



PRIMELIFE

ENRICHMENT

MAY 2026



WHAT'S INSIDE

About Us	2
Membership Options	3
Center Information	4
From Our Executive Director	5
Title	6
In Case of Emergency	7
Are You A Hoarder?	8
May Fitness Schedule	10
May Activities & Events Calendar	11
May Word Search	11
Commentary	12
Delicious May Cuisine	13
Article	14
New Members / Photo Gallery	15

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.

HAPPY BIRTHDAY PLE!



HAPPY BIRTHDAY ROSE!

 FIND US ON FACEBOOK
facebook.com/PrimeLifeEnrichment

 FIND US ON INSTAGRAM
instagram.com/PrimeLifeEnrichment



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.



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
- CICF

OUR SPONSORS

- CenterWell
- Commons on Meridian
- Heritage Woods of Noblesville
- IU Health
- Sunrise on Meridian
- Traditions of Westfield
- Wellbrooke of Carmel
- Fish Window Cleaners

OUR BOARD OF 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

MONDAY - FRIDAY

8:00 AM - 3:00 PM

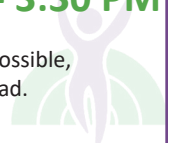
SATURDAY - SUNDAY

Revel classes only, *See schedule*
*Some classes occur outside of business hours.

TRANSPORTATION

M-F - 8 AM - 3:30 PM

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



SLOANE THOMPSON

Executive Director
 Direct: 317-343-6788 Ext. 200
sthompson@primelifeenrichment.org

LORI RAFFEL

Programs Manager
 Direct: 317-343-6704 Ext. 206
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 Direct: 317-343-6793 Ext. 202
dhopper@primelifeenrichment.org

JOHN PERKON

Facility Manager
 Direct: 317-343-6787 Ext. 219
johnperkon@msn.com

PLE HOURS:

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

SATURDAY - SUNDAY

Revel classes only.

CONTACT US:**MAIL:**

1078 3rd Avenue SW
 Carmel, IN 46032

EMAIL:

info@primelifeenrichment.org

PHONE:

317-815-7000

PrimeLife is Hiring: Betsy is retiring at the end of April, so wish her the best and let us know if you have anyone interested in being PrimeLife Fitness Coordinator.

BETSY FOWLER

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

MEMBERSHIP OPTIONS**BASIC MEMBERSHIP:**

\$20 PER MONTH

INCLUDES:

- Indoor Walking Track
- Aerobic Equipment
- Social Events
- BINGO
- Weight Room
- Bridge
- Groups/Clubs
- Classes/Services

ENHANCED MEMBERSHIP:

\$40 PER MONTH

INCLUDES:

All of the above, plus all Land and Aquatic Fitness Classes, Revel Fitness

INSURANCE PROGRAMS

Proof that you are in these programs equals a \$20 credit toward either membership:

- Silver Sneakers
- Renew Active
- Silver & Fit
- Prime
- Active & Fit
- Retired Veterans

When thinking of May this year, I'm thinking of my dad, Edward Lee Boyd. My dad lived to be almost 91 1/2. His half birthday would have been May 27, 2024 ... he missed this by just a few weeks.

My dad would have been in good company here at PrimeLife. He would have loved sharing stories of photographing wildlife, of adventures he and my mom took after they retired, of the various books he was reading, or the Great Courses he watched every week. He might have talked about the fascinating things he did throughout his career, and his travels to Japan when he was a young professional and how he began collecting Japanese wood prints from that time on. And he most definitely would have competed (just a bit) to see who would complete the NY Times Sunday Crossword puzzle first ... the way he and my mom did for almost all the years they were together.

I love hearing the stories of our members' lives, much like I loved listening to my dad. I love learning about each person's interests and of the friendships and memories created here and on adventures that go beyond PrimeLife. What a special place this is – where we can each make new friends, engage in hobbies and activities that we've enjoyed for years ... or try out new things and potentially discover

passions we've wondered about or never even heard of.

