



PrimeLife

ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



PLE SENIOR NEWS | FEBRUARY 2023

Aquatics Classes are offered 5 days per week.

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UPCOMING EVENTS AND ANNOUNCEMENTS

FEBRUARY LUNCH & LEARNS:

FEBRUARY 1	Purdue Extension - Brenda Moster
FEBRUARY 8	Marcia Goldstein, member
FEBRUARY 15	Outlook Hamilton Co. Senior Community
FEBRUARY 22	Gunter Tadge, member

BOOK CLUB FEB 27
The Book of Lost Names
by Kristin Harmel



SNEAKVIEWS:
FEB 9 - 7 pm **CIVIC - Anne Frank**

 **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
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Melody Cockrum
Terry Dollar
Timothy McGuire
Dan Overbeck
Linda Ramey-Greife
Cinnamon Bombard, UWCI Fellow

CENTER INFORMATION

PrimeLife Enrichment Center

STAFF 317-815-7008

Executive Director

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Facility Manager

John Perkon - Ext 219
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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

WHAT'S WITH FEBRUARY?

PROS

"If January is the month of change, February is the month of lasting change. January is for dreamers . . . February is for doers."

– Marc Parent, Author

"While it is February, one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch."

– Patience Strong, British Poet

CONS

"In February, the overcast sky isn't gloomy so much as neutral and vague. It's a significant factor in the common experience of depression among the locals."

– Charles Baxter, Novelist, Essayist, Poet

"When God was making the months, I think February was a mistake, like a burp. There it was, small, dark, and prickly. It had absolutely no redeeming qualities."

– Shannon Wiersbitzky, Author

As the two sets of quotes above show, February is a strange month. Some consider it to be a wonderful continuation of the celebratory months of November, December, and January. Others consider it to be a major letdown at best from all the holiday observances over the past three months. To be honest, I have found myself conflicted by February for most of my adult life. On the one hand, I have always welcomed the opportunity to bring flowers and candy home to my wife on Valentine's Day (especially since I usually eat more of the candy than she does). And one of my favorite movies is the 1993 comedy, "Groundhog Day" during which Punxsutawney Phil was caught in a February 2nd time loop along with the film's two stars, Bill Murray and Andie MacDowell.

On the other hand, I have never considered February to be in the

league of November, December, or even January. There's something special about those three months as the seasons transition from Fall into Winter and the holidays begin. Unfortunately, February is typically just more winter. That must be one reason why so many folks take off for warmer climes in late January. They would rather enjoy sunshine and warm temperatures than suffer through another four to six weeks of cold, dreary – if not snowy – days.

So much for my debate about the pros and cons of February. As I said previously, I have always found myself conflicted by February. Perhaps that's why I find the following quote most appropriate:

"February is the uncertain month, neither black nor white but all shades between by turns. Nothing is sure."

– Gladys Hasty Carroll, American Novelist



With that, let us not forget that February is National Black History Month as well as American Heart Month. In addition, there are several days in February that you may want to keep in mind. They include:

February 1

- National Freedom Day
- National Chocolate Day

February 2

- Groundhog Day

February 4

- World Cancer Day



GARY WAGNER
Executive Director

February 9

- National Pizza Day

February 12

- Lincoln's Birthday
- Super Bowl LVII (57)

February 14

- Valentine's Day

February 17

- Random Acts of Kindness Day

February 18

- National Drink Wine Day

February 20

- President's Day and
- Washington's Birthday

February 21

- Mardi Gras and Fat Tuesday

February 22

- Ash Wednesday
- National Margarita Day

Finally, I want to thank all of you who have given to our Second Annual Appeal. As you might imagine, we depend on many different sources of funding to continue offering our programs and services to our members and clients. Individual contributions are especially important these days when so many other traditional funding sources have decreased or stopped altogether. So again, our sincere thanks to those who have given to the campaign, which will run through March 31st. If you haven't already made a gift, please consider doing so by going on line to our website (www.primelifeenrichment.org). Any gift, large or small will be greatly appreciated and put to good use.

--- 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!



HOW TO RECOMMIT TO WEIGHT LOSS STRATEGIES IN THE NEW YEAR

Many people view the new year as a chance to make positive changes in their life and health. Whether it's busy schedules, hard-to-keep goals, or we're already losing motivation, by the end of January, many of our goals have hit a bump in the road. But it's never too late to make healthy choices or re-commit to the goals we've made.

