



PrimeLife

ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



PLE SENIOR NEWS | DECEMBER 2024

Volunteer Recognition Week ended with a reception on Thursday, November 14th with cake and celebration.

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UPCOMING EVENTS AND ANNOUNCEMENTS



DECEMBER LUNCH & LEARNS

December 4: Homewell Care Services with Patrick - Holiday Trivia

December 11: Hannukah Celebration

December 18: Yuletide Memories with Robert Boston, followed by Golden Singers



DECEMBER EVENTS TO REMEMBER

December 9: Cocoa Bar with Heritage Woods (10 am to 11 am)

December 24: Christmas Eve

December 25: Christmas



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, 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
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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

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PHONE

317.815.7000

FAX

317.815.7008



TRANSPORTATION

TO MAKE A RESERVATION CALL:
317-815-7000, press 1, or
317-343-6794, and leave message.
Message will be returned within 2
business days.

**RESERVATIONS ARE MADE BY
VOICEMAIL ONLY**

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 ASSISTANT DIRECTOR

PrimeLife Enrichment Center

Who knew fourteen years ago when I started teaching one Zumba class a week at PrimeLife that I would fall so far in love with this place and the people in it, or that leaving here would be so difficult. The memories, laughs, and challenges that we've shared here have made it so much more than a job. It's the people that have created this vibrant community that is a second family for me, and it is the people I will miss most every day.

First, to PLE's tireless volunteers: I hope you know you are the lifeblood of this place. Without your volunteering, we wouldn't have many of our activities, warm smiles at the front desk, an incredible thrift shop that looks like a fancy boutique, lunches served with aplomb, or, my favorite, free hot coffee always at the ready. (Let's face it, it's the caffeine that keeps many of us flitting around the building every day.) Whether you've led classes, organized clubs, or just been there to help new people feel welcome, your contributions have made PrimeLife the welcoming and dynamic place it is.

To PLE's dedicated members: You're the reason PLE exists and the reason it thrives. Whether you came for the conversations, the "enthusiastic" water volleyball games, exercise classes, clubs, or free pastries and coffee (see note above), you brought energy and spirit. (Some of you sometimes brought a little too much spirit - you know who you are.) You remind us all that staying active and social is about so much more than being healthy. It's about living your best life. My wish for all of you is that you keep laughing, keep moving and keep proving that age is just a number.

To my amazing students: Some of you have been dancing with me for many years, some of you only a short while. Regardless of how long it's been, I am grateful for everything we've shared. Dance isn't just about fitness. It's about joy, connection and celebrating life with every step and shimmy (or attempted shimmy). Over the years we've cha'ed, waltzed, salsa'ed, and even invented a few moves that would make Louis Van Amstel and Derek Hough jealous (or maybe just confused and amused). Please know that I have loved every moment watching you dance your way to better health and brighter spirits and have appreciated your patience when I forgot the steps to songs we've done a thousand times. You've inspired me with your eagerness and your willingness to step out of your comfort zone, sometimes quite literally with the occasional accidental solo. Your laughter, energy, and occasional grumbles when we learn something new have made every class unforgettable. I encourage you to keep dancing whether it's in a class, in your living

room, or even in the grocery store aisle. (We all know it is impossible not to dance when "Footloose" or "Dance Monkey" start playing over the speakers.)

To my incredible co-workers: While some of you might not miss me, I'm sure you'll remember me. Your support and enthusiasm for the PrimeLife mission makes this place what it is. I hope you continue to be there for each other as you have been for me. PrimeLife is on its way to great things, and it will be you that makes it happen.

To the best boss I ever had: Thank you for believing in me, encouraging me, talking me off the ledge when needed, and not least, allowing me to keep teaching classes so I could dance every day. Your leadership has been inspiring, and your kindness and vision have created a space where we can all be our best. I am honored to have been the Ryker to your Picard.

As I have struggled to write this, I suddenly understand how hard it is to leave a place where there is such a wide variety of celebrations, accomplishments, and, yes, catastrophes. I mean, where else can you get such a variety of experiences on a daily basis! Seriously, PrimeLife has become a beacon of community, health and joy, and I am proud to have been a part of it. I know I will continue to thrive, and hope the rest of you do as well, because of the incredible people who make PrimeLife what it is. When I walk out the doors the last time as a staff member, I will never lose sight of how lucky I am to have had a position that made going to work feel like coming home.

