



LIFE ENRICHMENT CENTER
Marshall County Council on Aging
1305 W. Harrison St., Plymouth, IN 46563
(574)936-9904 (866)936-9904
www.marshallcountycouncilonaging.org

2nd Quarter, 2022

LUNCH & LEARN SERIES CONTINUE

Marshall County Council on Aging is partnering with REAL Services to offer a Lunch & Learn Series. There has been full attendance at the first two presentations. Following are the upcoming dates and topics:

- April 6th – Reverse Mortgages – get the facts
- May 4th - Get to know REAL Services & Nutrition Keys to Healthy Aging
- June 1st – Cooking for One or Two
- July 6th – TBD

There is no cost for the meal or presentation. However, reservations are required since we need to be prepared for the food. Lunch is at 11:30AM, followed by the presentation. Please call us at (574)936-9904 or (866)936-9904 by Monday before the presentation to make your reservation. Come join us!

FIELD TRIP TO UNITY GARDEN

Planting time for the Unity garden at our building is quickly approaching. We will be taking a mini-bus up to the LaSalle Square Unity Garden in South Bend where this concept all began. We will tour the gardens and facility (which includes 10 acres, livestock (goats), Welcome Center, and much more.) We are inviting you to go with us on what should be a fun and informative day. Our goal is to gather ideas to bring back to our local Unity Garden. This trip is planned for April 19th. We will depart from our building (1305 W. Harrison St., Plymouth) at 10:00AM. Bring a sack lunch to enjoy at the garden before we head back to Plymouth. Space is limited. Please call us at (574)936-9904 or (866)936-9904 if you would like to go. There is no cost for this event.

EXPERIENCE TAI CHI

April 30th is World Tai Chi and Qi Gong Day. Jennifer Weinert, a certified Tai Chi for Health Instructor, will be offering free one hour lessons to bring awareness about the exercise and its benefits. Tai Chi is a Chinese martial art and system of calisthenics, consisting of sequences of very slow controlled movements. Plan to participate in one of these lessons on either Tuesday, April 26th or Wednesday, April 27th at 11:00 AM.

WHO GETS THE FINE CHINA?

On Tuesday, May 17th at 1:00 PM we will have a discussion about leaving a legacy for your children and leaving a will. These are two completely different things. This discussion will be led by Kristi Ritter, a certified senior advisor. What is a CSA? Simply put she is an expert in the aging process. Kristi has supplemented her expertise with knowledge about aging and health, social, and financial issues that are import to many older adults. She will help you know what to expect as you age and dig into preparing an information for life kit. Snacks/dessert will be served too. Don't miss this opportunity to learn more about how to leave the best gift you can leave your loved ones. Please RSVP to (574)936-9904 so we can prepare for this presentation properly.

BRIDGE LESSONS COMING SOON!

We have had requests for lessons on how to play the card game Bridge. We have a volunteer that will be offering these lessons. The dates and times will be determined soon. Please give us a call with your name and phone number and we will let you know when the lessons will begin.

GARDEN OF THE GODS, THE ROYAL GORGE & COLORADO SPRINGS BUS TRIP

The fall bus trip heads West on September 10 - 18, 2022. On this trip you will tour the Garden of the Gods, visit the United States Air Force Academy, visit the Royal Gorge, including the suspension bridge and the aerial tram, visit historic Manitou Springs at Pikes Peak, enjoy a guided tour of Colorado Springs, visit the US Olympic & Paralympic Museum and MORE. Motorcoach transportation, lodging, 8 breakfasts and 6 dinners are included in the \$1,055 price for the trip (per person, double occupancy). All travelers must provide proof of vaccination against COVID 19.

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VOLUNTEER OPPORTUNITIES

1. The State Health Insurance Assistance Program provides information, claims/filing, and advocacy regarding Medicare, Medicare Supplement, Medicaid, and Long-term Health Care.

Become a State Health Insurance Program (SHIP) counselor – we will provide you with training to be able to assist people wanting to sign up for Medicare, Medicaid, and supplemental insurance programs. This would be performed at our offices.

2. Deliver Meals on Wheels to Culver residents. We will work with your schedule.

Call us at (574)936-9904 or (866)936-9904 to discuss either of these worthwhile volunteer opportunities.

MAY IS SENIOR CITIZEN MONTH!

"It's not the years in your life that count. It's the life in your years!"

Being a senior citizen is pretty awesome. You have experienced numerous wonderful events in your life and will undoubtedly have many more to come.

The Life Enrichment Center strives to offer a welcoming atmosphere to congregate, socialize, and learn. Please let us know if there is something you want to learn about, a new group you would like to develop (Pinochle, Mahjong, etc). We will try our best to bring what you want to YOU!

In closing ~

"All you need is love. But a little chocolate now and then doesn't hurt."

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TAX RETURN PREPARATION

Unfortunately, we were not able to find volunteers/groups to prepare tax returns this year. We are asking our readers for suggestions in finding volunteer preparers for next tax season. Please contact us if you would like to volunteer to prepare tax returns or know of an organization that does this. We will keep trying.

Check our website for the calendar, highlights page, and bus trips information – more added often. www.marshallcountycouncilonaging.org