



# PRIMELIFE

## ENRICHMENT

# SEPTEMBER 2026



STRENGTH & FLEXIBILITY CLASS

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## RAISE *the* PADDLE

ACTIVE BODY • ENGAGED MIND • CONNECTED COMMUNITY







**SATURDAY, SEPTEMBER 26, 2026**

**Join us for our 1<sup>st</sup> Annual Fundraiser.**  
**Register to attend or be a Table Sponsor!**

Dinner plus Drinks and Dessert at 6:00 pm  
 Paddle begins at 6:30 pm

**Location:**

PrimeLife Enrichment  
 1078 3rd Ave. SW • Carmel, IN 46032

**Purchase Tickets: Scan the QR Code, or**

<https://runsignup.com/TicketEvent/RaiseThePaddlePrimeLifeEnrichmentInc>



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



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

CONTACT US!



1078 Third Ave. SW, Carmel, IN 46032



317.815.7000



[www.primelifeenrichment.org](https://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) 343-6794  
or email [transportation@primelifeenrichment.org](mailto:transportation@primelifeenrichment.org)

**SLOANE THOMPSON**

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**JOHN PERKON**

Facility Manager  
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**ROBIN BERLIN**

Senior Driver/Transportation Assistant  
rberlin@primelifeenrichment.org

**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

As I began to write this September message, my first thought was “September is Active Aging month,” which is why we chose to launch our 1st annual Raise the Paddle for PrimeLife in September this year (be sure to check out the front and back of this newsletter for more about this special event ).

Since I have become a bit of a history buff as I get older, I decided to do a bit of research about how September came to have this celebratory designation and attention on aging well. The first thing I learned is that the theme for this month this year is “Curiosity Has No Age Limit.” Well, what do you know ... my curiosity about learning about the creation of this month fits right in with the spirit of this year’s theme.

Thanks to the incredible access and speed with which we can find information through the internet, I quickly learned the following:

- Carolyn Worthington is credited as launching September as Healthy Aging Month in 1992 as part of the national Healthy Aging® Campaign. She was publisher of Healthy Aging magazine and president of Educational Television Network, Inc. She established the month to draw attention to the positive aspects of growing older and to encourage people to take personal responsibility for their health. She chose September because many people feel they can “get started” more easily then, drawing on the “back to school” motivation, which is embedded in most of us since childhood

- The U.S. Senate unanimously passed a resolution in 2021, sponsored by Senators Tim Scott (R S.C.) and Mark Kelly (D Ariz.), formally designating September as National Healthy Aging Month. This legislative action gave the observance official federal recognition.

My research on the month of September led me to learn of Active Aging Week, which will be celebrated this year from October 6 – 12. The history of this week is credited to Colin Milner, CEO of the International Council on Active Aging. This annual weeklong campaign was first launched in 2003 and is focused on celebrating and highlighting the positive aspects of aging.

The rabbit hole of research taught me this celebratory first week in October was chosen as an extension of the United Nations designation beginning in 1990 of October 1st as the International Day of Older Persons 2026. This day is dedicated to acknowledging the contributions of older people and addressing issues that affect our lives.

While, admittedly, I sometimes think these designations for special days, weeks or months can be trivialized, I am finding myself grateful today as I write this message for those who have championed giving attention and honor to all that comes along with aging. And I’m especially excited to celebrate and champion all that takes place here at PrimeLife on September 26 when we hope to have 200 guests here at our center to Raise the Paddle to help fund this incredible facility and the programming that we offer.

Here’s to Aging Well Together!

*Sloane*



**SLOANE THOMPSON**  
Executive Director

## TEN WAYS TO CELEBRATE “CURIOSITY HAS NO AGE LIMIT”

### 1. Learn something new.

Take a class, attend a workshop, watch a tutorial, or explore a subject that has always interested you.

### 2. Explore your community.

Visit a museum, park, historic site, restaurant, or neighborhood you’ve never experienced before.

### 3. Try a new physical activity.

Consider walking, pickleball, yoga, tai chi, swimming, dancing, or another activity that challenges you in a positive way.

### 4. Read outside your comfort zone.

Choose a book, magazine, or article on a topic you know little about.

### 5. Connect with people of different generations.

Meaningful conversations across age groups can offer fresh perspectives and new ideas.

### 6. Embrace technology.

Learn how to use a new app, device, or online tool that can enhance your daily life.

### 7. Pursue a creative interest.

Write, paint, photograph, cook, garden, craft, or make music simply for the joy of learning.

### 8. Ask more questions.

Curiosity begins with a willingness to wonder and explore.

### 9. Revisit an old dream.

Consider a hobby, destination, skill, or goal you’ve always wanted to pursue.

### 10. Say yes to a new experience.

Growth often begins when we step outside familiar routines.

*Source: September Is Healthy Aging® Month 2026: Get Ready - Healthy Aging®*

Starting in October, PrimeLife will once again be holding Senior Planet classes. This is a free AARP-affiliated program that provides digital literacy, financial security, and social connection, operating through virtual platforms and select physical locations.

We're working on scheduling these classes you told us are of interest to you:

**SENIOR PLANET**  
FROM **AARP**

- Protecting your Medical Info Online
- Estate Planning
- Digital Genealogy Tools
- Digital Scrapbooking Tools
- Getting Started with Facebook
- Digital Life Skills Discussion Group
- Instagram Basics
- Smartphone Camera Uses - Photography and Beyond
- Google Maps
- Anti-Virus and Malware Removal Programs at a Glance
- Banking and Finance Apps at a Glance
- Safe and Savvy Smartphone Habits

CICOA will continue to offer their Community Health Workers Approach to Care program, though PrimeLife will no longer be a site to house a CHW to work directly with our members.



Please use this link to work directly with one of the CICOA Community Health Workers: <https://cicoa.org/services/community-health-workers/>

As Indiana's largest Area Agency on Aging, CICOA serves Boone, Hamilton, Hancock, Hendricks, Johnson, Marion, Morgan and Shelby counties.