— Cindy Schembre

* * * * *

Of course, I have to get in the last word. The past two months have certainly had their share of surprises. Obviously, a major surprise was when Cindy came into my office and told me that she would be leaving PrimeLife at the end of December. Ever since I became Executive Director, I have relied on Cindy to perform many duties and tasks, ranging from being our IT trouble shooter,



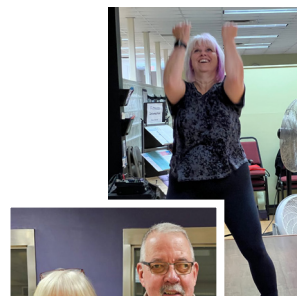
CINDY SCHEMBRE
Assistant Director



GARY WAGNER
Executive Director

to setting up our transportation department, to supervising staff, to taking charge of accounts payable and the payroll, all of these and more while she somehow still found time for her true passion, namely dancing, and sharing her passion with others. I've always said that family comes first, and when Cindy told me she wanted to be closer to her two grandsons, I knew any effort to persuade her to stay would be futile. A little later in this newsletter, you'll read about the second surprise, namely, that Julie Barnes, who has served as our Activities Coordinator/Community Engagement liaison for the past four years, has left PLE to begin a new position as Social Services Director at Wellbrooke of Carmel. Many of you may not know that Julie is a licensed social worker. In her own words, she described her new position as her "dream job." I often referred to Cindy and Julie as our dynamic duo. Both were outstanding in their positions and will be missed. We wish them the very best as they begin their new chapters in life. That being said, I'm confident that their successors will continue the exceptional work and dedication Cindy and Julie brought to PLE.

— Gary Wagner



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



IS IT COVID-19, FLU OR A COLD?

When your family member comes home with a runny nose or your work colleague begins sneezing, we often begin considering all the possibilities: is it a cold, the flu or COVID-19? While all three are viruses that can infect our bodies and usually appear as respiratory symptoms, there are differences between cold, flu and COVID.

WHAT IS A COLD VS. INFLUENZA VS. COVID-19?

The common cold can be caused by several different viruses. Colds mainly tend to create symptoms in your body from your throat upwards: runny nose, sore throat, sinus pressure, sneezing, and coughing.

While the common cold stays in your upper respiratory tract, the flu can be felt all over. Influenza virus, or flu, typically begins with a high fever. A high fever is usually around 101 to 102 degrees Fahrenheit, but ranges from 100 to 104 degrees, typically in the first couple days of symptoms. You'll also experience chills and body aches. Some people will also experience headaches or coughing. Flu symptoms usually show up within one to four days after exposure to this virus.

COVID-19, on the other hand, can look like both cold and flu symptoms.

"COVID is honestly a great mimicker of other viruses. The infection can feel like a mild cold to a severe flu," said Dr. Ali Murtaza, an internal medicine physician at IU Health. "The most common COVID symptoms are fever, runny nose, congestion, cough and loss of smell and taste. Some people can experience an upset stomach, with diarrhea and nausea. COVID can create any combination of these symptoms."

COVID-19 symptoms begin to appear two to five days after exposure to the virus. You can be contagious with COVID-19 before you even notice symptoms, and you can continue to spread the virus for up to five to seven days after the symptoms started.

In rare cases, COVID-19 infections can damage organs like the kidneys, heart or lungs. It can also cause blood clots.

WHEN TO SEEK MEDICAL ATTENTION

While most people experience mild symptoms of COVID, it's important to seek immediate medical care at an emergency room if you experience any of the following:

- Persistent chest pain or pressure
- Sudden feelings of confusion
- Inability to wake up or stay awake
- Any part of your face or lips turning blue
- Shortness of breath or difficulty breathing

These symptoms could indicate low blood oxygen, developing pneumonia or other issues that require immediate medical attention.

For the common cold, it's less likely that you will need to see a doctor. You can treat cold symptoms at home with nasal decongestants and allergy medications. Contact your doctor if your nasal symptoms persist beyond 10 days, or if worsening sinus pain produces a yellowish discharge. These are signs that you might have a bacterial sinus infection.

TREATING VIRUSES

There is no antiviral medication treatment available for the common cold, so you simply manage your symptoms through decongestants, steroid nasal sprays or acetaminophen.

If you have flu symptoms, it's important to seek medical care as soon as possible. A provider can evaluate you to determine the best level of treatment to reduce the risk of complications. While most flu can be managed with common remedies, some people may need further testing or a prescription for an antiviral medication like Oseltamivir. This is especially helpful for patients at higher risk for complications from the flu, such as people with diabetes, obesity, heart disease, lung disease, kidney disease or compromised immune systems.

