



PRIMELIFE

ENRICHMENT

JUNE 2026



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NEW CICOA CHW STARTS IN JUNE

As promised, starting on Monday, June 1, 2026, Primelife will have our very own Community Health Worker from CICOA in the office where Blood Pressure and Weight is taken now. Kate Kerkhoff will be here on Mondays and Thursdays from 9:00 am to Noon.

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, Uplift and Shine with adaptations for all adults.

It's that time again!

**YOU'RE INVITED TO THE
ANNUAL CARMEL
FIRE DEPARTMENT
COOKOUT**

**WEDNESDAY
JUNE 24, 2026
11:30 AM – 1:00 PM**

**HOT DOGS • HAMBURGERS
BAKED BEANS • CHIPS
WATERMELON • LEMONADE
FIRE TRUCKS**

Everyone welcome!



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



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

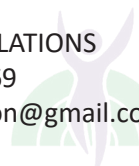
- Marcia Claerbout, President
- Melody Cockrum-Dixon, Vice President
- Howard May, Treasurer
- Suzanne Marks, Secretary
- Stephen Gross, Past President
- Michael Bratcher
- Steven Goodin
- Becky Henn
- Dan Overbeck
- Debbie Reimer
- Gary Wagner

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

EVENING CLASSES
 Revel Fitness, See schedule *Some classes occur outside of business hours.

TRANSPORTATION
M-F - 8 AM - 3:30 PM

RIDE REQUESTS/CANCELLATIONS
 please call (317) 342-6769
 or email pletransportation@gmail.com



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

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

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

SHEILA FISCHER, Membership Coordinator
Direct: 317-343-6802 Ext. 205
sfischer@primelifeenrichment.org

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

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

ROBIN BERLIN, Sr. Driver/
Transportation Asst.
Direct: 317-342-6769
pletransportation@gmail.com

PLE HOURS:
MONDAY - FRIDAY
8:00 AM - 3:00 PM
EVENINGS
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 retired and is now teaeching aquatic classes and conducting fitness orientations on Mondays and Wednesdays. If you know anyone interested in being PrimeLife Fitness Coordinator, please let our Executive Director Sloane know:
sthompson@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

We've had a lot of change here at PrimeLife...I'm feeling that and you may be too. Change is often uncomfortable – the familiar is gone or has morphed into something different than it was before. We often grieve what is gone – and long for it at times. We can also feel some excitement along with some trepidation as we begin to experience the new. I'm feeling all of these things.

I miss having Betsy as our Fitness Program Coordinator. She has so much knowledge and such passion for fitness for adults as we age ... and she is an overall gem of a person. I'm so glad she is continuing to teach Aquatics classes here at PrimeLife; it means we still see her every week. She is also continuing to orient new members to our fitness equipment and the various fitness classes we offer. We're so fortunate she is continuing to support new members in this way.

I have had some conversations with prospective fitness instructors and potential Fitness Program Coordinators. I'm hopeful we will bring in some new instructors this Summer.

Other changes include current staff stepping into new roles for which I think they are wonderfully talented:

- As a Program Manager, Lori now oversees:
 - o Our Senior Medicare Patrol program helping our community learn more about Medicare fraud and how to avoid this
 - o Our Lunch & Learn program, which brings such a variety of speakers into our building on Wednesdays

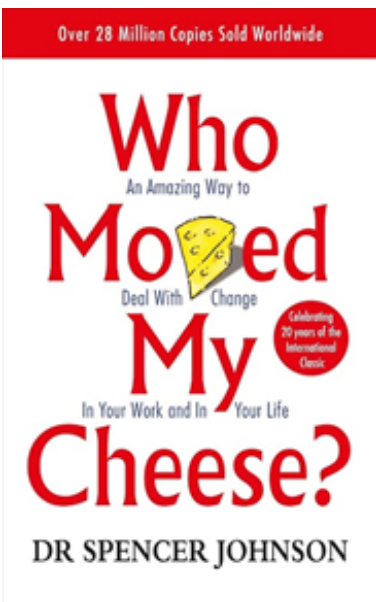
- o Our AARP Senior Planet workshops and lectures, providing anyone age 60+ opportunities to increase their confidence and skills with a variety of technologies
- o Our monthly newsletter as well as our social media and website
- As Membership Coordinator, Sheila now oversees:
 - o Everything related to Membership – tours, signing up new members, pausing and updating memberships ... anything you need related to your membership
 - o Our Front Desk and all of the volunteers who help people who come into the center
 - o select activities like arrangements for theatre outings
- As Senior Driver and Transportation Assistant, Robin has started training with Mark so she can support our Transportation Department; she works Mondays, Wednesdays and Fridays – if you have questions about scheduling or making changes to rides, stop by and see Robin (or Mark if it's on Tuesdays or Thursdays)

I am working closely with our whole team to ensure we continue to support and grow with our vibrant, ever-evolving community of members. What a special place PrimeLife is – what a joy it is for me to shepherd this current chapter of our story.

— Sloane



SLOANE THOMPSON
Executive Director



Some notable quotes from this book I was gifted many years ago:

- 1 “Everyone knows that not all change is good or even necessary. But in a world that is constantly changing, it is to our advantage to learn how to adapt and enjoy something better.”
- 2 “If you do not change, you can become extinct.”
- 3 “What would you do if you weren’t afraid?”
- 4 “Being in the uncomfortable zone is much better than staying in the cheese-less situation.”
- 5 “Movement in a new direction helps you find new cheese.”



