



PrimeLife

ENRICHMENT CENTER

ENJOYMENT AND INDEPENDENCE FOR AGE 50 AND BEYOND



PLE SENIOR NEWS | JANUARY 2022

Offering their musical talent, Tom Kruzil, George Babbitt, and Bernice Betts.

WHAT'S INSIDE

About Us	2
Center Information	3
From Our Director	4
Membership Options	5
Health Spot by IU Health	6
Fitness Schedule	8
Activities and Events Calendar	9
PLE Word Search	10
Information	11
Recipes for a New Year	12
Transportation	13
It's All About the Numbers	14

UPCOMING EVENTS AND ANNOUNCEMENTS

We're starting the year off with four Mondays of BINGO!

January 12 - Soup and Bread lunch sponsored by Wellbrooke of Carmel.

January 17 - Potato Bar for lunch

January 24 - Book club is back with The Rose Code by Kate Quinn.

Music by George and Tom continues on Fridays from Noon to 12:30 pm.

Starting in February, Memory Cafe will be here on Fridays...stay tuned.

LUNCH & LEARNS for January:

January 5 - Susan Rardon Audiologist

January 12 - Alzheimer's Association - Maria Holmes

January 19 - Second Helpings

January 26 - Shepherd Center of Hamilton County

WISDOM FOR THE NEW YEAR

"I don't know where I'm going from here, but I promise it won't be boring."

- David Bowie



FIND US ON FACEBOOK
@PrimeLifeEnrichment

CONTACT US!



1078 Third Ave. SW, Carmel, IN 46032



317.815.7000



www.primelifeenrichment.org

ABOUT US

PrimeLife Enrichment Center

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.



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.

WHO WE ARE

PrimeLife Enrichment provides 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 of 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 FUNDERS

Grant Providers

Hamilton County Council
CICOA Aging & In-Home Solutions
United Way of Central Indiana
Community Dev. Block Grant
Hamilton County Community Foundation

Our Sponsors

IU Health
Discovery Commons at College
Riverview Health
Carpenter Realty
Sanders Glen
Stinson Law Firm
Sycamore Reserve
Wellbrooke of Carmel
Adventure Archives
Harrison Park Properties

OUR DIRECTORS

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

Terry Dollar
Charles Jeffras
Timothy McGuire
Dan Overbeck
Melody Cockrum
Michael Bratcher

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 outside of
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.

MESSAGE FROM OUR EXECUTIVE DIRECTOR

"HOPE SPRINGS ETERNAL."

--Alexander Pope (1732)

To all our members, supporters, and friends of PrimeLife Enrichment,

Over the past several months, I have made many comments that the pandemic is in our rear view mirror, and that we can look forward to the new normal, whatever that may be. Of course, that's when all we had to deal with was COVID-19 and had finally come out with vaccines – Pfizer, Moderna, and Johnson & Johnson – that would put the terrible pandemic to rest. But along came variants. Who even knew what a variant was before Delta and Omicron became daily news topics? Now we have boosters, and possibly pills that will minimize the threat of these and other variants should they surface. Yet, no one can promise that we will ever return to our pre-COVID lives. All of this has created uncertainty at best and fear at worst among many people in our country and throughout the world.

I agree with the poet Alexander Pope who wrote "Hope springs eternal." I also believe we will eventually emerge from the

pandemic. But before we throw away our masks and forget about social distancing, let's add some context to what Pope said so long ago. Here is the relevant phrase in its entirety as written in his 1732 work, *An Essay on Man*:

"Hope springs eternal in the human breast;

**Man never is, but always
To be blest.**

**The soul, uneasy, and confin'd
from home,**

Rests and expatiates in a life to come."

It's been many years since I received my Bachelor's degree in English Literature from St. Meinrad College, but I think what Pope is saying is that most if not all of us keep hoping for the best but will never actually fulfill our hope. In my opinion, that's a rather cynical view of hope.