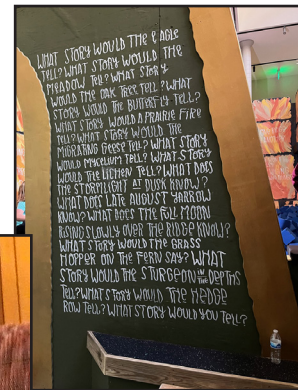
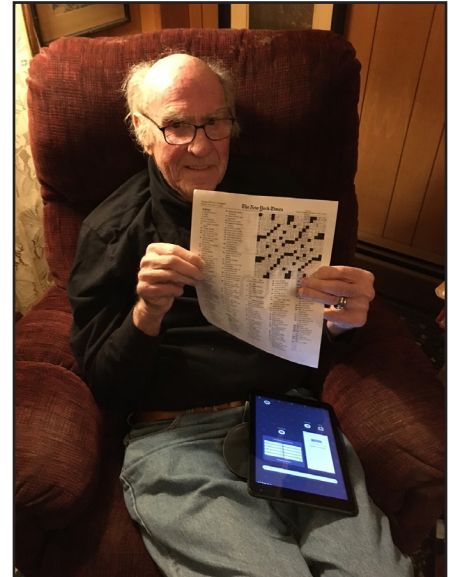
I believe my dad lived as long as he did – and with so much health for 90+ years – because he was always learning, and he was physically active nearly every day after he retired. At first he did lots of yard work and puttered about with various house projects. Then he took long walks with the dog my parents adopted from me when he was in his 70s. Throughout his 80s he would stroll around the 10 acre property he and my mom bought as their retirement home taking photographs of the wildlife in the brush and the trees and the river that ran along the perimeter of their property. While his pace was slower as he got older, and his eyesight not as good as when he was younger, which showed in the slight blurriness of some photos he took in these later years, he still showed me what it looks like to live a full life for as long as we can ... and to share those experiences with one another as often as we can.

I hope you enjoy these photos of my dad ... and I especially hope you will bring in some photos of your own, so we can continue to learn more about one another and share experiences that are so meaningful to each of us.

In gratitude to be sharing this chapter of life with each of you,



SLOANE THOMPSON
Executive Director



Starting in May, PrimeLife members may join a vibrant community and sharpen their digital skills with free expert-led classes, both online and in person, from AARP.

Senior Planet is a free AARP-affiliated program that empowers adults 60+ to utilize technology to thrive in the digital age. It provides free courses, articles, and virtual fitness classes focused on digital literacy, financial security, and social connection, operating through virtual platforms and select physical locations.

Senior Planet Classes - May:

Wednesday, May 6, 2026

9:30 am, Board Room:

Getting to Know Your Android Phone

Friday, May 8, 2026

9:30 am, Board Room:

Getting to Know Your iPhone

Tuesday, May 12, 2026

2:00 pm, Activity Room:

Protecting Your Personal Information On-line

Wednesday, May 20, 2026

9:30 am, Board Room:

Exploring and Downloading Apps on Android

Friday, May 22, 2026

9:30 am, Board Room:

Exploring and Downloading Apps on iPhone

Class space is limited in the Boardroom, so please register early: eventbritebrite.com/d/in-carmel/senior-citizen/

PrimeLife is proud to be a part of this program and have the ability to offer PLE as a location. Ask Sheil Fischer if you have any questions or need help to sign-up.

SENIOR PLANET

FROM **AARP**

There is also a link to Senior Planet on our website: primelifeenrichment.org





Indiana University Health

showed that taking at least 8,000 steps just a few times a week was associated with a drop in risk for cardiovascular disease and other conditions. People in this study didn't gain any additional benefit by walking 8,000 steps more than three days a week.

Add challenges to your walk. If you are regularly reaching your step goal, make your walks a bit more challenging. You can alternate walking fast and slow or add bursts of jogging. Interval walking training has been shown to help people lose weight and improve muscle strength. You can also look for more challenging walks, like taking paths that go up hills or by climbing stairs. This can improve your strength and build muscle.

Set reminders. Most smart watches will track your movements and have the option to set alarms and reminders. Even if your device doesn't automatically encourage you to move, you can set alarms and timers on your phone or desktop calendar that remind you to get moving every hour or take a walk after lunch or before each meeting.

Walking or other physical activities should not be painful. If you feel pain when you move, stop and evaluate the problem. If it persists after rest, contact your doctor to discuss what might be causing it. It's also important to stop and contact your healthcare provider if you feel dizzy or faint.

It takes several weeks—or even months—to make a new routine a habit. By starting out slow with your step goal and finding ways to add walking or other movements into your existing routine, you can make your step goal a habit. Through mindful planning and goal setting, you can improve your cardiovascular fitness through regular exercise.

Source: <https://iuhealth.org/thrive/how-to-walk-10-000-steps-a-day>

and park toward the back of the lot. If you talk with someone on the phone, take the call on a walk or take the long route to walk to the bathroom at home or in a public space. If you take public transit, get off a stop or two early. If you're early for your flight or waiting on a prescription, take short walks. Keep your walking shoes handy in your car or at your desk so you can take advantage of these opportunities. These replacements can help you add extra steps into activities you're already doing.



Spread the steps throughout your day. Not everyone has the time to walk five miles to reach 10,000 steps all at once. Instead, start your day with a small walk and then add in steps throughout the day. Make it a habit to take an evening walk with your family or take your dog for a walk after meals. Taking a walk right after you eat can help with digestion and it's been shown to help some people lose weight. If you have an extra 15 minutes, you can create another 1,000 steps.