D-DAY REFLECTIONS

It is difficult to describe the impact of seeing Omaha Beach in Normandy, France for the first time. As I stood on the bluff overlooking the English Channel, I could envision thousands of ships and landing crafts crossing the turbulent brown waters that eventually turned blood red.

The beach was littered with explosive mines and metal structures. There was 200 open yards to cross under German fire to reach the cliffs. It was D-Day, June 6, 1944, and it must have seemed like hell on earth.

After three days of absorbing the historic events, I left with many emotions.

Certainly, gratitude and respect were the strongest. I also felt that the largest military invasion in history could have gone the other way. So many factors worked against us and many plans went awry. But I don't believe those brave young soldiers



ever considered that option. They had the courage, training, leadership and dogged determination to fulfill their mission. I think, somehow, they knew it was their destiny - and their gift to us. May we never forget them.

by Judy Ford

A REMINDER THAT HAS A RETIRED VETERAN SCHOLARSHIP

A new PrimeLife Scholarship was developed specifically for any veteran who has retired from any branch of

the military. We are grateful for the service of all veterans; this scholarship however is available only for those who have retired from the military (typically after 20 years of service or more).

These retired veterans often opt for TRICARE, so they don't have access to insured fitness plans such as Silver Sneakers, Silver & Fit, and Renew Active. Without the ability to take advantage of a membership discount offered to those covered by Medicare, we are offering this assistance.

This scholarship provides a free basic membership to any qualifying retired military personnel. An enhanced membership will cost only \$20 instead of the standard \$40.

Please talk with Sheila Fischer, our Memberships Coordinator, about this benefit.

WHAT TO KNOW, WHEN TO ACT AND WHERE TO GET CARE

Allergies are a body’s reaction to substances that the immune system mistakes as a threat. Common allergy irritants, like pollen, food, pet dander, insect stings, mold, and medications elicit symptoms that can range from sneezing, runny nose and itching all the way to life-threatening anaphylaxis.

“There are different causes and levels to allergies,” says Felicia Walden, NP, Urgent Care, “and different ways to prevent and mitigate symptoms to ensure you’re feeling best and staying safe and healthy.”

Allergy symptoms like trouble breathing, tightness in the chest, wheezing, unconsciousness, nausea, vomiting and diarrhea warrant quick, critical care.

Walden recommends calling 911 for immediate support and quick administration of medications that can reverse symptoms.

Allergy Prevention and Care

While some allergies, like seasonal and pet allergies, are often less serious and non-life-threatening, it doesn’t make them any easier to live with.

“Allergies that are left untreated will make you feel miserable and can lead to secondary infections in your eyes, ears, sinuses and more,” says Walden. “You just feel downright miserable, swollen and fatigued.”

With any allergy treatment plan, consistency is key to feeling your best.

“Identifying and admitting that you have seasonal allergies is the biggest, most important step in your care,” says Walden. “Then, it’s really all about treating your

symptoms to prevent any kind of exacerbations and just to feel well overall.”

While airborne and food allergies are hereditary, the sooner someone is introduced to a potential allergen, the less likely that allergies will develop.



Indiana University Health

Allergies at Urgent Care

Urgent Care can offer symptom relief for non-life-threatening allergic reactions to seasonal allergies and skin allergies, such as contact dermatitis, hives, rashes from poison ivy, poison oak or sumac, and bug bites or sting reactions.

“If you have an allergy flare-up and you think you should be seen by a provider, or you think maybe your allergic response has progressed to a secondary infection, we can help you in Urgent Care,” says Walden.

Learn more about IU Health Urgent Care (iuhealth.org/find-medical-services/urgent-care) and healthcare offerings (iuhealth.org/get-care-now/care-guide).

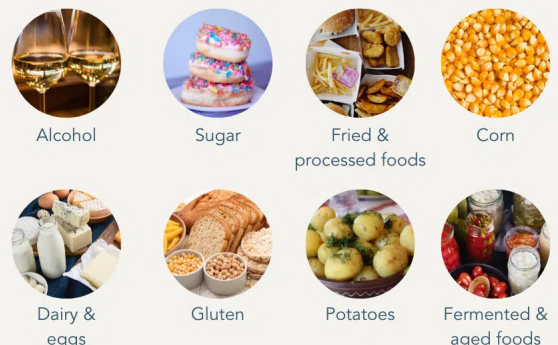
Source: Felicia Walden, NP, Urgent Care

SUMMER IS HERE
which means
ALLERGY SEASON

- ITCHY OR WATERY EYES
- FREQUENT SNEEZING
- SINUS PRESSURE OR HEADACHES
- FREQUENT COUGHING
- RUNNY NOSE
- NASAL CONGESTION

“With the hereditary side, there are certain things that we can do to try and prevent the development of allergens,” says Walden. “If there are known food allergens in the family, a pediatrician can help guide a family through safe food introductions. It is often recommended that food introductions happen between 4 – 6 months of age, with a buffer of 3 – 5 days between trials to monitor any allergic responses. The sooner we introduce things like strawberries, eggs, and nuts, the less chance there is of developing allergens to it. The same is true with pet allergens. The sooner that we introduce babies to pet dander, the less likely they are to be allergic to it as well.”

