



PrimeLife

ENRICHMENT CENTER



PRIME SENIOR NEWS

MARCH 2024

WHAT'S INSIDE

About Us	2
Center Information	3
From Our Executive Director	4
Membership Options	5
Health Spot by IU	6
Welcome Janice Cates	7
Fitness Schedule	8
Activities and Events Calendar	9
Spring Word Search	10
Commentary	11
March Recipes	12
Perfect 10 Update	13
New Members and Photo Gallery	14

UPCOMING EVENTS AND ANNOUNCEMENTS

MARCH LUNCH & LEARNS

- MARCH 6:** HCHS - Pitbulls w/ Lily
- MARCH 13:** The Next Step - Tucker Realty
- MARCH 20:** Poetry Reading
- MARCH 27:** Fishers Health Dept. - Fall Prevention

SPECIAL EVENTS IN MARCH

- MARCH 7-14:** Purdue Extension Cook w/ Brenda
- MARCH 7:** Soup and Salad with Wellbrooke
- MARCH 21:** IU Health Volunteer Group

 **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

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

OUR SPONSORS

IU Health
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

GARY WAGNER • Executive Director
gwagner@primelifeenrichment.org • Ext. 200

CINDY SCHEMBRE • Assistant Director
cschembre@primelifeenrichment.org • Ext. 213

JULIE BARNES • Community Engagement
and Activities Coordinator
jbarnes@primelifeenrichment.org • Ext. 223

LORI RAFFEL • Marketing and Social Media
lraffel@primelifeenrichment.org • Ext. 206

NIKKI VAUGHN • Transportation Coordinator
nvaughn@primelifeenrichment.org • Ext. 205

SHEILA FISCHER • Transportation Assistant
sfischer@primelifeenrichment.org • Ext. 205

JANICE CATES • Fitness Coordinator
jcates@primelifeenrichment.org • Ext. 218

DIANNA HOPPER • Data Entry
dhopper@primelifeenrichment.org • Ext. 202

JOHN PERKON • Facility Manager
johnperkon@msn.com • Ext. 219

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



GARY WAGNER
Executive Director

To all of the PrimeLife family, Flash back to March, 2020. PrimeLife Enrichment closed its doors in the middle of the month because of COVID. One day after closing, we began to offer classes on line. At the time, we expected to reopen two or three weeks later. Little did we know that it would be three months before we could reopen. When we did, it was on a limited basis, following State and CDC guidelines requiring masks, social distancing, sanitizing the facility and equipment, etc. Shortly before Thanksgiving, we decided to close the facility once again with the expectation of reopening in early January. Fortunately, we were able to reopen on an appointment-only basis in early December, and by the first week of February, 2021, we had restarted our land and aquatic fitness classes.

Zoom ahead to March, 2021. In the newsletter for that month, I recounted how a member had expressed her concern for the future of PrimeLife while we were walking on the track. As I remember, she asked: "Gary, what's going to happen here? I know a lot of other places have gone out of business because of COVID. PrimeLife isn't going to close, is it?" Even though I have never had a crystal ball, my response was and still is, "Not on my Watch!" Throughout the remainder of 2021, we navigated some rather choppy, uncharted waters at times. We kept moving forward, although it sometimes seemed that for every step we advanced, we took two steps back. Over the next several months it became clear that we could no longer rely on our traditional funding sources to achieve long-term sustainability. We explored various alternative sources and concluded that we should pursue long-term partnerships with the city of Carmel and other stakeholders including but not limited to I.U. Health.

