



PRIMELIFE

ENRICHMENT

AUGUST 2026



PRIME LIFE IN THE CARMEL FEST PARADE

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Pianos have a unique ability to act as community magnets, drawing people together through the universal language of music. Whether it is a classical performance, an impromptu street jam, or a sing-along, these instruments frequently create spontaneous connections between strangers in public spaces.



Our PrimeLife piano located in the PLE Multi-Purpose Room has come to life in the last several weeks thanks to members recently sharing their musical talents with all of us, along with members who are gathering to sing.

One problem: Our piano is in bad need of tuning and that is expensive. Check the front desk for an opportunity to donate to the fund to pay \$225 for a piano tuner.



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
Hamilton County Community Foundation
City of Carmel
CICF

OUR SPONSORS

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

OUR BOARD OF DIRECTORS

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

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

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Data Coordinator
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JOHN PERKON

Facility 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 driving for PrimeLife, contact Mark Gross.

MEMBERSHIP OPTIONS**BASIC MEMBERSHIP:**

\$25 PER MONTH

INCLUDES:

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

ENHANCED MEMBERSHIP:

\$50 PER MONTH

INCLUDES:

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

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

August reminds me of “back to school” moments – things like getting new school supplies, clothes shopping and squeezing in last minute summer fun with friends and family.

I have always loved “new beginnings” - a chance to try something new ... a fresh start where anything seems possible.

I also love learning – so school was a happy place for me. I know this is not the case for everyone. Sometimes school environments are too rigid and structured in ways that align with just a few particular types of personalities and styles of learning. I appreciate the people who study how people learn and who advocate for changes that incorporate various approaches to learning. This subject matter along with studying human development throughout the lifespan was the focus of my Master’s degree in Educational Psychology ... and I almost pursued a PhD in this field because I enjoyed it so much.

A desire to have a family and a move to Westfield are what prompted me to continue working after completing my Master’s degree rather than going on to earn a PhD. There was plenty to learn when it came to being a mom and in every job I’ve ever had ... and I like learning “on the job” as much as I like learning from books and in designated places like schools, universities, conferences, etc.

In this twenty-first century, I find there are two subject areas I find essential to keep learning about – they are fascinating to me, and can be a bit baffling or overwhelming at times too, if I’m completely honest.

The first is “human beings and human relationships”. This subject is endlessly of interest to me because I love people ... and I continue to be amazed at how complex and varied we all are, which can lead to so much depth and challenges in relationships, too.

The second is “technology,” which encompasses so much in our world today – our smart phones and smart TVs, computers and the internet, Augmented Intelligence (this is how I like to think of AI), security systems and the list goes on. It’s hard to keep up with all that is available and that is being invented every day.

If either or both of these subjects interest you, there is lots you can learn here at PrimeLife. Some of it happens naturally through engaging in conversations with one another, especially when we’re curious and genuinely want to learn more about each other. Some of it happens when we choose to try a new activity like Mah Jong or fitness classes in the water, where we learn more about our brains and our bodies ... and about the people we meet in those activities.

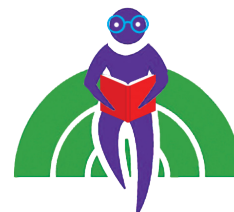
One activity that is new this year here at PrimeLife are Senior Planet workshops and lectures, which offer opportunities to learn about a wide variety of technology subjects in 60 – 90 minute sessions. On the next page of this newsletter you can see several topics we are considering offering in the next few months. We’d love your input on what topics interest you the most. Please stop by our Front Desk and fill out a short survey to let us know what you’d like to learn about this fall. You can also stop by our Thrift Store if you want to find a new outfit for your first day of class ;-).

Looking forward to lifelong learning with everyone here at PrimeLife!

Sloane



SLOANE THOMPSON
Executive Director



There are dozens of Workshops and Lectures that can be offered at PrimeLife as a part of the Senior Planet program.

What days and times are you likely to take classes? What weekdays at 9:30 am or 2:00 pm?

We've gotten great feedback about the AARP Senior Planet technology education sessions we offered in May, June and July. As we schedule future sessions, we want to hear from our members and seniors all across Hamilton County.

We also want to know what days and times you are more likely to take classes. Please help us continue to make this program a success by letting us know the days, time, and subjects that appeal to you.

At our front desk, we have a survey where you can rate your interest in 19 topics and suggest a topic not listed.



