



PRIMELIFE

ENRICHMENT CENTER

JULY 2026



REVEL POUND UNPLUGGED CLASS

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STARTING JULY 1, 2026 - WE'RE BRINGING BACK PERFECT 10!

Attention All Silver Sneakers Members:

You know that visiting PLE regularly is good for your own well-being and how important your visits are to the strength and stamina of PLE. So what better way to benefit yourself and PLE than to be a Perfect 10 by visiting at least 10 times each month?

To make it easy for you and your fellow members to keep track of your progress, we've set up a tracking system in the lobby. Just pick up a card at check-in, write your name and the current month on it and mark it once for each day you visit PLE.

At the end of each month, Perfect 10 cards with 10 or more checks for that month will be placed on the Perfect 10 Honor Display for all to see. As further incentive, Perfect 10s will be eligible for monthly and annual prizes! Each month, three Perfect 10s will be chosen at random to receive a prize.

At the end of the year, we will have a grand prize drawing for a \$100 gift card - so the more often you visit, the better your chances.





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
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ROBIN BERLIN, Senior Driver/
Transportation Assistant
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: If you know anyone interested in instructing fitness classes, please let our Executive Director Sloane know:
sthompson@primelifeenrichment.org

MEMBERSHIP OPTIONS

BASIC MEMBERSHIP:

\$20 PER MONTH - \$25 STARTING AUG 1

INCLUDES:

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

ENHANCED MEMBERSHIP:

\$40 PER MONTH - \$50 STARTING AUG 1

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 \$25 credit toward either membership:

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

July is a month when I think of my mom a little more than usual. It's her birthday month. In 2017, I was so thankful we could celebrate her 82nd birthday. This was the year she got sick with colon cancer, and we lost her October 14th of that year.

As I mentioned in my May message about my dad, my parents lived at home on 14 acres of land in upstate New York. That is where they chose to retire ... thinking they would be near me when I was working in Syracuse. Then I ended up changing careers and moving to Connecticut for five years and then on to Indiana in 1994.

I loved the property they chose for retirement, it felt like home even though my brother and I didn't grow up there. (And my brother now owns that property, so it's still in our family.)

On that property my mom gardened and made homemade jelly from the berry bushes they planted. Our favorite was her currant jelly. The year she got sick, we harvested the biggest crop of currants they had in years. I remember sitting with my mom taking the little currant berries off of the bushes. Then when she wasn't able to make the jelly, two friends of hers decided they would learn to make jelly – this couple were age 97 and 100 ... and they did a great job. The jelly wasn't as good as my mom's but it was still tasty and made with lots of caring and kindness.

If my mom had been a member here at PrimeLife, she would have enjoyed some of the fitness classes and the needlework club; she might have joined the Golden Singers and travelled to Iceland and Portugal ... and she definitely would have



SLOANE THOMPSON
Executive Director

volunteered. I can imagine her helping Hilda in the Thrift Store, as she was the President of a church-run secondhand store called the Worn Again shop for many years.

My parents most definitely set the example for staying engaged in activities you love throughout your life. I think this is one of the reasons I love working at PrimeLife so much. I get to be around so many interesting, wonderful people who have lots of life experiences to share with one another... and so many opportunities to try new things all the time too. Finding other people who share some of your interests, or simply sharing some laughs and lunch together also makes life enjoyable every day.

I've included some pictures of my mom that make me smile. I hope one of these pictures or something about this short story brings a fond memory to your mind of your mother or someone else you love. Please stop by and share that memory with me, or share it with someone at your lunch table, in the pool, during book club or while playing cards. And I know for sure, that our Creative Writing group is always sharing stories and memories in the poems they write.

Here's to remembering fond times while also making new memories each week here at PrimeLife.

— Sloane



I have always said my mother had four-leaf clover magic - she found them all the time. She would press them in books, laminate them and send them in cards, or make bookmarks from them. I still have some of these. They are treasures I cherish.

The last time PrimeLife raised our membership fees was in January of 2019, a little over a year before COVID came along and we all know what happened after that.

The reality is that membership dues and class fees only cover a fraction of our actual operating costs, such as staffing, specialized equipment, and facility upkeep.

To bridge the funding gap, we rely on a mix of other revenue streams, including government funding, grants and philanthropy, fundraising events, and program partnerships.

We apply for and generally receive grants from Hamilton County, CICOA Aging and In-Home Solutions, United Way of Central Indiana, CICF, and the City of Carmel. The amounts differ each year, depending upon the general condition of the economy, the projects

that we are funding, our ability to be seen by the leadership of these funders and our ability to provide successful programs, encourage volunteer participation, and raise funds on our own through private donations.

