



PrimeLife

ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



PLE SENIOR NEWS | OCTOBER 2023

Sponsor Stinson Law presenting
another great Lunch & Learn

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UPCOMING EVENTS AND ANNOUNCEMENTS

LUNCH & LEARNS

- OCTOBER 4**
The E Spot Med Spa
- OCTOBER 11**
Robby - Adventure Archives sharing his music
- OCTOBER 18**
Hooverwood / The Shalom Center
- OCTOBER 25**
Sycamore Reserve

SPECIAL EVENTS IN OCTOBER

- OCTOBER 5**
IU Health Flu Vaccine Clinic
9:00 am to Noon
- OCTOBER 13**
Meet the Candidates for
Carmel City Council
and Mayor
8:30 to 10:30 am



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

Our mission is to help seniors lead active, independent and purposeful lives by providing access to clinical and social determinants of health.

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 multi-generational program that includes Zumba, Pound, LaBlast, Werq and Shine 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
City of Carmel

OUR SPONSORS

IU Health
Majestic Care Carmel
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
Randy Gomez
Becky Henn
Dan Overbeck
Linda Ramey-Greife

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 oc-
cur outside of business hours.



BRENT HARTMAN • Senior Driver

CONTACT US

MAIL

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Carmel, IN 46032

PHONE

317.815.7000

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.

FROM OUR DIRECTOR

PrimeLife Enrichment Center

Greetings to all our members, clients and friends!

I doubt that anyone remembers my message in the October 2022 edition of this newsletter. (Full disclosure: I hardly remember what I wrote last month, much less last year.) So I went to the archives and discovered that last October's message should have left no doubt that October is one of my favorite months. This is the month when Fall is in full swing. Leaves are turning to bright yellows, oranges, reds and other vibrant colors. Most days are comfortably cool and humidity-free, while the nights lend themselves to sleeping without the AC. I was tempted briefly to plug in last year's message in its entirety. However, I'm sure that some, if not many, of you would have recognized my self-plagiarism (if there is such a thing). All of which leads to a recent conversation I had with a friend. I shared my opinion that the Fall season – especially October – is one of my favorite times of the year.

If I may briefly digress, I have many fond memories of October going back to my childhood days. Growing up in a middle-class neighborhood on Indy's eastside just south of Irvington, my twin brother and I would go door-to-door in the Fall asking folks if they wanted us to rake their leaves. There were many trees in our neighborhood and we had several customers who hired us to rake leaves every week or two until all the trees were bare. The money wasn't bad, but to this day, raking leaves is one of my least favorable activities. No such problem with Halloween. On the evening of October 31st, my twin brother and I would head out with each of us holding an empty pillow case – no small buckets for us! We would return home after a couple of hours with our bags full of Halloween plunder. I'm somewhat ashamed to admit that this tradition continued until our freshman year in high school when we finally hung up our pillow cases.

Back to my recent conversation about Fall with my friend. Although we agree on many things, I was somewhat shocked to discover that

he did not share my high regard for the season. He said, "Not me!" When I asked him how he could possibly not like great autumnal weather and Fall colors, he responded, "Because I know what comes next!" My initial response was to chide him for seeing the glass as half-empty instead of half-full. But as I thought about it, I understood why some folks may have at least some contempt for this season. After all, we all know that while winter may not be right around the corner. It IS coming. That means driving to work in the dark, driving home in the dark, putting up with freezing temperatures, shoveling snow from driveways and sidewalks, wearing layered clothing, looking at stark landscapes, etc. But rather than dwell on the upcoming winter months, I prefer to "carpe' diem" – seize the day!

There is so much to enjoy during this time of the year, that it's difficult to list all of the noteworthy days and weeks in October. No doubt that certain days and customs quickly come to mind, such as Halloween, "trick or treating", carving pumpkins, Oktoberfests, to name a few. In the course of some internet googling, however, I discovered plenty of somewhat obscure October days to recognize, if not celebrate. Keep in mind that the list below is meant to be somewhat entertaining rather than enlightening, and certainly is not all inclusive.