Now fast forward to last year's March newsletter in which I wrote that February, 2023 was a very exciting month for PrimeLife. As many of you know, that was the month that PrimeLife showed up in force at a Clay Township Board meeting. In fact, thanks to all the members and PLE supporters who attended, it was standing room only. Our primary message at the Township meeting was that seniors are a valuable asset to this community, and that the city of Carmel should provide ongoing operational support of PLE as the only senior center in Carmel, especially since at least 75% of our members are residents of Carmel. We followed up our February meeting with two Town Hall meetings in March and April for all Carmel City Council candidates and Carmel Mayoral candidates respectively. Both were very successful and raised much awareness of the importance of seniors and PrimeLife to our community. Shortly after the Primary elections in May, we also hosted a "Meet & Greet" for all the City Council candidates and both Mayoral candidates. By this time, all of those hoping to be elected to public office in November had pledged to support PrimeLife.

As I wrote last year, political wheels turn slowly, However, I have faith that Mayor Sue Finkam and all newly elected Carmel City Council members will work hard to fulfill their campaign promises. In the meantime, PrimeLife continues to grow as does the demand for our many programs and services. Prior to a membership drive we began on October 21, 2021, we had 246 active members. 56 new members joined us during the membership drive which ended on March 1, 2022. Since then, we have enrolled 321 new members as of February 19 of this year. Of course, many members have come and gone over the past two-three years. At

last count, however, our active membership numbered 520 – an increase of 111%! During this period of growth, the demand for our transportation service has also increased dramatically. During the first half of last year, we typically provided 350-400 rides per month. Over the second half of the year, we averaged between 900-1,000 rides per month, and that trend continues, as does the growing number of seniors in our community.

Many factors have contributed to our growth, including word of mouth from our members to their neighbors and friends, the town hall meetings we held last year, our greatly improved website and use of social media, publicity we have received from the Current newspaper, and even a recent interview on WRTV. Whichever the case, PrimeLife is no longer the "best kept secret in Hamilton County." We still face financial challenges, as well as capacity challenges related to our growth. Rest assured, we will continue to work diligently to partner with local government and other stakeholders who can help us address both categories of challenge.

Have a great Month as we hopefully prepare for Spring!

Gary

MEMBERSHIP OPTIONS



INSURANCE PROGRAMS

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

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

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.

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

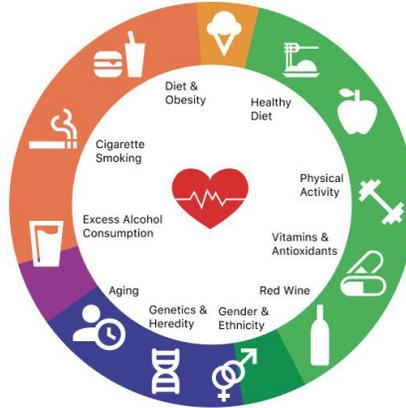
ENHANCED MEMBERSHIP: \$40 PER MONTH

INCLUDES ALL ABOVE, PLUS:

All land and Aquatic Fitness Classes



Factors that Affect Your Heart Health



AMERICAN HEART MONTH

PRIORITIZING YOUR CARDIOVASCULAR HEALTH

Source: Dr. Aaron Whipp, Cardiologist at IU Health North Hospital & IU Health Saxony Hospital

Cardiovascular disease (CVD) is the number one cause of death worldwide. Indiana has the fourteenth highest cardiovascular-related death rate in the country. The good news is the majority of CVD is preventable.

HOW TO PRIORITIZE YOUR CARDIOVASCULAR HEALTH

The first step in prioritizing your cardiovascular health is learning your family history. Ask about any heart attacks, heart failure, or heart arrhythmias in first degree relatives, especially disease onset at a young age. If you learn of a strong family predilection for heart disease, don't be discouraged. Several of the more than 200 identifiable risk factors for the development of CVD are modifiable. The American Heart Association has identified seven of the most common modifiable risk factors. These include normal body weight, healthy diet, regular exercise routine, smoking cessation, controlling high cholesterol, reducing blood sugar, and managing hypertension. When all seven of these factors are optimized, studies show that

people will have 80 percent less heart disease.

