



PrimeLife

ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



It's beginning to look a lot like Christmas!

PLE SENIOR NEWS | DECEMBER 2025

*Merry Christmas
and Happy Holidays!*

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UPCOMING EVENTS AND ANNOUNCEMENTS



Lunch & Learns: December 3, December 10, December 17

December 4: Excursion Thursday Carmel Historical Museum & Graeters

December 17: PLE HOLIDAY PARTY

December 18: Excursion Thursday BINGO and LUNCH

PLE HOLIDAY SCHEDULE:

Wednesday, December 24, 2025: Closed for Christmas Eve

Thursday, December 25, 2025: Closed for Christmas

Wednesday, December 31, 2025: Closed for New Year's Eve

Thursday, January 1, 2026: Closed for New Year's Day



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 SPONSORS

Wellbrooke of Carmel
Senior Helpers
CenterWell Senior Primary Care
Fish Window Cleaners
Commons on Meridian
Traditions of Westfield
Sunrise on Meridian
Majestic Care- October
Memory Cafe

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



STAFF

GARY WAGNER • Executive Director • Direct: 317-343-6788
gwagner@primelifeenrichment.org • Ext. 200

LORI RAFFEL • Office Manager • Direct: 317-343-6704
lraffel@primelifeenrichment.org • Ext. 206

LEESA ENGELMANN • Community and Member Engagement Director
Direct: 317-343-6800 • lengelmann@primelifeenrichment.org • Ext. 201

MARK GROSS • Transportation Coordinator • Direct: 317-343-6792
mgross@primelifeenrichment.org • Ext. 213

SHEILA FISCHER • Assistant Transportation Coordinator
Direct: 317-343-6802
sfischer@primelifeenrichment.org • Ext. 205 (voicemail only)

BETSY FOWLER • Fitness Coordinator • Direct: 317-343-6795
bfowler@primelifeenrichment.org • Ext. 224

DIANNA HOPPER • Data Coordinator • Direct: 317-343-6793
dhopper@primelifeenrichment.org • Ext. 202

JOHN PERKON • Facility Manager • Direct: 317-343-6787
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.

FINAL MESSAGE FROM THE EXECUTIVE DIRECTOR OF PLE

PrimeLife Enrichment Center



GARY WAGNER
Executive Director

Dear Friends of PrimeLife Enrichment,

Full disclosure: I am filled with mixed emotions as I begin to write this message. As many of you already know, December 30th will be my final day as Executive Director of PrimeLife Enrichment. At the risk of sounding maudlin, I'm filled with a mixture of gratitude, pride, and genuine emotion as this deeply meaningful chapter of my life comes to a close. When I announced to our Board of Directors in July that I planned to retire at the end of the year, it seemed far enough in the future that it didn't have that much of an emotional impact on me. But suddenly, it seems, the day has drawn near, and the realization that after seven years with this remarkable organization, including the past five as your Executive Director, I will be turning over the reins of leadership to my successor at the end of this month. Since 1989, I have served several nonprofits large and small in various capacities including development director, chief development officer, chief financial officer, and executive director. I can say unequivocally that becoming part of the PrimeLife Enrichment family has been one of the greatest honors of my career and of my life. Thus this letter is both a farewell and a heartfelt thank-you. It is a chance to reflect on the journey we've taken together, the resilience we've shown, the lives we've touched, and the future that lies ahead for an organization that will always have a place in my heart.

In August, 2018, I officially retired from my position as Executive Director of the Evansville Philharmonic Orchestra. Shortly thereafter, my wife and I decided to move back to central Indiana to be closer to three of our adult children and all six of our young grandchildren. My original intention when I joined PrimeLife Enrichment in November, 2018, was to help establish a successful development program that included friend raising and fund raising. It would be my way of giving something back to the nonprofit community. My plan was to retire again after a year or so with PrimeLife's development office in place. Little did I realize that I would assume the responsibilities of serving as PrimeLife's executive director less than two years after I first joined the organization. Although I knew Prime Life was an organization with a long history of service, compassion, and community. What I didn't yet know was

just how deeply those values would shape me—as a leader, as a colleague, and as a human being.