With that, I leave you with these words from Washington Irving's "The Legend of Sleepy Hollow" written in 1820, but



GARY WAGNER
Executive Director

still so true today:

"It was, as I have said, a fine autumnal day; the sky was clear and serene, and nature wore that rich and golden livery which we always associate with the idea of abundance. The forests had put on their sober brown and yellow, while some trees of the tendered kind had been nipped by the frosts into brilliant dyes of orange, purple, and scarlet."

Happy October!

– Gary

There are two other days this October that are very important to many seniors in Carmel and throughout Hamilton County. The first is October 12th. A conference on aging is planned to happen at the Carmel Public Library beginning at 9:00 a.m. and ending by noon. All are invited to attend. The second day to note is October 13th. PrimeLife Enrichment will host a "Meet and Greet" for the Carmel Mayoral candidates as well as Carmel's City Council candidates. It is a very informal opportunity to meet the candidates of your choice and to engage in one-on-one conversations with them. It will begin at 8:30 and end by 10:30 a.m. As with the conference on aging, all are welcome to attend.

Friday, October 1
• World Card Making Day
Saturday, October 2
• World No Alcohol Day
Sunday, October 3
• National Techies Day
Wednesday, October 6
• Inbox Zero Day
Thursday, October 7
• You Matter to Me Day
Friday, October 8
• World Octopus Day
Saturday, October 9
• I Love Yarn Day
Tuesday, October 12

• California Freethought Day
Wednesday, October 13
• Nat'l Pet Obesity Awareness Day
Friday, October 15
• National Boss Day
Saturday, October 16
• Global Cat Day
Sunday, October 17
• Home Movie Day
Tuesday, October 19
• Evaluate Your Life Day
Wednesday, October 20
• International Sloth Day

Thursday, October 21
• Celebration of the Mind Day
Sunday, October 24
• Mother-in-Law Day
Monday, October 25
• International Artist's Day
Friday, October 29
• International Internet Day
Saturday, October 30
• Mischief Night
Sunday, October 31
• National Knock-Knock Jokes Day

MEMBERSHIP OPTIONS



If you or a spouse 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 and let us answer all your questions.

YOUR FIRST CLASS FREE!

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

WHY IT'S CRUCIAL TO GET YOUR SEASONAL FLU SHOT

THE LAST FEW YEARS HAVE TAUGHT US A LOT OF LESSONS

One major lesson is the importance of maintaining good health for yourself, your family and those around you. That is why it is extremely important to get your flu shot.

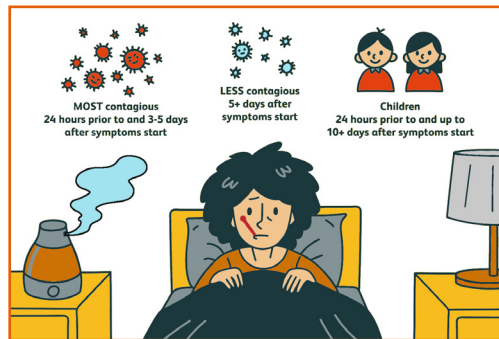
"Getting vaccinated may not only reduce your chances of getting infected with the flu, but it may reduce the severity of your symptoms if you do get the flu," said Sarah Kennedy, a pharmacist at IU Health Arnett Retail Pharmacy.

"You can get your flu vaccine with other vaccines, including the COVID-19 vaccine," she added. "There's no need to separate them by any length of time."

WHAT IS THE FLU?

Influenza – or the flu – is a contagious and potentially serious respiratory illnesses that can lead to serious complications. Symptoms can include:

- Fever or chills
- Cough
- Sore throat
- Muscle and body aches



- Stuffy or runny nose
- Headaches
- Fatigue

HOW FLU SPREADS

Most experts believe that flu viruses spread mainly by tiny droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. A person might also get the flu by touching a surface or object that has the flu virus on it and then touching their own mouth, nose or eyes.

Getting a flu shot may not make you completely immune from getting sick, but it can significantly lessen the severity of your symptoms. This reduces the likelihood of needing to take a trip to the hospital, allowing

healthcare systems to conserve resources.

View the CDC's influenza information page regarding the flu virus and vaccinations.