CICOA Community Health Workers Referral Program  
8440 Woodfield Crossing Blvd., Suite 175  
Indianapolis, IN 46240  
Main Office: 317-254-5465  
Resource Center: 317-803-6131  
Office Hours: 8AM – 5PM

Joint pain can significantly impact your overall quality of life—from basic tasks like walking through the grocery store or bending to pick up a dropped item, to the important moments in life like playing golf with friends or keeping up with your grandchildren.

“Keeping your joints healthy or improving your joint health is a relatively small investment with a big potential pay-off,” says fellowship-trained sports medicine physician Peter Seymour, DO. “Fortunately, there are numerous ways to improve joint health naturally, without surgery or expensive supplements.”

### UNDERSTANDING JOINT HEALTH

A joint is any place in the body where two bones meet, held together by connective tissues. Human bodies have around 350 joints. “As we age, our joints lose some of the fluid that lubricates them, and they can be impacted by conditions such as osteoarthritis,” says Seymour, who is also an orthopedic surgeon. “It’s important to do what we can to maintain joint mobility, because the movement it allows helps keep the rest of the body healthy.”

### CAUSES AND SIGNS OF POOR JOINT HEALTH

In addition to aging, a variety of factors can lead to achy joints, including injury, overuse, arthritis and extra weight. Joint discomfort may come and go, or it may be constant. Joint pain can be sharp and grating or dull and throbbing, or your joints may simply feel sore, stiff or achy. For some, joint pain is worse right after waking up, but may get better as they get up and moving. For others, it is a constant reality. If you can relate to any of these feelings, it may be time to focus on improving your joint health.

### NUTRITION AND WEIGHT MANAGEMENT FOR JOINT HEALTH

While eating healthy won’t

completely eliminate joint pain, eating a balanced diet high in a few key nutrients can make a real impact. “In particular, foods that are high in omega-3 fatty acids—like fish and



Osteoarthritis



Rheumatoid arthritis



Tendinitis



Bursitis



Gout



Viral Infections



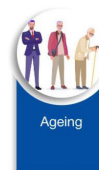
Injuries



Osteoporosis



Rickets



Ageing



Other Medical Conditions

nuts—and antioxidants—like fruits and vegetables—can have an anti-inflammatory effect,” says Seymour.

Alongside an anti-inflammatory diet, over-the-counter supplements can aid in supporting healthy joints. “Glucosamine, chondroitin and vitamin D are all good options,” says Seymour.

Extra body weight can also be hard on joints, especially in the hips, legs and back. Losing even as few as 10 – 20 pounds can have a real impact on joint pain.

### LIFESTYLE CHANGES FOR BETTER JOINT HEALTH

In addition to maintaining a healthy diet and weight, consider making these lifestyle changes to support healthy joints:

- Quit smoking – Smoking isn’t just bad for your lungs and heart—it can be detrimental to your joint health, too, because it increases inflammation throughout the body, including in joints.
- Reduce alcohol consumption – Like smoking, alcohol can make joint pain worse. Reducing your alcohol intake can help.

### THE ROLE OF EXERCISE IN JOINT HEALTH

Stiff joints can make just the thought of exercise feel impossible. However, regular, low-impact exercises such as walking, yoga, stretching or swimming can keep joints healthy and improve



## Indiana University Health

their range of motion. Even simple switches in your daily routine like parking a bit farther away at the grocery store or taking the dog on a short walk can make a difference.

### HOW TO PROTECT JOINTS FROM INJURY

Remember to start slowly and do a gentle warm-up before beginning any exercise. If needed, use supportive gear like a brace or shoe insoles to provide extra support during physical activity.

Ease your way into a new exercise routine and listen to your body—don’t overdo it. Modify your movement to suit your unique needs and allow for plenty of recovery time in your routine. If you think you’ve injured yourself or are experiencing more joint pain than usual, don’t hesitate to call your doctor.

“In particular, if you experience pain or discomfort, it’s a good idea to take a break from exercising and see your doctor to ensure you stay on the road to recovery,” says Seymour.

Additionally, a misaligned spine or neck, especially common for those who sit at a computer for long stretches of time, puts added stress on joints. Focusing on your posture can protect your joints.

Treating joint pain or taking steps to improve your joint health before pain starts is worth the effort—it’s not just about avoiding pain, it’s about making sure you can enjoy life to the fullest now and into the future. Whether you start by focusing on your lifestyle habits or beginning a joint-friendly exercise routine, there’s something everyone can do to improve their joint health. Not sure where to start? Talk to your doctor for personalized recommendations.

Source: Thrive by IU Health – <https://iuhealth.org/thrive/nr-how-to-improve-joint-health>



## ROCK THE BLOCK WESTFIELD

PrimeLife was part of the Rock the Block event in Westfield on August 10th, where thousands of Hamilton County residents got to see what PrimeLife was all about.

The PLE booth had materials about membership, SMP (Senior Medicare Patrol), and SHIP (State Health Insurance Assistance Programs). We plan to go back every year.

## INDIANAPOLIS/CARMEL

EXPO4SENIORS

### 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



### Participating Companies Include:

A Friend in Me Homecare - Addus HomeCare - Aetna - CenterWell Senior Primary Care - Champion Windows - CommuniCare - Creekside Health and Rehabilitation Center - Devoted Health - Elite Home Healthcare - EverDry Waterproofing - Five Star Bath Solutions - Heritage Woods of Greenbriar - Home of My Own Home Health - Hooverwood Living - Indiana Orthopedic Institute - Indy Honor Flight - Kroger Health - LeafFilter - Medtronic - Oak Street Health - Prime Life Enrichment - RE/MAX Complete - RIPEA - T-Mobile - Touch of Love - Unique Caring Hearts HomeCare - Unique Home Solutions - UnitedHealthcare - Universal Windows Direct / The Bath Authority - Village Caregiving - Wellcare - Westminster Village North - Westside Village Nursing Center & Westside Garden Plaza - Window Nation

SENIORS CAN REGISTER AT:

WWW.EXPO4SENIORS.COM

513-452-5200

ANDREW@EXPO4SENIORS.COM

## PERFECT EXERCISE, WELCOMING COMMUNITY, AND A VARIETY OF MUSIC

When many people hear the words square dancing, they picture fiddles, country barns, and dancers in matching western outfits. While those traditions are certainly part of square dancing's history, today's Modern Western Square Dancing is energetic, social, and a lot of fun!

