



# PrimeLife

## ENRICHMENT CENTER



### PLE SENIOR NEWS

### APRIL 2024

Getting around with a little help from their friends at PLE: (L to R) Olga Barker, Robin Berlin (member driver) and Terri Petersen

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#### APRIL LUNCH & LEARNS

- APRIL 3:** Majestic Care w/ Jodi
- APRIL 10:** Alzheimer's Association
- APRIL 17:** 10 by Kristen
- APRIL 24:** Senior Home Pros

#### SPECIAL EVENTS IN APRIL

- APRIL 8:** Louis Van Amstel and Total Eclipse
- APRIL 24-30:** Global Intergenerational Awareness Week



 **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](http://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

PrimeLife Enrichment, Inc. will be recognized in Central Indiana as a pioneering force in providing seniors access to social and clinical determinants of health as they strive to remain in their homes and lead healthy, active and productive lives.

### OUR CORE VALUES

**STEWARDSHIP:** Our fiduciary responsibility is to use our financial and human resources to deliver services that are effective, accessible and affordable.

**GRATITUDE:** It is an honor to serve our seniors, especially those who are struggling.

**INNOVATION:** We continuously strive to discover and develop ways to meet evolving needs of a growing demographic.

**RESPECT:** Every senior we serve has intrinsic value and deserves respect.

**OPPORTUNITY:** Seniors are valuable community assets and should be able to share their wisdom and creative expression for the benefit of all.

**NONDISCRIMINATION:** We will promote a diverse, equitable, and inclusive environment for all members, clients, staff and guests.



### 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  
CICOA Aging & In-Home Solutions  
United Way of Central Indiana  
City of Carmel  
IU Health  
CICF

#### OUR SPONSORS

Majestic Care Carmel  
Sanders Glen  
Stinson Law Firm  
Sycamore Reserve  
Wellbrooke of Carmel  
Adventure Archives  
The Next Step Network



### OUR DIRECTORS

Marcia Claerbout, President  
Melody Cockrum, Vice President  
Howard May, Treasurer  
Suzanne Marks, Secretary  
Stephen Gross, Past President

Michael Bratcher  
Randy Gomez  
Becky Henn  
Dan Overbeck  
Linda Ramey-Greive  
Sarah Schlifke

# CENTER INFORMATION

PrimeLife Enrichment Center

## STAFF

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**BRENT HARTMAN** • Senior Driver

## MONDAY - FRIDAY

**8:00 AM - 3:00 PM**

## SATURDAY - SUNDAY

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

## CONTACT US

### MAIL

1078 3rd Avenue SW  
Carmel, IN 46032

### PHONE

317.815.7000

### FAX

317.815.7008



## TRANSPORTATION

### TO SCHEDULE CALL:

Phone: Ext 205 or 317-343-6794

### TRANSPORTATION

**AVAILABLE** - currently there is a  
waiting list for transportation

### MONDAY - FRIDAY

**8:00 AM - 3:30 PM**

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

# FROM OUR DIRECTOR

PrimeLife Enrichment Center

To all of the PrimeLife family,

"April come she will

When streams are ripe and swelled  
with rain"

Written and performed by Simon  
and Garfunkel

I know that Thanksgiving is always in November, but let me begin this month's message by saying we should all give thanks that April is finally here. Let's face it, as lovely as Fall is with its bright, colorful leaves, cool but comfortable temperatures, apple cider, pumpkin fests, etc., we can't avoid a sense of dread of what lies ahead: OLD MAN WINTER. As much as I dream about a white Christmas, I have never wished for freezing temps once the holidays are over. If I could, I would leave the cold weather behind, but unfortunately, I have neither the time nor the means to become a snowbird. From mid-January through March, there's just not too much to get excited about (Valentine's day and St. Patrick's day notwithstanding). So, like many people, I layer up, stay inside as much as possible, throw an extra blanket on the bed, complain about how cold it is, all the while coping with a mild case of seasonal affective disorder. (In case you're unfamiliar with the term "seasonal affective disorder," consider it to be what many people call the "winter blues".)