SENIOR PLANET
FROM AARP

The survey includes the following:

Lectures:

- Digital Vaults
- Navigating Medicare Resources Online (introduces SHIP)
- Technology for Aging in Place
- Tech Tips for Disaster Preparedness
- Streaming & Smart TVs
- Smartphone Camera Uses Beyond Photography (ex: QR codes,

measuring things, etc)

- Mindfulness Apps
- Mobile Health Apps

Workshops:

- Using Siri and Voice Commands on Your iPhone
- Managing Privacy Settings on an iPhone
- Using the Airbnb App
- Staying Safe Online
- Watching Videos on YouTube (web browser)
- Getting Started with Instagram
- Getting Started with Duolingo (learn a new language for free)
- Free Streaming with Tubi
- Getting Started with iPhone Health
- Getting Started with Spotify
- Listening to Podcasts

RECOGNIZING CYCLOSPORIASIS: SYMPTOMS AND TREATMENTS

As reported cases of cyclosporiasis continue to increase across the United States, individuals experiencing persistent diarrhea, stomach cramps and other gastrointestinal symptoms may wonder where to seek care and whether they need testing.

For some individuals, care can begin with On-Demand Virtual Visits. Virtual care allows patients to connect with a healthcare provider from the comfort of their home to discuss symptoms, review possible exposures and determine next steps.

Cyclospora cayetanensis is a parasite that can cause watery diarrhea, loss of appetite, nausea, fatigue, bloating and abdominal cramping. Symptoms may last days or even weeks if left untreated. During a virtual visit, providers can assess symptoms and determine whether additional testing or in-person care is needed. Testing typically requires a stool sample, and results are generally available within 48 to 72 hours.

While virtual care may be a convenient first option for many patients, there are situations when urgent, in-person evaluation is more appropriate. Patients should consider visiting an Urgent Care location if they are experiencing signs of dehydration, are unable to keep fluids down, have persistent vomiting or have symptoms that continue to worsen.

“Cyclosporiasis is commonly a self-limiting infection, that is, most people will recover on their own without any medical treatment,” says Blaine Takesue, MD. “However, people with a weakened immune system, such as those with cancer, those taking medications that affect the immune system, the elderly and the very young may need antibiotics to eliminate the cyclospora parasite.”

Check out the Q&A below from IU Health Bloomington Infectious Disease physician Cody Jinnette, DO, to learn more.



What is the explosive diarrhea illness going around?

Cyclosporiasis is an infection caused by the *Cyclospora* parasite, which can't be seen by the naked eye. It can be found in food or water that is contaminated and infects people who consume it.

How big is the outbreak?

The Centers for Disease Control and Prevention (CDC) has received reports of over 1,600 confirmed domestic cases since May 1, 2026. There are more than 5,100 suspected cases. The Indiana Department of Health said around 206 cases have been reported as of July 14.

How can you reduce risk?

- Wash your hands frequently when handling raw produce.
- Wash your hands thoroughly with soap and water after using the restroom.
- Wash fresh fruits and vegetables thoroughly. A simple rinsing may not be sufficient.
- Cook vegetables before eating them. *Cyclospora* die at 158 degrees Fahrenheit.
- During this time, you may want to consider avoiding fresh fruits and vegetables that have harder to wash exteriors, like raspberries, blackberries, and asparagus.
- You may also want to avoid pre-packaged salad mixes as they have been linked to outbreaks, are difficult to wash, and are consumed without cooking.

What are the symptoms?

The primary symptom is frequent, watery and explosive diarrhea. These uncontrollable bowel movements are sudden, forceful and can be painful. Symptoms can last days to over a month if left untreated, with some people experiencing a return



Indiana University Health

of symptoms after the original symptoms stop.

Additional symptoms may include the following:

- Watery, explosive diarrhea
- Severe abdominal cramping and bloating
- Extreme fatigue (tiredness)
- Loss of appetite and weight loss
- Nausea and vomiting
- Low-grade fever

What should you do if you have symptoms?

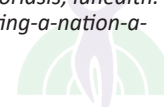
If you are experiencing diarrhea, please reach out to your primary care provider to ask about possible infection. While it may go away by itself for healthy individuals, the symptoms can last longer or come back without treatment. A 7- to 10-day course of antibiotics is the recommended treatment for *Cyclospora* infections. Individuals with compromised immune systems may require longer treatment.

Symptom management includes staying hydrated with plenty of water or electrolyte-replacement fluids and getting plenty of rest. Based on individual circumstances, your primary care provider may suggest over-the-counter anti-diarrheal medication.