Looking back now over the past five years in the executive director role, I have watched Prime Life Enrichment go through many changes while holding fast to its mission: to help seniors lead active, independent and purposeful lives by providing access to clinical and social determinants of health. I consider this mission to be our north star, and it has guided every decision, every challenge, and every milestone.

We certainly had to navigate some choppy waters, beginning pretty much with the onset of COVID. Many organizations had to close their doors for good because of this pandemic. Thanks to the leadership of several staff members, we quickly adapted our programs by making them available. Since that time, we have overcome staff and program transitions, expanded programs, embraced innovative approaches to member support, and strengthened the foundation that will allow PrimeLife Enrichment to thrive for years to come. We walked through periods of uncertainty with clarity and purpose. We celebrated achievements that reaffirmed why our work matters. And we navigated challenges that brought out the very best in our team and our community. The end result was that we have grown from 240 or so members prior to COVID to more than 750 today. Make no mistake about it, this was not due singularly to my leadership. We have always had a dedicated, hard-working staff without which PrimeLife would never have overcome the serious challenges that led to the demise of so many other organizations.

Through all of this, I have been inspired daily by the dedication of our staff, the leadership of our board, the trust of our community partners, and—most importantly—the spirit of our members. Their stories, humor, courage, and resilience are the heartbeat of PrimeLife Enrichment. I have learned far more from them than I could ever hope to give back. As I reflect on the past several years, I am proud of what we have accomplished as a team. We strengthened our position not simply by expanding our services, but by reaffirming our commitment to compassion, respect, and responsiveness.

We enhanced our programming to better meet the physical, social, and emotional needs of our members. We introduced new opportunities for connection and learning, alongside initiatives that promote wellness, mobility, and independence. We preserved the core sense of belonging that defines PrimeLife Enrichment. Our team adapted with creativity and grace. Solutions emerged not from fear but from a shared belief in our mission. We deepened partnerships with local agencies, municipalities, healthcare providers, and community organizations to strengthen financial and organizational stability. These collaborations represent one of the achievements I am most proud of, because they position PrimeLife Enrichment as a vital and forward-thinking community leader.

Deciding to step down has not been easy. PrimeLife Enrichment has become part of my identity, and the relationships I have formed here are ones I will carry with me forever. But leadership also requires knowing when the moment is right for transition—when new energy, fresh vision, and different strengths can propel an organization forward. For me personally, this is the right time for that transition. Although I am stepping away from the Executive Director role, I am not stepping away from supporting the mission of PrimeLife Enrichment. In fact, effective January 1st, I will join our Board of Directors. As one of its members, I will always be an advocate for the work that happens here, and I will continue cheering on this organization's staff, partners, volunteers, and members as they build the next chapter.

Thank you for allowing me to serve. Thank you for trusting me. Thank you for making these seven years truly meaningful. I leave with deep gratitude, profound respect, and immense pride in the work we have done together.

