



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

4th Quarter, 2022

15TH 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 20th at Riverside Intermediate School, 905 E. Baker Street. This is a new location for the Expo. Riverside School is directly east of Plymouth High School on Baker Street-watch for the signs.

The Senior Expo will once again feature FREE admission, over 45 vendors providing useful information, refreshments, entertainment, many door prizes and health screenings. Some of the free health screenings include blood pressure, blood glucose, hearing testing, grip strength, video otoscopic exam, oximetry and others. Flu shots and COVID-19 vaccinations will also be available. The fun entertainment schedule has something for everyone. All ages are welcome, and transportation will be provided free of charge to senior residents of Marshall County by appointment. The Expo is made possible by the Marshall County Council on Aging, with the generous support of our sponsors: Deaton-Clemens VanGilder Funeral Home, Miller's Merry Manor, Pilgrim Manor, HUMANA, NIPSCO, and TCU Insurance. The hours of the Expo are 8:00 AM – 3:00 PM.

The Senior Expo will follow local health recommendations for public safety in place at the time of the Expo.

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!

HONORING CHOICES LUNCH & LEARN

Join us on Wednesday, November 2nd for a free advance care planning presentation provided by Honoring Choices staff. Advance care planning ensures that others know and follow your wishes if you cannot speak for yourself. It allows you to have control over medical care, no matter what happens. Advance care planning puts your voice at the center of your health care. Free lunch will be provided starting at 11:30AM followed by the presentation. For proper planning, reservations are required by Monday, October 31st. Call us at (574)936-9904.

OPEN ENROLLMENT DATES

Want to make changes to your Medicare plan for 2023? October 15 thru December 7 is the Open Enrollment period of time for coverage that will take effect January, 2023. Marshall County Council on Aging has trained SHIP counselors to help you with this process free of charge. Call us at (574)936-9904 or (866)936-9904 to schedule an appointment.

SAVANNAH, JEKYLL ISLAND & BEAUFORT, SC SPRING, 2023 BUS TRIP

Come along and enjoy a guided trolley tour of Savannah where you will see architectural marvels, oak-lined streets and lovely "town squares". Next, there will be a guided tour of St. Simons Island and a guided tram tour of Jekyll Island-with a stop at the once exclusive "Millionaires Club" There will be an evening show at the famous Savannah Theatre. Another guided tour will be enjoyed of Beaufort, SC which served as the backdrop for movies such as The Big Chill and Forrest Gump. We will tour the Parris Island Marine base and view the Iwo Jima Monument, Parade Field and the Parris Island Museum. On your way home you will stop at the South Carolina State Museum. This trip is April 23-29, 2023. The price is \$875 per person based on double occupancy.

NASHVILLE, TN BUS TRIP

Plans are being made to take this trip September 18 - 22, 2023. This is considered a show trip as we will attend a show at the Grand Ole Opry and enjoy a Nashville Nightlife Dinner Theatre. We'll take a guided tour of Nashville, including a photo stop at the Parthenon. You will meet all your favorite stars at the Madame Tussaud's Wax Museum. There will be a guided tour of the Belle Meade Historic Site and winery. Also included is a Grand Ole Opry backstage tour and the Country Music Hall of Fame. This trip will be September 18 -22, 2023. The cost is \$850 per person based on double occupancy. Reserve your spot now!

"Another fall, another turned page..."
-Wallace Stegner

MEMORY LOSS-WHAT'S NORMAL & WHAT'S NOT?

Suspect your memory isn't what it used to be? What is normal age-related memory loss? How do we even tell the difference between normal and abnormal memory loss to find out what's normal and what's not? This FREE Lunch & Learn presentation will give you the education and tools to assist you in learning about memory loss and/or helping those through their journey of dementia with their loved one. This event will be on Tuesday, November 29th starting at 11:30AM lunch followed by the presentation. For proper planning, reservations are required by Wednesday, November 23rd. Call us at (574)936-9904.

ALZHEIMER'S & DEMENTIA CLASS 101

Are you a caregiver of an individual living with Alzheimer's disease or other related dementia? If so, you won't want to miss out on this FREE opportunity! This presentation will give you the education and tools to assist you along your journey of dementia with your loved one. This free Lunch & Learn will be Tuesday, December 13th at 11:30AM, followed by the educational class at 12:00 noon. Registration is required as seats are limited. Please call (574)936-9904 by Tuesday, December 6th to reserve your spot.

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



Bulk Rate
US Postage
Paid
PermitNo.130

ROOM RENTAL AVAILABLE

Do you have a Graduation Open House, 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 Marshall County Senior Guide is accessible on our website also. Check it out!

MONETARY DONATIONS

Marshall County Council on Aging gratefully accepts tax-deductible donations and bequeaths to support our many programs. Please consider the Marshall County Council on Aging in your year-end planning.