



PrimeLife

ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



PLE SENIOR NEWS | OCTOBER 2024

Carmel Parks and Recreation Volunteers

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UPCOMING EVENTS AND ANNOUNCEMENTS

OCTOBER LUNCH & LEARNS

October 2: SHIP Bruce Muller

October 9: Nutrition - Brenda Moster - Purdue Ext.

October 16: Hamilton County Humane Society

October 23: Fall Fashion - AH Collection

October 30: Good Samaritan Network - Nancy Chance

OCTOBER EVENTS TO REMEMBER

October 3: IU Health Flu Vaccination Clinic - 9 am to Noon

October 31: Halloween



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



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
Wellbrooke of Carmel
The Next Step Network
Adventure Archives

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-Greiwé
Sarah Schlifke



CENTER INFORMATION

PrimeLife Enrichment Center

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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

CALL:

317-815-7000, press 1
317-343-6749 (Messages returned
within 48 business hours.)

TRANSPORTATION

AVAILABLE - currently there is a wait-
ing list for transportation

MONDAY - FRIDAY

8:00 AM - 3:30 PM

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

Happy October everyone! Isn't it great that Fall is finally here, especially after the excruciating hot weather we had mid to late last month? I don't know about you, but it seemed to me that we'd never see the end of 90 degree temperatures along with the kind of humidity you'd expect during the dog days of summer. Thank goodness those days are behind us (fingers crossed) as we move into October with all its Fall glory and cooler temperatures. I considered writing about how great October is, but I doubt that I could say anything new about the month that hasn't been said many times over (perhaps by me as well as innumerable others.) So, instead, I'm going to share some of my thoughts about Halloween, the spookiest of all holidays -- a holiday that, for me, conjures up many memories, traditions, and feelings. I hope at least some of my musings will resonate with you.

Childhood Memories

Let's begin by talking about pumpkins, a prerequisite for any Halloween celebration. As a youngster, I remember my dad would bring home a pumpkin a week or so before Halloween. We'd gather around the kitchen table, armed with carving tools and spoons. My siblings and I would sit and watch him slice off the top of the pumpkin, after which he would invite us to reach inside the pumpkin to pull out its seeds and stringy guts. The initial task of gutting the pumpkin was always a messy adventure—scooping out the seeds and pulp while laughing at the squishy texture. My two younger sisters thought this was kind of yucky, but my twin brother and I would compete with each other to see who could pull out the biggest handful of sticky seeds and slimy pumpkin flesh. It was all very messy and slightly gross, but by the time we finished, the pumpkin was ready for my dad to transform it into a jack-o-lantern. (My dad was actually pretty good at carving pumpkins and turkeys.) Once the transformation was complete, we would place a votive candle in the base of the pumpkin. The moment the candle was lit inside and the pumpkin glowed to life was magical. As I recall, every evening leading up to Halloween, we would re-light the candle and place our wonderful and somewhat scary creation on our front stoop. By the time Halloween rolled around, it had begun to wither and shortly thereafter ended up in our garbage can. I confess that I never became quite the expert pumpkin carver like my dad. But every October, my kids continued the tradition of digging the guts out of a pumpkin. And my wife turned out to be

quite skilled at creating masterpiece jack-o-lanterns.

Of course, no reflection about Halloween would be complete without reminiscing about trick-or-treating. Trick-or-treating in the late 1950s and early 1960s holds a special kind of nostalgia. I remember the thrill of getting ready as Halloween approached, eagerly discussing costumes with friends. We didn't have the store-bought outfits like today; we often crafted our own from old clothes or simple materials. A sheet became a ghost, and a cardboard box could transform into a robot or a TV set. The creativity was boundless!

