



PrimeLife

ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



PLE SENIOR NEWS | SEPTEMBER 2025

PLE members took a day tour of the Indianapolis Motor Speedway and Museum.

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UPCOMING EVENTS AND ANNOUNCEMENTS

- September 1:** Labor Day - PLE will be closed all day
- September 3:** Commons on Meridian: "Put your Commons Sense to the test with exciting trivia, fun interaction, and the chance to win bragging rights!"
- September 10:** Centerwell Senior Primary Care: Anyone like a Farmer's Market? Trivia for better health Centerwell style!
- September 16:** Stinson Law Firm: Enjoy a lighthearted puzzle game where families' stories unfold. Help discover legal solutions that protect their care, wishes, and legacy
- September 17:** YMCA's Diabetes Prevention Program: Measurable progress, unlimited support- this program meets 26 times over the course of 1 year and supports participants in achieving weight loss and physical activity goals. This program is covered by Medicare! and a special member benefit for PLE Enhanced Members
- September 24:** Traditions of Westfield: Learn about Traditions and how we build traditions one family at a time through care, community, and connection.

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



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

Wellbrooke of Carmel
Senior Helpers
CenterWell Senior Primary Care
Fish Window Cleaners

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

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

STAFF

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johnperkon@msn.com • Ext. 219

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

*Try to remember the kind of September
When life was slow and oh, so mellow
Try to remember the kind of September
When grass was green and grain was yellow
Try to remember the kind of September
When you were a tender and callow fellow
Try to remember and if you remember
Then follow, follow*

Performed by The Brothers Four, 1965

I realize I just dated myself by quoting a song that was released sixty years ago. In fact, I was a 16-year old high school student when I first heard this song. My mother, may she rest in peace, was a member of the Columbia Record Club. I'm sure some of you fellow seniors will remember this and similar record clubs that enticed individuals to join by offering as many as 12 vinyl record albums for one penny. The catch was that you had to buy several more albums at somewhat inflated prices to fulfill the contractual obligations of the membership. But I digress. One of the first albums delivered to our eastside Indy home was "Try to Remember" by The Brothers Four. I had never heard of them, and I'm pretty sure neither had my mom. But of the first twelve albums she received, "Try to Remember" quickly became my favorite. At the time, our family sound system consisted of a portable record player with two detachable speakers. And every day after school, I would carefully remove the album from its cardboard jacket, place it on the turntable, and gently place the needle on the first groove of the record. My, how times have changed! Yet, I find it interesting that after all these years, the music of those simpler days still resonate with me on a very personal level.

Enough of my waxing nostalgic. Now that I've provided some context to my choice of musical verses, let's come back to the here and now and now and put the month of September into perspective. One of the most striking features of September here in central Indiana is the way the countryside begins to change. While the month of October is undoubtedly the peak season of fall foliage, the intense greens of July and August start to fade in September, giving way to the first hints of gold, orange, and rust. Changes in temperature and humidity become more pronounced as each day of September gives way to the next. Wildflowers bloom along roadside

ditches and public parklands, while the cornfields that surround our outlying communities turn brown and dry, ready for harvest.

Speaking of fields, there may be no greater September ritual around here than Friday night football. In Hamilton County, it's more than just a game—it's a showdown. From Carmel vs. Center Grove to the Fishers-HSE (Hamilton Southeastern) rivalry, these gridiron matchups stir up school spirit, bragging rights, and plenty of friendly trash talk. The Battle for the Mudsock—the annual clash between Fishers and HSE—is practically a holiday in itself, drawing massive crowds and turning the town red and blue, depending on which side you're on.



Over in Westfield, the Shamrocks gear up to defend their turf against county rivals like Noblesville or Zionsville. While students from schools like Guerin Catholic or University High School may not always grab the headlines, they bring just as much heart and hustle to the Friday night lights.

