



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

**4th Quarter, 2023**

## **16<sup>TH</sup> MARSHALL COUNTY SENIOR EXPO!**

This year's Marshall County Council on Aging's Senior Expo will be on **THURSDAY, OCTOBER 19th** at Plymouth High School, #1 Big Red Drive, Plymouth from 8:00AM to 3:00PM.

The Senior Expo will once again feature FREE admission with over 50 vendors providing useful information, refreshments, entertainment, many door prizes and health screenings. Some of the free health screenings include blood pressure screening, glaucoma testing, hearing testing, grip strength, video otoscopic exam, strength and balance screening, vision screening 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, INGuard, REAL Services, Marshall County Prosecutor's Office, and Beacon Credit Union. Again, the hours of the Expo are 8:00 AM – 3:00 PM.

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 (and your friends) at the Senior Expo!

## **LUNCH & LEARN ~ HOSPICE FACTS vs FICTION**

Join us on Wednesday, **November 1<sup>st</sup>** for a free hospice facts presentation provided by Laurie of Traditions Health Hospice. Laurie will explain the process of hospice care, who is eligible, what it costs (or doesn't). She will answer any questions or concerns about this topic that you have. Free lunch will be provided starting at **11:30AM** followed by the presentation.

For proper planning, reservations are required by Friday, October 27th. Call us at (574)936-9904 to reserve your spot for this free event.

## **OPEN ENROLLMENT DATES**

Want to make changes to your Medicare plan for 2024? October 15 thru December 7 is the Open Enrollment for coverage that will take effect January, 2024. 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.

## **WASHINGTON DC BUS TRIP**

It's been a few years since we visited our nation's capital. There will be two guided tours (one being an evening memorial and monuments tour) of Washington DC including the WW II Memorial, Capitol Hill, Embassy Row, the Korean War Veterans Memorial, the Vietnam Veterans Memorial, the Smithsonian, the Martin Luther King Jr. National Memorial, the Lincoln Memorial, and more! A visit to the Museum of the Bible (with six floors of over 40,000 items, 40 foot tall bronze doors, roof-top garden and more) is included. Enjoy a tram ride through Arlington National Cemetery. There will also be a stop at George Washington's Mount Vernon Estate & Garden. And of course, there will be an evening with dinner and entertainment. This trip is April 25-May 1, 2024. The price is \$1,050 per person based on double occupancy.

## **MONTREAL & QUEBEC CITY & OTTAWA**

Come along with us to our neighbors to the north, Canada. There will be a local guide with us each day in Canada as we visit the sights of Montreal, Quebec City and Canada's Capital City -Ottawa. We will see Parliament Hill, Byward Market, Notre Dame Basilica, Underground City, Saint Joseph's Oratory of Mount Royal, and more. A guided sightseeing cruise on the St. Lawrence River is included also. You must have a valid US Passport or US Passport Card for this tour, please bring it when you register. This trip will be July 13 -20, 2024. The cost is \$1,475 per person based on double occupancy. Reserve your spot now!

The brochures for our bus trips can be viewed on our website (click on the EVENTS heading) [www.marshallcountycouncilonaging.org](http://www.marshallcountycouncilonaging.org)

**ALBUQUERQUE & SANTA FE NEW MEXICO**

Our bus trip August 17 – 27, 2024 will be to the “Land of Enchantment”, Albuquerque. A guided tour of the ancient hilltop village known as Sky City, visits to San Esteban del Rey mission, New Mexico Veterans Memorial, Sculpture Gardens at the Albuquerque Museum, Old Town Albuquerque, and a ride on the Sandia Peak Tramway are included. There is also a guided tour of Santa Fe which includes the Santa Fe Plaza and the Saint Francis Cathedral. A stop at the American Quarter Horse Hall of Fame & Museum in Amarillo, TX and the Oklahoma City National Memorial are also part of this trip. The cost is \$1,625 per person based on double occupancy. Sign up now!

**TECH TIME IS BACK!**

We are excited to announce that Cindy from the Plymouth Public Library will be at the Life Enrichment Center from 3:30 – 5:00 PM on the following dates to answer your cell phone and other device questions.

- September 26
- October 24
- November 28
- December 19

If time allows, Cindy will share other features and programs of phones, tablets, and computers. This is a walk-in clinic, no appointment needed.

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

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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. Trips within Plymouth city limits can now also be scheduled ahead. As demands for rides have increased, please call as soon as possible.



**BINGO!**

Anna from Miller’s Senior Living Community will be here calling BINGO on the following dates~

- Wednesday, November 15 at 2:00PM
- Thursday, December 7 at 2:00PM

Come enjoy some fun, fellowship, and light refreshments .