On Halloween night, we'd gather in groups, our pillowcases in hand, ready for adventure. The air was crisp, and the streets glowed under the light of the full moon. In our middle-class neighborhood, it seemed like everyone knew each other. We'd wander from house to house, the sounds of laughter and excitement filling the air. Each doorbell rang brought a rush of anticipation—what kind of treats would await us? The best houses were the ones that offered full-size candy bars or homemade popcorn balls. I remember the unspoken rules: we never went out too late, and we always said “thank you” after receiving our treats. Parents would keep a close eye on us, but there was also a sense of freedom. We roamed our neighborhoods, unafraid and full of joy. When we returned home, it was like opening treasure chests. Afterward, we'd gather in the living room to dump out our loot, sorting and trading candy while reminiscing about our favorite houses. And more often than not, we would eat too much of our plunder that evening, despite the parental warning that we would get a stomach ache.

Parental Reflections

For the most part, taking my children trick or treating through our Indianapolis neighborhood in the 1980s was much like my childhood experience with Halloween. There were notable differences, however. Homemade costumes were far less common than store-bought ones. Pillow cases to hold the evening's haul were replaced by orange plastic buckets that looked like pumpkins. I never quite understood why so many trick-or-treaters traded in their pillow cases for those buckets though, since pillow cases could hold so much more candy. Speaking of candy, by the time my kids went trick or treating, the full-size candy bars practically disappeared replaced by fun-size (i.e. much smaller) bars, small packages of skittles, tiny boxes of milk duds, just to name a few. It also seemed



GARY WAGNER

Executive Director

that more houses handed out treats other than candy. Examples that I recall included apples and bananas, fruit cups, packets of raisins, small toys, and even an occasional toothbrush. While such healthy treats were given with the best of intentions, they didn't quite have the same appeal to my kids as a candy bar. A final difference of note was that more parents (including me) accompanied their young trick or treaters as they went from house to house. Part of this change no doubt had to do with safety concerns that weren't on most parents' radar back when we were kids. I must admit, though, that this was a good difference because I remember several neighbors who would give those of us who had trick or treating duty a special adult treat or beverage.

One other thing I remember about taking my kids trick or treating versus when I was a young trick or treaters myself is the weather. I honestly don't recall paying much attention to the weather on Halloween night when I was a youngster. My weather awareness became much keener as a parent. I remember some years when the sun would shine brightly, making it feel more like a late summer day. Our kids would run around in their costumes, sweat beading on their foreheads, sometimes complaining about how hot they were and asking when they could remove their hot masks. Then there were those rainy Halloweens. I can vividly remember two or three years when we had to navigate puddles while trying to keep the kids' costumes dry. We made it work, though, laughing at our own sogginess and making the most of the night. Umbrellas became part of the costume, and the rain added an eerie ambiance, with streetlights reflecting off the wet pavement. Finally, there were those years when the weather took a turn for the chilly. I recall bundling up my kids in their costumes, trying to keep them warm under layers of jackets. It was a bit of a challenge to make sure their outfits still looked good while staying cozy! I also remember at least one Halloween that felt and looked more like Christmas Eve as the crunching of leaves underfoot was replaced by footsteps trudging through snow as it fell. But regardless of the weather, there was always a sense of excitement. *(continued on Page 6)*

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 | • Weight Room |
| • Aerobic Equipment | • Library and Game Room |
| • Social Events | • Groups/Clubs |
| • BINGO | • Classes/Services |

ENHANCED MEMBERSHIP: \$40 PER MONTH

INCLUDES ALL ABOVE, PLUS:

All land and Aquatic Fitness Classes, Revel Fitness

NAVIGATING VACCINES AS AN ADULT

they are an essential pillar of health maintenance, particularly as we age. For individuals aged 55 and older, staying up to date with vaccinations can significantly fortify overall well-being.

ADDRESSING COMMON CONCERNS

It's understandable that many people are nervous to introduce vaccines into their bodies. Two common concerns are safety and vaccine efficacy, or how effective it will be. Most vaccine side effects are quite mild and could include things such as arm pain or a fever. Severe or persisting side effects are rare. According to the Centers for Disease Control and Prevention (CDC), the Food and Drug Administration (FDA) constantly monitors vaccine side effects. No vaccine can fully protect you from a disease all the time. This is especially true for vaccines focusing on viruses that change often, such as influenza and COVID-19. Even if you do experience infection, the vaccine should lower the severity of the sickness.