Foods to avoid if you have seasonal allergies



An at-home caregiver can significantly improve your physical, emotional and social health. With their help, you can live independently in your home and not have to move to assisted living.

Below are signs you may be ready to welcome an at-home caregiver into your life.

1. Feeling lonely and isolated

As people age, it becomes more difficult to get around. You might be limited in your driving, which leaves you canceling plans with friends and family.

2. Difficulty handling daily tasks

If you are struggling to handle your day-to-day tasks, such as showering, cleaning, and cooking, it's probably time for a helping hand.

3. Missing appointments

It's common to wait months for appointments. A caregiver will help you schedule and keep track of appointments.



4. Chronic illness

Caregivers are especially helpful when you have chronic conditions like wound care, rehabilitative therapy, occupational therapy, catheter care, IV care and medication regimens.

You may have visited an older relative during the holidays and noticed signs that they may need help inside the home. Perhaps there wasn't enough healthy food in the fridge, or things were not as clean as usual, or the elder was forgetful about taking medications. Here are eight signs that

your older relative may benefit from the assistance—and companionship—of in-home aides to keep living independently:

- There has been a fall or hospitalization in the last 12 months.
- Bills are piling up and going unpaid.
- Social isolation has caused mood swings or depression.
- Your loved one is no longer interested in hobbies.
- The house is disheveled to the point that it could be dangerous.
- Your loved one can no longer keep up with home maintenance or yard care.
- Unclean clothing and unkempt hair reveal that your loved one isn't keeping up with personal hygiene.
- Signs of improper nutrition include empty cupboards or a fridge containing rotten or expired food.

by Lori Raffel

**NOTE FROM ROBIN,
SENIOR DRIVER**

First, a huge thank you to all our riders for choosing PrimeLife Transportation for your transportation needs! We are honored to accommodate you.

Second, a huge shout out to our ROCKSTAR drivers for getting you to and from your destinations with timeliness, amazing safety records and a great big SMILE!

Many of you know me as a driver with PrimeLife Transportation for the past two and a half years. I was promoted to the Senior Driver at the end of 2025 and am currently on a hiatus from driving after foot surgery in April. I am temporarily working in the office Mondays, Wednesdays and Fridays from 9 am to 3 pm as the Transportation Assistant. Stop by Sheila's old office if you have any transportation questions or comments. I will do everything in my power to accommodate you!

I wanted to go over some of the services that we offer and touch on the rider guidelines as a little refresher for everyone, and to inform those of you who have not used our services as what we may be able to help you with.



destinations within this timeframe. Our goal is to have our vans and drivers back to PrimeLife no later than 4:00 pm each day.

- 1 Primelife is happy to offer transportation to both members and non-members 50 years young and older.
- 2 This is a free service, but donations are encouraged! Our costs have been rising as of late and every little bit helps us maintain this service.
- 3 We serve all of Hamilton County, plus some medical offices and facilities near 82nd/86th Street in Indianapolis as well as portions of Zionsville near Carmel and McCordsville near Fishers. Check with the Transportation Department about locations.
- 4 We are in operation Monday through Friday from 8:00 am to 3:30 pm. With this in mind, please keep all rides both to and from your

- 5 Because our service is so popular, we are limited to trips to and from PrimeLife, trips to and from dental/medical appointments, banks, libraries, post offices, government facilities, and trips to the grocery store ONLY. We can also stop by your pharmacy if the request is made when the trip reservation is made.
- 6 At least 72 hours advance notice is required - we like a week's notice whenever possible - but that does not guarantee the availability of a ride for you. Please call 317-342-6797 and leave a voicemail. This line is checked throughout the day and well before we start our trips for the day. It is best to not call staff or drivers directly on their cell phones or at times outside the normal work day. They need their beauty sleep!!!
- 7 If you need a ride for a surgical procedure, we can drive you to the health care facility, but cannot drive you home post-op. We are happy to provide you with the contact information for a health transport service with whom you can make arrangements.
- 8 Please be ready to walk out your door when you are scheduled to be picked up. We recommend being ready 15 minutes ahead of time. We try to accommodate as many riders a day as possible, but if you are tardy, it may throw off all of the rides after you for the entire day. Remember that you would be upset

if you weren't able to make it to your appointments on time!

- 9 Remember your safety, that of other passengers and our drivers are of the utmost importance! We all have loved ones that need us! So please always wear your seatbelt, and no eating, drinking (except for water) or smoking is permitted in any of our vehicles. Please request any changes to the heat or air conditioning with your driver as to limit their distractions while driving.
- 10 We know many of you use our services on a very regular basis and are accustomed to making last minute ride requests and changes, however, these changes are becoming more difficult for us to accommodate. Not calling to cancel your ride well ahead of time (24 hours would be best) results in us arriving, waiting and trying to reach you. Again this is an issue as it throws off the schedule of other riders and is an added expense in time and fuel for our service that we hope can remain free.
- 11 Our drivers are not allowed to enter your home (except for garages), but will help you from outside your door to the vehicle and into the van. They may also help you with your parcels and mobility aids. They are prohibited from doing any heavy lifting of any kind. This is for both your safety and theirs. Some of our drivers have mobility and activity limitations themselves. Please keep this in mind when making special requests of our drivers.

Thanks so much for looking over some these rider guidelines again and keeping us in mind for your transportation needs.

Enjoy your summer!