With appreciation and warmest regards,
— Gary



12 DAYS OF ACTIVE AGING



DEC 2

Finding Joy
12:15 PM - 1:15 PM



DEC 3

Right-Sizing
12:15 PM - 1:15 PM



DEC 4

Find your Support System
12:15 PM - 1:15 PM



DEC 9

**Serenity Pet Noon
De-Cluttering 12:30**



DEC 10

What's my Hobby
12:15 PM - 1:15 PM



DEC 11

Senior Finances
12:15 PM - 1:15 PM



Tuesday / Wednesday / Thursdays in December



12 DAYS OF ACTIVE AGING



DEC 16

Bed Exercises
12:15 PM - 1:15 PM



DEC 17

Digestive Health Matters
12:15 PM - 1:15 PM



DEC 18

Winter Car Maintenance
12:15 PM - 1:15 PM



DEC 23

Holiday Brain Teasers
12:15 PM - 1:15 PM



DEC 29, MON

BINGO - Medicare Scams
12:15 PM - 1:15 PM



DEC 30

Senior Styling
12:15 PM - 1:15 PM



Tuesday / Wednesday / Thursdays in December

HOW TO STAY HEALTHY DURING THE HOLIDAYS

Indiana University Health

The holidays can be a season of comfort and joy, while also being a source of germs. Staying healthy during the holidays is crucial to reduce the spread of illness, maintain your overall well-being and maximize your ability to enjoy the season. In addition to knowing the differences between common viruses like the flu, COVID-19 and a cold, it's important to know what to do to keep you and your loved ones safe or if you do fall ill.

PREVENTION STRATEGIES

Get vaccinated. The flu vaccine, updated annually to combat the most prevalent strains, reduces the risk of illness by 40-60%. The severity of the flu is minimized with a flu vaccination, too. Pneumococcal, COVID-19 and whooping cough vaccines should also be considered if you're at high risk.

Practice good hygiene and keep a clean environment. Washing your hands with soap and water for at least 20 seconds regularly, especially before eating, can significantly reduce the risk of infection. If soap and water aren't available, alcohol-based hand sanitizer can be used. Regularly sanitize frequently touched items and surfaces like doorknobs, light switches and cell phones. Ensure rooms are well-ventilated to dilute airborne particles.

Prioritize your nutrition, water intake and vitamin consumption. A healthy diet can bolster your immune system and help fend off illnesses. Consume

TIPS FOR HEALTHY HOLIDAYS



Avoid Late Nights



Skip The Sugar



Exercise



Keep The Gut Healthy



Manage Stress



Stick To A Routine



Cook From Scratch



Eat Mindfully



Keep Good Company

plenty of fruits, vegetables, lean proteins and whole grains. Hydrate adequately with water, herbal teas and clear broths. Vitamins C, D, and E, along with zinc and probiotics, can also complement a balanced diet during cold and flu season.

Exercise regularly and get enough sleep.

Regular exercise can stimulate your immune system and reduce the risk of catching a cold or flu. Low-intensity workouts like walking, yoga or tai chi are beneficial. Sleep is another crucial aspect of maintaining good health. Lack of sleep can weaken your immune system, making you more susceptible to viruses. Aim for 7-9 hours of quality sleep per night.

WHAT TO DO IF YOU GET SICK

If you do fall ill, home remedies like warm fluids, rest and over-the-counter medicines can help alleviate symptoms. All respiratory illnesses can be contagious. Staying isolated from others and wearing a mask can help prevent the spread of your illness. Seek medical attention if symptoms are severe or last longer than a week. In addition to your primary care provider, you can also seek care virtually or at an urgent care.

IU Health's On-Demand Virtual Visits are an easy, safe way to get viral care for anyone in Indiana two years and older. You'll be connected face-to-face with a highly-skilled IU Health provider through your smartphone, tablet or computer between 6 am – 11 pm seven days a week. On-Demand Virtual Visit providers can help you schedule a convenient flu or COVID-19 test at a nearby lab or urgent care.

IU Health Urgent Care, with multiple locations across the state, provides in-person care to treat your flu and cold symptoms, helping you feel better faster. Simply walk in or Save a Spot in line at a location near you by visiting iuhealth.org/urgentcare. IU Health Urgent Cares are open 7 days a week, including holidays.