KNOW WHICH VACCINES ARE RECOMMENDED

There are several vaccines recommended for adults. They include:

- **Influenza (Flu) Vaccine**

Annual flu shots are highly recommended for adults. People over 65 years of age should receive a higher dose flu vaccine.

- **COVID-19 Vaccine**

For individuals aged 55 and above, getting vaccinated against COVID-19 remains a critical step in safeguarding against severe illness, hospitalization and complications associated with the virus.

- **Tetanus, Diphtheria, Pertussis (Tdap) Vaccine**

A one-time Tdap vaccine booster is suggested for adults who haven't received it previously, followed by a tetanus-diphtheria (Td) or Tdap booster every ten years. This vaccine guards against tetanus, diphtheria and whooping cough.

- **Measles, Mumps and Rubella Vaccines**



All Adults born after 1957 without a previous vaccine or laboratory evidence of immunity or disease should be vaccinated with MMR. This is a live vaccine and should not be given if a person is immunocompromised.

- **Varicella (Chickenpox) Vaccine**

Adults with no evidence of immunity to varicella should get this vaccine.

- **Shingles Vaccine**

Shingles, caused by the varicella-zoster virus, can cause a painful rash and long-term nerve pain, especially in older adults. The shingles vaccine, available as Shingrix, is recommended for individuals aged 50 and older.

- **Pneumococcal Vaccine**

Pneumococcal disease can lead to pneumonia, meningitis, and bloodstream infections, posing heightened risks for older individuals. The CDC recommends two pneumococcal vaccines for those over 65.

- **Respiratory Syncytial Virus (RSV) Vaccines**

Adults 60 years and older are recommended to receive a single dose of RSV vaccine if their healthcare provider thinks it would be beneficial.

- **Hepatitis Vaccines**

Multiple two, three and four dose vaccine series are available for hepatitis A and B. Adults under 60 are recommended to get one of the series of hepatitis B vaccines. Adults older than 60 with certain risk factors should receive a hepatitis B vaccine. All other adults 60 and older may receive

the series. Hepatitis A vaccines are not routinely recommended for most adults.

It is important to consider your individual health status, allergies and potential interactions with existing medications. Ask your primary care provider or pharmacist which vaccinations make the most sense for your specific health needs. To find a provider near you, visit iuhealth.org/primarycare.

Source: Westfield Towne Post, https://issuu.com/tombritt/docs/westfield_224-issuu; Page 13

From Our Director Message continued from Page 4

Final Thoughts

Whether it was balmy, rainy, or snowy, trick or treating brought neighbors together for many generations. Like most other things, Halloween traditions seem to have evolved over the past several years. For example, we now have "trunk or treating" in many communities. Various fire stations, retail centers, even hospitals, invite families to bring their young trick or treaters to their locations for a safe trick or treating experience. Some neighborhoods that were once teeming with trick or treaters are now lucky to have more than a handful of costumed youngsters. Nevertheless, I am going to continue to buy several bags of chocolate candy bars (fun size of course) and wait to hear young voices yell "trick or treat" as I open my door on Halloween evening.

Happy Halloween

TIME FOR YOUR YEARLY MEDICARE REVIEW

HOW CAN I GET HELP COMPARING PLANS?

■ Call 1-800-452-4800 to reach your State Health Insurance Assistance Program (SHIP) to get free, personalized, and unbiased health insurance counseling.

■ Contact the SHIP volunteers right here at PrimeLife Enrichment:

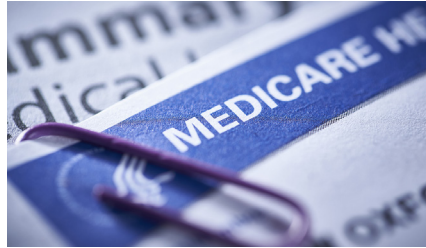
- ◆ Call 317-815-7000
- ◆ Select Menu Option 7
- ◆ Leave brief message with the following information:
- ◆ First and Last Name
- ◆ Phone Number

It helps when you also leave a brief description of why you are needing help. (Examples: Your plan has changed; Your plan has been discontinued; You are new to Medicare and need help getting started; or You need a comparison of plans.)

