



# PrimeLife

## ENRICHMENT CENTER

ACTIVE, INDEPENDENT, PURPOSEFUL LIVES FOR AGE 50 AND BEYOND



### PLE SENIOR NEWS | APRIL 2026

BINGOIZE is back at PLE! Tuesdays and Thursdays at 10 am in the Activity Room through April.

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**PLE INCORPORATED  
THIS DAY IN 1977**

**HAPPY BIRTHDAY PLE!**



 FIND US ON FACEBOOK  
[facebook.com/PrimeLifeEnrichment](https://facebook.com/PrimeLifeEnrichment)

 FIND US ON INSTAGRAM  
[instagram.com/PrimeLifeEnrichment](https://instagram.com/PrimeLifeEnrichment)

CONTACT US!



1078 Third Ave. SW, Carmel, IN 46032



317.815.7000



[www.primelifeenrichment.org](http://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 Reveal 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
- 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 PLEASANT

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.

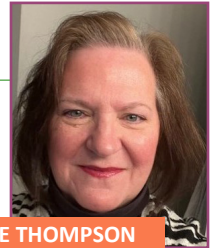
**RESERVATIONS ARE MADE BY  
VOICEMAIL ONLY**

**MONDAY - FRIDAY**  
**8:00 AM - 3:30 PM**

Schedule as early as possible,  
at least one week ahead.

# EXECUTIVE DIRECTOR MESSAGE

PrimeLife Enrichment Center



**SLOANE THOMPSON**  
Executive Director

## IT'S OUR BIRTHDAY MONTH!

On April 1, 1977, Senior Services of Hamilton County was incorporated in the State of Indiana. In March of 1993, we changed our name to Hamilton County Senior Services, and in 2002, we became PrimeLife Enrichment.

This means **we're starting our 50th year as an organization, and 25th year specifically as PrimeLife!** As we kick off celebrations related to our organization turning 50, we would love to gather favorite memories and stories from our members.

If your life is anything like mine, it often has not gone according to our "plans." We experience unexpected turns – some difficult, some joyful – and having a supportive group of friends who help us through the difficult times and celebrate the joyous times makes life so much better. I see those friendships here every day, and they are truly special.

Please stop by the front desk and pick up a **PrimeLife Memories** sheet and share your stories of friendships, activities and moments that have meant the most to you.

If you would also like to **participate in our birthday celebration kickoff**, you can put a \$5 donation in the Birthday Box at the front desk. I learned many years ago that \$5 represents **abundance** – it reminds us to enjoy small surprises, happy moments in life and encourages gratitude.

We would also welcome gifts of \$25 to celebrate becoming PrimeLife 25 years ago and \$50 to celebrate the birth of this community. These could be one-time gifts or recurring gifts. You can use the donation form on the back cover or donate online here: <https://primelifeenrichment.org/supporting-ple/donate/>

For anyone who is able and would like to join our **Green Circle** and **Purple Circle** Donors, we're excited to recognize you on the Giving Boards in the main hallway. **Green Circle Donors** are those who donate \$250 or recurring monthly donations of \$25. **Purple Circle Donors** are supporters who donate \$500 or recurring monthly donations of \$50.

Sharing your treasures – your stories, a \$5 bill in our Birthday Box or an online donation – remind us all how special and important PrimeLife is. These treasures help sustain and grow the programs, connections and experiences that keep us healthy and thriving.

Thanks for the memories past and those yet to come!

*Sloane Thompson*

**If you would like to participate in our birthday celebration kickoff, you can donate at the front desk or on-line:**



### DAILY ABUNDANCE (\$5)

Every \$5 bill you donate represents abundance



### ONE TIME GIFTS (\$25, \$50 or Candle Offering)

\$25 for PrimeLife's birthday

\$50 for our Center's birth

Candle Offering (give your age) A personal way to honor your PLE journey, a milestone you share alongside PrimeLife



### GREEN CIRCLE (\$25/month or \$250)

Celebrating 25 years as PrimeLife



### PURPLE CIRCLE (\$50/month or \$500) Honoring

50 years of community

## COMMUNITY HEALTH WORKER PARTNERSHIP – STARTING IN

Starting in April, PrimeLife Enrichment is partnering with CICOA to bring a Community Health Worker (CHW) on-site every Monday and Thursday. Through one-on-one meetings, they will help members navigate healthcare, connect to local resources, and access services that support overall well-being. Interested? Let the front desk know so we can connect you to the CHW.