If you are experiencing fevers (>101 F), severe dehydration, or bloody diarrhea, please seek care at the Emergency Department.

Seeking care early can help patients receive the appropriate testing, treatment and guidance for recovery.

Source: iuhealth.org/thrive/know-your-care-options-for-suspected-cyclosporiasis; iuhealth.org/thrive/the-parasite-affecting-a-nation-a-cyclosporiasis-q-a



INDIANAPOLIS/CARMEL**EXPO4 SENIORS****Senior Lifestyle,
Health & Home Expo****SEPT 2
10AM-1PM**

502 East Event Centre

502 E. Carmel Drive - Carmel, IN 46032

Join us for the **FREE Senior Lifestyle,
Health & Home Expo!**
Learn about products and services for
seniors and their caregivers, including:

**Assisted & Independent Living, Medicare,
Home Healthcare, Senior Advocacy,
Wellness Providers, Home Renovation,
Pharmacies, and More!**

**Event Sponsors**

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Five Star Bath Solutions - Home of My Own Home Health - Hooverwood Living - Humana -
Kroger Health - LeafFilter Gutter Protection - Oak Street Health - Prime Life Enrichment - T-Mobile -
Unique Home Solutions - UnitedHealthcare - Universal Windows Direct/The Bath Authority -
Village Caregiving - Wellcare - Westminster Village North - Window Nation

SENIORS CAN REGISTER AT:
WWW.EXPO4SENIORS.COM

513-452-5200
BOB@EXPO4SENIORS.COM

RAISE *the* PADDLE

ACTIVE BODY • ENGAGED MIND •
CONNECTED COMMUNITY

PrimeLife
Enrichment, Inc.

Celebrating
**ACTIVE
AGING**

SATURDAY, SEPTEMBER 26, 2026

This is an auction style fundraiser benefiting PrimeLife Enrichment. The event includes dinner and a custom coffee and dessert bar. Come enjoy a magical evening of giving and learn more about the amazing vision and mission for the senior residents of Hamilton County!

Dinner and Custom Coffee Bar-6:00PM
Paddle Fundraiser begins at 6:30PM

Event Location: PrimeLife Enrichment Center
1078 3rd Ave SW-Carmel



Register to Host a Table or purchase a ticket.

THE THRILL OF THE HUNT AT A THRIFT STORE

The definition of a “thrift store” is: Retail shops that sell pre-owned, donated, or vintage goods at deeply discounted prices.

Instead of mass-produced, identical items, they offer a constantly rotating inventory of one-of-a-kind clothing, books, and just about anything else you may be looking for on any particular day.

PrimeLife has our very own version of a thrift store where every trip truly is like being on a treasure hunt - you never know what you might find. If you haven't checked out the PLE Thrift Store, you are really missing out.

The Appeal of Thrifting

Thrifting is an incredibly popular way to shop for several reasons:

People buy clothes at thrift stores to save money on quality items, build unique wardrobes, support local charities, and reduce environmental waste. Secondhand shopping offers a treasure-hunt experience where you can find high-end brands for a fraction of their retail cost while promoting a sustainable circular economy.

Massive Cost Savings: You can find premium and designer labels at deep discounts compared to standard retail. The PLE Thrift Store includes many clothing items with the tags still on, and a boutique corner with brand names.

Unique and Diverse Styles:

Instead of wearing mass-produced items from mall stores, you get a completely personalized wardrobe with vintage pieces spanning different decades.

Supporting Charity: Many brick-and-mortar thrift stores, such as PrimeLife and Goodwill, reinvest their profits into community

projects and senior-focused services.

Shoppers often love the thrill of the hunt and the variety of choices available to them.

There is something special about getting a compliment on a piece of clothing and saying “Thank you. I got it at a Thrift Store.”

Buying secondhand items also increases their life cycle and keeps them out of the landfill for longer. There's constantly new items being brought out on to the sales floor, so you can visit often and never get bored.

In a world where fast fashion and consumer waste seem to dominate, thrift shops provide a refreshing alternative. With their unique charm and community-oriented appeal, thrift stores promote conscious buying habits, reduce landfill waste, and make fashion more accessible.

There are a thousand reasons for buying at a thrift store, but here are some reasons why thrift shops are more than just a trend:

According to BusinessDasher, thrift store shoppers save nearly \$150 per month on average, demonstrating just how financially appealing this option can be for those looking to express themselves while on a budget.