The SHIP counselor will call you back to either help with your questions over the phone or set-up an appointment for you

to come in and meet with one of the SHIP counselors at no cost to you.

It's always good to compare plans by having a yearly Medicare review. Your SHIP counselor is trained to catch the little things - change in plan, change in benefits - that we as consumers can sometimes overlook.



OPEN ENROLLMENT IS OCTOBER 15-DECEMBER 7, 2024

Open Enrollment is the time to review your Medicare health or drug coverage and decide if you want to make changes. Remember, Medicare costs, benefits, and providers can change each year. Comparing your options could help you find better

coverage or save money. There are 2 main ways to get your Medicare coverage:

■ Original Medicare: Part A (Hospital Insurance) and Part B (Medical Insurance). You also have the option to join a separate Medicare drug plan to get drug coverage (Part D).

■ During Open Enrollment, you can join, switch or drop a Medicare Advantage Plan or Medicare drug plan, switch to Original Medicare, or keep your current coverage. If you've reviewed your options and you're happy with your current coverage, you don't need to do anything.

IMPORTANT MEDICARE DATES

October 1 - Annual Notice of Changes (ANOC) are mailed. Read and bring to your SHIP appointment.

October 15 - Open Enrollment begins

December 7 - Open Enrollment ends



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/ Patsy	8:15 am EARLY AQUATIC AEROBICS w/ Lisa	
9:30 am		ADVANCED AQUATIC AEROBICS w/ Lisa		ADVANCED AQUATIC AEROBICS w/ Lisa	CARDIO AND STRETCH w/ Janice
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 FOUND. AQUATICS w/ Patsy	ARTHRITIS FOUND. AQUATICS w/ Janice	ARTHRITIS FOUND. AQUATICS w/ Janice	ARTHRITIS FOUND. AQUATICS w/ Janice	ARTHRITIS FOUND. AQUATICS w/ Patsy
12:30 pm	OPEN POOL w/ Patsy	ARTHRITIS FOUND. AQUATICS w/ Janice	OPEN POOL w/ Janice	OPEN POOL w/ Janice	OPEN POOL w/ Patsy
1:15 pm		3rd Tuesday of the month: VOLLEYBALL w/ Janice 1:15 - 2:15 pm			

LAND FITNESS CLASSES

* Instructor change on August 12.

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/ Lindsay		GOT BALANCE w/ Janice *		STRENGTH & FLEXIBILITY w/ Lindsay *	9:30 am WERQ w/ Alicia
11:00 am	LABLAST w/ Cindy	TONING w/ Cheryl	LABLAST w/ Cindy	TONING w/ Cheryl *	LABLAST w/ Cindy	
12:30 pm		ARTHRITIS FOUN- DATION EXERCISE w/ Cheryl		ARTHRITIS FOUN- DATION 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	6:30 pm UPLIFT w/ Sandy	REVEL Classes are in Orange. For daily updates (water and land): www.brownbears.com/cal/pleinstructors	



