



# PrimeLife

## ENRICHMENT CENTER



Louis Van Amstel and his PLE LaBlast Class

### PLE SENIOR NEWS | MAY 2024

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#### MAY LUNCH & LEARNS

- MAY 1:** Senior Solutions - Tim Garrity
- MAY 8:** Assisted Living Locators - Dave Holder
- MAY 15:** Stinson Law
- MAY 22:** Home Instead - Duane Sim
- MAY 29:** IU Health Dementia Care

#### SPECIAL EVENTS IN MAY

- MAY 12:** Mother's Day
- MAY 27:** PLE Closed for Memorial Day




 **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-Greiw  
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, press 1

### 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

*"The only thing faster than the speed of thought is the speed of forgetfulness. Good thing we have other people to help us remember."*

Vera Nazarian, Russian-American Writer

*"As you get older three things happen. The first is your memory goes, and I can't remember the other two."*

Norman Wisdom, English Actor and Comedian

*"If there is a single theme that dominates all my writings, all my obsessions, it is that of memory—because I fear forgetfulness as much as hatred and death."*

Elie Wiesel, Romanian-American Writer and Professor

*"I suffer from short-term memory loss. It runs in my family. At least I think it does... where are they?"*

The forgetful fish Dory from Disney's Finding Nemo

*"None of us wants to be reminded that dementia is random, relentless, and frighteningly common."*

Laurie Graham, Journalist and Author

## **Greetings to all members of the PrimeLife family,**

My monthly message in this newsletter has often begun with one and sometimes two quotes that I considered to be relevant to the main topic of my message. So why begin this month's message with five quotes, all of which might be considered rather pessimistic? (Although I find at least two or three of them to be somewhat humorous.) Simply put, I chose to include all five of the quotes because each of them resonated with me and I suspect that many of you can also relate to them given that they focus on dementia, which it seems is something that many of us worry about, if not fear, as we age. In fact, several studies over the past 10-15 years have found that half or more of the senior population worries about dementia and cognitive decline even more than any other disease. There is actually a term for such consternation. Neurologists and researchers refer to it as DW, or Dementia Worry.

With all we hear these days on electronic and social media, you might think that developing dementia is inevitable. To be completely honest, the older we get, the more likely we are to experience some cognitive decline, usually in the form of memory loss. However, such loss does not always lead to dementia. Many

research studies continue to explore the complexities and causes of cognitive decline. From what I've read, as few as 25-30% of seniors will suffer from serious dementia such as Alzheimer's disease. Perhaps such statistics can decrease the severity of DW you or I might experience.

Of course, it would be nice if we knew for certain what causes dementia and how we can prevent or delay its adverse impact on our lives and those of our family members. Unfortunately, there are still many more questions about dementia than answers. That being said, we shouldn't bury our heads in the sand when it comes to dementia, especially since there is significant evidence that life choices can either decrease or increase our risk of developing dementia. As you ponder the list of life choices presented here, keep in mind that no single step or choice is guaranteed to prevent dementia. However, many experts agree that as many as 40% of all dementia cases could be prevented by reducing the risk factors associated with this insidious disease. With that in mind, here are some recommended life choices. I admit that some are easier said than done, but the possibility of extending our healthy life span make the effort worthwhile.

### **Tips to Reduce Your Risk of Dementia**

#### **Stay Physically Active.**

Regular physical activity is one of the best ways to reduce your risk of dementia. It's good for your heart, circulation, weight and mental wellbeing. If you don't already do so, we encourage you to participate in one or more of the land and aquatic fitness classes at PrimeLife. While you're at it, take advantage of our indoor walking track.

#### **Stay Mentally Active.**

There are many reasons to stay mentally active. Studies show that the more we engage our brains in mental activity, the greater chance we have of reducing the risk of dementia. Some activities that you might consider include doing crossword and other puzzles, reading books, taking a writing class or joining a card club, just to name a few.

