

Senior Snippets



The Bluffton Parks Department with the sponsorship of Bluffton Regional Medical Center is excited to offer a Fall session of Senior Snippets. This will be an adaptation of the popular Senior Explorations Program with weekly classes on a variety of topics. These **FREE** talks will be held at different locations in town so be sure to make a note in your calendar after you sign up. Space is limited in some classes, and you must call 824-6069 or e-mail events@blufftonindiana.gov to register.

Mondays September 27th – October 11th

11am - Book/Movie Club at the Wells County Public Library

12pm - Smart Phone Tips and Tricks at the Wells County Public Library – Bring your own Smart Phone.

Mondays September 27th – October 11th

2pm - Train Your Brain: Nutrition, Neurobics, and Notable Ways to Keep Your Brain Healthy, Sleep On It: Why Sleep Matters, and Staying Scam Safe at the Washington Park Indoor Pavilion.

3pm – Variety Class at Washington Park (Sept.27th Landscaping Tips and Tricks with Steve Gerber from Outdoor Concepts, Oct. 4th “If Teacups Could Talk” – bring your own teacup & snacks will be provided, Oct. 11th Police K-9 demonstration with K-9 Leo with the Wells County Sheriff’s Department).

Wednesdays September 29th – October 13th

10am – Wells County History at the Historical Museum

Thursdays September 30th – October 14th

2pm – Kitchen Chemistry and Physics With Your Grandchildren at Washington Park

3pm – Crochet lessons at Washington Park



Bluffton Parks Dept
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Class Descriptions

Book/Movie Club at the Wells County Public Library – Led by **Catherine Campbell** will talk about favorite movies and actors! Will be taking peeks at a delightfully scrumptious comedy-mystery and learn some different ways to watch our dearest on-screen idols.

Smart Phone Tips and Tricks -Taught by **Emily Marshall**. Bring your smart phone with you. This class will cover some common tasks for both Android and Apple users and some general tech tips, including how to install an app, useful apps for everyday use, how to send a message, and basic troubleshooting tips for using a smart phone. If you do not have a smart phone, you can follow along with one of the library's iPads.

Train Your Brain: Nutrition, Neurobics, and Notable Ways to Keep Your Brain Healthy; Sleep On It: Why Sleep Matters; Staying Scam Safe - **Molly Hoag** will speak each week. As the size of the older adult population continues to grow and adults live longer, the number of Americans with Alzheimer's and other dementia diseases will also increase. The focus of this program is to understand dementia, the warning signs, benefits of early detection and diagnosis, and steps to better overall brain health. Sleep On It will discuss the benefits of sleep, risks of poor sleep, stages of sleep, when to contact a healthcare provider, barriers to quality sleep and ways to improve sleep quality. Staying Scam Safe informs participants how to safely use technology to reduce the risk of being a scam victim, and how to identify and prevent common scams.

Variety Class - Landscaping Tips and Tricks with **Steve Gerber** from Outdoor Concepts; "If Teacups Could Talk" – **Faith Hershey** will talk about a variety of teacups and their journeys, bring your own teacup & snacks will be provided.; Police dog **K-9 Leo** from the Wells County Sheriff's Department will talk about skills, costs, and how he helps police. He will be doing a demonstration on some of his skills. For safety reasons, we ask that participants do not pet K-9 Leo.

Wells County History at the Historical Museum - Enjoy an in-depth look at local history at the Museum. Connie Brubaker will discuss Wells County History and will give you an opportunity to do historic house searches within Bluffton.

Kitchen Chemistry & Physics with Your Grandchildren - With simple ingredients and utensils from your kitchen, you can help your grandchildren explore chemistry and physics. Simple experiments with simple explanations. No fancy laboratory needed! Presented by **Doc Ferris Oxide of the Upper Wabash Conservation & Science Center**.

Crochet Lessons - Instructor **Kathy Gehrett** will teach new and advanced students how to crochet. Bring a size H hook, class size is limited to the first 12 who preregister.