Busy your brain. Walking doesn't have to be boring. Fortunately, it's an exercise that allows you to do multiple things at once. Make it a social routine by asking a friend or family member to join you or by calling a friend while you're on the move. You can also bring your earbuds and listen to music, a podcast or an audiobook while you walk. This can help the steps fly by.

Start slowly by setting your goal for a few days a week. It's good for your cardiovascular health to get more steps in, but it doesn't need to be your goal seven days of the week. Start with just 3,000 to 5,000 steps a day and slowly increase your goal. One study

With the widespread use of smartwatches that automatically count steps, more people are aware of their daily movement than ever before. Many fitness trackers are programmed with a daily goal of 10,000 steps, but is this an appropriate goal to walk each day for overall health?

The 10,000-step goal did not come from science. In fact, it came from marketing. To promote the 1964 Tokyo Olympic Games, a company sold a pedometer with a name that roughly translated to "10,000 steps meter" because the Japanese character for that number looks similar to a person walking.

Ten thousand daily steps are about the same as walking five miles a day (depending on your speed, height and stride length). This can be difficult to achieve in one daily exercise. A 30-minute walk, for example, will only get you to 3,000 steps.

Unless you work as a waiter, nurse or another job with a high step count, it often takes a conscious effort to reach your goal of 10,000 steps.

THE BENEFITS OF WALKING 10,000 STEPS A DAY

Scientific research suggests that 10,000 steps a day is close to the optimal goal. One large study found that taking between 4,400 and 7,500 steps per day significantly lowered mortality rates in older women. Walking is an excellent, low-impact physical activity that's adaptable for most body types and is easy to do most anywhere. Walking can improve your heart health, diabetes, depression and blood pressure and even lower your risk for dementia.

HOW TO WALK 10,000 STEPS A DAY

Replace activities with steps. If you usually take the elevator or park close to the grocery store, you can instead take the stairs

Please remember that in addition to being a great place for Seniors to add longevity and value to their lives, PLE is a business that has a **plan of action** in place for many types of events, including health emergencies, when they occur.

FIRST: ALERT PLE STAFF!

When an emergency occurs or a health issue is reported, **PLE staff's first job is to maintain privacy and safety** for any compromised person in our facility. In a health situation, **please alert staff** as soon as possible. We are all CPR trained, know where the AED is, and we are trained to assess the situation to prevent further injury.

ALLOW FOR SPACE AND LISTEN TO STAFF!

It is important to **listen to staff and not stand around or hover over those in need of help**. We realize that the friendships that are formed



here are strong and all of you are kind and capable, but **please do not insert yourself into a health situation** unless you are asked to do so. There is an emergency protocol, and it runs smoother without contradicting assistance.

DO NOT MOVE OR FEED AN INJURED PERSON!

Please keep in mind that if someone falls and requires help to get up, members and staff are **not to move** them. If a member can get up safely with a chair, walker, or cane then please give them space to do so. **Human assistance must come from paramedics**, who are trained to

determine any injuries that occurred, and prevent further injury.

911 CALLS DO NOT ALWAYS RESULT IN HOSPITALIZATION

If it is safe to help on site, EMS professionals will do so. We are so lucky to have an amazing paramedic squad close by who are attentive to each individual's needs when offering assistance. They have all the tools to get our injured members on the road to recovery and it is important to allow them to do their job.

It is so wonderful that PLE is filled with members who care about each other and are willing to provide assistance when it is needed, *but please remember:*

Unless you are told otherwise, the best help you can give is to let PLE staff and EMS professionals do their job without interfering. Thank you. LAR

As seniors age, we often face giving up independence, mobility, and familiar routines due to declining health, financial limitations, or cognitive changes. Common losses include driving, living alone safely, managing personal finances, and the death of peers or spouses, resulting in social isolation.

The next time you are home, take a good look around for signs of clutter or untidiness.

ARE LIVING CONDITIONS CRAMPED?

- Is it difficult to move from room to room?
- Can you find open spaces to sit down or place your purse and/or phone?
- Are countertops, sinks, and tables piled with dirty dishes and other items?
- Does the garage or basement appear to be a dumping ground?
- Are out-of-date medications and expired food items creating a mess?

If so, you may have a hoarding problem.

WHAT IS HOARDING AND ITS EFFECTS ON SENIORS?

Hoarding is a behavioral disorder characterized by extreme clutter in a home that negatively impacts a person’s quality of life. An individual’s unwillingness or inability to discard items is also an indication.

Seniors who hoard will offer many excuses to avoid throwing anything away – even items they don’t want or need. They may claim the clutter is due to sentimental value, a need for future use, or a “great deal” they got at a store or online.

