



PrimeLife

ENRICHMENT CENTER

ENJOYMENT AND INDEPENDENCE FOR AGE 50 AND BEYOND



PLE SENIOR NEWS | JULY 2021

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FIND US ON FACEBOOK
@PrimeLifeEnrichment

UPCOMING EVENTS AND ANNOUNCEMENTS

PLE WILL BE CLOSED ON MONDAY, JULY 5

In observance of
Independence Day

CHRISTMAS IN JULY BINGO! 7/12/21 @ 12:15 PM

CARMEL FIRE DEPT. COOK OUT 7/14/21 @ 11:30 AM

Hot dogs and chips with the Carmel Fire Department staff. Kids are welcome - this is open to the public and takes place in the PLE parking lot - always a crowd-pleaser.

BOOK CLUB 7/19/21 @ 3:30 PM

Book Club is reading *Extremely Loud and Incredibly Close* by Jonathon Safran Foer.

JULY LUNCH & LEARNS WEDNESDAYS @ 11:45 AM

- 7/7/21 - Live Music with George Billeisen and Sean Baker
- 7/14/21 - Carmel Fire Department Cookout
- 7/21/21 - Dr. Hannon from Carmel City Council
- 7/28/21 - IU Health

CONTACT US!



1078 Third Ave. SW, Carmel, IN 46032



317.815.7000



www.primelifeenrichment.org

ABOUT US

PrimeLife Enrichment Center

Our Staff

Seated: (L to R)

Cindy Schembre, Betsy Fowler,
Julie Barnes, Dee Timi.

Standing: (L to R) John Perkon,
Dianna Hopper, Lori Raffel,
Colleen Bonanne, Brent Hartman.



WELCOME!

OUR MISSION

PrimeLife Enrichment provides programs and services that promote independence, optimal wellness and socialization for those aged 50 and beyond.

OUR VISION

PLE is recognized in Central Indiana as a pioneering force in the pursuit of empowered, independent living for older adults.

OUR CORE VALUES

Stewardship: We believe we must responsibly use our resources to provide services that are effective, accessible and affordable.

Gratitude: We believe it is a privilege to be entrusted by our community to serve those who created the community.

Innovation: We believe in continuously striving to develop creative ways to meet evolving needs.

Respect: We believe in the intrinsic value of every individual and honor the contributions made by each.

Opportunity: We believe that the senior years should be a time of continued value and purpose, growing wisdom and creative expression.

WHO WE ARE

PrimeLife Enrichment provides direct human services as well as educational, social, and physical fitness opportunities at our activity center. Enjoy a walk on the indoor track, participate in weekly lunches, socialize with friends, or inquire about transportation or the many additional services we provide. There's more than excellent aquatic and exercise programs in store for you when you join PrimeLife.

We feel privileged and honored to serve the older adults of Hamilton County. Amazing members and supporters are our most vital and precious resources. Our services are provided in an atmosphere of dignity and trust, with careful consideration for individual needs and preferences. Our staff members are selected for their skills, commitment to human services, and dedication to the people we serve.

OUR FOUNDERS

Grant Providers

Hamilton County Council
CICOA Aging: In-Home Solutions
United Way of Central Indiana
Community Development Block
Grant
The City of Carmel
Hamilton County Community
Foundation

Our Sponsors

IU Health
Discovery Commons at College
Park
Sanders Glen
Stinson Law Firm
Sycamore Reserve
Wellbrooke of Carmel

OUR DIRECTORS

Marcia Claerbout, President
Sarah Schlifke, Vice President
Howard May, Treasurer
Suzanne Marks, Secretary
Stephen Gross, Past President

Terry Dollar
Kaye Hirt Eggleston
Charles Jeffras
Timothy McGuire
Dan Overbeck

CENTER INFORMATION

PrimeLife Enrichment Center

STAFF

Executive Director

Gary Wagner

Financial Director

Colleen Bonanne

Assistant Director

Cindy Schembre

Fitness Director

Betsy Fowler

Community Engagement and Activities Coordinator

Julie Barnes

Facility Manager

John Perkon

Transportation Coordinator

Dee Timi

Senior Driver

Brent Hartman

Receptionist

Lori Raffel

HOURS OF OPERATION

MONDAY-THURSDAY

8:00 AM - 5:00 PM

FRIDAY

8:00 AM - 3:00 PM

SATURDAY-SUNDAY

Revel classes only
See schedule.