Thrift shops represent a treasure trove of possibilities. By giving pre-loved items a second life, thrift shopping supports local communities and non-profit organizations - like PrimeLife. From financial savings



and environmental benefits to cultural preservation and creative opportunities, thrift shopping offers numerous advantages that appeal to a broad spectrum of consumers.

As we become increasingly aware of our consumption habits and their impacts, thrift shops will continue to play a pivotal role in promoting a more mindful approach to shopping and living.

Lastly, thrifting encourages us to declutter regularly. Every home needs a donation box, so the clutter is taken care of straight away, and the donations are all in one spot to easily grab and put in the car. The more you go, the quicker you'll be in the habit of dropping off your clutter, and the more you can check out the items for sale.

Be sure and stop by the PrimeLife Thrift Store to shop, donate, or both. Many clothing items still have the original tags attached, and our Boutique Corner features brand and designer names. Guaranteed to be different every day.

by Lori Raffel



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
		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 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
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 IN Parkinsons Found. Instructor: Lindsay	SHINE LIGHT Instructor: Brenda	The CLIMB IN Parkinsons Found. Instructor: Lindsay	ZUMBA GOLD TONING Instructor: Ali	The CLIMB IN Parkinsons Found. Instructor: Lindsay
10:00 am	10:15 AM GOT BALANCE Instructor: Lindsay	CHAIR ONE FITNESS Instructor: Brenda	10:15 AM GOT BALANCE Instructor: Lindsay	10:00 AM SIT & FIT Laura from The Commons	STRENGTH & FLEXIBILITY Instructor: Lindsay
11:00 am	DANCE FEVER Member Lead	SAIL FITNESS Instructor: Barb	ZUMBA GOLD Instructor: Ali	SAIL FITNESS Instructor: Lori Start Date: TBA	LABLAST Instructor: Krystle
12:30 pm		ARTHRITIS FOUNDATION EXERCISE Instructor: Barb		ARTHRITIS FOUNDATION EXERCISE Instructor: Denise Start Date: TBA	
1:30 pm					NEW CLASS! YOGA 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

AUGUST 2026

KEY:

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

B - Board Room
MP - Multi-Purpose



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 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	4 11:30 am CICOA Lunch \$ 12:30 pm Golden Singers Club L 1:00 pm Needlework B	5 11:30 am 2nd Helpings Lunch * MP 11:45 am Lunch & Learn * MP 12:30 pm Hand & Foot L 12:30 pm Bible Study B 12:30 pm Art Class \$	6 9:00 am Pinochle L 11:30 am CICOA Lunch MP \$ 12:30 pm Card-Making \$ MP 12:30 pm Mah Jong L 1:00 pm Euchre L	7 11:30 am 2nd Helpings Lunch * 12:15 pm Partner Bridge L
LAUNCH OF MY SENIOR CENTER!				
10 11:30 am CICOA Lunch MP \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO - Terry 1:00 pm Creative Writing B	11 11:30 am CICOA Lunch MP \$ 12:30 pm Golden Singers Club L 1:00 pm Needlework B DIVVY LUNCHES 10:30 AM TO 1:00 PM	12 10:00 am Alzheimers Assoc. Support Group L 11:30 am 2nd Helpings Lunch MP* 11:45 am Lunch & Learn MP* 12:30 pm Hand & Foot L 12:30 pm Bible Study B 12:30 pm Art Class \$	13 9:00 am Pinochle L 11:30 am CICOA Lunch MP \$ 11:45 am Senior Medicare Patrol (SMP) Video * MP 12:30 pm Mah Jong L 1:00 pm Euchre L	14 11:30 am 2nd Helpings Lunch MP* 12:15 pm Partner Bridge L
			PICTURE DAYS FOR MY SENIOR CENTER!	
17 11:30 am CICOA Lunch MP \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO - Terry 1:00 pm Creative Writing B	18 11:30 am CICOA Lunch MP \$ 12:30 pm Golden Singers Club L 1:00 pm Needlework B	19 11:30 am 2nd Helpings Lunch MP* 11:45 am Lunch & Learn MP* 12:30 pm Hand & Foot L 12:30 pm Bible Study B 12:30 pm Art Class \$	20 9:00 am Pinochle L 11:30 am CICOA Lunch MP \$ 12:30 pm Card-Making \$ 12:30 pm Mah Jong B 1:00 pm Euchre L 2:00 pm - 3:30 PM Personal Safety Seminar sponsored by Critical Crossroads	21 11:30 am 2nd Helpings Lunch MP* 12:15 pm Partner Bridge L 1:30 pm Memory Café at PLE
24 10:00 am Theatre Club L 11:30 am CICOA Lunch MP \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO - Terry 1:00 pm Creative Writing B	25 11:30 am CICOA Lunch MP \$ 12:30 pm Golden Singers Club L 1:00 pm Needlework MP 1:30 pm Book Club B	26 11:30 am 2nd Helpings Lunch MP* 11:45 am Lunch & Learn MP* 12:30 pm Hand & Foot L 12:30 pm Bible Study B 12:30 pm Art Class \$	27 9:00 am Pinochle L 11:30 am CICOA Lunch MP \$ 12:30 pm Mah Jong L 1:00 pm Euchre L 1:30 pm - 3:00 pm MP PrimeLife Talent Show	28 11:30 am 2nd Helpings Lunch MP* 12:15 pm Partner Bridge L 1:00 pm Senior Medicare Patrol (SMP) Video
31 11:30 am CICOA Lunch MP \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO - Terry 1:00 pm Creative Writing B	AUGUST LUNCH & LEARNS: Wednesday, August 5: Travel Club: New England Rails and Sails Wednesday, August 12: The Golden Girls are Back! Wednesday, August 19: TBA Wednesday, August 26: Legacy Living Fishers			