Robin Berlin
Senior Driver/Transportation Assistant
PrimeLife Enrichment, Inc.

RIDE REQUESTS/CANCELLATIONS
please call: (317) 342-6797
or email pletransportation@gmail.com





Here is an updated listing of REVEL classes including days, times, and instructors. Be sure to check out AQUA ZUMBA with Alicia on Wednesdays at 6:45 pm. It's a great workout in the water - perfect for relaxing on a Summer evening.

AQUATIC FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		6:45 pm AQUA ZUMBA Instructor: Alicia	

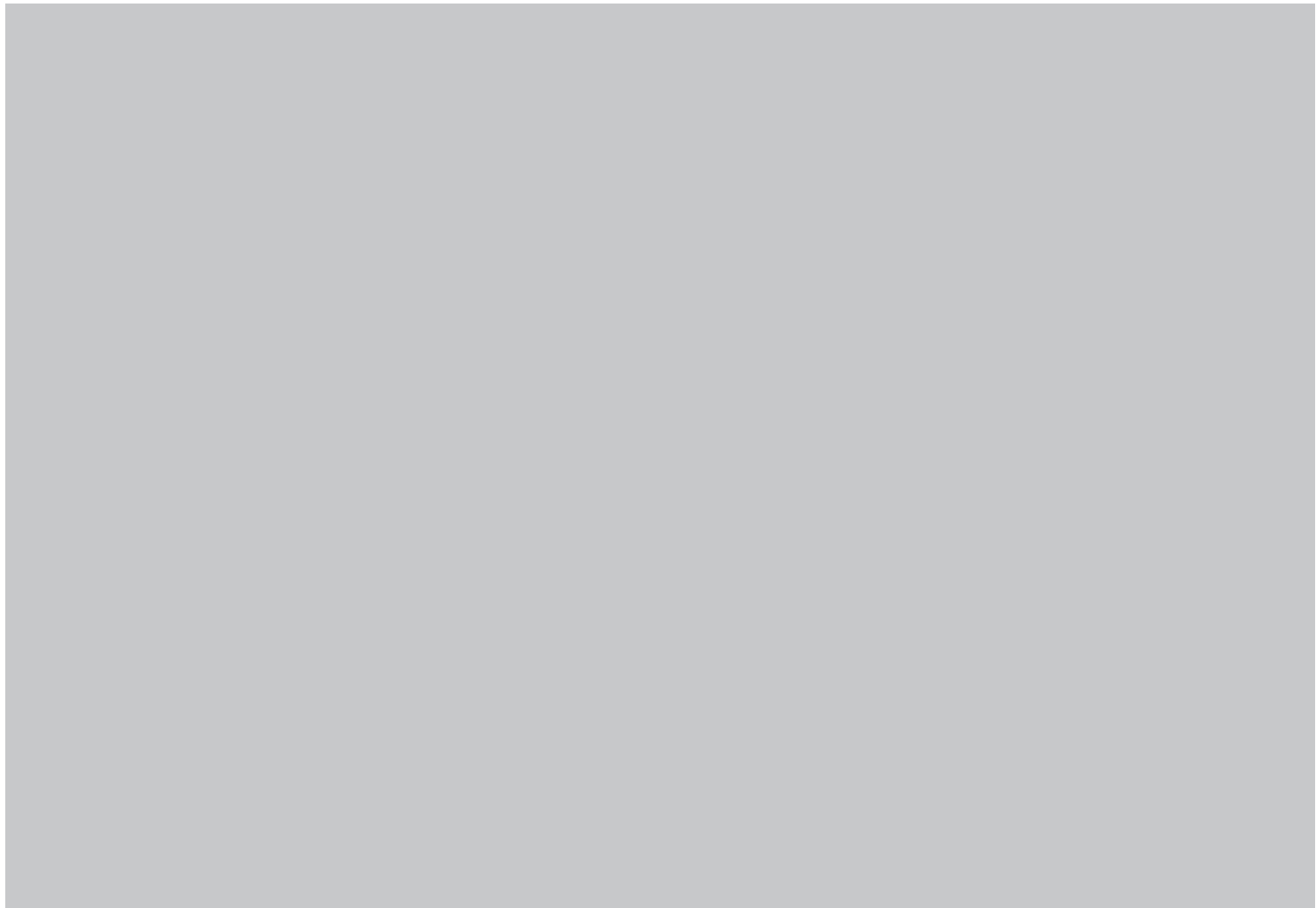
LAND FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	6:00 pm SHINE Instructor: Sandy	5:30 pm ZUMBA Instructor: Alicia	
6:30 pm UPLIFT Instructor: Sandy	7:15 pm POUND UNPLUGGED Instructor: Sandy	6:15 pm POUND Instructor: Melissa	6:30 pm UPLIFT Instructor: Sandy

Dementia Friendly Westfield

JUNE 24 | 1-4 P.M.
TRADITIONS AT WESTFIELD
 17939 DARTOWN ROAD

Join us for a Dementia Friendly Summer Festival hosted by Traditions at Westfield. This new dementia friendly community, Dementia Friendly Westfield, has officially emerged led by Westfield Fire Department's Walter Rippey. Be sure to check out the resources, grab food, and have fun. Hope to see you there!



