



LIFE ENRICHMENT MATTERS

1st QUARTER, 2017

~If you can't feed a hundred people, then feed just one. ~ Mother Teresa

VIRGINIA BEACH/COLONIAL WILLIAMSBURG/ HISTORIC NORFOLK BUS TRIP

We are off to Virginia Beach this spring! This **brand new tour** from Diamond Tours is April 23 – 29, 2017. This trip includes 6 nights lodging including 4 consecutive nights in an **oceanfront hotel** in Virginia Beach! You will enjoy a guided tour of Colonial Williamsburg, dinner cruise and entertainment on the Spirit of Norfolk, admission to the Nauticus & Battleship Wisconsin, and the Virginia Beach Aquarium & Marine Science Center. And for you shoppers, you will enjoy time at the famous Yankee Candle Village Store ~ this is one of their two flagship stores in America! There are just too many details to list here, stop by our office to pick up a brochure or view it at our website, www.marshallcountycouncilonaging.org The all-inclusive price for this trip is \$739 per person, based on double occupancy. We partner with Diamond Tours, a leading travel company, to offer great destinations and experiences at a reasonable price to you. Stop in at the Life Enrichment Center to reserve your spot on this fantastic trip.

NEW PROGRAMS AT THE LEC

We are happy to announce new programs starting in January at our facility; Senior Fit Class and Brief Legal Advice Clinic. Keep reading to learn more about them. Of course, our tried and true classes such as wood carving, knitting, crocheting, paper crafting, bridge, euchre, quilting and others continue to meet here. Come pick up a calendar or view it on our website. Come and join in!

NEW SENIOR FIT CLASS STARTS JANUARY 18

The number 1 New Year's resolution is to lose weight and exercise. Well, we can help with that! Senior Fit is a FREE physical fitness exercise program for those age 55 and better. Classes are led by fitness professionals and focus on upper and lower body strength, cardiovascular endurance, flexibility and balance. The Life Enrichment Center is happy to be a new site for the free Senior Fit program which will be held at 11:00 AM on Wednesdays and Fridays (typically 45 minute class). This is an outreach program of Saint Joseph Health System. Stop by and pickup the membership application forms packet. Let us help you keep your resolution and get FIT!

BRIEF LEGAL ADVICE CLINIC

Attorneys with the Volunteer Lawyer Network organization will be at The Life Enrichment Center to provide free legal advice. These clinics will be on the 2nd Friday and 4th Wednesday of each month from 12:00 to 5:00 PM. This service is BY APPOINTMENT ONLY (no walk-ins will be accepted). Please call 574-936-9904 to schedule an appointment time.

WEIGHT WATCHERS MEETS

Weight Watchers is now meeting in Plymouth! Join us each week as we go Beyond the Scale and discover a Happier, Healthier You! Meetings are on Wednesdays at 9:30AM at the Life Enrichment Center, 1305 W. Harrison St., Plymouth, IN. You're invited!

9TH ANNUAL SENIOR EXPO

Wasn't our Senior Expo awesome this year? Our new location at The Zone allowed us to spread out a bit and also have space for more vendors.

DID YOU KNOW~

- There were 70 vendors
- Over 1,500 visitors attended
- Visitors came from over 42 communities
- Visitors came from Illinois and Michigan
- Over 75 volunteers work on Expo day
- Over 112 door prizes were awarded, plus all the vendor prizes at their tables
- Jan Weaver of Culver was the winner of the flat screen smart TV
- Planning will start in April for the 10th Annual Senior Expo!

We thank all the corporate sponsors for helping us be able to keep the Expo entirely FREE! Sponsors were: Centier Bank, Marshall County REMC, Miller's Merry Manor, The Center at Donaldson, The League, Allied Bone and Joint, Saint Joseph Health System, Woodlawn Hospital, Center for Hospice Care, TCU Insurance Agency, Pilgrim Manor, and NIPSCO.

INCOME TAX PREPARATION

Once again, Marshall County Council on Aging is teaming up with AARP to offer free tax return filing at the Life Enrichment Center. Volunteers are at The Life Enrichment Center and the Culver Library starting in February (days yet to be determined). Please call after January 16th to schedule your appointment at 936-9904 (toll-free 866-936-9904). Please bring the following items with you: 1) photo ID for you and your spouse 2) your 2015 tax return 3) Social Security statements, 4) any 1099s you've received, and 5) proof of health insurance for yourself, your spouse, and /or any dependents. Some restrictions do apply. *This tax service is free; although we would appreciate non-perishable food items/cleaning supplies/personal hygiene items for our donation basket for the food pantry.*

“THE BENEFITS OF LONG-TERM PLANNING” - PLANNING FOR THE FUTURE IN A CHANGING WORLD

Plan to attend a free 45 minute seminar to learn about Long Term Care Planning on Thursday, February 9th at 10:30 AM. A representative from Havrilla & Nolin, LLC will provide a basic overview of Long Term Care planning options, Medicaid and Powers of Attorney. There will be time available for questions. Light refreshments will be served. Pre-registration is requested—call (574)206-4890 Ext 3 to reserve your spot, but walk-ins will be welcomed as space allows.

Encore Performing Arts

Marshall County Council on Aging

1305 W. Harrison St.

Plymouth, IN 46563



Bulk Rate
US Postage
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Transportation News - NEW HOURS effective January 2, 2017

Our new hours of operation begin January 2, 2017. We will be providing cab service Monday – Friday, 7:30AM –5:00PM. 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.

JMD LIFESTYLE CLASSES-1st TUESDAYS

Informative presentations as follows –

January 3 – Eat to Live~Not Live to Eat

Feeding yourself well

February 7 – Gut Health

Gut is 85% of your immune system

March 7 – Nutritional Lesson for Mental Health

And Wellness as you age

www.marshallcountycouncilonaging.org

This is our website where you can view the monthly calendars which show meeting dates/times of special interest groups, special seminars, group meetings and more. People's University, The Marshall County Senior Expo, Marshall County Public Transit Information, and even a digital copy of the 2016/2017 Marshall County Senior Guide are all accessible on our website. Check it out!