If you happen to not be a big football fan (don't count out the Colts), there are plenty of other outdoor activities you can enjoy. In fact, September's perfect balance of temperatures makes it one of the best months for enjoying the outdoors. Carmel, in particular, offers a plethora of opportunities for outdoor recreation in September. The Monon Trail is bustling but not crowded, and Coxhall Gardens provides the perfect spot for weekend picnics or photo sessions as the late-summer light softens over the lake. Families flock to Conner Prairie for its fall programming and early harvest events, blending history with seasonal tradition. Last but not least, local farmers



GARY WAGNER
Executive Director

markets are still going strong in places like Carmel's Midtown Plaza and Fishers' Nickel Plate District, offering a mix of late-summer produce—peaches, sweet corn, tomatoes—and early fall staples like apples, pumpkins, and mums. As the air gets cooler, more residents turn out to these markets, enjoying live music, artisan booths, and the sense of community that defines Hamilton County.

If there was ever a month NOT to be a couch potato, September is it. Yet for all its beauty and balance, September carries with it a subtle sadness—it is, in many ways, summer's last gasp. Even as warm days persist, there's an unshakable sense that they are numbered. Pools have closed, and the sounds of children playing outside in the evening begin to fade earlier as the sun sets before 8 p.m.

September days can still reach the high 80s occasionally, with bursts of summer-like heat (but usually low humidity) returning for a few days at a time. Such hot spells feel different now—less refreshing and more like echoes of a season that's slipping away. Gone are the lightning bugs of July and the cicadas of August. These and other changes should put us on notice that while summer may hang around for a while, it'll soon give way to autumn and beyond. In fact, September quietly opens the door to the holiday season. Although Halloween, Thanksgiving, and Christmas may still seem far off, the weeks ahead will pass quickly. If you haven't already, you will find aisles of costumes and Halloween candy at your favorite Meijer, Target, or Walmart. Before long, local events like Carmel's Ghosts and Goblins 5K, downtown trick-or-treating, and fall festivals take center stage. Then come the turkeys, the parade specials, and finally the twinkling lights that announce the arrival of the holiday season.

But let's not get too far ahead of ourselves. Take the advice of The Brothers Four and savor September while you still can.


— Gary

SAVE THE DATES!

SEPTEMBER 2025


WED 03

TEST YOUR COMMONS SENSE

The Commons on Meridian

WED 10

GAME ON! FRUITS & VEGGIES

CenterWell Senior Primary Care

September 3: Commons on Meridian: "Put your Commons Sense to the test with exciting trivia, fun interaction, and the chance to win bragging rights!"

September 10: Centerwell Senior Primary Care: Anyone like a Farmer's Market? Trivia for better health Centerwell style!

September 16: Stinson Law Firm: Enjoy a lighthearted puzzle game where families' stories unfold. Help discover legal solutions that protect their care, wishes, and legacy

September 17: YMCA's Diabetes Prevention Program: Measurable progress, unlimited support- this program meets 26 times over the course of 1 year and supports participants in achieving weight loss and physical activity goals. This program is covered by Medicare! and a special member benefit for PLE Enhanced Members

September 24: Traditions of Westfield: Learn about Traditions and how we build traditions one family at a time through care, community, and connection.


StinsonLawFirm
Providing peace of mind with care and compassion.


TUES 16

"PLAN IT" PUZZLE GAME

19TH & 25TH

DIABETES PREVENTION

the YMCA

TRADITIONS of WESTFIELD

BUILDING TRADITIONS, ONE FAMILY AT A TIME

WED 24

TUES/THUR

POP UP EVENTS @ 10AM

IS JOINT REPLACEMENT SURGERY FOR YOU?

TOTAL JOINT REPLACEMENT SURGERY – ARE YOU A CANDIDATE?

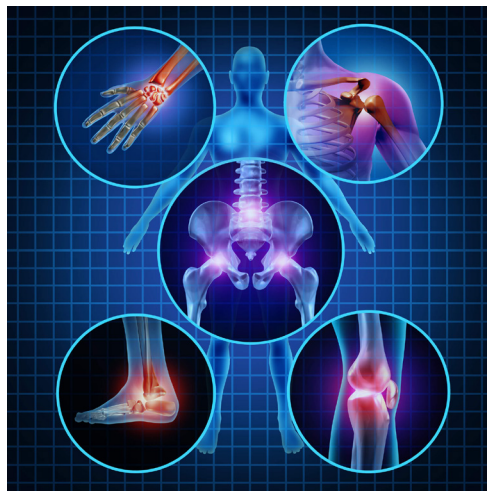
Total joint replacement surgery is a common and highly effective procedure for individuals experiencing chronic joint pain, limited mobility and reduced quality of life due to joint damage. Most often involving the hip or knee, these surgeries are typically recommended when non-surgical treatments—such as medications, physical therapy and lifestyle changes—fail to provide adequate relief. At IU Health, total joint replacement is a cornerstone of orthopedic care, with expert surgeons performing thousands of these procedures each year. The surgery aims to replace damaged joint surfaces with artificial components, reducing pain and restoring function so that patients can return to the activities they enjoy.