### More Music Styles and You Don't Need a Big Skirt

Today, square dancing features a wide variety of music, from classic rock and pop to Top 40 hits, country, and golden oldies. Instead of memorizing long dance routines, dancers simply listen and respond to the caller's instructions, making every dance a new adventure.

The dress code is also more relaxed. While some dancers enjoy wearing colorful circle skirts, crinolines, or bolo ties, casual clothing such as jeans or capris are equally appropriate. Solo dancers are welcome as well as couples, and all ages are welcome!

### Modern Western Square Dancing

Modern Western Square Dancing evolved from traditional American folk dancing during the mid-20th century. By the 1970s, a standardized system of calls was being utilized. Today, that common language allows dancers from different clubs—and even different countries—to dance together with ease.

### In Case You're Just Starting Out

New dancers begin by learning 50 basic calls in the Mainstream program. Learning, remembering, and responding to these calls provides a great mental workout. Studies have suggested that activities combining movement, memory, and decision-making, such as square dancing, can help support cognitive health as people age.

Square dancing has been described by medical professionals as the perfect form of exercise. It's low-impact, easy on the joints, and keeps you moving with gentle turns, quick direction changes, and coordinated footwork. This improves balance, coordination, muscle strength, cardiovascular fitness, and endurance. What a great way to improve physical health while having fun!

### All About Community

For many dancers, the greatest benefit is the sense of community generated from eight people working together to follow the caller. It doesn't take long before strangers become teammates, teammates become friends, and friends become family. Square dancing is more than a hobby—it's a welcoming community where people laugh, encourage one another, and genuinely enjoy spending time together.



### Join Us Right Here at PrimeLife

The Do-Si-Squares Square Dance Club is starting Mainstream lessons on September 15, 2026, at 7:00 p.m. at the PrimeLife Enrichment Center, 1078 3rd Avenue SW in Carmel. Our experienced club caller and member dancers want to help you learn this fun activity. All are welcome! For more information, call 317-674-3312 or email [dosisquares@gmail.com](mailto:dosisquares@gmail.com) for details and cost.

by Beverly Burch  
President, Do-Si-Squares



### 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.

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<br><b>SHINE</b><br>Instructor: Sandy | 5:30 pm<br><b>ZUMBA</b><br>Instructor: Alicia      |                                               |
| 6:30 pm<br><b>UPLIFT</b><br>Instructor: Sandy |                                              | 6:15 pm<br><b>POUND</b><br>Instructor: Melissa     | 6:30 pm<br><b>UPLIFT</b><br>Instructor: Sandy |
|                                               |                                              | 6:45 pm<br><b>AQUA ZUMBA</b><br>Instructor: Alicia |                                               |

# AQUATIC FITNESS CLASSES

ALL CLASSES ARE 45 MINUTES

| TIME            | MONDAY                                              | TUESDAY                                            | WEDNESDAY                                           | THURSDAY                                          | FRIDAY                                              |
|-----------------|-----------------------------------------------------|----------------------------------------------------|-----------------------------------------------------|---------------------------------------------------|-----------------------------------------------------|
| 8:30 am         | EARLY AQUATIC AEROBICS<br>Instructor: Betsy         | EARLY AQUATIC AEROBICS<br>Instructor: Lisa         | INTERMEDIATE AQUATIC AEROBICS<br>Instructor: Betsy  | EARLY AQUATIC AEROBICS<br>Instructor: Lisa        |                                                     |
| 9:30 am         |                                                     | ADVANCED AQUATIC AEROBICS<br>Instructor: Lisa      | AQUA ZUMBA<br>Instructor: Ali                       | ADVANCED AQUATIC AEROBICS<br>Instructor: Lisa     |                                                     |
| 10:30 am        | INTERMEDIATE AQUATIC AEROBICS<br>Instructor: Jeanne | OPEN POOL<br>Instructor: Lisa                      | INTERMEDIATE AQUATIC AEROBICS<br>Instructor: Jeanne | VOLLEYBALL<br>Instructor: Lisa                    | INTERMEDIATE AQUATIC AEROBICS<br>Instructor: Jeanne |
| 11:30 am        | ARTHRITIS FOUNDATION AQUATICS<br>Instructor: TBA    | ARTHRITIS FOUNDATION AQUATICS<br>Instructor: Patsy | ARTHRITIS FOUNDATION AQUATICS<br>Instructor: Jeanne | ARTHRITIS FOUNDATION AQUATICS<br>Instructor: Barb | ARTHRITIS FOUNDATION AQUATICS<br>Instructor: Patsy  |
| 12:30 pm        | OPEN POOL<br>Instructor: TBA                        |                                                    | OPEN POOL<br>Instructor: Patsy                      | OPEN POOL<br>Instructor: Barb                     | OPEN POOL<br>Instructor: Patsy                      |
| EVENING CLASSES |                                                     |                                                    | 6:45 pm<br>AQUA ZUMBA<br>Instructor: Alicia         |                                                   |                                                     |