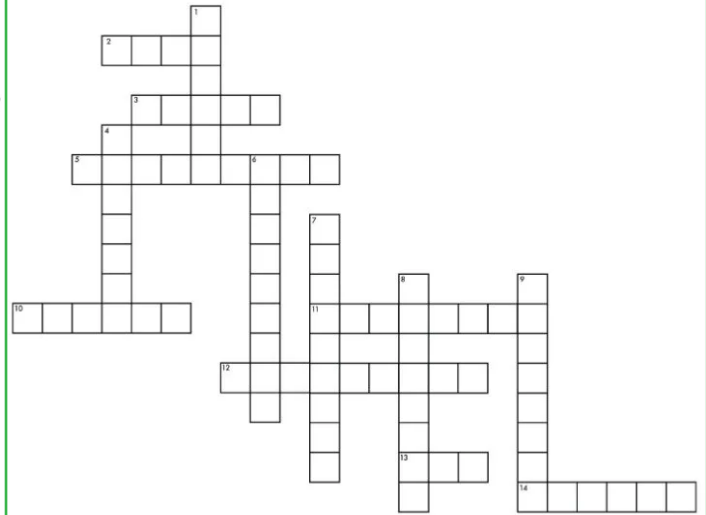
To relieve cold symptoms, focus on rest and hydration by drinking plenty of fluids like water, broth, and tea, and getting ample sleep. You can also find symptom relief with over-the-counter medications, and home remedies like gargling with salt water, using a humidifier or steam, and soothing a sore throat with honey or lozenges.

- Drink plenty of fluids: Stay hydrated with water, juice, clear broths, and herbal teas to help thin mucus and prevent dehydration.
- Avoid dehydrating drinks: Limit or avoid alcohol, caffeine, and sugary drinks, as they can worsen dehydration.
- Consider warm liquids: Warm lemon water with honey or warm tea can be soothing for a sore throat.
- Get plenty of rest: Resting allows your immune system to recharge. Get as much sleep as possible.
- Use a humidifier: A humidifier or cool-mist vaporizer can help loosen congestion by adding moisture to the air.
- Breathe in steam: A hot shower or holding your head over a bowl of hot water can also help relieve congestion.

CHRISTMAS trivia game

1. We all know that Rudolph has a red nose, but does Rudolph have antlers?
2. Round/Oval candies filled with fruit preserves or cream & cover with chocolate are called?
3. Which country created eggnog?
4. Who said, "God Bless Us, Every One!"?
5. What were Frosty's last words?
6. The most popular item to put on top of Christmas tree is?
7. How many Wise Men were there according to the bible?
8. After Joseph, Mary and Jesus left Bethlehem, they went to which country?
9. What does "Advent" mean?
12. McDonald's puts what holiday image on bags during the Christmas season?
11. December 24, 1814 ended what war?
12. In "Jingle Bell Rock" everyone is dancing and prancing. Where do they do it?
13. "Greensleeves" is another name for what Christmas song?
14. The custom of finding a button in the plum pudding means what to an unmarried man?
15. What was the most popular toy of 1984?
16. The average number of gifts an adult male gets for Christmas is?
17. What is the main ingredients in gingerbread cookies? Flour, Ginger, or Molasses?
18. In It's A Wonderful Life, what did Clarence receive for his accomplishing his mission?
19. What river did General Washington cross on December 25, 1776?
20. What song contains the line, "Let's be jolly, deck the halls with boughs of holly"?
21. What city name do the states Kentucky, Indiana, New Hampshire, Maryland, Connecticut, and Georgia have in common?
22. This Florida town maintains a fully decorated tree year round?
23. After red and green, what are the two most popular Christmas colors?
24. What popular children's cracker today was introduced in 1902 as a Christmas ornament?
25. Which U.S. President barred the Christmas Tree from being displayed in the White House?

Read the clues below and fill in the crossword puzzle with the correct answers.



ACROSS

2. What you place on top of the Christmas Tree.
3. Who brings presents to children.
5. Where Santa lives.
10. _____ the Snowman.
11. The month of Christmas.
12. What you hang up by the fireplace.
13. December 24th is Christmas _____.
14. Santa delivers presents on his _____.

