



# PrimeLife

## ENRICHMENT CENTER

ACTIVE, INDEPENDENT, PURPOSEFUL LIVES FOR AGE 50 AND BEYOND



PLE SENIOR NEWS

MARCH 2026

Climb Classes continue to draw PLE members with Parkinson's and others.

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### LUNCH & LEARNS IN MARCH (11:45 am – 12:30 pm)

- March 4:** Emotional Strength Building - Nora Mental health
- March 11:** Vision Board Planning
- March 18:** Total Wellness Pathway - Oasis Senior Advisors
- March 25:** Memory Care - IU Health

### SPECIAL DAYS IN MARCH

- March 8:** Daylight Saving Time Starts
- March 17:** St. Patrick's Day
- March 20:** First Day of Spring



 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



### 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
- 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



# STAFF

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# CENTER INFORMATION

**OPERATING 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 Friday 10 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 March!

Spring is almost here! And if you're like me, you are READY for the snow to be gone and to see the buds forming on the trees. There are so many beautiful flowering trees in Indiana. I find myself smiling from ear to ear whenever I see their blooms as I drive down Meridian Street and Spring Mill Road. They also remind me of places I grew up in Dutchess County, NY and where I worked in Middletown, CT and in Bloomington, IN. My favorites are the redbuds, the crabapples and the magnolias. Make sure you stop by my office – or catch me while I'm walking around the center and let me know which are your favorites.

This spring I am also very excited about the new fitness classes we are offering! On Mondays and Wednesdays, we kicking off new aquatic classes. You

can try out an Ai Chi class – think Tai Chi in the water – from 1:30 – 2:15 pm with our very own Betsy Fowler as the instructor. On Wednesdays, we've now got an evening Aqua Zumba class at 6:45 pm. For land fitness, we've added new classes on Tuesdays and Thursdays. At 9:00 am on Tuesdays, you can take a SHINE Light class, and at 10:00 am on both days, you can participate in Bingocize. I know we have lots of Bingo lovers, so hopefully some of you will enjoy this evidence-based health promotion program that combines Bingo, exercise and health education all in one. And you may be excited to know there are two additional Bingo opportunities this month: one on Friday, March 13 at 12:15 pm, which is sponsored by Sunrise Senior Living in Carmel, and the second on Friday, March 27 at 12:15 pm sponsored by Heritage Woods & White Oaks at Noblesville.

We also have some wonderful Lunch and Learn sessions this month. These are on Wednesdays at 11:45 am:

- March 4 – Emotional Strength Building provided by Nora Mental Health; our mental health



**SLOANE THOMPSON**  
Executive Director

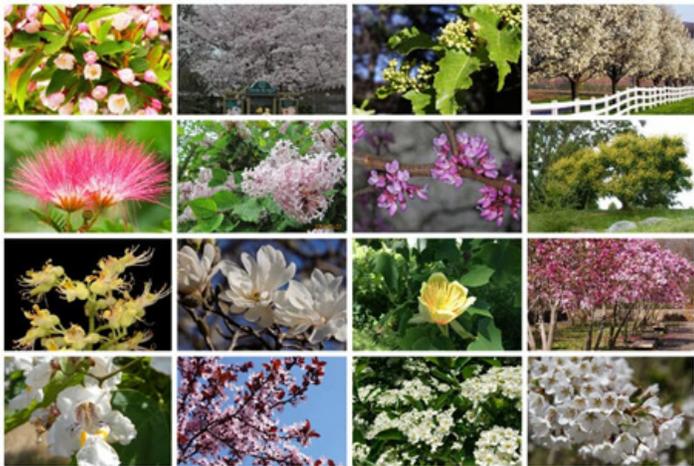
is so important and connected to our physical health as well

- March 11 – Vision Board Planning; while often done in January, I think the rejuvenation that can come with spring is a perfect time to cast a vision for the rest of this year ... and maybe plant some seeds for the future, too
- March 18 – Total Wellness Pathway sponsored by Oasis Senior Advisors in Carmel; looking at things wholistically is always a good approach from my perspective
- March 25 – Memory Care, a session provided by one of our biggest supporters and education partners, IU Health

I hope you'll join us for lunch on one or more of the dates above – and bring a friend, neighbor or family member to join you. All are welcome – and lunch is free!