WHO IS A CANDIDATE FOR TOTAL JOINT REPLACEMENT?

Candidates for joint replacement are evaluated based on the severity of their symptoms, overall health and personal goals. Patients considering joint replacement are encouraged to attend a convenient virtual educational seminar, which helps them understand their condition, treatment options and what to expect before, during, and after surgery. Our team works directly with patients to create a personalized care plan for their needs. To find a virtual educational seminar, navigate to: <https://iuhealth.org/find-medical-services/hip-knee-replacement-seminars>

HOW CAN YOU PREPARE FOR SURGERY?

Preparation for joint replacement begins well before the day of surgery. IU Health provides comprehensive pre-surgery educational resources and has team members dedicated to ensuring patients and their support partners have all their questions answered throughout the journey. Patients



undergo a thorough medical evaluation to ensure they are healthy enough for the procedure. This includes reviewing medications, conducting blood tests and assessing cardiovascular and pulmonary function. Preparing the home for recovery is also important—this may involve removing trip hazards, installing safety equipment like grab bars, and arranging for help with daily tasks during the first few weeks post-surgery.

WHAT CAN YOU EXPECT ON THE DAY OF SURGERY?

The surgery itself typically lasts one to two hours and is performed under spinal or general anesthesia. Immediately after the procedure, patients begin a carefully guided recovery process that includes pain management and early mobilization. At IU Health, a multidisciplinary team of healthcare professionals—including nurses, physical therapists, occupational therapists and case managers—works closely with each patient to ensure a smooth and safe transition from surgery to recovery. Most patients begin walking with assistance the same day or the day after surgery.

WHAT DOES RECOVERY LOOK LIKE?

Recovery timelines vary depending on the individual and the specific joint replaced. Rehabilitation begins in the

hospital and continues at home or in an outpatient setting, with physical therapy playing a key role in regaining strength, flexibility and independence. Patients gradually transition from using assistive devices such as walkers or crutches to walking unassisted. While many people begin to feel significantly better within a few weeks, full recovery and return to normal activities often take several months.

ARE THERE RISKS?

As with any major surgery, total joint replacement carries some risks. However, when performed at high-volume centers like IU Health, the risks are low, and outcomes are generally exceptional. Most artificial joints function well for 20 years or longer, allowing patients to enjoy long-term mobility and quality of life improvements.

IU Health is recognized nationally for its comprehensive joint replacement program, offering patients access to advanced surgical techniques, innovative research and coordinated care throughout the entire journey. With a strong focus on patient education and individualized treatment plans, IU Health helps patients navigate the joint replacement process with confidence. By choosing a trusted healthcare partner and preparing thoroughly for the experience, patients can look forward to life with less pain, better function, and a renewed sense of independence. Learn more about Indiana's most preferred destination for total joint care at iuhealth.org/orthopedics.

Written by Dr. Leonard Buller, orthopedic surgeon and medical director of Orthopedics and Sports Medicine at IU Health Fishers

A MESSAGE FROM DEE:

Over the past decade I have been blessed with many remarkable friendships at PrimeLife Enrichment.

The rumors are true, sort of. I am retiring from the Activity Coordinator position at PLE. Many of you know that I have a very large and far-flung family. I do want to see them all at least once a year. That means traveling - to Kansas, Missouri, Tennessee, Washington state, and even others.

You're not getting rid of me that easily. I will be a driver for Transportation. Plus, continue with the Theatre Club and organize the large and small group trips for our members.

I suppose, not really retiring at all, just shifting my world. But, I promise you will see me at PLE, maybe even in some of the classes!