**Some classes occur after
business hours.*



CONTACT US

MAIL

1078 Third Avenue SW
Carmel, IN 46032

PHONE

317.815.7000

EMAIL

info@primelifeenrichment.org

TRANSPORTATION

TO SCHEDULE CALL:

Dee Timi, Transportation

Phone: 317.815.7008, ext. 205

TRANSPORTATION AVAILABLE

MONDAY-FRIDAY - 8:00 AM - 3:30

PM - Schedule at least one
week ahead.

A (FISCAL) YEAR TO REMEMBER

FIRST, THANK YOU

To all our members, supporters, and friends of PrimeLife Enrichment, as I sit here writing this message, I can't help but reflect on two recent events that speak volumes about how far we have come in just a few short months, thanks in large part to the science that has put COVID in the rear view mirror.

The first event that I want to mention was our Annual Meeting. Traditionally, the venue for our Annual Meeting has been our multipurpose room at PrimeLife's Enrichment Center. The meeting provides an ideal opportunity for members, guests, staff and Board members to come together for fellowship and to talk about the accomplishments and challenges of the past fiscal year. Because of the pandemic, there was no such meeting in 2020. What a difference a year makes! On Thursday, June 24th, we all came together and enjoyed some food, drink, and each other's company. And since everyone in attendance was fully-vaccinated, there was no social distancing and no masks to be seen.

HEROES OF HOPE

The same was true with our annual "Life's A Journey" fundraiser. You may recall that the pandemic forced us to forego a live event last year and hold a virtual event in its stead. Our volunteers and staff worked hard to make the online version as successful as possible. But we all welcomed the opportunity to "go live" with this year's event. On Saturday, June 26th, we gathered at the West Pavilion on the Lucas Estate to celebrate PrimeLife's emergence from the pandemic's restrictions and to honor our "Heroes of Hope" – three health care

workers, one each from Riverview Hospital, I.U. Health North, and Ascension/St. Vincent Indianapolis. These outstanding individuals represented all of the health care workers in our area who sacrificed so much as they cared for those suffering from COVID.

The evening's theme was "Puttin' on the Glitz – The Roaring 20s Revamped!" Close to 150 guests, many of whom wore 1920s attire, together with our "Heroes of Hope", made the event one that will long be remembered. Many thanks to all who attended and kudos to our event committee, under the leadership of Board Member Kaye Hirt-Eggleston for all their hard work. It was truly a special celebration and a fitting farewell to our 2020-2021 fiscal year.

ONWARD AND UPWARD

Now on to a new year, and you all have a unique opportunity to help us move forward even more as we begin the "new normal" of 2021-2022. We are beginning the year with a survey to see what all of our members, clients, community stakeholders, and others think of PrimeLife Enrichment and to offer ideas on how we can better serve Hamilton County seniors. This survey will lay the foundation for a new strategic plan that will lay out key steps to take for PrimeLife



GARY WAGNER
Executive Director

Enrichment's sustained financial and community viability. If you have not already received an email with a link to this survey, you soon will. Please take a few minutes to complete it at your earliest convenience.

I can't overstate how important your participation is in this survey. My thanks in advance for your help in shaping the future of PrimeLife Enrichment!

--Gary



Attendees at the PLE Annual Meeting - June 24, 2021



MEMBERSHIP OPTIONS

BASIC MEMBERSHIP: \$20 PER MONTH

- Indoor Walking Track, Weight Room, Aerobic Equipment
- Computer and Game Room
- Social Events, Groups, Clubs, Classes, Services and Games

ENHANCED MEMBERSHIP: \$40 PER MONTH

- Basic Membership PLUS All Fitness Classes

INSURANCE PROGRAMS: BASIC MEMBERSHIP

- | | |
|-------------------|------------------|
| • Silver Sneakers | • Prime |
| • RenewActive | • Peerfit |
| • Silver and Fit | • Active and Fit |

Your First Class FREE!