**Bonus:** Our CHW will also support CICOA's Produce for Better Health program—making it easier for members to access fresh, nutritious food and enjoy a more seamless, supportive experience.



**BECAUSE WE CARE**

# WHAT'S NEW AT PLE?

## MAHJONG

### WHEN AND WHERE

PrimeLife now offers Mahjong on Thursdays at 12:30 pm in the Library starting April 2, 2026. You are welcome if you currently play, have played or just want to play.

### HOW TO PLAY

To play Mahjong, players draw and discard tiles to form a specific 14-tile hand (four sets and a pair in classic, or a pattern from a card in American Mahjong), aiming to be the first to declare "Mahjong" and win the round.

For more information, come to the game and we can teach you!

## SAVE THE DATES!

APRIL

2026

WED  
01



**CIRCLE CITY SOUND**  
INSPIRE. CONNECT. SING.

WED  
08

**POWER OF POSITIVITY**



**SLEEP BETTER  
SMILE BRIGHTER**

WED  
15

WED  
22

**HEALTHY  
DIGESTION**



**SMP**  
Senior Medicare Patrol  
Preventing Medicare Fraud



WED  
29



**BONUS BINGO**

**2ND AND 4TH FRIDAYS**

# PLE UPDATES

## POOL VOLLEYBALL



### WHEN AND WHO

Volleyball is played every week in the pool on Thursdays from 10:30 to 11:15 am - and everyone is welcome! You don't have to be an expert! The goal is to have fun and we need more players!

## BRAIN FOOD

### A CONVERSATION BETWEEN NEUROLOGY AND NUTRITION ABOUT COGNITIVE FUNCTIONING

Research has proven that there is a relationship between nutrition indicators and cognitive functioning. Jason Chaney, a nurse practitioner at IU Health Arnett Neurology, and registered dietitian Carrie Anderson explain the connection between neurology and nutrition.

### HOW NUTRIENTS AFFECT BRAIN FUNCTION

Nutrients from food supply energy to the brain, helping brain cells stay healthy. Some nutrients have the ability to shield against oxidative stress or reduce inflammation. Others aid in the synthesis of neurotransmitters or lessen plaque in the brain. It is important to get a sufficient intake of antioxidants, vitamins and healthy fats that contain these nutrients to maintain quality memory and regulate mood.

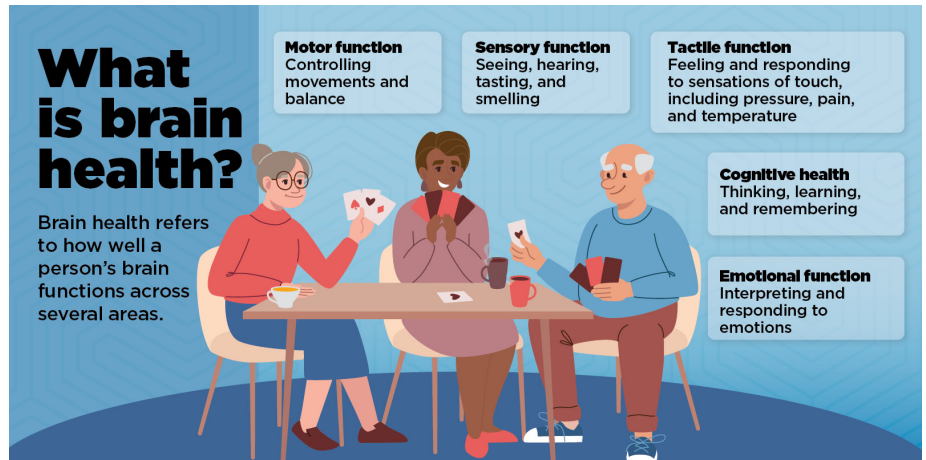
Although nutrition can play a big part in brain health, Anderson and Chaney also stipulate that it is important to maintain other aspects of health for good brain function such as refraining from smoking, getting good rest, staying physically active and lowering stress levels.

### REDUCING BRAIN INFLAMMATION THROUGH NUTRITION

Neuroinflammation is the inflammation of brain tissue, which causes a higher risk for cognitive decline and age-related cognitive impairment. Anderson explains that inflammation from nutrition comes from eating foods that your body can't use.

She says, "Inflammation in our bodies happens all the time, but eating foods that aren't healthy for you causes chronic inflammation and over time, it causes the body to always be on high alert. That's when the chronic inflammation can cause autoimmune diseases. The body can't be in fight or flight all the time."