Much love - Dee



Produce For Better Health Program

Eligibility Criteria:

- ❑ Must be a participant in a CICOA lunch meal site.

Participant Requirements:

- ❑ Enrollment application
- ❑ Baseline health survey
- ❑ Quarterly satisfaction survey
- ❑ Monthly blood pressure and weight measurements

CICOA will provide a blood pressure cuff and scale to your meal site at no cost, for your use.

IMPORTANT: 34 people will be dropped from next week's delivery due to not meeting the on-going requirements. Rosemary from CICOA will inform people who were canceled. She can also assist with sign ups and sharing the health code rule- same day pick up required.

**SEASON
TICKETS
ON SALE NOW!**





CARMEL SYMPHONY ORCHESTRA
CELEBRATING 50 YEARS

'25-'26 SEASON

At the Payne & Mencias Palladium
at the Allied Solutions Center for the Performing Arts

October 11 - 7 p.m.


DRAMA! Beethoven & Brahms

Guest Conductor Kelly Corcoran
Ludwig Van Beethoven - Egmont Overture
Edvard Grieg - Holberg Suite, op. 40
Johannes Brahms - Symphony No. 1, op. 68

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	5:30 pm DANCE FUSION Instructor: Karen	
	6:30 pm UPLIFT Instructor: Sandy	6:00 pm SHINE Instructor: Sandy	6:15 pm POUND Instructor: Melissa	6:30 pm UPLIFT Instructor: Sandy	



