



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

3rd 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!

BUS TRIP TO SOUTH BEND CUBS GAME!

"Take me out to the ball game." Join us on Wednesday, **July 19th** 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 transportation and a snack. Ticket and suite generously donated by Hoosier Racing Tire. There are limited seats so come sign up 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 10th**. 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.

SOUTH BEND CHOCOLATE FACTORY TOUR TRIP

We will depart at 9:15AM on Tuesday, **September 12th** to take a factory tour of the South Bend Chocolate Company. We will learn the history of chocolate and its origins and all of the factory processes, including panning, enrobing and more. We will also walk through the Chocolate Museum. \$20 is the cost for the ride. You will pay your own admission fee of \$5 upon arrival. After the factory tour, we will stop for lunch (on your own) at Chick-fil-A on our way back to Plymouth. Limited seats.

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 2nd** from 1:00-3:00 PM at our Building. Please call us to RSVP, space is limited.

UNITY GARDEN AND SHARING SHELF

The garden is beginning to grow with the recent heat and rains. Green beans, cucumbers, tomatoes, peppers, zucchini and more are all growing well right now. The community is invited to come pick produce.

A **SHARING SHELF** has been constructed and is located on the north entrance to the building. Anyone with extra produce from their home gardens is invited to bring the produce and place it on the Sharing Shelf, allowing the community to enjoy even more fresh produce. Let's fill it up!

Also, volunteers are needed to water and weed the garden. Call our office at (574)936-9904 to join the volunteer garden list.

2023 MARSHALL COUNTY SENIOR EXPO

There will be many great vendors, health screenings, flu shots, breakfast, lunch, 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. Be sure to reserve **Thursday, October 19th**, 8:00AM – 3:00PM, on your calendar to attend the Senior Expo. The Expo will be held at Plymouth High School, #1 Big Red Drive. Enter at Door 5. Watch for the posters and other advertising in the near future. Bring a friend or two!

"Keep your face to the sunshine and you will never see the shadows."

- Helen Keller

2023/2024 SENIOR GUIDES ARE HERE!

We have now completed our 9th edition of the Senior Guide and will begin distributing them throughout Marshall County. Since its inception, the Guide has been greatly anticipated and sought after by both residents of all ages and Marshall county community agencies as a comprehensive guide to services available throughout the county. The Senior Guide meets a need for accurate user friendly information. Information can empower individuals and families in difficult circumstances. Look for the Guide at hospitals, clinics, medical offices, pharmacies and other places of business in Marshall County. The Guide is also accessible on our website.

www.marshallcountycouncilonaging.org You may also stop by our office and pick up your copy of the Guide – it's FREE!

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Plymouth, IN 46563



SHIPS, TENDERS & TUK TUKS Adventures of the Traveling Sisters

Come and listen to Kathy Zentz share about her once-in-a-lifetime travels to twenty eight countries in 4 ½ months! Kathy recently completed a World Cruise Adventure and has many stories and artifacts to talk about. Kathy will explain the ship, accommodations, dining, lectures, classes, land excursion opportunities, itinerary (24 time zone changes) and much more! Ever heard of the Cocktail Girls? Be prepared to hear fun stories of the land and sea adventures of Kathy and her sister. This fun presentation will be Tuesday, August 8, at 1PM.

Bulk Rate
US Postage
Paid
PermitNo.130

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 September 29th via email, fax, or in person. Presentation of the award will be at the Marshall County Senior Expo on Thursday, October 19th.

SENIOR DAY AT THE FAIR

July 18th (Tuesday) 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. You must call ahead to schedule your ride.

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