



# PrimeLife

## ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



### PLE SENIOR NEWS | FEBRUARY 2026

Zumba Class Having Fun  
Going Retro!

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#### SPECIAL DAYS IN FEBRUARY

Friday, February 13



Saturday, February 14



Monday, February 16



 FIND US ON FACEBOOK  
facebook.com/PrimeLifeEnrichment

 FIND US ON INSTAGRAM  
instagram.com/PrimeLifeEnrichment



CONTACT US!



1078 Third Ave. SW, Carmel, IN 46032



317.815.7000



www.primelifeenrichment.org

# ABOUT US

PrimeLife Enrichment Center



## WELCOME! OUR MISSION

Our mission is to help seniors lead active, independent and purposeful lives by providing access to clinical and social determinants of health.

## OUR VISION

PrimeLife Enrichment, Inc. will be recognized in Central Indiana as a pioneering force in providing seniors access to social and clinical determinants of health as they strive to remain in their homes and lead healthy, active and productive lives.

## OUR CORE VALUES

**STEWARDSHIP:** Our fiduciary responsibility is to use our financial and human resources to deliver services that are effective, accessible and affordable.

**GRATITUDE:** It is an honor to serve our seniors, especially those who are struggling.

**INNOVATION:** We continuously strive to discover and develop ways to meet evolving needs of a growing demographic.

**RESPECT:** Every senior we serve has intrinsic value and deserves respect.

**OPPORTUNITY:** Seniors are valuable community assets and should be able to share their wisdom and creative expression for the benefit of all.

**NONDISCRIMINATION:** We will promote a diverse, equitable, and inclusive environment for all members, clients, staff and guests.

## 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



## STRENGTH

### 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.



## WELLNESS

### 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.



## BALANCE

### 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
- CIOA 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
- Gary Wagner



## PEOPLE

# STAFF

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**JOHN PERKON** • Facility Manager • Direct: 317-343-6787  
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# 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

## 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.

# EXECUTIVE DIRECTOR MESSAGE

PrimeLife Enrichment Center

## Welcome to February!

Though January sure had some bitter cold days, the warmth throughout our PrimeLife Enrichment Center has made it such an enjoyable first month for me. I continue to feel so lucky to lead such a caring, dedicated group of staff and volunteers, and to be getting to know so many truly wonderful members. I have the BEST job in the world – and I think we’ve got the best place for engaging in activities to stay as healthy as we can while also laughing and enjoying each other’s company every week.

We’re going to be celebrating the special friendships and love that are a huge part of PrimeLife Enrichment on Friday, February 13 in the Community Room. Plan to come by if you can even if Friday isn’t a typical day for you to be at the center. We’d love to have as many members as possible join in the celebration. And as a fun fact about me – I love Friday the 13ths ... my older son was born on a Friday the 13th.

Hopefully we’ll have more celebrations and fun activities like movie nights, pizza parties and other themed social events throughout 2026, since these were some of the suggestions we’ve received from our survey responses. At the time I am writing this article, we’ve received more than 50 surveys. I shared some highlights from these surveys during the Lunch and Learn on Wednesday, January 21. During that brief presentation, I noted that AI – augmented intelligence, at least that’s how I like to think of it – helped us get this high level overview in about 15 minutes. It sure was nice to glean some highlights quickly, and I am still reading each and every survey myself as I don’t want to miss anything.

Here are the survey highlights so far:

### ♥ What Members Love Most

- Fitness and wellness programs — especially aquatics, The Climb, arthritis and movement classes
- Social connection, friendship, and the welcoming PrimeLife community
- Variety — from games, clubs, and art to Bible study and lunch programs

### ♥ What Members Want More Of

- More program variety and additional afternoon/evening class options
- Facility improvements such as locker rooms, showers, and refreshed equipment
- Consistent front desk coverage and clearer communication
- Parking solutions and easier building access

### ♥ Most Unique Ideas We Heard

- A Scout-style merit badge program where youth help seniors with simple household tasks
- Monthly classic movie nights featuring classic films
- Intergenerational programs pairing students and seniors for shared learning and service



**SLOANE THOMPSON**  
Executive Director

- Name-tag days and themed social events to help members connect more easily

### ♥ Areas for Improvement

- More consistent front desk staffing and phone coverage
- Ensuring building is in top notch shape (locker rooms, maintenance, cleanliness)
- Parking limitations
- Clearer staff presence and visibility during peak times

Thank you to everyone who submitted a survey, sent me an email with their thoughts, or shared their ideas during a couple of laps on the track together. Together we will continue to make PrimeLife Enrichment THE place to be for wellness, connection and belonging!