#### **Stay Socially Connected.**

At least one in five people experiences depression which can greatly increase the risk of developing dementia. Social isolation is often identified as either a cause or effect of depression. Whichever the case, staying socially connected by participating in social activities can help build up your brain's ability to relieve stress

and improve your mood. At PrimeLife, you have a variety of activities such as Coffee and Conversation, daily lunches, bridge and euchre clubs, travel opportunities, etc. to help you stay socially connected and reduce the risk of developing dementia.

#### **Protect your hearing.**

It is well documented that loss of hearing is related to an increased risk of developing dementia and may be an early symptom. Thankfully, several studies have found that older adults who use hearing aids or cochlear implants reduced their risk of cognitive decline compared to individuals whose hearing remained uncorrected. The sooner you begin managing any hearing loss, the better.

#### **Don't Smoke and Drink Less Alcohol.**

We all know that smoking and alcohol abuse can lead to serious diseases including cancer, heart disease, liver disease, just to name a few. They can also exacerbate your chances of developing dementia. Smoking is especially harmful to the blood vessels in the brain, as well as the heart and lungs. So if you smoke, stop. It's never too late to quit. The earlier you do so the more brain damage you will avoid. As far as alcohol is concerned, if you drink, do so within recommended limits. Excessive use of alcohol subjects your brain to high levels of harmful chemicals and increases your risk of developing dementia.

#### **Manage Long-term Health Conditions.**

Finally, a majority of seniors have at least one health condition, such as high blood pressure, high cholesterol, diabetes, heart disease, etc., that require medication. To avoid increasing the risk of dementia, medical experts advise us to stay on our meds and get regular health checks.

Wishing all of you a long, healthy life,

- Gary

*P.S. I almost forgot, May is also Older Americans Month*

## 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 PROVIDE UP TO A \$20 CREDIT FOR MEMBERSHIPS:

- 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





## PREVENT JOINT PAIN WITH THESE EXPERT TIPS

### ACHY JOINTS?

Have achy joints? Though some discomfort is natural due to age, in many cases, it may also be a case of move it or lose it when it comes to joint mobility. "Keeping your joints moving on a consistent basis enhances cartilage health and nutrition to minimize degenerative changes," says Lucian C. Warth, MD, an orthopedic surgeon at Indiana University Health. "Stretching is important to maintain motion and ensure that the joint is functioning optimally; this will minimize stress transferred to the cartilage, and minimize the progression of arthritis."

As a joint gets arthritic and loses motion, muscles actually have to work harder to do activities associated with daily living so it's important to keep the surrounding tissues strong as well.

If you want to live your life to the fullest, giving your "bone connectors" a little attention is a smart idea, and what better time to do so than right now since May is National Joint Mobility Awareness month?

### WHY IS JOINT MOBILITY IMPORTANT TO MAINTAIN?

"Joint mobility is very important to maintain throughout all stages in life simply because it can unlock better overall human movement, keeping the rest of your body's organ systems healthy," says Mark Russ PT, DPT, a physical therapist with Indiana University Health. "As each joint moves, it provides healthy mobility of synovial fluid (the material between our skeletal joints) to wash over the entire joint, supplying needed lubrication and nutrition that the joint requires."

How is joint mobility affected as a person ages?

As a person gets older, joint mobility may be affected by decreased synovial fluid lubrication and decreased joint space from issues such as osteoarthritis. This, in turn, can cause joint pain that will further create joint stiffness. "In a sense, the joints forget how to move, but this can be restored by completing individualized exercises to restore mobility," says Dr. Russ. "Mobility exercises move each joint through its available range-of-motion, which helps prevent mobility loss, injuries, and helps enhance quality of life."

### ARE THERE SPECIFIC JOINTS THAT SHOULD BE FOCUSED ON?

"All joints in the human body provide a specific function therefore each joint shows an individualized importance," says Dr. Russ. For overall gross mobility (such as walking and reaching to grab/pick up objects), pay attention to your spinal joints, shoulder, hip, knee, ankle, and elbow joints. For more fine motor mobility tasks (such as writing, typing, buttoning a shirt) your wrists and hand joints, in addition to your neuromuscular coordination system, are important for optimal functioning.