We've got lots going on at PrimeLife this month – we are indeed ready for Spring!

Looking forward to watching the trees and all of us start to bloom this month!  
~Sloane



## PRIME LIFE RECEIVES BIG BOOST FROM WELLBROOKE OF CARMEL

Long-time PrimeLife Enrichment supporter Wellbrooke of Carmel presents PLE with a donation of \$1,500 in their continued support of our programs that provide Hamilton County seniors access to social and clinical determinants of health as they strive to remain in their homes and lead healthy, active and purposeful lives.

As a part of Trilogy Health Services, Wellbrooke of Carmel offers senior living that doesn't mean slowing down. It means spending nights by the grill, taking trips into town, and finding moments of connection every day.

Wellbrook offers services in Assisted Living, Memory Care, Adult Day Services, Skilled Services and Lab and Pharmacy on their premises.

PLE would like to thank Wellbrooke of Carmel for not only their donation of funds, but also their support of PLE projects and programs.



One of the biggest myths about aging is that weakness is unavoidable. While change is natural, loss of strength is not something you have to accept. We do start to lose bone mass as early as our late 30's. We can gain strength safely with light resistance training.

You don't need heavy weights or intense workouts to stay strong after 50. Light hand weights, used consistently, can improve muscle strength, bone health and balance.

### YOU DON'T NEED LONG WORKOUTS

Even 10 to 15 minutes a few times per week can make a difference. Consistency is more important than intensity. Short, regular sessions are easier to stick with and safer for the body.

You don't have to become a body builder or spend your whole day in the gym.

### MORE MUSCLE MASS MEANS MORE ENERGY

Muscle helps your body use energy more efficiently. When you have more muscle, your metabolism works better, and you may feel more energetic throughout the day.



### STRONG MUSCLES PROTECT YOUR BONES

Even light resistance exercises can help slow bone loss and support bone health. This is especially important for preventing fractures and maintaining independence.

### BETTER BALANCE AND FEWER FALLS

For better balance we need strong muscles all over our bodies. Weak muscles make it harder to stay steady. Light weight exercises strengthen the legs, hips, and core---all key areas for balance.

### LIGHT WEIGHTS IMPROVE POSTURE

As we age, many people develop rounded shoulders and a forward head position.

This can lead to back and neck pain. Light hand weights are great for strengthening the upper back and shoulders. Stronger posture muscles help you stand taller, breathe better, and reduce strain on the spine.

You may not notice big changes right away, but small improvements add up .

### IT'S A PROCESS

**Change takes time.**

Don't give up if you don't see results after just a few weeks. There are things going on! inside your body that you can't see.

### JUST KEEP MOVING

Keep making healthy choices and keep exercising. It's A Process and Change Takes Time

### You can do it!

Think of it as a gift to yourself and to your family. **Go For It!**

– Betsy M.Fowler  
Fitness Program Coordinator

## ARE SUPPLEMENTS AND VITAMINS GOOD FOR YOU?

### MORE THAN HALF OF THE ADULTS IN THE UNITED STATES TAKE SUPPLEMENTS

While some of these pills and powders offer important vitamins and minerals, others are useless or harmful. Supplements are considered food—not medicine—so they are sold without approval from the U.S. Food and Drug Administration (FDA). The FDA monitors the claims supplement companies make about their products and any reports of side effects, but only after these items are on the shelf.

The growing mistrust of science and medicine means some people turn to social media influencers and “wellness gurus” for advice. These influencers often promote the sale of branded supplements. Without medical expertise, some of these influencers offer opinions as facts and mislead people about ineffective or dangerous products. In fact, a study found that more than 20,000 visits to the emergency room in the United States each year are related to side effects from dietary supplements, such as heart problems from weight loss or energy supplements.

If you are considering taking a new vitamin, learn how to safely add supplements to your diet.