Similarly, high-risk patients may also be prescribed antiviral medications to head

off COVID-19 infections. These medications must be given within five days of symptom onset.

PREVENTING INFECTION

All three of these viruses are caused by the same things: infections passed by respiratory droplets. You can catch a cold, flu or COVID-19 if someone sneezes, and you touch or inhale those droplets. The two easiest ways to avoid an infection are to wash your hands frequently and wear a mask if you are in high-density areas or you spend time around anyone who may be sick. This is especially important if you have any health conditions that put you at risk for getting sick.

You can also help prevent COVID-19 and the flu through vaccines. An updated flu vaccine is available every year to cover the viral strains expected that year. COVID-19 boosters are also modified frequently to cover the most prevalent strains of the virus. Talk with your doctor about the latest COVID-19 booster.

ANTIBIOTICS ARE NOT USED TO TREAT VIRUSES

The common cold, the flu and COVID-19 are viruses, and antibiotic medications have no effect on viruses. Viruses and bacteria are completely different microorganisms, and antibiotics are specifically designed to kill bacteria. It's important to not attempt to use antibiotics to treat viral infections.

"Antibiotics don't treat a viral infection. But these medications can kill the good bacteria in your colon and increase the risk of developing antibiotic resistance," Dr. Murtaza said.

As we head into flu and cold season, be sure to update your vaccines, wash your hands and be aware of the most concerning symptoms when you encounter a cold, flu or COVID-19 virus.

Source: <https://iuhealth.org/thrive/is-it-covid-19-flu-or-a-cold>



WELCOME HEATHER BROWNELL

Please join us in welcoming our new Transportation Coordinator, Heather Brownell.



I MISS YOU ALL!

Thank you to those that shared kind words, cards, and gifts. They were all so appreciated. My four years with you have been some of the best and most challenging. I met lifelong friends and inspirations, lost some amazing people, and learned so much from members and colleagues that have touched me deeply. PrimeLife is where community is built, and I am fortunate to be part of this exceptional community. I hope to see you all in the evening classes (because I joined!) or when I drop by to visit. Rest assured I will be back often.

Cheers to a phenomenal future at PrimeLife! With much love and gratitude, Julie



AND...SHE'S BACK!

Dee Timi here, and happy to slide back into the Community Engagement/Activity Coordinator role at PrimeLife Enrichment. I know I will never truly fill Julie's shoes but I'll do my best.

To alleviate any concerns I won't be changing any of the wonderful programs Julie started such as the Produce for Better Health. Plus, she did such a great job in and throughout Hamilton County promoting PLE.

So, patience please while I refamiliarize myself with this fun and fast-paced position. If you see me zooming by, please say Hi and let me know your name. Eventually, I'll get it all down again....

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	3rd Tuesday of the month: VOLLEYBALL w/ Janice 12:15 - 1:15 pm	OPEN POOL w/ Janice	OPEN POOL w/ Janice	OPEN POOL w/ Patsy
1:15 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	10:00 am SAIL w/ Cheryl	GOT BALANCE w/ Janice *	10:00 am SAIL w/ Janice	STRENGTH & FLEXIBILITY w/ Lindsay *	
11:00 am	LABLAST w/ Cindy	SAIL w/ Cheryl	LABLAST w/ Cindy		LABLAST w/ Cindy	
12:30 pm		ARTHRITIS FOUNDATION EXERCISE w/ Cheryl		ARTHRITIS FOUNDATION EXERCISE w/ Cheryl		SUNDAY
1:30 pm		YOGA BLEND w/ Cheryl		YOGA BLEND w/ Cheryl		9:30 am POUND UNPLUGGED w/ Sandy
EVENING CLASSES	5:30 pm DANCE FUSION w/ Kelsey		5:30 pm ZUMBA w/ Alicia	5:30 pm DANCE FUSION w/ Robby		
	6:30 pm UPLIFT w/ Sandy	6:00 pm SHINE w/ Sandy	6:15 pm POUND w/ Melissa	6:30 pm UPLIFT w/ Sandy	REVEL Classes are in Orange. For daily updates (water and land): www.brown-bearsw.com/cal/pleinstructors	

