



PrimeLife

ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



PLE SENIOR NEWS | OCTOBER 2025

Everyone loves the Climb class!

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UPCOMING EVENTS AND ANNOUNCEMENTS

- October 1:** SHIP - Medicare 2026: Big Changes Ahead - shop smart this enrollment season.
- October 8:** My Honey Bird - Don't Get Scammed: Senior Friendly Seminar to Protect your Wealth; Help with your personal phone devices - sign-up sheet at Front Desk
- October 15:** Commons on Meridian - The Common Sense Showdown: Show your smarts, win bragging rights, and enjoy friendly fun!
- October 22:** Senior Solutions Consulting - Protecting Senior Lifestyles: Learn what steps can be taken today to remain living in Hamilton County while receiving the care and lifestyle seniors deserve!
- October 29:** Majestic Care - Online Safety: As more seniors engage with the digital world for communication, banking, shopping, and healthcare, online safety is more important than ever. Protecting personal information, recognizing scams, and using secure devices are key to staying safe. We will be providing helpful tips and tricks.

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.

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

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



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 DIRECTORS

Marcia Claerbout, President
Melody Cockrum-Dixon, Vice President
Howard May, Treasurer
Suzanne Marks, Secretary
Stephen Gross, Past President
Michael Bratcher
Steven Goodin
Becky Henn
Dan Overbeck
Debbie Reimer

OUR SPONSORS

Wellbrooke of Carmel
Senior Helpers
CenterWell Senior Primary Care
Fish Window Cleaners
Commons on Meridian
Traditions of Westfield
Sunrise on Meridian - Bonus
Bingo Sponsor
Indianapolis Rehabilitation
Hospital - The Climb sponsor
Majestic Care- October
Memory Cafe
Sunrise on Old Meridian- Bonus
Bingo Sponsor

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BRENT HARTMAN • Senior Driver

CENTER INFORMATION

PLE HOURS:
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
317.815.7007

TAKE A TOUR OF PLE
**Call us to schedule
a tour Monday thru
Thursday 9 am to 2 pm**
and let us answer all
your questions.



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**

MONDAY - FRIDAY
8:00 AM - 3:30 PM
Schedule as early as possible,
at least one week ahead.

SEPTEMBER MESSAGE

PrimeLife Enrichment Center

RANDOM MUSINGS ON OCTOBER

"I'm so glad I live in a world where there are Octobers."

— L. M. Montgomery,
Anne of Green Gables

"Notice that autumn is more the season of the soul than of nature."

— Friedrich Nietzsche

Many times I have written about the month of October in such glowing terms that some have accused me of being an October apologist, to which I reply, "guilty as charged!."

I cannot deny that October has always held a particular magic for me, beginning when I was a child heading out for an evening of trick or treating with my twin brother. As I reflect on all the bounty we collected every Halloween, it's no wonder that I consider being told that I was too old to trick or treat (my sophomore year in high school) ranks up there with being told there was no such person as Santa Claus (fourth grade).

Taking my children trick or treating in the 1980s was much like my childhood experience with a few notable exceptions. 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. Which do you

think held more candy though? Speaking of candy, over the years, the full-size candy bars have all but disappeared and replaced by "fun-size" bars. Give me a break. Even little kids know it's more fun to get a big candy bar instead of one about the size of your pinky finger.

All of this being said, it's easy to see why October has always been so well-liked by every generation of trick or treaters. But what about those of us who traded in our Halloween costumes for work clothes many years ago? Why is October such a favorite month for those who have only vague childhood memories of Halloween? To me, the answer is obvious. It's the weather and all the outdoor activities that become much more enjoyable in the absence of summer's oppressive heat.

