



# LIFE ENRICHMENT MATTERS

**4th** QUARTER, 2019

*~It's what you learn after you know it all that counts~*

## **COME TO THE 12<sup>TH</sup> MARSHALL COUNTY SENIOR EXPO!**

Great things are ahead at this year's Marshall County Council on Aging's Senior Expo! This year's Expo will be on THURSDAY, OCTOBER 17th at Plymouth High School, #1 Big Red Drive, Plymouth, IN. The 2019 Senior Expo will once again feature FREE admission, over 50 vendors, refreshments, entertainment, many door prizes and health screenings. The free health screenings include blood pressure, cholesterol, glucose, hemoglobin, cardiovascular risk assessment, balance testing, video otoscopic exam, oximetry, among others. Flu shots will also be available. Saint Joseph Health System will have their MMR Unit available (mammograms). The entertainment will have new acts, while also bringing back your favorites! All ages are welcome, and transportation will be provided free of charge to senior residents of Marshall County by appointment. The Expo will be at Plymouth High School, #1 Big Red Drive, Plymouth.

The Expo is made possible by the Marshall County Council on Aging, with the generous support of our sponsors: Centier Bank, The Center at Donaldson, Fyzical Therapy & Balance Centers, Miller's Merry Manor, Pilgrim Manor, Saint Joseph Health System, NIPSCO, and TCU Insurance. The hours of the Expo are 8:00 AM – 3:00 PM. For more information or any questions, please contact Marshall County Council on Aging at 574-936-9904 or toll-free: 1-866-936-9904. See YOU at the Senior Expo!

## **LUNCH & LEARN WITH AUTUMN TRACE**

Plan to attend the Lunch & Learn event on October 2<sup>nd</sup> at 12 noon. Joe Collins, Director of Autumn Trace will present information about selecting the right Senior Living Community for YOU. This event will take place at the Life Enrichment Center/Marshall County Council on Aging, 1305 W. Harrison St., Plymouth. Although this is a free event, preregistration is required to provide for proper planning. Call 936-9904 to make your reservations. Bring your questions!

## **OUR HEALTH TALKS SERIES**

Our Health Talk presentations continue to be a popular event at the Life Enrichment Center. Following are the remaining topics scheduled for 2019. These informative talks are at 11:30 AM on one Monday of the month and are FREE.

- October 28** – Staying Healthy & Happy During the Holidays
- November 25** – Meditation for Stress Management
- December 23** – Parkinson's Disease

## **KNOW YOUR NUMBERS**

Knowing your vital health numbers is very important. A registered nurse from Saint Joseph Health Systems will be at our building on the following dates and times to take your blood pressure. Stop by often and keep track!

- October 14 @ 11 AM**
- November 11 @ 11AM, November 27 @ 10:15AM**
- December 9 @ 11AM**

## **VET-TO-VET CAFÉ**

You are cordially invited to a Vet-to-Vet Café on Monday, October 7 at 7:00PM. This is for any veteran or active military member to attend to listen, share your stories, or just enjoy fellowship. Feel free to bring a picture from your time in the service to discuss what it means to you. This café is being sponsored by the Center for Hospice Care.

## **SITUATIONAL AWARENESS 101**

This class will be offered on Thursday, November 14<sup>th</sup> at 10:00 AM at our building (1305 W. Harrison St.). Preparing yourself for an unthinkable event and being aware of your surroundings; having a plan in place should certain situations arise. Dennis Carter, a 12 year Reserve Deputy and a student and instructor for same will present this important information. Signups are appreciated for this free class to assist with planning preparations. Call (574)936-9904, toll free (866)936-9904.

## **BUS TRIPS FOR 2020**

### **NASHVILLE SPRING BUS TRIP!**

Plans are being made to take this trip in May, 2020. Exact date and pricing is not available at this time, but will be forthcoming. This is considered a show trip as we will attend a show at the Grand Ole Opry and enjoy a Nashville Nightlife Dinner Theatre. A visit to Barbara Mandrell's Fontanel Mansion and the Country Music Hall of Fame are included also. We will even ride the Delta River Flatboats inside the Opryland Hotel. Clear your calendar and get ready for a spring get-a-way. Watch for more information soon and plan to join us in May!

### **NEW YORK CITY & THE STATUE OF LIBERTY**

Rockefeller Center, Times Square, Wall Street, the 9/11 Memorial are some of the sites we will visit on this bus trip September 17 -23, 2020. The price is \$865 per person based on double occupancy. This includes 6 nights lodging, 10 meals, a Dinner Party with Entertainment, guided tours and a visit to Ellis Island and Liberty Island-home of the Statue of Liberty. A visit to Hershey's Chocolate World on the way home is on the itinerary also. Don't wait ~ reservations are being taken now for this requested trip!

Marshall County Council on Aging

1305 W. Harrison St.  
Plymouth, IN 46563



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### **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](http://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 2018/2019 Marshall County Senior Guide is accessible on our website also. Check it out!