DOWN


1. Someone who does not like Christmas.
4. Snack you leave out for Santa.
6. What you hang on the Christmas Tree.
7. A red and white candy.
8. Rudolph the red nose _____.
9. What you unwrap on Christmas morning.



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: Betsy	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: Patsy	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 TONING 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	



12 Days of ACTIVE AGING

See Page 7 for full details!

December

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 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 • 10:00 AM - 1:00 PM	2 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:00 pm Needlework B	3 11:30 am 2nd Helpings Lunch * 11:45 am Lunch & Learn * 12:30 pm Hand & Foot L 12:30 pm Bible Study B 12:30 pm Art Class \$	4 9:00 am Pinochle L 11:30 am CICOA Lunch \$ * Excursion Thursday Museum & Graeters Departs 12:30 pm 12:30 pm Card-Making \$ 1:00 pm Euchre L	5 11:30 am 2nd Helpings Lunch * 12:15 pm Partner Bridge L 2:30-4:00 pm Memory Café
8 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	9 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	10 10:00 am Alzheimers Assoc. Support Group L 11:30 am 2nd Helpings Lunch * 11:45 am Lunch & Learn * 12:30 pm Hand & Foot L 12:30 pm Bible Study B 12:30 pm Art Class \$	11 9:00 am Pinochle L 11:30 am CICOA Lunch \$ 1:00 pm Euchre L	12 11:30 am 2nd Helpings Lunch * 12:15 pm Partner Bridge L 12:15 pm BINGO sponsored by Sunrise on Old Meridian
15 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 • 10:00 AM - 1:00 PM	16 11:30 am CICOA Lunch \$ 1:00 pm Needlework B	17 10:00 am PLE 2025 Holiday Party  12:30 pm Art Class \$	18 9:00 am Pinochle L 11:30 am CICOA Lunch \$ * Excursion Thursday BINGO and LUNCH Departs 11:00 am 12:30 pm Card-Making \$ 1:00 pm Euchre L	19 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L 2:30-4:00 pm Memory Café
22 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	23 11:30 am CICOA Lunch \$ 1:00 pm Needlework MP 1:30 pm Book Club B DIVVY LUNCHES PICK-UP: 11 AM TO 1 PM	24  PLE IS CLOSED FOR THE DAY	25  PLE IS CLOSED FOR THE DAY	26 11:30 am 2nd Helpings Lunch * 12:15 pm Partner Bridge L PLE OPEN
29 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	30 11:30 am CICOA Lunch \$ 1:00 pm Needlework MP	31  PLE IS CLOSED FOR THE DAY	JAN 1 PLE IS CLOSED FOR THE DAY	JAN 2 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L PLE OPEN

DECEMBER HOLIDAYS WORD SEARCH

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

winter solstice
 Christmas
 stockings
 Hanukkah
 garland
 church
 cards
 money
 bow

Charlie Brown
 evergreen
 december
 presents
 jammies
 Frosty
 cocoa
 Santa
 elf

sugarcookies
 greetings
 falalala
 toboggan
 parties
 Grinch
 Elves
 mail

mistle toe
 ornaments
 Griswald
 yuletide
 Ralphie
 kranks
 fudge
 sled

poinsettia
 Rockettes
 Hallmark
 candles
 Rudolph
 movies
 holly
 snow

SAVE THE DATES!

DECEMBER
2025

WED
03

**LIBRARY
101**



WED
10



**WINTER
TRIVIA**

WED
17

**PLE HOLIDAY
PARTY**

Pop-up Boutique!



THURSDAY EXCURSIONS
SIGN UP AT FRONT DESK

**MUSEUM TOUR
& GRATAERS**

DEPARTS PLE @ 12:30



THUR
04



DEPARTS PLE @ 11AM

**LUNCH
& BINGO**

THUR
18

SCHEDULE UPDATES

PrimeLife Enrichment Center



PLE HOLIDAY PARTY

Our holiday party is on
Wednesday, December 17, 2025
at 11:30 am.