*Happy Palentine’s Month Everyone!*

— Sloane



**LUNCH & LEARNS  
11:45 - 12:15**

**FEBRUARY  
2026**

**WED  
04**

**ASCENSION LIVING  
ST. VINCENT PACE**

**WED  
11**



**CHOOSING  
PEACE  
EARLY**

**WED  
18**

**LIVE WITH HEART**



**WED  
25**

**SCAM ALERT!  
HAMILTON  
COUNTY SHERIFF**



**PICK UP REMINDERS**

**CICOA: PRODUCE BOX: 2/2  
DIVVY: 2/10  
CICOA: PRODUCE BOX: 2/17**

DIVVY Pick-up between  
10:30 am and 1:00 pm

CICOA Produce  
for Better Health Pick-up between  
10:30 am and 1:00 pm

PrimeLife will be following the Hamilton County school districts and weather advisories for closing the center or delaying the opening time, due to inclement weather.

We will list any changes in our hours on our own website ([primelifeenrichment.org](http://primelifeenrichment.org)), our Facebook and Instagram pages, WRTV, WTHR, Fox 59 and WISH television stations.

## FEBRUARY IS AMERICAN HEART MONTH

### AMERICAN HEART MONTH: RECOGNIZING WHEN TO SPEAK WITH YOUR DOCTOR

Heart disease is a leading cause of death, yet many individuals are unsure when to address concerns about their cardiovascular health. Recognizing the signs of potential heart problems and consulting your primary care physician (PCP) promptly can make a significant difference in preventing or managing heart disease. Your PCP plays a vital role in evaluating symptoms, determining risk factors and, when necessary, referring you to a cardiologist for specialized care.

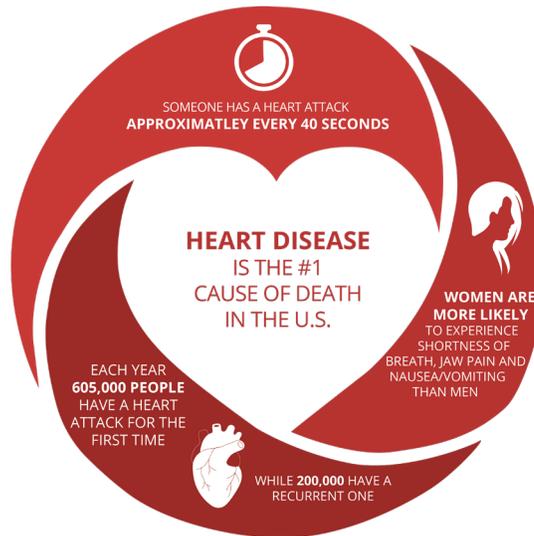
### WHY EARLY ACTION MATTERS

Heart disease is often silent in its early stages, but certain symptoms and risk factors can serve as warning signs. Acting on these early clues by consulting your PCP allows for timely testing, diagnosis and intervention.

### SYMPTOMS YOU SHOULDN'T IGNORE

Certain signs and symptoms should prompt an immediate visit to your PCP. These include:

- ♥ **Chest Pain or Discomfort:** Any sensation of pressure, tightness or pain in the chest, particularly during physical activity or stress, could indicate angina, a sign of coronary artery disease.
- ♥ **Shortness of Breath:** If you find yourself struggling to breathe during routine activities or when lying down, it may signal heart failure or other cardiovascular issues.
- ♥ **Heart Palpitations:** Irregular, racing, or skipped heartbeats can be benign, but they may also point to arrhythmias requiring further evaluation.
- ♥ **Swelling in the Legs, Ankles or Feet:** Fluid retention in the lower extremities can indicate heart failure or poor circulation.
- ♥ **Dizziness or Fainting:** These could result from issues like low blood pressure, arrhythmias or structural heart problems.



