



PrimeLife

ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



PLE SENIOR NEWS

DECEMBER 2022

Cards of Sunshine event

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UPCOMING EVENTS AND ANNOUNCEMENTS

DECEMBER HIGHLIGHTS:

DECEMBER 1:

7:00 pm

Sneakview: Civic Theatre
A CHRISTMAS CAROL

DECEMBER 21:

11:45 am

12:00 pm

12:05 pm

1:00 pm

Holiday Extravaganza!
Please join us - open to all!
Humorous Holiday Readings
Hanukkah Introduction
- Marsia Goldstein
Klezmer Music!
Dancing Encouraged
Santa comes to town and
holiday tunes, Snacks and fun
for all!

DECEMBER LUNCH & LEARNS:

DECEMBER 7

Lady Ukers

DECEMBER 14

Shannon Crow - Festive
Movements

DECEMBER 21

Holiday Extravaganza! Music,
Treats, Santa

DECEMBER 28

No program - Visit!



FIND US ON FACEBOOK
facebook.com/PrimeLifeEnrichment



FIND US ON 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, Werq and Total Body Conditioning 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 community 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
Sanders Glen
Stinson Law Firm
Sycamore Reserve
Wellbrooke of Carmel
Adventure Archives

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
Timothy McGuire
Dan Overbeck
Linda Ramey-Greiwé
Cinnamon Bombard, UWCI Fellow

CENTER INFORMATION

PrimeLife Enrichment Center

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

SATURDAY-SUNDAY

Revel classes only, See schedule
**Some classes occur outside of
business hours.*

Transportation

Ext 205 or 317-343-6794

Senior Driver

Brent Hartman

CONTACT US

MAIL

1078 Third Avenue SW
Carmel, IN 46032



TRANSPORTATION

TO SCHEDULE CALL:

Phone: Ext 205 or 317-343-6794

TRANSPORTATION AVAILABLE

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

Schedule as early as possible, at least
one week ahead.

PHONE

317.815.7000

EMAIL

info@primelifeenrichment.org

FROM OUR DIRECTOR

PrimeLife Enrichment Center

"Our hearts grow tender with childhood memories and love of kindred, and we are better throughout the year for having, in spirit, become a child again at Christmastime." – Laura Ingalls Wilder, American Writer

Over the years, I have told several people, including many of you who read this newsletter, that Thanksgiving is my favorite Holiday. My rationale is simple: It's the one Holiday that doesn't seem to be over-commercialized. Its focus is on family and giving thanks for all we have received. That being said, it occurred to me recently that I have few, if any, childhood memories of Thanksgiving. In fact, I barely remember any of our family Thanksgiving get-togethers over the past several years. I can't say the same about Christmas.

It seems that I recall some wonderful, if not wondrous, Christmases going as far back as when I was five-years old. At that time, we were living in a duplex on the near Eastside of Indianapolis. My parents had four children (three more would come later) and my mom was a stay-at-home mom, as were many mothers back in those days. Even at my young age, I knew we didn't have much "extra" money for gifts. Yet, on Christmas morning when my twin brother and I ran downstairs to see what Santa had left us, we couldn't believe what we saw. The living room floor was literally covered with toys and wrapped presents. To this day, I still am not sure whether it was my parents or Santa who made that Christmas so memorable.

Fast forward several years to the late seventies. At the time, my wife and I were just starting out having completed our schooling at Indiana University. Shortly before Christmas, a co-worker who became one of my best friends suggested we go to the mall to find some Christmas gifts for our wives. Since my wife and

I were on a very limited budget, I had a total of \$100 to spend on my Holiday shopping spree. Although I don't quite remember everything I bought for my wife (except for a sweater she returned), the experience was so joyful that my friend and I made this Holiday shopping trip a tradition for over 20 years. (Somewhere along the way I learned not to buy my wife clothing or jewelry unless she told me specifically what to buy.)



Fast forward another decade. My wife and I now have four children, all under the age of 10 and all firm believers in Santa Claus. Most Christmas Eves during this period of time were late-night affairs during which my wife and I worked to put together Big Wheels and toys that required assembly but had few directions. But when Christmas morning arrived, it was all worth it. All four children could look downstairs from our loft and see what Santa had brought them. I can still picture these four young faces peering through the spindles along the loft hallway and then



GARY WAGNER
Executive Director

running into our bedroom to tell us it was time to get up.