Source: IU Health Thrive, iuhealth.org/thrive/why-its-crucial-to-get-your-flu-shot; CDC Key Facts About Influenza, cdc.gov/flu/about/keyfacts.htm



Sign up for your
FREE FLU VACCINATION
sponsored and given
by IU Health Saxony Hospital

Thursday October 5, 2023

Shots will be given 9am to 12pm
at PrimeLife Enrichment

Please click the link below
to schedule your times
on the sign up genius:

<https://www.signupgenius.com/go/10C-0D44AAA72BA1F8C16-primelife2#/>

A BIG THANK YOU TO SHIP VOLUNTEER LINDA STAVROS

You've probably seen Linda Stavros' face around PLE and some of you may even have met with her as a representative of State Health Insurance Assistance Program (SHIP) in regard to Medicare coverage and Medicare's annual open enrollment.

After 19 years volunteering for SHIP at the PLE center, helping both members and non-members, Linda and her husband are leaving Indiana at the end of September.

"I have really enjoyed meeting all the very helpful people at PrimeLife AND all of

the people SHIP has been able to help," says Linda. "It followed naturally from my work as a social worker, but it has become much more as I see the progress made and the help that we give people. Thanks to everyone at PrimeLife for all the years we've been able to make a difference for our clients."

The feeling is mutual, Linda. We will miss you and your expertise and wish you the best in your new venture.



Navigating Medicare

WHAT MAKES FALL SO SPECIAL?

I know, I know, watching summer disappear is difficult — but it's also a little bittersweet, because though long, sunny days of eating ice cream and going for dips in the pool are pure bliss, I'm pretty certain that fall is the best season to ever exist. Want me to prove it?

From the clothing choices to the fruits that come into season, everything changes during autumn, and I have to say, it's all for the better.

THE WEATHER IS PERFECT

The summer is super hot. The winter is beyond cold. Fall? Well, it's *just right*. Things aren't freezing yet, but you still manage to get a nice, cool breeze on most days. It just doesn't get any better.

THE FOLIAGE IS MAGICAL

Fall foliage is the most magical process of nature to ever occur.

Trees bursting into red, orange, and yellow colors never gets old. I have to remind myself to look around me.

HALLOWEEN AND THANKSGIVING HAPPEN

Christmas gets a lot of hype, but when it comes down to it, Halloween and Thanksgiving are two pretty awesome holidays. One revolves around dressing up and eating pounds of candy, while the other involves delicious roasted turkey. Oh, and being thankful.

THE FASHION IS THE BEST

Once fall makes itself known, it's time to pull out the sweaters, the scarves, and most importantly, the boots. Ah, boots.

THE FOOD IS MOUTHWATERING

Apple picking becomes a thing, and pies start taking over the kitchen counter during the fall. Also,



who could forget that you can get pumpkin spice flavored everything?

IT'S EXTRA COZY

While I've mentioned that the weather is perfect during the fall, that doesn't mean there isn't plenty of time for cuddling under blankets, building campfires, and basically just getting cozy all around. You can't say no to a good snuggle, can you - dog, cat, or human.

IT'S A FRESH START

There's just something special about autumn and the chance to make a new start.

AQUATIC FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am		8:15 am Early Aquatics w/ Lisa	Intermediate Aquatic Aerobics w/Patsy	8:15 am Early Aquatics w/ Lisa	
9:30 am	Open Pool w/Jeanne	Advanced Aquatic Aerobics w/Janice	Intermediate Aquatic Aerobics w/Jeanne	Advanced Aquatic Aerobics w/Janice	Intermediate Aquatic Aerobics w/Jeanne
10:30 am	Intermediate Aquatic Aerobics w/Jeanne	Open Pool w/Janice	Intermediate Aquatic Aerobics w/Jeanne	Volley w/Janice	Intermediate Aquatic Aerobics w/Jeanne
11:30 am	Arthritis Foundation Aquatics w/Jeanne	Arthritis Foundation Aquatics w/Janice	Arthritis Foundation Aquatics w/Jeanne	Arthritis Foundation Aquatics w/Janice	Arthritis Foundation Aquatics w/Janice
12:30 pm	Getting Your Feet Wet w/ Cathy	Arthritis Foundation Aquatics w/Patsy	Getting Your Feet Wet w/ Cathy	Open Pool w/Patsy	Getting Your Feet Wet w/Patsy
1:30 pm	Through the Ages Aquatic w/ Sam				Open Pool w/Patsy

