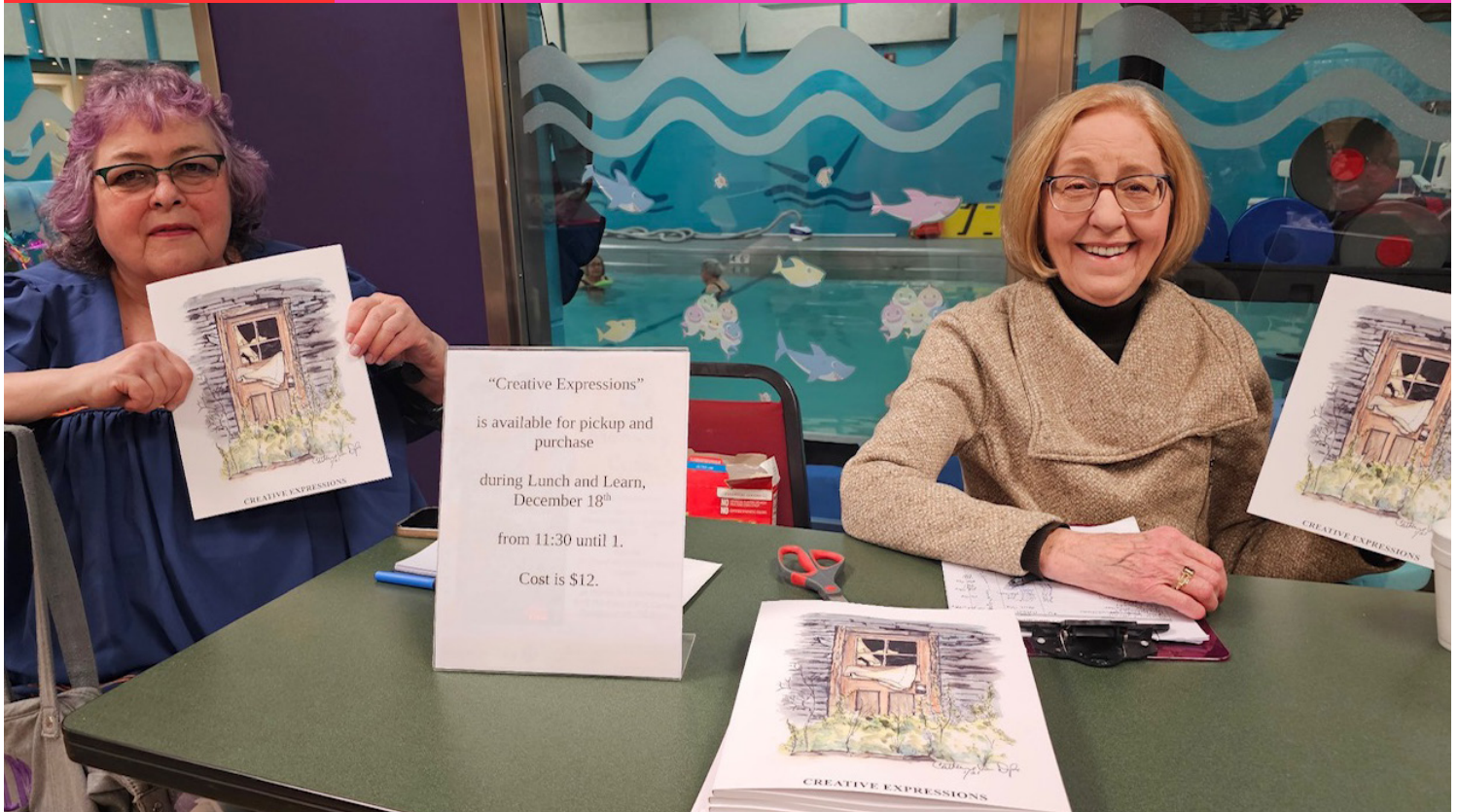




PrimeLife

ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



PLE SENIOR NEWS | FEBRUARY 2025

CREATIVE EXPRESSIONS is a beautiful book of poetry, stories, and art that was created by some of the talented members at PLE. Available in the Thrift Store for \$12.