Hoarding may not seem dangerous, but it can cause major problems – especially for vulnerable people such as seniors. The risks of hoarding include:

- Difficulty moving safely

around the home

- Fire hazards, particularly in the kitchen
- Unsanitary living conditions
- Poor nutrition or food poisoning from expired food and beverages
- Poor medication compliance
- Refusal of help and increased social isolation
- Inability of emergency responders to reach them in the event of an emergency

Although hoarding may be difficult to understand, there is often a rationale behind it. Many seniors become increasingly isolated with age and may begin to hoard things as a coping mechanism. Holding onto objects may remind them of better times. Sometimes, hoarding may give them a feeling of control over their environment as their physical or mental autonomy declines.

ADDRESSING A HOARDING SITUATION WITH SENIORS

Helping people with a hoarding disorder is a challenge, but it is not impossible. Here are some helpful suggestions for family members to consider when handling a hoarding issue:

Ask for help and assign a point person

Having one person take the lead during this process can be very useful. Choose someone who you trust and who has your best interest at heart to assist you.

Work together and offer choices

Offer yourself choices to help you maintain a sense of control. For example, would you prefer to clean the bedroom or kitchen first and do you prefer cleaning to begin on a Monday or on the weekend?

Control rash reactions and be compassionate

Control your hasty reactions and respond gently when communicating



with your senior. Let them know you care about their health, safety, and overall well-being.

Take it slow

Make sure you are ready - mentally and physically - before you start this process.

CLEANING YOUR SENIOR HOME

After there is a mutual agreement for the need to declutter the home, you may want to use the following strategies:

Practice safety first

Start with the most dangerous areas. Remove any tripping or fire hazards as well as out-of-date medications, expired food, or toxic substances.

It’s a three-bin process

It can be helpful to sort possessions into three bins: keep, donate, and throw away. You may want to repeat this process multiple times in the same room.

Remove items immediately

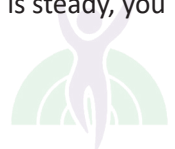
After an item is discarded, make sure to remove it from your residence as soon as possible. You may be tempted to add back to the clutter with items left in the trash or not removed from the home right away.

Celebrate victories

Rejoice each time you clear an area or room. Tell yourself that progress has occurred and things are getting better.

Set realistic goals

Decluttering a home may take a long time. As long as progress is steady, you are on the right track.



REVEL'S SWEET 16!

2010 FLASHBACK

Let's celebrate!
Revel Fitness
is turning sweet sixteen

May 15th at 7pm
Revel Fitness inside PrimeLife
Enrichment
1078 Third Ave SW
Carmel, IN 46032
United States

16

STEP BACK INTO 2010 AND CELEBRATE REVEL'S BIRTHDAY WITH US ON MAY 15TH!

Our instructors are curating an energizing, throwback-inspired setlist to bring fitness fun to every format. Stick around after the workout to enjoy appetizers and beverages as we keep the celebration going!



SHOP OUR LOVELY THRIFT STORE!

Many special occasions coming up - Mother's Day, Father's Day - so stop by our resale store and check out our new arrivals.



AQUATIC FITNESS CLASSES

ALL CLASSES ARE 45 MINUTES

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: Jeanne	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: Jeanne		OPEN POOL Instructor: Patsy	OPEN POOL Instructor: Barb	OPEN POOL Instructor: Patsy
1:30 pm					

LAND FITNESS CLASSES

ALL CLASSES ARE 45 MINUTES

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: Lindsay	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: TBA	LABLAST Instructor: Krystle
12:30 pm		ARTHRITIS FOUNDATION EXERCISE Instructor: Barb		ARTHRITIS FOUNDATION EXERCISE Instructor: TBA	
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