For daily updates (water and land): www.brownbearsw.com/cal/pleinstructors

LAND FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
8:30 am			Yoga Blend			SATURDAY
9:00 am		LaBlast OR *Practice LaBlast		LaBlast OR *Practice LaBlast		9:30 am Werq
10:00 am	Got Balance		Got Balance		10:15 am Strength & Flexibility	
11:00 am	LaBlast OR *Practice LaBlast	Toning	LaBlast OR *Practice LaBlast	Toning	LaBlast OR *Practice LaBlast	
12:15 pm		12:15 Arthritis Foundation Exercise 12:30 The CLIMB (Annex)		12:15 Arthritis Foundation Exercise 12:30 The CLIMB (Annex)		9:00 am Pound Unplugged
1:45 pm	Yoga Blend			Yoga Blend		
Evening Classes	Dance Fitness 5:30 pm	Shine 6:00 pm	Zumba 5:30 pm	Shine 6:00 pm		
			Pound 6:15 pm			

For daily updates (water and land): www.brownbearsw.com/cal/pleinstructors for updates



ACTIVITIES & EVENTS

PrimeLife Enrichment Center

2023

KEY:
 * - Open to Public
 \$ - Additional Fee
 Z - Also on Zoom
 L - Library
 B - Board Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO 1:30 pm Creative Writing B	3 11:30 am CICOA Lunch \$ 1:00 pm Needlework L	4 11:30 am Second Helpings Lunch * 11:45 pm Lunch & Learn 12:30 pm Art Class \$ 1:00 pm Devotional Study B 3:30 pm Second Season L	5 9:00 am to Noon Flu Vaccine Clinic IU Health 9:00 am Pinochle L 10:00 pm Coffee & Conversation 11:30 am CICOA Lunch \$ 12:30 pm Card Making \$ 1:00 pm Euchre L	6 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Music sponsored by The Barrington 12:15 pm Partner Bridge L
9 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO 1:30 pm Creative Writing B	10 10:00 am Sanders Glen Walking Club 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch 1:00 pm Needlework L	11 10:00 am Caregiver Support Group 11:30 am Second Helpings Lunch * 11:45 pm Lunch & Learn 12:30 pm Art Class \$ 1:00 pm Devotional Study B 3:30 pm Second Season L	12 9:00 am Pinochle L 10:00 pm Coffee & Conversation 11:30 am CICOA Lunch \$ 1:00 pm Euchre L	13 8:30 am to 10:30 am Meet the Candidates City Council and Mayoral 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L
16 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO Wanda 1:30 pm Creative Writing B CICOA Produce Delivery: 1-3 pm	17 11:30 am CICOA Lunch \$ 1 pm Needlework L	18 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 12:30 pm Hand & Foot L 12:30 pm Art Class \$ 1 pm Devotion Study B 3:30 pm Second Season L	19 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 12:30 pm Card Making \$ 1 pm Euchre L	20 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Therapeutic sponsored by The Barrington 12:15 pm Partner Bridge L
23 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO Humana 1:30 pm Creative Writing B	24 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch Delivery 1 pm Needlework L 1:30 pm Book Club HANMET by Maggie O'Farrell 	25 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 12:30 pm Hand & Foot L 12:30 pm Art Class \$ 1 pm Devotion Study B 3:30 pm Second Season L	26 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre L 2 pm Living with Loss B	27 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L
30 10:00 am Theatre Club 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO 1:30 pm Creative Writing B	31 11:30 am CICOA Lunch \$ 1 pm Needlework L HALLOWEEN	LUNCH & LEARN OCTOBER 4.....The E Spot MedSpa OCTOBER 11.....Robby - Adventure Archives sharing his music OCTOBER 18.....Hooverwood / The Shalom Center OCTOBER 25.....Sycamore Reserve		





HALLOWEEN

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

Scarecrow

October

Bat

Spooky

Ghosts

Spider

Pumpkin

Zombie

Boo

Candy Corn

Costume

Pumpkin

Haunted

Trick or Treat

Mask

Vampire

THE POWER OF WATER

Just like land-based exercise, water aerobics and swimming can be effective strategies for improving cardio fitness, building strength, boosting your mood, easing joint pain, sleeping better, and reducing your risk for diseases like heart disease, diabetes, and even cancer.