One of the most common new year's goals is weight loss. Maintaining a healthy weight is important for everyone because it helps your body function properly and lowers your risk of developing a variety of health issues, including Type 2 diabetes, high blood pressure and heart disease.

If you've resolved to lose weight this year, you may be looking for practical advice. While the internet and social media advertise a wide variety of weight loss solutions, plans, and programs, Daniel Brown, MD, an internal medicine specialist with IU Health Physicians, says the best weight loss methods are those that are sustainable.

"I generally recommend that people aim to lose one to two pounds per week; it's not only the safest way to lose weight, but also the best way to keep it off," says Brown. "Some weight loss programs, especially those that are built on meal replacements such as shakes and specially prepared food, can deliver significant weight loss in a short period of time, but when people return to eating more normally, they gain the pounds right back."

Successful weight loss depends on several factors, commonly known as the four pillars of weight loss:

Diet and nutrition. Eating a well-balanced diet that includes the recommended servings of

vegetables, fruit, fiber and protein is an important first step in any weight loss program. This also includes limiting fat and foods that can cause weight gain, including fried and fast food, sweetened beverages and sugar.

"For my patients who want to lose weight or maintain a healthy weight, I often recommend finding an easy-to-use app that helps them count calories," says Brown. "It's not necessarily about 'dieting,' but making healthier food choices."

Exercise. While it's difficult to lose weight through exercise alone, it is a key component of both weight loss and healthy weight management. While it takes about 300 minutes of moderate intensity exercise per week to promote weight loss, following the general guideline for adults of 150 minutes of physical activity per week has health benefits.

"Regular exercise can improve your cholesterol, your mood and lower your risk of cardiovascular disease, among other things," Brown explains. "It's an important part of overall good health, but for weight loss, it's best used in combination with changes in diet."

Behavior. There are a variety of behaviors that support weight loss efforts such as getting good sleep on a consistent basis and meal planning. Eating mindfully, which includes giving your brain the time to receive the signals that you are full, is also a good strategy.

"When people decide they want to lose weight, it can be helpful to take a close look at their behaviors to determine if there are things they're doing that detract from healthy eating and weight management," Brown says.

Related to behavior, some people

have been successful in losing weight through intermittent fasting. The most common method is to set an eight-hour "eating window" for the day and then fast the remaining 16 hours.

"The science behind intermittent fasting is actually very strong, and it's been shown to have some good health benefits such as lowering the risk of diabetes, reducing stress and inflammation, and promoting heart health," says Brown. "If people are considering intermittent fasting for weight loss, however, it may take several weeks or even a few months to see significant change." *It's important to first consult with your doctor before fasting for extended periods of time.

Medication. Weight loss medications are an option for some people who struggle to lose weight or for those experiencing negative health effects of being overweight or obese. While medication can be a good solution for some people, Brown says that most of these medications are intended for long-term use and not something that people can take for short periods of time and then stop.

"For most individuals who want to lose weight, following through with diet, exercise and behavior modifications is enough," Brown says. "However, if people have questions or are struggling on their own, it can be helpful to talk to a primary care doctor to assist in developing a weight loss plan that's right for you."

Source: <https://iuhealth.org/thrive/how-to-recommit-to-weight-loss-strategies-in-the-new-year>

FEBRUARY IS AMERICAN HEART MONTH

February is designated as American Heart Month to raise awareness about heart disease.

FACTS ABOUT HEART DISEASE

Every year, one in four people will die from heart disease. Heart disease can strike anyone. Some of the most common **risk factors** for heart disease include:

- ♥ High blood pressure
- ♥ High cholesterol
- ♥ Diabetes
- ♥ Obesity
- ♥ Poor diet
- ♥ Inactive lifestyle
- ♥ Cigarette smoking
- ♥ Excessive alcohol consumption

Heart disease is still the main source of death in the United States. In fact, cardiovascular disease

February is American Heart Month



remains the leading cause of death in the world. And according CDC, many of these deaths would have been preventable with proper preventative care.

HEART-HEALTHY HABITS FOR SENIORS

You can keep your heart healthy no matter how old you are, by making changes in your everyday habits. Here's how to get started:

Get enough exercise. Physical activity is one of the best ways to improve heart health - at least 150 minutes per week of moderate exercise.

Quit smoking. If you're still smoking, it's time to quit. .

Eat a heart-healthy diet. Load up on fresh fruits and vegetables while limiting saturated fats.