Word Search

W D C I Z Z N O X Y G E N D I S C O V E R E D G
 O R D G R E A T T R A I N R O B B E R Y Z N V A
 Q O D E L L I K A N A I D S S E C N I R P M I R
 F F S U M I L U Y G L A D I O L U S X O D R W U
 I T N R F R E U N I O N S O G J L O O P C V H Q
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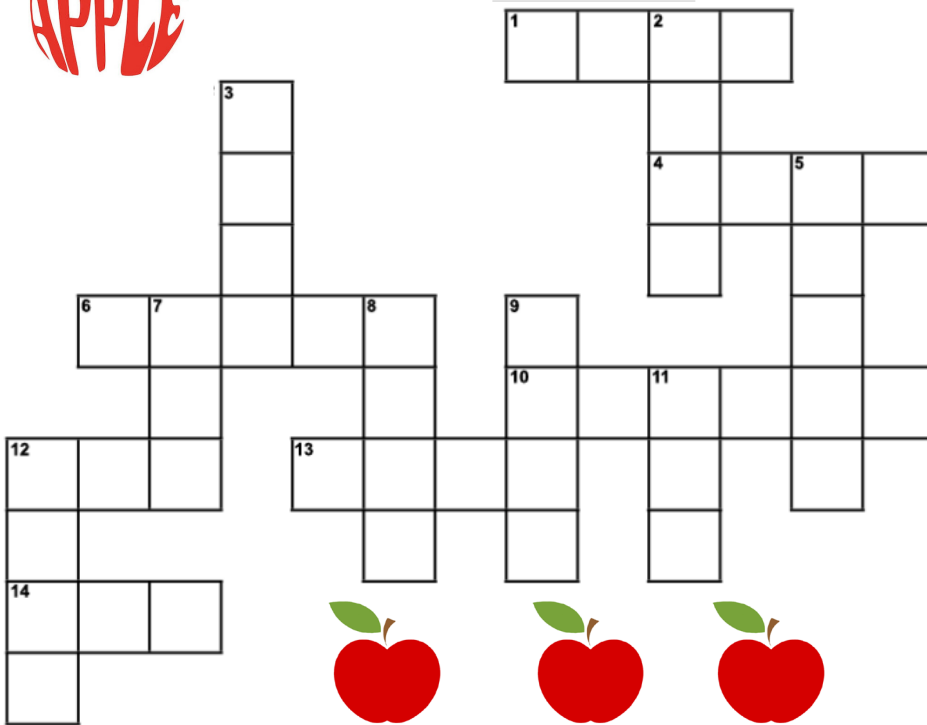
MARTIN LUTHER KING SPEECH
 SECOND WORLD WAR ENDS
 COLUMBUS SET SAIL
 AIR CONDITIONING
 GEM STONE AGATE
 FESTIVALS
 GRILLING
 REUNIONS
 GOLFING
 HUMID
 HOT

FIRST WORLD WAR STARTED
 GREAT TRAIN ROBBERY
 OXYGEN DISCOVERED
 MONA LISA STOLEN
 MODEL T FORD
 GLADIOLUS
 LEMONADE
 SWIMMING
 PARTIES
 PARKS