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH & LEARNS: Oct 2: SHIP - Bruce Muller Oct 9: Nutrition - Brenda Moster - Purdue Oct 16: Hamilton County Humane Society Oct 23: Fall Fashion! AH Collection Oct 30: Good Samaritan Network-Nancy Chance	1 11:30 am CICOA Lunch \$ 12:30 pm Golden Oldies of PLE Singing Club A 1:00 pm Needlework L	2 11:30 am Second Helpings Lunch * 11:45 am Line Dance Club A 11:45 am Lunch & Learn * 12:30 pm Hand & Foot L 12:30 pm JJJ Devotional Study B 12:30 pm Art Class \$ 5:30 pm Second Season L	3 FLU SHOT CLINIC 9 AM - NOON 9:00 am Pinochle L 10:00 am Coffee & Conversation 11:30 am CICOA Lunch \$ 12:30 pm Card-Making \$ 1:00 pm Euchre L	4 11:30 am Second Helpings Lunch * 12:00 pm Memory Café: Music sponsored by The Barrington 12:15 pm Partner Bridge L
7 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO Sponsored by Heritage Woods 1:00 pm Creative Writing B CICOA PRODUCE FOR BETTER HEALTH • 12:00 - 3:00 PM	8 10:00 am Sanders Glen Walking Club 11:30 am CICOA Lunch \$ 12:30 pm Golden Oldies of PLE Singing Club A 1:00 pm Needlework L DIVVY	9 10-11 am Caregiver Support Group - Alzheimer's L 11:30 am Second Helpings Lunch * 11:45 am Line Dance Club A 11:45 am Lunch & Learn * 12:30 pm Hand & Foot L 12:30 pm JJJ Devotional Study B 12:30 pm Art Class \$ 5:30 pm Second Season L	10 9:00 am Pinochle L 10:00 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1:00 pm Euchre L	11 11:30 am Second Helpings Lunch * 12:00 pm Memory Café: INDIANA NOSTALGIA 12:15 pm Partner Bridge L
14 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO with Nic 1:00 pm Creative Writing B POLLY WITH BJ'S 9:30 TO 11:30 AM	15 11:30 am CICOA Lunch \$ 12:30 pm Golden Oldies of PLE Singing Club A 1:00 pm Needlework L	16 11:30 am Second Helpings * 11:45 am Line Dance Club A 11:45 am Lunch & Learn * 12:30 pm Hand & Foot L 12:30 pm JJJ Devotional Study B 12:30 pm Art Class \$ 5:30 pm Second Season L	17 9:00 am Pinochle L 10:00 am Coffee & Conversation 11:30 am CICOA Lunch \$ 12:30 pm Card-Making \$ 1:00 pm Euchre L	18 11:30 am Second Helpings Lunch * 12:00 pm Memory Café: Therapeutic Activity sponsored by The Barrington 12:15 pm Partner Bridge L
21 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO 1:00 pm Creative Writing B CICOA PRODUCE FOR BETTER HEALTH • 12:00 - 3:00 PM	22 11:30 am CICOA Lunch \$ 12:30 pm Golden Oldies of PLE Singing Club A 1:00 pm Needlework L 1:30 pm Book Club sponsored by Wellbrooke - Churchill's Secret Messenger by Alan Hlad DIVVY	23 11:30 am Second Helpings Lunch * 11:45 am Line Dance Club A 11:45 am Lunch & Learn * 12:30 pm Hand & Foot L 12:30 pm JJJ Devotional Study B 12:30 pm Art Class \$ 5:30 pm Second Season L	24 9:00 am Pinochle L 10:00 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1:00 pm Euchre L	25 11:30 am Second Helpings Lunch * 12:00 pm Memory Café GOLDEN GIRLS Episode: The Artist 12:15 pm Partner Bridge L
28 10:00 am Theatre Club L 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO 1:00 pm Creative Writing B	29 11:30 am CICOA Lunch \$ 12:30 pm Golden Oldies of PLE Singing Club A 1:00 pm Needlework L	30 11:30 am Second Helpings Lunch * 11:45 am Line Dance Club A 11:45 am Lunch & Learn * 12:30 pm Hand & Foot L 12:30 pm JJJ Devotional Study B 12:30 pm Art Class \$ 5:30 pm Second Season L	31 9:00 am Pinochle L 10:00 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1:00 pm Euchre L HAPPY HALLOWEEN	KEY: * - Open to Public \$ - Additional Fee Z - Also on Zoom L - Library B - Board Room A - Annex



AUTUMN WORD SEARCH

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

colorful
 cozy
 crow
 deciduous
 equinox
 flannel
 foliage

frost
 harvest
 hayride
 jacket
 leaves
 migrate
 orchards

pumpkin
 quilt
 rake
 rustling
 scarecrow
 season
 spider

squash
 squirrel
 sunflower
 sweater
 trees
 vegetables
 wheelbarrow



A NEW FITNESS CLASS!

MEMBER
PrimeLife Enrichment Center

SAIL CLASS IS COMING TO PLE IN NOVEMBER

Stay Active & Independent for Life (SAIL) is an evidence-based strength, balance, and fitness class for all PLE members.