# LAND FITNESS CLASSES

ALL CLASSES ARE 45 MINUTES

| TIME            | MONDAY                                                | TUESDAY                                           | WEDNESDAY                                             | THURSDAY                                            | FRIDAY                                                 |
|-----------------|-------------------------------------------------------|---------------------------------------------------|-------------------------------------------------------|-----------------------------------------------------|--------------------------------------------------------|
| 9:00 am         | The CLIMB IN Parkinsons Found.<br>Instructor: Lindsay | SHINE LIGHT<br>Instructor: Brenda                 | The CLIMB IN Parkinsons Found.<br>Instructor: Lindsay | ZUMBA GOLD TONING<br>Instructor: Ali                | The CLIMB IN Parkinsons Found.<br>Instructor: Heather  |
| 10:00 am        | 10:15 AM GOT BALANCE<br>Instructor: Lindsay           | 10:00 AM CHAIR ONE FITNESS<br>Instructor: Brenda  | 10:15 AM GOT BALANCE<br>Instructor: Lindsay           | 10:00 AM SIT & FIT<br>Instructor: Laura             | 10:15 AM STRENGTH & FLEXIBILITY<br>Instructor: Heather |
| 11:00 am        | DANCE FEVER<br>Member Lead                            | SAIL FITNESS<br>Instructor: Barb                  | ZUMBA GOLD<br>Instructor: Ali                         | SAIL FITNESS<br>Instructor: Lori                    | LABLAST<br>Instructor: Krystle                         |
| 12:30 pm        |                                                       | ARTHRITIS FOUNDATION EXERCISE<br>Instructor: Barb |                                                       | ARTHRITIS FOUNDATION EXERCISE<br>Instructor: Denise |                                                        |
| 1:30 pm         |                                                       | YOGA<br>Instructor: Elisabeth                     |                                                       |                                                     | CHAIR YOGA<br>Instructor: Elisabeth                    |
| EVENING CLASSES |                                                       | 6:00 pm SHINE<br>Instructor: Sandy                | 5:30 pm ZUMBA<br>Instructor: Alicia                   |                                                     |                                                        |
|                 | 6:30 pm UPLIFT<br>Instructor: Melissa                 |                                                   | 6:15 pm POUND<br>Instructor: Melissa                  | 6:30 pm UPLIFT<br>Instructor: Sandy                 |                                                        |



For a full schedule of REVEL FITNESS classes online, go to:  
[www.revelfitness.net](http://www.revelfitness.net)

# SEPTEMBER 2026

KEY:

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

B - Board Room  
MP - Multi-Purpose



| MONDAY                                                                                                                                                                               | TUESDAY                                                                                                                                                    | WEDNESDAY                                                                                                                                                                                            | THURSDAY                                                                                                                                                                                                                                      | FRIDAY                                                                                                                  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
|                                                                                                      | <b>1</b><br>11:30 am CICOA Lunch \$<br>12:30 pm Golden Singers Club L<br>1:00 pm Needlework B                                                              | <b>2</b><br>11:30 am 2nd Helpings Lunch * MP<br>11:45 am Lunch & Learn * MP<br>12:30 pm Hand & Foot L<br>12:30 pm Bible Study B<br>12:30 pm Art Class \$                                             | <b>3</b><br>9:00 am Pinochle L<br>11:30 am CICOA Lunch MP \$<br>12:30 pm Card-Making \$ MP<br>12:30 pm Mah Jong L<br>1:00 pm Euchre L                                                                                                         | <b>4</b><br>11:30 am 2nd Helpings Lunch *<br>12:15 pm Partner Bridge L                                                  |
| <b>7</b><br><br><b>LABOR DAY</b><br>PLE CLOSED ALL DAY                                              | <b>8</b><br>11:30 am CICOA Lunch MP \$<br>12:30 pm Golden Singers Club L<br>1:00 pm Needlework B<br><br><b>DIVVY LUNCHES</b><br><b>10:30 AM TO 1:00 PM</b> | <b>9</b><br>10:00 am Alzheimers Assoc. Support Group L<br>11:30 am 2nd Helpings Lunch MP*<br>11:45 am Lunch & Learn MP*<br>12:30 pm Hand & Foot L<br>12:30 pm Bible Study B<br>12:30 pm Art Class \$ | <b>10</b><br>9:00 am Pinochle L<br>11:30 am CICOA Lunch MP \$<br>11:45 am Senior Medicare Patrol (SMP) Video * MP<br>12:30 pm Mah Jong L<br>1:00 pm Euchre L                                                                                  | <b>11</b><br>11:30 am 2nd Helpings Lunch MP*<br>12:15 pm Partner Bridge L                                               |
| <b>14</b><br>11:30 am CICOA Lunch MP \$<br>12:00 pm Practice Bridge L<br><i>Not for beginners</i><br>12:15 pm BINGO - Terry<br>1:00 pm Creative Writing B                            | <b>15</b><br>11:30 am CICOA Lunch MP \$<br>12:30 pm Golden Singers Club L<br>1:00 pm Needlework B                                                          | <b>16</b><br>11:30 am 2nd Helpings Lunch MP*<br>11:45 am Lunch & Learn MP*<br>12:30 pm Hand & Foot L<br>12:30 pm Bible Study B<br>12:30 pm Art Class \$                                              | <b>17</b><br>9:00 am Pinochle L<br>11:30 am CICOA Lunch MP \$<br>12:30 pm Card-Making \$<br>12:30 pm Mah Jong B<br>1:00 pm Euchre L                                                                                                           | <b>18</b><br>11:30 am 2nd Helpings Lunch MP*<br>12:15 pm Partner Bridge L<br>1:30 pm Memory Café at PLE                 |
| <b>21</b><br>11:30 am CICOA Lunch MP \$<br>12:00 pm Practice Bridge L<br><i>Not for beginners</i><br>12:15 pm BINGO - Terry<br>1:00 pm Creative Writing B                            | <b>22</b><br>11:30 am CICOA Lunch MP \$<br>12:30 pm Golden Singers Club L<br>1:00 pm Needlework MP<br>1:30 pm Book Club B                                  | <b>23</b><br>11:30 am 2nd Helpings Lunch MP*<br>11:45 am Lunch & Learn MP*<br>12:30 pm Hand & Foot L<br>12:30 pm Bible Study B<br>12:30 pm Art Class \$                                              | <b>24</b><br>9:00 am Pinochle L<br>11:30 am CICOA Lunch MP \$<br>12:30 pm Mah Jong L<br>1:00 pm Euchre L                                                                                                                                      | <b>25</b><br>11:30 am 2nd Helpings Lunch MP*<br>12:15 pm Partner Bridge L<br>1:00 pm Senior Medicare Patrol (SMP) Video |
| <b>28</b><br>10:00 am Theatre Club L<br>11:30 am CICOA Lunch MP \$<br>12:00 pm Practice Bridge L<br><i>Not for beginners</i><br>12:15 pm BINGO - Terry<br>1:00 pm Creative Writing B | <b>29</b><br>11:30 am CICOA Lunch MP \$<br>12:30 pm Golden Singers Club L<br>1:00 pm Needlework MP                                                         | <b>30</b><br>11:30 am 2nd Helpings Lunch MP*<br>11:45 am Lunch & Learn MP*<br>12:30 pm Hand & Foot L<br>12:30 pm Bible Study B<br>12:30 pm Art Class \$                                              | <b>SEPTEMBER LUNCH &amp; LEARNS:</b><br>Wednesday, Sept. 2: Patty Thatcher, Hospice Liaison<br>Wednesday, Sept. 9: Aspire Health<br>Wednesday, Sept. 16: Suzanne Dagley, Brightbridge<br>Wednesday, Sept. 23: TBA<br>Wednesday, Sept. 30: TBA |                                                                                                                         |