PRINCESS DIANA KILLED
 VICTORY OVER JAPAN
 RED CROSS FOUNDED
 AMUSEMENT PARKS
 GATHERINGS
 SUNSCREEN
 RAINLESS
 VACATION
 PICNICS
 POOL



Crossword Puzzle



ACROSS

1. a small animal you might find in an apple
4. using your hand to remove a fruit from where it is growing
6. small objects produced by a plant from which new plants can grow
10. round fruit with red, yellow, or green skin and firm white flesh
12. to divide an apple by using a knife
13. to remove the skin from an apple
14. the skin of an apple could be this color

DOWN

2. fully grown and developed and ready to be eaten
3. a tall plant that has a thick, wooden stem and many large branches
5. raw apple juice that has not been filtered
7. to put food into your mouth and chew and swallow it
8. the long, thin part of a fruit that connects it to its plant
9. what an apple does to get to the ground
11. a baked desert sometimes made with apples
12. the center part of an apple

AUGUST IS PEAK SEASON FOR VIBRANT PRODUCE AND BACKYARD ENTERTAINING



GRILLED FISH, SAUSAGE AND SHRIMP IN PACKETS

Makes approximately 2 servings

INGREDIENTS

2 small pieces of wild white fish of your choice
2 small handfuls of wild shrimp shells removed
2 organic sausages sliced into rounds
2 servings of Olive Tapenade
2 large sheets of foil or parchment paper
sea salt and pepper to taste

DIRECTIONS

Preheat oven to 425.

Place 2 sheets of foil (approximately 12 inches long) on the counter and place fish filets on the far side of each sheet.

Drizzle each piece of fish with olive oil and spread the tapenade on top. Add shrimp and sausage pieces around it and drizzle with olive oil.

Fold the foil over and crimp on all sides. Bake for 14-16 minutes, or grill for 8-10 minutes.

Snip an "X" on top of each packet to serve (or store for tomorrow).



MAPLE GRILLED CHICKEN WITH GRILLED PEACHES

Makes approximately 4 chicken breasts

INGREDIENTS

4 organic chicken breasts
2 peaches, semi-firm, sliced in half

For the Maple-Hot Sauce

4 tablespoons maple syrup
4 tablespoons olive oil
1 tablespoon hot sauce (or more if you like it spicy)
½ teaspoon sea salt and pepper

DIRECTIONS

Mix marinade ingredients together first, then place chicken and peaches in a shallow glass baking dish or plastic bag.

Pour the marinade over the top for up to 24 hours before grilling, pan frying on the stove or baking at 375°F until cooked through, approximately 10-15 minutes.



MOLASSES GINGER SALMON

Makes approximately 2 servings

INGREDIENTS

1 12 ounce wild salmon filet
4 tablespoons fresh ginger, grated or finely chopped
2 cloves garlic, chopped
2 tablespoons unrefined sesame oil
2 tablespoons unrefined blackstrap molasses
1 teaspoon chili powder
sea salt and pepper to taste

DIRECTIONS

Preheat oven to 350°F, or preheat a grill to medium heat. In a bowl, mix together sesame oil, chili powder, sea salt, pepper and garlic.

Add molasses and chopped ginger, and whisk ingredients together, melting the molasses if necessary. Rinse the salmon, pat dry with a paper towel and place on parchment lined baking sheet.

Pour the molasses-ginger marinade over the fish. Cook on the grill at a medium temperature about 8-10 minutes, or until the thicker part of the fish is almost opaque.

Broil for 1-2 minutes at the end to caramelize the natural sugars. Remove from the oven and let sit covered, for 2-3 minutes before serving.

DO YOU HAVE A LIST OF MUST HAVES IN YOUR LIFE?

Do you remember each year when Oprah would prepare her list of “must haves” for the holidays? Curiosity made me look at the list, but only Oprah’s bank account could make me purchase them. I vaguely remember a terrycloth robe that was \$360 that she had in every color. You know what works for me after a shower? Pajamas from Kohl’s - preferably on clearance.

My list has certainly changed over the years. For instance, I no longer list Bobby Sherman’s autograph or the latest Trapper Keeper on my list.

My practical list includes a reliable internet connection, a few strong passwords, and a good back-up server, but these are all material things.

Listing the foundations of human well-being and fulfillment doesn’t include WiFi. That list includes health, purpose, love, and a little financial security thrown in.

Lately in my life, I value most the capacity to find joy in the present and live authentically. I can’t buy deep connections with friends and family with my debit card, but I can continue to grow as a person and have gratitude for every friend I have in this life.

