



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

**2<sup>nd</sup> Quarter, 2023**

### ***Nashville, Tennessee Show Trip***

There are a few spots open for the bus trip this fall. 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!

### **UPCOMING CLASS OFFERINGS~**

**SLEEP ON IT: WHY SLEEP MATTERS** – Sleep disorders are conditions that affect one's overall sleep patterns. They can impact a person's overall health, safety, and quality of life. This program focuses on the importance of sleep, some barriers to quality sleep and tips on ways to improve sleep quality. **WEDNESDAY, APRIL 19** at 1:00PM. Limited seating, RSVP by Monday, April 17<sup>th</sup>.

### **HOW SWEET IT IS...IS SUGAR ADDICTIVE?**

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! **TUESDAY, MAY 2** at 11:00AM. Please RSVP by Friday, April 28<sup>th</sup>.

### **SITUATIONAL AWARENESS TRAINING**

Dennis Carter will lead you through this training to  
1) Learn how to be aware of your surroundings at all times. 2) Learn what you can do to stay safe by making yourself aware and to spot possible threats before something bad happens. 3) Learn how to think ahead, to Observe, Orient, Decide and Act when trouble strikes. **WEDNESDAY, MAY 3** at 11:00 AM. Please call to RSVP.

### **SECURITY ON THE GO**

A representative from Clear Arch Health, Tera Jamesen, will share information about medical alert systems. Who should use an alert system? How do they work? What special features do they have? What does it cost to have an alert system? These questions and more will be answered during this informative presentation. Join us on Wednesday, **May 17<sup>th</sup>** at 11:00 AM. Door prize will be awarded! Seating is limited, please reserve your spot by calling us.

### **ONE DAY OUTINGS**

#### ***Let's tour Kokomo Opalescent Glass ~***

We will be taking a small bus to tour the Kokomo Opalescent Glass Co. factory. The art glass is manufactured in the same facility and with the same techniques since they were founded in 1888. We will see first-hand how the art glass is made and see glass blowers at work making one of a kind pieces of art. This trip will be on Thursday, **May 25<sup>th</sup>**. The cost is \$20 for the transportation. The admission for the tour is an *additional* \$6 that you will pay upon arrival to the glass company. After the tour we will go to Cracker Barrel to enjoy lunch at your own expense. The bus will depart at 9:00AM. Anticipated return time to Plymouth is approximately 4:00PM. Come in soon to signup and pay, there are limited seats. No refunds if you cancel.

## **BUS TRIP TO SOUTH BEND CUBS GAME!**

“Take me out to the ball game.” Join us on Wednesday, **July 19<sup>th</sup>** for a 12:05 PM South Bend Cubs baseball game. The bus will depart from our building at 10:30 AM and return whenever the game is over. \$20 covers the transportation and entry ticket to the game. There are limited seats so come signup and pay soon. No refunds if you cancel.

## **TRANSPORTATION TO THE FAIR!**

Sign up for a bus ride to the Indiana State Fair on Thursday, **August 10<sup>th</sup>**. The bus will depart at 8:00AM (rain or shine). The price for the ride is \$25. You will pay your own admission charge into the fair which is \$14 upon arrival. We will leave the fair at 2:30 PM to head back to Plymouth. Limited seats, no refunds if you cancel.

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**Transportation News** - We provide on demand service Monday – Friday, 7:30AM –5:00PM in Plymouth. 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.

## **FREE FLY FISHING CLASS!**

Get ready to enjoy some fishing on the Indiana FREE Fishing Days on June 3 and 4th this Spring (no fishing permit required on these two days). Come to the free fly fishing class on Friday, **June 2nd** at 11:00 AM.

Learn all about fly fishing and proper fly casting techniques from Dennis Carter, an accredited FFF and ACA fly casting instructor. Learn about the joy and art of fly fishing and put your knowledge to use on the free fishing days on your own. Please call us at (574)936-9904 to reserve your spot.



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## **CARE CONNECTIONS VISIT**

Care Connections located within Milton Village is a completely new and innovative way to experience the journey of caregiving for a person living with dementia. We will tour this open, socially inclusive model that offers support and provides strategies for communication and stress relief. We may even play some pool, visit the pub, or art studio. We will also attend a Lunch & Learn presentation about Financial Record Keeping. There is no cost for this trip on Wednesday, **June 21st**. We will depart from our building at 10:30 AM. After an informative day we will return to Plymouth at approximately 3:00PM. Seating space is limited on the mini bus, please call (574)936-9904 to reserve your spot.