April heralds the awakening of nature from its winter slumber, as landscapes undergo a remarkable transformation. Trees begin to sprout fresh leaves, flowers bloom in an array of vibrant colors, and animals emerge from hibernation. The gradual lengthening of daylight hours, coupled with milder temperatures, creates ideal conditions for outdoor activities and exploration. April also marks the onset of the bird migration season in many parts of the world. Flocks of migratory birds embark on long journeys, traversing continents in search of suitable breeding grounds. Birdwatchers eagerly await this spectacle, observing diverse avian species as they pass through their local habitats. Given all of the above,

no wonder many people agree that April is the month to shake off the winter blahs and once again begin to enjoy rather than dread the weather.

Now for a short history lesson. The name "April" has roots in the Latin word "aperire," meaning "to open," which pretty well captures the essence of this month as a time of blossoming and emergence. In various cultures, April holds historical significance as a period of transition and new beginnings. For instance, in ancient Roman civilization, April marked the beginning of the agricultural season, as farmers prepared their fields for planting crops after the dormancy of winter. The festival of Veneralia, dedicated to Venus, the goddess of love and fertility, was celebrated in April, highlighting the association of this month with rebirth and regeneration.

April is marked by a plethora of festivals and celebrations, each reflecting unique customs and traditions. For instance, in Japan, the arrival of spring is celebrated with Hanami, the cherry blossom viewing festival. People gather under the blooming cherry trees to appreciate their transient beauty, symbolizing the fleeting nature of life. In India, April brings the vibrant festival of Baisakhi, celebrated predominantly in the northern region. Baisakhi marks the Sikh New Year and the harvest festival, symbolizing prosperity and abundance. It is a time for communities to come together, dance to traditional music, and partake in feasts. In Western cultures, April is often associated with the celebration of Earth Day, observed on April 22nd. This global event emphasizes environmental awareness and action, promoting initiatives to protect the planet and foster sustainability. Earth Day serves as a reminder of humanity's interconnectedness with the natural world and the collective responsibility to preserve it for future generations.

For many people, the transition from Winter to Spring is not merely a change in seasons As April unfolds, and the promise of Spring



**GARY WAGNER**  
Executive Director

becomes increasingly tangible, many individuals reflect on the passage of time and the cyclical nature of life. They contemplate their goals, aspirations, and the changes they wish to make in the coming months. For others, April and the arrival of Spring bring a sense of anticipation and excitement for the adventures that lie ahead. Whether it's planning outdoor activities, gardening projects, or travel adventures, April sparks a renewed sense of enthusiasm and optimism for the possibilities that await.

In a nutshell, April is a month of profound significance, encapsulating themes of renewal, transition, and celebration. From its historical roots to its cultural celebrations and natural phenomena, April captivates hearts and minds around the world. As we embrace the arrival of spring and the promise of new beginnings, April serves as a poignant reminder of the beauty inherent in life's cyclical nature. That being said, here are just a few of the many days in April to mark on your calendars:

1. **April Fools' Day** (April 1st): A day for playful pranks and practical jokes, April Fools' Day is celebrated in many countries around the world. It's a time for light-hearted humor and good-natured trickery among friends and family.
2. **Easter Monday** (April 1st): Easter Monday marks the culmination of Holy Week in Christianity, commemorating the resurrection of Jesus Christ. It is observed with religious services, feasting, and various cultural traditions such as Easter egg hunts and the decorating of Easter eggs.
3. **Earth Day** (April 22nd): Earth Day is an annual event dedicated to environmental protection and raising awareness about the importance

## MEMBERSHIP OPTIONS

**TAKE A TOUR OF PLE**

Stop in for a tour Monday through Friday 8 am to 3 pm and let us answer all your questions.

**INSURANCE PROGRAMS**

THESE PROGRAMS PAY UP TO \$20 FOR BASIC MEMBERSHIP:

- Silver Sneakers
- Prime
- Renew Active
- Active and Fit
- Silver and Fit
- Retired Veterans

**YOUR FIRST CLASS FREE!**

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

**MEMBERSHIP OPTIONS:****BASIC MEMBERSHIP: \$20 PER MONTH****INCLUDES:**

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

**ENHANCED MEMBERSHIP: \$40 PER MONTH****INCLUDES ALL ABOVE, PLUS:**

All land and Aquatic Fitness Classes, Revel Fitness



## RESTLESS TO RESTFUL

### TIPS FOR A GOOD NIGHT'S SLEEP

Sleep allows us to reset from the day before and prepares our brains and bodies for a new day. When you find yourself tossing and turning, it's time to take a look at the habits and behaviors that could be keeping you up at night.