Inflammatory agents—such as those found in processed foods—can alter



bacteria in the gut and can trigger the immune system, leading to chronic inflammation. The good news is that anti-inflammatory foods can help prevent inflammation. Anderson says, "By having more foods that are high in antioxidants, you are putting out the fire by decreasing inflammation in your body." She suggests people "eat the rainbow" with colored vegetables. She also says that fiber is important in boosting the immune system and has anti-inflammatory properties.

The Mediterranean diet follows these principles and is good for freeing the body of inflammation. It incorporates olive oil, limited consumption of red meat, and whole grains. Turmeric and ginger are also popular ingredients with anti-inflammatory benefits.

### ANTIOXIDANTS AND OXIDATIVE STRESS

Unstable molecules (called free radicals) in the body can be neutralized by antioxidants. If the balance between antioxidants and free radicals is off, oxidative stress can cause damage to cells, alter proteins in the brain and speed up the process of dementia.

Anderson puts the process into simpler terms. "If you leave anything metal out all winter and spring, what happens to that piece of metal? It rusts or it oxidizes. If you were to coat that metal with oil it would protect it and it wouldn't oxidize. When you think of antioxidantizing when you eat those foods, they help protect your cells from being destroyed from outside elements."

Chaney suggests berries to relieve

oxidative stress. Antioxidants in berries have been found to accumulate in the brain and help with communication between brain cells. Other foods with an abundance of antioxidants include dark chocolate and green tea.

### NUTRIENTS TO SUPPORT BRAIN HEALTH

Ensuring a diet rich in certain vitamins and nutrients can also help keep the brain healthy, especially:

- **Choline:** regulates mood and memory (good sources: eggs, kidney beans, quinoa, almonds)
- **Vitamin B:** anti-inflammatory and maintains neurotransmitter balance (good sources: chicken, spinach, salmon, fortified cereal)
- **Vitamin K:** regulates nervous system (good sources: broccoli, leafy greens, cashews, edamame, pumpkin)
- **Omega-3 fatty acids:** slows cognitive decline (good sources: fish, avocado, flaxseeds, chia)

Chaney shares that mood is a big factor when it comes to brain health. Long-term anxiety and depression can contribute to memory problems and brain fog.

Looking for an easy way to get more of these mood- and health-boosting nutrients? Anderson recommends trying microgreens because they pack many helpful nutrients into small quantities.

Source: Jason Chaney, NP – IU Health Arnett Neurology & Carrie Anderson, Registered Dietitian

# INDIANA PARKINSON FOUNDATION EVENT IN APRIL

Lindsay Williams, who leads our CLIMB program would love to have our members join her for the 14th Annual Choose to Move Race sponsored by Indiana Parkinson Foundation.

A special code was created for PLE members only to register! Use this code to register and get 20% off the registration fee.

You can register by scanning the QR code below, or can register by going to the website: Choose to Move Race Registration

## NEW LEADERSHIP ROLES IN ACTIVITIES AND MEMBERSHIPS

As of April 1, 2026, Lori Raffel is becoming PLE Program Manager overseeing Front Desk and Activities. Lori will still be handling Social Media and Marketing, but some of her duties are being shifted to other staff members so she can focus on this new role.

Also, effective April 1, 2026, Sheila Fischer is becoming Memberships Coordinator, focusing on all things related to membership, including continuing to schedule rides.

**YOU'RE INVITED!**  
4/25/26 • 5K RUN • 1M WALK  
IN PERSON & VIRTUAL

**WHEN:**  
SATURDAY, APRIL 25  
9:15 START

**WHERE:**  
SAXONY WITTEN PARK  
13256 SAXONY BLVD.  
FISHERS, IN 46037

**VIRTUAL RACE:**  
DATE & LOCATION OF  
YOUR CHOOSING

**WHY:**  
EVERY STEP SUPPORTS  
IPF'S PROGRAMS AND  
STRENGTHENS OUR MISSION

**EDUCATE • EXERCISE • ENCOURAGE**

INDIANA PARKINSON  
FOUNDATION

CHOOSE TO  
MOVE  
LIVE WITH CONFIDENCE

Register now!