MAY 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MAY LUNCH & LEARNS: Wednesday, May 6: File-for-Life Program Wednesday, May 13: Wellbrooke with Mother's Day Celebration Wednesday, May 20: Medicare Scams BINGO Wednesday, May 27: Commons on Meridian</p>				<p>1</p> <p>11:30 am 2nd Helpings Lunch * 12:15 pm Partner Bridge L</p>
<p>KEY: * - Open to Public \$ - Additional Fee Z - Also on Zoom L - Library B - Board Room A - Annex</p>				
<p> Happy Mother's Day Sunday, May 10, 2026</p>		<p> Indy 500 Race Sunday, May 24, 2026</p>		
<p>4</p> <p>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>CICOA PRODUCE FOR BETTER HEALTH 10:30 AM - 1:00 PM <i>Pick-Up at PLE Back Door</i></p>	<p>5</p> <p>10:00 AM Bingocize 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:00 pm Needlework B</p> <p>DIVVY LUNCHES 10:30 AM TO 1:00 PM</p>	<p>6</p> <p>9:30 am SENIOR PLANET workshop 10:00 am Alzheimers Assoc. Support Group L 11:30 am 2nd Helpings Lunch * 11:45 am Lunch & Learn * 11:45 pm Hand & Foot L 12:30 pm Bible Study B 12:30 pm Art Class \$</p>	<p>7</p> <p>9:00 am Pinochle L 10:00 AM Bingocize 11:30 am CICOA Lunch \$ 12:30 pm Mah Jong B 1:00 pm Euchre L</p>	<p>8</p> <p>9:30 am SENIOR PLANET workshop 11:30 am 2nd Helpings Lunch * 12:15 - 1 pm BONUS Bingo 12:15 pm Partner Bridge L</p>
<p>11</p> <p>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>12</p> <p>10:00 AM Bingocize 11:30 am CICOA Lunch \$ 1:00 pm Needlework B 2:00 am SENIOR PLANET workshop</p>	<p>13</p> <p>11:30 am 2nd Helpings Lunch * 11:45 am Lunch & Learn * 11:45 pm Hand & Foot L 12:30 pm Bible Study B 12:30 pm Art Class \$</p>	<p>14</p> <p>9:00 am Pinochle L 10:00 AM Bingocize 11:30 am CICOA Lunch \$ 12:30 pm Mah Jong B 12:30 pm Card-Making \$ 1:00 pm Euchre L</p>	<p>15</p> <p>11:30 am 2nd Helpings Lunch * 12:15 pm Partner Bridge L</p> <p> REVEL SWEET 16 BIRTHDAY PARTY REVEL 7:00 - 9:00 PM</p>
<p>18</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 - Terry 1:00 pm Creative Writing B</p> <p>CICOA PRODUCE FOR BETTER HEALTH 10:30 AM - 1:00 PM <i>Pick-Up at PLE Back Door</i></p>	<p>19</p> <p>10:00 AM Bingocize 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>20</p> <p>9:30 am SENIOR PLANET workshop on apps. 11:30 am 2nd Helpings Lunch * 11:45 am Lunch & Learn * 11:45 pm Hand & Foot L 12:30 pm Bible Study B 12:30 pm Art Class \$</p>	<p>21</p> <p>9:00 am Pinochle L 10:00 AM Bingocize 11:30 am CICOA Lunch \$ 12:30 pm Mah Jong B 1:00 pm Euchre L</p>	<p>22</p> <p>9:30 am SENIOR PLANET workshop 11:30 am 2nd Helpings Lunch * 12:15 pm Partner Bridge L 12:15 - 1 pm BONUS Bingo</p>
<p>25</p> <p> MEMORIAL DAY 2026</p> <p>PLE IS CLOSED ALL DAY</p>	<p>26</p> <p>10:00 AM Bingocize 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>27</p> <p>11:30 am 2nd Helpings Lunch * 11:45 am Lunch & Learn * 11:45 pm Hand & Foot L 12:30 pm Bible Study B 12:30 pm Art Class \$</p>	<p>28</p> <p>9:00 am Pinochle L 10:00 AM Bingocize 11:30 am CICOA Lunch \$ 12:30 pm Mah Jong B 1:00 pm Euchre L</p>	<p>29</p> <p>11:30 am 2nd Helpings Lunch * 12:15 pm Partner Bridge L 12:15 - 1 pm BONUS Bingo</p>



MAY

Word Search

K P N Q P C D H M Z N E M X J	May
L H M A Q I G I S O L G O X K	May Day
A D L E B N S M C R D R T P G	Mother's Day
D F M V M C Q P M E Q J H L J	Flowers
Y Q A N T O M M R Z O B E A D	Spring
B U Y R J D R A R I T B R N G	Cinco de Mayo
U V A Y G E B I Y S N Y S T A	Garden
G V C N M M G U A D H G D S R	Memorial Day
G Q Z Q A A X I T L A T A S D	Butterfly
X K Q E Q Y Y G X T D Y Y N E	Ladybug
H M I F L O W E R S E A R W N	Plants
G B E F J F E W C F M R Y Z K	Grass
W W L I L G R A S S T K F F J	
H H U F K Z L I O E Z G T L F	
F U D F N I I U U M V Z H V Y	



This month I am in rehearsals for a play I am directing for Center Stage Theatre in Lebanon, Indiana. The play is *GASLIGHT*, a 1938 thriller, set in 1880s London, written by the British novelist and playwright Patrick Hamilton. The play is a dark tale of a marriage based on deceit and trickery, and a husband committed to driving his wife insane in order to steal her home and belongings.

In the spring of 1941, Vincent Price and his wife, actress Edith Barrett took the play to Broadway for a successful opening run. Later a movie was made with Ingrid Bergman and Charles Boyer, directed by George Cukor.

This play is Victorian gothic, which means no simple set. Not easy to make a beautiful Victorian townhouse living room in the middle of Lebanon, Indiana - or on any community theatre stage - using second hand items from Goodwill.