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

Hot chocolate

Popcorn balls

Marshmallows

Wizard of oz

Scare crows

Halloween

Football

Hayrides

Sweaters

Pumpkin

S'mores

Apples

Leaves

Orange

Spices

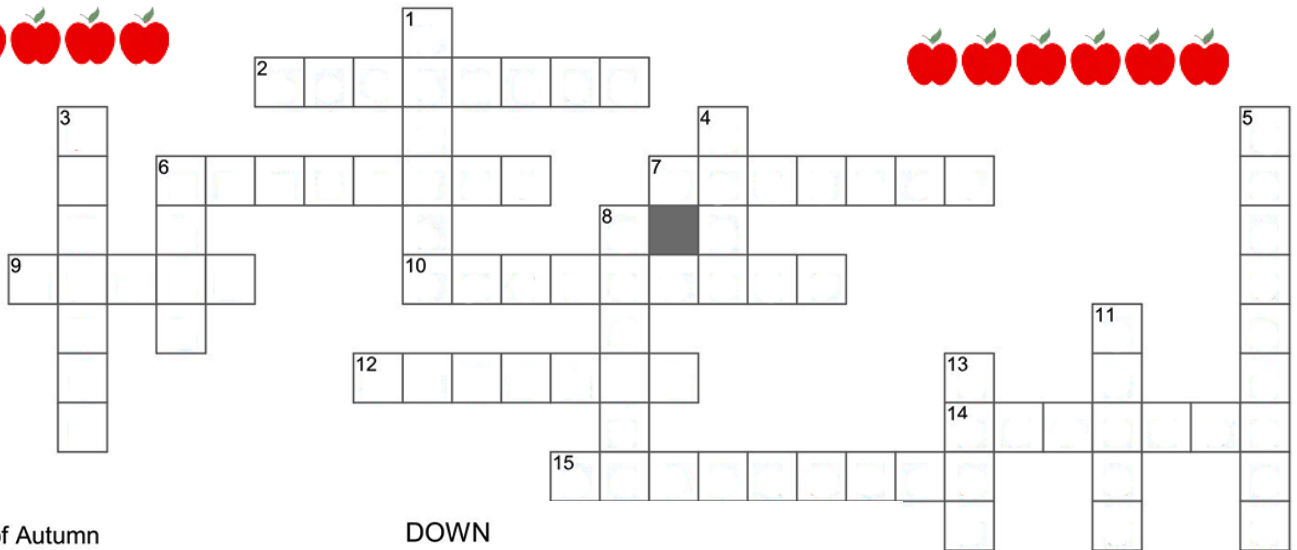
Spooky

Yellow

Fall

Warm

Red



## ACROSS

2. Last month of Autumn
6. An organized day or period of celebration.
7. The process or period of gathering in crops.
9. A variety of this fruit is marketed as "Autumn Glory"
10. Likes to store and eat nuts
12. Spring, Summer, Fall, Winter are the four .....
14. Another Autumn month
15. First month of Autumn

## DOWN

1. What falls from a tree in Autumn.
3. You can use it to make a pie or for carving
4. You can gather fallen leaves with this
5. Used to scare the crows from fields
6. Another name for Autumn
8. Autumn leaves color
11. Fruit of the oak tree
13. Vegetable that grows in stalks



## SWEET POTATO PARMESAN TATER TOTS

### INGREDIENTS

- 4 medium sweet potatoes
- 1 cup grated parmesan cheese
- 1 clove garlic, grated
- 2 cups Panko bread crumbs
- 2 teaspoons chili powder
- extra virgin olive oil, for brushing
- 4 tablespoons salted butter
- 2 tablespoons fresh thyme leaves
- 1 tablespoon chopped fresh parsley
- 2 teaspoons chopped fresh sage

### DIRECTIONS

1. Preheat the oven to 425 degrees F. Prick the sweet potatoes all over with a fork. Bake directly on the rack until tender, 50-60 minutes. Allow to cool.

2. Once cool use your hands to peel away the sweet potatoes skin. It should just easily slip off. Place the potatoes in a medium-size bowl and mash well. Stir in the parmesan cheese, garlic, and a pinch each of salt and pepper.

3. Combine the Panko and chili powder in a shallow bowl. Line a baking sheet with parchment paper.

5. Meanwhile, melt the butter in a small skillet over medium heat. Add the herbs and cook 30 seconds, until fragrant.



## APPLE CIDER SMOTHERED CHICKEN

### INGREDIENTS

- 1 1/2 pounds thin-cut chicken breasts
- 1/4 cup all-purpose flour
- 1/2 teaspoon paprika
- 1 pinch cayenne
- 3 ounces prosciutto
- 3 tablespoons salted butter
- 1 yellow onion, sliced or chopped
- 2 cloves garlic, chopped
- 2 tablespoons fresh thyme leaves
- 1 tablespoon fresh chopped sage
- 1 Honeycrisp apple, cut into wedges
- 2 cups apple cider
- 1/2-1 cup heavy cream
- 1/2 cup shredded Gruyère cheese

### DIRECTIONS

1. Preheat the oven to 425° F. Season the chicken with salt and pepper. Place the flour, paprika, and cayenne in a shallow bowl. Dredge the chicken through the flour and toss to coat.