### HOW BEST CAN A PERSON MAINTAIN JOINT MOBILITY?

"Making exercise and stretches a part of your daily routine reduces chances of injury, improves sensory-motor perception, and provides better head-to-toe mobility for a more enjoyable life," says Dr. Russ. Additionally, daily stretching for all joints of the body is very important

for protecting joint mobility.

"Stretches help maintain range-of-motion of your joints, which boosts circulation of synovial fluid, keeps the joints lubricated, and functioning at their best," says Dr. Russ. With that in mind, here are some simple stretches and exercises Dr. Russ recommends:

**Neck Clocks.** Drop your chin towards your chest then slowly rotate your head clockwise in a circular motion. After one circle, reverse counterclockwise. Repeat 15 times per day.

**Shoulder Wall Slides.** Face a wall and slide your hands up the wall until a stretch is felt. Hold for five seconds. Repeat 10 times per day.

**Spinal Lumbar Rotations.** Lie down on your back. Bend your knees (keeping knees and ankles together) with feet planted on the floor and knees pointing to the ceiling. Keeping your head and upper back on the floor, drop your knees to right side, hold 10 seconds. Then rotate to left side, hold 10 seconds. Repeat 15 times per day.

**Hip Single Knee to Chest.** Lie down on your back. Use your hands to bring one knee towards your chest. Hold 15 seconds. Then switch legs. Repeat five times per day.

**Knee Hamstring Stretch.** Start standing. Place one heel onto a stair or low chair, keeping knee straight. With hands on waist and keeping your back straight, hinge forward from your hips until a stretch is felt at the back of your knee. Hold 15 seconds. Then switch legs. Repeat five times per day.

Source: Thrive by IU Health: [iuhealth.org/thrive/achy-joints-prevent-pain-with-these-expert-tips](http://iuhealth.org/thrive/achy-joints-prevent-pain-with-these-expert-tips)

# THE MAGIC OF PEONIES

Maybe it is their ability, once planted, to bloom each May for up to 100 years that has made Peonies a symbol of long life and long marriages?

Part of their mystique surely is that once they bloom, their season is all too brief. Generally, individual Peony blooms last a brief seven to 10 days before becoming just a beautiful and aromatic memory.

Deer tend to avoid Peonies. This can be attributed to the plant's fragrant nature, which isn't very appetizing to the palate of grazing deer. Conversely, ants are drawn to the flower's sweet scent and love to eat the sticky coating on the outside of the tight Peony bud as it grows. Once gone, these little packages burst into full, layered blossoms that come in a whopping 33 varieties.

In spite of being known for their fleeting season, Peonies make gorgeous cut flowers. Romantic and opulent, peonies look beautiful in a vase, and they last well once cut.



Before bringing them inside, dip the blooms in water to get rid of any ants that might be hanging on.

In Indiana, Peonies can bloom as early as late April, but more traditionally show their glorious and

sometimes plate-sized faces in the last two weeks of May.

I have always loved the look, scent and memories that are a part of this special flower. For me, you couldn't beat the giant wall of multi-colored Peonies that grew in my Grandma Minerva's side yard.

I always wondered why we could only see them ("Look, but don't touch") around Memorial Day weekend, but my Mom had an easy explanation for that. You see, my birthday is May 31st and from an early age, she had me convinced that our State Flower came out once a year

especially for my birthday.

Well, who wouldn't love a flower that blooms in celebration of your birth? I never questioned this. My favorite? Oh, I don't have a favorite Peony - I love them all equally.

- Lori Raffel

## 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/ Patsy	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/ Ila	ARTHRITIS FOUNDATION AQUATICS w/ Jeanne	ARTHRITIS FOUNDATION AQUATICS w/ Ila	ARTHRITIS FOUNDATION AQUATICS w/ Jeanne
12:30 pm	GETTING YOUR FEET WET w/ Patsy	ARTHRITIS FOUNDATION AQUATICS w/ Ila	GETTING YOUR FEET WET w/ Lisa	AQUATIC YOGA w/ Ila	GETTING YOUR FEET WET w/ Patsy
1:30 pm	THROUGH THE AGES AQUATICS w/ Sam		AQUATIC YOGA w/ Lisa	OPEN POOL w/ Ila	OPEN POOL w/ Patsy