Here in central Indiana, the summers are typically long, hot and humid, beginning in mid-May or so and lasting well into if not beyond the month of September. Even the most ardent sun-worshipper is ready for cooler, less humid days and nights as October makes its seasonal debut. Admittedly, the summer-like weather sometimes spills over into early October, but more often than not, the weather around here begins to turn as soon as the calendar page flips from September to October. Thus this tenth month of the year enjoys the reputation



GARY WAGNER
Executive Director

of being the first full month of Autumn. By the end of the month, Fall is in full swing with leaves turning to bright yellows, oranges, reds and other vibrant colors.

I realize that not everyone is as enamored with October as I am. Such nay-sayers often look down their noses at October because it reminds them that winter is soon to follow. While I tend to dismiss such folks at the "glass half-empty" crowd, I understand why they might shudder at the thought of what happens weather-wise after October, Face it! Winter will be coming as days become shorter. Driving to and from work in the dark, putting up with freezing temperatures, scraping ice off your windshield, shoveling snow, wearing layered clothing, etc. is no more my idea of fun than anyone else's. My advice is to enjoy this month while you can. Be thankful for the respite between summer and winter that October and the fall season provide for us. And pray for a mild winter.

----Gary



CLOCK IS TICKING ON TIKTOK SCAMS

According to the Federal Trade Commission, more money is reported stolen through fraud originating on social media than by any other method of contact.

Please share this warning with anyone who uses TikTok or other social media platforms and encourage them to stay alert.

HOW IT WORKS

- You're contacted through a social media app by an influencer or celebrity.
- They ask for money in exchange for profit shares, an exclusive meet up, or in support of their favorite charity.
- Online conversations evolve into mentorship or romance, eventually pushing to help you 'learn' how to invest in cryptocurrency.

WHAT YOU SHOULD KNOW

- Social networks are flooded with impostor accounts designed to steal money and personal information.
- Criminals often impersonate celebrities and influencers to request money,

solicit "donations," or promote fake investments.

- Relationship-based scams are now a leading driver of cryptocurrency fraud, which has grown rapidly in recent years.
- TikTok Shop, as well as Facebook Marketplace, can also host scams, where products are misrepresented, of poor quality or are never delivered.

What Should You Do

- Review your social media app privacy settings and limit who can see your posts and which apps can access your information.
- Treat direct messages with skepticism and be wary of anyone quickly trying to build a close bond or romantic relationship.
- When shopping online, check seller ratings and reviews (though they can be fake, so engage your inner skeptic if every review is high), and be cautious of prices far below market value.



Fraud Watch Network



Knowledge gives you power over scams. AARP Fraud Watch Network™ equips you with reliable, up-to-date insights and connects you to our free fraud helpline so you can better protect yourself and loved ones. We also advocate at the state, federal and local levels to enact policy changes that protect consumers and enforce laws.



DO I NEED TO START GETTING CANCER SCREENINGS?

HERE'S WHAT TO KNOW

The best way to cure cancer is to detect it early. Though there are treatments available to address cancer that is caught later, the most curable stage for all cancers is the first one.

There are many types of cancer screenings available. When and whether you should undergo screenings depends on your age, your personal medical history and your family medical history. Learn more about the most common screenings and when to start.

WHAT IS A CANCER SCREENING?

Cancer screenings are tests to find cancer or precancer. A handful of cancers have effective, proven screening tests. Dr. Nasser Hanna, oncologist and chief of cancer screenings at IU Health, explains more about these screenings and when they should be scheduled.

WHEN TO GET SCREENED

Breast cancer: One of the oldest and most common screenings, breast cancer screenings take an image inside the breast. This image is taken using a mammogram, or for people with a higher risk of breast cancer, magnetic resonance imaging (MRI). "Breast cancer screening is one of the primary reasons why the mortality for breast cancer has steadily gone down over the last several decades," said Dr. Hanna.

When and how often to get screened for breast cancer: The U.S. Preventive Services Task Force now recommends that all women get screened every other year starting at age 40.