Romantic love would be nice, but I decided long ago that settling for someone just because I don’t want to grow old alone is not my idea of happiness. Is it too late? Maybe, but I can always hope.

On a daily basis I ask for patience with my fellow man and with myself, and the ability to keep my sense of humor when things don’t go my way. I am also grateful every single day for my cats and their ability to lessen my loneliness when I am feeling isolated.

I take great pride in having a purpose each day when I wake up - a sense of meaning and direction in my life - and a list of goals I hope to continue to achieve.

Not everyone has the ability to give and receive affection and empathy, so I am thankful every day for that.

Of course some things are finite, like time and money, which continually dictates how I spend my life. I hope to never stop growing or improving, but to also have the grace to give myself a break from time to time when I run out of strength and resources.

I hope I always have the resilience I need to accept criticism and still stay positive, as well as the curiosity to never stop learning.

If I acquire that powerful server, I also hope I never lose sight of getting past the digital clutter to listen to my fellow man and enough vitality - both mental and physical - to experience everything this life has to give without blowing my budget on pricey perfume or designer leather pants I will never wear.

- by Lori Raffel

Hans Christian Andersen said it best:
"Where words fail, music speaks."

Singing can serve as a form of artistic expression, for pros and amateurs alike. It's also a powerful tool for enhancing the body and mind, whether performed in a group, a karaoke bar, or simply in the shower. Seniors Guide looks at benefits of singing and how older adults can find an outlet for their melodies.

"Sing, sing a song. Sing out loud, sing out strong." Written in 1971 for the children's TV show "Sesame Street," the Carpenters popularized this song in 1973, taking it to #3 on the Billboard Hot 100. The lyrics affirm that for many of us, a song can stir nostalgia, warm memories of days gone by.

But the benefits of music – and of singing, specifically – go beyond stirring memories and tugging our heartstrings. Research shows demonstrable effects of warbling a tune.

10 Benefits of Singing

1. Improves respiratory health

Singing involves controlled breathing techniques that strengthen the diaphragm and improve lung capacity. This kind of respiratory workout can enhance overall lung function and stamina.

2. Enhances mental well-being

Singing releases endorphins and oxytocin, hormones associated with happiness and reduced stress. It can effectively combat anxiety and depression, providing a natural mood booster.

3. Boosts immune system

Research suggests that singing can increase the production of antibodies and improve the body's defense against infections, contributing to a more robust immune system.

4. Strengthens social bonds

Older adults singing together in an informal setting, can experience the social benefits of singing in a group.



Singing in a choir, band, or casual sing-along fosters a sense of community and belonging. These social connections play a significant role in enhancing overall mental and emotional well-being.

5. Enhances memory and cognitive function

Learning lyrics and melodies stimulates brain activity, improving memory and cognitive abilities. This benefit can be particularly valuable for older adults wanting to maintain mental strength.

6. Improves posture and muscle tone

Singing encourages better posture as it requires a straight back and open chest for optimal sound production.

7. Facilitates emotional release

Singing is a powerful form of emotional expression that allows individuals to convey their feelings and experiences, providing a therapeutic outlet for emotional release.

8. Boosts confidence

Performing in front of others, even in informal settings, can significantly enhance self-esteem and confidence.

9. Improves sleep

Regular singing can strengthen the throat and palate muscles, which can even help reduce snoring and enhance sleep quality.

10. It's for everyone

Whether you're a professional singer or your voice is more like a crow with laryngitis, the health benefits of singing

are equally accessible to all.

Ways to Experience the Benefits of Singing

Community choirs

Joining a community choir is a fantastic way to engage in singing while connecting with others. These choirs often welcome singers of all skill levels. The practice sessions and performances offer chances to sing and to engage with others.

Harmony Magic Chorus: A vibrant women's barbershop chorus (ages 11 to 80+) serving central Indiana. They rehearse on Thursday evenings at Woodland Terrace in Carmel.

Fishers Community Chorus: A mixed-voice, volunteer pops chorus, part of Fishers Music Works. They typically rehearse on Tuesday evenings at the Fishers Art Center and welcome all musical citizens.

Westfield Community Choir: A newly formed community choir that performs a variety of seasonal hymns, anthems, and traditional pieces.

PrimeLife Enrichment Golden Singers Club is open to everyone and meets every Tuesday at 12:30 pm.

August 27th - PrimeLife TALENT SHOW 1:30 to 3:00 PM in Multi-Purpose room.

These gatherings allow seniors to engage in music while experiencing a sense of community and belonging. Singing familiar songs together can trigger fond memories, enhance mood, and improve mental strength.