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UPCOMING EVENTS AND ANNOUNCEMENTS

FEBRUARY LUNCH & LEARNS

- February 5:** Joy's House, Noah Taylor
- February 12:** Understanding Alzheimer's and Dementia, Sandy deCastro
- February 19:** CapTel Captioned Telephones, Ron Renforth
- February 26:** Heart Health with Dr. Sujoy Phookan, Cardiologist, IU Health

FEBRUARY EVENTS TO REMEMBER

- February 14:** Valentine's Day
- February 17:** President's 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

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
Suzanne Marks, Secretary
Stephen Gross, Past President

Michael Bratcher
Becky Henn
Dan Overbeck

CENTER INFORMATION

PrimeLife Enrichment Center

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JOHN PERKON • Facility Manager • Direct: 317-343-6787
johnperkon@msn.com • Ext. 219

BRENT HARTMAN • Senior Driver

MONDAY - FRIDAY

8:00 AM - 3:00 PM

SATURDAY - SUNDAY

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

CONTACT US

MAIL

1078 3rd Avenue SW
Carmel, IN 46032

PHONE

317.815.7000

FAX

317.815.7008



TRANSPORTATION

TO 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.

THE POLARIZING MONTH OF FEBRUARY

PrimeLife Enrichment Center

February holds a unique position in the calendar. Its brevity, combined with its seasonal and cultural associations, makes it a month that people have strong opinions about, whether positive or negative. Here are a few of the things that people like and dislike about February.

WHAT PEOPLE LIKE ABOUT FEBRUARY

The Promise of Spring. February offers at least a glimmer of hope for warmer days ahead. For those of us who find the long, dark days of winter depressing, the mere thought of spring arriving soon can be a source of joy and anticipation.

Groundhog Day. For those who believe a rodent can predict the weather, Groundhog Day, celebrated every year on February 2nd, can give cause to celebrate, especially if it doesn't see its shadow. But keep your fingers crossed because seeing its shadow could mean another six weeks of winter. For those of you who would like more information about this special day, I heartily recommend the movie "Groundhog Day" starring Bill Murray. In the movie, Murray's character, a cynical weatherman, finds himself trapped in a time loop, reliving the same day—Groundhog Day—over and over again. The film has become a classic, and its themes of self-improvement and transformation resonate with many viewers.

Valentine's Day. Perhaps one of the most widely recognized and anticipated aspects of February is Valentine's Day, especially if you own stock in greeting card companies or chocolate manufacturers. On February 14th, lovers and friends exchange gifts, cards, and expressions of affection. For those who enjoy celebrating romance, Valentine's Day provides a reason to indulge in the pleasures of love, both romantic and platonic. It's a day to appreciate those who hold a special place in one's life, whether through heartfelt gifts or simple acts of kindness. Those who

Black History Month. February is also celebrated as Black History Month. This month provides an opportunity for people to engage with the stories, struggles, and triumphs of the Black community, whether through education, art, or reflection. For many, Black History Month is an essential time to reflect on the progress made in civil rights and social justice while acknowledging the work still needed to achieve equality.

Winter Sports and Activities. For those who enjoy winter sports, February

represents peak season. Whether it's skiing, snowboarding, ice skating, or simply enjoying the snowy outdoors, February offers the opportunity to make the most of winter's offerings. I must admit, however, that given the brutal first three weeks of January weather this year, I may opt to sit by my fireplace and enjoy the warmth of a cozy fire.

Super Bowl Sunday. Last but not least on our list of what to like about February is the Super Bowl. Even though our beloved Indianapolis Colts once again failed to make the playoffs, Even if you're not a diehard football fan, the Super Bowl provides a great reason to gather with friends and family, indulge in snacks and appetizers, have a few adult beverages, and enjoy the spectacle of commercials, halftime shows, and the excitement surrounding the game.