2. Arrange the prosciutto in a large skillet set over medium-high heat. Cook until crispy all over, about 5 minutes. Remove from the skillet.

3. In the same skillet, add 1 tablespoon butter and the chicken. Sear on both sides until golden, 3-5 minutes per side. Add 1 more tablespoon of butter and allow the butter to brown around the chicken, about 2 minutes. Remove the chicken from the skillet.

3. Add the onions and cook for 5 minutes or until golden. Add 2 tablespoons butter, garlic, thyme, sage, and a pinch each of salt and pepper. Cook for 5 minutes, until the onions have caramelized.

4. Add the apple cider. Simmer for 5 minutes, pour in the cream. Add the chicken and apples to the skillet. Sprinkle over the Gruyère. Bake for 5-10 minutes, until the cheese is melted. Top with crispy prosciutto and fresh herbs.

5. Serve the chicken with crusty bread for mopping up all that delicious creamy sauce.



## CREAMY BUTTERNUT SQUASH BUTTER CHICKEN

### INGREDIENTS

- 1 1/2 pounds boneless skinless chicken breasts/thighs, cut into bite-size chunks
- 1/4 cup plain Greek yogurt
- 2 teaspoons plus 1 tablespoon garam masala
- 1 teaspoons paprika
- 2 teaspoons cumin
- 1 teaspoon turmeric
- 1-2 teaspoons cayenne pepper, use to taste
- 2 tablespoons extra virgin olive oil
- 4 tablespoons salted butter
- 1 large yellow onion, chopped
- 2 cups cubed butternut squash
- 6 cloves garlic, chopped
- 2 tablespoons fresh grated ginger
- 1-2 teaspoons chili flakes, use to taste
- 1 tablespoon tomato paste
- 1 (14 ounce) can full-fat coconut milk
- 1/2 cup fresh cilantro, roughly chopped

### DIRECTIONS

1. In a bowl, toss together the chicken, yogurt, 2 teaspoons garam masala, 1 teaspoon cumin, 1/2 teaspoon paprika, 1/2 teaspoon turmeric, 1/2 – 1 teaspoon cayenne pepper, and 1 teaspoon salt. Let sit 5-10 minutes.

2. Heat the oil in a large skillet over medium-high heat. Add chicken and sear on both sides until browned. Add 2 tablespoons of butter and toss to coat the chicken. Remove the chicken from the skillet.

3. To the skillet, add the onion and butternut squash, tossing with the butter in the skillet. Cook 5 minutes. Add 2 tablespoons butter, the garlic, ginger, 1 tablespoon garam masala, 1 teaspoon cumin, 1/2 teaspoon paprika, 1/2 teaspoon turmeric, 1/2 – 1 teaspoon cayenne pepper, paprika, and the chili flakes. Cook about 5 minutes. Add the tomato paste and continue cooking another 3-4 minutes.

4. Reduce heat to low. Add 1 cup water and coconut milk. Stir to combine, bring the sauce to a simmer, cook 5 minutes. Add the chicken and any juices in the pan and cook sauce 10 minutes. Remove from the heat.

## HOW TO SPOIL A HOBBY IN ONE EASY STEP...

There is nothing that takes the fun out of an activity faster for me than when players get too competitive. The game turns toxic, and the participants who are there to have a good time suddenly aren't having one.

My Dad was a great tennis player and he got me interested in playing with a neighborhood group. I loved the exercise and the sense of belonging, but at one point things turned.

First, there had to be a tournament. Why was it necessary to formally track wins and losses when we were all learning? Some players became super critical of others because the rest of us weren't taking the game "seriously enough."

In the end, the more aggressive players who coveted achievements eventually got what they wanted: One group of teenage kids too afraid to play because the criticism hurt and

one bunch of overly critical players who couldn't handle defeat.

I am not saying that being driven isn't a good thing when you are competing on a professional or competitive level, but when it shifts from a healthy drive for self-improvement to a destructive need to win at all costs, count me out.

Excessive competitiveness can harm personal relationships and lead to burnout. Tying self-worth directly to outperforming others at community sports or hobbies is a dangerous precedent.

Quitting brought the relief of no one telling me how to play or judging my every move, but it also played a big role in me giving up something that I loved for a long, long time.

What's the solution? I'm not sure, but I still run into cut-throat players in various games and hobbies, so I continue to deal with it - as many others do - by simply walking away.

Over 30 years ago a group of

community theatres formed an association for the purpose of keeping amateur theatre alive for the next generation by offering scholarships to worthy theatre students.

Eventually, the pull was strong for members to reward themselves and critique others, so a formal competition was created. Once a year, folks gather to reward themselves for doing something that should never be competitive and using social media as a place to broadcast it.

How did I handle it? I still participate in theatre, but I stopped attending the over-the-top fancy gala where popularity prizes are given out.

The result is a diminished sense of belonging with those who measure themselves and others by number of trophies and a growing camaraderie with others who feel the way I do.

Oh, and sometimes scholarships are handed out.

— by Lori Raffel

*"It takes just one big natural disaster to remind us that, here on Earth, we're still at the mercy of nature."*

— Neil deGrasse Tyson

We know all too well in Indiana that natural disasters happen. No matter who you are or how much you've planned ahead, the result is immediate shock, fear, and confusion. How could this happen? Should I feel thankful or guilty that I was not touched directly by these events?

### Short- and Long-Term Effects

Coping with a disaster means managing the intense physical, emotional, and practical stress that follows a catastrophic event like record heat, record rain, and flooding. Immediately we experience shock and numbness, our sleep is disrupted, and trouble concentrating in our daily lives.