## 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 Instructor: Betsy		AI CHI 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: Lindsay
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: 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					
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)

# April

2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>LUNCH &amp; LEARNS:</b> Wednesdays: April 1, 8, 15, 22, 29 Presentation starts 11:45 am</p> <p><b>TOP 10 MEDICARE FRAUD VIDEO SERIES AND DISCUSSION:</b> Tuesdays and Thursdays at 1:30 pm in the Multi-Purpose Room April 7, 9, 14, 16, 21, 23, 28, and 30, 2026</p>		<p><b>1</b> 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>PLE INCORPORATED THIS DAY IN 1977</b></p> <p><b>HAPPY BIRTHDAY PLE!</b></p>	<p><b>2</b> 9:00 am Pinochle L 10:30 am Hymn Sing 11:30 am CICOA Lunch \$ 12:30 pm Ma Jong L American Version 1:00 pm Euchre L</p>	<p><b>3</b> 11:30 am 2nd Helpings Lunch* 12:15 pm Partner Bridge L</p>
<p><b>6</b> 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO - Terry 1:00 pm Creative Writing B</p> <p><b>CICOA PRODUCE FOR BETTER HEALTH</b> 10:30 AM - 1:00 PM</p> <p><i>Pick-Up at PLE Back Door</i></p>	<p><b>7</b> 10:30 am Memory Café at CCPL 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:00 pm Needlework B</p>	<p><b>8</b> 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>9</b> 9:00 am Pinochle L 11:30 am CICOA Lunch \$ 12:30 pm Ma Jong L American Version 1:00 pm Euchre L</p>	<p><b>10</b> 11:30 am 2nd Helpings Lunch* <b>12:15 - 1 pm</b> <b>BONUS Bingo Sunrise</b></p>  <p>12:15 pm Partner Bridge L</p>
<p><b>13</b> 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO - Terry 1:00 pm Creative Writing B</p>	<p><b>14</b> 11:30 am CICOA Lunch \$ 1:00 pm Needlework B</p> <p><b>DIVVY LUNCHES</b> 10:30 AM TO 1:00 PM</p> <p><i>First Come, First Served</i></p>	<p><b>15</b> 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>16</b> 9:00 am Pinochle L 11:30 am CICOA Lunch \$ 12:30 pm Card-Making \$ 12:30 pm Ma Jong L American Version 1:00 pm Euchre L</p>	<p><b>17</b> 11:30 am 2nd Helpings Lunch* 12:15 pm Partner Bridge L 2:30 pm Memory Café at PLE</p>
<p><b>20</b> 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</b> 10:30 AM - 1:00 PM</p> <p><i>Pick-Up at PLE Back Door</i></p>	<p><b>21</b> 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>22</b> 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>23</b> 9:00 am Pinochle L 11:30 am CICOA Lunch \$ 12:30 pm Ma Jong L American Version 1:00 pm Euchre L</p>	<p><b>24</b> 11:30 am 2nd Helpings Lunch* 12:15 pm Partner Bridge L <b>12:15 - 1 pm</b> <b>BONUS Bingo Heritage Woods</b></p> 
<p><b>27</b> 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 - Terry 1:00 pm Creative Writing B</p>	<p><b>28</b> 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>29</b> 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>30</b> 9:00 am Pinochle L 11:30 am CICOA Lunch \$ 12:30 pm Ma Jong L American Version 1:00 pm Euchre L</p>	<p><b>KEY:</b></p> <ul style="list-style-type: none"> <li>* - Open to Public</li> <li>\$ - Additional Fee</li> <li>Z - Also on Zoom</li> <li>L - Library</li> <li>B - Board Room</li> <li>A - Annex</li> </ul>

# APRIL WORD SEARCH

- APRIL
- ARBOR DAY
- BLOOM
- BLOSSOM
- BUNNY
- BUTTERFLY
- CATERPILLAR
- CHICK
- DAFFODIL
- EARTHWORM
- EASTER
- FLOWERS
- GARDEN
- GRASS
- HATCHING
- KITE
- MUD
- PICNIC
- POND
- PUDDLE
- RAIN
- RAINBOW

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



- ROBIN
- SEEDLINGS
- SHOWERS
- SPRING

- SPROUT
- SUNSHINE
- TULIP
- UMBRELLA



# SOMETIMES IT JUST TAKES ONE PERSON

# COMMENTARY

As many of us do, I take several medications each day, including a prescription that is refilled on the 15th of each month. Like clockwork my doctor's office contacts the pharmacy who sends me a text when it's ready and I pick it up. Sounds easy, right?

Surprisingly, after six months, it has yet to happen on the first try or without a glitch...or several glitches.

Each month as I approach the pharmacy drive-thru window, I ready myself for the possible responses I will get when I give my name. Not in stock. Not covered by insurance. Yes, that is my address. Yes, that is my birthdate. No, I don't have my middle name listed. Gosh...I've never had to show my ID before. No, I'm positive that's my birthdate.

