

Senior Snippets



The Bluffton Parks Department 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 Indoor 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 to register.

Mondays April 17th – May 15th

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

12pm – Tech Games at the Wells County Public Library

2pm – Health and Nutrition at Washington Park Indoor Pavilion

Tuesdays April 18th – May 16th

10am – Foreign Countries at Washington Park Indoor Pavilion

Wednesdays April 19th – May 17th

10am – History Class at the Wells County Historical Museum

Thursdays April 20th – May 18th

3pm – Crochet Lessons at Washington Park Indoor Pavilion

Class Descriptions

Tech Games - Taught by **Emily Marshall**. Get help downloading a variety of games to your smartphone or tablet and then go over strategy as a group and play them during class. Each session will cover a different card or puzzle game. Please bring your phone or tablet with you to each class, or you can play on one of the library's devices.

Movie Club – Led by **Catherine Campbell**. The Movie Class will watch the 1968 classic "To Kill a Mockingbird" starring Gregory Peck and Robert Duvall, based on the Pulitzer Prize winning-novel by Harper Lee, along with supporting documentaries.

Health and Nutrition – Presented by **Molly Hoag** and **Bill Horan** from Purdue Extension.

Hydration for Health - 4/17/23 This program will teach you about the importance of drinking water, effects of hydration/dehydration, healthy and delicious ways to flavor your water and taste test infused water recipes. **Superfoods for Seniors**- 4/24/23 Superfoods are important for the aging population to reduce the risk of common health conditions. Come and learn what are Superfoods. How much should we consume. How can we incorporate them into our meals. **Cooking Under Pressure** 5/1/23 Cooking Under Pressure is about Electric Programmable Pressure Cookers (EPPC) such as an Instant Pot. You will learn about their features and benefits, techniques on using the EPPC, food safety and recipes. A food demo will also be included! **Gardening for Your Health** with Bill Horan - 5/8/23 Growing your own vegetables can have many health benefits. Not only are fresh fruits and vegetables more nutritious, but gardening can also provide mental and physical benefits as well. We will provide suggestions and tips on how to get the most from your gardens. **Food Allergies 101** 5/15/23 Food allergies are on the rise. Today, one in 13 children and one in 10 adults in the United States have a food allergy. This presentation defines a food allergy, identifies the signs & symptoms of an allergic reaction, list the most common food allergens, reviews ways to prevent an allergic reaction, and provides resources for further reference and education.

Foreign Countries - Listen to area High School exchange students from Norwell High School talk about life in their home country. Countries include Spain, Germany, Saudi Arabia, Georgia, and Romania.

Wells County History - Enjoy an in-depth look at local history at the Wells County Historical Museum. **Connie Brubaker** will be discussing the Underground Railroad in Wells County and Indiana. How to research your property for the original owners. A Court house trip. The Civil War/Morgan's Raiders.

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.