The class starts at PLE on Tuesday, November 5, 2024, and continues Tuesdays and Thursdays at 11 am, replacing Toning Classes.

WHAT ARE FALLS AND EVIDENCE-BASED PROGRAMS?

Evidence-based programs are research-supported programs to promote health and prevent disease and include components for behavior change and self-management.

In fitness, evidence-based practice is a systematic way of thinking and application that integrates scientific data with clinical experience and the individual needs and preferences of each client or patient.



Stay Active & Independent for Life (SAIL)

A Strength, Balance and Fitness Class

Falls are the leading cause of injury-related hospitalizations and death among older adults that often result in loss of functionality, diminished socialization and decrease in quality of life.

Research has shown that exercise programs that incorporate aerobic, strength and balance exercises are effective in improving functionality, increasing independence and reducing the risks of falling.

COMPONENTS OF THE SAIL FITNESS CLASS

SAIL class components include:

- Warm Up (3-5 minutes)
- Aerobics (18-20 minutes)
- Balance (10 minutes)
 - Dynamic Balance
 - Static Balance
- Strength
 - Upper Body
 - Lower Body
- Stretching (8-10 minutes)
 - Upper Body
 - Lower Body

Parts of this program are meant to be done while standing, and some while seated, but according to individual abilities, the entire program can be done seated.

Join us for this strength, balance, and fitness class and let us know what you think. This could be your new “go-to” class for Tuesdays and Thursdays.

DELICIOUS OCTOBER TREATS - NO TRICKS



HARVEST SPICE BREAD

INGREDIENTS

1 and $\frac{3}{4}$ cups all-purpose flour
 1 teaspoon baking soda
 $\frac{3}{4}$ teaspoon salt
 2 teaspoons ground cinnamon
 $\frac{1}{4}$ teaspoon ground nutmeg*
 $\frac{1}{4}$ teaspoon ground cloves*
 $\frac{1}{4}$ teaspoon ground ginger*
 $\frac{1}{2}$ cup vegetable oil, or canola oil
 2 large eggs, at room temperature
 $\frac{1}{2}$ cup granulated sugar
 $\frac{1}{2}$ cup packed light or dark brown sugar
 $\frac{1}{2}$ cup pumpkin puree (canned or fresh)*
 1 heaping cup peeled and shredded apple*
 $\frac{3}{4}$ cup peeled and shredded carrot*
 2 Tablespoons milk
 1 cup chopped walnuts*

DIRECTIONS

Preheat the oven to 350°F. Grease a 9×5-inch loaf pan. See notes for muffins. Whisk the flour, baking soda, salt, cinnamon, nutmeg, cloves, and ginger together in a large bowl until combined. Set aside. In a medium bowl, whisk the oil, eggs, granulated sugar, brown sugar, pumpkin, shredded apple, shredded carrot, and milk together until combined. Pour the wet ingredients into the dry ingredients. Gently whisk until *just* combined. Fold in the walnuts. Batter will be semi-thick.

Spread the batter into prepared loaf pan. Bake for 55 – 65 minutes. (I like to loosely cover the bread with aluminum foil halfway through to prevent heavy browning on top.) Baking times vary so keep an eye on yours. The bread is done when a toothpick inserted in the center comes out *mostly* clean with zero raw batter. Remove the bread from the oven.

Cool completely in the pan set on a wire rack before removing and slicing. Cover and store leftover bread at room temperature for up to 3-4 days or in the refrigerator for up to about 10 days. 12 small red



PUMPKIN CAKE

INGREDIENTS

CAKE

2 cups all-purpose flour
 2 teaspoons baking powder
 1 teaspoon baking soda
 1 teaspoon salt
 1 and $\frac{1}{2}$ teaspoons ground cinnamon
 2 teaspoons store-bought or homemade pumpkin pie spice*
 1 cup canola or vegetable oil*
 4 large eggs
 1 cup packed light or dark brown sugar
 $\frac{1}{2}$ cup granulated sugar
 1 (15 ounce) can pumpkin puree*
 1 and $\frac{1}{2}$ teaspoons pure vanilla extract