The last Christmas memory I want to share happened only four years ago. My wife and I had moved from Newburgh to Indianapolis to be close to three of our four children and all of our grandkids (who now number six). I had been at PrimeLife Enrichment for less than a month. On Christmas Eve, my wife told me that she thought we should go visit my brother Mike who I hadn't seen in a few years. Christmas was always very special for Mike who, although a grown man, was in many ways still a child. At my wife's suggestion, we saw Mike that evening and gave him a small gift which he promised not to open until Christmas morning. Christmas day came and went, and I returned to my office the next day. Before I could get settled in, one of my sisters called to tell me that Mike had passed away sometime after midnight. Of course, there was plenty of sorrow, but as time passed, I couldn't help but think how grateful I was that my wife and I had visited Mike on Christmas Eve.

I'm sure we all have many memories of Christmases past. The ones I've shared are just a few of mine. And that leads me to do something I rarely do, namely, admit that perhaps I've been wrong and that Christmas may be the best Holiday of all. With that in mind, I wish all of you a most joyful Holiday and a wonderful New Year!

– Gary

MEMBERSHIP OPTIONS



If you are retired from the Military, ask a staff member about a possible savings.

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
- Renew Active
- Active and Fit
- Silver and Fit

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.**

YOUR FIRST CLASS FREE!

Want to try it out before you decide?
Ask for a FREE Day Pass.
Scholarships may also be available!

A SEASON TO GIVE: SELF-CARE

Indiana University Health

The season of giving is here. This year, give yourself the gift of self-care. Self-care is not the same as self-indulgence or selfishness. Self-care is taking care of yourself to improve overall wellbeing – It is anything that you do for yourself that is nourishing to you physically, emotionally, mentally or spiritually. People who practice self-care behaviors such as exercise, eating a healthy diet, sleeping between 7 to 8 hours a night, spending time in nature or finding purpose, lead longer lives. If self-care wasn't on your list this year, continue reading to find the self-care practice that's just right for you.

SELF-CARE IN THE MOMENT

Self-compassion—reflecting the compassion you normally offer to others—towards yourself, is one great way to care for yourself in a tough moment. Taking a self-compassionate approach on a regular basis has been shown to lower depression, anxiety and stress.



One straight-forward way to assure you are taking a self-compassionate approach is to put your inner dialogue through the “would I say this to another person?” filter. If the answer is no, try thinking of how you would comfort or support a friend in need. It's important to be your own friend. Psychologist Kristen Neff specifies 3 main steps to being self-compassionate in the moment. First is mindfulness—take a moment to simply observe the situation and feelings without judgement—just

Today's Top Self-Care Activities



acknowledge. Next is “common humanity”—remind yourself of your connection with others. All people have difficult moments, you are not alone. And finally, self-kindness—an active expression of caring toward yourself (words or kind actions).

MAKE IT A WRAP

Self-care activities are individual—if they bring you satisfaction and contribute to your wellbeing, they count. It can be something small in your day-to-day life or an activity you look forward to at the end of the week—it's all up to you!

Think about wrapping up your day with small, self-care activities. Your morning could start out with intention by taking some deep breaths, gentle stretching, a little extra time to read something that brings you joy or giving yourself just 5 extra minutes, so you don't feel rushed. Re-label bedtime “must do's” as self-care. Allow yourself to have a bedtime and stick to it, take time to wash your face before bed and enjoy the warm water and fresh feeling, maybe some

gentle stretching and relaxation. Self-care plans tend to get overruled, but small practices that you devote time and energy to each day can provide a sense of accomplishment and a sense of peace. How you care for yourself will also change over time. Reconnect with what you need, get rid of preconceived ideas or ‘shoulds’ about what “self-care” is, and give yourself a lot of options to have fun trying.

A SELF-CARE BUDGET

Self-care does not require spending a lot of money. If your self-care activities leave you worried about money, that impacts your feelings of financial wellbeing. Many self-care endeavors are free or low-cost such as crafting, journaling, taking a walk, using a free meditation app or calling a friend. However, if there are some things you want to add in, consider setting aside a little bit, just for yourself. Financial consultants suggest having a “treat yourself” fund you regularly contribute to, so when you do choose to spend money on self-care activities, it's an all-around win. Budget wisely and when the time is right for you, go get that manicure, have dinner with a friend, or get a massage and feel super charged for wellness!

