



PrimeLife

ENRICHMENT CENTER

ENJOYMENT AND INDEPENDENCE FOR AGE 50 AND BEYOND



PLE SENIOR NEWS | MAY 2022

Flower Arranging with Wellbrooke of Carmel.

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UPCOMING EVENTS AND ANNOUNCEMENTS

HIGHLIGHTS FOR MAY:

DISCO Déjà Vu

In-House Silent Auction
begins May 18 and closes on
Thursday, May 26 at 2:00 pm.

BINGOeize®

Bingo + Exercise = BINGOCIZE® a 10
week health promotion program that
combines the game of bingo with fall
prevention exercise.
Tuesdays and Thursdays at 10am.



FIND US ON FACEBOOK
facebook.com/PrimeLifeEnrichment

LUNCH & LEARNS FOR MAY:

May 4	BOSMA Enterprises
May 11	Physical Therapy Marie Szilard
May 18	George, Tom and Andrew Sisters
May 25	IU Health

COVID VACCINE CLINIC with IU Health:
May 12 - 10 am to 1 pm
Free Pfizer vaccine and booster



Instagram

instagram.com/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 daily 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 Enrichment.

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 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
Michael Bratcher
Melody Cockrum

Terry Dollar
Charles Jeffras
Timothy McGuire
Dan Overbeck
Linda Ramey-Greiwie
Cinnamon Bombard, UWCI

CENTER INFORMATION

PrimeLife Enrichment Center

STAFF 317-815-7008

Executive Director

Gary Wagner - Ext 200
gwagner@primelifeenrichment.org

Assistant Director

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cschembre@primelifeenrichment.org

Finance/Accounting

Ext 206

Fitness Director

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Community Engagement and Activities Coordinator

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Facility Manager

John Perkon - Ext 219
jperkon@primelifeenrichment.org

Transportation Coordinator

Carol Outland - Ext 205
coutland@primelifeenrichment.org

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.*

Reception/Graphic Design

Lori Raffel - Ext 210
lrattel@primelifeenrichment.org

Senior Driver

Brent Hartman

CONTACT US

MAIL

1078 Third Avenue SW
Carmel, IN 46032



TRANSPORTATION

TO SCHEDULE CALL:

Phone: 317.815.7008, ext. 205

TRANSPORTATION AVAILABLE

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

Schedule at least one
week ahead.

PHONE

317.815.7000

EMAIL

info@primelifeenrichment.org

FROM OUR DIRECTOR

PrimeLife Enrichment Center

MUSINGS ON THE MONTH OF MAY

*Among the changing months,
May stands confessed*

*The sweetest, and in fairest colors
dressed!*

— James Thomson,
Scottish poet (1700–48)

No doubt about it, May is one of the favorite months of the year for many folks, myself included. But the reasons why it's regarded so highly are as diverse as they are numerous. For someone like me who grew up on the eastside of Indianapolis, the month of May has long been synonymous with the Indianapolis 500 Mile Race. Well into my teens, however, the Speedway seemed a world away (no east-west interstate going through Indianapolis). Perhaps that's why I don't plan my May social calendar around this "greatest spectacle in racing" as do true Indy 500 aficionados. Having said that, I still look forward to turning on the television (or radio) on race day to hear "Back Home Again in Indiana" (performed this year by I.U. grad Jim Cornelison) followed by the command to "Start your engines!" (given by owner Roger Penske for the first time). I get a bit nostalgic when I remember their respective predecessors Jim Nabors and Tony Hulman, but the tradition still gives me chills.

Now, on to some other reasons why May is such a memorable (pun intended) month. While I was doing a little research, I discovered that many organizations and causes identify May as their national month. Several have to do with health awareness, such as:

- Correct Your Posture Month
- National Stroke Awareness Month
- National Mental Health Awareness Month
- National Blood Pressure Education Month

Others focus more on food:

- National Barbecue Month
- National Hamburger Month
- National Cheese Month (Why not a national cheeseburger month?)
- National Strawberry Month (One of my favorites!)
- National Asparagus Month (Not so much.)
- National Salsa Month

Some combine health and food:

- National Salad Month
- National Mediterranean Diet Month

No matter which if any of the above causes resonate with you, there are several days in May that deserve



GARY WAGNER
Executive Director

special mention, including:

- May 1: May Day (also known as Lei Day in Hawaii)
- May 5: Cinco de Mayo
- May 8: Mother's Day
- May 21: Armed Forces Day
- May 27: Indy 500 Carb Day (although Indy cars haven't had carburetors since 1963)
- May 29: Race Day
- May 30: Memorial Day (to honor all who have died in active military service)

In closing, you're no doubt familiar with the phrase "TGIF", which loosely translated means, "Thank goodness it's Friday." Well, I'd like to coin a new acronym – "TGIM" – which means "Thank goodness it's MAY." I'm sure I have left out some causes and dates to remember. That's what happens as I get older. Which reminds me, May is Older Americans Month.

— Gary

THIS MAY, IN HONOR OF MILITARY APPRECIATION MONTH, A NEW PLE BENEFIT FOR RETIRED MILITARY

A new PrimeLife Scholarship has been developed specifically for any veteran who has retired from any branch of the military. Obviously we are grateful for the service of all veterans, but this scholarship is available only for those who have retired from the



military (typically after 20 years or more).

These retired veterans often opt for TRICARE, so they don't have access to insured fitness plans such as Silver Sneakers, Silver & Fit, and Renew Active. Without the ability to take

advantage of a membership discount offered to those covered by Medicare, we are offering this assistance.

This new scholarship will provide a free basic membership to any qualifying retired military personnel. An enhanced membership will cost only \$20 instead of the standard \$40.

MEMBERSHIP OPTIONS



TAKE A TOUR OF PLE

Stop in for a tour or call us to make an appointment and let us answer all your questions. **PLEASE NOTE: At this time, masks are NOT required for those entering the building, but we still require proof that you are fully vaccinated.**

BASIC MEMBERSHIP: \$20 PER MONTH

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

ENHANCED MEMBERSHIP: \$40 PER MONTH

- Basic Membership PLUS All Land and Aquatic 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!

WHAT TO KNOW ABOUT PREVENTATIVE CARE AS YOU AGE

PREVENTATIVE CARE TAKES HARD WORK AS WE AGE

While it's easy to take good health for granted, staying healthy requires some effort—especially as people grow older.

"When it comes to healthy aging, the most important thing people can do is check in at least once a year with their primary care doctor," says Harinder Kaur, MD, a family medicine physician with IU Health Physicians Primary Care in Indianapolis. "Regular checkups are necessary not only to check your current health, but also to stay informed about preventive care and review personal risk factors and family history to determine which preventive screenings are needed."

In terms of cancer prevention, Kaur says one of the biggest changes this past year is new guidance regarding colorectal cancer screening. The U.S. Preventive Services Task Force and other organizations now advise that colorectal cancer screening begin at age 45—five years earlier than previously recommended.

"We're finding more colon cancer in younger people, and many of these cancers are in the later stage when detected, making them harder to treat," Kaur explains. "Colon cancer is easily preventable and has a long progression, so if it's found early, there are many effective treatment options that can result in cure."

ARE YOU OVERDUE FOR YOUR ANNUAL EXAM?

Find a physician and schedule an appointment.

WHAT ARE PREVENTIVE HEALTH SCREENING GUIDELINES FOR WOMEN AND MEN?

- ✓ **High blood pressure** – at least once a year in healthy individuals
- ✓ **Hepatitis C** – one-time screening for most adults
- ✓ **Fall prevention assessment** – annual screening for adults age 65 and older who are at increased risk of falling
- ✓ **Depression screening** – at least once a year for healthy individuals

"I feel strongly that mental health screening is important for everyone," Kaur says. "Depression and other mental health issues can have a huge impact on overall physical and emotional health."

PREVENTIVE HEALTH SCREENINGS FOR WOMEN

- ✓ **Breast cancer screening** (mammogram) – screening beginning at age 50 and repeated every two years; shared decision-making with a doctor is recommended for women in their 40s based on benefits and harms of screening
- ✓ **Cervical cancer screening** (Pap smear) – starting at age 21, every three to five years, depending on age and risk factors
- ✓ **Osteoporosis screening** (DEXA scan bone density test) – starting at age 65

KEYS TO PREVENTATIVE CARE FOR SENIORS



PREVENTIVE HEALTH SCREENINGS FOR MEN

- ✓ **Prostate cancer screening** – No longer universally recommended; screening depends on personal risk factors, family history and preference; talk to your doctor about what's right for you

Guidelines for preventive screenings are not one-size-fits-all. Kaur says that risk factors, family history and whether you are experiencing any signs or symptoms will determine the preventive tests you need and how often.