Want to try it out before you decide, ask for a FREE Day Pass.
Scholarships are also available!



TAKE A TOUR OF PLE

Stop in for a tour or call us to make an appointment and let us answer all your questions.

Masks are optional for individuals fully vaccinated – proof of vaccination is required. call 317.815.7000.

A BRIGHTER TOMORROW FOR INFORMED SENIORS

THE TYPES OF MACULAR DEGENERATION AND THEIR EFFECT ON SENIOR EYES

Age-Related Macular Degeneration
Source: <https://iuhealth.org/find-medical-services/age-related-macular-degeneration>

Age-related macular degeneration (AMD) typically causes a blurred area in the center of your vision. It's a common cause of vision loss in people over age 60. If you have it, you're not alone.



OVERVIEW

The macula is an area near the center of your retina (light-sensitive area at the back of the eye). It's important for central vision and activities such as reading, driving and fixing things.

In age-related macular degeneration, the macula in one or both eyes becomes damaged. Over time, you might develop blank or dark spots in your central vision, even though your peripheral (side) vision is good. Besides aging, risk factors include family history, blue eyes, high blood pressure, cardiovascular disease and smoking.

In the early stages of age-related macular degeneration, you may not even have vision loss or other symptoms.

TYPES OF MACULAR DEGENERATION

Age-related macular degeneration has two types:

Dry age-related macular degeneration: In this version of the disease, the macula breaks down and becomes thin. Ninety percent of people with age-related macular degeneration have this type. Fortunately, dry age-related macular degeneration typically progresses slowly, and you may never develop severe vision loss. Although there is no treatment for dry age-related macular degeneration, vitamin therapy and a healthy lifestyle may prevent it from becoming worse.

Wet age-related macular degeneration: In this condition, abnormal blood vessels grow under the retina. They can leak blood and

other fluid, damaging the macula and causing vision loss over just a few months. For wet age-related macular degeneration, you should seek out an eye specialist to discuss medicine and treatment options.

TREATMENT

Physicians suggest regular comprehensive dilated eye examinations to catch signs of disease advancement.

Depending on your specific needs, you can choose from several options available to limit abnormal blood vessel growth that damages the macula including:

- Vitamins, minerals and nutritional supplements
- Medicines
- Photodynamic therapy
- Laser surgery

IU Health also provides clinical research studies for patients who want to take advantage of the newest scientific treatments available.

Food for health eyes include: Fish. Share on Pinterest maintaining a healthy lifestyle can help to lower the risk of eye problems. Nuts and legumes. Nuts are also rich in omega-3 fatty acids. Seeds, Citrus fruits, Leafy green vegetables, carrots, sweet potatoes, beef, and more.



USE IT...OR LOSE IT!

This month's brain teasers are lots of fun. By popular request, we're putting the answers somewhere in this newsletter so you can check them out right away.



1. Four cars come to a four-way stop, all coming from a different direction. They can't decide who got there first, so they all go forward at the same time. They do not crash into each other, but all four cars go. How is this possible?

2. Dee shoots her husband. Then she holds him under water for over 5 minutes. Finally, she hangs him. But 5 minutes later they both go out and enjoy a wonderful dinner together. How can this be?

3. What is special about these words: job, polish, herb?

4. Cathy stands on one side of a river, her dog Zoey on the other. She calls her dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did Zoey do it?

5. I can't be bought, but I can be stolen with a glance. I'm worthless to one, but priceless to two. What am I?

6. What can be swallowed, but can also swallow you?

WE NEVER MET A BARGAIN WE DIDN'T LIKE!

DID YOU KNOW PLE HAS A THRIFT STORE?

PrimeLife Enrichment has a wonderful second hand store. Donated items are curated and beautifully displayed by member volunteers. Items include women's and men's clothing, shoes, accessories, housewares, puzzles, games, and greeting cards.

Most items are \$3.00 and under. All proceeds go to assist with programming at PrimeLife. So next time you are in browse the unique collection of items that we have in store!

All items are donated by the public, and we take donations year-round, so please consider us the next time you are cleaning out a closet or feeling the need to purge.



Our Volunteer Thrift Store staff includes Phyllis Brennan, Janet Knuth, Marge Ellsworth and others.