Source: IU Health Healthy Results Living Well Newsletter, December 2021

VOLUNTEER RECOGNITION

**VOLUNTEERING.
THIS IS HOW CHANGE
HAPPENS. ONE GESTURE.
ONE PERSON. ONE
MOMENT AT A TIME.**

The week of November 14 –18, 2022 was *Thanks-4-Giving* week at PLE. With daily give-aways and events, it was our goal to highlight the amazing volunteers that keep PLE going.

Volunteers are such an important resource for nonprofit organizations, and that certainly includes PrimeLife Enrichment. The ability to meet the mission, goals and objectives of any nonprofit organization so often depends upon the effectiveness of volunteer involvement.

Vital in keeping the nonprofit doors open, volunteers enable places like PLE to deliver important programs and services. They lend their expertise to fundraising campaigns and special events, and often work in direct customer service roles.

With so many things competing for people's time and attention in today's world, nonprofits are tasked with finding meaningful use volunteers in a meaningful way.

It is imperative that PLE volunteers, who freely give of their time and talents, believe in our mission and feel valued and appreciated, and that's what *Thanks-4-Giving* week was all about. From all of us to all of you - THANK YOU!

PLE EVENT UPDATE

PrimeLife Enrichment Center



*We ♥ our
Volunteers*



*Judy Ford (center)
receives 40-year volunteer
recognition*



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	8:15 am Early Morning Aquatics	Intermediate Aquatic Aerobics w/ Jerri	8:15 am Early Morning Aquatics	
9:30 am	Open Pool	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		Open Pool

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	9:00 am Resilience Through the Ages	9:30 am Werq Revel Class
10:00 am	Got Balance w/ Jennifer		Got Balance w/ Betsy		Strength & Flexibility w/ Cindy 10:15 am	
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		9:30 am Pound Unplugged w/ Sandy
1:45 pm	Yoga Blend w/ Cheryl			Yoga Blend w/ Cheryl		
5:30 pm	Zumba w/ Erin		Zumba w/ Alicia	Shine w/ Sandy		
6:15 pm		Shine w/ Sandy	Pound w/ Sandy			

**All land classes in person unless noted otherwise.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DECEMBER OBSERVANCES: ★ Colorectal Cancer Education and Awareness Month ★ National Egg Nog Month ★ National Fruit Cake Month ★ National Impaired Driving Prevention Month ★ Seasonal Depression Awareness Month			1 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 12:30 pm Card Making \$ 1 pm Euchre L	2 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Music 12:15 pm Partner Bridge L
5 11:30 am CICOA Lunch \$ 12 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO - Prairie Lakes 1:00 pm Creative Writing BR	6 11:30 am CICOA Lunch \$ 1 pm Needlework L	7 9:30 - 11:30 am BP Check - IU Health 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 12:30 pm Art Class \$ 1 pm Devotion Class 1 pm Hand & Foot L	8 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre L 1-3 pm Wreath Making w/Wellbrooke	9 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Caregiver Education 12:15 pm Partner Bridge L
12 11:30 am CICOA Lunch \$ 12 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO Ann and Danielle 1:00 pm Creative Writing BR	13 10:00 am Walking Club 11:45 am DIVVY Lunch Delivery 11:30 am CICOA Lunch \$ 1 pm Needlework L	14 10:00 am Caregiver Support Group L 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 12:30 pm Art Class \$ 1 pm Hand & Foot L 1 pm Devotional Study B	15 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 12:30 pm Card Making \$ 1 pm Euchre L	16 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Therapeutic 12:15 pm Partner Bridge L
19 11:30 am CICOA Lunch \$ 12 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO Tami 1:00 pm Creative Writing B	20 11:30 am CICOA Lunch \$ 1 pm Needlework L	21 11:30 am Second Helpings Lunch 11:45 am Lunch & Learn 1 pm Hand & Foot L	22 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre L 2 pm Living with Loss B	23  PLE CLOSED
26  PLE CLOSED	27  PLE CLOSED	28 11:30 am Second Helpings Lunch * 1 pm Hand & Foot L	29 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre L 2 pm Living with Loss B	30  PLE CLOSED
JANUARY 2 PLE CLOSED	JANUARY 3 PLE OPEN	<div>  LUNCH LEARN </div> <div> DECEMBER 7 Lady Ukers DECEMBER 14 Shannon Crow - Festive Movements DECEMBER 21 Holiday Extravaganza! Christmas/Hanukkah DECEMBER 28 No program - Visit! DIVVY Lunch is only the 2nd Tuesday of this month! </div> <div> No Book Club for December Next up is January: 1/23 The Lost Vintage by Ann Mah </div> <div> KEY: * - Open to Public \$ - Additional Fee Z - Also on Zoom L - Library B - Board Room </div>		