In order to keep up with other senior centers in Central Indiana, PrimeLife has recently acquired two new software packages that will be fully functional at the end of July 2026. Our current software for tracking donors and memberships was not made for these purposes, so we are excited to acquire *DonorPerfect* and *My Senior Center* software packages to increase our efficiency across the board.

We are also excited about providing an easier check-in process for our members and engaging our donors and supporters with our new technology.

BOTTOM LINE

Effective August 1, 2026:

**Basic Membership
Fees: \$25/month**

**Enhanced Membership
Fees: \$50/month**

This change will happen automatically in our system and will not change the date your fees are charged each month.

Thank you for your continued support in all our efforts to keep PrimeLife going strong and continuing to provide our members with the most outstanding services and staff.

If you have any questions about this change, feel free to stop by Sheila or Sloane's office.

A SKIN CANCER AWARENESS Q & A

According to the American Cancer Society, skin cancer is the most common type of cancer in the United States. Fortunately, there are several ways you can protect your skin and lower your risk.

Lori Till, RN, IU Health Bloomington Oncology Nurse Navigator, answers some frequently asked questions about skin cancer and shares tips on how to best protect yourself below.



Indiana University Health



WHAT ARE THE DIFFERENT TYPES OF SKIN CANCER?

The three main types of skin cancer are:

- Basal cell (most common)
- Squamous cell (second most common)
- Melanoma (less common but more aggressive)

WHAT CAUSES SKIN CANCER?

Exposure to ultraviolet (UV) radiation from the sun or tanning beds is the leading cause of skin cancer.

Tanning bed use, in particular, significantly increases the risk of Melanoma and other skin cancers.

Because up to 80% of UV rays can pass through clouds, it is important to protect your skin even on cloudy days.

WHAT ARE THE RISK FACTORS FOR SKIN CANCER?

Risk factors for skin cancer include:

- A history of sunburns
- Family history of skin cancer
- Fair skin
- Blonde colored hair
- Light colored eyes

HOW CAN I REDUCE MY RISK OF SKIN CANCER?

You can reduce your exposure to UV rays by:

- Using a broad-spectrum sunscreen with SPF 30 or higher
- Reapplying sunscreen at least every two hours
- Wearing protective clothing, including hats and sunglasses
- Avoiding tanning beds
- Seeking shade between the hours of 10 am and 4 pm, when the sun is the strongest

HOW WOULD I KNOW IF I HAD SKIN CANCER?

Monitor your skin for any new growths, spots that are itchy, bleeding, or crusty and sores that won't heal.

Performing a monthly self skin check can help you notice any changes early.

Stay proactive by discussing any concerning spots with your primary care provider and scheduling yearly dermatology visits for full skin checks, with additional visits as needed based on your risk level.

“Know your skin and protect it daily!” advised Lori.

Source: Lori Till, RN, IU Health Oncology Nurse Navigator



SUN SAFETY TIPS

- SEEK SHADE OR STAY INDOORS FROM 10 A.M. TO 4 P.M.
- WEAR PROTECTIVE CLOTHING
- WEAR SUNGLASSES WITH 100% UV PROTECTION
- WEAR A WIDE-BRIMMED HAT
- USE SUNSCREEN THAT IS SPF 30 OR HIGHER, REAPPLY REGULARLY

IMPROVING HEALTH FOR ALL

CICOA launched its Community Health Worker initiative a year ago through its Flourish Care Management service with a grant from Purdue University's Center for Health Equity and Innovation. The grant covered the cost of certifications for three community health workers - and one of them is here at PrimeLife two days a week.

Today, CICOA has 10 community health workers on staff and is looking to hire six more. The goal is for each care management team to have someone playing this very specific, supportive role. Ideally, the workers reside in the communities where they serve and share similar traits with community members, such as ethnicity, language or background.

Kate Kerkoff, CICOA Community Health Worker, is here at PLE on



Mondays and Thursdays from 9 am - Noon and she is located in the office previously used for Blood Pressure and Weight for the recently ended Produce for Better Health program.

What do community health workers do?

Community health workers are not health providers but are a wealth of information for our members with questions about accessing healthcare, mental healthcare, housing, food programs, and many other topics.

Community health workers help navigate these and other barriers for Seniors in our community. They may connect people with home-delivered

meals specialized to meet their dietary needs or healthy food cards to offset the cost of groceries at participating stores or work with dietitians to help clients make healthier meal plans on a budget.

The goal for each CHW is to be committed to helping our members receive access to resources to help them succeed at home, in hospice care, or as a resident in a Senior Care Facility.

Feel free to drop by and say "hello" to Kate whose regular schedule will here at PLE is Monday and Thursdays 9:00am - 12:00pm.

Thank you CICOA for your continued support of the Senior Community in Hamilton County!