At this point, you might be asking yourself, "What does all this have to do with the pandemic and PrimeLife Enrichment?" Glad you asked! At the risk of being accused



GARY WAGNER
Executive Director

of wearing rose-colored glasses, I am much more optimistic about what the future holds for all of us than I was almost two years ago when COVID-19 began dominating the airways and our lives. You may recall that PrimeLife was literally shut down for the majority of 2020, and that we slowly but steadily reopened throughout last year. Of course, it wasn't quite the same as before COVID. Beginning in August, 2021, we were pretty much back to full operations, but members and guests were required to be fully vaccinated, wear masks except when eating or engaging in a fitness activity, and practice social distancing whenever possible.

We were all hoping that 2022 would be different. And I believe it still can be. But much will depend on our resolve to continue to practice our COVID-related protocols especially when health experts are predicting surges of variant infections. With your continued help, PrimeLife will continue to be a safe "home away from home" for all those who enjoy our fitness, social and educational programs, who join us for daily lunch, and/or who rely on us for transportation to medical and nonmedical appointments. We can define our own "new normal" in 2022 if we all work together. As always, thank you so much for your support and friendship!

-- Gary



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
- Active and Fit
- Silver 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 required for ALL individuals, even fully vaccinated – proof of vaccination is required. call 317.815.7000.

HOW TO STAY ACTIVE AND HEALTHY DURING COLD WEATHER

Even in the best of winters, many of us take a cue from grizzly bears and spend the whole season hibernating. While it may be tempting to stay inside sleeping and snacking while the snow piles up outside, staying active is a big part of keeping healthy.

Making time for movement is especially important this winter, as social distancing guidelines resulting from the COVID-19 pandemic make it easier than ever to stay sedentary for long periods.

Finding ways to exercise and maintain healthy habits is key to keeping up with your well-being as the pandemic continues this winter. Dr. Reeta Bhargava, a primary care physician with IU Health Physicians Primary Care in Westfield, shares some of the benefits of being active and making healthy choices during this snowy and socially-distant season.

GET OUTSIDE AND EXPLORE WHENEVER YOU CAN.

If the weather outside isn't too frightful, we recommend going outdoors as much as you can — even if it is a little bit cold outside. Bundling up in your favorite winter jacket and going for a walk or riding your bike are great ways to get active.

Fresh air and the outdoors help us maintain good physical and mental health. In a year where we've all been stuck inside our houses a lot, it's essential to get out and enjoy nature as much as possible.

START AN INDOOR EXERCISE ROUTINE

On days when it's really freezing outside and the idea of a socially-distanced walk around the neighborhood is enough to make you shiver and hide under the nearest blanket, there are still ways to be active indoors. While it's true



that it's more difficult to get moving when inside, it can be easier with the right motivation.

START WITH A PLAN

That way, you'll be more committed to making time and space for exercise. Have a routine pattern for indoor exercise, and make sure any equipment you need is readily available.

MAKE TIME FOR ACTIVITY AND TRY SOMETHING NEW

For indoor exercise, we recommend at least 150 minutes of moderate activity each week, and you can break that time down into chunks that fit your schedule. On average, it's about half an hour of working out five days a week.

Don't be afraid to get creative or use new tools — you can use your stairs for stair climbing, follow a workout video on YouTube, or use a fitness app on your phone that can customize workouts to your lifestyle. Some people like to walk, some people like to dance, and some people like to do yoga — it's all great exercise.

STAY ACCOUNTABLE AND AVOID MAKING EXCUSES

One of the best motivators for exercise is to do it in a group, or as a

social activity. The pandemic has made this much more difficult, but it's still not impossible! You might want to set up exercise-focused video calls with friends to follow along with workout videos and hold each other accountable. Or, if you're living with family members, you could try to get them involved and all exercise together.

Be sure to avoid falling into excuses for not exercising during the winter months. Even though it's cold outside and there's still a pandemic, you can still find warm and safe ways to get active. By making a few small changes to your routine and lifestyle, you'll discover plenty of opportunities to fit exercise into your socially-distant days.