Christmas Word Search



CANDY CANE

CAROLS

CHRISTMAS

DECEMBER

ELVES

GINGERBREAD

JINGLE

HOLLY

LIGHTS

MERRY

NORTH POLE

ORNAMENTS

PRESENTS

REINDEER

SANTA

SLEIGH

STOCKING

TREE

WINTER

WREATH



RETRO HOLIDAY TRADITIONS

As the calendar page again turns to December, let's take a look at Christmas traditions that were all the rage in the youth of Boomers.



ALUMINUM CHRISTMAS TREES

Initially sold in 1955, these metallic faux-firs did not require strings of lights since the entire tree would shift in a kaleidoscope of color thanks to a spinning red-blue-green wheel and spotlight.



BUBBLE LIGHTS

First introduced in 1946, these novelties brought the look of Las Vegas neon and Wurlitzer jukeboxes to Christmas trees. We were told to look, but don't touch these magical baubles. Sometimes they got so hot that you would burn the first layer of skin off your fingers by touching one.



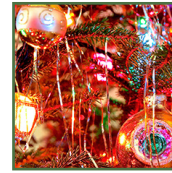
TRAIN SETS AROUND THE TREE

A locomotive circling the base of the tree brought a touch of the department store window to your living room. After the first day, our train with its loud Choo Choo and engine sound would mysteriously stop working.



FLOCKING THE TREE WITH SPRAY-ON SNOW

Patents for the spray-on snow were filed in 1953, and Christmas trees were soon covered with the sticky and noxious white goo. This continued until women stopped using hairspray on their beehive hairdos and too many kids got sick from eating "snow."



TINSEL

Tinsel dates back to the 1610s! In the 1950's, lead was the most popular ingredient for the tinsel that gave icicles their shine, so they were eventually banned in 1972, until tinsel usage began to wane. According to my mother, tinsel was the reason she had to replace her Electrolux sweeper and we never stopped hearing about that.



RIBBON CANDY

There was always a mix of ribbon and other hard candy in Grandma's candy dish. Weird kid flavors like horehound, cinnamon, and clove formed sugary clumps that stuck together and had been touched by every kid and adult within a 50-mile radius.

NUTRITION & RECIPE ROUND UP

PrimeLife Enrichment Center

MAKE IT EASY FOR CHRISTMAS MORNING



SLOW COOKER FRITTATA

INGREDIENTS

1 pound waffle fries or hash browns, defrosted
1 tablespoon olive oil
½ pound loose breakfast sausage (or links with the casings removed)
12 large eggs
1 cup whole milk
1 cup (4 ounces) shredded sharp cheddar cheese
2 tablespoons finely chopped chives, plus more for serving

DIRECTIONS

Line the bottom and all the way up the sides of a 4-to 6-quart slow cooker insert with parchment paper. Trim any extra that might keep the lid from fitting snugly. Put the waffle fries or hash browns in the slow cooker and set aside.

Heat the oil in a large skillet over medium-high heat. Add the sausage and cook until golden brown and crispy, 6 to 8 minutes. Using a slotted spoon, transfer sausage to the slow cooker and let cool.

Meanwhile, whisk the eggs, milk, cheese, chives, 1½ teaspoons salt, and ½ teaspoon pepper in a large bowl. Pour the egg mixture over the waffle fries and sausage.

Cover and cook on high for 2 to 2½ hours, or on low for 3 to 3½ hours, until the frittata is lightly golden brown and completely set. Let cool for 5 minutes, then lift the frittata out and cut into slices and serve.



FRENCH TOAST CASSEROLE

INGREDIENTS

8 large eggs
2 cups half-and-half
1 cup whole milk
1 cup maple syrup, plus more for serving
1 teaspoon vanilla extract
½ teaspoon ground cinnamon
Kosher salt
½ cup pecans
¼ cup raisins
1 ½ pounds sourdough or country bread, cut into thick slices
Unsalted butter for the baking dish
2 tablespoons raw or turbinado sugar

DIRECTIONS

Heat oven to 350° F.