Watch your numbers. Get regular check-ups to monitor health.

Reduce your alcohol intake. Excess alcohol consumption can worsen health conditions.

Watch your weight. To help prevent heart disease, maintain a healthy body weight for your size.

Get better sleep. It's critical for seniors (and everyone) to have a good night's sleep.

Reduce stress factors. Stress can compound heart disease risks.

It's never too late to start living a healthy lifestyle and reducing your heart disease risks!

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	Yoga w/ Cheryl	LaBlast		9:30 am Werq Revel Class
10:00 am	Got Balance w/ Jennifer		Got Balance w/ Betsy		Strength & Flexibility 10:15 am	
11:00 am	LaBlast	Toning w/ Betsy	LaBlast	Toning w/ Betsy	LaBlast	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		
Evening Classes		Shine w/ Sandy 5:45 pm	Zumba w/ Alicia 5:30 pm	Shine w/ Sandy 5:45 pm		
			Pound w/ Sandy 6:15 pm			

**All land classes in person unless noted otherwise.

February

2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEBRUARY CELEBRATIONS: <ul style="list-style-type: none"> • Black History Month • Humpback Whale Awareness Month • National Cancer Prevention Month • American Heart Month • Low Vision Awareness Month 		1 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	2 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 12:30 pm Card Making \$ 1 pm Euchre L	3 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Music 12:15 pm Partner Bridge L
6 11:30 am CICOA Lunch \$ 12 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO 1:00 pm Creative Writing BR	7 10:00 am Walking Club 11:30 am CICOA Lunch \$ 1 pm Nutrition Class with Purdue Ext instructor 1 pm Needlework L	8 10:00 am Caregiver Group 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	9 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre L	10 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Caregiver Education 12:15 pm Partner Bridge L
13 12 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO 1:00 pm Creative Writing BR	14 <i>HAPPY Valentine's Day</i> 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch Delivery 1 pm Nutrition Class with Purdue Ext instructor 1 pm Needlework L	15 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	16 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 12:30 pm Card Making \$ 1 pm Euchre L	17 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Therapeutic 12:15 pm Partner Bridge L
20 <i>PRESIDENT'S DAY</i> 11:30 am PIZZA Party \$ 12 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO 1:00 pm Creative Writing B	21 11:30 am CICOA Lunch \$ 1 pm Nutrition Class with Purdue Ext instructor 1 pm Needlework L	22 11:30 am Second Helpings Lunch 11:45 am Lunch & Learn 1 pm Hand & Foot L	23 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre L 2 pm Living with Loss B	24 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Therapeutic 12:15 pm Partner Bridge L
27 10:00 am Theatre Club 11:30 am CICOA Lunch \$ 12 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO 1:00 pm Creative Writing B 3:30 pm Book Club @ Wellbrooke	28 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch Delivery 1 pm Nutrition Class with Purdue Ext instructor 1 pm Needlework L	<div>  <p>SNEAKVIEWS: CIVIC - Anne Frank - Feb 9 - 7 pm</p> </div> <div> <p>FEBRUARY 1 Purdue Extension - Brenda Moster</p> <p>FEBRUARY 8 Marcia Goldstein, member</p> <p>FEBRUARY 15 Outlook Hamilton Co. Senior Community</p> <p>FEBRUARY 22 Gunter Tadge, member</p> </div> <div> <p>KEY:</p> <p>* - Open to Public</p> <p>\$ - Additional Fee</p> <p>Z - Also on Zoom</p> <p>L - Library</p> <p>B - Board Room</p> </div>		

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



WORD SEARCH

Spring
Flowers
Penny
Violet
Winter
Burrow
Friends
Aquarius
Shadow
Chocolate
Candy
Violet
Water
Woodchuck
Valentine
Roses
Peace
Groundhog
Arizona
Flag

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

NOW IS THE WINTER OF OUR DISCONTENT

MY FAVORITE FEBRUARY ACTIVITY IS GOING BACK INSIDE AND PUTTING ON MY PAJAMAS

I have never been a fan of February. It may be fewer days, but it seems to last forever, and as February sets in, depression creeps further into many of our lives. To me, February is full of snow, cold, Valentine's that disappoint, and cloudy days as far as the eye can see.

Many experts say that the winter months can often worsen depression, especially for seniors. Symptoms include low energy, isolating, and not caring about your personal upkeep.

Ultimately, seasonal depression can feel like an endless weight to bear on your shoulders, but there are ways to come out from under it.