TAKE THE OPPORTUNITY TO EXPLORE NEW HEALTHY EATING HABITS

Because of the pandemic, many things aren't happening like they used to. You may not be eating out as much as you once did, which means now is the perfect time to explore healthy new recipes. Now, you can research healthy ingredients and consider ways to incorporate them into your diet.

During the winter, you may not be able to get as much fresh produce as in other seasons — but frozen fruits and vegetables are just as healthy as fresh ones, and keep for much longer. Experiment with smoothies, try new grains like quinoa or barley, and add nuts to your diet.

TURN WATCHING TV INTO MORE THAN A SEDENTARY ACTIVITY.

We've all experienced the temptation to sit on the couch watching TV or reading all day, especially during the

HOW TO STAY ACTIVE AND HEALTHY DURING COLD WEATHER (CON'T FROM PAGE 6)

pandemic. As long as you've made time to exercise, this isn't necessarily so bad — but for many people, watching TV comes along with snacking on unhealthy processed foods.

In many of our patients, we've seen a significant amount of pandemic weight gain as people avoid the gym and turn to TV. Being too sedentary and eating unhealthy foods can lead to adverse medical conditions, so it's important to find ways to change these habits.

Instead of snacking while watching TV, you can try to

keep your hands busy with knitting, crocheting, or a craft. Switching to books or video games may also help you keep your hands off the snacks. You can even blend your favorite media with exercise. Try listening to an audiobook or podcast while you run, or doing yoga while your favorite TV show is on.

MAINTAIN YOUR HEALTH BY MANAGING YOUR STRESS.

The pandemic has been stressful for us all, and may be especially stressful this winter as many of us face increased isolation. Keeping active and eating healthy can help you manage

stress and anxiety, as does staying in touch with friends and family, even just virtually.

Social interaction is a part of good mental health, so it's important to stay in contact with people you like, even when it's difficult. If you need help during these times, be sure to seek it out — whether it's therapy, prescribed medication, or simply time outdoors or with your family.

Article provided by Indiana University Health.

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	Intermediate Aquatic Aerobics w/ Jeanne	Volleyball	Intermediate Aquatic Aerobics w/ Jeanne
11:30 am	Arthritis Foundation Aquatic Program w/ Jeanne	Arthritis Foundation Aquatic Program	Arthritis Foundation Aquatic Program w/ Jeanne	Arthritis Foundation Aquatic Program	Arthritis Foundation Aquatic Program w/ Jeanne
12:30 pm	Getting Your Feet Wet w/ Betsy	Arthritis Foundation Aquatic Program	Getting Your Feet Wet w/ Betsy	Open Pool	Getting Your Feet Wet w/ Patsy
1:30 pm	Aquatic Ai Chi w/ Betsy		Aquatic Ai Chi w/ Betsy		
3:15 pm			Open Pool		

NOTE:


You DO NOT need to pre-register for water classes! Classes will be limited to 12 people. The first 12 to check in will be admitted to the class. Questions? Contact Betsy Fowler at 317-815-7000, ext. 220.

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	8:45 am Resilience for the Ages	8:45 am Zumba w/ Alicia
10:00 am	Got Balance w/ Betsy	Strength & Flexibility w/ Cindy	Got Balance w/ Cheryl	Strength & Flexibility w/ Cindy	Strength & Flexibility w/ Cindy	9:30 am Pound w/ Sandy
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 Dance Fusion w/ Robby
2:00 pm	Yoga w/ Cheryl			Yoga w/ Cheryl		
5:30 pm	Intermediate Line Dancing Class starting 1/10 @5:15 pm for 6 weeks. ***	Beginning Line Dancing Class starting 1/11 @5:15 pm for 6 weeks. ***	Zumba w/ Alicia	Shine w/ Sandy		*** \$48 for members, \$60 for non-members
6:15 pm	Zumba w/ Kira	Shine w/ Sandy	Pound w/ Sandy	LaBlast w/ Debbie starting 11/11		