I have sat in my car in that line next to the building for up to 30 minutes and been asked to come back in 20 minutes, tomorrow, when the pharmacist is on duty (who are you?), and next Monday, but I am never thwarted. My goal is to pay whatever exorbitant amount is listed on their mystical computer screen

- it's never been exactly the same - and drive off with that little white bag in my hands.

I have tried going inside, but I still have to wait in line and give my life story within earshot of a bunch of strangers, so I prefer listening to The Beatles channel in my car.

Pharmacy hours are a little unpredictable. I understand that everyone needs to take in sustenance at least once a day, so I have no problem with them taking a lunch, but from 1:30 to 2:00 pm? And all at the same time? And I'm supposed to remember that? I'm sure there is a reason.

Would you like to sign-up for our convenient automated update calls? Sure, but the only message I get is that they are trying to reach me with an update. Or problem. Or both. Why do I even answer the phone?

Does anyone else remember going to the doctor with their parent and the nurse would hand you the prescription right there in a little white envelope? Sometimes we would have to go to the

pharmacy - right across the street - and when we did, there was always some promised reward to be included if I was on my best behavior.

My usual picks were a coloring book, small box of crayons, and package of Brach's orange slice candies. This way I would have something to do and something to eat that paired well with Ginger Ale.

Back to the drive-thru. At one point I said "Are you kidding me with this? You told me yesterday it would be ready today! I can't believe you guys are still in business. This place is so inefficient I might actually choose to park and walk-in to WalMart for my prescriptions from now on."

Once again the pharmacy assistant disappeared for five minutes, but this time she returned with a white bag and a smile. I apologized for overreacting and she said the magic words: "I understand and I apologize. It can be very frustrating."

Yep - sometimes it just takes one person. See you next month. - by Lori Raffel

## SPRING-FORWARD RECIPES TO MAKE IN APRIL



**FLAVORFUL  
LEMON CHICKEN**

### INGREDIENTS

1 teaspoon dried oregano  
1/2 teaspoon seasoned salt  
1/4 teaspoon pepper  
6 boneless skinless chicken breast halves  
2 teaspoons chicken bouillon granules  
1/4 cup boiling water  
3 tablespoons lemon juice  
1-1/2 teaspoons minced garlic  
1-1/2 cups sour cream  
2 teaspoons minced fresh parsley

### DIRECTIONS

Combine the oregano, seasoned salt and pepper; rub over chicken. Place in a 3-qt. slow cooker.

In a small bowl, dissolve bouillon in boiling water. Stir in lemon juice and garlic. Pour over chicken. Cover and cook on low until chicken is tender, 4-5 hours.

Remove chicken and keep warm. Stir in sour cream and parsley; cover and cook until heated through, about 15 minutes. Serve chicken with sauce and, if desired, rice.



**ARTICHOKE  
FLORENTINE PASTA**

### INGREDIENTS

1 package (16 ounces) penne pasta  
6 tablespoons butter, divided  
4 garlic cloves, minced  
12 ounces fresh baby spinach  
1/4 cup all-purpose flour  
3 cups 2% milk  
3/4 cup grated Parmesan cheese  
1 package (8 ounces) cream cheese  
1/2 cup white wine or chicken broth  
1 teaspoon salt  
1/2 teaspoon pepper  
1/4 teaspoon cayenne pepper  
2 cans water-packed artichoke hearts, drained and coarsely chopped  
1/3 cup Italian-style panko bread crumbs

### DIRECTIONS

Cook pasta according to package directions. In a 6-qt. Dutch oven, melt 2 tablespoons butter over medium-high heat. Add garlic; cook and stir 30 seconds. Add spinach; cook and stir just until wilted, 1-2 minutes. Remove from pot.

In same pot, melt remaining butter over medium heat. Stir in flour until smooth; gradually whisk in milk. Bring to a boil, stirring constantly; cook and stir until thickened, 2-3 minutes. Add Parmesan cheese, cream cheese, wine and seasonings; stir until smooth. Stir in artichoke hearts; heat through.

Drain pasta; add to sauce, tossing to coat. Stir in spinach mixture. Transfer to a serving dish; sprinkle with bread crumbs. Serve immediately.