Check your weight and height to see if your body mass index (BMI) is under 25. Commit to a daily exercise routine that includes 150 minutes of moderate intensity exercise weekly. Change your diet habits to include less processed foods and salt while increasing your fresh fruits, vegetables, and lean meats. Don't start smoking tobacco or if you do smoke, find an accountability partner to help you quit. If your blood pressure is consistently greater than 130/80 or your average blood sugar is greater than 126 despite healthy lifestyle choices, talk to your doctor about the benefits of medications.

TREATMENT OPTIONS FOR CARDIOVASCULAR DISEASE

If you have any of the risks above, do not wait to schedule an appointment with your doctor. There have been several

Indiana University Health

advancements in diagnostics and preventative therapeutics that can reduce your chances of developing CVD. Some routine screening tests may include an electrocardiogram (EKG) that can screen for coronary artery disease or fatal arrhythmias. An ultrasound of the heart called an echocardiogram utilizes sound waves to directly look at your heart to diagnose valve disease and heart failure. Blood tests can look for high cholesterol, diabetes and, in some patients, genetic testing. An exercise treadmill test with functional capacity can provide a 5-year risk assessment for heart attack, while validated smart phone apps can estimate combined 10-year risk of both heart attack and stroke. In patients with a strong family history of CVD or borderline cholesterol, your doctor might order a CT scan of the chest. This HEART scan looks directly at the heart arteries to quantify plaque burden. Based on your total calcium score, you might be a candidate for medication or other lifesaving pharmacologic therapies.

To learn more about heart and vascular care, visit iuhealth.org/heart.

Source: Dr. Ethan Blocher-Smith, Family Medicine Physician at IU Health Primary Care on USA Parkway in Fishers

Some days to remember in MARCH 2024:

- March 1**
Employee Appreciation Day
World Compliment Day
- March 2**
Old Stuff Day
- March 3**
Caregiver Appreciation Day
I Want You to Be Happy Day
- March 6**
National Oreo Cookie Day
- March 9**
Get Over It Day
Panic Day

- March 10**
Daylight Savings begins 2 a.m.
Oscar Night
- March 11**
Ramadan
- March 12**
Girl Scouts Day
Plant a Flower Day
- March 14**
National Potato Chip Day
- March 15**
Everything Is Wrong Day
Ides of March

- March 16**
Everything You Do is Right Day
National Quilting Day
- March 17**
Saint Patrick's Day
- March 18**
Awkward Moments Day
- March 19**
Spring (Vernal) Equinox
- March 26**
Live Long and Prosper Day
Make Up Your Own Holiday Day

- March 29**
Good Friday
- March 30**
I am in Control Day
Take a Walk in the Park Day
- March 31**
Easter Sunday





**PLE HAS
NEW FITNESS
COORDINATOR:
JANICE CATES**

Q. How long have you been involved in water aerobics?

A. I've been a water aerobics instructor for 16 years. Over the years I have had several certifications, but I am currently certified through the Arthritis Foundation. I am also working on certifications so I can teach land classes here at PLE.

Q. How do you approach each individual member?

A. I try to meet my class participants where they are

in their fitness and health journey, and encourage folks to do their best and gradually challenge themselves to try new things. I think we should take our health seriously, but that doesn't mean we can't have some fun along the way!

Q. Tell us a little about yourself.

A. I grew up in Vincennes, IN, but have lived in Indianapolis for over 30 years. I am number eight in my family out of ten kids. My husband, Jim, and I will be married for 30 years in May. We have two boys. Grayson is 22 and just graduated from Ball State in December with a degree in Urban Planning. He is working for WSP in the transportation department and living at home. Anthony is 20 and a sophomore at Ball State

majoring in Creative Writing and Theater, original works.

Q. What brought you to PLE?

A. I took the position as Fitness Coordinator because I want to help our members get into shape. I worked with our previous Fitness Director, Betsy Fowler, for several years, so I will be building on the practices she put into place. It will take some time and I will have to learn some new things and get out of my comfort zone, but I'm up for the challenge.

Thanks for sitting down with us, Janice. We are certainly happy to have you here.