CREAM CHEESE FROSTING

8 ounces full-fat brick cream cheese, softened
 $\frac{1}{2}$ cup unsalted butter, softened
 3 cups confectioners' sugar
 1 teaspoon pure vanilla extract
 $\frac{1}{8}$ teaspoon salt

DIRECTIONS

Preheat the oven to 350°F and grease a 9×13-inch baking pan. I always use this glass pan. Whisk the flour, baking powder, baking soda, salt, cinnamon, and pumpkin pie spice together in a large bowl. Set aside. Whisk the oil, eggs, brown sugar, granulated sugar, pumpkin, and vanilla extract together until combined. Pour the wet ingredients into the dry ingredients and use a mixer or whisk until completely combined. Batter will be thick.

Spread batter into the prepared pan. Bake for 30-36 minutes. Baking times vary, so keep an eye on yours. The cake is done when a toothpick inserted in the center comes out clean. If you find the top or edges of the cake is/are browning too quickly in the oven, loosely cover it with aluminum foil. Remove the cake from the oven and set the entire pan on a wire rack. Allow to cool completely. After about 45 minutes in the refrigerator, ice with your favorite cream cheese frosting.



GINGER MOLASSES

COOKIES

INGREDIENTS

2 cups all-purpose flour
 1 $\frac{1}{2}$ teaspoons baking soda
 1 teaspoon ground ginger
 1 teaspoon ground cinnamon
 1 teaspoon allspice
 $\frac{1}{2}$ teaspoon ground cloves
 $\frac{1}{2}$ teaspoon kosher salt
 $\frac{3}{4}$ cup unsalted butter, room temperature
 $\frac{3}{4}$ cup granulated light brown sugar, packed
 2 tablespoons granulated sugar, plus more for rolling
 1 large egg
 $\frac{1}{4}$ cup molasses

Note: Make sure to set out your butter at room temperature for 30 minutes to 1 hour before making this recipe.

DIRECTIONS

In a medium bowl, whisk together the flour, baking soda, ground ginger, cinnamon, allspice, cloves, and kosher salt.

In the bowl of an electric mixer (or with a hand-mixer), beat the room temperature butter, brown sugar and granulated sugar on medium until light and fluffy, about 3 minutes. Add the egg and molasses and beat for 1 minute, until fully combined. Set mixer to low and slowly add dry ingredients until just combined.

Form the dough into a ball and cover in plastic wrap or place in a sealed container. Refrigerate for 1 hour.

When ready to bake, preheat oven to 375°F. Roll the dough into 1 $\frac{1}{2}$ tablespoon balls, then roll the balls in granulated sugar to coat the outsides. Arrange the cookies on baking sheets lined with parchment paper. (We recommend baking 1 tray at a time for the most even bake, or rotate the trays halfway through baking.) Bake until set and crinkled on top and no longer gooey, about 10 to 12 minutes. Allow the cookies to cool on the pan for 2 minutes before removing to a wire rack to cool fully.

WHAT'S SO SPECIAL ABOUT FALL?

For someone who has been plagued by depression most of my life, you would think a season when the days get shorter and the hours of sunlight dwindle would not be my favorite time of year.

But, there is just something about Fall. It is the season for all senses. The feel of cooler temperatures after a long summer. A warm, visually pleasing palate of reds, oranges and browns. The taste of cinnamon and pumpkin in everything. The crunch of crisp leaves blown along the street followed by the distinct smell of smoldering foliage wafting into the evening air.

My favorite author Nora Ephron said it best in her film *You've Got Mail*. "Don't you love New York in the fall? It makes me want to buy school supplies. I would send you a bouquet of newly sharpened pencils if I knew your name and address."

Aren't you glad we live in a world where there are Octobers? From the leaves evolving into beautiful warm hues to chunky knit sweaters making their way into our daily attire, Fall brings change—but with a sense of comfort and ease.

October is beautiful, but it is also a study in contrasts. One day you can be sitting in the bleachers in Bloomington wearing an IU hoodie, and the next you are watching a cold rainy Halloween night turn into a colorful obstacle course as you run from house to house dodging piles of wet leaves.