Colon cancer: This type of cancer affects the large intestine. There are three ways to test for colon cancer: two stool tests that check for DNA changes in the cells or blood in the stool, or a colonoscopy. A colonoscopy is a painless procedure where a doctor places a scope through your colon to check for polyps. Polyps are growths in the colon lining that can turn into cancer. Your doctor will remove concerning polyps to prevent them from turning into cancer.

Everyone should get these starting at

age 45, or sooner if you have certain risk factors. "If you have a genetic predisposition to colon cancer or certain underlying medical problems, like inflammatory bowel disease, this will substantially push up the age at which you should get screened," Dr. Hanna said.

Cervical cancer: Regular gynecological checkups include a Pap test, which is a screening for cervical cancer. The cervix is the canal connecting the uterus to the vagina. During a Pap test, the doctor collects cells from the cervix. This tissue is examined under a microscope to look for cells that are cancerous or could become cancerous. "Cervical cancer screening is incredibly effective at reducing the rates for cervical cancer," Dr. Hanna said.

These screenings start when a woman becomes sexually active or by age 25. Women should continue annual gynecological visits, even after menopause.

Lung cancer: Lung cancer screenings have been available for more than 10 years. This test is proven to reduce lung cancer deaths, and it's one of the least invasive screenings. Using a computed tomography (CT) scan, your doctor can get an image of your lungs to detect cancer in its earliest stage. "A lung scan can also find other cancers and other serious medical conditions," Dr. Hanna said. "That's why it can reduce the likelihood of early death for many reasons."

You can undergo a screening if you are at least 50 years old and have a history of smoking at least 20 pack a year.

Skin cancer: People with a high risk of skin cancer should undergo regular screening. You are a good candidate for skin cancer screening if you:

- Have a family history of melanoma
- Are fair skinned
- Have had excessive sun exposure or sunburns, such as from working outdoors
- Use a tanning bed
- Have lots of moles on your skin

You can perform a self-exam at home each month to monitor for any concerning changes in your skin or moles. Talk with

your doctor if you feel you should be screened for skin cancer. During a skin cancer screening, a dermatologist will examine your skin visually to check for concerning spots or changes.

Head and neck cancer: These types of cancers affect your mouth, throat, neck and head. You are at greater risk for these types of cancer if you smoke or chew tobacco, drink alcohol on a regular basis or have the human papillomavirus (HPV). This screening is done by a doctor checking your head and neck or a dentist checking inside your mouth.

While these are the most common cancer screenings, you may be a good candidate to get screened for other diseases, depending on your medical and family history.

HOW MUCH DOES A CANCER SCREENING COST, AND DOES INSURANCE COVER IT?

If you fit the age or at-risk screening criteria, most cancer screenings are covered by insurance. You can also locate free cancer screenings in your community or with your healthcare provider, like IU Health. It's important to maintain regular checkups with your doctor as you grow older so they can perform routine screenings.

HOW OFTEN DO I GET CANCER SCREENINGS?

The risk of cancer increases with age. Breast, colon and cervical cancer screenings usually continue at least annually throughout your adult life. Colon screenings depend upon your risk factors and findings at your initial screening.

"We're really making great progress with cancer survivorship," Dr. Hanna said. "But there are some fundamental things that can reduce the likelihood that you will die of cancer. Those things are: Not smoking tobacco or chewing tobacco, reducing alcohol consumption, exercising regularly, eating a well-balanced diet, breathing clean air, managing weight and doing early cancer detection."

10 WAYS TO MAKE FRIENDS WHEN YOU'RE OLDER

There are a number of simple ways to make friends as you age. Here are a few.

1. ATTEND RELIGIOUS SERVICES

Whether in person or online, going to a church, mosque or synagogue is a great way to find like-minded individuals. Religion can be a connecting force, and today's places of worship are offering online opportunities and discussion groups. If you're not religious, but are spiritual, you can find similar groups.