## 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	<b>SATURDAY</b>
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		<b>SUNDAY</b>
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
<p><b>MAY LUNCH &amp; LEARNS</b></p> <p><b>MAY 1:</b> Senior Solutions - Tim Garrity  <b>MAY 8</b> Asst. Living Locators - Dave Holder  <b>MAY 15:</b> Stinson Law  <b>MAY 22:</b> Home Instead - Duane Sim  <b>MAY 29:</b> IU Health Dementia Care</p> <p><b>Happy Mother's Day on Sunday, May 12th</b></p> <p><b>NO Walking Club this Month</b></p>	<p><b>KEY:</b>            * - Open to Public            \$ - Additional Fee            Z - Also on Zoom            L - Library            B - Board Room</p>	<p><b>1</b></p> <p>11:30 am Second Helpings Lunch *</p> <p>11:45 am Lunch &amp; Learn*</p> <p>12:30 pm Hand &amp; Foot L</p> <p>12:30 pm Art Class \$</p> <p>1:00 pm Bible Study B</p> <p><b>No Second Seasons Today</b></p>	<p><b>2</b></p> <p>9:00 am Pinochle L</p> <p>10:00 am <b>BINGO</b> <small>Prize</small>*</p> <p>10:00 am Coffee &amp; Conversation</p> <p>11:30 am CICOA Lunch \$</p> <p>1:00 pm Card-making \$</p> <p>1:00 pm Euchre L</p> <p>1:30 pm Purdue Extension Nutrition</p>	<p><b>3</b></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><b>6</b></p> <p>11:30 am CICOA Lunch \$</p> <p>12:00 pm Practice Bridge L <i>Not for beginners</i></p> <p>12:15 pm <b>BINGO</b></p> <p>1:00 pm Creative Writing B</p> <p><b>Produce for Better Health Delivery: 12-3 pm</b></p>	<p><b>7</b></p> <p>10:00 am <b>BINGO</b> <small>Prize</small>*</p> <p>10:30 am Cell Phone Group L</p> <p>11:30 am CICOA Lunch \$</p> <p>1:00 pm Needlework L</p>	<p><b>8</b></p> <p>10:00 am CAREGIVER SUPPORT Group Sponsored by Alzheimer's Association</p> <p>11:30 am Second Helpings Lunch *</p> <p>11:45 am Lunch &amp; Learn*</p> <p>12:30 pm Hand &amp; Foot L</p> <p>12:30 pm Art Class \$</p> <p>1:00 pm Bible Study B</p> <p>5:30 pm Second Seasons</p>	<p><b>9</b></p> <p>9:00 am Pinochle L</p> <p>10:00 am <b>BINGO</b> <small>Prize</small>*</p> <p>10:00 pm Coffee &amp; Conversation</p> <p>11:30 am CICOA Lunch \$</p> <p>1:00 pm Euchre L</p> <p>1:30 pm Purdue Extension Nutrition</p>	<p><b>10</b></p> <p>11:30 am Second Helpings Lunch *</p> <p>12:00 pm Memory Café: <b>BLACKBERRY WINTER - My Mother's Journey into Dementia</b></p> <p>12:15 pm Partner Bridge L</p>