If you experience any of these symptoms, do not wait—consult your PCP as soon as possible. They can perform an initial assessment and decide if cardiology care is needed. However, if symptoms are abrupt or sudden onset, severe in intensity, prolonged (such as lasting more than 15 min or reoccur after appearing to resolve) or outside your comfort level to wait, you should call 911 or go directly to the emergency department for prompt evaluation and care.

### RISK FACTORS THAT WARRANT ATTENTION

Even in the absence of symptoms, certain risk factors make it essential to stay vigilant about your heart health. These include:

- ♥ **Family History:** If heart disease is prevalent in your family, especially if relatives were diagnosed at a young age, your PCP should be informed.
- ♥ **Chronic Conditions:** Conditions like high blood pressure, high cholesterol or diabetes significantly increase your risk of heart disease. Regular monitoring and management by your PCP are crucial.
- ♥ **Lifestyle Choices:** Smoking, a sedentary lifestyle and an unhealthy diet all contribute to cardiovascular problems. Your PCP can guide you toward healthier habits and refer you to

resources for support.

### THE ROLE OF YOUR PRIMARY CARE PHYSICIAN

Your PCP is your first line of defense against heart disease. They are well-equipped to evaluate your symptoms and risk factors, order initial tests, and provide guidance on managing your heart health. Common steps your PCP might take include:

- ♥ Conducting a physical exam and reviewing your medical history.
- ♥ Ordering blood tests to assess cholesterol levels and other markers.
- ♥ Performing or recommending tests like coronary calcium score (heart scan) to better determine your future risk for cardiac events, electrocardiograms (ECG) to check your heart's rhythm, imaging studies like an echocardiogram to evaluate heart function or stress testing to evaluate for underlying coronary artery disease.

If your PCP identifies concerns or suspects a more serious condition, they will refer you to a cardiologist for further evaluation and specialized care.

### WHEN TO SEE A CARDIOLOGIST

Referral to a cardiologist is often appropriate when:

- ♥ You have persistent or severe symptoms such as chest pain or shortness of breath.
- ♥ Initial tests suggest a potential heart condition.
- ♥ You require advanced testing or a cardiac procedure, such as a stress test or cardiac catheterization.
- ♥ You have complex risk factors, like a combination of diabetes and hypertension, that need specialized management.

Recognizing the signs of potential heart problems and seeking care promptly can prevent serious complications and improve your quality of life. To learn more about heart health, visit [iuhealth.org/heart](http://iuhealth.org/heart).

Source: Dr. Omar Batal, cardiologist at IU Health West

# MAKE A PLAN TO READ MORE THIS YEAR

## WHY WINTER IS GREAT FOR READING

**Cozy Atmosphere:** Cold weather provides the perfect excuse to stay indoors, curl up with blankets, and create a comforting reading nook.

**Fewer Distractions:** Shorter days and blustery weather naturally reduce outdoor activities, allowing for deeper focus on books.

**Nature's White Noise:** Falling snow can create a soothing, calming backdrop that enhances concentration.

## HERE ARE THE PLE BOOK CLUB BOOKS FOR 2026 WITH THE MEETING DATE:

*February 24, 2026*

### **The Uncommon Reader,**

Author: (f) Alan Bennett 2022

PLE Moderator: Nancy Stromberg

*March 24, 2026*

### **The Last Lifeboat**

Author: (hf)