WHAT PEOPLE DISLIKE ABOUT FEBRUARY

Cold Weather and Winter Blues. Once the excitement of the holiday season has passed, we're faced with little to look forward to besides cold and dark days. (Remember this past January?) Too often February proves to be the dead of winter, with subzero temperatures, snowstorms, and icy conditions. For people already weary of the cold, February can feel like a never-ending slog, and can lead to Seasonal Affective Disorder (SAD), a type of depression triggered by changes in seasons. No wonder snowbirds don't come back here until April. .

Post-Holiday Lull. The months of December and January are filled with holidays, celebrations, and festivities, but February can feel like a letdown. After the high-energy holiday season, February often seems devoid of the excitement that the earlier months provide. The days after New Year's Day can feel particularly bleak, as people return to their regular routines and face the prospect of many months without the celebration and excitement of major holidays. Even Valentine's Day, while beloved by some, may not be enough to break the monotony of the post-holiday season for everyone.

Valentine's Day Pressure. Speaking of Valentine's Day, while it can be a source of joy for many, it can also bring stress and pressure. For singles, the day can be a painful reminder of romantic loneliness. Even for people in relationships, Valentine's Day can sometimes lead to unrealistic expectations or feelings of



GARY WAGNER
Executive Director

inadequacy if one partner feels the need to outdo the other with extravagant gifts or romantic gestures.

Weather-Related Disruptions. February can also be a month prone to severe weather disruptions. Snowstorms, ice storms, and other extreme weather events can wreak havoc on travel plans, daily commutes, and general comfort. For people who are not fond of winter weather, February often feels like the most challenging month, as snow can pile up and temperatures dip to uncomfortable lows. But perhaps February's weather came early this year.

TIPS ON GETTING THROUGH FEBRUARY

Whether you enjoy or despise February, here are some tips that might help you get through till Spring:

1. Embrace the Light (or Lack of It). Try to get outside during daylight hours, even if it's just for a short walk. Exposure to natural light, especially in the morning, can help regulate your sleep cycle and improve your mood.
2. Stay Active. Take advantage of our indoor fitness classes (land and aquatic). Exercise releases endorphins, which can elevate your mood. If you enjoy winter sports February can still be an excellent time to embrace those activities.
3. Celebrate Small Wins. Whether it's a cup of your favorite hot drink, watching a feel-good movie, or spending time with loved ones, celebrate small moments of joy.
4. Plan for Spring. Try planning something exciting for when the weather warms up—whether it's a vacation, a day trip, or a fun outdoor activity. Having something to look forward to can help you power through the month.
5. Stay Connected. Winter months, especially February, can lead to feelings of isolation. Make an effort to stay connected with friends and family. Whether through phone calls, video chats, or hanging out at PrimeLife, maintaining social ties can help you feel less alone.
6. When all else fails, pray that the groundhog doesn't see its shadow! Enough said. - Gary

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



STAYING ACTIVE IN COLD WEATHER

Tips for a healthier lifestyle even when it's cold outside.

As temperatures drop, staying active can become challenging. However, maintaining an active lifestyle during cold weather is crucial for both physical and mental health. Winter weather can make muscles stiff, increasing the risk of injury. Regular physical activity, such as stretching and strengthening exercises, helps keep muscles and joints flexible. Engaging in regular exercise also boosts immunity, improves mood and helps prevent seasonal weight gain. Here are some tips on how to stay active when the weather turns chilly, all while keeping safety in mind.

1. Dress in Layers:

The key to exercising in cold weather is dressing appropriately. Wear moisture-wicking base layers to keep sweat away from your skin and top them with insulating and waterproof outer layers to protect against the elements. Ensure you have gloves, a hat and warm socks to prevent heat loss through your extremities.

2. Warm Up Indoors:

Cold weather can make muscles stiff and increase the risk of injury. Start with a warm-up routine indoors to get your blood flowing and prepare your muscles for outdoor activity. Dynamic stretches and light cardio exercises, such as jumping jacks or high knees, can help elevate your body temperature before heading outside.