<p><b>13</b></p> <p>11:30 am CICOA Lunch \$</p> <p>12:00 pm Practice Bridge L <i>Not for beginners</i></p> <p>12:15 pm <b>BINGO</b></p> <p>1:00 pm Creative Writing B</p>	<p><b>14</b></p> <p>10:00 am <b>BINGO</b> <small>Prize</small>*</p> <p>10:30 am Cell Phone Group L</p> <p>11:30 am CICOA Lunch \$</p> <p>11:45 am DIVVY Lunch</p> <p>1:00 pm Needlework L</p>	<p><b>15</b></p> <p>11:30 am Second Helpings Lunch *</p> <p>11:45 am Lunch &amp; Learn*</p> <p>12:30 pm Hand &amp; Foot L</p> <p>12:30 pm Art Class \$</p> <p>1:00 pm Bible Study B</p> <p>5:30 pm Second Seasons</p>	<p><b>16</b></p> <p>9:00 am Pinochle L</p> <p>10:00 am <b>BINGO</b> <small>Prize</small>*</p> <p>10:00 pm Coffee &amp; Conversation</p> <p>11:30 am CICOA Lunch \$</p> <p>1:00 pm Euchre L</p> <p>1:00 pm Card Making \$</p> <p>NO Nutrition Class</p>	<p><b>17</b></p> <p>11:30 am Second Helpings Lunch *</p> <p>12:00 pm Memory Café: Therapeutic Activity sponsored by The Barrington*</p> <p>12:15 pm Partner Bridge L</p>
<p><b>20</b></p> <p>10:00 am Theatre Club</p> <p>11:30 am CICOA Lunch \$</p> <p>12:00 pm Practice Bridge L <i>Not for beginners</i></p> <p>12:15 pm <b>BINGO</b></p> <p>1:00 pm Creative Writing B</p> <p><b>Produce for Better Health Delivery: 12-3 pm</b></p>	<p><b>21</b></p> <p>10:00 am <b>BINGO</b> <small>Prize</small>*</p> <p>10:30 am Cell Phone Group L</p> <p>11:30 am CICOA Lunch \$</p> <p>1:00 pm Needlework L</p> <p>1:30 pm <b>BOOK CLUB</b> LADY CLEMENTINE by Marie Benedict</p>	<p><b>22</b></p> <p>11:30 am Second Helpings Lunch *</p> <p>11:45 am Lunch &amp; Learn*</p> <p>12:30 pm Hand &amp; Foot L</p> <p>12:30 pm Art Class \$</p> <p>1:00 pm Bible Study B</p> <p>5:30 pm Second Seasons</p>	<p><b>23</b></p> <p>9:00 am Pinochle L</p> <p>10:00 am <b>BINGO</b> <small>Prize</small>*</p> <p>10:00 pm Coffee &amp; Conversation</p> <p>1:00 pm Euchre L</p> <p>1:30 pm Purdue Extension Nutrition</p> <p>2:00 pm Living with Loss</p>	<p><b>24</b></p> <p>11:30 am Second Helpings Lunch *</p> <p>12:00 pm Memory Café: <b>GOLDEN GIRLS</b> Season 2 Episode 12</p> <p>12:15 pm Partner Bridge L</p>
<p><b>27</b></p> <p><b>PLE CLOSED FOR THE DAY</b></p> <p><b>MEMORIAL DAY</b></p>	<p><b>28</b></p> <p>10:00 am <b>BINGO</b> <small>Prize</small>*</p> <p>10:30 am Cell Phone Group L</p> <p>11:30 am CICOA Lunch \$</p> <p>11:45 am DIVVY Lunch</p> <p>1:00 pm Needlework L</p>	<p><b>29</b></p> <p>11:30 am Second Helpings Lunch *</p> <p>11:45 am Lunch &amp; Learn*</p> <p>12:30 pm Hand &amp; Foot L</p> <p>12:30 pm Art Class \$</p> <p>1:00 pm Bible Study B</p> <p>5:30 pm Second Seasons</p>	<p><b>30</b></p> <p>9:00 am Pinochle L</p> <p>10:00 am <b>BINGO</b> <small>Prize</small>*</p> <p>10:00 pm Coffee &amp; Conversation</p> <p>1:00 pm Euchre L</p> <p>1:30 pm Purdue Extension Nutrition</p>	<p><b>31</b></p> <p>11:30 am Second Helpings Lunch *</p> <p>12:00 pm Memory Café: <b>COLORING FOR GROWN UPS</b></p> <p>12:15 pm Partner Bridge L</p>