Bottom Line

Join a choir, take a singing class, or participate in community sing-alongs. Even informal singing at home can yield these benefits.

In short, singing is a whole-body, whole-brain activity that can enhance physical vitality, mental sharpness, emotional resilience, and social connection — all key components of active, healthy aging.

- by Lori Raffel



NEW AND IMPROVED MEMBER SIGN-IN

- Touch Screen Sign In
- Online Registration
- Key Tag with Bar Code on Back
replaces Membership Card

My Senior Center is the best touch screen software for Senior Centers. Whether signing up for events, meals, or entering volunteer hours, the experience is faster and more efficient.

Members sign up online for free at MyActiveCenter.com.

The PrimeLife catalogue of classes is available and searchable for all members to browse each day and signup.

You can signup from home for all events and activities.

- Full Calendar of Events
- Register for Classes

IMPORTANT DATES:
LAUNCH OF MY SENIOR CENTER!
AUGUST 3 - 5
PICTURE DAYS FOR MY SENIOR CENTER!
AUGUST 13-15



Tips to never lose your key fob:

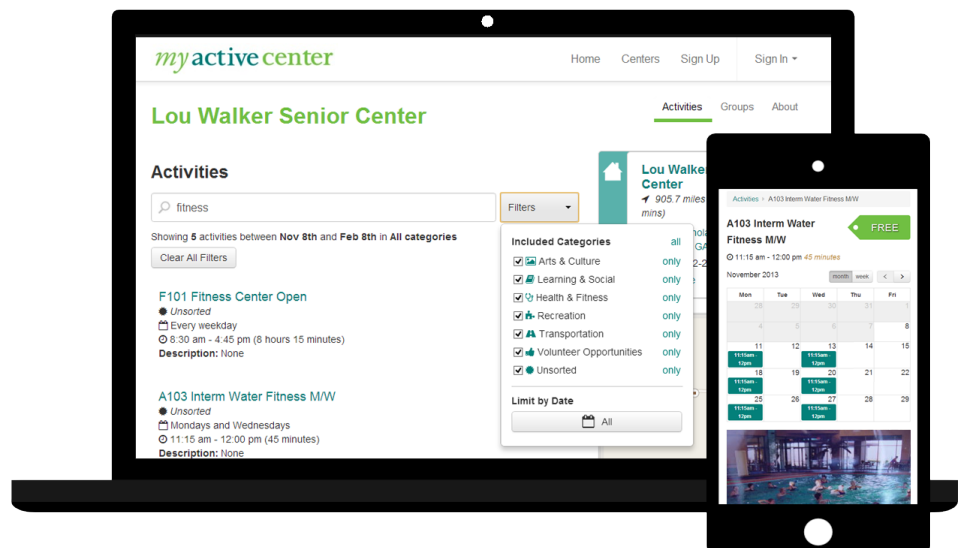
Attach it to your key ring holder immediately after receiving it.

Always put your keys in the same place when you are at home or here at PrimeLife.

PrimeLife is only given a finite amount of key tags, so please keep track of yours!

Get a big lanyard for around your neck!

Get a tracker for your keys!



WELCOME NEW MEMBERS

William Ritchey	6/22/2026	William Kieffer	6/30/2026	Lauren Cotton	7/8/2026
Janice S Fahien	6/26/2026	April Sanchez	6/30/2026	Kathleen Greening	7/8/2026
Donna Cherry	6/29/2026	Susan R DeLisle	7/1/2026	Jeff Bowen	7/9/2026
Jennifer L Jones	6/29/2026	Bill Schenk	7/1/2026	Dorothy Matkowicz	7/9/2026
James Watterson	6/29/2026	Joyce Crawford	7/2/2026	Marcelle Saleh	7/9/2026
Joanna Wright	6/29/2026	Lee C Stephan	7/2/2026	Linda L Tomasik	7/10/2026
		Tami S Stephan	7/2/2026	Duane E Gilchrist	7/14/2026
		William McGarvey	7/6/2026	Nikki Eller	7/15/2026



So grateful for the abundant donations
to our Thrift Store



Third Friday of the month Memory Cafe



Pearl's 96th Birthday!



Our CICOA Community Health Worker, Kate,
enjoying time with member Mona.



Mom and daughter working on
a challenging puzzle together.



This game looks intense!



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
or drop off at Front Desk.

Name

Address

City, State, Zip

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Email Address

Credit Card Number

Exp. Date

Security Code