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<div>1</div> <div></div> <div>PLE CLOSED FOR THE DAY</div>		<div>2</div> <div>11:30 am CICOA Lunch \$</div> <div>12:30 pm Golden Singers Club A</div> <div>1:00 pm Needlework B</div>		<div>3</div> <div>11:30 am Second Helpings Lunch *</div> <div>11:45 am Lunch & Learn *</div> <div>12:30 pm Hand & Foot L</div> <div>12:30 pm Devotional Study B</div> <div>12:30 pm Art Class \$</div> <div>CICOA PRODUCE FOR BETTER HEALTH • 12:00 -3:00 PM</div>		<div>4</div> <div>9:00 am Pinochle L</div> <div>11:30 am CICOA Lunch \$</div> <div>12:30 pm Card-Making \$</div> <div>1:00 pm Euchre L</div>		<div>5</div> <div>11:30 am Second Helpings Lunch *</div> <div>12:15 pm Partner Bridge L</div> <div>12:30 pm Memory Café: Art Therapy</div>	
<div>8</div> <div>11:30 am CICOA Lunch \$</div> <div>12:00 pm Practice Bridge L Not for beginners</div> <div>12:15 pm BINGO</div> <div>12:30 pm Game Day & Luncheon</div> <div>1:00 pm Creative Writing B</div>		<div>9</div> <div>9:00 am Nails by Hillary</div> <div>11:30 am CICOA Lunch \$</div> <div>12:30 pm Golden Singers Club A</div> <div>1:00 pm Needlework B</div> <div>DIVVY LUNCHES PICK-UP: 11 AM TO 1 PM</div>		<div>10</div> <div>10:00 am Alzheimers Assoc. Support Group L</div> <div>11:30 am Second Helpings Lunch *</div> <div>11:45 am Lunch & Learn *</div> <div>12:30 pm Hand & Foot L</div> <div>12:30 pm Devotional Study B</div> <div>12:30 pm Art Class \$</div>		<div>11</div> <div>9:00 am Pinochle L</div> <div>11:30 am CICOA Lunch \$</div> <div>1:00 pm Euchre L</div>		<div>12</div> <div>11:30 am Second Helpings Lunch *</div> <div>12:15 pm Partner Bridge L</div> <div>1:00 pm BONUS BINGO with Stephanie</div>	
<div>15</div> <div>11:30 am CICOA Lunch \$</div> <div>12:00 pm Practice Bridge L Not for beginners</div> <div>12:15 pm BINGO</div> <div>1:00 pm Creative Writing B</div> <div>CICOA PRODUCE FOR BETTER HEALTH • 12:00 -3:00 PM</div>		<div>16</div> <div>11:30 am CICOA Lunch \$</div> <div>12:30 pm Golden Singers Club A</div> <div>12:45 pm S.A.F.E. Tour</div> <div>1:00 pm Needlework B</div>		<div>17</div> <div>11:30 am Second Helpings Lunch *</div> <div>11:45 am Lunch & Learn *</div> <div>12:30 pm Hand & Foot L</div> <div>12:30 pm Devotional Study B</div> <div>12:30 pm Art Class \$</div>		<div>18</div> <div>9:00 am Pinochle L</div> <div>11:30 am CICOA Lunch \$</div> <div>12:30 pm Card-Making \$</div> <div>1:00 pm Euchre L</div>		<div>19</div> <div>11:30 am Second Helpings Lunch *</div> <div>12:15 pm Partner Bridge L</div> <div>1:00 pm BONUS BINGO with Corey</div> <div>2:30 pm Memory Café: Ballywood Silver</div>	
<div>22</div> <div>10:00 am Theatre Club L</div> <div>11:30 am CICOA Lunch \$</div> <div>12:00 pm Practice Bridge L Not for beginners</div> <div>12:15 pm BINGO</div> <div>1:00 pm Creative Writing B</div>		<div>23</div> <div>11:30 am CICOA Lunch \$</div> <div>1:00 pm Needlework MP Sponsored by Wellbrook of Carmel</div> <div>1:30 pm Book Club B</div> <div>DIVVY LUNCHES PICK-UP: 11 AM TO 1 PM</div>		<div>24</div> <div>11:30 am Second Helpings Lunch *</div> <div>11:45 am Lunch & Learn *</div> <div>12:30 pm Hand & Foot L</div> <div>12:30 pm Devotional Study B</div> <div>12:30 pm Art Class \$</div>		<div>25</div> <div>9:00 am Pinochle L</div> <div>11:30 am CICOA Lunch \$</div> <div>1:00 pm Euchre L</div>		<div>26</div> <div>10:00 am CPL:</div> <div>11:30 am Second Helpings Lunch *</div> <div>12:15 pm Partner Bridge L</div>	
<div>29</div> <div>11:30 am CICOA Lunch \$</div> <div>12:00 pm Practice Bridge L Not for beginners</div> <div>12:15 pm BINGO</div> <div>1:00 pm Creative Writing B</div>		<div>30</div> <div>11:30 am CICOA Lunch \$</div> <div>12:30 pm Golden Singers Club A</div> <div>1:00 pm Needlework B</div>		<div>September 3:</div> Commons on Meridian: Put your Commons Sense to the test with exciting trivia					<div>KEY:</div> <div>* - Open to Public</div> <div>\$ - Additional Fee</div> <div>Z - Also on Zoom</div> <div>L - Library</div> <div>B - Board Room</div> <div>A - Annex</div>
<div>September 10:</div> Centerwell Senior Primary Care: Anyone like a Farmer's Market?									
<div>September 16:</div> Stinson Law Firm: Enjoy a lighthearted puzzle game									
<div>September 17:</div> YMCA's Diabetes Prevention Program: Measurable progress									
<div>September 24:</div> Traditions of Westfield: Learn about Traditions									

SEPTEMBER WORD SEARCH

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

Hot chocolate

Scare crows

Sweaters

Leaves

Yellow

Popcorn balls

Halloween

Pumpkin

Orange

Fall

Marshmallows

Football

S'mores

Spices

Warm

Wizard of oz

Hayrides

Apples

Spooky

Red

SEPTEMBER ALWAYS FEELS LIKE A FRESH START

Over the weekend, I had breakfast with some friends, then sale flyer in hand, headed to Kohl's to see what I couldn't live without. The moment I walked through the doors, I saw "Back to School" signs on racks displaying the jeweled colors of Fall - my personal favorites.

I saw several mothers with their daughters searching for school-appropriate clothes that would fit their shapes and personalities, yet also help them blend in with everyone else. They were filling up their carts, trying on sweaters and long-sleeved shirts, and it made me miss my Mom and sisters and the times we went shopping in late August with a new spark of purpose for the new academic year.

Looking for school clothes meant a particular type of shopping. It had to be on a Saturday and we had to leave early enough to "miss the crowds." It started off with all three of us sisters in the car, then over the years became two of us and finally just me. Even if it was hot outside, we would anticipate the start of a new season and everything that means. Leaves circling in the breeze, cooler nights, and no more staying up late.