DECEMBER

ACTIVITIES & EVENTS 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>12 - 3 pm CICOA 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO 1:00 pm Creative Writing B</p> <p>CICOA PRODUCE FOR BETTER HEALTH • 12:00 - 3:00 PM</p>	<p>3</p> <p>11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:00 pm Needlework L</p>	<p>4</p> <p>11:30 am Second Helpings * 11:45 am Line Dance Club A 11:45 am Lunch & Learn * Holiday Trivia 12:30 pm Hand & Foot L 12:30 pm JJJ Devotional Study B 1:45 pm Purdue Extension Nutrition Class</p>	<p>5</p> <p>9:00 am Pinochle L 11:30 am CICOA Lunch \$ 12:30 pm Card-Making \$ 1:00 pm Euchre L</p>	<p>6</p> <p>11:30 am Second Helpings Lunch * 12:00 pm Memory Café: Music sponsored by The Barrington 12:15 pm Partner Bridge L</p>
<p>9</p> <p>10-11 am Cocoa Bar with Heritage Woods 12 - 3 pm CICOA 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO 1:00 pm Creative Writing B</p>	<p>10</p> <p>10:00 am Sanders Glen Walking Club 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:00 pm Needlework L</p> <p>DIVVY</p>	<p>11</p> <p>Alzheimers Assoc. Support Group L 11:30 am Second Helpings * 11:45 am Line Dance Club A 11:45 am Lunch & Learn * Hannukah Celebration 12:30 pm Hand & Foot L 12:30 pm JJJ Devotional Study B</p>	<p>12</p> <p>9:00 am Pinochle L 11:30 am CICOA Lunch \$ 1:00 pm Euchre L</p>	<p>13</p> <p>11:30 am Second Helpings Lunch * 12:00 pm Memory Café GOLDEN GIRLS Christmas Episode 2 12:15 pm Partner Bridge L</p>
<p>16</p> <p>11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:00 pm Golden Singers 12:15 pm BINGO 1:00 pm Creative Writing B</p> <p>CICOA PRODUCE FOR BETTER HEALTH • 12:00 - 3:00 PM</p>	<p>17</p> <p>11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:00 pm Needlework L</p>	<p>18</p> <p>11:30 am Lunch 11:45 am Line Dance Club A 11:45 am Lunch & Learn * Yuletide Memories 12:30 pm Hand & Foot L 12:30 pm JJJ Devotional Study B 12:30 pm Art Class \$ 1:45 pm Purdue Extension Nutrition Class</p>	<p>19</p> <p>9:00 am Pinochle L 11:30 am CICOA Lunch \$ 12:30 pm Card-Making \$ 1:00 pm Euchre L</p>	<p>20</p> <p>11:30 am Second Helpings Lunch * 12:00 pm Memory Café: Therapeutic Activity sponsored by The Barrington 12:15 pm Partner Bridge L 1:00 pm BINGO with Corey</p>
<p>23</p> <p>PRIMELIFE IS CLOSED FOR THE DAY</p>	<p>24</p> <p>PRIMELIFE IS CLOSED FOR THE DAY</p>	<p>25</p> <p>PRIMELIFE IS CLOSED FOR THE DAY</p>	<p>26</p> <p>9:00 am Pinochle L 11:30 am CICOA Lunch \$ 1:00 pm Euchre L</p>	<p>27</p> <p>11:30 am Second Helpings Lunch * 12:00 pm Memory Café NEW YEAR'S EVE Music from the '40s. 12:15 pm Partner Bridge L</p>
<p>30</p> <p>PRIMELIFE IS CLOSED FOR THE DAY</p>	<p>31</p> <p>PRIMELIFE IS CLOSED FOR THE DAY</p>	<p>LUNCH & LEARNS:</p> <p>December 4: Holiday Trivia with Homewell Homecare's Patrick and Alanna December 11: Hannukah Celebration of music and stories December 18: Yuletide Memories with Robert Boston and the Golden Singers to follow</p> <p>* No Theatre Club this Month * No Book Club this Month</p> <p>Please complete the 5-Question Survey with Dee when you do your monthly weight and BP.</p> 		

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

Candles

Season

Cold

Twinkle

Pine

Bows

Angel

Friends

Music

Ice Skate

Carol

Ribbon

Candy

Love

Gingerbread

I AM AN INTROVERT AND I'M OK WITH THAT

COMMENTARY

PrimeLife Enrichment Center

For me, life is a constant balancing act between wondering why I wasn't invited to something and wondering how to get out of it.

If you see me at a large gathering, I am generally the one in the coat room petting the family dog or cat and wondering how soon I can leave without it being considered rude. Large gatherings wear me out and I never know what to say.