### UNDERSTANDING SUPPLEMENTS

The human body needs specific vitamins and minerals to stay healthy. There are 13 essential vitamins, including A, C, D, E, K and eight different B vitamins. Vitamins help you have a healthy immune system, skin, vision, bones and muscles.

Your body also needs minerals like calcium, iron, iodine, zinc and potassium. Minerals support everything from maintaining strong bones and teeth to preserving energy and fighting off infections.

Since the body cannot produce these vitamins and minerals, we must get them from food. We typically get these essential vitamins and minerals by eating fruits, vegetables, lean meats and whole grains.

### WHEN SUPPLEMENTS CAN HELP

There are several reasons why someone may not be able to get essential vitamins and minerals from food. And some people just need an extra dose to be healthy:

- Certain medical conditions or deficiency syndromes make it hard for some



people to absorb vitamins and minerals through food.

- Surgery on the digestive tract can affect a person’s ability to absorb these vitamins and minerals.
- Some people may not eat or have access to the kinds of foods that offer essential vitamins and minerals.

There are also times when taking an added supplement can help you stay healthy or address a need:

- During pregnancy, taking folic acid supplements can decrease the risk of certain birth defects.
- People with heart disease may benefit from taking omega-3 fatty acids from fish oil supplements or by eating fish a couple of times a week.
- People over age 50 may benefit from added calcium and other vitamins as they grow older.

It’s important to talk to your doctor before you begin taking any supplement. The most popular supplement is a multivitamin, which offers an overall dose of necessary vitamins and minerals. These are often made specifically to address the vitamin needs of men, women, children and older adults. While you don’t need to take a multivitamin if you eat a balanced diet, it can offer basic protection.

### AVOIDING HARM FROM SUPPLEMENTS

Read labels! Because the labels can be misleading or make false claims, do not assume supplements listed as “all natural” are entirely safe. There are plenty of natural products that can be harmful.

With so many supplements on the market, not all of them contain what they claim to. If a supplement advertises a treatment for something you want to address, be sure to look for research that supports that

claim. Identify health misinformation and find scientific evidence of a supplement’s effectiveness. Check for peer-reviewed studies rather than sensational claims by a supplement company.

### NEGATIVE SIDE EFFECTS FROM SUPPLEMENTS

Even safe vitamins and minerals can be dangerous if taken in large doses. They can also counteract certain medications you might be taking.

There are some common side effects to be aware of when taking dietary supplements:

- Supplements can cause liver damage. About 20% of liver toxicity cases in the United States are connected to herbal and dietary supplements. As the body’s “filter,” the liver processes harmful toxins, but it can become overwhelmed. While liver damage from supplements is rare, botanicals like turmeric and ashwagandha are linked to this problem.
- Supplements can affect blood-thinning medications. Changes in your vitamin K intake can affect how anticoagulant drugs work. Talk to your doctor about taking vitamin K if you take the medication warfarin (also called Coumadin).
- St. John’s wort can make your body metabolize other medications too quickly. Avoid this supplement if you are taking certain medicines for HIV/AIDS, organ transplant, oral birth control or other drugs.

Dietary and herbal supplements can provide much-needed vitamins and minerals when our diets cannot. However, there are many misleading and ineffective products out there. Before you add a supplement to your diet, discuss it with your doctor, especially if you are taking other medications or undergoing treatment. Read the labels and confirm that a supplement does what it advertises through peer-reviewed research. When in doubt, skip the supplement.

Source: <https://iuhealth.org/thrive/are-supplements-and-vitamins-good-for-you>

**SAVE THE DATES!** **MARCH 2026**

WED 04



**EMOTIONAL STRENGTH BUILDING**

WED 11

**VISION BOARD PLANNING**

WED 18

**TOTAL WELLNESS PATHWAY**



WED 25



**MEMORY CARE**

**BONUS MARCH 13 MARCH 27 BINGO**



Aqua Zumba is a low-impact pool-based format that combines international dance rhythms with the resistance of water to improve stability, core balance, strength, and circulation.



Wednesdays at 6:45 pm!



Another great REVEL event just in time for St. Patrick's Day! Join us Tuesday, March 17th at 6:00 pm.

