

# Senior Snippets



The Bluffton Parks Department with the sponsorship of Bluffton Regional Medical Center is excited to offer a spring session of Senior Snippets. These are classes focused on the Senior population, 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. Classes will be held in one of the following locations: Washington Park pavilion, Wells County Public Library, or the Wells County Historical Museum. Space is limited in some classes and you must call 824-6069 or e-mail [events@blufftonindiana.gov](mailto:events@blufftonindiana.gov) to register. Special thanks to Bluffton Regional Medical Center for supporting this program!

## **Mondays April 18<sup>th</sup> – May 16<sup>th</sup>**

11am – Movie/Book Club at the Wells County Public Library – Must sign-up before April 6<sup>th</sup> to receive a copy of the book, "The Time of My Life."

12pm – Senior STEAM at the Wells County Public Library.

2pm – Games Galore at Washington Park Pavilion

## **Mondays April 25<sup>th</sup> , May 2<sup>nd</sup> & May 16<sup>th</sup>**

3pm – Healthy Living Classes at Washington Park Pavilion

## **Wednesdays April 20<sup>th</sup> – May 18<sup>th</sup>**

10am – Wells County History at the Wells County Historical Museum

## **Thursdays April 21<sup>st</sup> – May 19<sup>th</sup>**

10am – Foreign Countries at Washington Park Pavilion

11am - Crochet Lessons at Washington Park Pavilion



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## Class Descriptions

**Movie/Book Club at the Wells County Public Library** – Led by **Catherine Campbell**. Join us at the Wells County Public Library to watch Patrick Swayze in his blockbusters "Dirty Dancing" and "Ghost." The first 15 people to sign-up by April 6<sup>th</sup>, will receive a copy of his entertaining and inspirational memoir, "The Time of My Life."

**Senior STEAM** -Taught by **Emily Marshall**. Combine Technology and Art into a fun program where you will learn a few basic skills on the library iPads, launchpads, or Try It Kit devices to keep you entertained at home. There will be a few different easy-to-do art projects that will be completed throughout the sessions. Each project will use some aspect of technology to help you complete.

**Games Galore** - Join us for a fun afternoon at Washington park pavilion. A variety of card, dice and board games will be provided as well as directions to each game. Each week you will be challenged with a different game.

**Healthy Living Classes** - **No classes on April 18<sup>th</sup> or May 9<sup>th</sup>** **Molly Hoag** will be presenting on the following topics:

April 25, 2022

### **Train Your Brain: Ways to Keep Your Brain Healthy**

The prevalence of dementia across the United States is staggering. 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. Participants will learn what healthy lifestyle choices may decrease their risks of cognitive decline and dementia.

May 2, 2022

### **Physical Activity Across the Lifespan**

This presentation reviews terms, recommendations, and benefits of physical activity. Participants will learn creative forms of physical activity and an opportunity to set a personal movement goal.

May 16, 2022

### **Food Labeling: What's in There Anyway?**

Food Labeling is about how to identify primary components of food labels, marketing claims and understanding how to make informed food decisions.

**Wells County History** - Enjoy an in-depth look at local history at the Museum.

**Foreign Countries** – Listen to area High School exchange students from Norwell Schools talk about life in their home country. Countries include Spain, Germany, Malaysia and Italy.

**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.