The choices you make throughout the day can significantly impact your quality of sleep. Making small changes to your routine can get you back on track to the 7-9 hours of sleep needed to wake up feeling energized and refreshed. So, what can you do to control your ability to fall and stay asleep?

#### EXERCISE DURING THE DAY

Restorative sleep relates to your activity levels throughout the day. The more exercise you get in, the deeper you will sleep. But even starting with small victories, like going on a 15-minute walk, can improve sleep quality.

#### ESTABLISH A CONSISTENT ROUTINE

Our bodies operate much better when they are used to a routine. To set your internal clock, pick realistic sleep-wake goals and stick with them – that means on weekends too!

#### REDUCE SCREEN TIME

The light and stimulation from bright screens can keep you up well after



you've powered them down for the night. Avoiding screen time one to two hours before bed can help your brain know it's time to sleep.

#### LIMIT THE CONSUMPTION OF ALCOHOL AND NICOTINE

Smoking and drinking have both been shown to disrupt your sleep cycle. If you do either of these, try to avoid or limit them, especially within five hours before bed. These lifestyle changes may be challenging, but in the long run, will be worth it.

#### LEAVE YOUR WORRIES ON PAPER

If you struggle to fall asleep because your mind is racing, you may find comfort in reminding yourself that you can only control your actions. Thinking about stressors before bed will not change

them and may even worsen your worries. Try journaling and putting your thoughts onto paper before bed. Remember that sleep is good for you. When you go to sleep, you aren't pushing off tasks or avoiding them, but rather investing in yourself and your health!

#### DON'T COUNT SHEEP

If you have been lying awake for more than 20 minutes, get up and do a non-stimulating activity, like reading or stretching.

If you are still unable to get restful sleep after trying these suggestions, you may need professional help. To learn if you are at risk for sleep apnea, take a quick, free assessment to determine if you would benefit from receiving treatment from the highly skilled IU Health Sleep Medicine team. Our providers can help you determine if you have a sleep disorder or a belief about sleep that prevents you from getting good sleep.

#### ASSESSMENT LINK & QR CODE

<https://profilers.evaliahealth.com/v3/d17b3aea-ecce-41f6-ad5a-9118a1e8b3b1>

Source: [iuhealth.org/thrive/restless-to-restful-tips-for-a-good-nights-sleep](http://iuhealth.org/thrive/restless-to-restful-tips-for-a-good-nights-sleep)

## (CONTINUED FROM PAGE 4)

(continued on Page 7)

of conservation. It serves as a reminder of humanity's responsibility to care for the planet and promote sustainability.

4. **Arbor Day** (Date varies by region): Arbor Day is a day dedicated to planting and caring for trees. While the date varies by region, many countries observe Arbor Day in April as trees begin to bloom and the planting season commences.

5. **International Dance Day** (April 29th): International Dance Day celebrates the art of dance and its universal appeal. It honors dancers, choreographers, and dance enthusiasts worldwide, promoting the joy and cultural significance of dance in all its forms.

6. **National Poetry Month** (April): April is designated as National Poetry Month in the United States, celebrating the richness and diversity of poetry. It encourages people to explore, appreciate, and share

poetry through readings, workshops, and other literary events.

7. **World Health Day** (April 7th): World Health Day is a global health awareness day organized by the World Health Organization (WHO). It focuses on promoting health equity and raising awareness about pressing health issues affecting communities worldwide.

8. **National Volunteer Week** (April 21st - April 27th): National Volunteer Week recognizes and celebrates the contributions of volunteers to their communities. It encourages individuals to engage in volunteer activities and acts of service to make a positive impact.

9. **National Siblings Day** (April 10th): National Siblings Day is a time to honor the bonds between siblings and celebrate the special relationships shared with brothers and sisters.