A good friend invited me to her "Thanksgiving Family Dinner" several years ago and when I arrived at her house, her driveway and the curb in front of her house were bumper to bumper cars. I got out of my car, saw the wall to wall people inside through the storm door (40+), and went back home. She thought I just didn't show, but in fact I did - and immediately had a panic attack and left. She is a vibrant extravert, so I'm sure she still doesn't understand why I didn't go in.

If you are close to me, I will talk your ear off, but if I don't know you well, I tend to stay guarded and quiet around you.

Sometimes people feel that I am standoffish or aloof, simply because I am fairly quiet and don't feel the need to be the center of attention. I prefer to observe the people

around me and be a listener. I have never been a snob, but I understand how people think that.

I will admit that it is hard to get to know introverts like me. We prefer to have deep friendships with only a handful of people, and we don't easily open up to everyone.

I describe introverts as people who are in their comfort zone when alone. Whereas extroverts' comfort zones are around others. Just like every human, I have a need to have friends, connections, and relationships. It's one of the best parts of life, but I am selective.

Introverts prefer to befriend people with shared common interests and build friendships slowly over time. We focus on the quality and not quantity of relationships. Often this means we only have one or two really good friends and all the rest are people with limited interaction and shared experiences.

Pushing myself out of my comfort zone is often the way I grow. How I wish I could sweep into a party and have some stimulating conversation with each guest. But that's not me and never will be.

Left to my own devices, I would avoid any potentially stressful social situations and find

myself living in an increasingly insular world. Being around people all day can be draining, but that doesn't mean that I don't like them or care about them.

Although people may think of an extroverted personality when they imagine a leader, introverts have the skills to be bosses and do well in leadership positions. Some of our qualities make us effective leaders: We listen to co-workers' ideas, stay focused on long-term goals, and I've been told that I seem less threatening, so people share things with me they wouldn't with others.

I am who I am and in my over six decades on this earth, I think I have accepted that about myself. I am never going to be the person who lights up a room or talks about myself to others, and I can't make myself be any different. A few years ago, I had the opportunity to work from home a few days with PLE and it wasn't good for me. Having the chance to be isolated, I might disappear and never come out, so I force myself to leave that comfort zone and enjoy the company of others. And I would honestly miss all of you.

— Lori Raffel

BE THE STAR OF YOUR COOKIE EXCHANGE



ALMOND SPRITZ COOKIES

INGREDIENTS

1 cup butter, softened
 1/2 cup sugar
 1/2 cup packed brown sugar
 1 large egg, room temperature
 1/2 teaspoon almond extract
 1/2 teaspoon vanilla extract
 2-1/2 cups all-purpose flour
 1/4 teaspoon baking soda
 1/4 teaspoon salt
 Pink and red colored sugar, optional

DIRECTIONS

In a large bowl, cream butter and sugars until light and fluffy, 5-7 minutes. Beat in egg and extracts. Combine the flour, baking soda and salt; gradually add to the creamed mixture and mix well.

Using a cookie press fitted with the disk of your choice, press dough 2 in. apart onto ungreased baking sheets. If desired, sprinkle with colored sugar.

Bake at 375° until edges just begin to brown, 7-9 minutes. Cool on wire racks.



SCOTTISH SHORTBREAD

INGREDIENTS

2 cups butter, softened
 1 cup packed brown sugar
 4 to 4-1/2 cups all-purpose flour

DIRECTIONS

Preheat oven to 325°. Cream butter and brown sugar until light and fluffy, 5-7 minutes. Add 3-3/4 cups flour; mix well. Turn dough onto a floured surface; knead for 5 minutes, adding enough remaining flour to form a soft dough.

On a sheet of parchment, roll dough to a 16x9-inch rectangle. Transfer to a baking sheet, and cut into 3x1-in. strips. Prick each cookie multiple times with a fork. Refrigerate at least 30 minutes or overnight. Separate cookies and place 1 in. apart on ungreased baking sheets. Bake until cookies are lightly browned, 20-25 minutes. Transfer to wire racks to cool completely.



COCONUT DROPS

INGREDIENTS

1/3 cup butter, softened
 3 ounces cream cheese, softened
 3/4 cup sugar
 1 large egg yolk, room temperature
 2 teaspoons orange juice
 1 teaspoon almond extract
 1-1/4 cups all-purpose flour
 1-1/2 teaspoons baking powder
 1/4 teaspoon salt
 3-3/4 cups sweetened shredded coconut,
 1 cup seedless raspberry preserves

DIRECTIONS

Cream butter, cream cheese and sugar until light and fluffy, 5-7 minutes. Beat in egg yolk, orange juice and almond extract. In a separate bowl, whisk flour, baking powder and salt; gradually beat into creamed mixture. Stir in 3 cups coconut. Refrigerate until easy to handle, about 30 minutes.