AQUATIC FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am	8:15 am Early Aquatics w/ Lisa	8:15 am Early Aquatics w/ Lisa	Intermediate Aquatic Aerobics w/Lisa	8:15 am Early Aquatics 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	Arthritis Foundation Aquatics w/Jeanne	Arthritis Foundation Aquatics w/Janice	Arthritis Foundation Aquatics w/Jeanne	Arthritis Foundation Aquatics w/Janice	Arthritis Foundation Aquatics 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 Aquatic w/ Sam	Aquatic Yoga w/ Janice	Aquatic Yoga w/ Janice	Open Pool w/Janice	Open Pool w/Betsy

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

LAND FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
8:30 am						SATURDAY
9:00 am	The CLIMB	LaBlast	The CLIMB	LaBlast	The CLIMB	9:30 am Werq
10:00 am	Got Balance		Got Balance		10:15 am Strength & Flexibility	
11:00 am	LaBlast	Toning/Functional Exercise	LaBlast	Toning/Functional Exercise	LaBlast	SUNDAY
12:30 pm		Arthritis Foundation Exercise		Arthritis Foundation Exercise		9:00 am Pound Unplugged
1:30 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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MARCH LUNCH & LEARNS</p> <p>MARCH 6: HCHS - Pitbulls w/ Lily</p> <p>MARCH 13: The Next Step - Tucker Realty - Dana & Rachel</p> <p>MARCH 20: Poetry Reading</p> <p>MARCH 27: Fishers Health Dept. - Fall Prevention</p>			<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>	<p>1</p> <p>11:30 am Second Helpings Lunch *</p> <p>12:00 pm Memory Café: Music sponsored by The Barrington*</p> <p>12:15 pm Partner Bridge L</p>
<p>4</p> <p>11:30 am CICOA Lunch \$</p> <p>12:00 pm Practice Bridge L</p> <p>12:15 pm BINGO w/ LaToya</p> <p>1:00 pm Creative Writing B</p> <p>CICOA Produce Delivery: 12-3 pm</p>	<p>5</p> <p>11:30 am CICOA Lunch \$</p> <p>1:00 pm Needlework L</p>	<p>6</p> <p>11:30 am Second Helpings Lunch *</p> <p>11:45 am Lunch & Learn*</p> <p>12:30 pm Hand & Foot L</p> <p>12:30 pm Art Class \$</p> <p>1:00 pm Bible Study B</p> <p>4:00 pm SECOND SEASON*</p>	<p>7</p> <p>9:00 am Pinochle L</p> <p>10:00 pm Coffee & Conversation</p> <p>10:30 am Allied Solutions Volunteers</p> <p>11:30 am Soup & Salad w/ Wellbrooke</p> <p>1:00 pm Card-making \$</p> <p>1:00 pm Euchre L</p> <p>1:30 pm Purdue Ext cooking w/ Brenda</p> <p>NO CICOA LUNCH</p>	<p>8</p> <p>11:30 am Second Helpings Lunch *</p> <p>12:15 pm Partner Bridge L</p>