10. **Administrative Professionals Day** (April 24th): Administrative

Professionals Day, also known as Secretaries Day or Admin Day, recognizes the contributions of administrative professionals to the workplace. It's a day to show appreciation for their hard work and dedication.

Again, these are just a few examples of the days to celebrate in April this year. Each observance provides an opportunity for reflection, appreciation, and community engagement, contributing to the richness of cultural and social life throughout the month. I wish all of you a very happy Spring!

--- Gary

*The lyrics of Simon and Garfunkel's "April Come She Will" remind us of the cyclical nature of life and the inevitability of change (much like Hoosier weather). The title itself suggests the arrival of April, with its promise of renewal and rebirth, personified as a woman who comes and goes as the seasons change.*

## AQUATIC FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am	8:15 am EARLY AQUATIC AEROBICS w/ Lisa	8:15 am EARLY AQUATIC AEROBICS w/ Lisa	INTERMEDIATE AQUATIC AEROBICS w/ Lisa	8:15 am EARLY AQUATIC AEROBICS w/ Lisa	
9:30 am	OPEN POOL w/ Jeanne	ADVANCED AQUATIC AEROBICS w/ Lisa	INTERMEDIATE AQUATIC AEROBICS w/ Jeanne	ADVANCED AQUATIC AEROBICS w/ Lisa	INTERMEDIATE AQUATIC AEROBICS w/ Jeanne
10:30 am	INTERMEDIATE AQUATIC AEROBICS w/ Jeanne	OPEN POOL w/ Lisa	INTERMEDIATE AQUATIC AEROBICS w/ Jeanne	VOLLEYBALL w/ Lisa	INTERMEDIATE AQUATIC AEROBICS w/ Jeanne
11:30 am	INTERMEDIATE AQUATIC AEROBICS w/ Jeanne	ARTHRITIS FOUNDATION AQUATICS w/ Janice	ARTHRITIS FOUNDATION AQUATICS w/ Jeanne	ARTHRITIS FOUNDATION AQUATICS w/ Janice	INTERMEDIATE AQUATIC AEROBICS w/ Jeanne
12:30 pm	GETTING YOUR FEET WET w/ Lisa	ARTHRITIS FOUNDATION AQUATICS w/ Janice	GETTING YOUR FEET WET w/ Janice	AQUATIC YOGA w/ Janice	GETTING YOUR FEET WET w/ Betsy
1:30 pm	THROUGH THE AGES AQUATICS w/ Sam	AQUATIC YOGA w/ Janice	AQUATIC YOGA w/ Janice	OPEN POOL w/ Janice	OPEN POOL w/ Betsy

## LAND FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
9:00 am	The CLIMB w/ Lindsay	LABLAST w/ Cindy	The CLIMB w/ Lindsay	LABLAST w/ Cindy	The CLIMB w/ Lindsay	SATURDAY
10:15 am	GOT BALANCE w/ Cindy		GOT BALANCE w/ Cindy		STRENGTH & FLEXIBILITY w/ Cindy	9:30 am WERQ w/ Alicia
11:00 am	LABLAST w/ Cindy	TONING w/ Cindy	LABLAST w/ Cindy	TONING w/ Cindy	LABLAST w/ Cindy	
12:30 pm		ARTHRITIS FOUNDATION EXERCISE w/ Cheryl		ARTHRITIS FOUNDATION EXERCISE w/ Cheryl		SUNDAY
1:30 pm		YOGA BLEND w/ Cheryl		YOGA BLEND w/ Cheryl		9:30 am POUND UNPLUGGED w/ Sandy
EVENING CLASSES	5:30 pm DANCE FUSION w/ Kelsey		5:30 pm ZUMBA w/ Alicia	5:30 pm DANCE FUSION w/ Robby		
	6:30 pm UPLIFT w/ Sandy	6:00 pm SHINE w/ Sandy	6:15 pm POUND w/ Melissa	6:15 pm UPLIFT w/ Sandy	REVEL Classes are in Orange. For daily updates (water and land): <a href="http://www.brownbears.com/cal/pleinstructors">www.brownbears.com/cal/pleinstructors</a>	