2. CONNECT WITH ACTIVITY GROUPS

Activity groups around the country center on common interests. Many are for older adults seeking community and friendship. Check community centers, churches and senior centers around you. Online, look into AARP communities, Facebook Groups or Meetup.com.

3. ENROLL IN CONTINUING EDUCATION

Continuing education and lifelong learning courses can connect people, and keep minds sharp and engaged. Classes can be academic, like history or languages, or just activity-based, such as music and sewing.

4. EXTEND SOCIAL INVITATIONS

Invite a friend to join you for coffee or lunch. Also, accept when you're invited out, too. Then turn it around again by inviting them to lunch or coffee. You'll quickly find your schedule filled with friendship.

5. GO ON A DATE

Friendship doesn't have to stop at 50, and neither does romance. Dating can be done in person or online, for a deeper connection or just companionship. Some dating sites, including OurTime and SilverSingles, specialize in people over age 50.

6. JOIN SUPPORT GROUPS

Life brings changes, and support groups can be a great way to feel comforted as you navigate these challenges. These groups can help seniors understand their feelings of loneliness and regain a sense of purpose.

7. START EXERCISING

Taking an exercise class or joining a fitness group can be a great way for older adults to get active, and become part of a dynamic community. Options can range from senior dance classes to walking clubs, water

aerobics sessions to yoga meetups.

8. STRIKE UP A CONVERSATION

Introducing yourself to a stranger can feel awkward or intrusive, but asking questions can help break the ice. What's that coffee drink you're ordering? How's that book you're reading? Listen and share in return, and you might just make a new friend.

9. TAKE A TRIP

Taking a year off to travel before retirement – a “gap year” – is a recent senior phenomenon. One of the biggest benefits of traveling is the social environment. Traveling is always a way to meet new people and bond over the shared experience of the trip.


10. VOLUNTEER OR GET A PART-TIME JOB

Giving back can be a fulfilling and empowering activity for older adults, plus it's an easy, convenient way to meet like-minded new people. Service organizations always need volunteers, as do hospitals, schools and the like. If you still want to work, a part-time gig can keep your skills sharp and provide you with another important social outlet.



AQUATIC FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am	EARLY AQUATIC AEROBICS Instructor: Lisa	EARLY AQUATIC AEROBICS Instructor: Lisa	INTERMEDIATE AQUATIC AEROBICS Instructor: Patsy	EARLY AQUATIC AEROBICS Instructor: Lisa	
9:30 am		ADVANCED AQUATIC AEROBICS Instructor: Lisa	AQUA ZUMBA Instructor: Ali	ADVANCED AQUATIC AEROBICS Instructor: Lisa	
10:30 am	INTERMEDIATE AQUATIC AEROBICS Instructor: Jeanne	OPEN POOL Instructor: Lisa	INTERMEDIATE AQUATIC AEROBICS Instructor: Jeanne	VOLLEYBALL Instructor: Lisa	INTERMEDIATE AQUATIC AEROBICS Instructor: Jeanne
11:30 am	ARTHRITIS FOUNDATION AQUATICS Instructor: Betsy	ARTHRITIS FOUNDATION AQUATICS Instructor: Patsy	ARTHRITIS FOUNDATION AQUATICS Instructor: Jeanne	ARTHRITIS FOUNDATION AQUATICS Instructor: Barb	ARTHRITIS FOUNDATION AQUATICS Instructor: Patsy
12:30 pm	OPEN POOL Instructor: Betsy		OPEN POOL Instructor: Betsy	OPEN POOL Instructor: Barb	OPEN POOL Instructor: Patsy