WHAT: CARMELFEST PARADE

WHEN: SATURDAY, JULY 4, 2026

WHERE: PRIMELIFE SENIOR CENTER – 9:30 AM JULY 4

For the first time, PrimeLife will be in the CarmelFest Parade with our Lift Van which is equipped for wheelchairs. We can have 8 passengers in the van and up to 15 people walking alongside.

The first 25 people to sign-up to help represent PrimeLife will get a free t-shirt to wear, along with signage about how the 20,000+ attendees of the parade can support us in our mission to help seniors lead active, independent and purposeful lives in Hamilton County.

The route is two miles through the center of Carmel, and we know some participants will not be able to walk the entire route - especially if it is as hot as it's been in the past, so we will have 8 rotating seats available in the van.

PrimeLife will also have two of our vehicles and drivers providing rides for parade participants to get back to MCL from the where the parade ends at Carmel High School.

A Sign-Up sheet to participate in the parade will be at the front desk on the morning of Wednesday, July 1st and all participation is on a first come-first serve basis. We hope to see you at the Parade!



TATTOO REGRET AS YOU GROW OLDER: FACT OR MYTH?

Getting a tattoo on older, saggy, or crepey skin is entirely possible, but it requires careful artist selection, placement, and design choices.

Because older skin is thinner, less elastic, and bruises more easily, finding an experienced professional who knows how to properly stretch and handle mature skin is the most critical step.

Keep the following considerations and best practices in mind:

1. Strategic Placement: Where you place the tattoo matters significantly on mature skin.

Best Areas: Calves, shins, forearms, shoulders, and the upper back. These areas tend to retain better elasticity and suffer less stretching or sagging over time.

Avoid Areas: The stomach, inner arms (bingo wings), neck, and thighs. These areas are more prone to sagging and wrinkling, which can distort the original look of the artwork.

2. Design & Style: Intricate, fine-line,

or highly detailed micro-tattoos are generally not recommended for older skin, as they tend to blur and bleed into the thinner tissue over time.

Go Bold and Simple: Simple, bold



designs (like traditional, neo-traditional, or heavy blackwork) age much better and require less delicate precision

Darker/Saturated Colors: Heavily saturated inks hold up better against sun damage and the natural thinning of the dermis.

Flow with the Body: Abstract art, floral patterns, or organic shapes can naturally complement the contours and movement of mature skin, masking minor distortions when the

body shifts.

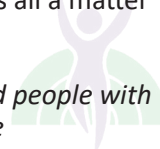
3. The Tattoo Process: Slower Healing: Thinner skin means the healing process can take a bit longer. Follow all aftercare instructions, keep the area moisturized, and protect it from sun exposure. **Technique Adjustments:** An experienced artist will know to turn down the voltage on their machine, use slightly thinner ink, and apply the needle very gently to avoid “blowouts” or skin separation in fragile areas.

Pain Levels: Skin that has lost its elasticity or covers bony areas can be slightly more sensitive.

4. Setting Realistic Expectations: Tattoos will not hide loose skin or crepiness. However, many people find that adding beautiful, bold artwork to an area they felt self-conscious about is a massive confidence booster.

Honestly, I’ve never seen a tattoo that I liked, or wanted, but it’s all a matter of personal choice.

Source: Stories in Ink; Old people with tattoos; Tattoo Magazine





CHECK OUT THESE REVEL CLASSES!

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.

We hope you can join us for a new Yoga Class on Tuesdays at 7:00 pm.