AQUATIC FITNESS CLASSES

ALL CLASSES ARE 45 MINUTES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am	EARLY AQUATIC AEROBICS Instructor: Betsy	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 AQUATIC- 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
EVENING CLASSES			6:45 pm AQUA ZUMBA Instructor: Alicia		

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: Lindsay
10:00 am	10:15 AM GOT BALANCE Instructor: Lindsay	CHAIR ONE FITNESS Instructor: Brenda	10:15 AM GOT BALANCE Instructor: Lindsay		STRENGTH & FLEXIBILITY Instructor: Lindsay
11:00 am	DANCE FEVER Member Lead	ARTHRITIS FOUNDATION EXERCISE Instructor: Barb	ZUMBA GOLD Instructor: Ali	SAIL Instructor being trained in early June	LABLAST Instructor: Krystle
12:30 pm					
1:30 pm					
EVENING CLASSES		6:00 pm SHINE Instructor: Sandy	5:30 pm ZUMBA Instructor: Alicia		
	6:30 pm UPLIFT Instructor: Sandy	7:15 pm POUND UNPLUGGED 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



JUNE 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>1</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</p>	<p>2</p> <p>11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:00 pm Needlework B</p>	<p>3</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>4</p> <p>9:00 am Pinochle L 11:30 am CICOA Lunch \$ 12:30 pm Card-Making \$ 12:30 pm Mah Jong B 1:00 pm Euchre L</p>	<p>5</p> <p>9:30 am SENIOR PLANET workshop - Finding Information Online B 11:30 am 2nd Helpings Lunch * 12:15 pm Partner Bridge L</p>	
<p>8</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>9</p> <p>11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:00 pm Needlework B 2:00 am SENIOR PLANET workshop - Smart Phone Photography</p> <p>DIVVY LUNCHES 10:30 AM TO 1:00 PM</p>	<p>10</p> <p>10:00 am Alzheimers Assoc. Support Group L 11:00 am SENIOR PLANET workshop - Finding Information Online B 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>11</p> <p>9:00 am Pinochle L 11:30 am CICOA Lunch \$ 12:30 pm Mah Jong B 1:00 pm Euchre L</p>	<p>12</p> <p>11:30 am 2nd Helpings Lunch * 12:15 - 1 pm BONUS Bingo 12:15 pm Partner Bridge L</p>	
<p>15</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 (LAST DELIVERY)</p>	<p>16</p> <p>11:30 am CICOA Lunch \$ 1:00 pm Needlework B</p>	<p>17</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>18</p> <p>9:00 am Pinochle L 11:30 am CICOA Lunch \$ 12:30 pm Card-Making \$ 12:30 pm Mah Jong B 1:00 pm Euchre L</p>	<p>19</p> <p>11:30 am 2nd Helpings Lunch * 12:15 pm Partner Bridge L 2:30 pm Memory Café at PLE</p>	
<p>22</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>23</p> <p>11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club A 1:00 pm Needlework MP 2:00 pm SENIOR PLANET workshop - Is That AI? Multi-purpose room</p>	<p>24</p> <p>11:00 am SENIOR PLANET Android Smartphone B 11:30 am to 1:00 pm Annual Carmel Fire Dept. COOK OUT! 11:45 pm Hand & Foot L 12:30 pm Bible Study B 12:30 pm Art Class \$</p>	<p>25</p> <p>9:00 am Pinochle L 11:30 am CICOA Lunch \$ 12:30 pm Mah Jong B 1:00 pm Euchre L</p>	<p>26</p> <p>11:30 am 2nd Helpings Lunch * 12:15 pm Partner Bridge L 12:15 - 1 pm BONUS Bingo Heritage Woods</p>	
<p>29</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>30</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>JUNE LUNCH & LEARNS: Wednesday, June 3: First Light Homehealth Care Wednesday, June 10: Hamilton County Health Department Wednesday, June 17: Got Balance? Wednesday, June 24: Carmel Fire Dept. COOK OUT!</p>			
		<p>Flag Day Sunday, June 14, 2026</p>	<p>Juneteenth Friday, June 19, 2026</p>	<p>Happy Father's Day Sunday, June 21, 2026</p>	<p>ANNUAL CARMEL FIRE DEPT COOKOUT WEDNESDAY, JUNE 24 11:30 AM TO 1:00 PM</p>