The Thrift Shop is open whenever the center is open, Monday through Friday.

A HOME AWAY FROM HOME

WHERE EVERYBODY KNOWS YOUR NAME

PrimeLife is a place where friendships are made, creative outlets are pursued, and bodies are challenged by physical activity. It is a place where people come together for a meal and conversation. A place where buddies meet to play games and do puzzles. Walking around the track is an opportunity to solve the world's problems or just share a laugh. Moving in the warm water pool allows older bodies to stretch and maintain muscle, while challenging participants. Our land classes encourage dancing, yoga, balance, and weight training, while reminding us all our bodies are amazing!

We encourage our members to think and be involved by engaging



A cheerful garden welcomes visitors to the PrimeLife Enrichment Center.

them in programming that is member driven. Clubs and groups are by request and often led by members. Our card groups, puzzles and book clubs challenge the mind; while art class and needle work clubs foster creativity and dexterity. Theater Club shares information

and opportunities for all to attend and participate in the local arts community. We have an active transportation team that drives seniors to PrimeLife, appointments, or wherever they need to go – lack of transportation should never cause loss of independence.



LAND CLASSES

Our senior land classes promote enhanced mobility, flexibility and balance, lowered risk of disease and disability, and improved immunity, blood pressure and bone density.



AQUATIC CLASSES

Aquatic exercise takes pressure off joints and spine, allows greater range of motion and flexibility, improves balance and coordination, assists in recovery and helps manage chronic conditions.



REVEL FITNESS PROGRAM

For more of a challenge, the Revel Fitness program is a multigenerational program that includes Zumba, Pound, LaBlast, High Cardio Dance, and Resistance Training with adaptations for all adults.

FITNESS SCHEDULE

PrimeLife Enrichment Center

PLE FITNESS PROGRAMS ARE DESIGNED FOR YOU

AQUATIC FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am	Intermediate Aquatic Aerobics w/ Jerri		Intermediate Aquatic Aerobics w/ Jerri		
9:30 am	Intermediate Aquatic Aerobics w/ Jeanne	Advanced Aquatic Aerobics w/ Betsy	Intermediate Aquatic Aerobics w/ Jeanne	Advanced Aquatic Aerobics w/ Betsy	Intermediate Aquatic Aerobics w/ Jeanne
10:30 am	Intermediate Aquatic Aerobics w/ Jeanne	Open Pool w/ Wendy	Intermediate Aquatic Aerobics w/ Jeanne	Volleyball	Intermediate Aquatic Aerobics w/ Jeanne
11:30 am	Arthritis Foundation Aquatic Program w/ Jeanne	Arthritis Foundation Aquatic Program w/ Wendy	Arthritis Foundation Aquatic Program w/ Jeanne	Arthritis Foundation Aquatic Program w/ Wendy	Arthritis Foundation Aquatic Program w/ Jeanne
12:30 pm	Getting Your Feet Wet w/ Betsy	Arthritis Foundation Aquatic Program w/ Wendy	Getting Your Feet Wet w/ Betsy	Arthritis Foundation Aquatic Program w/ Wendy	Getting Your Feet Wet w/ Betsy
1:30 pm	Aquatic Ai Chi w/ Betsy		Aquatic Ai Chi w/ Betsy	Open Pool	
3:15 pm			Open Pool		






*All Aquatics classes require preregistration. Non-registered members may attend classes if there are cancellations and should call the day of the class for availability. Preregistered members, please see your weekly emails to sign-in.

LAND FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
8:30 am						SATURDAY
9:00 am	Seniors in Motion w/ Jennifer	LaBlast w/ Cindy	Yoga w/ Cheryl	LaBlast w/ Cindy	Strength and Conditioning w/ Cheryl except July 16 is Resilience through the Ages	8:45 am Zumba w/ Erin
10:00 am	Got Balance w/ Betsy Strength & Flexibility w/ Cindy		Got Balance w/ Betsy Strength & Flexibility w/ Cindy		Strength & Flexibility w/ Cindy	
11:00 am	LaBlast Silk w/ Cindy	Toning w/ Betsy	LaBlast Silk w/ Cindy	Toning w/ Betsy	LaBlast Silk w/ Cindy	SUNDAY
12:15 pm		Arthritis Foundation Exercise w/ Betsy		Arthritis Foundation Exercise w/ Betsy		10:00 am Zumba w/ Angela
5:30 pm		Resistance Training w/ Sandy	Dance Fusion w/ Rachel	Shine w/ Sandy		NOTE: All land classes are streamed live for replay so you may take them later. Classes remain online for streaming approximately 1-2 weeks.
6:15 pm	Zumba w/ Brooke	Shine w/ Sandy	Pound w/ Sandy			