## 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
1:30 pm	AI CHI SAMPLE CLASS: March 16 and 23 Instructor: Betsy		AI CHI SAMPLE CLASS: March 18 and 25 Instructor: Betsy		

## LAND FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am	The CLIMB Instructor: Lindsay	SHINE LIGHT Instructor: Brenda	The CLIMB Instructor: Lindsay	ZUMBA GOLD TONING Instructor: Ali	The CLIMB Instructor: Vickie
10:00 am	10:15 AM GOT BALANCE Instructor: Lindsay	BINGO-SIZE Ascension St. Vincent	10:15 AM GOT BALANCE Instructor: Betsy	BINGO-SIZE Ascension St. Vincent	STRENGTH & FLEXIBILITY Instructor: Vickie
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	

For a full schedule of REVEL FITNESS classes online, go to: [www.revelfitness.net](http://www.revelfitness.net)

Hello

# MARCH

2026

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 <b>BINGO</b> - Terry 1:00 pm Creative Writing B</p> <p><b>CICOA PRODUCE FOR BETTER HEALTH</b> 10:30 AM - 1:00 PM <i>Pick-Up at PLE Back Door</i></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>
<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 <b>BINGO</b> - Terry 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</b> 10:30 AM TO 1:00 PM</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 \$ <b>12:30 - 1:30 pm Guest Speaker</b> <b>PURIM Presentation</b> <b>Indianapolis JCC</b> <b>INDIANAPOLIS JCRC</b> <small>PURSING A JUST SOCIETY &amp; SECURE JEWISH FUTURE</small> 1:00 pm Euchre L</p>	<p><b>13</b></p> <p>11:30 am 2nd Helpings Lunch * <b>12:15 - 1 pm</b> <b>BONUS Bingo</b> <b>Sponsored by</b> <b>SUNRISE ON</b> <b>OLD MERIDIAN</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 <b>BINGO</b> - Terry 1:00 pm Creative Writing B</p> <p><b>CICOA PRODUCE FOR BETTER HEALTH</b> 10:30 AM - 1:00 PM <i>Pick-Up at PLE Back Door</i></p>	<p><b>17</b></p> <p>11:30 am CICOA Lunch \$ 1:00 pm Needlework B</p> <p><b>HAPPY St. Patrick's DAY</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>START OF SPRING</b></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 <b>BINGO</b> - Terry 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 <b>12:15 - 1 pm</b> <b>BONUS Bingo</b> <b>Sponsored by</b> <b>HERITAGE WOODS</b> <b>OF NOBLESVILLE</b></p>
<p><b>30</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 <b>BINGO</b> - Terry 1:00 pm Creative Writing B</p>	<p><b>31</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>LUNCH &amp; LEARNS:</b> <b>Wednesdays: March 4, 11, 18, 25</b> <b>Presentation starts 11:45</b></p>		

**KEY:**

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



# March Word Search

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

EASTER

DAYLIGHT SAVINGS

COLLEGE

LAMS

PARADE

MARCH

ROBINS

BASKETBALL

LUCK

ASH WEDNESDAY

WINDY

RAINSOW

FLOWERS

MADNESS

GREEN

SHAMROCK

SNOWERS

MARDI GRAS

TRACK

TIME CHANGE

PANCAKES

ST PATRICKS DAY

BIRDS

SPRING

# DOES IT SEEM LIKE EVERYONE IS ANGRY?

## COMMENTARY

PrimeLife Enrichment Center

Since I was a teenager, I have a pattern of getting angry about things, letting them build up inside but never talking about them so they grow and grow and finally explode - and usually not at the person with whom I am angry. I have read that 99% of the time when someone acts annoyed or angry with you, it has nothing to do with you and everything to do with them and their struggles.

Fine. I get that, but let's face it - being on the receiving end of someone's wrath is pretty tough to take, especially when you feel you didn't do anything to cause it.

I have noticed my friends sharing stories about people yelling at them in the grocery store when they excuse themselves to reach past them to the ketchup. Another friend recently was accosted at a business for taking someone else's parking spot, which they were sure my friend did on purpose.