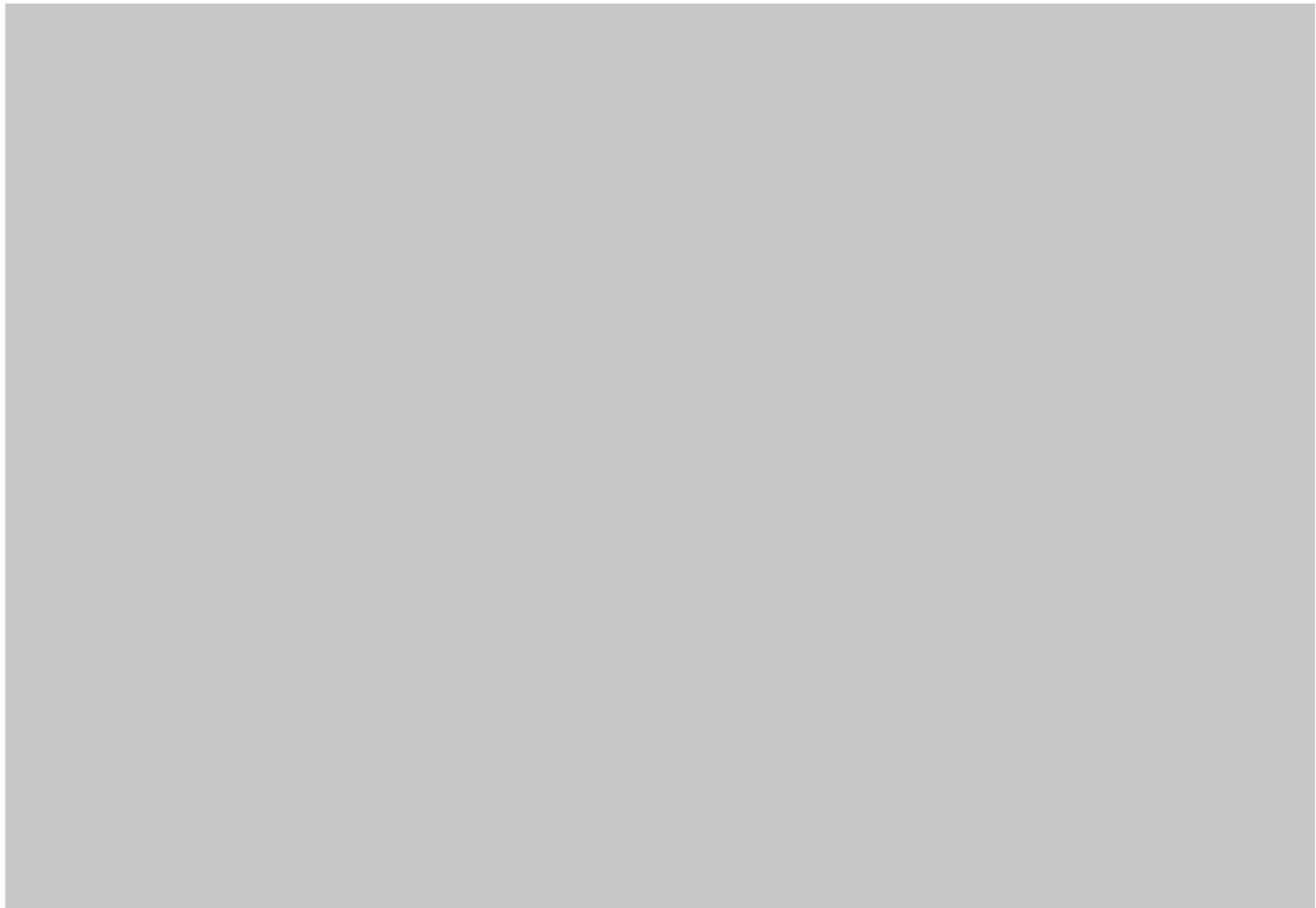
The August 22nd Pound Unplugged Training is for instructors across the Midwest. It's an all day training with PrimeLife hosting the event.

Don't forget REVEL classes in the evenings that are open to all PLE members. You can take a 6:30 pm class and still drive home when it's light outside! REVEL Evening Classes reminder:



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

WEDNESDAY
6:45 pm AQUA ZUMBA Instructor: Alicia



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	NEW CLASS! 10:00 AM SIT & FIT Laura from The Commons	STRENGTH & FLEXIBILITY Instructor: Lindsay
11:00 am	DANCE FEVER Member Lead	SAIL Instructor: Barb	ZUMBA GOLD Instructor: Ali	SAIL Instructor: In training in July	LABLAST Instructor: Krystle
12:30 pm		ARTHRITIS FOUNDATION EXERCISE Instructor: Barb			
1:30 pm					NEW CLASS! YOGA Starting July 10 Instructor: Elisabeth
EVENING CLASSES		6:00 pm SHINE Instructor: Sandy	5:30 pm ZUMBA Instructor: Alicia		
	6:30 pm UPLIFT Instructor: Melissa	7:00 pm YOGA Instructor: Elisabeth	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

JULY 2026

KEY:

* - Open to Public
 \$ - Additional Fee
 L - Library

B - Board Room
 MP - Multi-Purpose



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>JULY LUNCH & LEARNS: Wednesday, July 1: Military Museum Wednesday, July 8: Reverse Mortgage Wednesday, July 15: Life is Sweet- Pretzel Party Wednesday, July 22: Centerwell Wednesday, July 29: Suburban Home Health</p>  <p>Independence Day Saturday, July 4, 2026</p>		<p>1 9:30 am SENIOR PLANET workshop - Exploring Apps on Android 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>2 9:00 am Pinochle L 11:30 am CICOA Lunch \$ 12:30 pm Card-Making \$ MP 12:30 pm Mah Jong L 1:00 pm Euchre L</p>	<p>3</p>  <p>★ HAPPY ★ 4TH OF JULY PLE IS CLOSED ALL DAY</p>
<p>6 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>7 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club L 1:00 pm Needlework B</p> <p>DIVVY LUNCHES 10:30 AM TO 1:00 PM</p>	<p>8 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>9 9:00 am Pinochle L 11:30 am CICOA Lunch \$ 11:45 am SMP Video * MP 12:30 pm Mah Jong L 1:00 pm Euchre L</p>	<p>10 9:30 am SENIOR PLANET workshop - Getting to know your iPhone B 11:30 am 2nd Helpings Lunch * 12:15 pm Partner Bridge L</p>
<p>13 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>14 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club L 1:00 pm Needlework B 2:00 pm SENIOR PLANET Protecting Your Personal Info Online MP</p>	<p>15 9:30 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>16 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>17 11:30 am 2nd Helpings Lunch * 12:15 pm Partner Bridge L 2:30 pm Memory Café at PLE</p>
<p>20 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>21 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club L 1:00 pm Needlework B</p>	<p>22 11:45 am Lunch & Learn * 11:45 pm Hand & Foot L 12:30 pm Bible Study B 12:30 pm Art Class \$</p>	<p>23 9:00 am Pinochle L 11:30 am CICOA Lunch \$ 12:30 pm Mah Jong L 1:00 pm Euchre L 1:30 pm - 3:00 pm MOVIE in the Multi-purpose Room</p>	<p>24 9:30 am SENIOR PLANET Workshop - Downloading Apps on iPhone B 11:30 am 2nd Helpings Lunch * 12:15 pm Partner Bridge L</p>
<p>27 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>28 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club L 1:00 pm Needlework MP 1:30 pm Book Club B 2:00 pm SENIOR PLANET Smartphone Photography MP</p>	<p>29 11:45 pm Hand & Foot L 12:30 pm Bible Study B 12:30 pm Art Class \$</p>	<p>30 9:00 am Pinochle L 11:30 am CICOA Lunch \$ 11:45 am SMP Video * MP 12:30 pm Mah Jong L 1:00 pm Euchre L</p>	<p>31 11:30 am 2nd Helpings Lunch * 12:15 pm Partner Bridge L</p>



4TH OF JULY

- ADAMS
- AMERICA
- BARBECUE
- COLONIES
- CONGRESS
- DECLARATION
- EQUALITY
- FIREWORKS
- FOURTH
- FREEDOM
- HOTDOGS
- INDEPENDENCE
- JEFFERSON
- JULY
- LIBERTY
- NATION
- PARADE
- REVOLUTION
- RIGHTS

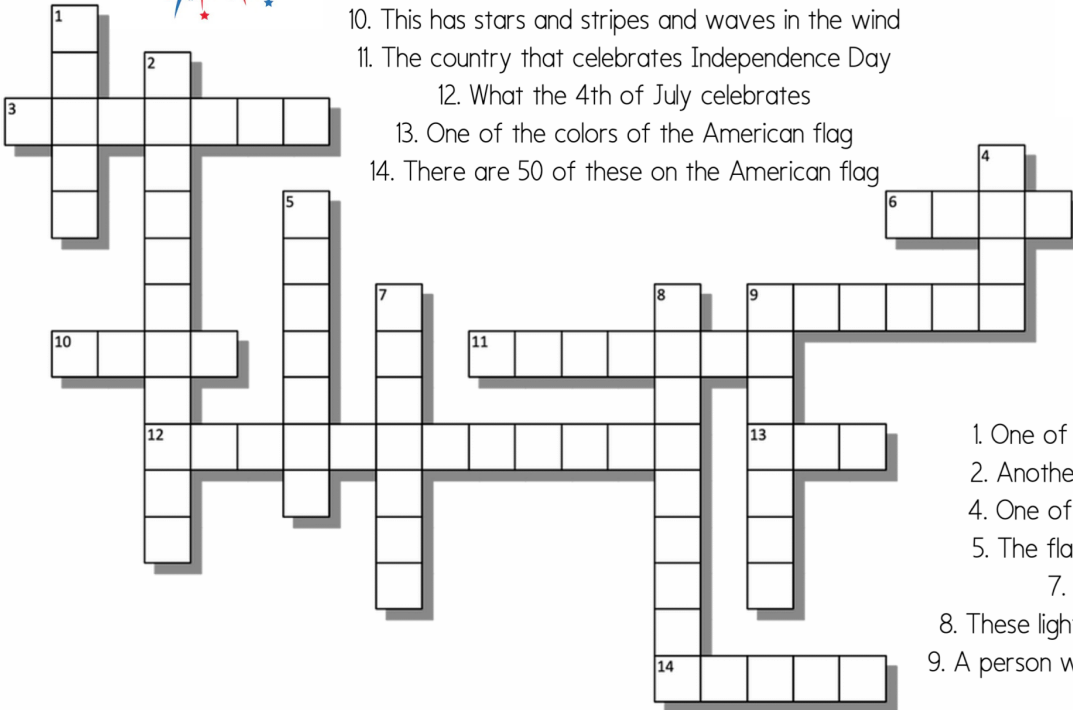
S	R	G	C	Q	G	Z	I	Q	E	Q	B	J	U	L	Y	P	S	L
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C	V	C	X	J	E	F	F	E	R	S	O	N	V	C	G	A	X	E
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A	Z	S	E	A	O	C	S	V	W	U	S	G	O	D	T	O	H	Y
T	I	M	T	G	N	N	J	K	T	A	R	D	F	F	X	J	A	M
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I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