**All land classes in person unless noted otherwise. Members see weekly sign-in emails for links.

JULY 2021

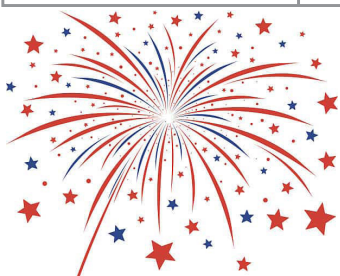
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>JULY IS...</p> <ul style="list-style-type: none"> • Vision Awareness Month • National Picnic Month • National Hot Dog Month • National Nude Recreation Month (No tan lines!) 			<p>1 9am Pinochle L 11:45am CICOA Lunch \$ 1pm Card-making \$ 1pm Euchre L</p>	<p>2 11:30am Second Helpings Lunch * 1pm Partner Bridge</p>  <p>World UFO Day</p>
<p>5 PLE is CLOSED TODAY in observance of</p> 	<p>6 1:30am DIVVY Lunch Delivery 11:45am CICOA Lunch \$ 1pm Needlework L 2pm Bean Bag Toss</p>	<p>7 10am Caregiver Support Group sponsored by Alz Assoc. * 11:30am Second Helpings Lunch * 11:45am Lunch & Learn Music Program 1pm Art Class \$ 1pm Hand & Foot L</p>	<p>8 9am Pinochle L 11:45am CICOA Lunch \$ 1pm Euchre L</p>  <p>National Blueberry Day</p>	<p>9 11:30am Second Helpings Lunch * 1pm Partner Bridge</p>
<p>12 11:45am CICOA Lunch \$ 12:15pm BINGO Christmas in July 1pm Practice Bridge L</p> 	<p>13 11:45am CICOA Lunch \$ 1pm Needlework L</p>	<p>14 COME ONE, COME ALL! Noon Cookout with the Carmel Fire Dept. * 1pm Art Class \$ 1pm Hand & Foot L</p>	<p>15 9am Pinochle L 11:45am CICOA Lunch \$ 1pm Card-making \$ 1pm Euchre L</p>	<p>16 11:30am Second Helpings Lunch * 1pm Partner Bridge</p>
<p>19 11:45am CICOA Lunch \$ 1pm Practice Bridge L 3:30pm Book Club L</p>	<p>20 11:30am DIVVY Lunch Delivery 11:45am CICOA Lunch \$ 1pm Needlework L 2pm Bean Bag Toss</p>	<p>21 11:30am Second Helpings Lunch * 11:45am Lunch & Learn Dr. Hannon Carmel City Council 1pm Art Class \$ 1pm Hand & Foot L</p>	<p>22 9am Pinochle L 11:45am CICOA Lunch \$ 1pm Euchre L</p>	<p>23 11:30am Second Helpings Lunch * 1pm Partner Bridge</p>
<p>26 10am Theatre Club L 11:45am CICOA Lunch \$ 1pm Practice Bridge L</p>	<p>27 11:45am CICOA Lunch \$ 1pm Needlework L</p>	<p>28 11:30am Second Helpings Lunch * 11:45am Lunch & Learn IU Health 1pm Art Class \$ 1pm Hand & Foot L</p>	<p>29 9am Pinochle L 11:45am CICOA Lunch \$ 1pm Euchre L</p>	<p>30 11:30am Second Helpings Lunch * 1pm Partner Bridge</p>

JULY HIGHLIGHTS

Sunday, July 4 – Independence Day
Monday, July 5 – PLE CLOSED for Independence Day
Wednesday, July 7 – Lunch & Learn has PLE favorite George Billeisen singing
Monday, July 19 – Book Club – *Extremely Loud and Incredibly Close* by Jonathon Safran Foer