# ACTIVITIES & EVENTS

PrimeLife Enrichment Center

## 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
<b>1</b>	11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm <b>BINGO</b> 1:00 pm Creative Writing B  <b>Produce for Better Health Delivery: 12-3 pm</b>	<b>2</b>	11:30 am CICOA Lunch \$ 1:00 pm Needlework L	<b>3</b>	11:30 am Second Helpings Lunch *  11:45 am Lunch & Learn* 12:30 pm Hand & Foot L 12:30 pm Art Class \$ 1:00 pm Bible Study B	<b>4</b>	9:00 am Pinochle L 10:00 pm Coffee & Conversation 11:30 am CICOA Lunch \$ 1:00 pm Card-making \$ 1:00 pm Euchre L 1:30 pm Purdue Ext cooking w/ Brenda	<b>5</b>	11:30 am Second Helpings Lunch * 12:00 pm Memory Café: Music sponsored by The Barrington* 12:15 pm Partner Bridge L	
<b>8</b>	9:30 am Louis van Amstel La Blast Chair Fitness Class 10:15 am LaBlast Fitness Class 11:30 am CICOA Lunch \$  <b>SOLAR ECLIPSE PLE Closing at 12:30 pm</b>	<b>9</b>	10:00 am Walking Club with Sanders Glen 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch 1:00 pm Needlework L	<b>10</b>	10:00 am Caregiver support group sponsored by Alzheimer's Association 11:30 am Second Helpings Lunch *  11:45 am Lunch & Learn* 12:30 pm Hand & Foot L 12:30 pm Art Class \$ 1:00 pm Bible Study B	<b>11</b>	9:00 am Pinochle L 10:00 pm Coffee & Conversation 11:30 am CICOA Lunch \$ 1:00 pm Euchre L	<b>12</b>	11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L	
<b>15</b>	11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm <b>BINGO</b> 1:00 pm Creative Writing B  <b>Produce for Better Health Delivery: 12-3 pm</b>	<b>16</b>	11:30 am CICOA Lunch \$ 1 pm Needlework L	<b>17</b>	11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 12:30 pm Hand & Foot L 12:45 pm Art Class \$ 1:00 pm Bible Study B	<b>18</b>	9:00 am Pinochle L 10:00 pm Coffee & Conversation 11:30 am CICOA Lunch \$ 1:00 pm Euchre L 1:00 pm Card Making \$	<b>19</b>	11:30 am Second Helpings Lunch * 12:00 am Memory Café: Therapeutic Activity sponsored by The Barrington* 12:15 pm Partner Bridge L	
<b>22</b>	10:00 am Theatre Club 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm <b>BINGO</b> 1:00 pm Creative Writing B  	<b>23</b>	11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch 1 pm Needlework L	<b>24</b>	11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 12:30 pm Hand & Foot L 12:45 pm Art Class \$ 1:00 pm Bible Study B	<b>25</b>	9:00 am Pinochle L 10:00 pm Coffee & Conversation 1:00 pm Euchre L 2:00 pm Living with Loss	<b>26</b>	11:30 am Second Helpings Lunch * 12:00 am Memory Café: Music sponsored by The Barrington* 12:15 pm Partner Bridge L	
<b>29</b>	11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm <b>BINGO</b> 1:00 pm Creative Writing B	<b>30</b>	11:30 am CICOA Lunch \$ 1:00 pm Needlework L	<div style="text-align: center;"> <b>APRIL LUNCH &amp; LEARNS</b>  <b>APRIL 3: Majestic Care w/ Jodi</b>  <b>APRIL 10: Alzheimer's Association</b>  <b>APRIL 17: 10 by Kristen</b>  <b>APRIL 24: Senior Home Pros</b> </div> 						<b>KEY:</b> * - Open to Public \$ - Additional Fee Z - Also on Zoom L - Library B - Board Room

# SPRING IS HERE!

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

- |            |        |          |        |           |
|------------|--------|----------|--------|-----------|
| clover     | purple | daffodil | games  | planting  |
| strawberry | picnic | baby     | lion   | lamb      |
| chicks     | grow   | drip     | boots  | puddles   |
| thunder    | storm  | rain     | garden | green     |
| prune      | grass  | nest     | birds  | butterfly |
| hunt       | lilac  | tulip    | egg    | Easter    |



## MEMBER MONA MEHAS WRITES FROM SENIOR PERSPECTIVE

MEMBER  
PrimeLife Enrichment Center

Published poet Mona Mehas is disabled with severe osteoporosis, but you forget that the moment you meet her.