In addition, water-based exercise offers some advantages you can't get on land:

GENTLER ON YOUR JOINTS

Your body becomes buoyant in water, so your joints experience less impact, making the pool a welcoming environment for anyone with arthritis or joint injuries. Squats that may aggravate arthritic knees on land are often doable in water.

The resistance of the water also slows down movements that can be quick and jerky on land,

creating more smoothly flowing motions that are less likely to aggravate injuries. Combo workout: Cardio plus strength

Because it is denser than air, water provides 12% to 14% more resistance. Even when you're doing cardio exercises like jogging in water, you're working against more resistance than if you were on land.

Because of the resistance factor, water exercise is a double-duty workout—cardio and strength training. This may be why many studies have found increases in lean body mass in people participating in an aquatic exercise program.

BURNS MORE CALORIES

The resistance you encounter in water also means that you burn more calories than you would on land.

NEW CLASSES

PrimeLife Enrichment Center

WORKS MORE MUSCLES

When you do strength training on land, you're working against gravity. So, if you're doing a biceps curl—the classic strength exercise—you're contracting your biceps as you bend your arm to lift a dumbbell, and you're continuing to work the muscle as you lower the weight again in a controlled manner, without simply dropping it.

During this bicep curl, the opposing muscle in the back of your arm, the tricep, goes along for the ride, lengthening and then shortening, but it's not working against resistance. The work is all being done by the bicep. In the water, however, resistance comes into play, providing more of a challenge to the opposing muscle.

Source: *Harvard Health Publishing*

NUTRITION & RECIPE ROUND UP

PrimeLife Enrichment Center

EASY RECIPES FOR TASTY FALL DINNERS



CHICKEN PARMESAN WITH SPAGHETTI SQUASH

INGREDIENTS

1 medium spaghetti squash (about 4 pounds)
4 boneless skinless chicken breast halves (6 ounces each)
2 tablespoons minced fresh parsley, plus more for topping
1 tablespoon minced fresh oregano or 3/4 teaspoon dried oregano
1 tablespoon minced fresh basil or 3/4 teaspoon dried basil
2 tablespoons olive oil
1 jar (14 ounces) pasta sauce
1/2 cup shredded mozzarella cheese
1/4 cup grated Parmesan cheese

DIRECTIONS

Halve squash lengthwise; discard seeds. Place squash on a microwave-safe plate, cut side down; microwave on high until tender, about 15 minutes. Cool slightly.

Meanwhile, sprinkle chicken with parsley, oregano and basil. In a large skillet, heat oil over medium heat. Add chicken; cook 7-9 minutes on each side or until a thermometer reads 165°. Stir in pasta sauce; sprinkle with cheeses. Cover and cook until cheese is melted, 3-5 minutes.

Separate strands of squash with a fork. Serve with chicken and sauce. If desired, top with chopped parsley.

CREAMY PASTA CASSEROLE

INGREDIENTS

12 ounces uncooked penne pasta
1 pound lean ground chicken
1 small onion, finely chopped
1 teaspoon garlic powder, divided
1 teaspoon Italian seasoning
1/2 teaspoon salt
1/4 teaspoon pepper
1 can (14-1/2 ounces) diced tomatoes, undrained
3 ounces reduced-fat cream cheese
1/2 cup reduced-fat sour cream
1 cup shredded part-skim mozzarella cheese, divided

DIRECTIONS

Preheat oven to 400°. Cook pasta according to package directions. Drain, reserving 1/3 cup pasta water; return all to pot.

In a large skillet, cook and crumble chicken with onion, 1/2 teaspoon garlic powder and remaining seasonings over medium-high heat until no longer pink, 5-7 minutes. Stir in tomatoes; bring to a boil. Add to pasta; toss to combine. Transfer to a 13x9-in. baking dish.

Mix cream cheese, sour cream, 1/2 cup mozzarella cheese and remaining garlic powder. Drop mixture by tablespoonfuls over pasta. Sprinkle with remaining mozzarella cheese. Bake, uncovered, until cheese is melted, 8-10 minutes.