The furniture and decorations must not only be time specific, but also look

rich, dark and mysterious. Theatre "magic" can handle the dark and mysterious, but no small theatre can present real antique furniture in pristine condition...*or can they?*

The founder of the theatre happens to have tons of antiques in his house and garage, all the essential furniture is covered, except the secretary/desk that is pivotal to the story.

In this case, Facebook Marketplace is a theatre's best friend. I found a gorgeous cherry secretary on Marketplace in Noblesville posted for FREE by a young woman who is moving in with her fiance and doesn't have room for this tall piece.

I contacted her and we made arrangements to meet at her current home in Noblesville to pick-up the secretary. When we arrived, we offered to pay some type of stipend for the piece, but when we told her what it was for, she started crying.

The desk belonged to her father

and had been his favorite piece of furniture since acquiring it in the 1960's. She went on to say that her father had recently passed away and she felt guilty about not taking it with her, but if she felt it was going to a good home, that would make it easier.

"My father loved theatre - especially local, community theatre - and participated in it all his life," she said. "He would be so honored to have this on stage."

Now we are all crying and hugging and as we drove away with the secretary wrapped in blankets in the back of the truck, we had already exchanged emails and arranged for her whole family to come see the play.

Last night at rehearsal I told the meant-to-be story to the cast. Now as I look at the stage, I see talented actors sitting on authentic Victorian furniture, and one exceptional secretary that belonged to Tonja's dad.

by Lori Raffel

DELICIOUS MAY CUISINE
WITHOUT TURNING ON THE OVEN



VERMICELLI PASTA SALAD

INGREDIENTS

- 12 ounces uncooked vermicelli
- 1 bottle (16 ounces) creamy Italian salad dressing
- 1 small green pepper, chopped
- 1 small sweet red pepper, chopped
- 6 green onions, chopped
- 1 teaspoon dill seed
- 1 teaspoon caraway seeds
- 1 teaspoon poppy seeds

DIRECTIONS

Cook vermicelli according to package directions. Drain; transfer to a large bowl. Add remaining ingredients; toss to coat. Refrigerate until cold.



POTATO SALAD

INGREDIENTS

- 3 to 3-1/2 pounds potatoes (about 10 medium)
- 6 hard-boiled large eggs
- 1 medium onion, finely chopped
- 1/2 cup mayonnaise
- 1/2 cup evaporated milk
- 3 tablespoons white vinegar
- 2 tablespoons prepared mustard
- 1/4 cup sugar
- 1 teaspoon salt
- 1/4 teaspoon pepper
- Additional hard-boiled large eggs, sliced
- Paprika

DIRECTIONS

In a large kettle, cook potatoes in boiling salted water until tender. Drain and cool. Peel potatoes; cut into chunks. Separate egg yolks from whites. Set yolks aside. Chop whites and add to potatoes with onion.

In a small bowl, mash yolks. Stir in mayonnaise, milk, vinegar, mustard, sugar, salt and pepper. Pour over potatoes; toss well. Adjust seasonings if necessary. Spoon into a serving bowl. Garnish with egg slices and paprika. Refrigerate until serving.



OVERNIGHT FRUIT SALAD

INGREDIENTS

- 3 large eggs, beaten
 - 1/4 cup sugar
 - 1/4 cup white vinegar
 - 2 tablespoons butter
 - 2 cups green grapes
 - 2 cups miniature marshmallows
 - 1 can (20 ounces) pineapple chunks, drained
 - 1 can (15 ounces) mandarin oranges, drained
 - 2 medium firm bananas, sliced
 - 2 cups heavy whipping cream, whipped
 - 1/2 cup chopped pecans
- Shop Recipe

DIRECTIONS

In a double boiler over medium heat, cook and stir eggs, sugar and vinegar until mixture is thickened and reaches 160°. Remove from the heat; stir in butter. Cool

In a large serving bowl, combine grapes, marshmallows, pineapple, oranges and bananas; add cooled dressing and stir to coat. Refrigerate for 4 hours or overnight. Just before serving, fold in whipped cream and pecans.

MAY
seasonal produce

 Blueberries	 Grapefruit	 Kiwi
 Mango	 Passion Fruit	 Pineapple
 Rhubarb	 Strawberries	 Artichoke
 Asparagus	 Peas	 Radishes



ACROSS

- 2. Official announcement about bad weather conditions
- 3. Upward current of warm air,
- 7. Arctic atmospheric condition when visibility is very poor.
- 8. To calculate or predict
- 11. Change of a gas or vapor to a liquid by cooling

DOWN

- 1. Condensation of atmospheric water vapor that falls to the ground
- 3. Instability in the air
- 4. Sudden, strong wind of brief duration
- 5. Extremely powerful downward air current in a limited area for a short time
- 6. Sudden rush water, fire, smoke, sound,
- 9. Instrument for measuring atmospheric
- 10. Rotating column of water and spray

WEATHER

SEASONEDTIMES.COM



PREVENTING FALLS IN SENIORS: THE IMPACT OF AQUATIC THERAPY FOR FALL PREVENTION

Are you worried about falling? Falls are a leading cause of injury among seniors, but there are several steps you can take to reduce your risk. One highly effective yet often overlooked strategy is aquatic classes for fall prevention.