PLE Moderator: Hazel Gaynor 2023

*April 28, 2026*

### **The Long Flight Home, WWII**

Author: (f) Alan Hlad 2020

PLE Moderator: Nancy Ricchio

*May 26, 2026*

### **A Fever in the Heartland**

Author: (nf) Timothy Egan 2024

PLE Moderator: Sandy Fortier

*June 23, 2026*

### **James**

Author: (hf) Percival Everett 2025

PLE Moderator: Sue Dunlap

*July 28, 2026*

### **The Secret War of Julia Child**

(f) Diana Chambers 2024

PLE Moderator: Terrel Gagermeier

*August 25, 2026*

### **Sparks Like Stars**

Author: (f) Nadia Hashimi 2022

*September 22, 2026*

### **A Woman of No Importance**

Author: (nf) Sonia Purnell 2020

PLE Moderator: Patsy Watkins

*October 27, 2026*

### **The Secrets We Kept**



Author: (f) Lara Prescott 2020

PLE Moderator: Eileen Vairo

*November 24, 2026*

### **The Song of Achilles**

Author: (f) Marilyn Miller 2012

PLE Moderator: Diane Healy

*Contact Dale Alianello if you have any questions about PLE Book Club. And remember that everyone is welcome!*

## 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	
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	

REVEL Classes are in Orange. For daily updates (water and land): [www.brown-bearsw.com/cal/pleinstructors](http://www.brown-bearsw.com/cal/pleinstructors) OR scan this code:



# February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>11:30 am CICOA Lunch \$            12:00 pm Practice Bridge L  <i>Not for beginners</i>            12:15 pm BINGO - Adair            1:00 pm Creative Writing B</p> <p><b>CICOA PRODUCE FOR BETTER HEALTH • 10:30 AM - 1:00 PM</b></p>	<p><b>3</b></p> <p>11:30 am CICOA Lunch \$            12:30 pm Golden Singers Club A            1:00 pm Needlework B</p>	<p><b>4</b></p> <p>11:30 am 2nd Helpings Lunch *            11:45 am Lunch &amp; Learn *            12:30 pm Hand &amp; Foot L            12:30 pm Bible Study B            12:30 pm Art Class \$</p>	<p><b>5</b></p> <p>9:00 am Pinochle L            11:30 am CICOA Lunch \$            1:00 pm Euchre L</p>	<p><b>6</b></p> <p>11:30 am 2nd Helpings Lunch *            12:15 pm Partner Bridge L</p> <div style="border: 1px solid black; padding: 5px;"> <p><b>KEY:</b>            * - Open to Public            \$ - Additional Fee            Z - Also on Zoom            L - Library            B - Board Room            A - Annex</p> </div>
<p><b>9</b></p> <p>11:30 am CICOA Lunch \$            12:00 pm Practice Bridge L  <i>Not for beginners</i>            12:15 pm BINGO - Ilene            1:00 pm Creative Writing B</p>	<p><b>10</b></p> <p>11:30 am CICOA Lunch \$            12:30 pm Golden Singers Club A            1:00 pm Needlework B</p> <p><b>DIVVY LUNCHES PICK-UP: 10:30 AM TO 1 PM</b></p>	<p><b>11</b></p> <p>10:00 am Alzheimers Assoc. Support Group L            11:30 am 2nd Helpings Lunch *            11:45 am Lunch &amp; Learn *            12:30 pm Hand &amp; Foot L            12:30 pm Bible Study B            12:30 pm Art Class \$</p>	<p><b>12</b></p> <p>9:00 am Pinochle L            11:30 am CICOA Lunch \$            1:00 pm Euchre L</p>	<p><b>13</b></p> <p>11:30 am 2nd Helpings Lunch *  <b>Noon - 1:30 pm</b>  <b>Palentine's Day Celebration</b>            12:15 pm Partner Bridge L</p> 
<p><b>16</b></p> <p>11:30 am CICOA Lunch \$            12:00 pm Practice Bridge L  <i>Not for beginners</i>            12:15 pm BINGO - Ilene            1:00 pm Creative Writing B</p>  <p><b>CICOA OFF TODAY</b></p>	<p><b>17</b></p> <p>11:30 am CICOA Lunch \$            1:00 pm Needlework B</p> <p><b>CICOA PRODUCE FOR BETTER HEALTH • 10:30 AM - 1:00 PM</b></p>	<p><b>18</b></p> <p>11:30 am 2nd Helpings Lunch *            11:45 am Lunch &amp; Learn *            12:30 pm Hand &amp; Foot L            12:30 pm Bible Study B            12:30 pm Art Class \$</p>	<p><b>19</b></p> <p>9:00 am Pinochle L            11:30 am CICOA Lunch \$            12:30 pm Card-Making \$            1:00 pm Euchre L</p>	<p><b>20</b></p> <p>11:30 am 2nd Helpings Lunch *            12:15 pm Partner Bridge L</p>
<p><b>23</b></p> <p>10:00 am Theatre Club L            11:30 am CICOA Lunch \$            12:00 pm Practice Bridge L  <i>Not for beginners</i>            12:15 pm BINGO - Ilene            1:00 pm Creative Writing B</p>	<p><b>24</b></p> <p>11:30 am CICOA Lunch \$            12:30 pm Golden Singers Club A            1:00 pm Needlework MP            1:30 pm Book Club B</p>	<p><b>25</b></p> <p>11:30 am 2nd Helpings Lunch *            11:45 am Lunch &amp; Learn *            12:30 pm Hand &amp; Foot L            12:30 pm Bible Study B            12:30 pm Art Class \$</p>	<p><b>26</b></p> <p>9:00 am Pinochle L            11:30 am CICOA Lunch \$            1:00 pm Euchre L</p>	<p><b>27</b></p> <p>11:30 am 2nd Helpings Lunch *            12:15 pm Partner Bridge L            12:15 pm <b>BONUS BINGO</b>  <b>Heritage Woods of Noblesville</b></p>