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

JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 11:30am CICOA Lunch \$ 12:15pm BINGO with Marcia 1pm Practice Bridge L	4 11:30am CICOA Lunch \$ 1pm Needlework L	5 11:30am Second Helpings Lunch * 11:45am Lunch & Learn 1pm Art Class \$ 1pm Hand & Foot L	6 9am Pinochle L 11:30am CICOA Lunch \$ 1pm Euchre L 1pm Card Making \$	7 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L <i>Not for beginners</i> <div>Music by George & Tom Most Fridays from 12:00 am to 12:30 pm</div>
10 11:30am CICOA Lunch \$ 12:15pm BINGO 1pm Practice Bridge L	11 10 am Walking Club sponsored by Sanders Glen 11:30am CICOA Lunch \$ 11:45am DIVVY Lunch Delivery 1pm Needlework L	12 10am Caregiver Sup Grp spon by Alz Assoc. 11:30am Soup and Bread Lunch spon.by Wellbrooke/Carmel 11:45am Lunch & Learn 1pm Art Class \$ 1pm Hand & Foot L	13 9am Pinochle L 11:30am CICOA Lunch \$ 1pm Euchre L	14 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L <i>Not for beginners</i>
17 11:30am Potato Bar Lunch \$ <i>No CICOA lunch</i> 12:15 pm BINGO 1pm Practice Bridge L	18 11:30am CICOA Lunch \$ 1pm Needlework L	19 11:30am Second Helpings Lunch * 11:45am Lunch & Learn 1pm Art Class \$ 1pm Hand & Foot L	20 9am Pinochle L 11:30am CICOA Lunch \$ 1pm Euchre L 1pm Card Making \$	21 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L <i>Not for beginners</i>
24 10am Theatre Club L 12:15 pm BINGO 11:30am CICOA Lunch \$ 1pm Practice Bridge L 3:30am Book Club L	25 11:30am CICOA Lunch \$ 11:45am DIVVY Lunch Delivery 1pm Needlework L	26 11:30am Second Helpings Lunch * 11:45am Lunch & Learn 1pm Hand & Foot L 1pm Art Class \$	27 9am Pinochle L 11:30am CICOA Lunch \$ 1pm Euchre L	28 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L <i>Not for beginners</i>
31 11:30am CICOA Lunch \$ 12:15 pm BINGO 1pm Practice Bridge L	Book Club 1/24 THE ROSE CODE by Kate Quinn			



JANUARY 5..... SUSAN RARDON AUDIOLOGIST
 JANUARY 12..... ALZHEIMER'S ASSOCIATION - MARIA HOLMES
 JANUARY 19..... SECOND HELPINGS
 JANUARY 26..... SHEPHERD CENTER OF HAMILTON COUNTY

WE OFFER TWO BRIDGE CLUBS:

PRACTICE Bridge is on Mondays at 1 pm and that is for people who have played, but are not experts.

PARTNER Bridge is on Fridays at 12:30 pm and that is for people who are experts.

Are you interested in attending lessons for Bridge so that you can learn to play with others of your skill level? If so, contact Julie Barnes at (317) 815-7000 ext 223.

KEY:

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

PLE JANUARY PUZZLE

U S H I C E H O C K E Y M W E
 W H E Y W B F G L O V E S I A
 H I I X P O L L D E N G B N R
 F V H B E O O A E K I I L T M
 P E T A E R T L N E I M U E U
 I R R B P R C H E K C M S R F
 N E F E I P N I E N E E T S F
 E V L O S T Y A S R S T E O S
 C E U V M O T N T E M A R L C
 O R R E I F L E E I C I Y S U
 N G R R T P R U R W O O A T R
 E R I C T A S O T C Y N P I L
 N E E O E R N F S I O E V C I
 J E S A N K O Q F T O L A E N
 G N I T S A W R C X Y N D R G