Talk to your doctor about what's right for you. Regular doctor visits are key to healthy aging and important for everyone.

Source: Thrive by IU Health, iuhealth.org/thrive/what-to-know-about-preventative-care

HEROES OF HOPE PRESENTATION

PrimeLife Enrichment Center

PLE PRESENTS HEROES OF HOPE AWARD TO CARMEL FIRE DEPARTMENT

A HERO IS DEFINED AS ONE WHO SHOWS GREAT COURAGE

...and that is why PLE chose to present our Heroes of Hope 2022 award to the Carmel Fire Department. In a ceremony and reception honoring the wonderful Carmel Fire Department, PLE honored the outstanding service and steadfast

commitment to the safety and well-being of Hamilton County Seniors. Thank you to everyone who attended.



FITNESS SCHEDULE

PrimeLife Enrichment Center

PLEASE REMEMBER:
SIGN-IN WHEN YOU ARRIVE SO PLE
GETS PAID FOR YOUR PARTICIPATION!
THANK YOU

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		

Water classes will be limited to 12 people. The first 12 to pre-register on line or at the center 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 Through the Ages Fitness	8:45 am Zumba w/ Alicia
10:00 am	Got Balance w/ Betsy	NEW! BINGOCIZE® a 10-week health program that combines the game of bingo with fall prevention exercise.	Got Balance w/ Cheryl	NEW! BINGOCIZE® a 10-week health program that combines the game of bingo with fall prevention exercise.	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	Zumba w/ Erin	NEW! Line Dancing Class** 6 weeks, \$48 for members; \$60 for non-members	Zumba w/ Alicia	Shine w/ Sandy		** Line Dancing Class 6 weeks \$48 for members \$60 for non-members
6:15 pm	Total Body Conditioning w/ Jacki	Shine w/ Sandy	Pound w/ Sandy	LaBlast w/ Debbie		

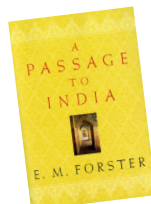
**All land classes in person unless noted otherwise.

MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11:30am CICOA Lunch \$ 12:15pm BINGO 1pm Practice Bridge L <i>Not for beginners</i>	3 10am BINGO 11:30am CICOA Lunch \$ 1pm Needlework L	4 11:30am Second Helpings Lunch * 11:45am Lunch & Learn 1pm Art Class \$ 1pm Hand & Foot L 1pm Devotional Study B	5 9am Pinochle L 10am BINGO 11:30am CICOA Lunch \$ 1pm Euchre L 1pm Card Making \$ 	6 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L <div>Sing-a-long Fridays from 12:00 pm to 12:30 pm</div>
9 11:30am CICOA Lunch \$ 12:15pm BINGO sponsored by Home Instead Home Health 1pm Practice Bridge L <i>Not for beginners</i>	10 11:30am CICOA Lunch \$ 11:45am DIVVY Lunch Delivery 1pm Needlework L	11 10am CAREGIVER Support Group 11:30am Second Helpings Lunch * 11:45am Lunch & Learn 1pm Art Class \$ 1pm Hand & Foot L 1pm Devotional Study B	12 9am Pinochle L 10am-1pm COVID Vaccine Clinic with IU Health 11:30am CICOA Lunch \$ 1pm Euchre L	13 11:30am Second Helpings Lunch * 12:15pm Sycamore Reserve BINGO 12:30pm Partner Bridge L
16 11:30am CICOA Lunch \$ 12:15pm BINGO 1pm Practice Bridge L <i>Not for beginners</i>	17 10am Walking Club sponsored by Sander's Glen 11:30am CICOA Lunch \$ 1pm Needlework L	18 11:30am 2nd Helpings Lunch * 11:45am Lunch & Learn 1pm Art Class \$ 1pm Hand & Foot L 1pm Devotional Study B	19 9am Pinochle L 11:30am CICOA Lunch \$ 1pm Euchre L 1pm Card Making \$	20 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L
23 10am Theatre Club 11:30am CICOA Lunch \$ 2:15 pm BINGO 3pm Book Club L	24 11:30am CICOA Lunch \$ Delivery 11:45am DIVVY Lunch Delivery 1pm Needlework L	25 11:30am Second Helpings Lunch * 11:45am Lunch & Learn 1pm Art Class \$ 1pm Hand & Foot L 1pm Devotional Study B	26 9am Pinochle L 11:30am CICOA Lunch \$ 1pm Euchre L 1pm Card Making \$ 2pm Living with Loss B Support Group <i>(Everyone welcome)</i>	27 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L
30  MEMORIAL DAY PLE is CLOSED	31 11:30am CICOA Lunch \$ 1pm Needlework L	MAY IS OLDER AMERICAN'S MONTH Thursday, May 5 is Cinco de Mayo Sunday, May 8 is Mother's Day Sunday, May 30 is Memorial Day May is National Military Appreciation Month		