### MAY WORD SEARCH

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

AMERICAN  
COMMEMORATE  
FLAGS  
GRAVE  
HONOR  
OBSERVANCE  
SACRIFICE  
SOLDIERS

ANTHEM  
DECORATION  
FLOWERS  
HEROES  
MAY  
PATRIOTIC  
SALUTE  
VETERANS

CEMETERY  
FALLEN  
FREEDOM  
HOLIDAY  
MEMORIAL  
REMEMBRANCE  
SERVICE  
WAR

## DO YOU ENJOY SINGING?

Do you love being with other music mavens and creating beautiful music together?

Would you like to vocalize and socialize at PLE?

If so, the singing club may just be the group for you!

George Billeisen (Leader) and Bernice Betts are spearheading this fun uplifting club and all are welcome! They will meet in the Annex and sing, plan events, and enjoy music! Dates and times will depend on interest. There is no mandatory participation but rest assured there will be fun performance opportunities!

## SINGING IS GOOD FOR YOU!

There's an increasing amount of evidence that singing

releases endorphins, serotonin and dopamine – the 'happy' chemicals that boost your mood and make you feel good about yourself.

We often take our lungs for granted, but most of us rarely use them to their full capacity. The way singing requires you to breathe makes you do just that.

As well as benefitting our lungs, breathing properly and with more awareness is good for releasing anxiety and helping us transition to a state of rest and relaxation.

Singing is a fantastic communal activity. Singing with other people can help build connections and feelings of togetherness.



Singing is the perfect way to let go and express how you feel.

Everybody has a voice and everybody can sing. It's a brilliant way of just giving yourself some time. Simply tune out the rest of the world and enjoy the physical sensation of breathing in and creating a note with your body.

*If you are interested in singing, please let Julie know.*



# NUTRITION & RECIPE ROUND UP

PrimeLife Enrichment Center

## RECIPES FOR A THE MERRY MONTH OF MAY



### BOURSIN BAKED ZITI

#### INGREDIENTS

- 1 lb. ziti
- 4 (5.2-oz.) blocks herbed Boursin cheese
- 1 (15-oz.) container ricotta
- 3/4 c. heavy cream
- 1/2 c. finely grated Parmesan
- 1/2 c. packed fresh basil leaves, finely chopped, plus more for serving
- 1/2 c. packed fresh parsley leaves, finely chopped
- 1/4 tsp. crushed red pepper flakes
- 2 c. (8 oz.) shredded mozzarella, divided

#### DIRECTIONS

Place a rack in upper third of oven; preheat to 375°. Grease bottom and sides of a 13"-by-9" baking dish with cooking spray.

In a large pot of boiling salted water, cook pasta until al dente, 2 to 3 minutes less than package directions. Drain and return pasta to pot.

Meanwhile, in a large bowl, stir Boursin, ricotta, cream, Parmesan, basil, parsley, red pepper, and 1 cup mozzarella to combine; season with salt, if needed.

Stir half of ricotta mixture into pasta in pot until combined. Using a spoon, dollop remaining ricotta mixture into pot. Stir once or twice just to evenly distribute the dollops (don't fully break them up). Transfer pasta to prepared dish. Sprinkle with remaining 1 cup mozzarella.

Cover dish with foil and bake until cheese is bubbling, about 25 minutes. Remove foil and turn on broiler. Broil, watching closely, until golden brown, 2 to 4 minutes more. Top with more finely chopped basil and serve.



### BRUSCHETTA CHICKEN

#### INGREDIENTS

- 4 tbsp. extra-virgin olive oil
- Juice of 1 lemon, divided
- Kosher salt
- Freshly ground black pepper
- 1 tsp. Italian seasoning or dried oregano
- 4 boneless skinless antibiotic free chicken breasts, pounded to even thickness
- 3 slicing tomatoes, chopped
- 2 cloves garlic, minced
- 1 tbsp. freshly chopped basil
- 4 slices mozzarella
- Freshly grated Parmesan, for serving

#### DIRECTIONS

In a small bowl, combine oil, half the lemon juice, 1 teaspoon salt, 1/4 teaspoon pepper, and Italian seasoning (or oregano) and whisk to combine. Transfer to a large re-sealable bag along with chicken; seal and refrigerate for 30 minutes.

Heat grill over medium-high then add chicken, discarding excess marinade. Grill until charred and cooked to an internal temperature of 155°-160°, about 5 to 7 minutes per side.

Meanwhile, combine tomatoes, garlic, basil, and remaining lemon juice, and season with salt and pepper. While chicken is still on grill, top each breast with 1 slice mozzarella and cover until cheese is melted, 2 to 3 minutes. Top chicken with tomato mixture.