# GROUNDHOG DAY WORD SEARCH

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

BURROW  
CEREMONY  
CLOUDS  
DEN  
FEBRUARY

FORECAST  
GOBBLERS KNOB  
GROUNDHOG  
PENNSYLVANIA  
PHIL

PREDICT  
SHADOW  
SIX  
SPRING  
SUN

TOP HAT  
TRADITION  
WEATHER  
WEEKS  
WINTER

# I HATE SNOW

...and I don't like to be cold! If nothing else, the past few months should show that we have somehow side-stepped global warming and entered the deep freeze zone.

I realize that I live in Indiana and there is a chance for weather like this every winter, but this is a little over-the-top, even for the Hoosier State.

The 2025 Farmers Almanac predicted "parts of the Midwest can anticipate below-normal temperatures." Well, that is an understatement.

Not only am I cold and frustrated by the weather, I can't help but think the meteorologists are enjoying being the lead story for almost two months. Today one of the guys on a local station said "...and we aren't warming up any time soon," which I think is just mean-spirited.

Hate is a strong word, so I will say that I DISLIKE when it's so cold, that even when I'm inside I'm still cold and feel the need to snuggle under

blankets wherever I sit. Don't get me wrong, I love my kitties, but the second I sit down anywhere, they pile on immediately. It is obvious to me that in winter, I am just a portable heat source for their enjoyment.

I dislike the wind blowing so hard that my attic moans and that they have to tell us the windchill factor every five minutes. Yes, it's cold, but in case you aren't frigid enough, they will tell us how cold "it feels." I don't need reminded.

Everytime there is a Winter Storm Warning, I hear my father telling me to fill my gas tank, make sure my tires are inflated, get ice melt for the house and the car and add a blanket to the backseat.

This may not seem like much, but when you are single and live alone - as many of us do, it's daunting. Add to that getting groceries for myself and the kitties. Of the two, Meow Mix is more important, because I cannot

# COMMENTARY

PrimeLife Enrichment Center

stand the looks I get when the "good" food runs out. I can't take the guilt.

All this means that I have had to be a responsible adult for almost two solid months without much of a break.

Yes, it looks beautiful on the trees and while it's falling. But the second it stops, to me, it is just a super inconvenience. Oh, I did my share of sledding when I was younger, but the minute I hit the age of 13, I no longer was able to see the beauty.

Now that I'm older, it means dry air, sore joints, and driving for at least a week with those giant snow lumps under your car.

Deep down I don't think anyone really *likes* winter. They like the idea of sitting by a window looking at pretty snow-covered scenery while they sip hot chocolate. Reminder: Swiss Miss is available year-round. Hurry Spring!