By combining the unique benefits of water-based exercise with our guidance, **aquatic classes provide a safe and supportive environment to help seniors stay steady on their feet—in and out of the pool.**

Aquatic classes for fall prevention is a key part of our fitness program. Let's explore why that is!

WHY FALL PREVENTION MATTERS FOR SENIORS

A bad fall isn't just momentarily embarrassing—it lead to serious injuries like fractures, head trauma, and loss of independence. People over the age of 65 are more likely to suffer a fall than younger people, and several additional factors can increase your risk, such as the following:

- Weak muscles
- Poor balance
- Limited mobility
- Chronic health conditions

Fall prevention programs focus on reducing these risks through exercises, education, and lifestyle modifications.

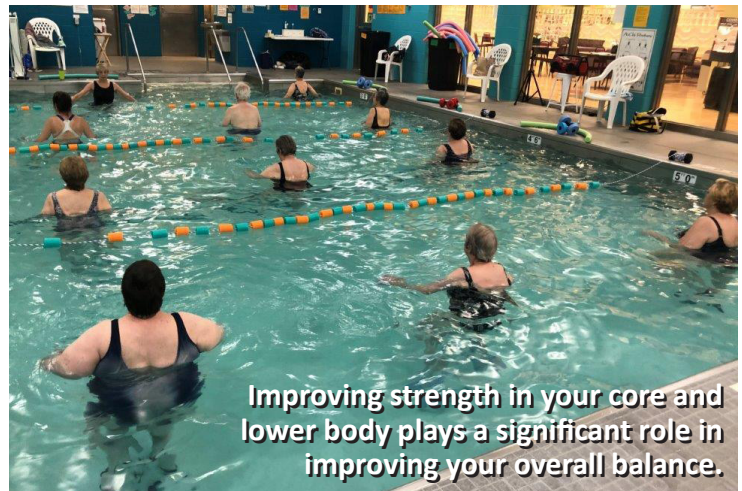
THE ROLE OF AQUATIC THERAPY IN FALL PREVENTION

Aquatic classes include exercises performed in a heated pool under the guidance of a trained instructor. The water's unique properties reduce the impact on joints, making it an ideal option for seniors with arthritis or other mobility limitations.

During an aquatics class, the instructors will guide you through exercises designed to improve strength, balance, and mobility.

Classes include:

- Walking or jogging in water
- Balance exercises like standing on one foot
- Core-strengthening movements
- Mobility exercises to improve joint range of motion



WHO CAN BENEFIT?

Aquatic classes are suitable for most seniors, especially those with conditions like arthritis or chronic pain. It's also a great option for individuals recovering from surgery or managing long-term balance issues.

WHAT MAKES AQUATIC THERAPY EFFECTIVE?

Variety of Classes

Everyone has a different blend of fall risk factors, pain levels, and other health conditions. Ask the PLE Fitness Coordinator what classes meet your unique needs and limitations.

Low-Impact Exercise

Water's buoyancy supports the body as you exercise, which reduces strain on your joints while allowing for full-range motion. The result is that movement becomes less painful or difficult.

Enhanced Strength

Water offers natural resistance that builds muscle strength gently but effectively. Improving strength in your core and lower body plays a significant role in improving your overall balance.

Better Coordination

Exercises like walking in water improve neuromuscular control and coordination, skills you can transfer to land.

HOW AQUATIC THERAPY COMPLEMENTS TRADITIONAL FALL PREVENTION STRATEGIES

Blends Land and Water-Based Exercises

While land-based exercises like Got Balance or Strength & Flexibility are essential for fall prevention, aquatic classes add an extra layer of effectiveness. Seniors who struggle with traditional exercises due to joint pain or balance issues can start with water-based therapy to build confidence and strength. Over time, the skills developed in the pool can transfer to improved performance on land.

Addresses Psychological Barriers

Many seniors avoid exercise due to fear of falling. Unfortunately, a sedentary lifestyle only increases fall risk. Aquatic classes minimize this fear, as the water provides a supportive cushion against sudden movements. This positive experience can motivate participants to stay consistent with their fall prevention efforts.

Splash Into Our Aquatic Classes Today

If you or a loved one are concerned about the risk of falling, aquatic therapy for fall prevention could be the solution you've been looking for. The team at PrimeLife Enrichment will design a personalized schedule of Aquatic fall prevention classes to help you stay active, confident, and independent.