Oh, and there would always be lunch. If we went to Glendale, we ate at The Magic Pan or Sam's Subway. If we went downtown, it was always the L. S. Ayres Tea Room for Chicken Velvet soup and Rainbow Sherbet. Then came high school and having lunch in the Lazarus Dining Room in Castleton.

There was nostalgia and energy in the air. We had a purpose and we took advantage of the renewed energy that seems to come along with a new season. Of course, back then, we rarely started the new school year before Labor Day and in Indiana, cooler temperatures are a given, but we never knew when they would start, so the clothes you are buying may not be practical to wear until November.

September is a month of transformations - in nature and in ourselves. We knew the days of spontaneous Summer activities were numbered and a routine awaited us of school supplies, new teachers, and refocusing on our goals for the year.

It would soon become dark earlier and instead of waiting for the ice cream truck, we would be doing homework at the kitchen table.

COMMENTARY

PrimeLife Enrichment Center

I may go shopping by myself now, but this month is still a time of possibilities and the renewed hope of becoming a better version of myself - visions of healthier habits dance in my head.

Back then, gym class instead of kickball and real shoes instead of flip flops were just a few of the changes awaiting us. Would this be the year that I would reach the top of the rope? Would all of my friends still be there? Would a boy finally ask me out? It was more excitement than worry, and nothing like a new spiral notebook to make you recharge, refocus and recommit.

The shopping trip would always end the same way - heading home and preparing for the fashion show we would present to my Dad. He never asked us how much anything cost and he always told us we looked lovely in our new outfits, then Mom would tell us to take them off so she could press them and get them ready for the day we would present our new looks at school.

I did find a few things on sale at Kohl's and they are hanging in my closet waiting for September to arrive. — Lori

FRESH SEPTEMBER INGREDIENTS IN MAIN DISHES



GROUND BEEF VEGETABLE SOUP

INGREDIENTS

2 pounds ground beef
4 carrots, diced
4 celery ribs, chopped
1 onion, chopped
4 potatoes, peeled – cut into 1-inch pieces
1 can whole kernel corn, drained, rinsed
1 can green beans, drained and rinsed
1 can peas, undrained
1 can tomato sauce
1 can whole tomatoes, crushed
½ teaspoon ground thyme
¼ cup water, as needed

DIRECTIONS

Crumble ground beef into a stockpot over medium-high heat; cook and stir until beef is crumbly, evenly browned, and no longer pink, 7 to 10 minutes. Drain and discard any excess grease.

Crumbled ground beef into a stockpot over medium-high heat.

Stir in carrots, celery, and onion; cook and stir until vegetables are soft, about 5 minutes.

Stir in potatoes, corn, green beans, undrained peas, tomato sauce, and crushed whole tomatoes.

Pour in 1/4 cup water if needed, replenishing as needed while cooking.

Bring soup to a simmer; cover and cook, stirring regularly, until potatoes are tender, about 1 hour.

Serve hot and enjoy!



TENDER ITALIAN BAKED CHICKEN

INGREDIENTS

¾ cup mayonnaise
½ cup grated Parmesan cheese
¾ teaspoon garlic powder
¾ cup Italian seasoned bread crumbs
4 skinless, boneless chicken breast halves

DIRECTIONS

Preheat the oven to 425 degrees F.

Mix mayonnaise, Parmesan cheese, and garlic powder together in a bowl.

Place bread crumbs in a separate bowl. Dip each chicken breast into the mayonnaise mixture, then into the bread crumbs to coat

Breaded chicken tenders on a parchment paper lined baking sheet

Bake in the preheated oven until chicken is no longer pink in the center and the coating is golden brown, about 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Serve hot and enjoy!



UNSTUFFED CABBAGE ROLL

INGREDIENTS

2 pounds ground beef
1 large onion, chopped
1 small head cabbage, chopped
2 (14.5 ounce) cans diced tomatoes
1 (8 ounce) can tomato sauce
½ cup water
2 cloves garlic, minced
2 teaspoons salt

DIRECTIONS

Heat a Dutch oven or large skillet over medium-high heat. Cook and stir beef and onion in the hot Dutch oven until browned and crumbly, 5 to 7 minutes; drain and discard grease.