Spend some time outside on sunny



days. Sunny days during the winter also tend to be the colder days, so dress warmly and don't stay out for too long. 15 minutes is long enough and being in the sun will help to lift your mood. Even sitting by a sunny window can help improve your spirits.

Increase the amount that you exercise. Movement can improve your mindset, lower anxiety and stave off depression. Walking the indoor PLE track or walking through

COMMENTARY

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a mall can give you plenty of exercise each day and you can always meet friends for a cup of coffee when you're finished!

Try to get out more or have family and friends over. Turn the TV off and spend a day at the library or go to a concert. Listening to uplifting music can help, so try to keep a large selection of music at home for days when you feel down.

Overcast skies combined with late sunrises and early sunsets makes for short gloomy days in February. If you stay aware of your moods and be aware of your tendency to stay hidden under endless blankets at home, you can deal with each day as it comes and steer away from negative behavior.

Please remember that you are not alone, you just have to reach out.

NUTRITION & RECIPE ROUND UP

PrimeLife Enrichment Center

WINTER BAKING RECIPES TO KEEP YOU AND YOUR OVEN WARM



Dutch Oven Raisin Walnut Bread

Ingredients

6 to 7 cups (125 grams per cup) all-purpose flour
1/4 cup sugar
2 teaspoons active dry yeast
2 teaspoons ground cinnamon
2 teaspoons salt
1 cup raisins
1 cup chopped walnuts
3 cups cool water (70° to 75°)

Directions

In a large bowl, whisk 6 cups flour, sugar, yeast, cinnamon and salt. Stir in raisins and walnuts; add water and enough remaining flour to form a moist, shaggy dough. Do not knead. Cover and let rise in a cool place until doubled, 7-8 hours.

Preheat oven to 450°; place a Dutch oven with lid onto center rack and heat for at least 30 minutes. Once Dutch oven is heated, turn dough onto a generously floured surface. Using a metal scraper or spatula, quickly shape into a round loaf. Gently place on top of a piece of parchment.

Using a sharp knife, make a slash (1/4 in. deep) across top of loaf. Using the parchment, immediately lower bread into heated Dutch oven. Cover; bake for 30 minutes. Uncover and bake until loaf is deep golden brown and sounds hollow when tapped, 20-30 minutes longer, partially covering if it is browning too much. Remove loaf from Dutch oven and cool completely on wire rack.



Best Ever Banana Bread

Ingredients

1-3/4 cups all-purpose flour
1-1/2 cups sugar
1 teaspoon baking soda
1/2 teaspoon salt
2 large eggs, room temperature
2 medium ripe bananas, mashed (1 cup)
1/2 cup canola oil
1/4 cup plus 1 tablespoon buttermilk
1 teaspoon vanilla extract
1 cup chopped walnuts

Directions

Preheat oven to 350°. In a large bowl, stir together flour, sugar, baking soda and salt. In another bowl, combine the eggs, bananas, oil, buttermilk and vanilla; add to flour mixture, stirring just until combined. Fold in nuts.

Pour into a greased or parchment-lined 9x5-in. loaf pan. If desired, sprinkle with additional walnuts. Bake until a toothpick comes out clean, 1-1/4 to 1-1/2 hours. Cool in pan for 15 minutes before removing to a wire rack.

TIPS FOR MAKING PERFECT BREAD

- 1. Use the right yeast** - fresh, fast-acting dried and active dried
- 2. Store your yeast properly** - keep yeast in the refrigerator
- 3. Treat salt with care**
- 4. Take your time**
- 5. Try different flours**
- 6. Measure carefully** - it's Science!
- 7. Practice makes perfect** - you will get better as time goes on



Double Butterscotch Coconut Cake

Ingredients

1 package yellow cake mix (reg size)
1 package (3.4 ounces) instant butterscotch pudding mix
4 large eggs
1 cup canned coconut milk
1/4 cup canola oil
1 cup sweetened shredded coconut
1/2 cup butterscotch chips
Glaze: 1/2 cup butterscotch chips
2 tablespoons heavy whipping cream
1/3 cup sweetened shredded coconut, toasted

Directions

Preheat oven to 350°. Grease and flour a 10-in. fluted tube pan.

In a large bowl, combine cake mix, pudding mix, eggs, coconut milk and oil; beat on low speed 30 seconds. Beat on medium speed 2 minutes. Stir in coconut and butterscotch chips. Transfer batter to prepared pan.