— Lori Raffel

## WARM UP FEBRUARY WITH A NEW SOUP RECIPE



**COPYCAT OLIVE GARDEN  
MINESTRONE SOUP**

### INGREDIENTS

2 tablespoons olive oil  
 1 cup chopped onion  
 1/2 cup chopped celery  
 1/2 cup chopped carrot  
 4 garlic cloves, minced  
 2 teaspoons Italian seasoning  
 2 teaspoons salt  
 1/2 teaspoon pepper  
 1/3 cup tomato paste  
 1 can (14-1/2 ounces) diced tomatoes  
 4 cups reduced-sodium chicken broth  
 1 can (15-1/2 ounces) white kidney or cannellini beans, rinsed and drained  
 1 can (15-1/2 ounces) kidney beans, rinsed and drained  
 3/4 cup uncooked small pasta shells  
 1 small zucchini, chopped  
 1/2 cup fresh or frozen cut green beans  
 2 cups fresh spinach, chopped  
 1/4 cup grated Parmesan cheese

### DIRECTIONS

Heat oil in a stockpot to medium heat. Add onion, celery and carrot; cook until slightly soft, 4-5 minutes. Add garlic, Italian seasoning, salt and pepper; cook until fragrant, 1-2 minutes. Stir in tomato paste; cook until bubbly, 1-2 minutes. Add tomatoes and chicken broth; bring to a simmer. Stir in beans and pasta shells. Bring to a simmer; cook until pasta is almost cooked, 6-7 minutes. Stir in zucchini, green beans and spinach. Cook 2-3 minutes longer or until vegetables are crisp-tender and pasta is al dente. Stir in parsley and basil. Garnish with Parmesan.



**TRADITIONAL ITALIAN  
WEDDING SOUP**

### INGREDIENTS

2 large eggs, lightly beaten  
 1/2 cup dry bread crumbs  
 1/4 cup minced fresh parsley  
 2 tablespoons grated Parmesan cheese  
 1 tablespoon raisins, finely chopped  
 3 garlic cloves, minced  
 1/4 teaspoon crushed red pepper flakes  
 1/2 pound lean ground beef (90% lean)  
 1/2 pound bulk spicy pork sausage  
 2 cartons (32 ounces each) reduced-sodium chicken broth  
 1/2 teaspoon pepper  
 1-1/2 cups cubed rotisserie chicken  
 2/3 cup uncooked acini di pepe pasta  
 1/2 cup fresh baby spinach, cut into thin strips  
 Shredded Parmesan cheese, optional

### DIRECTIONS

In a large bowl, combine the first 7 ingredients. Crumble beef and sausage over mixture and mix lightly but thoroughly. Shape into 1/2-in. balls.

In a Dutch oven, brown meatballs in small batches; drain. Add the broth and pepper; bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes. Stir in chicken and pasta; cook 5-7 minutes longer or until pasta is tender. Stir in spinach; cook until wilted. Sprinkle with shredded Parmesan cheese if desired.



**VEGETABLE TURKEY SOUP**

### INGREDIENTS

1 pound lean ground turkey  
 1 cup chopped celery  
 1/2 cup chopped onion  
 2 to 3 garlic cloves, minced  
 2 cans (14-1/2 ounces each) reduced-sodium beef broth  
 2-1/2 cups reduced-sodium tomato juice  
 1 can (14-1/2 ounces) diced tomatoes, drained  
 1 cup sliced fresh mushrooms  
 3/4 cup frozen french-style green beans  
 1/2 cup sliced carrots  
 1-1/2 teaspoons Worcestershire sauce  
 1 teaspoon dried parsley flakes  
 1 teaspoon dried thyme  
 1/2 teaspoon sugar  
 1/2 teaspoon dried basil  
 1/4 teaspoon pepper  
 1 bay leaf  
 Minced fresh parsley, optional

### DIRECTIONS

In a Dutch oven coated with cooking spray, cook turkey, celery and onion over medium heat until meat is no longer pink, 5-7 minutes, breaking turkey into crumbles. Add garlic; cook 1 minute longer. Drain. Stir in remaining ingredients. Bring to a boil. Reduce heat; cover and simmer 1 hour or until vegetables are tender. Discard bay leaf.