SUMMER



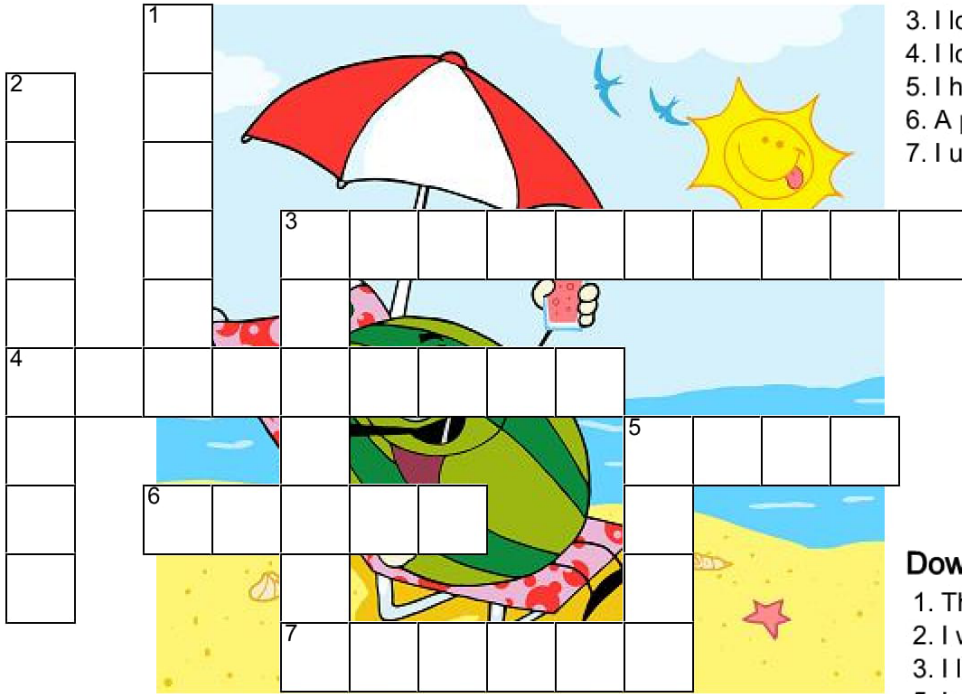
— WORD SEARCH —

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— WORD LIST —

- | | | | | | |
|-------------|--------------|-------------|------------|-------------|----------|
| ADVENTURE | BIKINI | HEAT | LEMONADE | SEASHORE | TENNIS |
| BACKPACKING | BONFIRE | JOURNEY | PINEAPPLE | SIGHTSEEING | TRAVEL |
| BALLOON | BOOGIE BOARD | JULY FOURTH | ROAD TRIP | SUNBURN | TROPICAL |
| BARBECUE | FIREWORKS | KITE | SAILING | SUNGLASSES | UMBRELLA |
| BEACH | GOGGLES | LAKE | SANDCASTLE | SWIMMING | ZOO |





Across

- 3. I love to build this in the sand.
- 4. I love to run through it and it makes me wet.
- 5. I have one in my backyard that I love to swim in.
- 6. A place that has lots of sand and water.
- 7. I use this to pick up sand

Down

- 1. The hottest time of the year.
- 2. I wear this to swim.
- 3. I like to wear these on my feet when it is hot.
- 5. I use this to put the sand in.

MAKE THE MOST OF JUNE IN SEASON INGREDIENTS



HERB, CHICKPEA, AND FETA PASTA SALAD

INGREDIENTS

- 1 pound bowtie pasta (or other)
- 1 can chickpeas, drained and rinsed
- 1 cup chopped persian cucumber
- 1 pint cherry tomatoes, halved
- 6 ounces feta cheese, crumbled
- ½ cup roasted unsalted pistachios
- ½ heaping cup pickled red onions
- ⅓ cup chopped fresh parsley
- ¼ cup chopped fresh mint or basil
- 2 to 3 tablespoons chopped fresh dill
- Lemon Vinaigrette Dressing

DIRECTIONS

Bring a large pot of salted water to a boil and cook the pasta until al dente, according to the directions on the package. Drain, rinse with cool water for 1 minute and transfer to a large bowl.

In the large bowl with the pasta, add the chickpeas, cucumber, tomatoes, feta, pistachios, pickled red onions, parsley, mint and dill. Toss well to combine.

Make the vinaigrette: In a small bowl or mason jar: add the lemon juice, olive oil, dijon, garlic, salt, red pepper flakes, sugar (or honey) and lots of freshly ground black pepper. Whisk until well combined and emulsified, or alternatively, place a lid on the jar and shake until well combined.

Toss again to combine, then season with freshly ground salt and pepper to taste. Serves 4 to 6.



SALTED BROWN BUTTER BANANA ZUCCHINI BAKED OATMEAL

INGREDIENTS

- ¼ cup salted butter
- 1 medium zucchini, shredded
- 3 medium extra ripe bananas, mashed
- 2 eggs
- 1 tablespoon vanilla extract
- 1 cup vanilla almond milk
- For the dry ingredients:
- 2 cups (190g) gluten free rolled oats
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon salt

DIRECTIONS

Preheat the oven to 350 degrees F. Spray a 8x8 inch pan with nonstick cooking spray.

First, add butter to a small saucepan and place over medium heat. Set aside to cool for 10 minutes. Next shred and measure out zucchini to equal 1 cup shredded zucchini, then squeeze out all the excess moisture.

Mash bananas in a large bowl, then add in the eggs, vanilla extract and milk; mix together to combine then add in shredded zucchini and cooled brown butter and mix again.

Add all ingredients to the wet ingredients. Mix until combined. Pour mixture into prepared pan and smooth top. Bake for 35-45 mins or until the edges are slightly golden brown. Remove from the oven, allow to cool.



STRAWBERRY BALSAMIC BRUSCHETTA

INGREDIENTS

- 8-10 (½-inch) slices of french baguette
- 1 tablespoon extra virgin olive oil
- 1 ½ cups diced strawberries
- 5 fresh basil leaves, thinly julienned, plus more for garnishing
- ½ teaspoon kosher salt, divided
- 1 tablespoon balsamic vinegar
- Pinch of sugar (optional)
- ½ cup whole milk or part skim ricotta cheese
- Balsamic glaze, for drizzling (optional)

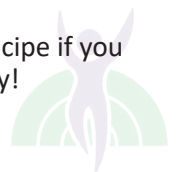
DIRECTIONS

Preheat the oven to 400 degrees F. Stir together the diced strawberries, julienned basil, 1/4 teaspoon salt, and balsamic vinegar. Taste and add a pinch of sugar if you'd like a sweeter bruschetta! Let sit for at least 10 minutes.