**CITRUS HERB-ROASTED  
CHICKEN**

### INGREDIENTS

2 to 3 medium lemons  
2 fresh rosemary sprigs  
1 roasting chicken (5 to 6 pounds)  
1 tablespoon olive oil  
2 tablespoons minced fresh rosemary  
1 tablespoon coarsely ground pepper  
1-1/2 teaspoons salt

### DIRECTIONS

Finely grate enough zest from the lemons to measure 2 tablespoons; set aside. Coarsely chop 2 lemons; place chopped lemons and rosemary sprigs inside the chicken cavity; tie legs together with kitchen string if desired. Save the remaining lemon for another use.

Place chicken on a rack in a shallow roasting pan; brush with oil. Combine the minced rosemary, pepper, salt and lemon zest; rub over chicken.

Bake, uncovered, at 350°



## NEW CLASS! INTRODUCTION TO AI CHI

Ai Chi is a water-based total body strengthening and relaxation progression that bridges East and West philosophies, and integrates mental, physical, and spiritual energy. It combines Tai Chi concepts with Shiatsu and Watsu techniques, and is performed standing in shoulder-depth water using a combination of deep breathing and slow, broad movements of the arms, legs, and torso.

The Ai Chi progression moves from simple breathing, to the incorporation of upper-extremity, trunk, lower-extremity, and finally total body involvement.

Ai Chi was created to help aquatic practitioners (including aquatic exercise instructors, personal trainers, and aquatic therapy and rehabilitation practitioners) and students enjoy the water in a flowing yet powerful progression. It is an efficient exercise program that increases oxygen and

caloric consumption through correct form and positioning in the water, a perfect relaxation technique for highly stressed, over-challenged clients, and is ideal for creating improved range of motion and mobility.

No two Ai Chi sessions will be the same, and that's as it should be. Every movement will have variations according to what you, your body and your psyche want that day. Its fine to eliminate movements, put them in a different order, and change the tempo or the number of repetitions. Because we're all different and Ai Chi serves each of us differently, we will all perform Ai Chi differently.

Experiment with Ai Chi, be free and non-judgmental with yourself, and remember, however your progression turns out is exactly how it was meant to be.



Does improved balance, coordination, well-being and relaxation sound good to you? Give yourself the gift of peace, comfort, and joy through movement.

Try Ai Chi at PLE on Mondays and Wednesdays from 1:30 to 2:15 pm. Betsy Fowler is the instructor.

by Betsy Fowler, Fitness Coordinator

*Jun Konno, ATRIC, creator of Ai Chi, is one of Japan's foremost swimming and fitness consultants and the President of Aqua Dynamics Institute. Since, 1986, he has worked to promote aquatics in Japan and is Chairman of the Executive Committee for Japan's National Aquatic Conference.*

# PROGRAMS

PrimeLife Enrichment Center

## NEW MEMBERS

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

Pam Alonzo	2/4/2026	Claude Ferguson	3/9/2026	Cheryl Jensen	3/4/2026	Margie R Schenk	2/12/2026
Robert Alonzo	2/4/2026	Teresa M Foreman	3/3/2026	Lori Kuroiwa	2/25/2026	Russell Sveen	3/10/2026
James A Brooks	3/2/2026	Carol Fridlin	3/10/2026	Yolanda Lane	2/12/2026		
Kathy Brooks	3/2/2026	Gail Goldner	3/16/2026	Tamara Opalka	3/2/2026		
Amparo Esquivel	2/10/2026	Sue Hamilton	2/13/2026	Theresa A. Osborn	3/9/2026		



Thank you Tri Kappa for your generous contributions to our PLE Thrift Store and the lovely cookie bags. They were a huge hit! Every time we sell an item, the proceeds go directly back to support PLE programs.



PLE had a booth at the Senior Lifestyle, Health & Home Expo at 502 East Event Centre on March 12, 2026.





### PrimeLife Enrichment Center

1078 Third Ave. SW  
Carmel, IN 46032

## PLE SENIOR NEWS | APRIL 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.

### PRIMELIFE BIRTHDAY DONATION & PLEDGE CARD



#### DAILY ABUNDANCE (\$5)

Every \$5 bill you donate represents abundance



#### ONE TIME GIFTS (\$25, \$50 or Candle Offering)

\$25 for PrimeLife's birthday

\$50 for our community's birth

Candle Offering (give your age) A personal way to honor your PLE journey, a milestone you share alongside PrimeLife



**GREEN CIRCLE** (\$25/month or \$250) Celebrating 25 years as PrimeLife. Signify monthly or annual.



**PURPLE CIRCLE** (\$50/month or \$500) Honoring 50 years of community. Signify monthly or annual.

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Security Code

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.