Why are we all so mad? It is not just our imaginations; global data confirms that collective anger is near an all-time high,

with high stress, financial anxiety, and post-pandemic exhaustion driving widespread irritability. Rising inflation, political polarization, and overwork contribute to this trend, leading to increased road rage and public confrontation.

When asked why people were angry, the majority answered that they felt overwhelmed and frustrated and the other person was just in the wrong place at the wrong time. I can certainly identify with feeling overwhelmed. I participate in theatre so that I can spend time doing something I love, but lately I'm having trouble getting to the "love" part of most of my hobbies.

When growing up, my favorite spot was in between my bed and the wall. I would carry a warm blanket, a book (usually Laura Ingalls Wilder), and sometimes a flashlight with me to my safe spot. Staying away from everyone for a while seemed to help me calm down and recharge my battery until I once again had enough of people and things that I couldn't control, and

headed back under the blankets.

Maybe we don't hate everyone, maybe the truth is we are angry at ourselves and blaming others. The world today seems to exaggerate our insecurities and doubts about ourselves and others. Maybe we "hate" everything because we can't control them and things seem so uncertain in the world today.

Are we frustrated because things we want to do are simply not possible due to lack of funds, being short on time, or discovering that we are not a priority in other people's lives?

The solution could come by stepping back and accepting that we can't please everyone, or control everything. We all need to vent our frustrations to a person we trust and return the favor when needed.

And finally we need someone to love us, hug us and accept us unconditionally - weaknesses and all. I'm taking applications.

- by Lori Raffel



## MARCH RECIPES WITH AN IRISH FLAIR



**SATURDAY AFTERNOON  
OVEN POT ROAST**

### INGREDIENTS

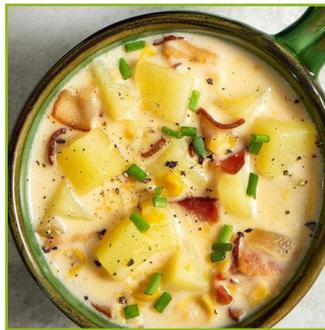
- 1 boneless beef chuck roast (2-1/2 pounds)
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon olive oil
- 1 tablespoon butter
- 4 cups sliced sweet onion
- 1 can (6 ounces) tomato paste
- 4 garlic cloves, minced
- 1 teaspoon dried thyme
- 1/2 teaspoon celery seed
- 1/2 cup dry red wine
- 1 carton (32 ounces) reduced-sodium beef broth
- 6 medium carrots, cut into 1-1/2 inch pieces
- 1/2 pound medium fresh mushrooms, quartered

### DIRECTIONS

Preheat oven to 325°. Sprinkle roast with salt and pepper.

In a Dutch oven, heat oil and butter over medium-high heat; brown roast on all sides. Remove from pot. Add onion to the same pot; cook and stir over medium heat until tender, 8-10 minutes. Add tomato paste, garlic, thyme and celery seed; cook and stir 1 minute longer.

Add wine, stirring to loosen browned bits from pot; stir in broth. Return roast to pot. Arrange carrots and mushrooms around roast; bring to a boil. Bake, covered, until meat is fork-tender, 2-1/2- 3 hours. If desired, skim fat and thicken cooking juices for gravy.



**SATURDAY AFTERNOON  
CORN CHOWDER  
WITH BACON**

### INGREDIENTS

- 1/2 pound bacon strips, chopped
- 1/4 cup chopped onion
- 1-1/2 pounds Yukon Gold potatoes (about 5 medium), peeled and cubed
- 1 can (14-3/4 ounces) cream-style corn
- 1 can (12 ounces) evaporated milk
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

### DIRECTIONS

In a large skillet, cook bacon over medium heat until crisp, stirring occasionally. Remove with a slotted spoon; drain on paper towels. Discard drippings, reserving 1-1/2 teaspoons in pan. Add onion to drippings; cook and stir over medium-high heat until tender.

Meanwhile, place potatoes in a large saucepan; add water to cover. Bring to a boil over high heat. Reduce heat to medium; cook, uncovered, 10-15 minutes or until tender. Drain, reserving 1 cup potato water.