3. Choose the Right Activities:

Adapt your fitness routine to suit the season. Winter offers unique opportunities for outdoor activities like ice skating, cross-country skiing and snowshoeing, which are excellent for cardiovascular fitness and building strength. For those who prefer traditional workouts, walking, running or hiking can still be effective if done on cleared paths.

4. Stay Safe:

Shorter days mean less daylight, so choose well-lit routes or consider wearing reflective gear to remain visible. Be cautious of icy patches to prevent slips and falls. Always check the weather forecast,

and if conditions are too extreme, opt for indoor alternatives.

5. Take Advantage of Indoor Workouts:

If the weather is too harsh, don't let it deter you from exercising. Gyms and fitness centers offer classes and equipment to keep your fitness journey on track. Home workout routines using bodyweight exercises, yoga or resistance bands can also provide effective ways to stay active.

By taking the right precautions and finding activities that suit your interests, you can enjoy a healthy and active winter season. If you do experience an injury, the sports medicine experts at IU Health are ready to help. Learn more at iuhealth.org/find-medical-services/sports-medicine.

Source: <https://iuhealth.org/thrive/staying-active-in-cold-weather-tips-for-a-healthier-lifestyle-isr>

Top Cold Weather Risks for Seniors

<p>Hypothermia</p>	<p>Frostbite</p>	<p>Falls</p>	<p>Dehydration</p>
<p>Vitamin D deficiency</p>	<p>Depression & Anxiety</p>	<p>Cardiovascular Disease</p>	<p>Arthritis</p>

As President's Day approaches, here are my top four President-themed movies to peruse at home this February:

AIR FORCE ONE

Harrison Ford is the President in this 1997 blockbuster directed by Wolfgang Petersen. As the leader of the free world, Ford is a cross between Han Solo, Indiana Jones, and Jack Ryan hell bent on single-handedly stopping a motley crew of terrorists from hijacking the presidential 747 with the first family on board. Super entertaining with white-knuckle scenes that will satisfy any action-flick sweet tooth. Kinda makes you wish all our Presidents were action heroes.



THE AMERICAN PRESIDENT

Rob Reiner directs, Aaron Sorkin writes, and Michael Douglas acts in this 1995 Presidential rom-com meets *The West Wing*.

This Oval Office comedy is a bit of a light-as-meringue liberal fantasy about a decent, recently widowed Democrat president (Douglas) who falls in love with a daffy environmental lobbyist, putting a target on his back for his political adversaries. If you want to know where the seeds for Sorkin's *The West Wing* come from, look no further than

this delightful, Capra-eque film. President Bill Clinton and his staff granted permission for the cast and production design team to visit the White House on five occasions. If only politics could be that easy.

I also love *The American President*. It's a smart and funny romantic comedy with a fantastic cast. Michael Douglas and Annette Bening are great together. It also feels a bit like a prototype for *The West Wing*, which I also love.



DAVE

Kevin Kline plays the President and Ivan Reitman directs in this 1991 classic and my personal favorite White House-based film.

Uncanny Presidential look-alike Dave is recruited by the Secret Service to become a momentary stand-in for the philandering and distant President of the United States. Dave Kovic (Kline) is a sweet-natured and caring Temp Agency operator, who by a staggering coincidence looks exactly like the President. When Mitchell wants to escape an official luncheon to be with his secretary, played by a very young Laura Lenny, the Secret Service hires Dave to stand in for him. Unfortunately, Mitchell suffers a severe stroke while fooling around with one of his aides, and Dave finds

himself stuck in the role indefinitely. Former President Obama told Kevin Kline, "I love watching the movie when I'm depressed because you make the job of President look so fun and so easy." There is hope and humor in this movie and that's something we all need.