RESOLUTION
 JANUARY
 HAPPYNEWYEAR
 HIBERNATION
 FIREPLACE
 SNOW
 FROSTY
 WINTERSOLSTICE
 BLUSTERY
 BLANKET
 EARMUFFS

FLURRIES
 FRIGID
 GLOVES
 ICEHOCKEY
 INSULATION
 MITTENS
 PINECONE
 PARKA
 THERMOMETER
 TOBOGGAN
 WOOLENS

BITTERCOLD
 DOGSLED
 CURLING
 EVERGREEN
 FLEECE
 HYPOTHERMIA
 LONGJOHNS
 EXERCISE
 ICICLE
 OVERCOAT
 SHIVER

PLE TIDBITS

UPDATE ON MASK WEARING

Thank you all for remaining diligent with wearing masks when not exercising or eating. We will continue to monitor the situation and will up-date members on policies and procedures as needed.

FITNESS HONOR ROLL

Fitness Honor Roll is a great way to become involved with new classes or fitness options. Since June 2021, our members have continued to add classes and activities! Four members have been in the Top Ten on the PLE Honor Roll every month:

- Janet Knuth
- Esther Thomas
- Bill Moore
- Karen Madzelan

Congratulations to all our members



who are listed monthly on the board! Your commitment to Health is paying off!

A BIG THANK YOU TO SHIP

Thank you to our SHIP volunteers on another successful Medicare Open Enrollment! SHIP volunteers are available year-round by appointment. Please call PLE at (317) 815-7000 to schedule a phone or in-person consultation.

MEMBERSHIP DRIVE UPDATE

Congratulations, Bill Moore, winner of the \$50 Visa card for the November drawing for referring Howard Bushman who joined as a member. Welcome, Howard! The referral program is part of our ongoing Membership Drive which started on October 19 and goes through January 31. The December \$50 drawing was on January 3 (after this newsletter went to print), but there will be another monthly drawing for January on January 31, as well as the grand prize drawing for \$100 from all the entries. You can enter by referring someone who comes in for a tour, takes a free class, or joins as a member.

EASY, HEALTHY RECIPES FOR JANUARY



ONE-PAN SALMON AND VEGETABLES

Ingredients

1 squash or zucchini, sliced into rounds
 ½ onion, cut into wedges
 1 cup cherry or grape tomatoes
 1 bell pepper, sliced
 3 tablespoons olive oil, divided
 1 teaspoon Cajun seasoning or your favorite fish-seasoning blend
 2-3 salmon fillets, about 4 ounces each
 1 lemon, optional

Instructions

Preheat oven to 450 F and line a baking sheet with parchment paper or aluminum foil (not wax paper). If you don't have these, you can thoroughly grease the pan with vegetable oil.

In a large bowl, toss all veggies with 2 tablespoons of oil and seasoning, then spread them into a single layer on the baking sheet.

Nestle your salmon fillets, skin side down, between the vegetables. Brush with remaining olive oil, and top with 2 thin lemon slices each.

Roast for 12-15 minutes, until salmon is flaky and mostly opaque.

Add 1 salmon fillet and a heaping serving of roasted veggies to each plate for a healthy and satisfying meal. Enjoy!



TASTY TOMATO TART

Ingredients

1 sheet frozen puff pastry, thawed
 1 onion, thinly sliced
 1 teaspoon olive oil
 2-3 large tomatoes (multiple colors make a beautiful tart, but red works just as well)
 1 cup of your favorite cheese (such as blue cheese, mozzarella, feta, or Parmesan)
 1 tablespoon Italian seasoning, or chopped fresh herbs like basil and oregano

Instructions

Preheat the oven to 425 F and line a baking sheet with parchment paper or non-stick aluminum foil.

Stretch out the puff pastry on the lined baking sheet. With a fork, poke small holes along the bottom.

