

# EXTENSION PROGRAMS & WORKSHOPS

For more information call us at 219-285-8620 or email us at:

Deb (HHS) - [arseneau@purdue.edu](mailto:arseneau@purdue.edu), Mercedes (4-H) - [brunton@purdue.edu](mailto:brunton@purdue.edu) or Jamie (Ag) - [reed258@purdue.edu](mailto:reed258@purdue.edu).



Extension - Newton County

## A Matter of Balance

Every Monday March 4-April 22  
9:30-11:30 am CT  
Kentland Public Library, Kentland  
\$ Free

Do you have concerns about falling? Join us for a free workshop designed to manage falls and increase activity levels. You will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home and exercise to increase strength and balance. Anyone interested in improving balance, flexibility and strength should attend this 8-session series. Register by calling the Newton County Extension Office.

## Newton County PARP Meeting

March 4  
10:00 am-1:15 pm CT  
Newton County Government Center, Morocco  
\$ Free

The Indiana Soybean Alliance and Indiana Corn Marketing Council are sponsoring the \$10 PARP fee. Continuing credit hours are also available for Category 1, Category 11, Category 14 and RT. Call the Extension Office to register!

## 4-H New Member Event

March 4  
6:00 pm CT  
Newton County Government Center, Morocco  
\$ Free



Join us to learn what 4-H is all about! We will share important dates and helpful ideas! Call the Extension Office to register!

## 4-H Quality Livestock Care Training

March 11 OR April 29  
6:00 pm CT  
Newton County Government Center, Morocco  
\$ 3 (cash or check)



4-H members participating in beef cattle, dairy cattle, swine, sheep, meat & dairy goats, poultry & rabbits are required to attend this in-person training. The goal of this program is to help youth understand their responsibility in animal stewardship and to gain information on credibility relating to food systems. Call the Extension Office to register!

## Wits Workout

Tuesday, March 19 and  
Tuesday, April 16  
11:00 am CT  
Morocco Senior Nutrition Site  
\$ Free

Wits Workout is a fun exercise program for your brain! Join us at the Morocco Senior Nutrition Site for the opportunity to engage in intellectual challenges and social connectedness to improve your brain health! Contact Pat Wynn to register at 219-285-2246 x 4.

## City Farmer

March 20  
6:30 pm CT  
Downtown Lounge & Trattoria, Kentland  
\$ 60

The final meeting of this series will feature Fred Whitford, Purdue University, Clinical Engagement Professor.

## 4-H Project Staycation Workshop

March 23  
9:00 am-noon CT  
Beaver Township Community Center, Morocco  
\$ Free



This year we will be focusing on Drones, Foods and Posters! Call the Extension Office to register!

## Community Baby Shower

Saturday, April 13  
9:00 am-noon CT  
Newton County Government Center, Morocco  
\$ Free

Caregivers who are pregnant or have an infant under 1 year should attend to connect with local vendors & resources, access educational materials and receive complimentary baby items. Register at <https://forms.office.com/r/nihuxaGNe2>

## Creative Uses of ChatGPT

Tuesday, April 30  
6:00 pm CT  
Brook Public Library, Brook  
\$ Free

ChatGPT is here to stay. Learn how Artificial Intelligence (AI) tools can help you use technology to generate ideas and gain inspirations, write articles and even novels or scripts. Brock Turner, HHS Educator in Tippecanoe County, will share ways he has incorporated AI in his daily life, from saving time at work to planning daily menus.