LAND FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am	The CLIMB Instructor: Lindsay	DANCE FEVER Member Lead	The CLIMB Instructor: Lindsay	ZUMBA GOLD Instructor: Ali	The CLIMB Instructor: Lindsay
10:00 am	GOT BALANCE Instructor: Lindsay		GOT BALANCE Instructor: Betsy		STRENGTH & FLEXIBILITY Instructor: Lindsay
11:00 am	DANCE FEVER Member Lead	SAIL Instructor: Barb	ZUMBA GOLD Instructor: Ali	SAIL Instructor: Betsy	LABLAST Instructor: Krystle
12:30 pm		ARTHRITIS FOUNDATION EXERCISE Instructor: Barb		ARTHRITIS FOUNDATION EXERCISE Instructor: Betsy	REVEL Classes are in Orange. For daily updates (water and land): www.brown-bearsw.com/cal/pleinstructors OR scan this code:
1:30 pm		YOGA BLEND Instructor: Vicki		YOGA BLEND Instructor: Vicki	
EVENING CLASSES	5:30 pm DANCE FUSION Instructor: Kelsey		5:30 pm ZUMBA Instructor: Alicia		
	6:30 pm UPLIFT Instructor: Sandy	6:00 pm SHINE Instructor: Sandy	6:15 pm POUND Instructor: Melissa	6:30 pm UPLIFT Instructor: Sandy	

OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KEY: * - Open to Public \$ - Additional Fee Z - Also on Zoom L - Library B - Board Room A - Annex		1 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn * 12:30 pm Hand & Foot L 12:30 pm Devotional Study B 12:30 pm Art Class \$ CICOA PRODUCE FOR BETTER HEALTH • 12:00 -3:00 PM	2 9:00 am - Noon IU Health - Flu Vaccine Clinic - sign-up at Front Desk 9:00 am Pinochle L 10:45 am Pray the Rosary B 11:30 am CICOA Lunch \$ 12:30 pm Card-Making \$ 1:00 pm Euchre L	3 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L 12:30 pm Memory Café: Art Therapy 2:30-4:00 pm Memory Café Bird Watching - Wild Birds Unlimited
6 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO 12:30 pm Game Day & Luncheon 1:00 pm Creative Writing B	7 9:00 am Nails by Hillary 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:00 pm Needlework B DIVVY LUNCHES PICK-UP: 11 AM TO 1 PM	8 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 Devotional Study B 12:30 pm Art Class \$ 3-6:00 pm Dementia Friendly Indy Fall Festival	9 9:00 am Pinochle L 10:45 am Pray the Rosary B 11:30 am CICOA Lunch \$ 1:00 pm Euchre L	10 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L 1:00 pm BONUS BINGO sponsored by Sunrise on Old Meridian
13 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	14 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 12:45 pm S.A.F.E. Tour 1:00 pm Needlework B	15 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn * 12:30 pm Hand & Foot L 12:30 pm Devotional Study B 12:30 pm Art Class \$	16 9:00 am Pinochle L 10:45 am Pray the Rosary B 11:30 am CICOA Lunch \$ 12:30 pm Card-Making \$ 1:00 pm Euchre L	17 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L 2:30-4:00 pm Memory Café Life in Pictures, Anne Roberts
20 9:30 am Senior Walk - Cool River Creek - call 317-774-2500 to learn more 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 - Mason Brown, Traditions of Westfield 1:00 pm Creative Writing B	21 11:30 am CICOA Lunch \$ 1:00 pm Needlework MP Sponsored by Wellbrook of Carmel 1:30 pm Book Club B DIVVY LUNCHES PICK-UP: 11 AM TO 1 PM	22 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn * 12:30 pm Hand & Foot L 12:30 pm Devotional Study B 12:30 pm Art Class \$	23 9:00 am Pinochle L 10:45 am Pray the Rosary B 11:30 am CICOA Lunch \$ 1:00 pm Euchre L	24 10:00 am CPL: 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L
27 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO - Mason Brown, Traditions of Westfield 1:00 pm Creative Writing B	28 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:00 pm Needlework B	29 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn * 12:30 pm Hand & Foot L 12:30 pm Devotional Study B 12:30 pm Art Class \$	30 9:00 am Pinochle L 10:45 am Pray the Rosary B 11:30 am CICOA Lunch \$ 1:00 pm Euchre L	31 10:00 am CPL: 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L 