We will be having a Second
Helpings lunch, and we're
having a special guest!

PLE HOLIDAY SCHEDULE:

Wednesday, December 24, 2025:
Closed for Christmas Eve

Thursday, December 25, 2025:
Closed for Christmas

Wednesday, December 31, 2025:
Closed for New Year's Eve

Thursday, January 1, 2026:
Closed for New Year's Day

ART CLASS HOLIDAY SCHEDULE

CLASSES WILL BE HELD THE WEEKS OF DEC. 1, 8, 15
NO CLASS DEC. 22, DEC 26, DEC. 29 AND JANUARY 2
CLASSES
WILL RESUME THE WEEK OF JAN 5, 2026.



CHRISTMAS MORNING BREAKFAST CASSEROLES



BLUEBERRY CRUNCH BREAKFAST BAKE

INGREDIENTS

1 loaf (16 ounces) day-old French bread, cut into 1-inch slices
 8 large eggs, room temperature
 1 cup half-and-half cream
 1/2 teaspoon vanilla extract
 1 cup old-fashioned oats
 1 cup packed brown sugar
 1/4 cup all-purpose flour
 1/2 cup cold butter
 2 cups fresh or frozen blueberries
 1 cup chopped walnuts

DIRECTIONS

Arrange half the bread slices in a greased 13x9-in. baking dish.
 In a large bowl, whisk the eggs, cream and vanilla. Slowly pour half the cream mixture over the bread. Top with remaining bread and egg mixture. Let stand until liquid is absorbed, about 5 minutes.
 Meanwhile, in a small bowl, combine the oats, brown sugar and flour; cut in butter until crumbly. Sprinkle over top. Top with blueberries and walnuts.
 Bake, uncovered, at 375° until a knife inserted in the center comes out clean, 30-35 minutes. Let stand for 5 minutes before serving.



SPINACH FETA STRATA

INGREDIENTS

10 slices French bread (1 inch thick) or 6 croissants, split
 6 large eggs, lightly beaten
 1-1/2 cups 2% milk
 1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
 1/2 teaspoon salt
 1/4 teaspoon ground nutmeg
 1/4 teaspoon pepper
 1-1/2 cups shredded Monterey Jack cheese
 1 cup crumbled feta cheese
 Shop Recipe

DIRECTIONS

In a greased 3-qt. or 13x9-in. baking dish, arrange French bread or croissant halves with sides overlapping.
 In a large bowl, combine the eggs, milk, spinach, salt, nutmeg and pepper; pour over bread. Sprinkle with cheeses. Cover and refrigerate for 8 hours or overnight.
 Remove from the refrigerator 30 minutes before baking. Bake, uncovered, at 350° until a knife inserted in the center comes out clean, 40-45 minutes. Let stand for 5 minutes before cutting. Serve warm.



STUFFING & SAUSAGE STRATA

INGREDIENTS

1 pound Italian turkey sausage links, casings removed
 1/2 cup sliced fresh mushrooms, optional
 6 cups cooked stuffing
 2 cups shredded sharp cheddar cheese
 10 large eggs
 3 cups 2% milk
 1 teaspoon salt
 Shop Recipe

DIRECTIONS

In a large skillet, cook sausage and mushrooms over medium heat 6-8 minutes or until meat is no longer pink, breaking into crumbles; drain.
 In a greased 13x9-in. baking dish, layer half of each of the following; stuffing, cheese and sausage mixture. Repeat layers. In a large bowl, whisk eggs, milk and salt until blended. Pour over layers. Refrigerate, covered, overnight.
 Preheat oven to 325°. Remove strata from refrigerator while oven heats. Bake, uncovered, 1-1-1/4 hours or until a knife inserted in the center comes out clean. Let stand 10 minutes before serving.