LEMON-DIJON PORK SHEET-PAN SUPPER

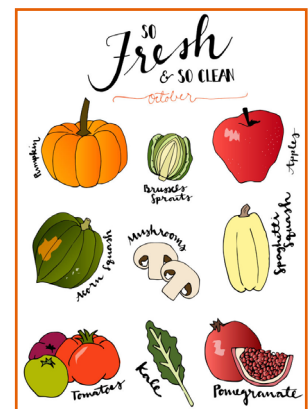
INGREDIENTS

4 teaspoons Dijon mustard
2 teaspoons grated lemon zest
1 garlic clove, minced
1/2 teaspoon salt
2 tablespoons canola oil
1-1/2 pounds sweet potatoes (about 3 medium), cut into 1/2-inch cubes
1 pound fresh Brussels sprouts (about 4 cups), quartered
4 boneless pork loin chops)

DIRECTIONS

Preheat oven to 425°. In a large bowl, mix first 4 ingredients; gradually whisk in oil. Reserve 1 tablespoon mixture. Add vegetables to remaining mixture; toss to coat.

Place pork chops and vegetables in a 15x10x1-in. pan coated with cooking spray. Brush chops with reserved mustard mixture. Roast 10 minutes.



PERFECT 10 UPDATE - SEPTEMBER 2023

Wow! Look at all these Perfect 10s! **We had 99 members who visited PLE ten or more times in September.** 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!

Dale Alianiello
Gauri Apte
Maria Baquero
Marilynn Bejin
Chris Benz
Robin Berlin
Bernice Betts
George Blackburne
Rosalie Bodine
Marina Boguslavsky
Robert Bonner
Julia Bontrager
Tom Bontrager
Hajar Borhanzadeh
Judy Callery
Charles Callery Jr.
Betty Carlson
Kathy Chapman
Nam Choi
Joyce Clancy
Larry Creel

Don Donlan
Susan Dunlap
Nancy Ellis
Raquel Fernandez
Jerry Firestone
Judy Ford
Sandra Fortier
Jodi Friedman
Steve Fulcher
Marcia Goldstein
Rodene Gosselin
Rebecca Griffin
Cis Haas
Barbara Harrison
Diane Healy
Linda Hillman
Jim Hodgins
Mark Jones
Janet Khalil
Janet Knuth
Jerzy Kowalczyk

Maria Kowalczyk
Barbara LaFave
John LaFollette
Katie LaFollette
Sherry LaFollette
Hilda Lee
Karen Madzelan
Debra Mapes
Nancy Martikke
David McRee
Eula Megli
Janice Mihay
Bill Moore
Sharon Moore
Sharon Nelligan
Betsy North
Amy O'Brien
Brendan O'Shaughnessy
Kundanbala Patel
Terri Petersen
Don PFleger

Jim Pierce
Peggy Prophet
Patty Richards
Mary Russell
Connell Rutley
Don Schafer
Patricia Shafer
Kent Sharp
Sandi Sidio
Helena Silva
Jeanne Simkus
Margie Sims
Sandra Skadron
Melanie Slieker
Lisa Smith
Melinda Sommer
Marianne Stevens
Marti Stigers
Carol Sullivan
Jamie Tadge
Esther Thomas



Judi Tobe
Jacqueline Tomak
Shay Tucker
Marie Turchetto
Catherine Van Dyke
Cheryl Walters
Terry Warner
Linda Warren
Mary Anne Wignall
Sue Williams
Erika Woods
Debby Wright
Rose Wuertemburg

THE WINNERS:

Jodi Friedman
Sandra Fortier
Steve Fulcher

NEW MEMBERS IN AUGUST 2023

(continued from last month)

Robert Kiszla 8/23/2023
Chelsey Rasmussen 8/23/2023
Veronica Candelaria 8/23/2023

Judy Fendel

Morris Fendel

Pearl Kyrouac

Linda Minger

8/24/2023

8/24/2023

8/28/2023

8/31/2023

NEW MEMBERS

IN SEPTEMBER 2023

Edna Price

Joe Madzellan

Marcia Luigs

9/6/2023

9/11/2023

9/11/2023

Jay Grendell

Diane Dubord

9/11/2023

9/13/2023



FLOWER ARRANGING WITH WELLBROOKE OF CARMEL



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Carmel, IN 46032



PrimeLife Enrichment

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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.

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You can help by supporting our services!

Please accept my/our donation in the amount of:

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_____ \$ 250 _____ \$ (other)

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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. PrimeLife Enrichment, Inc. is a
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