LINCOLN

Steven Spielberg forgoes the traditional cradle-to-grave Hollywood biopic treatment in this 2012 and instead zeroes in on one brief-but-telling four-month chapter of the Great Emancipator's time in office: namely, the fight to pass the 13th Amendment abolishing slavery in 1865. Daniel Day-Lewis' performance as Abraham Lincoln is nothing short a brilliant sleight of hand that conjures both the dreamy idealist and the shrewd political animal behind the beard and stovepipe hat. What could have easily been a dry history lesson instead unspools like a masterpiece that feels vital and alive. Describing his experience playing Abraham Lincoln, Sir Daniel Day-Lewis said, "I never, ever felt that depth of love for another human being that I never met. And that's, I think, probably the effect that Lincoln has on most people that take the time to discover him... I wish he had stayed (with me) forever."

Happy President's Day by Lori Raffle

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

*Starting Friday, January 10th, Krystle will be teaching LaBlast on Fridays at 11:00.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
9:00 am	The CLIMB w/ Lindsay	LABLAST w/ Practice Member Lead	The CLIMB w/ Lindsay	LABLAST w/ Practice Member Lead	The CLIMB w/ Lindsay	SATURDAY
10:15 am	GOT BALANCE w/ Lindsay	10:00 am SAIL w/Janice	GOT BALANCE w/ Janice	10:00 am SAIL w/Janice	STRENGTH & FLEXIBILITY w/ Lindsay *	
11:00 am	LABLAST w/ Practice Member Lead		LABLAST w/ Practice Member Lead		LABLAST w/ Krystle	
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.brownbears.com/cal/pleinstructors	

HEART FEBRUARY HEART

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>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</p> <p>CICOA PRODUCE FOR BETTER HEALTH • 12:00 -3:00 PM</p>	<p>4</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>5</p> <p>11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn * 12:30 pm Hand & Foot L 12:30 pm JJJ Devotional Study B 12:30 pm Art Class \$</p>	<p>6</p> <p>9:00 am Pinochle L 11:30 am CICOA Lunch \$ 12:30 pm Card-Making \$ 1:00 pm Euchre L</p>	<p>7</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>10</p> <p>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</p>	<p>11</p> <p>11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:00 pm Needlework L</p> <p>DIVVY LUNCHES</p>	<p>12</p> <p>10:00 am Alzheimers Assoc. Support Group L 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn * 12:30 pm Hand & Foot L 12:30 pm JJJ Devotional Study B 12:30 pm Art Class \$ 1:30 pm Nutrition Education - Brenda Moster</p>	<p>13</p> <p>9:00 am Pinochle L 11:30 am CICOA Lunch \$ 1:00 pm Euchre L</p>	<p>14</p> <p>11:30 am Second Helpings Lunch * 12:00 pm Memory Café 12:15 pm Partner Bridge L</p> <p>HAPPY Valentine's Day</p>
<p>17</p> <p>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</p> <p>HAPPY Presidents Day</p>	<p>18</p> <p>11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:00 pm Needlework L</p>	<p>19</p> <p>11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 12:30 pm Hand & Foot L 12:30 pm JJJ Devotional Study B 12:30 pm Art Class \$</p> <p>CICOA PRODUCE FOR BETTER HEALTH • 12:00 -3:00 PM</p>	<p>20</p> <p>9:00 am Pinochle L 11:30 am CICOA Lunch \$ 12:30 pm Card-Making \$ 1:00 pm Euchre L</p>	<p>21</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 BONUS BINGO with Corey</p>
<p>24</p> <p>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</p>	<p>25</p> <p>11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:0 pm Needlework L Sponsored by Wellbrook of Carmel 1:30 pm Book Club</p> <p>DIVVY LUNCHES</p>	<p>26</p> <p>11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn * 12:30 pm Hand & Foot L 12:30 pm JJJ Devotional Study B 12:30 pm Art Class \$ 1:30 pm Nutrition Education - Brenda Moster</p>	<p>27</p> <p>9:00 am Pinochle L 11:30 am CICOA Lunch \$ 1:00 pm Euchre L</p>	<p>28</p> <p>11:30 am Second Helpings Lunch * 12:00 pm Memory Café 12:15 pm Partner Bridge L</p>