<p>11</p> <p>11:30 am CICOA Lunch \$</p> <p>12:00 pm Practice Bridge L</p> <p>12:15 pm BINGO</p> <p>1:00 pm Creative Writing B</p>	<p>12</p> <p>8:30 am Allied Solutions Volunteer Group</p> <p>10:00 am Sanders Glen Walking Club</p> <p>11:30 am CICOA Lunch \$</p> <p>11:45 am DIVVY Lunch</p> <p>1 pm Needlework L</p>	<p>13</p> <p>10:00 am Caregiver Support Group</p> <p>11:30 am Second Helpings Lunch *</p> <p>11:45 am Lunch & Learn</p> <p>12:30 pm Hand & Foot L</p> <p>12:45 pm Art Class \$</p> <p>1:00 pm Bible Study B</p> <p>4:00 pm SECOND SEASON*</p>	<p>14</p> <p>9:00 am Pinochle L</p> <p>10:00 pm Coffee & Conversation</p> <p>11:00 am Supernus Parkinsons Education Panel</p> <p>1:00 pm Euchre L</p> <p>1:00 pm Card Making \$</p> <p>1:30 pm Purdue Ext cooking w/ Brenda</p> <p>NO CICOA LUNCH</p>	<p>15</p> <p>11:30 am Second Helpings Lunch *</p> <p>12:00 pm Memory Café: Therapeutic sponsored by The Barrington*</p> <p>12:15 pm Partner Bridge L</p>
<p>18</p> <p>11:30 am CICOA Lunch \$</p> <p>11:30 am CICOA Nutrition Education</p> <p>12:00 pm Practice Bridge L</p> <p>12:15 pm BINGO w/ Latoya</p> <p>1:00 pm Creative Writing B</p> <p>CICOA Produce Delivery: 12-3 pm</p>	<p>19</p> <p>11:30 am CICOA Lunch \$</p> <p>1 pm Needlework L</p>	<p>20</p> <p>11:30 am Second Helpings Lunch *</p> <p>11:45 am Lunch & Learn</p> <p>12:30 pm Hand & Foot L</p> <p>12:45 pm Art Class \$</p> <p>1:00 pm Bible Study B</p> <p>4:00 pm SECOND SEASON*</p>	<p>21</p> <p>9:00 am Pinochle L</p> <p>10:00 pm Coffee & Conversation</p> <p>1:00 pm Euchre L</p> <p>1:00 pm Card-making \$</p> <p>2:00 pm Living with Loss</p> <p>IU Health Volunteer Group: 8:30 am - Noon, 1 to 4 pm</p>	<p>22</p> <p>11:30 am Second Helpings Lunch *</p> <p>12:15 pm Partner Bridge L</p>
<p>25</p> <p>10:00 am Theatre Club</p> <p>11:30 am CICOA Lunch \$</p> <p>12:00 pm Practice Bridge L</p> <p>12:15 pm BINGO</p> <p>1:00 pm Creative Writing B</p>	<p>26</p> <p>11:30 am CICOA Lunch \$</p> <p>11:45 am DIVVY Lunch</p> <p>1:00 pm Needlework L</p> <p>1:30 pm Book Club: ONLY TIME WILL TELL by Jeffry Archer</p>	<p>27</p> <p>11:30 am Second Helpings Lunch *</p> <p>11:45 pm Lunch & Learn</p> <p>12:30 pm Hand & Foot L</p> <p>12:45 pm Art Class \$</p> <p>1:00 pm Bible Study B</p> <p>4:00 pm SECOND SEASON*</p>	<p>28</p> <p>9:00 am Pinochle L</p> <p>10:00 pm Coffee & Conversation</p> <p>1:00 pm Euchre L</p>	<p>29</p> <p>11:30 am Second Helpings Lunch *</p> <p>12:15 pm Partner Bridge L</p>