KEY:

***** - Open to Public
\$ - Additional Fee
Z - Also on Zoom
L - Library



NUTRITION & RECIPE ROUND UP

PrimeLife Enrichment Center



STRAWBERRY -CUCUMBER SALAD WITH ALMONDS AND MINT IN STRAWBERRY VINAIGRETTE

INGREDIENTS:

- cup slivered almonds
- 2 tablespoons seedless strawberry preserves or strawberry jam
- 1 tablespoon olive oil
- 2 teaspoons balsamic vinegar
- 1 teaspoon Dijon mustard
- 3 cups diced English (seedless) cucumber (about 1 whole English cucumber, chopped)
- 1 cup sliced fresh strawberries (or frozen, thawed strawberries, halved)
- 2 tablespoons chopped fresh mint
- Salt and freshly ground black pepper
- Lettuce leaves for serving, such as Bibb, Romaine, or red leaf lettuce

COOKING INSTRUCTIONS:

Place almonds in a small, dry skillet and set pan over medium heat. Cook 3 to 5 minutes, until almonds are golden brown, shaking the pan frequently to prevent burning. Set aside. In a medium bowl, whisk together the preserves, olive oil, balsamic vinegar, and Dijon mustard. Add the cucumber, strawberries, mint, and toasted almonds and toss to combine. Season to taste with salt and black pepper. Serve inside lettuce leaves or over chopped lettuce.



"SAUCED: SUMMER SALMON

INGREDIENTS:

FOR THE MARINADE:

- 6 ounces of fresh orange juice
- 3 teaspoons extra-virgin olive oil
- 6 ounces of Tequila
- 2 tablespoons chopped fresh cilantro
- 2 teaspoons granulated garlic

8 salmon fillets (with skin), about 6 ounces each and 1 inch thick

COOKING INSTRUCTIONS:

Whisk together the marinade ingredients in a small bowl. Place the salmon fillets in a large, resealable plastic bag and pour in the marinade. Press the air out of the bag and seal tightly. Turn the bag to distribute the marinade, refrigerate for 30 to 45 minutes (or overnight).

Grill the salmon, flesh side down, over medium heat about 7 to 8 minutes (or until you can lift the fillets without them sticking). Turn, skin side down, and finish cooking for 3 to 5 minutes more.

Slide a spatula between the skin and flesh and transfer the fillets to serving plates. Serve with grilled carrots (Wash and peel carrots, steam until semi-soft; brush lightly with olive oil, sprinkle with salt and pepper to taste and grill) and large leafy green salad.

HEALTHY EATING HABITS MAY DELAY AGE-RELATED MACULAR DEGENERATION

So, what type of foods should you eat?

- Fruits and vegetables that contain Vitamin C: oranges, grapefruit, strawberries, papaya.
- Vitamin E can be found in vegetable oils, almonds, pecans and sunflower seeds.
- For beta-carotene, try deep orange or yellow fruits and vegetables such as cantaloupe, mangos, apricots, peaches, sweet potatoes and carrots.



Brain Teaser Answers: 1. They all turn right. 2. The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry. 3. They are pronounced differently when the first letter is capitalized. 4. The river was frozen. 5. Love 6. Pride.

NOURISH YOUR EYES

The same foods that are protective of blood vessels in your heart are also good for those in your eyes. Eat plenty of whole foods including grains, dark leafy greens, and citrus fruits. Nutrients like zinc, beta-carotene, lutein, and zeaxanthin are especially protective for your eyesight. They help ward off age-related macular degeneration (AMD) or slow its progression if you already have it. Zinc-rich foods include oysters, poultry, and lean meat. Vegetarian sources of zinc include beans, peanuts, and peas. Beta-carotene is found in brightly-colored yellow and orange fruits and vegetables. Your body turns into vitamin A that benefits eyesight.

Lutein and zeaxanthin are found in leafy greens like kale, spinach, and collard greens. Lower amounts of these nutrients are found in corn, green peas, broccoli, romaine lettuce, and eggs. Ask your eye doctor whether you would benefit from taking a daily vitamin and mineral supplement formulated to protect eye health.

