monday.</i>	FREE	LEC
	11:30AM	OUR HEALTH TALK – STAYING HEALTHY & HAPPY THROUGHOUT THE HOLIDAYS <i>We will discuss the major things that cause stress throughout the Holidays, and tips and suggestions for preventing holiday stress and depression. Ellen Jennings of Interim HealthCare will lead this discussion.</i>	FREE	LEC
30	1:00PM	WHAT’S THE BUZZ ABOUT BEES AND HONEY? <i>Honey is a substance produced by bees from the nectar of flowers and plants. Commonly used as a sweetener in foods, honey is growing as an ingredient in medicine and health care products. We will learn the importance of bees as pollinators in gardens and also review gardening and beekeeping basics including resources for those interested in getting more involved in gardening and beekeeping. This lesson will cover the use of honey in food, healthcare, and medicine and teach participants how to select and care for honey. Favorite recipes from the National Honey Board and FoodLink will be provided along with a tasting of one or more recipes.</i>	FREE	PEO

DATE	TIME	CLASS TITLE	FEE	LOCATION
30	2:00PM	HOW SWEET IT IS... IS SUGAR ADDICTIVE?	FREE	PEO
		<i>It is sometimes said that sugar is “toxic” or “addictive” and it is often blamed as the sole culprit in obesity and diabetes. Understanding what kind of sugar is in the food we are eating and how much is important when determining just how sweet it is!</i>		
	3:00PM	COOKING UNDER PRESSURE	\$5.00	PEO
		<i>As Electric Programmable Pressure Cookers (EPPC) become more popular, it is important to know how to use them correctly and to their full potential. These new kitchen appliances are very popular because they are easy and convenient. If you would like to learn more about EPPC’s features, the benefits of using one, how to safely operate one, and some recipes because you have or are considering purchasing one – then this is the class for you!</i>		
NOV 12	6PM	GREEN GROCERY SHOPPING	FREE	KROGER
		<i>Take a stroll around Kroger with us and discover ways to save money and time, cut down on waste, and conserve natural resources. Marianne Peters of the Marshall County Recycle Depot will lead this experience.</i>		

Please check the following websites for many more exercise, art, and educational opportunities that are available on a regular, ongoing basis as well.

The Center at Donaldson/Moontree Studios www.moontreestudios.org

Culver-Union Township Public Library www.culver.lib.in.us

The Fitness Forum www.fitnessforum.biz

Heartland Artist www.heartlandartgallery.com

Plymouth Parks Department www.plymouthin.com

Plymouth Public Library www.myplymouthlibrary.org

September 2019

August

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Labor Day MCCOA CLOSED JOIN A PEOPLE'S UNIVERSITY CLASS!! PREREGISTRATION NEEDED	3 2:00 BINGO WITH MARSHALL STARKE CLIENTS*	4 9:00 WEIGHT WATCHERS 11:00 SENIOR FIT EXERCISE	5 10:00 ARTS & CRAFTS SHARE CIRCLE* 1:00 THE POWER OF POSITIVE THINKING^ 2:00 INDIANA CBD UPDATE^ 3:00 STAYING SHARP- DEBUNKING MYTHS ABOUT THE AGING BRAIN^	6 11:00 SENIOR FIT EXERCISE* 1:00 EUCHRE	7 7:00 EUCHRE*
8	9 9:00 WOOD CARVING* 10:00 PAPER CRAFTING* 10:00 Water Color Painting* 11:00 Blood Pressure Checks* 12:00 BRIDGE* 6:00 QUILTERS*	10 9:00 KNITTING* 10:00 SCISSORS SNIPS* 2:00 BINGO WITH MARSHALL STARKE CLIENT*	11 Patriot Day 9:00 WEIGHT WATCHERS 10:30 Meet and Greet with Law Enforcement* 11:00 SENIOR FIT EXERCISE* 11:00 LEARN TO RECYCLE RIGHT* 12:30 BRIDGE CLUB*	12 10:00 FLY FISHING/CASTING* 7:00 Heartland CAMERA CLUB*	13 11:00 SENIOR FIT EXERCISE* 1:00 EUCHRE*	14 7:00 EUCHRE*
15	16 9:00 WOOD CARVING* 10:00 PAPER CRAFTING* 10:00 Water Color Painting* 12:00 BRIDGE*	17 11:30 –FYZICAL Therapy – Balancing Act Part I* 2:00 BINGO*	18 9:00 WEIGHT WATCHERS* 11:00 SENIOR FIT EXERCISE*	19 10:00 ARTS & CRAFTS SHARE CIRCLE*	20 11:00 SENIOR FIT EXERCISE* 1:00 EUCHRE*	21 7:00 EUCHRE*
22	23 Fall begins 9:00 WOOD CARVING* 10:00 PAPER CRAFTING* 10:00 Water Color Painting* 11:30 OUR HEALTH TALK – Managing Medications* 12:00 BRIDGE*	24 9:00 KNITTING* 2:00 BINGO*	25 9:00 WEIGHT WATCHERS* 10:15 Blood Pressure Checks* 11:00 SENIOR FIT EXERCISE* 12:30 BRIDGE CLUB*	26	27 11:00 SENIOR FIT EXERCISE* 1:00 EUCHRE*	28 7:00 EUCHRE*
29	30 9:00 WOOD CARVING 10:00 PAPER CRAFTING 10:00 Water Color Painting 12:00 BRIDGE 6:00 SMART PHONE AND TABLET TRAINING+ 6:00 WHAT HAPPENS?/ADVANCED DIRECTIVES* 6:30 YOGA FIT#	<u>CLASS LOCATIONS</u> *LIFE ENRICHMENT CENTER ^PURDUE EXTENSION OFFICE				