LUNCH & LEARNS:

- Feb 5 Joy's House, Noah Taylor
- Feb 12 Understanding Alzheimer's and Dementia, Sandy deCastro
- Feb 19 CapTel Captioned Telephones, Ron Renforth
- Feb 26 Heart Health with Dr. Sujoy Phookan, Cardiologist, IU Health



KEY:

- * - Open to Public
- \$ - Additional Fee
- Z - Also on Zoom
- L - Library
- B - Board Room
- A - Annex



PRESIDENT'S DAY WORD SEARCH



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

AMERICA
CELEBRATE
CEREMONY
COMMANDER IN CHIEF
CONSTITUTION
COUNTRY
DEMOCRACY
ELECT
EXECUTIVE BRANCH

FEBRUARY
FEDERAL
FLAG
FOUR YEARS
GOVERNMENT
HISTORY
HOLIDAY
LINCOLN
NATION

PATRIOT
POTUS
PRESIDENTS
RED WHITE BLUE
STARS AND STRIPES
USA
VOTE
WASHINGTON
WHITE HOUSE

CALL FOR VOLUNTEERS

VOLUNTEERING AT THE FRONT DESK AT PRIMELIFE ENRICHMENT IS FUN AND SUPER HELPFUL TO PLE.

You may sign up for even just an hour per day or week to sit up front, greet people, answer phones, and help members with questions or who need to check in for activities.

Responsibilities include:

- Greeting people
- Answering phones
- Checking in clients
- Providing paperwork for possible new members
- Setting a welcoming tone for clients.

Skills needed include:

- Good customer service skills
- Ability to communicate clearly and in a friendly manner
- Ability to manage multiple tasks

If you are interested, please see Heather Brownell, PLE Assistant Director (hbrownell@primelifeenrichment.org) and she can tell you more.

PrimeLife is a friendly place and we are anxious to gather friendly faces to greet our current and possible new members.

Did you know that if you volunteer 25 hours in a quarter (3 months), you will receive a basic membership free of charge?



ADDITIONAL VOLUNTEER OPPORTUNITIES

Volunteers may:

- Visit or assist socially isolated seniors in their homes

VOLUNTEERS

PrimeLife Enrichment Center

- Provide transportation for those unable to drive
- Help with reception and office tasks
- Teach an activity class - computer/tech instructors currently needed
- Help beautify the grounds, keep our Center clean and seasonally decorated
- Work in the Thrift Shop
- Reminder calls for transportation and other activities
- Assist with special events at the PrimeLife Enrichment Center

Whatever your interest or talent, PrimeLife can provide a place for you to feel productive and know that you are truly making a significant difference in the lives of one of our community's greatest assets, its senior citizens. Please complete the Volunteer Application Form (found on the PLE website on the Volunteer page) and email it to our Volunteer Coordinator, Dee Timi, at dtimi@primelifeenrichment.org

MAKE FEBRUARY A LITTLE LIGHTER



**CRUSTLESS SPINACH
QUICHE**

INGREDIENTS

- 1 cup chopped onion
- 1 cup sliced fresh mushrooms
- 1 tablespoon canola oil
- 1 package (10 ounces) frozen chopped spinach, thawed and well drained
- 2/3 cup finely chopped fully cooked ham
- 5 large eggs
- 3 cups shredded Muenster or Monterey Jack cheese
- 1/8 teaspoon pepper

DIRECTIONS

In a large skillet, saute onion and mushrooms in oil until tender. Add spinach and ham; cook and stir until the excess moisture is evaporated. Cool slightly. Beat eggs; add cheese and mix well. Stir in spinach mixture and pepper; blend well. Spread evenly into a greased 9-in. pie plate or quiche dish. Bake at 350° for 40-45 minutes or until a knife inserted in center comes out clean.

Nutrition Facts

1 piece: 251 calories, 18g fat (10g saturated fat), 164mg cholesterol, 480mg sodium, 4g carbohydrate (2g sugars, 1g fiber), 18g protein.