SPRING WORD SEARCH



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

- | | | | | | | |
|---------|----------|--------|----------|-----------|-------------|-----------|
| vibrant | umbrella | tulips | sunshine | spring | springbreak | showers |
| seeds | rainbow | rain | rabbit | puddle | picnic | peeps |
| pastels | new | nest | may | march | lily | lilac |
| lamb | ladybug | kite | hunt | holiday | grass | goodies |
| flowers | eggs | easter | duck | daffodil | crawfish | chocolate |
| chick | carrot | candy | buzzing | butterfly | bunny | bubble |
| bonnet | blossom | bloom | birds | bees | basket | april |

WHAT DO YOU DO WHEN THE SUN BLOCKS THE MOON?

UPDATE

PrimeLife Enrichment Center

FOR PLE, THE ANSWER IS TO BRING IN A "STAR"

On Monday afternoon, April 8, 2024, the Moon will pass between the Sun and Earth and completely block the face of the Sun. We will celebrate with our favorite STAR, Louis van Amstel, Dancing with the Stars professional and creator of LaBlast Fitness, who will teach 2 classes: Chair LaBlast (accessible to everyone, no matter your fitness and mobility levels), and LaBlast class (partner-free dance fitness for all). Watch the PLE Facebook page and website for times and ticket information.



GREAT AMERICAN ECLIPSE

The Great American Eclipse is set to be a major event, especially for the communities of Carmel, Fishers,

Noblesville, and Westfield which are in the narrow path of totality. Up to 500,000 visitors are expected in the Indianapolis metro area that day, and many schools and businesses, including PLE, will close that afternoon for eclipse viewing.

SAFELY VIEWING THE ECLIPSE

On April 8, the partial eclipse phase (when the sky begins to darken) starts at 1:50 pm; the totality in Carmel will be at 3:06 p.m., lasting about 3 minutes and 29 seconds; and another partial phase will last until 4:30 pm.

According to NASA, you must use protective glasses during the PARTIAL eclipse phases before and after totality to look at the Sun.

PLE will provide free certified-safe eclipse glasses to members starting the Friday before the eclipse. You can view the eclipse directly WITHOUT eye protection ONLY during the brief and spectacular period known as totality, that is when the Moon completely obscures the Sun's bright face. You'll know it's safe when you can no longer see any part of the Sun through eclipse glasses. As soon as you see even a little bit of the bright Sun reappear after totality, immediately put your eclipse glasses back on to look at the Sun. Use the diagram below as a guide. Source: science.nasa.gov



NUTRITION & RECIPE ROUND UP

PrimeLife Enrichment Center

MARCH IS ALL ABOUT THE GREENS



MEDITERRANEAN BROCCOLI SALAD

INGREDIENTS

FOR THE SALAD:

- 5 Cups Broccoli,, cut into small florets (380g)
- 1/2 Cup Artichoke hearts marinated in olive oil, sliced
- 1/2 Cup Sun-dried tomatoes in olive oil, , roughly chopped (75g) (oil squeezed out)
- 1/2 Cup Pitted Kalamata olives, halved
- 1/3 Cup Red onion,, diced
- 1/4 Cup Roasted salted sunflower seeds

FOR THE DRESSING:

- 2 Cups Plain, non-fat Greek yogurt
- Zest and juice of 1 large lemon
- 4 1/2 tsp Monkfruit, (or granulated sweetener of choice)
- 1 3/4 tsp Dried oregano
- 1 1/2 tsp Fresh garlic,, minced
- 1 1/2 tsp Dried ground basil
- 1 1/2 tsp Dried ground thyme
- 1 tsp Sea salt; Pepper to taste
- 2 Tbsp Oil from the jar of sun-dried tomatoes

DIRECTIONS

In a large bowl, mix together ALL of the salad ingredients.

In a medium bowl, stir together all of the dressing ingredients,

Pour the dressing over the broccoli and stir to coat well. Cover and refrigerate for at least 2 hours, up to overnight, so that broccoli can absorb the dressing and develop the flavor.



CITRUS CREAM TART

INGREDIENTS

- 1 sheet frozen puff pastry, thawed
- 1 egg, beaten
- Raw coarse sugar, for sprinkling (optional)
- 6 ounces mascarpone, or cream cheese
- 1/2 cup plain greek yogurt
- 1 tablespoon Meyer lemon juice + 1-2 teaspoons zest, to your taste
- 1 teaspoon vanilla extract
- 1-2 tablespoons honey, plus more for serving
- 6-8 mixed color oranges, thinly sliced (I used all blood oranges)
- 1/2 cup fresh raspberries
- Fresh thyme, for serving

DIRECTIONS

Preheat the oven to 425 degrees F.