Her spirit and vibrant personality is what you remember about Mona. She has been a PLE member for less than a year and is working to keep her upper body and core strong in the equipment room. She also attends Creative Writing class and Euchre Club on a regular basis.

Mona is a prolific poet with several books of poetry available on Amazon and through her website <https://monamehas.net>.

Writing poetry since she was five years old, 2020 was a particularly bad year in her life with one loss after another. Mona says "When my sister

died in 2019, I began to vomit poetry." Topics include accumulating grief and generational struggles, with all her works being inspired by tarot and oracle cards.

Mona taught middle school Science, Social Studies and English in the Indianapolis Public School system after starting college at the age of 27. She lived in Muncie most of her life, but calls Noblesville home now.

"I have a grown daughter who lives in Westfield with twin grandsons that are graduating high school this year and both attending Purdue for Engineering," says Mona, who is also involved with the Poetry Society of Indiana.

"I am part of the team planning the Spring and Fall contests for Poetry Society and currently



assistant editing a poetry book with a woman who lives in Massachusetts. When not busy with her poetry, Mona is involved with Star Base Indy, a local Star Trek group that has a convention every Thanksgiving weekend.

Her favorite Star Trek-based series is Deep Space Nine. Follow her at <https://linktr.ee/monaiv>.

## RECIPES FOR A DELICIOUS APRIL



### STRAWBERRY OATMEAL BARS

#### INGREDIENTS

- 1 cup old-fashioned rolled oats
- 3/4 cup all-purpose flour
- 1/3 cup light brown sugar
- 1/4 teaspoon ground ginger
- 1/4 teaspoon kosher salt
- 6 tablespoons unsalted butter melted
- 2 cups small-diced strawberries about 10 ounces, divided
- 1 teaspoon cornstarch
- 1 tablespoon freshly squeezed lemon juice
- 1 tablespoon granulated sugar divided

#### DIRECTIONS

Place a rack in the center of your oven and preheat to 375 degrees F. Line an 8x8-inch baking pan with parchment paper so that the paper overhangs two sides like handles.

In a medium bowl, combine the oats, flour, brown sugar, ginger, and salt. Pour in the melted butter and stir until it forms clumps and the dry ingredients are evenly moistened. Set aside 1/2 cup of the crumble mixture, then press the rest into an even layer in the bottom of the prepared pan.

Scatter half of the strawberries over the crust. Sprinkle the cornstarch evenly over the top, then sprinkle on the lemon juice and 1/2 tablespoon of the granulated sugar. Scatter on the remaining berries, then the remaining 1/2 tablespoon sugar. Sprinkle the reserved crumbs evenly over the top.

Bake the bars for 35 to 40 minutes, until the fruit is bubbly and the crumb topping smells toasty and looks golden. Place the pan on a wire rack to cool completely.



### WHOLE-WHEAT STRAWBERRY MUFFINS

#### INGREDIENTS

- 1 1/2 cups unsweetened applesauce
- 1 cup granulated sugar
- 1/2 cup canola oil
- 3 cups white whole-wheat flour
- 2 1/4 teaspoons baking soda
- 3/4 teaspoon salt
- 2 cups chopped strawberries

#### DIRECTIONS

Preheat oven to 350 degrees F. Line 18 (1/2-cup) muffin cups with paper liners.

Whisk applesauce, sugar and oil in a large bowl. Add flour, baking soda and salt; whisk until combined. Gently fold in strawberries. Divide the batter among the prepared muffin cups.

Bake the muffins until the tops spring back when touched lightly and a toothpick inserted in the center comes out clean, 22 to 28 minutes. Let cool in the pan for 5 minutes, then turn out onto a wire rack to cool completely.