Add onions and olive oil to a skillet over medium heat. Sauté, stirring frequently, until soft — about 5 minutes.

Sprinkle cooked onions over the pastry dough, then top with tomato slices so they don't overlap. Sprinkle with cheese and half of your seasoning or herbs. Season with salt (or salt replacement, if you're avoiding sodium) and pepper to your tastes.

Bake for 25 minutes, until the crust is golden. Sprinkle with the remaining herbs, cut into squares, and enjoy!



ANYTHING GOES QUICHE

Ingredients

1 refrigerated pie crust
 5 eggs
 1 cup half-and-half
 ½ teaspoon seasoning, such as mustard, dill, or rosemary
 ¾ cup crispy bacon, crumbled
 cooked sausage,
 1 cup shredded cheddar or Swiss cheese
 1 cup spinach or kale
 ½ cup of your favorite veggie, diced

Instructions

Preheat oven to 350 F and roll pie crust into your pie plate, per package directions.

Whisk eggs, half-and-half, and seasoning in a medium bowl; add salt and pepper to taste.

Sprinkle meat, cheese, and veggies onto the prepared pie crust evenly. Pour the egg mixture to cover.

Bake for 40-50 minutes, or until a knife inserted in the center comes out clean. Let cool 10 minutes before slicing and enjoying.

DRIVING IN THE WINTER

SOME IMPORTANT REMINDERS ABOUT WINTER DRIVING

Accidents While Driving

Adults 65 and older are involved in more car crashes per mile driven than those in nearly all other age groups. Winter is an especially important time to be vigilant when driving because road conditions and weather may not be optimal.

Precautions to Take

"Winterize" your car before the bad weather hits! This means having the antifreeze, tires, and windshield wipers checked and changed if necessary.

Remember your cell phone when you drive in bad weather, and always let someone know where

you are going and when you should be expected back.

Avoid driving on icy roads, and be especially careful driving on overpasses or bridges. Consider alternate routes, even if it means driving a longer distance, if the more direct route is less safe. Often bigger roads are cleared of snow better than smaller roads.

Stock your car with basic emergency supplies such as:

- First aid kit
- Blankets
- Extra warm clothes
- Booster cables
- Windshield scraper
- Shovel



- Rock salt or a bag of sand or cat litter (in case your wheels get stuck)
- Water and dried food or canned food (with can opener!)
- Flashlight
- Map (if traveling in new areas)

If it's time to leave the driving to someone else, give us a call. PrimeLife Transportation is here to help with your transportation needs. 317-815-7000, ext 205

FITNESS FOR A NEW YEAR

PrimeLife Enrichment Center

PrimeLife



Enrichment, Inc.

IT'S ALL ABOUT THE NUMBERS

5

Number of years the development of Alzheimer's disease can be delayed when you engage in activities such as play cards, doing puzzles, and writing letters.

70 PERCENT

of people wearing a fitness tracker became more active says new research.

5+

Number of years you can add to your life when you eat lots of Omega-3 Fats. (Fish, flaxseed, walnuts)

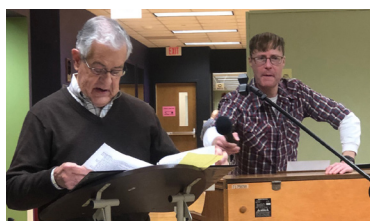
80 %

of people say they're shopping more on their phones and tablets.

1 / 4

of older Americans live in California, Florida, and Texas.

IT WAS A GREAT DECEMBER



PrimeLife Enrichment Center

1078 Third Ave. SW
Carmel, IN 46032



NONPROFIT ORG
US POSTAGE
PAID
Permit No 687
Carmel, Indiana

PLE SENIOR NEWS | JANUARY 2022

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 Center.

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 checks, cash, Visa Master Card and Discover. Make check payable to: PrimeLife Enrichment, Inc.

_____ Please send information on how I can benefit 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 card Number

Exp. Date

Security Code