Long-term effects can include chronic anxiety, depression, and post-traumatic stress disorder (PTSD). The severity of the impact on us as individuals depends on personal loss, displacement, and the disruption of community resources.

These effects are worsened if you were physically harmed by or witnessed the destruction. Significant loss may include losing a home, job, or family members. Remaining away from home for extended periods as a result of the event(s) or feeling a lack of support by those around you, are factors that cause you to feel overwhelmed and helpless.

We each feel the intense physical, emotional, and practical stress that follows a catastrophic event - we just each feel it differently. The first step to lessen the effects involves stabilizing your daily life, processing grief and shock, and taking gradual steps toward physical and mental recovery - all the while adjusting to a new normal.

### Practical Steps for Recovery

- Talk about your feelings with trusted friends, family, or



support groups.

- Take care of your body through healthy eating, rest, and light exercise.
- Maintain a simple daily routine to bring back a sense of order.
- Limit repetitive viewing of distressing disaster news images.
- Be patient, recognizing that healing is a slow, gradual marathon rather than a quick sprint

### What Can I Do?

Feeling helpless during or after a natural disaster is a normal reaction to overwhelming, uncontrollable events. When the scale of destruction is massive, your brain struggles to process the loss of safety. You can regain a sense of agency by focusing on small, manageable actions and protecting your mental well-being.

- Shift your focus; control the controllable and ignore distant variables by fixating on your immediate surrounds and next steps.
- Break down tasks by dividing basic survival or recovery needs into tiny, single-step goals.
- Limit media exposure by turning off constant news loops and social media that feeds us with trauma overload.
- Take care of ourselves by maintaining routines, remember to breathe slowly to help us feel safe.

### Connect and Support

Talk to others, share your fears with people close to you and concentrate on helping others. Performing small acts



*Hamilton County Flood Relief:  
August 16, 2026*

of service for fellow survivors helps us restore our personal power.

Reach out to local counselors or disaster distress helplines if heavy feelings of helplessness and depression continue.

Resources are available for residents affected by recent flooding in Carmel and Hamilton County.

SERVE Village Flood Relief Volunteer Sign Up: [tinyurl.com/SERVERFloodRelief](https://tinyurl.com/SERVERFloodRelief)

In Hamilton County, the Community Foundation is taking donations for flood relief. Donate online at [hamiltoncountycf.org](https://hamiltoncountycf.org) and select "Hamilton County Relief Fund" after entering your donation amount and hitting next.

A reception center is open at the Hamilton County Fairgrounds to support anyone affected by the recent flooding. If your home is damaged, if you are displaced or if you need assistance:

Reception Center Phone Number:  
317-645-3261

Address: 2003 Pleasant Street,  
Noblesville, IN 46060

Building: Hamilton County Exhibition  
Center, Hall A

— by Lori Raffel



## SENIOR DISCOUNTS WORTH KNOWING

Before you pay, ASK if there is a senior discount. A lot of the senior-discount lists circulating online are OLD, and businesses often change their policies on discount amounts and participation.

Here are discounts and savings opportunities that are worth knowing about in 2026.

### RESTAURANTS:

**Applebee's:** 15% off w/Golden Apple Card (60+)

**Arby's:** 10% off (55 +)

**Ben & Jerry's:** 10% off (60+)

**Boston Market:** 10% off (65+)

**Burger King:** 10% off (60+)

**Chick-Fil-A:** 10% off or free small drink or coffee (55+)

**Chili's:** 10% off (55+)

**Dunkin' Donuts:** 10% off or free coffee (55+)

**IHOP:** 10% off (55+)

**Krispy Kreme:** 10% off (50+)

**McDonald's:** discounts on coffee everyday (55+)

**Wendy's:** 10% off (55 +)

### RETAIL & APPAREL:

**Goodwill:** 10% off one day a week (date varies by location)

**Hallmark:** 10% off one day a week (date varies by location)

**Kohl's:** 15% off (60+)

**Michael's:** 10% off everyday (55+)

### GROCERY:

**Kroger:** 10% off (date varies by location)

### ACTIVITIES & ENTERTAINMENT:

**AMC Theaters:** up to 30% off (55 +)

**Massage Envy:** 20% off all "Happy Endings" (62 +)

**U.S. National Parks:** \$10 lifetime pass; 50% off additional services including camping (62+)

**Regal Cinemas:** 50% off

### CELL PHONE DISCOUNTS:

**AT&T:** Special Senior Nation 200 Plan \$19.99/month (65+)

**Jitterbug:** \$10/month cell phone service (50 +)

**Verizon Wireless:** Verizon Nationwide 65 Plus Plan \$29.99/month (65+).

### MISCELLANEOUS:

**Great Clips:** \$8 off hair cuts (60+)

**Supercuts:** \$8 off haircuts (60+)

NOW, go out there and claim your discounts!! Remember YOU must ASK for discount - no ask, no discount.

— by Lori Raffel

### THE GOLDEN RULE:

#### DON'T ASSUME — ASK!

Before paying, ask: "Do you offer a senior discount?"

You may need to:

- Show your ID
- Be a certain age
- Have an AARP membership
- Shop on a particular day
- Have a store loyalty card
- Ask before the transaction is completed

**And remember:** Senior discounts change frequently and can vary by location. Always verify before making your purchase.