IF YOU AREN'T VISITING YOUR LOCAL SENIOR CENTER (PLE), YOU ARE MISSING OUT!

According to the National Council on Aging (NCOA), folks who regularly visit a senior center report better psychological well-being, lower levels of stress, and lower levels of depression than those who don't take advantage of this important resource for older adults. These centers are not just venues for social gatherings but hubs for maintaining and improving overall health and wellness.

Here's why making a trip to your PrimeLife Enrichment senior center is a wise choice:

Enhanced social connections

We know that isolation in our older years is bad for our mental and physical health. Senior centers offer a solution. They provide a social outlet where older adults can meet peers, form new friendships, and engage in meaningful conversations. Regular social interaction can boost mental health and stave off feelings of loneliness and depression.

Tailored physical activities

Physical activity is vital at any age, but especially so as we get older. Water Volleyball? SAIL Class? Aquatic Aerobics? Chances are that a good senior center has an activity for a wide range of interests and physical ability. These activities help maintain mobility, flexibility, and balance, reducing the risk of falls and other health complications.



BINGO-SIZE



VOLUNTEERING



NUTRITION

Opportunities for lifelong learning

Keeping the mind active is just as important as physical exercise. PLE offers classes that range from computer courses to art workshops and Creative Writing, providing mental stimulation that can keep the brain sharp and engaged.

Access to nutritious meals

Proper nutrition can be a challenge for people of all ages. CICOA offers healthy and affordable options at a very reasonable price on Mondays, Tuesdays, and Thursdays. The other two days, Second Helpings offer free meals which are convenient and provide a communal dining experience that can make eating more enjoyable and socially engaging.

Supportive services and resources

Navigating the complexities of senior healthcare, insurance, and other legal matters can be overwhelming. Senior centers are valuable resources for support and guidance, offering access to expert advice such as SHIP, as well as assistance with paperwork and planning.

Varied and enriching activities

To keep life exciting and engaging, senior centers organize outings and events such as museum visits, live



EXCURSIONS

theater performances, and group trips to local attractions. These activities provide enjoyable ways to stay active and part of the community.

Finding programs that suit your interests

To make sure you find activities and programs that align with your health and wellness goals at the senior center, consider these steps:

Visit in person: A firsthand look can give you the best sense of what's available. Take a tour and observe some of the classes or activities in session.

Consult the schedule: Review the center's newsletter or bulletin board to get an overview of upcoming events and regular classes.

Talk to staff: Discuss your interests and needs with the staff, who can recommend specific programs that might be beneficial.

Sample various offerings: Don't hesitate to try out different activities to see what you enjoy most and what best meets your physical and mental health needs.

Bring a friend: If you're hesitant about going alone, take a friend with you. Having a familiar face alongside can make the experience more comfortable. And your companion doesn't have to be a senior! You can give your younger friends a great excuse to enjoy the senior center along with you.

Are there programs you think PrimeLife is missing? We recently added Mahjong and Ai Chi Aquatics at the suggestion of members. Tell Lori what you would like to see!

LAR

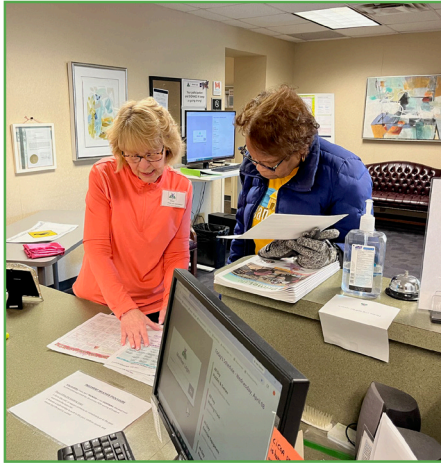


NEW MEMBERS

Barbara Caballero 4/7/2026
Donna F Marsh 4/9/2026
William E. Marsh 4/9/2026

John N McGlynn 4/13/2026
Patricia A Peloquin 4/2/2026
James P Plummer 4/7/2026

Shelley R Rapp 4/1/2026
Gerald Ed Stites 4/7/2026
Theresa A Stites 4/7/2026





PrimeLife Enrichment Center

1078 Third Ave. SW
Carmel, IN 46032

Check out our website at
www.primelifeenrichment.org

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.

And be sure to visit our Facebook and Instagram pages: PrimeLife Enrichment, Inc.

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



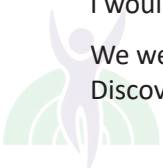
GREEN CIRCLE (\$25/month or \$250) Celebrating 25 years as PrimeLife. Signify monthly or annual.



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

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.



_____ Name

_____ Address

_____ City, State, Zip

_____ Phone

_____ Email Address

_____ Credit Card Number

_____ Exp. Date

_____ Security Code