

Senior Snippets



The Bluffton Parks Department is excited to offer a Spring session of Senior Snippets. These classes are focused on the Adult and 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 13th, 20th, 27th, May 4th, and May 11th

2pm – Gardening 101 at Washington Park Indoor Pavilion

Tuesdays: April 14th, 21st, and 28th

10am - Foreign Countries at Washington Park Indoor Pavilion

Tuesdays: April 14th, 21st, 28th, May 5th and May 12th

2pm – 5 Essentials to Healthy Living at Washington Park Indoor Pavilion

Wednesdays: April 15th, April 22nd, April 29th, May 6th, and May 13th

10am – History Class at the Wells County Historical Museum

1pm – Easy Spring Crafts at the Wells County Public Library

2pm – Movie Club at the Wells County Public Library

Class Descriptions

Gardening 101 – Join **Bill Horan** with Wells County Purdue Extension and Wells County Master Gardeners who will present on the following topics for the five sessions:

April 13th: Getting Started: Soils and Plant Nutrition, April 20th: Starting Seeds / Transplanting
April 27th: All About Ornamentals, May 4th: All About Vegetable and May 11th: Garden Pest Management.

Foreign Countries - Ever wondered what it's like to explore new cultures? Or how different life can be in another part of the world? Join us for an engaging cultural experience as foreign exchange students share about their home countries, traditions, customs, and daily life. Discover the world without leaving your seat! Countries include Indonesia, Germany and France.

5 Essentials to Healthy Living – **Molly Hoag** with Wells County Purdue Extension will be presenting on the following topics for the 5 sessions:

April 14th – Hydration for Health - Healthy hydration is essential for our health. Come learn how to make hydration a top health priority and sample some flavor infused water.

April 21st– Sleep for Health - This program covers 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

April 28th– Eating for Health - This program will introduce the Mediterranean style eating pattern and you will take home some recipes to try.

May 5th– Nature for Health - This program highlights the health benefits of spending time outdoors and gardening. Participants will learn simple ways nature and gardening can support nutrition and overall well-being.

May 12th– Physical Activity for Health - This program introduces the benefits of physical activity for health and independence. Participants will learn why movement is important throughout life, learn ways to stay active, and set a personal activity goal.

Wells County History - Enjoy an in-depth look at local history at the Wells County Historical Museum on 5 consecutive Wednesdays. Topics include: 1876 Local Centennial Celebration, Early Auto Dealers in Bluffton, Sheriff Department Stories, History of Irises in Wells County, 1976 Celebration, and other Wells County History topics.

Easy Spring Crafts - Taught by **Emily Marshall** at the Wells County Public Library. Enjoy making several different spring-themed crafts. All supplies provided.

Movie Club - Join **Catherine Campbell** at the Wells County Public Library as we discover the joys and heartaches of All Creatures Great and Small through the eyes of a 1940s Yorkshire vet.