Most people have a festive Christmas breakfast that includes sweet and savory items like cinnamon rolls, pancakes, and French toast, along with eggs, bacon, and breakfast casseroles. Common drinks include coffee, hot cocoa, and juice, while some enjoy a holiday brunch with items like mimosas.



DODGING LIFE'S SETBACKS

IT'S MORE DANGEROUS WHEN YOU DON'T HEAR THEM COMING

I recently spent time with a veteran from the war in Afghanistan and we talked about what it was like serving our country and how it had affected his life. I asked him how he felt about guns, and he said in his two years serving, he did not fire a gun at anyone nor did anyone fire a gun at him. He said "It's not the bullets that you have to watch out for, it's the missiles."

He continued "If someone is aiming a gun at you, at least you know what to expect and where it is coming from. When the enemy fires a missile, you don't see or hear it coming until it is on top of you and by that time, there is nowhere to run." This struck me as a fitting metaphor for life and how some of us are feeling these days about the struggles that seem to hit us without warning.

A friend who is relatively healthy and takes good care of herself, without warning is hit with serious illness and her life is changed in an instant.

Someone else is on their way to work and is hit by a car that seems to come out of

nowhere. Life is altered and once again there is no warning.

It is somehow easier to take the "bullet" that you can see coming even from far away and plan for — running in the opposite direction or at least preparing for it before it gets to you. Before my parents passed, I remember asking a friend if the death of her parent was easier because they had been sick for a while and family and friends knew it was coming. She said that being given the luxury of time to prepare for the illness and subsequent death did make the loss somehow easier to take and gave her time to handle setbacks one at a time.

You might be struggling — personally, financially, emotionally, physically, or mentally — and often, it's more than just one way. Our mind, body, and soul all feel pain, and it hurts — most of us have been there.

A lot of the stress comes from "watching the sky" — worrying when bad things will fall and then wondering why this is happening at this point in your life. You might think, "I wanted to do this and that, and I had so many plans, but now I am stuck in this situation."

COMMENTARY

PrimeLife Enrichment Center

For some people, difficult times are few and far between, but for most of us on this earth, challenges seem to drop from the sky when you least expect them, giving little if any warning and no time to prepare.

We all love it when unexpected good things happen — everything from finding money in a coat pocket, getting a surprise refund, or thinking it's Thursday all day and then realizing it's actually Friday. Who doesn't enjoy driving through a run of green lights, catching a whiff of a familiar smell from your childhood, or hearing your favorite song pop up on the radio?

These unexpected good things may be small in comparison to many of the life-altering events we experience, but I'll take every positive surprise I can get over being hit when I least expect it and struggling to stay afloat.

When COVID first hit, I was let go from my design job, along with everyone else, and I was struggling in all aspects of my life. Then my friend Dee told me about a job opening up at PrimeLife Enrichment, and I had a feeling it was positive. — by Lori Raffel

PROGRAMS

PrimeLife Enrichment Center

NEW MEMBERS

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

Debbie Smythe 10/28/2025
Russell Judd 10/29/2025
Dana Thompson 10/29/2025
David Thompson 10/29/2025

Janice Williams 10/29/2025
Ronald Wayne Hardesty 10/31/2025
Beverly Andersson 11/6/2025
Grafilia Ellis 11/6/2025

10/29/2025
10/31/2025
11/6/2025
11/6/2025

Soraya Kavian
Lisa Willis
Betty Halley
Teresa McKinney

11/6/2025
11/6/2025
11/17/2025
11/19/2025



PLE needs YOU! Would you like to volunteer at the Front Desk? Answer phones, greet members, assist with Thrift Store purchases, and be generally helpful? We would love to have your smile be the first thing visitors see. If you are interested in volunteering for a few hours one day of the week, contact Sheila Fischer!



PrimeLife Enrichment Center

1078 Third Ave. SW
Carmel, IN 46032

PLE SENIOR NEWS | DECEMBER 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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