MAY 4.....BOSMA Enterprises
 MAY 11.....Physical Therapy - Marie Szilard
 MAY 18.....George, Tom & Andrew Sisters
 MAY 25.....IU Health



*** Book Club - May 23
A PASSAGE TO INDIA
 by EM Forster

KEY:

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

DIVVY Lunch is always on the 2nd and 4th Tuesday of the month!

WORD SEARCH FOR MAY

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

THUNDERSTORM

MEMORIALDAY

BUTTERFLIES

SPRINGTIME

HARMONIOUS

DUCKLINGS

LAWN MOWER

RACETRACK

AQUATICS

SUNSHINE

SAPLINGS

VACATION

GALOSHES

LADYBUGS

PANSIES

PARADES

PEONIES

GREEN

BLOSSOM

MEADOW

FRESH

CAROL OUTLAND

Q AND A WITH PLE'S NEW TRANSPORTATION COORDINATOR

Q: Tell us a little about yourself

A: I am married with two wonderful children, 26 nieces and nephews, 13 great nieces and nephews and the one who keeps us all in check – our cock-a-poo, Sebastian!

Q: Are you a local person?

A: Yes, I am a true "Carmelite". I was born and raised here and have never lived outside the city limits.

Q: What did you do before this?

A: I have spent the majority of my career in an administrative assistant and/or bookkeeping position. I most recently worked a short stint

for IU Health, North Hospital and prior to that I worked a number of years in performing arts at Carmel High School.

Q: How is it going so far?

A: I'm loving it! I'm still working on getting my footing but I feel like things are beginning to fall into place! Everyone has been so warm and welcoming and I really appreciate that! I already feel like I'm part of the PLE family!

Q: What's your favorite part of the job?

A: You know, I love working with people and helping people. I kind of have a knack for problem solving and puzzles, so this type of job is right up my alley. I'm also a bit of a nerd and love organizing things and

if I can do so while utilizing an Excel Spreadsheet, that's even better – so you've all been warned!

Q: What hours will you be available?

A: I'm available to take your transportation requests Monday – Friday from 8:30am – 3:00 pm. If I am unable to answer your call please leave a detailed message with your appointment date and time, the address (with entrance or suite number if applicable) and how long you expect your appointment to last and I will be back in contact with you to confirm your transportation appointment. Welcome Carol!



IMAGINE THE PASTABILITIES

CASHEW-CHICKEN SALAD



INGREDIENTS

- 1 package (16 ounces) spiral or rotini pasta
- 4 cups cubed cooked chicken
- 1 can (20 ounces) pineapple tidbits, drained
- 1-1/2 cups sliced celery
- 3/4 cup thinly sliced green onions
- 1 cup seedless red grapes
- 1 cup seedless green grapes
- 1 package (5 ounces) dried cranberries
- 1 cup ranch salad dressing
- 3/4 cup mayonnaise
- 2 cups salted cashews

DIRECTIONS

Cook pasta according to package directions. Meanwhile, in a large bowl, combine the chicken, pineapple, celery, onions, grapes and cranberries. Drain pasta and rinse in cold water; stir into chicken mixture.

In a small bowl, whisk the ranch dressing and mayonnaise. Pour over salad and toss to coat. Cover and refrigerate for at least 1 hour. Just before serving, stir in cashews.