## RETAIL STORES WITH DISCOUNTS FOR SENIORS

SENIOR SAVINGS THAT ADD UP!

| STORE                          | DISCOUNT | DETAILS                                                      | AGE                  | DAY / TIME                       |
|--------------------------------|----------|--------------------------------------------------------------|----------------------|----------------------------------|
| <b>AARP</b>                    | 10% OFF  | AARP members save 10% on eligible items online and in-store. | 50+<br>(AARP member) | Any day                          |
| <b>DOLLAR GENERAL</b>          | 5% OFF   | 5% off your entire purchase on presentation of ID.           | 55+                  | Every Tuesday                    |
| <b>Goodwill</b>                | 30% OFF  | 30% off your entire purchase on presentation of ID.          | 55+                  | Every Monday                     |
| <b>KOHL'S</b>                  | 15% OFF  | 15% off most purchases in-store.                             | 60+                  | Every Wednesday                  |
| <b>★ macy's</b>                | 10% OFF  | 10% off all day, every day in-store.                         | 55+                  | Any day                          |
| <b>TUESDAY MORNING</b>         | 10% OFF  | 10% off your entire purchase on presentation of ID.          | 55+                  | Every Tuesday                    |
| <b>ROSS<br/>DRESS FOR LESS</b> | 10% OFF  | 10% off every first Tuesday of the month.                    | 55+                  | 1st Tuesday of each month        |
| <b>JOANN</b>                   | 15% OFF  | 15% off your total purchase in-store and online.             | 55+                  | Any day<br>(online code: SENIOR) |
| <b>belk</b>                    | 15% OFF  | 15% off almost everything in-store.                          | 55+                  | 1st Tuesday of each month        |
| <b>HOBBY LOBBY</b>             | 10% OFF  | 10% off your entire purchase.                                | 55+                  | Every day                        |
| <b>BARNES &amp; NOBLE</b>      | 10% OFF  | 10% off most purchases in-store.                             | 55+                  | Every Tuesday                    |
| <b>ACE<br/>Hardware</b>        | 10% OFF  | 10% off most items in-store.                                 | 55+                  | Every day                        |
| <b>Walgreens</b>               | 20% OFF  | 20% off Walgreens brand health & wellness products.          | 55+                  | 1st Tuesday of each month        |
| <b>CVS<br/>pharmacy</b>        | 20% OFF  | 20% off CVS Health brand products.                           | 55+                  | 1st Wednesday of each month      |
| <b>RITE<br/>AID</b>            | 20% OFF  | 20% off eligible regular price items.                        | 55+                  | 1st Wednesday of each month      |
| <b>BIG<br/>LOTS</b>            | 10% OFF  | 10% off your entire purchase on presentation of ID.          | 55+                  | Every Tuesday                    |
| <b>TRACOR<br/>SUPPLY CO.</b>   | 10% OFF  | 10% off in-store purchases.                                  | 60+                  | Every Wednesday                  |

#### MORE WAYS TO SAVE

- ✓ Always ask! Many stores offer unadvertised discounts.
- ✓ Carry ID — Some stores require proof of age.
- ✓ Check store apps & websites for special offers.
- ✓ Stack with coupons & cashback for extra savings!

**SAVE MONEY. ENJOY LIFE.**  
*You've earned it!*

## WELCOME NEW MEMBERS

|                 |            |                    |            |                       |            |
|-----------------|------------|--------------------|------------|-----------------------|------------|
| Alonzo, Mark    | 08/19/2026 | Eller, Nikki       | 08/13/2026 | McCallister, Mary Ann | 08/19/2026 |
| Barnes, Claudia | 08/04/2026 | Gilchrist, Duane   | 08/03/2026 | Rapp, Shelly          | 08/19/2026 |
| Benn, Denise    | 08/03/2026 | Jones, Jennifer    | 08/03/2026 | Reynolds, Michael     | 08/19/2026 |
| Bouse, Deborah  | 08/05/2026 | Kosoglov, Karen    | 08/17/2026 | Tomasik, Linda        | 08/03/2026 |
| Bowen, Jeffrey  | 08/03/2026 | Lahm, Barbara      | 08/19/2026 | Voci, Elaine          | 08/19/2026 |
| Cotton, Lauren  | 08/03/2026 | Levenson, Kathy    | 08/19/2026 | Wright, Joanna        | 08/03/2026 |
|                 |            | Lyon, Insuk        | 08/07/2026 |                       |            |
|                 |            | Matkowicz, Dorothy | 08/03/2026 |                       |            |



Lunch &amp; Learn about the next PrimeLife New England Rails and Sails Travel Trip in 2027



Memory Cafe at PrimeLife on the third Friday of every month.



Impromptu Singing on Friday afternoon.



Celebrating Pearl's 95th Birthday.



BIG thanks to Victoria and John Musick for donating materials and labor and constructing a solid staircase for our fitness stage.



### PrimeLife Enrichment Center

1078 Third Ave. SW  
Carmel, IN 46032

Check out our website at  
[www.primelifeenrichment.org](http://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.

### OUR DEAR FRIEND DEE TIMI



PrimeLife member, staff, volunteer and driver Dee Timi was born September 30, 1957 and passed away August 18, 2026.

As with theatre, PrimeLife was at the center of Dee's life while she lived in Indiana. Dee loved to travel and be of service to people.

She will be sorely missed.

#### Robyn Smit

*So sad to hear... she was so kind to me when I visited the PLE center in Carmel. Too young...*

#### Jackie Speier Huser

*I'm so sad— such a wonderful lady.*

#### Barbara Harrison

*So sad to hear of her passing. She did a wonderful job at Prime life and I thought of her often as she went through this journey. I've missed her presence since the day she had to leave Prime life.*

#### Cindy Schroeder

*Such a loss.*

#### Julie Nestle Barnes

*Dee was so warm and kind. I'm so glad I got to know her and work with her. She will be missed so much.*

**RAISE the PADDLE**  
ACTIVE BODY • ENGAGED MIND • CONNECTED COMMUNITY

PrimeLife  
Enrichment, Inc.

*Celebrating*  
**ACTIVE AGING**

**SATURDAY, SEPTEMBER 26, 2026**



**Join us for our 1<sup>st</sup> Annual Fundraiser.  
Register to attend or be a Table Sponsor!**

**Dinner plus Drinks and Dessert at 6:00 pm  
Paddle begins at 6:30 pm**

**Location:** PrimeLife Enrichment • 1078 3rd Ave. SW • Carmel, IN 46032

**Purchase Tickets: Scan the QR Code, or**  
<https://runsignup.com/TicketEvent/RaiseThePaddlePrimeLifeEnrichmentInc>