Bake until a toothpick inserted in the center comes out clean, 40-45 minutes. Cool in pan 10 minutes before removing to a wire rack to cool completely. For glaze, in a microwave, melt butterscotch chips and cream; stir until smooth. Drizzle over cake; sprinkle with coconut.

JUST ADD WATER

What if I told you that there is a “magical” activity that makes your heart stronger and improves your cardiovascular health and endurance? And what if I said it will also lower your blood pressure, improve your circulation and help reduce the risk of heart and lung disease?

NOTHING MAGICAL ABOUT IT!

Aquatics does all this and more.

Water-based activities also provide increased metabolism and increased strength, slows down age-related loss of muscle mass, improves cardiovascular health, and increases reaction time that typically decreases with age.

Weight loss is just one of the scores of health benefits aquatic exercise provides.

More good news about exercising in the water: The reduced impact on the knees, hips, back, and ankles gives Aquatics classes a protective quality when it comes to more delicate joints, tendons, and ligaments, thereby reducing the risk of injuries and damage such as muscle soreness, stress fractures, and even broken bones.

MORE GOOD NEWS

Water-based exercise can benefit older adults by improving their quality of life and decreasing disability. It can also improve or help maintain the bone health of post-menopausal women.

Many seniors with arthritis have a limited range-of-motion when it comes to moving their arms, legs

INSPIRATION

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and neck. Movements used during water aerobics help loosen up those tight joint tissues and improve flexibility, which ultimately allows for more activity throughout the day.

When joints are inflamed and painful during weight-bearing exercise, working out in the water allows you to experience the advantages of movement without the negative consequence of impact.

HOW OFTEN SHOULD YOU DO WATER AEROBICS?

If you're looking to yield maximum results, it's best to do water aerobics three times a week. Water aerobics is completely low-impact, so there's no need to worry about injuries as long as you take it slow and steady.

PROGRAMS

PrimeLife Enrichment Center

WILL YOU RESOLVE TO BE A PERFECT 10 IN 2023?



Wow! Look at all these Perfect 10s! That's 69 members who visited PLE ten or more times in December. 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!

Bernice Betts
George Billeisen
Robert Bonner
Julia Bontrager
Tom Bontrager
Dave Brown
Jan Brown
Howard Bushman
Judith Ann Callery
Betty Carlson
Joyce Clancy
Michael "Don" Donlan
Susan Dunlap
Melissa Eldredge
Irene Engel
Jerry Firestone
Judy Ford
Sandra Fortier
Bill Gilmore
Marcia Goldstein

Rodene Gosselin
Philomena Harrington
Barbara Harrison
Chester Hastings
Judi Hastings
Jim Hodgins
Denise Hurst
James Jacobs
Judy Johnson
Robert (Bob) Johnson
Ingeborg Jones
Joyce Jones
Mark Jones
Harvey Kagan
William Kelly
Nancy Kinnaird
Janet Knuth
Nancy Koehler
Jerzy Kowalczyk
Maria Kowalczyk

Hilda Lee
Pete Lenos
Becky Littrel
Karen Madzellan
David McRee
Janice Mihay
Bill Moore
Emily Newby
Betsy North
Jim Pierce
LaDonna Posella
Patty Richards
Mary Russell
Don Schafer
Kent Sharp
Sandra Skadron
Melanie Sliker
Lisa Smith
Melinda Sommer

Travis Spegal
Maribeth Spencer
Marianne Stevens
Marti Stigers
Carol Sullivan
Jamie Tadge
Esther Thomas
Judi Tobe
Catherine Van Dyke
Adair Vaught
Cheryl Walters
Teresa (Terry) Warner
Linda Warren
Marge Wavrica
Susan Widboom
Mary Anne Wignall
Caron Williams
Sue Williams

HAVE YOU PURCHASED YOUR 2023 PLE CALENDAR?

It's not too late to purchase a 2023 PLE Calendar! Marked down to \$15 (because it's February), it will be your go-to calendar for all things PLE in 2023! Tons of photos, special dates, and 100% goes to assist PLE. Check out the lobby display and get your calendar today!



PrimeLife Enrichment Center

1078 Third Ave. SW
Carmel, IN 46032



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PLE SENIOR NEWS | FEBRUARY 2023

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.]

Name

Address

City, State, Zip

Phone

Email Address

Credit Card Number

Exp. Date

Security Code