Ground beef and onions cooking in a dutch oven.

Add cabbage, tomatoes, tomato sauce, water, garlic, salt, and pepper and bring to a boil. Cover Dutch oven, reduce heat, and simmer until cabbage is tender, about 30 minutes.

Serve hot and enjoy!



NATIONAL DANCE DAY 2025

Date: Saturday, September 20, 2025

Start Time: 1:00 pm - 2:30 pm

Free for everyone, ages 16+

Our Revel instructors as well as SHiNE Dance Fitness instructors from across the state will participate.

WHAT IS NATIONAL DANCE DAY 2025?

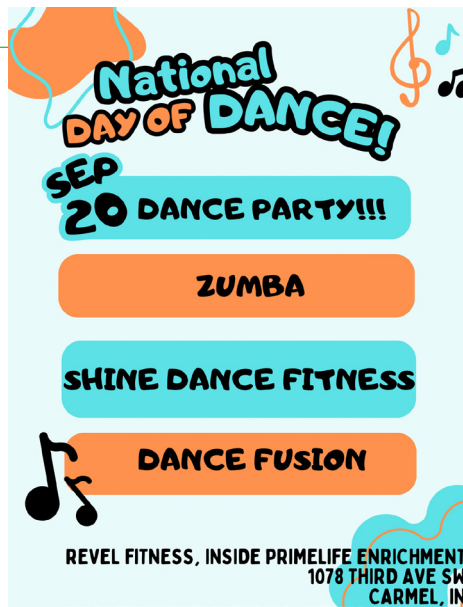
Celebrated on the third Saturday in September annually, this event was established in 2010 by Nigel Lythgoe (co-creator of So You Think You Can Dance) and Congresswoman Eleanor Holmes Norton to promote dance as a valuable form of exercise and artistic expression WikipediaNational Today.

Purpose: A day that encourages Americans to embrace dance—no matter their age or skill level—as a fun way to stay active and express themselves National TodayDays Of The Year.

HIGHLIGHTS & HOW TO CELEBRATE

According to National Today and various organizers, National Dance Day is all about:

Movement for everyone: “We brought the



music, you bring the moves!”—this day welcomes any beat and any dancer National Today.

Health & wellness: Celebrating dance for its benefits in physical fitness, flexibility, strength, and mental well-being National TodayThere is a Day for That!.

WAYS TO PARTICIPATE:

Take free or local dance classes, attend

classes in studios or community centers

Watch or perform in dance performances

Learn the official National Dance Day routine, often released by the organizers or American Dance Movement (ADM)

Share your moves on social media with hashtags like #NationalDanceDay or #DanceWithADM americandancer.orgNational TodayDays Of The YearTwinkl.

The Kennedy Center also often hosts free classes, performances, and community events to mark the event Kennedy CenterFacebook.

WHY IT MATTERS

Promotes inclusivity: Encourages people of all ages, backgrounds, and abilities to participate—dancers and non-dancers alike Days Of The YearThere is a Day for That!.

Boosts community & health: Offers a creative and enjoyable way to get moving, build confidence, and connect with others National TodayThere is a Day for That!.

Supports arts education: Reinforces the importance of dance in cultural, educational, and health contexts.

PROGRAMS

PrimeLife Enrichment Center

NEW MEMBERS

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

7/28/2025	Leslie Carothers	8/4/2025	Christy Ulsas	8/15/2025	Mary J Woods
7/31/2025	Jie (Jenny) Xu	8/11/2025	Lisa M. Fritz	8/21/2025	Duane Gordon
8/1/2025	Nighat Khatoun	8/11/2025	Sandy Wegner	8/24/2025	Mary Woods
8/1/2025	JC Tallant	8/15/2025	Kathy Hatfield		



The Fire & Ice (cream) Day Trip



Bridge is a serious game!



Assistant Transportation Coordinator Sheila Fischer and her husband with their new grandchild.



Casino Trip



Our members consistently love The Climb.



PrimeLife Enrichment Center

1078 Third Ave. SW
Carmel, IN 46032

PLE SENIOR NEWS | AUGUST 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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