What we know as aging in many cases is simple disuse, whether physical or mental.

## USE IT OR LOSE IT.

Even if you lost it, you can find it again. Fitness after 50 is about function, not punishment.

Many women and men feel pressure to exercise in order to “fix” their bodies or look a certain way. But fitness after 50 should focus on how you feel and how you move through daily life.

Strong legs make it easier to climb stairs. Good balance reduces the risk of falls. Core strength helps protect your back. Flexibility makes everyday tasks more comfortable. Exercise should support your independence—not punish your body.

If you’ve ever made a fitness resolution in January and failed by February, you are not alone – and it’s not your fault. The traditional New Year’s approach often does not work well for men and women over 50 because our bodies energy levels, and priorities are different than they were in our younger years.

The good news? There is a much better way to start the year that supports your body instead of fighting it.

## YOUR BODY HAS CHANGED – AND THAT’S OKAY

Many New Year’s fitness resolutions ignore these changes. High-intensity workouts, long gym sessions. Or extreme diets can leave you feeling exhausted, sore, or even injured.

After 50 we experience real physical changes. Hormones shift, muscle mass naturally decreases, joints may feel stiffer, and recovery takes longer. What worked in your 30’s or 40’s may no longer work the same way.

Fitness after 50 is not about pushing harder. It’s about moving smarter.+

## MOTIVATION COMES AND GOES-HABITS STAY

Habits are much more powerful than motivation. Small daily habits – like gentle movement, short walks, stretching, or simple strength exercises – build long-term results without draining your energy. Consistency always beats intensity.

## FOCUS ON FEELING BETTER, NOT JUST THE SCALE

Many of us judge fitness success by the

number on the scale. But, After 50, weight loss is not the best measure of health.

Better signs of progress include:

- More energy during the day
- Less joint pain or stiffness
- Better balance and stability
- Improved sleep
- Feeling stronger and more confident

When you feel better, you’re more likely to keep going. Instead of asking: “What do I need to change about my body?”

Try asking yourself: “How can I take better care of myself this year?”

This mindset leads to better results, better health, and a more positive relationship with exercise.

EVERYONE can be more fit in one way or another, regardless of challenge or circumstance.

**Betsy M. Fowler**  
PrimeLife Fitness Coordinator

*Information gathered from – Easy Fitness Over 50. - January 2026.*

# PROGRAMS

PrimeLife Enrichment Center



Valentine's Day is looking beautiful in our Thrift Store! Come visit us to buy something special for your Valentine (or PA Valentine), or drop off some merchandise from your closet-cleaning projects this year.



JOIN US FOR CICOA'S

## Galentine's Celebration!

FEB 10 | 5:30 PM - 7 PM

PrimeLife Enrichment  
1078 3rd Ave SW, Carmel, IN 46032

TICKETS:  
**\$15**  
PER PERSON



### Celebrating Women. Supporting Senior Nutrition.

Join us for a joyful Galentine's event celebrating the strength, friendship, and incredible spirit of women. Connect, laugh, and enjoy time together while making a meaningful impact in our community.

**Event highlights include:**

- A complimentary meal, selfie station, and fun crafts
- Uplifting conversation and connection
- A celebration of the women who lift each other up

All donations support CICOA Meals & More, helping provide nutritious meals, friendly visits, and essential services for older adults who rely on community care. Let's come together to celebrate women and share the love for our community!



**GUEST SPEAKER:**

**Yoshiko Kamikusa**  
Principal Dancer of Indianapolis Ballet

An inspiring message from Yoshiko Kamikusa, sharing reflections on resilience, gratitude, and the power of women uplifting one another.



PLE was at St. Elizabeth Seton's Brain Health Conference sharing our Memory Cafe's that meet a 3rd Fridays of each month, 2:30 - 4pm.

**CICOA**  
Aging & In-Home Solutions

Scan the QR Code to purchase your tickets or visit:  
[cicoa.org/Galentines](http://cicoa.org/Galentines)



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 | FEBRUARY 2026



Check out our website at  
[www.primelifeenrichment.org](http://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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