October 2019

September	October 2019						November
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	JOIN A PEOPLE'S UNIVERSITY CLASS!! PREREGISTRATION NEEDED	1 2:00 BINGO*	2 9:00 WEIGHT WATCHERS* 11:00 SENIOR FIT EXERCISE*	3 10:00 ARTS & CRAFTS SHARE CIRCLE* 11:30 FYZICAL Therapy – Balancing Act Part II* 7:30 HOOSIER OLD WHEELS*	4 11:00 SENIOR FIT EXERCISE* 1:00 EUCHRE*	5 7:00 EUCHRE*	
6	7 9:00 WOOD CARVING* 10:00 PAPER CRAFTING* 10:00 Water Color Painting* 12:00 BRIDGE* 7:00 DAV MEETING*	8 9:00 KNITTING* 10:00 IDENTITY THEFT/FRAUD PROTECTION* 2:00 BINGO*	9 9:00 WEIGHT WATCHERS* 10:00-2:00 MOBILE MEDICAL UNIT-Appointment is needed 11:00 SENIOR FIT EXERCISE* 12:30 BRIDGE CLUB*call for info	10 11:00 DINING WITH DIABETES^ 7:00 Heartland CAMERA CLUB*	11 Come Out Day 11:00 SENIOR FIT EXERCISE* 1:00 EUCHRE*	12 7:00 EUCHRE*	
13	14 Columbus Day 9:00 WOOD CARVING* 10:00 PAPER CRAFTING* 10:00 Water Color Painting* 11:00 Blood Pressure Checks* 12:00 BRIDGE* 6:00 QUILTERS	15 2:00 BINGO*	16 9:00 WEIGHT WATCHERS* 11:00 SENIOR FIT EXERCISE*	17 8:00 SENIOR EXPO @ PLYMOUTH HIGH SCHOOL 7:30 HOOSIER OLD WHEELS – BOARD OF DIRECTORS MTG*	18 11:00 SENIOR FIT EXERCISE* 1:00 EUCHRE*	19 7:00 EUCHRE*	
20	21 9:00 WOOD CARVING* 10:00 PAPER CRAFTING* 10:00 Water Color Painting* 12:00 BRIDGE*	22 9:00 KNITTING* 10:00 SHOP: GET THE BEST FOR LESS* 11:00 SIMPLIFYING FOOD LABELS* 2:00 BINGO*	23 9:00 WEIGHT WATCHERS* 10:15 Blood Pressure Checks* 11:00 SENIOR FIT EXERCISE* 12:30 BRIDGE CLUB*call for info*	24	25 11:00 SENIOR FIT EXERCISE* 1:00 EUCHRE*	26 7:00 EUCHRE	
27	28 9:00 WOOD CARVING* 10:00 PAPER CRAFTING* 10:00 Water Color Painting* 11:30 OUR HEALTH TALK – Staying Healthy & Happy During the Holidays* 12:00 BRIDGE*	29 2:00 BINGO*	30 9:00 WEIGHT WATCHERS* 11:00 SENIOR FIT EXERCISE* 1:00 WHAT'S THE BUZZ ABOUT BEES & HONEY ^ 2:00 HOW SWEET IT IS..IS SUGAR ADDICTIVE?^ 3:00 COOKING UNDER PRESSURE^	31 Halloween LOOKING AHEAD - NOV 12 – GREEN GROCERY SHOPPING	<u>CLASS LOCATIONS</u> *LIFE ENRICHMENT CENTER ^PURDUE EXTENSION OFFICE		

Marshall County Council on Aging

Presents...



Marshall County SENIOR EXPO 2019



Thursday, October 17, 2019

8 am – 3 pm

Plymouth High School

1 Big Red Drive, Plymouth

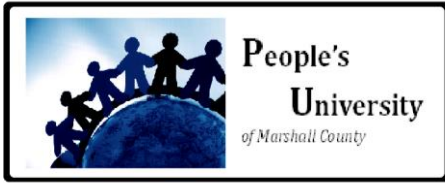
FEATURING:

- **FREE ADMISSION**
- **FREE REFRESHMENTS**
- **FREE ENTERTAINMENT**
- **FREE HEALTH SCREENINGS**
- **FLU SHOTS**
- **FREE EXPIRED MED DISPOSAL**
- **HUNDREDS OF DOOR PRIZES**
- **FREE TRANSPORTATION FOR SENIORS**



Corporate sponsors:





People's University Registration

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

CLASS DATE	TITLE	\$
_____	_____	_____
_____	_____	_____
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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

Marshall County Council on Aging
1305 W. Harrison Street
Plymouth, IN 46563