- STATES
- THIRTEEN
- UNITED



Across

- 3. The Statue of _____ is in New York
- 6. The month when Independence Day happens
- 9. A big event with floats, bands, and marching
- 10. This has stars and stripes and waves in the wind
- 11. The country that celebrates Independence Day
- 12. What the 4th of July celebrates
- 13. One of the colors of the American flag
- 14. There are 50 of these on the American flag



Down

- 1. One of the colors of the American flag
- 2. Another word for a big party or event
- 4. One of the colors of the American flag
- 5. The flag has 13 of these, red and white
- 7. Another word for liberty
- 8. These light up the sky with colors and sounds
- 9. A person who loves and supports their country

GREAT PICNIC RECIPES THAT ARE EASY TO TAKE WITH YOU



TUNA MACARONI SALAD

INGREDIENTS

- Kosher salt and freshly ground black pepper
- 1 (16-ounce) box elbow macaroni
- 2 (5-ounce) cans tuna, packed in water, drained
- 1/2 cup mayonnaise
- 1 stalk celery, chopped
- 1/4 cup (about 9) cornichons, thinly sliced
- 2 scallions, thinly sliced
- 2 Tbsp. pickle relish
- 1 Tbsp. Dijon mustard
- 1 Tbsp. fresh lemon juice
- 1/3 cup fresh flat-leaf parsley, chopped
- 1/3 cup fresh dill, chopped

DIRECTIONS

In a medium pot of salted water, cook macaroni according to package directions. Drain and run under cold water to cool.

Combine tuna, mayonnaise, celery, cornichons, scallions, pickle relish, mustard, lemon juice, parsley, and dill in a bowl. Add macaroni and stir to combine. Season with salt and pepper. Refrigerate for up to 2 days.



ASPARAGUS QUICHE

INGREDIENTS

- All-purpose flour, for work surface
- 1/2 recipe Basic Pie Dough
- 5 large eggs, well beaten
- 1 cup half-and-half
- 2 Tbsp. chopped scallions
- 2 tsp. chopped fresh tarragon
- 2 tsp. Dijon mustard
- Kosher salt and freshly ground black pepper
- 4 oz. Gruyère, grated (about 1 cup)
- 4 oz. asparagus, chopped into 2-inch pieces

DIRECTIONS

Preheat oven to 350°F. On a lightly floured surface, roll dough into a 13-inch circle. Fit into bottom and up sides of a deep-dish pie plate; crimp edges. Chill at least 30 minutes.

Whisk together eggs, half- and-half, scallions, tarragon, and mustard in a bowl. Season with salt and pepper. Pour into prepared crust. Sprinkle with half the Gruyère and arrange asparagus over top. Top with remaining cheese.

Bake, just until set, 45 to 50 minutes. Cool on a wire rack for 15 minutes before serving.



FUDGY STOUT BROWNIES

INGREDIENTS

- 2 cups stout beer, such as Guinness
- 2 (4-ounce) bars bittersweet chocolate, chopped and divided
- 3/4 cup (1 1/2 sticks) unsalted butter
- 3/4 cup packed light brown sugar
- 3/4 cup granulated sugar
- 3 large eggs
- 2 tsp. pure vanilla extract
- 1 tsp. flaked sea salt, divided
- 1 1/4 cups all-purpose flour, spooned and leveled
- 1/4 cup unsweetened cocoa powder

DIRECTIONS

Cook beer in a medium saucepan over medium heat until reduced to 1/2 cup, 20 to 25 minutes. Cool 15 minutes.

Preheat oven to 350°F. Line bottom and sides of a 9-inch pan with aluminum foil.

Microwave 6 ounces chocolate and butter until melted and smooth, stirring at 30-second intervals, 1 1/2 to 2 minutes.

Whisk in sugars until combined. Add eggs, 1 at a time, whisking just until blended after each addition. Whisk in reduced beer, vanilla, and 1/2 teaspoon salt. Whisk in flour and cocoa just until combined. Pour mixture into prepared pan, and sprinkle with remaining 2 ounces chocolate and salt.