#### WHAT'S SO SPECIAL ABOUT STRAWBERRIES?

Strawberries are bright red, juicy, and sweet. They're an excellent source of vitamin C and manganese and also contain decent amounts of folate (vitamin B9) and potassium.

Strawberries are very rich in antioxidants and plant compounds, which may have benefits for heart health and blood sugar control.



### STRAWBERRY COBBLER

#### INGREDIENTS

- 1/4 cup cornstarch
- 1/2 cup sugar, plus 3 tablespoons, divided
- 3/4 teaspoon salt, divided
- 4 pounds fresh strawberries, hulled and halved (about 9 cups)
- 2 teaspoons vanilla extract
- 1 cup all-purpose flour
- 1 cup whole-wheat pastry flour
- 1 tablespoon baking powder
- 3/4 cup whole milk
- 1/4 cup unsalted butter, melted

#### DIRECTIONS

Preheat oven to 350 degrees F. Coat a 9-by-13-inch baking dish lightly with cooking spray. Whisk cornstarch, 1/2 cup sugar and 1/4 teaspoon salt in a large bowl. Add strawberries and vanilla; stir until thoroughly coated. Spoon the mixture into the prepared dish. Bake for 15 minutes.

Meanwhile, whisk all-purpose flour, pastry flour, baking powder and the remaining 3 tablespoons sugar and 1/2 teaspoon salt in a medium bowl. Add milk and melted butter; stir until well combined.

Remove the strawberry mixture from the oven. Drop 12 rounded spoonfuls (about 2 tablespoons each) of batter evenly over the mixture. Bake until the biscuits are golden brown and the strawberry mixture is bubbly, about 35 minutes. Let cool for 20 minutes before serving.



## WANT TO DANCE (AND GET FIT) WITH A STAR?

Louis Van Amstel, our favorite Dancing with the Stars professional, will be teaching two different fitness classes based on ballroom dances that you see on DWTS.

Whether you prefer to stand, use a chair for balance or remain seated throughout, you'll have a blast with LABLAST CHAIR FITNESS (9:30 am), the latest in chair fitness. LaBlast Chair is a motivating dance fitness class blending ballroom dancing and gentle weight training with simple, easy-to-follow patterns designed specifically for the aging population.

Like all LaBlast® formats, LaBlast® Chair Fitness can be adapted for all levels. at 11:00 am Louis will teach a LABLAST® FITNESS, an energizing dance fitness class blending the true skill of ballroom dance with the



calorie blasting properties of interval fitness.

Carefully curated music playlists from all eras and genres keep you engaged and entertained while learning the Tango, Rumba, Quickstep and more! The multi-level learning approach makes LaBlast® Fitness perfect for everyone, from the absolute beginner to the advanced dancer. It's partner-free, high energy... And did we mention that it's really fun?

Sign-up with Cindy, cost \$5.00 - members, \$20 - nonmembers. If cost is an issue, see Cindy for other options

**NEW MEMBERS IN FEBRUARY and MARCH 2024**

Trisha Biljanic	2/27/2024	Stanley Wilson	2/27/2024	Pat Graham	3/11/2024	Karen Peragallo	3/20/2024
John Phillips	2/27/2024	Jean Macdonald	3/6/2024	Jackie Rae Dehmer	3/15/2024	Geoge Waybright	3/22/2024
Darla Wilson	2/27/2024	Carol Sheahan	3/6/2024	Maren Bloom	3/20/2024	Mary Waybright	3/22/2024
				Arlene Psarris	3/20/2024		



Allied Solutions Volunteers Make Our Day



Carmel High School Choirs  
Swing by to Serenade us at PLE

**MARCH  
WAS A  
GREAT  
MONTH  
AT PLE**



Soup and Bread with Wellbrooke



IU Health Volunteers Making PLE Look Good



Indiana Parkinson Foundation

**PrimeLife Enrichment Center**

1078 Third Ave. SW  
Carmel, IN 46032



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# PLE SENIOR NEWS | APRIL 2024

To receive our newsletter by mail or online, please contact Lori at 317.815.7000.

Check out our website at  
[www.primelifeenrichment.org](http://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. PrimeLife Enrichment, Inc. is a  
501(c)(3) corporation.]

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