

LIFE ENRICHMENT CENTER

1305 W. HARRISON ST.,
PLYMOUTH, IN 46563
(574)936-9904 / (866)936-9904
www.marshallcountycouncilonaging.org



2023 INDIANA OLYMPICS SCARF PROJECT

In honor of Carl Erskine (former Brooklyn Dodger, a longtime friend of Special Olympics and parent of one of our athletes) the scarf project will feature colors representing his old team: Dodger blue and grey.

The official Indiana colors are:

- Royal Blue 0385
- Light Grey 1441

Both yarns should be available through Blueberry Cottage Yarns and Wool, Michaels, Joann Fabrics, Walmart, and Amazon. There are no pattern requirements. Scarves should have a 6-inch width and a 54-60 inches including fringe length. All scarves must be turned into our office by **Friday, December 2nd, 2022**. Any scarves received after that time will be donated to local charities.

HEALTH IN ACTION PROGRAM

Starting **July 20th**, Saint Joseph Health Systems is offering a free healthy lifestyle course, "Health In Action." This program will meet at our building and is completely FREE. To qualify for the program, you must be at least 18 years of age, a BMI over 25, and no previous diagnosis of type 1 or type 2 diabetes. With the Health In Action program, you will get support from a trained Lifestyle Coach, skills you need to lose weight, be more physically active and manage stress, as well as support from other participants with the same goals as you. Call us to reserve your spot.

LENDING LIBRARY UPDATE

Our lending library has seen several improvements! The books have been put in order much like a public library; fiction books are ordered and now have stickers showing the initial of the author's last names. Nonfictions and romance novels are shelved separately. Romance novels have stickers with the author's last name initial and "ROM" for romance. Large Print books are shelved separately as well. Right now, there is a need for Large Print books in good condition. This library is available to anyone; the library is open whenever we are open.

A MATTER OF BALANCE PROGRAM

This program is designed to manage falls and increase activity levels in those who have fallen or have concerns about falls. Karen Richey from the Extension Office of Purdue University will lead this program. The class will meet on Mondays and Wednesdays in October, starting **Monday, October 3rd** from 1:00-3:00 PM at our building. There is a \$10 fee per person. Please call us to RSVP, space is limited. The fee can be paid early, or at the first class.

"SENIOR OF THE YEAR" AWARD

Nominate a special senior in Marshall County who possesses the following qualities: kindness towards others, exemplary volunteering, zest for life, and a positive attitude. The nomination form is available now at the Life Enrichment Center or online. Please submit the completed form to the Life Enrichment Center by **August 1st** via mail, email, fax, or in person.

GET YOUR DUCKS IN A ROW – CREATING A LIFE KIT

One life-changing event can expose how unaware your loved ones are of the information they need to care for you and manage your affairs as you would wish. This can generate endless questions, but with the Life Kit, you can provide answers. On **September 13th at 1:00 PM**, CSA Kristi Ritter will break down all the items you should have in place in case of an emergency. Space is limited, call us now to reserve your spot.

AWARENESS 101

Back by popular demand! This class will be offered on **Tuesday, July 19 at 11:00 AM** at our building. You will learn about preparing yourself for unthinkable events, being aware of your surroundings, and having a plan in place for certain situations. Dennis Carter, a 12-year Reserve Deputy, will present this critical information. No payment is required. Signups are appreciated to assist with planning. Call us to RSVP. Come learn how to be safe!

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



Bulk Rate
US Postage
Permit No. 130

2022 SENIOR EXPO

Thursday, October 20th is this year's Senior Expo. The Expo will be held at Riverside Intermediate School. Watch for the posters and other advertising in the near future. There will be many great vendors, health screenings, flu shots, food, entertainment, door prizes, and more to look forward to. This is the place to learn about the services and products that are available to assist you or a loved one. Bring a friend or two!

SENIOR DAY AT THE FAIR!

July 21st is Senior Day at the Marshall County Fair in Argos. Marshall County Public Transportation will be providing free transportation for seniors to and from the fairgrounds. Please call ahead to schedule your ride.

COLORADO BUS TRIP

September 10-18, 2022. \$1,055 price for the trip per person. You must provide proof of COVID-19 vaccination.