Bake 30 to 35 minutes. Cool completely on a wire rack.



DO YOU REMEMBER HIGHLIGHTS MAGAZINE?

This year is the 80th Anniversary of HIGHLIGHTS, which was first published in 1946. The tagline is “Fun with a Purpose” and it has been a staple of childhood in every doctor’s office across the country.

I loved HIGHLIGHTS, especially because whichever parent drew the short straw and had to come with me to the appointment would give me their rapt attention while I studied every page of this waiting room staple.

Simple cover design - my eyes always went right to the latest issue - and I would devour each page with all the regulars. Best part? No ads.

Usually just inside the cover was the ultimate waiting room thrill: Hidden Pictures. This kept me busy hunting for camouflaged objects (like a toothbrush or a thimble) cleverly woven into detailed, black-and-white illustrations. What a feeling of relief when you

turned the page to find no circled items from some previous reader who rudely found and noted all the items before you got there.

Then I would go directly to Goofus and Gallant, the iconic comic duo who served as an early moral compass for good manners and social norms. Goofus was impulsive, impolite, and selfish, while Gallant was kind, responsible, and helpful. No grey areas here. Readers were gently reminded to choose the “Gallant” path in everyday situations. To this day, I annoy people by saying “Don’t be a Goofus!”

Then came Dear Highlights, a section dedicated to letters from children all over the country asking for advice on tough social issues (why wasn’t I invited to the party?), friendship and family dynamics (why am I the youngest?) - all proving that kids everywhere shared the same worries



and experiences that I did.

HIGHLIGHTS was packed with simple science experiments (which my mother never let me do), step-by-step craft ideas (again, no chance of doing it at home), and finally the often falsely titled Jokes section. Riddles, knock-knock jokes, and puns - every impatient parent’s dream.

Invariably just when I would get settled into the Brain Teasers section, the nurse would call my name and we would have to leave the magic for the next sick kid who wandered in hoping to distract themselves from the inevitable shot or vaccine that was awaiting them.

My one regret about HIGHLIGHTS is not keeping every single one since my birth - they are now worth about \$50 each - objects circled or not.

There should be an adult version of HIGHLIGHTS to read instead of mindlessly staring at HGTV while I wait to hear “Lori” from the door.

SUMMER 2026 FITNESS TRENDS FOR SENIORS

Summer 2026's top fitness trends for older adults highlight both physical and mental well-being:

For summer 2026, senior fitness is shifting toward “active aging” and longevity. The focus is on functional strength, fall prevention, and holistic mobility. Older adults are enjoying senior chair classes, resistance training, water aerobics, and tech-driven fitness tracking to maintain their independence and healthspan.

1. FUNCTIONAL STRENGTH TRAINING

Instead of basic toning or bodybuilding, functional strength training focuses on mimicking everyday movements—such as squatting to pick up a box, carrying groceries, or climbing stairs.

Metabolic Armor:

Building muscle is being framed by the longevity and medical community as a tool to protect bone density and ward off chronic disease.

Class formats:

Group fitness programs have introduced accessible weightlifting that ditches gym intimidation for group energy.

2. BALANCE, CORE STRENGTH, AND MOBILITY

Programs for seniors increasingly incorporate yoga, Pilates, and Tai Chi.

Fall prevention:

Balance-focused, low-impact exercise is a top priority to keep joints stable, reduce the risk of falling, and make daily mobility easier.

Reformer Pilates:

Low-impact classes are seeing massive growth among older adults due

to their ability to build core strength without stressing the joints.

3. WEARABLE TECHNOLOGY AND “SMART” FITNESS

Wearable trackers have surged in popularity among the 65+ demographic.

Wearables and Data-Driven Health:

Seniors are heavily utilizing smartwatches and fitness trackers to monitor their sleep, heart rates, and daily activity metrics. Tracking movement—rather than just counting steps—helps personalize recovery and prevent injury.

4. OUTDOOR AND SOCIAL “HYBRID” FITNESS

Summer 2026 emphasizes getting active outdoors and returning to physical community hubs.

Active Socializing:

Outdoor walking groups and adaptive sports clubs are a major trend, allowing older adults to combine cardiovascular exercise with community connection.

5. INTENTIONAL RECOVERY

“No pain, no gain” mentalities are firmly a thing of the past.

Stress regulation:

Activities like ultra-low-intensity movement and intentional stretching are seen as core parts of training to regulate the nervous system and offset tension.

Consistent, shorter bursts:

Rather than long and exhausting workouts, “snack workouts” (short, consistent daily sessions) are trending.

KEY FITNESS TRENDS FOR SENIORS SHAPING THE SUMMER INCLUDE:

Functional Strength Training:

Moving away from traditional bodybuilding, the focus is on building “metabolic armor.” Seniors are incorporating compound resistance training and functional movements into their weeks, helping make everyday tasks like carrying groceries or climbing stairs much easier.