"Faith is like radar that sees through the fog -- the reality of things at a distance that the human eye cannot see."
— Corrie Ten Boom

"It is often said that before you die your life passes before your eyes. It is in fact true. It's called living." — Terry Pratchett

"The world only exists in your eyes. You can make it as big or as small as you want."
— F. Scott Fitzgerald



**TO SOME
IT'S JUST
WATER.**

**TO ME, IT'S
WHERE I
REGAIN MY
SANITY.**



GETTING IN BETTER SHAPE MAY MEAN GETTING A LITTLE WET

Within the last 20+ years, aquatic fitness has become mainstream in pools around the world and across the country. Participants of all ages and abilities love it because they can run, walk, jump and move in all directions without the joint impact; plus, there are positive mental components as well.

Women and men of all ages and abilities attend classes either year-round or seasonally. With a variety of class formats, varying knowledge and experience of instructors, and diverse participants, surely there is a class that answers the needs of different capabilities. At least a chance to get in the water and move safely and have fun. Water allows the body to move in ways that one can't on land, so it allows you to work out the kinks, even those which you might not know you have.

Advantages of aquatic exercise range from overall better health to improved posture, balance, coordination, and stamina, just to name a few. Using the properties of water (e.g. buoyancy and hydrostatic pressure) and the water's resistance (which can be enhanced further with resistant equipment) are key to effective aquatic exercise.

Moving in chest-deep water is less stressful to the weight bearing joints, resulting in less pain and more range of motion. Exercising in any depth of water can produce cardiovascular benefits, based on the intensity performed.

CREATING THE RIGHT WORK ENVIRONMENT

Being able to move the body, increase circulation, and push against the water's resistance creates a workout environment to improve stamina, muscle strength, body composition (when coupled with proper nutrition), and flexibility. All the components of fitness can be addressed.

Other benefits include improvements in posture and balance. While the water supports the partially submerged body, an instructor's cues for upright posture are key to awareness and repetition of good alignment. Keeping the knees soft, shoulders down, abdominals braced, and sternum lifted are a few verbal cues that increase consciousness of good posture, which can be transferred onto land when seated, standing or walking. The turbulence of the water provides a challenge with balance. Changing direction, performing exercises on one leg, with eyes closed, or turning the head to the opposite side are a few ways to challenge balance in the water.

The social side is another plus! Working alongside lots of energetic people and making good friends offers a sense of belonging to this special fitness community. But, keeping talking to a minimum is respectful to the instructor while she or he is giving directions. Celebrations, social events, and camaraderie are mental health benefits that are often an added bonus of group exercise classes.

Whether you choose to come to the water for joint protection or cardio training, fun or function, it is agreed by the thousands that one can achieve better health through aquatic fitness. Submitted by Betsy Fowler, Fitness Director

Source: AEA AKWA Magazine – Terri Mitchell, 2/2021

PrimeLife Enrichment Center

1078 Third Ave. SW
Carmel, IN 46032



NONPROFIT ORG
US POSTAGE
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PLE SENIOR NEWS | JULY 2021

To receive our newsletter by mail or online, please contact Lori at 317.815.7000.

Check out our website at
www.primelifeenrichment.org

And be sure to visit our Facebook Page.
PrimeLife Enrichment Centeration.

We are grateful for all of your support.

Come visit us at the center for a tour or call us at
317.815.7000 for more inform

DONATION & PLEDGE CARD

You can help by supporting our services!

Please accept my/our donation in the amount of:

_____ \$1,000 _____ \$ 100
_____ \$ 500 _____ \$ 50
_____ \$ 250 _____ \$ _____ (other)

I would like to make a monthly pledge of: \$ _____

We welcome cheks, cash, Visa Master Card and
Discover. Make check payable to: PrimeLife Enrich-
ment, Inc.

_____ Please send information on how I can bene-
fit PLE through my legacy/estate planning. Check
with your tax advisor re: leaving a lasting legacy
for our seniors. Prime-Life Enrichment, Inc. is a 501(C)
(3) corporation.

Name

Address

City, State, Zip

Phone

Email Address

Credit ard Number

Exp. Date

Security Code