BACON MACARONI SALAD



INGREDIENTS

- 2 cups uncooked elbow macaroni
- 1 large tomato, finely chopped
- 2 celery ribs, finely chopped
- 5 green onions, finely chopped
- 1-1/4 cups mayonnaise
- 5 teaspoon white vinegar

DIRECTIONS

Cook macaroni according to package directions; drain and rinse in cold water. Transfer to a large bowl; stir in tomato, celery and green onions.

In a small bowl, whisk mayonnaise, vinegar, salt and pepper. Pour over macaroni mixture and toss to coat. Refrigerate, covered, at least 2 hours. Just before serving, stir in bacon.

TACO PASTA SALAD



INGREDIENTS

- 2 cups uncooked spiral pasta
- 1 pound ground beef
- 1 envelope taco seasoning
- 3 cups shredded lettuce
- 2 cups halved cherry tomatoes
- 1 cup shredded cheddar cheese
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 1/2 cup Catalina salad dressing
- Tortilla chips

DIRECTIONS

Cook pasta according to package directions. Meanwhile, in a large skillet, cook beef over medium heat until no longer pink, breaking it into crumbles; drain. Stir in the taco seasoning; cool.

Drain pasta and rinse in cold water; stir into meat mixture. Add the lettuce, tomatoes, cheese, onion, green pepper and dressing; toss to coat. Serve with tortilla chips.

5 SIMPLE SECRETS TO MAKING THE BEST PASTA

- Get lots of salted water boiling. Make sure the pasta has enough room to move around during cooking.
- Add the pasta and stir. You don't have to stir the whole time, just enough to make sure it doesn't stick.
- Under cook the pasta. Really. After tons of testing, we concluded that it's generally 2 minutes less than packages recommend.
- Drain in a colander and shake just until dry. Once the noodles are no longer slick with cooking water, return them to the pot you cooked them in.
- Add whatever sauce you'd like to the pasta in the pot. Cook them together over medium heat, tossing all the while, until the noodles are coated and have absorbed some of the sauce. That extra cooking time will get them perfectly al dente too.

TWO NEW GROUPS AT PLE

LIVING WITH LOSS

This support group is designed to help all of us keep hope alive in our lives even when loss and change make each day difficult.

Everyone is welcome to this discussion of grief and healing. The group is centered around creating a safe environment to share our stories with no judgment.

The next meeting is on Thursday, May 26, 2022.

LIVING WITH LOSS

Thursdays

2-3 pm

PrimeLife Boardroom



DEVOTIONAL BOOK STUDY

Member George Brooks will be conducting a study of his book *From the Cradle to the Cross*.

Everyone is welcome to this non-denominational look at his book through reading the devotionals and discussing the themes as a group.

Copies of his book will be available to borrow and view during the sessions.

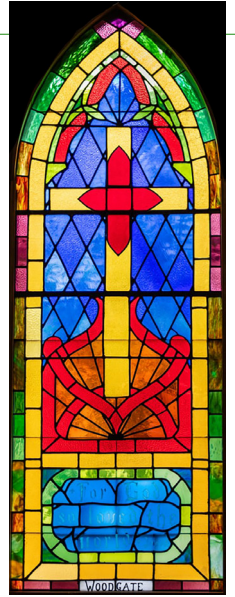
The group will meet Wednesdays from 1-2 pm starting May 5th, in the PLE Boardroom.

DEVOTIONAL BOOK STUDY

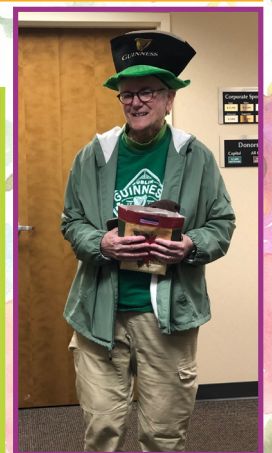
Wednesdays

1-2 pm

PrimeLife Boardroom



CELEBRATING BLOSSOMS, BIRTHDAYS, AND LEPRECHAUNS



PrimeLife Enrichment Center

1078 Third Ave. SW
Carmel, IN 46032



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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, Inc.

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 information.

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 bene-
fit PLE through my legacy/estate planning. [Note:
Check with your tax advisor re: leaving a lasting
legacy for our seniors. Prime-Life Enrichment, Inc. is
a 501(c)(3) corporation.]

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