Whisk together the eggs, half-and-half, milk, maple syrup, vanilla, cinnamon, and a pinch of salt in a large bowl. Stir in the pecans and raisins. Add the bread and soak, turning occasionally, until it has absorbed most of the custard, 20 to 30 minutes.

Arrange the bread in an overlapping pattern in a buttered 3-quart baking dish. Pour over any remaining liquid, nuts, and raisins from the bowl. Sprinkle with the raw sugar.

Bake until set and a knife inserted in the center comes out clean, 35 to 45 minutes. Serve warm, with additional maple syrup.



BERRY BREAKFAST CUSTARD

INGREDIENTS

5 tablespoons sugar, divided
3 large eggs
¾ cup whole milk
2 tablespoons unsalted butter, melted, plus more for baking dish
½ cup all-purpose flour
¼ teaspoon kosher salt
2 cups frozen mixed berries (from a 10-oz. pkg.)
1 cup frozen dark sweet cherries (from a 10-oz. pkg.)

DIRECTIONS

Preheat oven to 350°F. Generously coat a 2-quart baking dish with butter and dust with 1 tablespoon sugar.

Process eggs, milk, melted butter, and remaining 4 tablespoons sugar in a blender until smooth, about 1 minute. Add flour and salt and pulse until well combined, about 15 pulses.

Spoon batter into prepared baking dish. Arrange berries and cherries over batter. Bake until custard is puffed and just set in center, about 45 minutes. Remove from oven; let cool for about 10 minutes before serving.

CARDS OF SUNSHINE

THANK YOU FOR BEING A RAY OF SUNSHINE

PLE's second annual Cards of Sunshine Event took place on Thursday, November 10, 2022.

With the help of valuable volunteers, cards were assembled to be mailed out by PrimeLife Sunshine Card Club to PLE members

experiencing any type of loss, including loss of loved ones or friends, and loss of independence due to injury or health issue.

HOW TO BE A RAY OF SUNSHINE

It's simple! Make a donation for the Sunshine Card Club. Over 1,700 cards have been sent out so far, which includes the cost of the cards and postage. If we had 36 people donate as little as \$12.00, we would have supplies and postage for another year of sending cards!

If you would like to make a donation please see Julie, Cindy or Lori and thank you in advance. Also, if you have any questions or know someone who's name should be added to our list of cards, please contact Ann Johnson at 317-374-6804 or Lisa Smith at 317-946-3270.



CONGRATULATIONS TO ALL OUR PERFECT TENS!



Wow! Look at all these Perfect 10s! That's 68 members who visited PLE ten or more times in October. What a great start to the Perfect 10 challenge! If you don't see your name on this list, it's time to up your game. If you don't see your friend's name on this list, it's time to give them some encouragement!

Gauri Apte
Norma Barry
Bernice Betts
George Blackburne
Cisca Blackbourne
Julie Bontrager
Tom Brontrager
Hajar Borhanzadeh
Dan Brown
Jan Brown
Howard Bushman
Charles Callery
Judy Callery
Kathy Chapman
Joyce Clancy
Sue Dunlap
Jerry Firestone

Judy Ford
Sandra Fortier
Barbara Harrison
Jim Hodgins
Denise Hurse
Angie Jackson
Bob Johnson
Mark Jones
Harvey Kagan
Nancy Kinnaird
Janet Knuth
Nancy Koehler
John Lafollette
Hilda Lee
Dave McCree
Debra Mapes
Karen Mazdelan

Janice Mihay
Bill Moore
Betsy North
Kundanbala Patel
Jim Pierce
Jane Reiman
Patty Richards
Mary Russell
Connell Rutley
Don Schafer
Pat Shafer
Paul Sharp
Jo Signorino
Jeanne Simkus
Melanie Sliker
Sandra Skadron
Lisa Smith

Melinda Sommer
Paul Sommer
Travis Spegal
Marti Stigers
Esther Thomas
Jane Thompson
Judi Tobe
Sidneye Trowbridge
Shay Tucker
Catherine Van Dyke
Adair Vaught
Herbert Walker
Cheryl Walters
Linda Warren
Susan Widboom
Mary Ann Wignall
Sue Williams

WE LOVE OUR LUNCH & LEARNS



PrimeLife Enrichment Center

1078 Third Ave. SW
Carmel, IN 46032



NONPROFIT ORG
US POSTAGE
PAID
Permit No 687
Carmel, Indiana

PLE SENIOR NEWS | DECEMBER 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, 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
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