HALLOWEEN WORD SEARCH

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

AMUSEMENT
BATS
CANDY
DRACULA
FRANKENSTEIN
GHOSTS
HARVEST
MONSTER
OCTOBER
PRANK
SCARE
SPIDER
WITCH

APPLES
BLACK
CAT
EERIE
FRIGHTEN
GOBLIN
HAYRIDE
MUMMY
ORANGE
PUMPKINS
SHADOWS
SPOOKY

AUTUMN
BOO
COSTUMES
EXCITEMENT
GAMES
HALLOWEEN
MASK
NIGHT
PARTY
SAFE
SKELETON
TRICKORTREAT

I DON'T LIKE TO BE SCARED

I repeat, I don't like to be scared. Not at the movies, not at Halloween attractions and certainly not in my own neighborhood. No matter how hard I try, I just do not find impending doom hilarious.

I finally watched the first *Halloween* movie, because I decided to see what everyone said I shouldn't miss, but honestly I hadn't missed much. Give me a good thriller like *Rebecca* or *Strangers on a Train* anytime. My imagination is so much more creative when I don't see the anything, but can imagine it.

Hallmark Love on Halloween is more my speed. I don't want to watch dismemberment no matter how cinematic or realistic it is, and I don't like someone (or something) that comes out of the darkness to jump at me.

I don't like scary costumes, either. Give me a lovely little Cinderella or a brave Superman and I will hand out candy and compliments all night long. I really don't understand the attraction of making everyone from Barbie to Shrek into "Zombies."

It might surprise you that my favorite author is Stephen King, who certainly doesn't hold back when it comes to scaring his readers, but much like Joey did in one episode of *Friends*, if I get too scared reading a book, I can put it in the freezer.

I love Fall and all that it brings - from turning leaves to Pumpkin Spice everything to the bold colors of Mums, but you won't catch me watching every horror movie that Netflix streams or decorating my yard with skeletons and giant cobwebs.

I don't dislike Halloween, but it seems like a holiday made for kids that some of the grown-ups decided to take over.

Growing up, we lived on a big circle and it was the perfect size to hit for all the necessary treats and still make it home in time for Charlie Brown's Great Pumpkin. We never bought a costume at the store - my Mom sewed and she would start early on making us just the right thing suitable for ringing doorbells. I was a gypsy on more than one occasion, as well as a hobo, a nurse, and a lumberjack.

COMMENTARY

PrimeLife Enrichment Center

Once we got home, some major trading would take place on the floor in the Family Room. There were three of us sisters, and we all knew each others favorite candy. My sister Bobbie got all the O'Henry's and Milk Duds. My sister Dianne was a peanut butter freak, so anything that fit that description went to her.

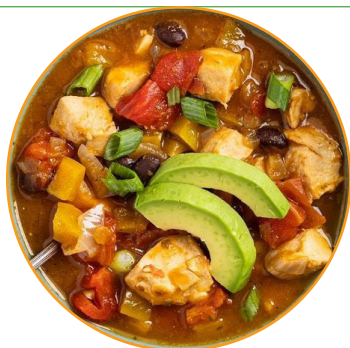
Me? I could recognize one of those white Three Muskateer wrappers from ten feet away and they were mine. Of course, no matter what your pile looked like at the end of the evening, we would be sick to our stomachs and sick of the candy in less than a week.

These days my Halloweens usually consist of sitting in my friend's driveway watching every kid in their Noblesville subdivision come by for candy and a compliment on their costume. Gotta say, I still love the homemade ones the best.

However you celebrate, have a wonderful Halloween and month of October.