**ONE-PAN ROTINI WITH
TOMATO CREAM SAUCE**

INGREDIENTS

- 1 pound lean ground beef (90% lean)
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 teaspoon Italian seasoning
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 2 cups beef stock
- 1 can (14-1/2 ounces) fire-roasted diced tomatoes, undrained
- 2 cups uncooked spiral pasta
- 1 cup frozen peas
- 1 cup heavy whipping cream
- 1/2 cup grated Parmesan cheese

DIRECTIONS

In a large skillet, cook beef and onion over medium heat until beef is no longer pink and onion is tender, 5-10 minutes, breaking beef into crumbles; drain. Add garlic and seasonings; cook 1 minute longer. Add the stock and tomatoes; bring to a boil. Add pasta and peas; reduce heat. Simmer, covered, until pasta is tender, 10-12 minutes.

Gradually stir in cream and cheese; heat through (do not allow to boil).

Nutrition Facts

1 cup: 443 calories, 23g fat (13g saturated fat), 98mg cholesterol, 646mg sodium, 33g carbohydrate (6g sugars, 3g fiber), 25g protein.



**SIMPLE AU GRATIN
POTATOES**

INGREDIENTS

- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 1-1/2 teaspoons salt
- 1/8 teaspoon pepper
- 2 cups 2% milk
- 1 cup shredded cheddar cheese
- 5 cups thinly sliced peeled potatoes (about 6 medium)
- 1/2 cup chopped onion
- Additional pepper, optional

DIRECTIONS

Preheat oven to 350°. In a large saucepan, melt butter over low heat. Stir in flour, salt and pepper until smooth. Gradually add milk. Bring to a boil; cook and stir 2 minutes or until thickened. Remove from heat; stir in cheese until melted. Add potatoes and onion.

Transfer to a greased 2-qt. baking dish. Cover and bake 1 hour. Uncover; bake 30-40 minutes or until the potatoes are tender. If desired, top with additional pepper.

Nutrition Facts

3/4 cup: 225 calories, 10g fat (6g saturated fat), 30mg cholesterol, 602mg sodium, 26g carbohydrate (4g sugars, 2g fiber), 8g protein.

IS A 28-DAY INDOOR WALKING CHALLENGE FOR YOU?

At its most basic level, a 28-day indoor walking challenge is just what the name implies. You walk for exercise indoors every day for four weeks. It's grown in popularity because it's flexible, accessible and free. One popular version of this program challenges you to walk for just one minute on the first day.

When walking indoors during winter as a senior, prioritize safety by wearing supportive shoes with good traction, starting slowly, warming up before walking, cooling down afterwards, and considering a designated walking area with minimal obstacles - like the track here at PLE, which is 1/12 of a mile.

KEY TIPS FOR INDOOR WALKING IN WINTER:

Proper footwear:

Wear supportive shoes with good grip to prevent slips and falls, even indoors.

Warm-up and cool down:

Always start with a gentle warm-up, like

arm circles and leg swings, and finish with a cool down stretch to prepare your muscles.

Gradual progression:

Begin with short walks and gradually increase the duration and intensity over time.

Designated walking area:

Create a clear, safe walking path in your home, avoiding clutter and potential hazards.

Use handrails:

If needed, utilize handrails for balance and support, especially when turning or changing direction.

Hydration:

Stay hydrated by drinking water before, during, and after your walk.

Consider a treadmill:

A treadmill provides a controlled environment for walking and can be adjusted to your fitness level.

Walking with a partner:

Walking with a friend or family member

can provide motivation and accountability.

Listen to your body:

If you experience any pain or discomfort, stop immediately and rest.

Consult your doctor:

Before starting a new exercise routine, especially in winter, talk to your doctor about any concerns or limitations.



DOES THE 28 DAY INDOOR WALKING CHALLENGE REALLY WORK?

Walking for at least 30 minutes every day can help you lose weight. Consistency is key, and while 30 minutes may not seem like much, it can burn 150-200 calories. Over time, this can lead to significant weight loss, particularly if it is paired with a healthy diet.