Add the baguette slices to a baking sheet and brush the top of each slice with olive oil. Bake for 10 minutes or until lightly golden brown.

While the baguette slices bake, mix together the ricotta and remaining 1/4 teaspoon salt. Dollop ricotta onto each crostini, spreading ever so slightly towards the edges, then top with the strawberry mixture, more basil, and balsamic glaze if desired. Makes 8-10 crostini.

Feel free to double the recipe if you are serving a crowd. Enjoy!



I recently got an invitation. Actually it was via email, so I guess it was an e-vite, to my 50th high school reunion.

Somewhere out there a small committee has been meeting on a regular basis to create a magical event that will take me back to 1976 - the year that I graduated from Carmel High School.

Uh, no thank you. It wasn't that great the first time around, so I can't imagine what they have planned that would make me want to go back there.

Since that graduation ceremony in the sweltering CHS gym so long ago, I have not really thought much about the other 943 people that I perspired with on that day.

After collecting my diploma that May, I went to college at IU in Bloomington and moved on from there. I found that even with once-best friends, the relationships faded. All of us went our separate ways and developed new associations and careers.

The invitation did spawn a few questions: Should I go? Who would be there? Would I know anyone and would they know me? What would be the point of reconnecting with people from 50 years ago when I lived a much different life than I do today?

The no-doubt cheerful and overly enthusiastic committee have decided that just one day of reflection and regret aren't enough. We apparently need an entire weekend of merriment in order to make the most of our time.

Let's face a few facts: Time is not on our side. Some have sailed through life's expected chapters - marriage, children, retirement. Others of us have experienced more trials and heartbreaks.

It is inevitable that several classmates are no longer with us, and while that is a somber thought, maybe that should motivate us to cherish and maximize every moment.

Who knows? Maybe time destroys the

artificial social structure of high school. What a wonderful thought! That time was so filled with intricate and unnecessary cliques and our relentless day-to-day worry about where we belonged and if we measured up.

What a pleasant surprise if no one tried to impress anyone and we just reveled in our memories of youth in a much smaller Carmel that was still a tight-knit community with a slower pace and a strong sense of local identity. We also had acres of farm fields and not a single round-about.

The building where we attended school was much smaller then, and our social lives revolved around a few large malls and a local movie theatre.

Back then, I felt that Carmel had charming older buildings and traditions that gave our town character.

I doubt that I will attend my 50th high school reunion, but I sure do miss the music.

by Lori Raffel

**I AM WORRIED
– BUT THAT’S NOTHING NEW.**

I have worked for nonprofits most of my adult life - I have been at PrimeLife for over 7 years - and it’s a unique “industry” in which to be a part.

Working in this sector isn’t for everyone. There are things I wish I knew before I got into it, but I’m not sure that knowing would have made me change my path. Like most other non-profit-aholics, I got involved in this type of work because I wanted to make a difference and because very few theatres are *for profit* in the U.S. I can tell you that my father was not thrilled, but he was eventually supportive.

Working for a nonprofit organization often means lower salaries, limited resources, and high risk of burnout due to being understaffed and overworked.

While passion-driven, these roles frequently involve wearing multiple hats, navigating tight budgets, and dealing with funding instability that can threaten job security.

The CICOA (Central Indiana Council on Aging) office recently laid off 90 people and ended their Produce for Better Health Program as a result of losing funding. This is scary stuff for all of us.

When jobs become available, nonprofits are rarely the highest paying employer in the mix and most often (like at PLE) the employee must look for their own insurance and benefits.

As United Way Accredited Partner, we’re going to have the opportunity to get benefits here at PLE, so the sun does peak through the clouds at times.

Add to this the fact that we are prone to hiring older candidates

which means staff often have a more rapid rate of attrition.

We’ve been fortunate to have a number of staff work here for five years and longer.

HOW ARE MEMBERS AFFECTED?

Members of senior centers often experience anxiety regarding the loss of independence, social isolation, and declining health. Seniors experience less and less control over their lives, which can be exacerbated when their support system (including their senior center) seems unstable.

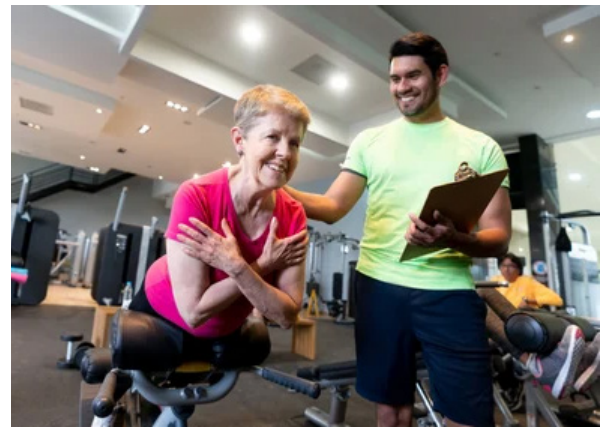
Many worry about the financial burden of care or being forced into nursing homes, and they may fear a lack of control over their daily routines. The LAST thing you should have to worry about is your Senior Center - your haven from being labeled with the stigma of being a Senior Citizen - a place you belong.

HOW DO WE SURVIVE?