- Lori Raffel

COZY OCTOBER MAIN DISHES



PUMPKIN CHILI

INGREDIENTS

2 tablespoons olive oil
1 medium onion, chopped
1 medium sweet yellow pepper, chopped
3 garlic cloves, minced
2 cans (15 ounces each) black beans, rinsed and drained
1 can (15 ounces) solid-pack pumpkin
1 can (14-1/2 ounces) diced tomatoes, undrained
3 cups chicken broth
2-1/2 cups cubed cooked turkey
2 teaspoons dried parsley flakes
2 teaspoons chili powder
1-1/2 teaspoons ground cumin
1-1/2 teaspoons dried oregano
1/2 teaspoon salt

DIRECTIONS

In a large skillet, heat oil over medium-high heat. Add onion and pepper; cook and stir until tender. Add garlic; cook 1 minute longer.

Transfer to a 5-qt. slow cooker; stir in the next 10 ingredients. Cook, covered, on low 4-5 hours. If desired, top with avocado and green onions.



STOUT & HONEY BEEF ROAST

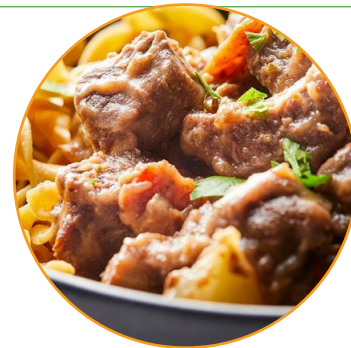
INGREDIENTS

12 small red potatoes (about 1-1/2 pounds), scrubbed
6 to 7 medium carrots (about 1 pound), peeled and cut into 1/2-inch pieces
2 medium onions, quartered
1 boneless beef chuck roast (4 pounds), trimmed
1 can (14-1/2 ounces) beef broth
1 cup stout beer or additional beef broth
1/2 cup honey
3 garlic cloves, minced
1 teaspoon dried marjoram
1 teaspoon dried thyme
1/2 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon ground cinnamon
2 tablespoons cornstarch
1/4 cup cold water

DIRECTIONS

Place potatoes, carrots and onion in a 5-qt. slow cooker. Cut roast in half; transfer to slow cooker. In a small bowl, combine next 9 ingredients; pour over top. Cook, covered, on low 8-10 hours, until meat and vegetables are tender.

Slice beef and keep warm. Strain cooking juices, reserving vegetables and 1 cup liquid. Skim fat from reserved liquid; transfer liquid to a small saucepan. Bring to a boil. Combine cornstarch and water until smooth; gradually stir into juices. Bring to a boil; cook and stir until thickened, about 2 minutes. Serve with beef and vegetables. If desired, top with fresh thyme.



SLOW-COOKER BEEF BOURGIGNON

INGREDIENTS

3 pounds beef stew meat
1-3/4 cups dry red wine
3 tablespoons olive oil
3 tablespoons dried minced onion
2 tablespoons dried parsley flakes
1 bay leaf
1 teaspoon dried thyme
1/4 teaspoon pepper
8 bacon strips, chopped
1 pound whole fresh mushrooms, quartered
2 cups pearl onions, peeled
2 garlic cloves, minced
1/3 cup all-purpose flour
1 teaspoon salt

DIRECTIONS

Place beef in a large bowl; add wine, oil and seasonings. Turn to coat. Cover; refrigerate overnight.

In a large skillet, cook bacon over medium heat until crisp, stirring occasionally. Remove with a slotted spoon; drain on paper towels. Discard drippings, reserving 1 tablespoon in pan.

Add mushrooms and onions to drippings; cook and stir over medium-high heat until tender. Add garlic; cook 1 minute longer.

Drain beef, reserving marinade; transfer beef to a 4- or 5-qt. slow cooker. Sprinkle beef with flour and salt; toss to coat. Top with bacon and mushroom mixture. Add reserved marinade.

Cook, covered, on low until beef is tender, 8-10 hours. Remove bay leaf. If desired, serve stew with noodles.



