



# LIFE ENRICHMENT MATTERS

**2nd** QUARTER, 2018

*~Success is not final, failure is not fatal: it is the courage to continue that counts. – Winston Churchill*

## **OUR HEALTH TALKS SERIES**

During People's University in September and October last fall, there were three health talk presentations offered. We had many people attend and they wanted to learn about more topics. The presenter graciously offered to present a different Health Talk each month during 2018. These informative talks are at 11:30 AM on one Monday of the month and are FREE. Following are the topics for the upcoming months. Make plans to attend!

April 23 – Irritable Bowel Syndrome

August 27 – Brain Fitness

May 21 – Macular Degeneration

September 24 – Depression

June 25 – Arthritis

October 22 – Urinary Incontinence

July 23 – Autoimmune Diseases

November 26 – Sensory Changes as We Age

## **BRIEF LEGAL ADVICE CLINIC**

Attorneys with the Volunteer Lawyer Network organization are at the Life Enrichment Center to provide free legal advice. These clinics are generally on the 2<sup>nd</sup> Friday and 4<sup>th</sup> Wednesday of each month from 12:00 – 5:00 PM. This service is BY APPOINTMENT ONLY (no walk-ins will be accepted). Please call 574-936-9904 (toll-free 866-936-9904) to schedule an appointment time.

## **PEOPLE'S UNIVERSITY**

Planning will be underway soon for People's University which takes place in September and October. We would like your ideas and suggestions on the topics YOU would like to learn more about. Let us know! Do you have a hobby or special interest to share with others (stamp/coin collecting, beekeeping, soap making, etc.)? We are seeking names of people who can instruct a class, please volunteer. Above all else, sign up to attend and learn something new and meet new people. The schedule of classes will be available in August.

## **WOODCARVERS SHOW IS BACK!**

We are pleased to announce that there will be a *Woodcarver's Show* on Saturday, May 19<sup>th</sup> at our building. There will be demonstrations, videos, raffles, and items available to purchase. The public is invited to attend; you will be awed by the talent and creativity of the carvers. FREE ADMISSION - 9:00 AM to 3:00 PM.

## **NEED HELP WITH MEDICARE COSTS?**

If your income is less than \$1,900 per month and you have limited assets, you may qualify for help with medical costs not covered by Medicare and with prescription drug expenses. Contact us to schedule an appointment with a trained SHIP counselor to evaluate your eligibility. Information is also available on the government website [www.medicare.in.gov](http://www.medicare.in.gov)

## **SPECIAL OLYMPICS SCARF PROJECT**

The official colors for 2019 are Gold, Red, and White. These colors were selected to celebrate Special Olympics Indiana's 50<sup>th</sup> Anniversary. The scarves are given to athletes, coaches, volunteers, and supporters at the State Winter Games and Polar Plunges leading up to the 50<sup>th</sup> Anniversary. The colors are Gold, E300\_0321; Cherry Red, E300\_0319, and White, E300-0311 - Red Heart brand. Recommended size is 6 inch width and 54-60 inches including fringe in length. No pattern requirements. Start knitting or crocheting now. December 3<sup>rd</sup>, 2018 is the deadline to turn them in so we can get them delivered in time for the games.

## PIGEON FORGE AND SMOKY MOUNTAINS SHOW TRIP

Take in dazzling shows and the splendor of the Blue Ridge Mountains and Pigeon Forge on our fall bus trip. A visit to historic downtown Gatlinburg is part of this trip. We will also visit the impressive Titanic: The World's Largest Museum Attraction, where you will see a replica of the world's most famous luxury liner, experiencing the hallways, parlors, cabins, and Grand Staircase. Three dinner shows will be enjoyed: Soul of Motown, America's Hit Parade, and the Hatfield-McCoy Show. You will also experience the Christmas at the Smoky Mountain Opry evening show. Another Christmas Show – "Tis the Season" and The Magic Beyond Belief Show are the morning shows. This 5 days, 4 nights bus trip is November 5 – 9, 2018 and is priced at \$550 per person, based on double occupancy. Make your reservations now; this trip will fill up fast!

**2018 MARSHALL COUNTY SENIOR EXPO!** Reserve October 18, 2018 for a day of health screenings, entertainment, food, and great information. This year's Senior Expo will be held at Plymouth High School from 8:00 AM to 3:00 PM. Watch for more information to be released in the coming months for this fun event.

Encore Performing Arts  
Marshall County Council on Aging  
1305 W. Harrison St.  
Plymouth, IN 46563



Encore  
performing arts



Bulk Rate  
US Postage  
Paid  
PermitNo.114



**Transportation News** - We provide 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. As demands for rides have increased, please call early for out of town needs.

### ROOM RENTAL AVAILABLE

Do you have a Holiday Party, Graduation, 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](http://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 2016/2017 Marshall County Senior Guide is accessible on our website also. Check it out! Call us at 574-936-9904 or toll-free 866-936-9904 if you have any questions.

### **ENCORE PERFORMING ARTS 2018 SCHEDULE**

#### *Rhythm Wednesdays 'n the Square Series*

- *Wed. June 6 – The RoseHips*
- *Wed. July 4 – Holiday NO CONCERT*
- *Wed. August 1 – The Snyders*
- *Wed. September 5 – Bob Snare*

#### *Summer in the Park Series*

- *Sat. June 30 – Michiana Concert Band*
- *Fri. July 7 – Corey Cox*
- *Sat. July 14 – Parrots of the Caribbean*
- *Fri. July 20 – Stepp Walker Project*
- *Sun. July 22 – Notre Dame Shakespeare Festival Touring Company*
- *Fri. July 27 – Mark209*