Make fun of pumpkin spice all you want, I am not ashamed to admit that I drink my fair share of Pumpkin Spice Lattes from September through November. We know that Winter is on it's way, but now is the time when everything bursts with its last beauty, as if nature had been saving up all year for a sort of grand finale before the trees are bare and brown and lifeless.

I think life starts all over again in Autumn. A season of harvest, a time to reap the rewards of our hard work and reflect on the blessings in our lives. The Fall Equinox is a reminder for us to assess our accomplishments instead of our shortcomings.

In this time of the year, nature is full of life, the weather is at its finest, and the joys of life can be experienced to their fullest. We've been waiting for the trees to turn

lovely shades of red and yellow, and for the wind to offer a nice chill breeze for relief - air conditioners off and windows open.

The heat of autumn is different from the heat of summer. One ripens the apples, the other turns them to cider. This year has been unique for being one of the warmest and driest in many years. No one wants to enjoy cocoa by a roaring fire when it's 90 degrees outside, but we seem to all have faith that Fall will finally arrive.

Hoosiers tend to be patient about weather - maybe because we have no other choice. We know it will get chilly sometime soon. I remember going to a Halloween party last year and it snowed, so we never know quite what to expect. Maybe part of the fun of Fall is being prepared for whatever happens and finding a way to enjoy the unexpected.

Happy Fall to everyone and don't forget to look up at the trees - they are putting on their loveliest show.

by Lori Raffel



NEW MEMBERS SEPT 2024

8/28/2024 Wanda Kenney
8/29/2024 Ellen Brikmanis
8/29/2024 Sandra Surber
8/29/2024 Heather Sutton
9/4/2024 Diane Kellogg

9/4/2024 Diane Schmidt
9/4/2024 Linda Wesolowski
9/4/2024 Kathy Williams
9/5/2024 Rosie Springer
9/10/2024 Alvin Holder
9/10/2024 Linda Holder

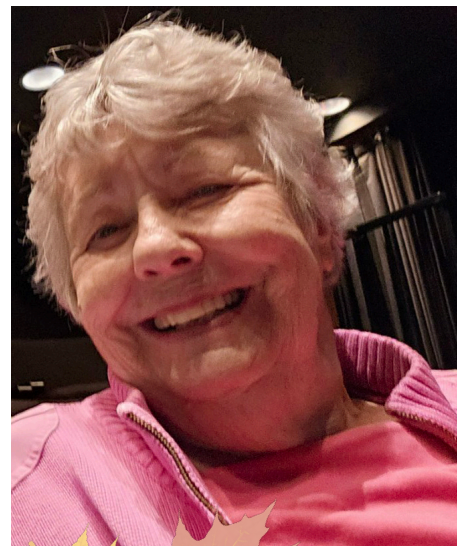
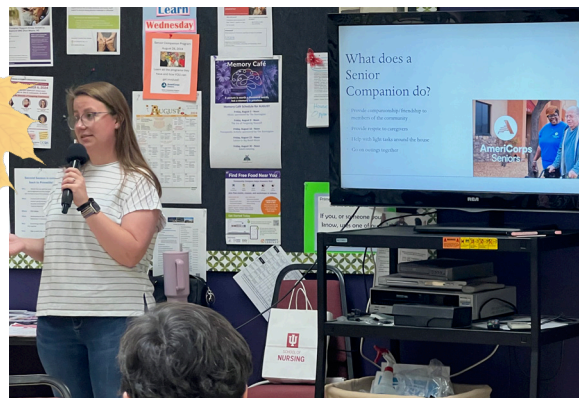
9/11/2024 Cecil Corson
9/11/2024 Richard Corson
9/11/2024 Samantha Pezzute
9/16/2024 Nancy Mae Brooks
9/17/2024 Chesell Collymore
9/17/2024 Sherri Judd

9/17/2024 Cindy Randolph
9/18/2024 Galina Bochkareva
9/18/2024 Karen Patton
9/24/2024 Shelby Woodruff



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