To survive, a nonprofit needs a clear mission, diversified revenue streams (grants, donations, and earned income), and a dedicated Executive Director and board. It also requires operational resilience through unrestricted cash reserves, legal compliance (maintaining 501(c) (3) status), and strong community partnerships.

The good news is that PrimeLife continues to operate and grow because we do have these survival methods firmly in place. These times are not for the faint of heart - be it business or individual, but with our dedicated staff and volunteers, we will not only continue to exist, but we will flourish and grow.

by Lori Raffel



CURRENT OPPORTUNITIES AT PRIMELIFE:

Fitness Programs Coordinator

Since Betsy’s retirement at the end of April, PLE is looking for a wellness professional who manages and oversees fitness programs, facilities, and staff within a gym, community center, or corporate environment. They may have experience designing exercise classes, supervising instructors, maintaining equipment, and ensuring a safe, engaging environment for participants.

Aquatic and Land Fitness Instructors

We are looking for dynamic, energetic, and experienced Group Exercise Instructors to join PLE. If you know someone who is passionate about health and wellness, loves motivating others, and has a talent for creating fun, effective workouts for older adults, send them to us! This role offers the opportunity to inspire individuals of all fitness levels while promoting a positive and energetic environment.

Feel free to have potential candidates send their resume to our Executive Director, Sloane Thompson:

sthompson@primelifeenrichment.org



HOW DOES OUR GARDEN GROW? BEAUTIFULLY!

A Master Gardener is a certified volunteer trained in horticulture through university programs.

They complete extensive training and pass exams to provide research-based gardening information to the public. They are not typically professional gardeners but rather community educators focused on sustainable, local horticulture practices.

PrimeLife's Master Gardner is Marianne (Mimi) Merchun and she is a fan of staying behind the scenes. Mimi joined PLE in January of 2009 when she first became a volunteer driver, then joined PLE as a member in 2023.

Along with volunteering many hours of rides to our members, Mimi has also put in countless (50+) hours of volunteer time planting and maintaining our front flower garden and facilities landscaping.

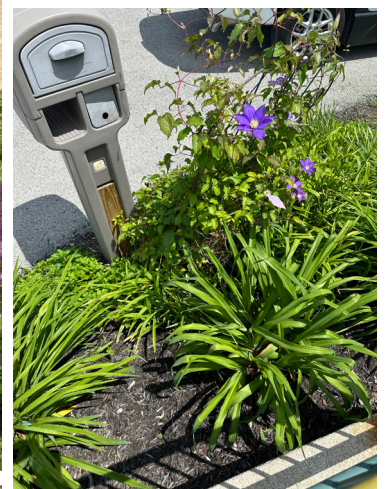
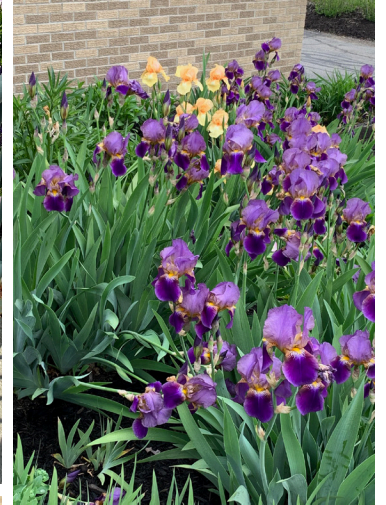
Mimi still keeps this amazing work up even though she is officially retired and spends half the year in Colorado with her children and grandchildren.

Everything green around PLE is the work of Mimi, from flowers to trees to mulch and more.

Individuals must complete intensive horticultural training, typically available through universities in the U.S. and Canada, to become a certified Master Gardener. They may offer tailored, region-specific home gardening advice to all of us amateur gardeners and green thumb wanna-bes.

The secret to a perfect flower garden lies in proper preparation and thoughtful design: always match plants to your specific sunlight and soil conditions, amend the dirt with rich organic compost, and layer your flowers by height (taller ones in the back) to ensure every bloom gets the attention it deserves.

Thank you, Mimi for our beautiful grounds and ever-growing blooms. We couldn't do it without you.



WELCOME NEW MEMBERS

Deanna Dempsey	4/23/2026	Linda Anna Herrington	4/28/2026	James Streeter	5/12/2026
Patti Burns	4/24/2026	Curtis Mark Weed	4/29/2026	Abril Terrero	5/12/2026
John Ertel	4/28/2026	Richard Moore	5/1/2026	Mary Paugh	5/14/2026
		Carole Koscal	5/5/2026	Laila Harris	5/18/2026
		Dawn R Hoff	5/8/2026		



Bingosize is always popular.



New Member scheduling transportation.

New Member Tour



Above Left: Medicare Fraud BINGO

Left: Couches Draw Big Crowds

Bottom Left: Book Club Discussion



Left: New volunteer Barb stands next to her poetry.





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 DONATION & PLEDGE CARD



DAILY ABUNDANCE (\$5) - Box at Front Desk
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 - April 1, 1977

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.

My monthly or one-time donation of: \$ _____

We welcome checks, cash, Visa, Master Card and Discover. Make check payable to: PrimeLife Enrichment, Inc.

Mail to: 1078 3rd Ave. SW, Carmel, IN 46032

Name

Address

City, State, Zip

Phone

Email Address

Credit Card Number

Exp. Date

Security Code