Adult Recreation and Social Sports:

Fitness is pivoting toward community and fun. The massive popularity of pickleball, walking clubs, and water aerobics provides older adults with excellent cardiovascular workouts while fulfilling social and mental health needs.

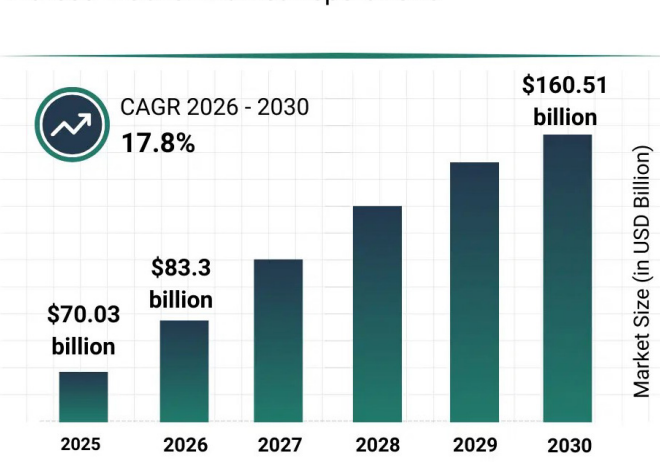
Balance, Flow and Mobility Work:

Instead of high-impact aerobics, 2026 trends strongly favor joint-friendly, mind-body formats like yoga, Pilates, and tai chi to maintain posture, core strength, and stability.

Medically Integrated Programs:

Exercise is increasingly viewed as a crucial medical intervention. Physical therapists and trainers are increasingly collaborating with seniors on personalized programs that aid in chronic disease management and muscle preservation.

Fitness Tracker Market Report 2026



To help identify the best ways to incorporate these trends, consider the following details:

Do you prefer exercising in a group setting or from the comfort of your home?

Are you looking for low-impact balance and flexibility or building strength?

Source: AARP Magazine, Trends for Senior Fitness



WHAT'S IN AND OUT FOR PLE SENIORS

Let's talk about what is IN (cool right now) and what is OUT (not so cool anymore) for Seniors:

- Tech for Connection: AARP Classes at PLE
- Agile, Low-Impact Exercise like Chair Yoga
- Keeping it Private Until It's Done
- Showing New Generation How to Knit
- Screen-Free Social Clubs
- Actually Calling Someone
- Local Restaurants
- Solo Trips to Movies, Theatre
- Yacht Rock - Soft Rock from the 70's
- Silence and Stillness
- Hot Tea
- Train Travel
- Pajamas (the moment I get home)
- Sticking to an Exercise Schedule
- Morning Walks
- Rescuing Senior Dogs and Cats



- Missing out on Family Photos and Updates
- Using the Term "old person"
- Noisy Restaurants and Loud Environments
- Treating Influence like Currency
- The Color Grey
- Chain Restaurants
- Too Much Perfume
- Burning the Candle at Both Ends
- Televisions Everywhere
- Nonconsensual AI or AI of Any Kind
- Less Than Seven Hours of Sleep
- Selfies
- Skipping Sunscreen
- Adult Bullies
- Wearing Anything Uncomfortable

by Lori Raffel



No matter where I go, I can always make new friends at the bridge table.



WELCOME NEW MEMBERS

Rachel Holycross	5/22/2026	Hallie Meyer	6/1/2026	Tashiba Barham	6/15/2026
Andi Casavan	5/26/2026	Linda Herrington	6/2/2026	Rosalie Graphman	6/15/2026
Gail A Dolan	5/27/2026	Dexter L Wright	6/3/2026	Voddiraj Sreekanth	6/15/2026
Vince Mercuri	5/27/2026	Robert E Mercier	6/8/2026	Sarvani Vaddiraj	6/15/2026
Karen C Smith	5/28/2026	Susan M Mercier	6/8/2026	Mike Seeman	6/16/2026
Mary Ann Kaiser	6/1/2026	Lee Dein	6/9/2026	Daryl Helmbock	6/18/2026
Michael Kaiser	6/1/2026	Katie Walker	6/9/2026	Tom Helmbock	6/18/2026
		Stu Andersson	6/15/2026	Miryam Hiatt	6/18/2026



Volunteers working hard to sort and price the many items donated to our Thrift Shop every day.



Sheila presenting PLE at the Good Samaritan Network Health and Resource Fair on June 5, 2026.



Recent SENIOR PLANET lecture on Smartphone photography.



PLE Members never seem to lose interest in playing BINGO on a weekly basis.



Mah Jong meets every Thursday at 12:30 pm.



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

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