On a lightly floured surface, roll the puff pastry out into a rectangle about 1/4 inch thick. Place the pastry on a parchment lined baking sheet. Using a sharp knife, score a 1 inch border around the edge. Brush the pastry with egg, sprinkle the sugar around the edges. Transfer to the oven and bake for 10-15 minutes or until golden brown. It's OK if the edges get dark. Let cool, before assembling.

Meanwhile, make the whipped yogurt. Using an electric mixer, whip the creme fraiche (or cream cheese), yogurt, and lemon juice together until smooth and soft peaks form. Add the vanilla, honey, and lemon zest. Whip to combined.

Spread the whipped cream over the tart. Arrange the orange slices over the cream, and scatter over the raspberries. Serve with additional honey and thyme, if desired.



CHEESY GARLIC ROASTED ASPARAGUS

INGREDIENTS

- 1 pound (500 g) asparagus spears, woody ends removed
- 3 tablespoons olive oil
- 1 tablespoon minced garlic (or 4 cloves garlic, minced)
- 3/4 teaspoon Kosher salt
- 1/4 teaspoon fresh cracked black pepper
- 1 1/4 cup shredded mozzarella cheese

DIRECTIONS

Preheat oven to 425°F (220°C). Lightly grease a baking sheet with nonstick cooking oil spray. Arrange asparagus on baking sheet. Set aside.

In a small bowl mix together olive oil, garlic, salt and pepper. Drizzle the oil mixture over the asparagus and toss to evenly coat.

Bake for 10-15 minutes until vibrant and just beginning to get tender.

Remove from oven and top with the mozzarella cheese. Return to oven and broil (or grill) until the cheese melts and becomes golden (about 4-5 minutes).

Adjust salt and pepper, if needed. Serve immediately.

WHAT'S IN SEASON IN MARCH

This list varies depending on time of the month and where you live.

Artichokes	Arugula	Asparagus	Avocados	Beets	Broccoli	Brussels Sprouts	Cabbage
Carrots	Cauliflower	Chives	Endive	Grapefruit	Kale	Leeks	Lemons
Limes	Onions	Oranges	Parsnips	Potatoes	Rutabaga	Tangerines	Turnips

PERFECT 10 UPDATE - DECEMBER - 2023

Wow! Look at all these Perfect 10s! **We had 37 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!

Olga Barker
Robert Bonner
Hajar Borhazadeh
Judith Ann Callery
Charles Callery Jr.
Betty Carlson
Susan Dunlap
Holly Gullett
Jim Gullett
Barbara Harrison
Jim Hodgjin
Mark Jones

Janet Knuth
John LaFollette
Katie LaFollette
Hilda Lee
Joel Lisker
Karen Madzellan
David McRee
Betsy North
Jim Pierce
Connell Rutley
Don Schafer
Patricia Shafer

Kent Sharp
Sandra Skadron
Melanie Slieker
Melinda Sommer
Carol Sullivan
Jamie Tadge
Esther Thomas
Judi Tobe
Adair Vaught
Mary Anne Wignall
Rose Wuertemburg

THE WINNERS:

Connell Rutley
Rose Wuertemburg
Judith Ann Callery

Winner of \$100 Gift card
- Mary Anne Wignall



NEW MEMBERS IN FEBRUARY 2024

Sandra C. Smith	2/8/2024
Julie Van Vlack	2/15/2024
Don Mattson	2/21/2024



Lisa Treadwell with Downsizing Indy



Two handsome dudes



Wednesday Afternoon Art Class



Dr. Ahmad with IU Health Cardiovascular Lunch & Learn



Cookie decorating workshop just in time for Valentine's Day with member Dave Sanders of Poppy & Sweet Pea's Cookies.



PrimeLife Enrichment Center

1078 Third Ave. SW
Carmel, IN 46032



NONPROFIT ORG
US POSTAGE
PAID
Permit No 687
Carmel, Indiana

PLE SENIOR NEWS | MARCH 2024

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 benefit 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.]

Name

Address

City, State, Zip

Phone

Email Address

Credit Card Number

Exp. Date

Security Code