OCTOBER EVENTS AT PLE AND HAMILTON COUNTY

PrimeLife Enrichment Center

KEY DATES IN OCTOBER AT PLE

10/2: 9am - 12 noon:
IU Health - Flu Vaccine Clinic - sign-up
sheet at front desk

NEW! PRAY THE ROSARY:

10/2, 9, 16, 23, 30: 10:45am, PLE
boardroom - St. Elizabeth Seton Church

MEMORY CAFE:

10/3, 2:30pm - 4:
Bird Watching, Wild Birds Unlimited

10/17: 2:30pm - 4:
Picture Biography, Anne Roberts

DEMENTIA FRIENDLY INDY FALL FESTIVAL

10/8: 3-6pm:
Dementia Friendly Indy Fall Festival
(see flyer)

HAMILTON COUNTY PARK

DISTRICT SENIOR EVENT:

10/20: 9:30am - Senior Walk at Cool
River Creek, call 317-774-2500 to learn
more

BINGO:

10/12: 12:15
Bonus Bingo - Sunrise Senior Living
10/27: 12:15
Bingo - Traditions of Westfield.

MAJOR WEEKEND FESTIVALS

Noblesville Fall Fest:

Friday, October 3rd, 4–8 PM. Features
trick-or-treating, a soup cook-off, live
music, hayrides, and a maker market.

Potter's Bridge Fall Festival:

Saturday, October 4th, 11 AM–5 PM. A
free event in Noblesville with over 100
arts and crafts vendors, food booths,
live music, a KidZone, and scenic views.

Fishers AgriPark Fall Festival:

Saturday, October 4th and Sunday, Oc-
tober 5th. This is a ticketed event with
time slots. Activities include a scare-
crow trail, animal encounters, games,
crafts, and food trucks.

Russell Farms Country Fall Festival:

Every Saturday and Sunday in October.
Enjoy hayrides to the pumpkin patch, a
corn maze, petting zoo, and more.

Conner Prairie's Headless Horseman Festival:

Select Thursdays through Sundays,
October 2-26. Includes a haunted hay-
ride, shows, an 11-acre corn maze, and
various spooky activities.

OTHER OCTOBER EVENTS

Oktoberfest:

Friday, October 3rd in Carmel City
Center.

Sullivan Express Pumpkintown:

Select dates in October in Fishers.

Fall Foliage Express:

October 11th in Noblesville.

Barktoberfest & Stein Hold Races:

October 11th in Westfield.

PROGRAMS

PrimeLife Enrichment Center

W E L C O M E N E W M E M B E R

NEW MEMBERS

Dennis Paul	8/26/2025	Pat Eagles	9/5/2025
Bruce Bovin	8/27/2025	Carolina Rodriguez	9/15/2025
Katharine Chirico	9/3/2025	DeAnna Alvarez	9/16/2025
Munawar Paul	9/3/2025	Joseph Ruberto	9/24/2025





PrimeLife Enrichment Center

1078 Third Ave. SW
Carmel, IN 46032

PLE SENIOR NEWS | OCTOBER 2025

Check out our website at
www.primelifeenrichment.org

And be sure to visit our Facebook Page:
PrimeLife Enrichment, Inc.

We are grateful for all of your support.

Come visit us at the center for a tour or call us at
317.815.7000 for more information.

DONATION & PLEDGE CARD

You can help by supporting our services!

Please accept my/our donation in the amount of:

_____ \$1,000	_____ \$ 100
_____ \$ 500	_____ \$ 50
_____ \$ 250	_____ \$ (other)

I would like to make a monthly pledge of: \$ _____

We welcome checks, cash, Visa, Master Card
and Discover. Make check payable to: PrimeLife Enrichment,
Inc.

_____ Please send information on how I can benefit PLE
through my legacy/estate planning. [Note: Check with your
tax advisor re: leaving a lasting legacy for our seniors. Prime-
Life Enrichment, Inc. is a 501(c)(3) corporation.]

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