NEW MEMBERS DEC 2024 - JAN 2025

Terri Miller 1/2/2025	Tyrone Neely 1/2/2025	Chuck Slagle..... 1/7/2025	Roberta MacDonald 1/23/2025
Richard Neely 1/2/2025	Sandra Pedrick..... 1/2/2025	Sharon Clark 1/14/2025	

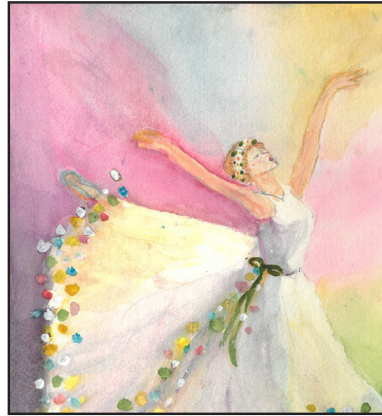
CREATIVE EXPRESSIONS is a beautiful book of poetry, stories, and art that was created by some of the talented members at PLE. Available in the Thrift Store for \$12.



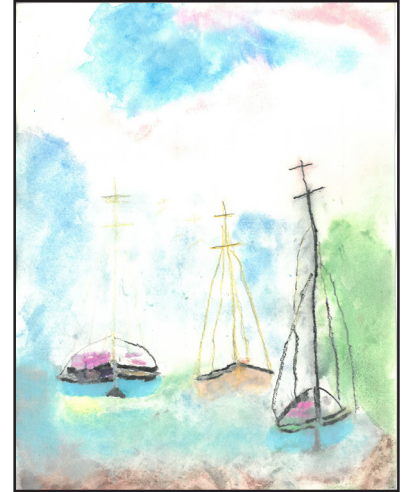
CREATIVE EXPRESSIONS

Front Door (cover art) by Catherine Van Dyke

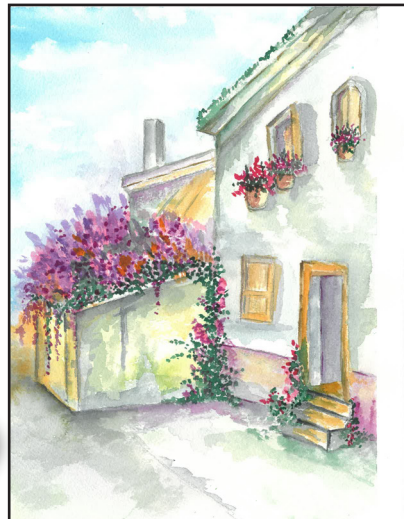
- CREATIVE**
XCELLENT
POETRY
REFLECTIONS
ESSAYS
STORIES
SUMMARIES
INVENTORIES
OBSERVATIONS
NOVELLAS
SPECULATIONS



Ballerina by Sue Langeman



Boats in the Mist by Mark Jones



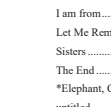
Country Cottage by Terry Wagner



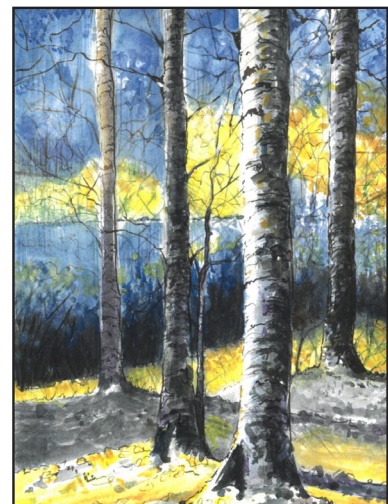
Lion by Erika Wood

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Watercolor Trees by Deborah Wagner

PrimeLife Enrichment Center

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PLE SENIOR NEWS | FEBRUARY 2025

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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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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
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tax advisor re: leaving a lasting legacy for our seniors. Prime-
Life Enrichment, Inc. is a 501(c)(3) corporation.]

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