Garnish with Parmesan and serve.



### VEGGIE FRITTATA

#### INGREDIENTS

- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1 small onion, chopped
- 1/2 red bell pepper, chopped
- 1/2 green bell pepper, chopped
- 1/2 zucchini, shredded
- 1/2 cup broccoli florets
- 1/4 cup sun dried tomatoes, chopped
- 6 eggs
- 2 Tbsp almond milk
- 1/4 cup Parmesan cheese
- 1 tsp. dried oregano
- 1/2 tsp. pepper

#### DIRECTIONS

Preheat oven to 375 degrees.

In a large skillet on medium heat, drizzle olive oil and saute onion and garlic for about 4 minutes until tender and fragrant. Add in bell peppers, zucchini, broccoli and sun dried tomatoes, cooking an additional 2 minutes. Set aside.

In a large bowl, whisk together eggs, milk, Parmesan cheese, oregano, red pepper flakes, salt and pepper. Continue whisking until nice and foamy.

Pour egg mixture over top of the veggies in the skillet until evenly coated and cook on medium heat until bottom is set, about 5 to 6 minutes.

Transfer skillet to oven and continue to cook until edges are slightly brown, about 10 to 15 minutes. You'll know it's done when a knife inserted comes out clean, enjoy!



## PLE BOOK CLUB UP-COMING READS

Theodore Roosevelt said "I am part of everything that I have read." Reading gives us some place to go when we have to stay where we are and it connects us in ways we could never imagine. PLE Book Club - everyone welcome. Check the calendar for dates. Here's a look ahead:

### MAY

#### **Lady Clementine** by Marie Benedict

In 1909, Clementine Churchill steps off a train with her new husband, Winston. An angry woman emerges from the crowd to attack, shoving him in the direction of an oncoming train. Just before he stumbles, Clementine grabs him by his suit jacket. This will not be the last time Clementine Churchill saves her husband.



### JUNE

#### **Hiding in Plain Sight** (Lady Bird Johnson biography)

by Julia Sweig

Perhaps the most underestimated First Lady of the twentieth century, Lady Bird Johnson was also one of the most accomplished and often her husband's secret weapon. Managing the White House in years of national upheaval, through the civil rights movement and the escalation of the Vietnam War, Lady Bird projected a sense of calm.

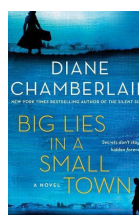


### JULY

#### **Big Lies in a Small Town**

by Diane Chamberlain

North Carolina, 2018: Morgan Christopher's life has been derailed. Taking the fall for a crime she did not commit, she finds herself serving



a three-year stint in a Women's Correctional Center. Her dream of a career in art is put on hold until her assignment to restore an old post office mural in a sleepy southern town. What she finds under the layers of grime is a painting that tells the story of madness, violence, and a conspiracy of small town secrets.

### AUGUST

#### **Those Who Save Us** by Jenna Blum

For fifty years, Anna Schlemmer has refused to talk about her life in Germany during World War II. Her daughter, was only three when she and her mother were liberated by an American soldier and went to live with him in Minnesota. Trudy's sole evidence of the past is an old photograph: a family portrait showing Anna, Trudy, and a Nazi officer, the Obersturmführer of Buchenwald.





NEW MEMBERS IN MARCH and APRIL 2024

MARCH

3/27/2024 Heather Brownell  
3/28/2024 Bill Soots

3/28/2024 Josie Soots

APRIL

4/9/2024 Janice Nichols  
4/15/2024 Jim Albrecht  
4/15/2024 Janice "Jan" Mathews

4/15/2024 Jennifer McCotter  
4/16/2024 Virginia Mann  
4/22/2024 Ron Bullock  
4/24/2024 Marylou Temple

Thanks, Louis - You make us feel like dancin'!





**PrimeLife Enrichment Center**

1078 Third Ave. SW  
Carmel, IN 46032



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Carmel, Indiana

# PLE SENIOR NEWS | MAY 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 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

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City, State, Zip

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