Add corn, milk, salt, pepper, potatoes and reserved potato water to saucepan; heat through. Stir in bacon and onion.



**CARROT CAKE WITH  
CREAM CHEESE FROSTING**

### INGREDIENTS

- 4 large eggs, room temperature
- 2 cups sugar
- 1 cup canola oil
- 2 cups all-purpose flour
- 2 to 3 teaspoons ground cinnamon
- 3/4 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 2 cups grated carrots
- Frosting:
  - 1/2 cup butter, softened
  - 3 ounces cream cheese, softened
  - 1 teaspoon vanilla extract
  - 3-3/4 cups confectioners' sugar
  - 2 to 3 tablespoons 2% milk

### DIRECTIONS

In a large bowl, combine the eggs, sugar and oil. Combine the flour, cinnamon, baking soda, baking powder, salt and nutmeg; beat into egg mixture. Stir in carrots.

Pour into 2 greased and floured 9-in. round baking pans. Bake at 350° for 35-40 minutes or until a toothpick inserted in center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.

For frosting, cream butter and cream cheese until light and fluffy, 3-4 minutes. Beat in vanilla. Gradually beat in confectioners' sugar. Add enough milk to achieve desired spreading consistency.

## TWO NEW CLASSES OFFERED

### SHINE LIGHT - FITNESS FOR EVERY BODY!

SHiNE LIGHT is a branch of SHiNE Dance Fitness which specializes in low impact and simplified choreography, it is a mood-lifting, confidence boosting experience for anyone needing a more inclusive approach to dance fitness. We believe everyone deserves the FUN that dance provides. Join us! It's your time to SHiNE!

#### WHO NEEDS SHINE LIGHT?

- Students who require less impact
- Students with limited balance, stability or cardiovascular strength
- Students who require lower heart rates
- Students who want to avoid overtraining
- Students who are new

Classes are on Tuesdays at 9:00 am in March and April.



## PLEASE WHAT'S NEW

### BINGO-CIZE IS BACK!

Bingocize®, sponsored by Ascension St. Vincent is an evidence-based health promotion program approved through both SNAP-Ed and The National Council on Aging (NCOA). Bingocize® combines exercise and health information with the familiar game of Bingo, which is a great and fun way to get seniors and those with disabilities moving and socializing. It's meant to be played twice a week on nonconsecutive days. It is 20 sessions and each session usually lasts 45-60 minutes.

Accessibility: Suitable for various fitness levels, free to participants, and would include prizes.

#### WHEN DOES THIS CLASS START?

Classes will start on Tuesday, March 3, 2026 and continue Tuesdays and Thursdays from 10:00 am to 11:00 am for 10 weeks. If we miss a session because of weather, that session will be done at the next session time, so it might be longer than 10 weeks.



# PROGRAMS

PrimeLife Enrichment Center

## NEW MEMBERS

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

Claudette Floor	1/5/2026	Cheryl Moore	1/13/2026	Pam Alonzo	2/4/2026	Margie R Schenk	2/12/2026
Michael Floor	1/5/2026	Jim Snider	1/13/2026	Robert Alonzo	2/4/2026	Sue Hamilton	2/13/2026
Clara McMillian	1/6/2026	Holly Hess	1/23/2026	Amparo Esquivel	2/10/2026	Jan Ferguson	2/16/2026
R. Thomas Moore	1/9/2026	Courtney Harness	1/28/2026	Yolanda Lane	2/12/2026	Claude Ferguson	2/16/2026



Annual CICOA Fundraiser Galentine's Celebration was held at PLE last month with over 100 women attending and celebrating Women and Supporting Senior Nutrition.

PLE Executive Director Sloane Thompson spoke, as well as Terry sharing her experiences working in the CICOA kitchen here at PrimeLife.

Almost \$10,000 was raised for CICOA's Meals and More Program.





## PrimeLife Enrichment Center

1078 Third Ave. SW  
Carmel, IN 46032

# PLE SENIOR NEWS | MARCH 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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