Preheat oven to 350°. Shape rounded tablespoons of dough into balls; roll in remaining coconut. Place 2 in. apart on ungreased baking sheets. Press a deep indentation in the center of each with the end of a wooden spoon handle. Bake until edges are light brown, 8-10 minutes. Cool 1 minute. Using the wooden spoon, enlarge any indentations that may have narrowed or closed. Remove cookies from pans to wire racks. Fill with preserves; cool completely.



PEANUT BUTTER CHEWS

INGREDIENTS

1 cup light corn syrup
 1/2 cup sugar
 1 cup peanut butter
 1 teaspoon vanilla extract
 4 to 5 cups cornflakes

DIRECTIONS

In a large saucepan, bring the corn syrup and sugar to a boil. Add the peanut butter. Remove from the heat; stir in vanilla and cornflakes.

Drop by tablespoonfuls onto waxed paper. Store in an airtight container.

Separate cookies and place 1 in. apart on ungreased baking sheets. Bake until cookies are lightly browned, 20-25 minutes. Transfer to wire racks to cool completely.

CHECK OUT WHAT IS NEW AND CHANGING IN THE FITNESS PROGRAM AT PRIMELIFE.

Starting on Tuesday, December 3rd the 12:30 Aquatic Arthritis Foundation class will be permanently cancelled.

* * * * *

Bonus Aquatic Volleyball on the 3rd Tuesday of the month will be at 12:15-1:15 instead of 1:15-2:15 starting on Tuesday, December 17th.

* * * * *

Starting on January 7th, the SAIL class on Tuesdays and Thursdays will be from 10:00-10:45 instead of 11:00. Janice Cates will be the instructor.

* * * * *

With Cindy leaving at the end of December and Cheryl at the end of March, we have some big fitness shoes to fill! If you know any fitness instructors who may be interested in teaching at PLE, have them contact Janice Cates, Fitness Coordinator, at jcates@primelifeenrichment.org or call 317-815-7000 and choose option 8.

Maybe you have thought to yourself, I could become a fitness instructor at PLE!

Maybe now is the time! Schedule a time to talk to Janice Cates about certifications and teaching opportunities at PLE.

* * * * *

Friendly reminder- for updated schedule changes and subs, check www.brownbears.com/cal/instructors. Or you can go on the PLE website and click on the rectangular icon at the top of the Home page that says: Click here for daily updates (water and land classes) including instructors and cancellations. Although this schedule is updated on a regular basis, there are times when last-minute changes need to be made due to illness, emergencies or inclement weather. We ask for your patience when this happens. We will make changes as quickly as possible.

— Janice Cates



PRIMELIFE IS LOOKING FOR LABLAST INSTRUCTORS

Have you ever thought about becoming a LaBlast instructor? The formula is simple, using patterns based on the true skill of dance!

No memorizing choreography and no lengthy prep time for your classes! It's simple, effective and above all else, FUN - and a great way to stay in shape!

What are you waiting for?

Right now, it is 50% off any certification - In Person, Virtual or On Demand - with coupon code BLACKFRIDAY50, and you can register online at <https://lablastfitness.com/become-an-instructor> or come talk to me if they have questions.

— Cindy Schembre

PROGRAMS

PrimeLife Enrichment Center

WELCOME NEW MEMBERS

NEW MEMBERS SEPT 2024

10/29/2024 Brian Parker
 10/29/2024 Janet Parker
 11/6/2024 Victoria Rae Smith

11/7/2024 Leslie Saure
 11/13/2024 Inga Offerman
 11/14/2024 Annette Miller

11/18/2024 Don Frick
 11/19/2024 Joe Boton



Thank you for your service!



- CREATIVE
- XCELLENT
- POETRY
- REFLECTIONS
- ESSAYS
- STORIES
- SUMMARIES
- INVENTORIES
- OBSERVATIONS
- NOVELLAS
- SPECULATIONS

Thanks-4-Giving Week! November 11 through 15



Congratulations to our outstanding volunteers!

PrimeLife Enrichment Center

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Carmel, IN 46032



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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:

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_____ \$ 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. Prime-
Life Enrichment, Inc. is a 501(c)(3) corporation.]

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