Are You Aging Well?
The Six Dimensions of Wellness is an interdependent holistic wellness model that stresses the importance of wellness in all six dimensions of our lives; intellectual, spiritual, emotional, vocational, physical and social. In order for us all to age well we must give attention to each of these six areas. Kick-start your aging well adventure by focusing on this newsletter edition’s dimension spotlight!

Dimension Spotlight: Spiritual Wellness
The spiritual dimension recognizes our search for meaning and purpose in human existence. It includes the development of deep appreciation for the depth and expanse of life and natural forces that exist in the universe. A person Aging Well! will know when they are becoming spiritually well when their actions become more consistent with their beliefs and values.

Spiritual Wellness follows these Aging Well! tenets:

• A person Aging Well! recognizes that it is important to ponder the meaning of life for ourselves and to be tolerant of the beliefs of others.

• A person Aging Well! recognizes that it is important to live each day in a way that is consistent with their values and beliefs.

Did you read your newsletter from cover to cover? Let’s find out...

1. What program references childhood obesity?
2. What have millions of people practiced for health and wellbeing?

Enter at front desk for a chance to win MRC Bucks!
From Your Executive Team

Membership Fees and NEW Day Pass in 2016
In an effort to continue to offer quality programming and maintain Mill Race Center, effective January 1, 2016, the Board of Directors has approved a fee increase of $5 per year, raising the annual membership fee to $55. For members aged 87+ the fee will be $35 and for members aged 90+ the membership fee will be waived.

Currently, membership fees account for only 11% of Mill Race Center’s annual budget. An additional 10% comes from United Way and 10% from tenant and community facility rentals, leaving 69% to be raised through fundraising, resource development and program fees. At this time, Mill Race Center does not receive any public funding, but we will continue to advocate for it, and you can help. If you are interested, contact Paula Herlitz, Director of Resource Development, 812-376-9241 ext. 206.

New in 2016 Mill Race Center will be offering the option of a “Day Pass” for individuals who only visit the center periodically. The Day Pass can also be used for out of town guests. Purchase the Day Pass in the business office/reception desk for $5. It will have a barcode (like the membership key tag) that must be scanned prior to participation in MRC programs/activities.

Our “30 Day Free Trial Membership” will continue in 2016. We feel this has been a great way to introduce MRC to prospective members. The Free Trial Membership is issued only time per person.

Notes
Wireless Access at MRC Requires a Password. The password may be obtained from the MRC front desk.

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All programs and events listed in the newsletter are for members only unless it is stated otherwise. Call the Business Office at (812) 376-9241 or visit our website to become a Mill Race Center member. Membership is only $55 a year.
Mill Race Center Staff
812-376-9241

Liz Barriger, Accounting Clerk, x 207
Leah Boas, Comprehensive Wellness Program Coordinator, x 210
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Kristy Carothers, Accounts Payable, x 222
Cindy Chodan, Program & Membership Director, x 209
Dexter Favel, Lead Bingo Volunteer
Paula Herlitz, Development, x 206
Steve Hood, Facility Manager, x 216
Debra Bray, Administrative Assistant, x 218
Kristy Carothers, Accounts Payable, x 222
Cindy Chodan, Program & Membership Director, x 209
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Paula Herlitz, Development, x 206
Steve Hood, Facility Manager, x 216
Roberta Issacson, Membership, x 219
Jim Issacson and Roy Hendershot, Van Drivers
Jan Meadows, Ambassador Coordinator, x 299
Dan Mustard, Operations Director, x 211
Karen Phelps, Receptionist, x 204
Kate Phillips, Evening Coordinator, x 204
Roy Pruett, Assistant Facilities Manager, x 216
Edie Smith, Travel Coordinator, x 215
Jane Smith, Program Assistant
Shannon Thalls, Member Services Manager, x 220
, Elwood Senior Staffing, x 222

The Handyman Connection
We need YOU!
Retired.....got some time to share?

The Handyman Connection, is looking for volunteers willing to lend a hand with “handyman” projects for families and individuals in need in the Columbus Community.

Labor provided by volunteers, materials and parts will be purchased by the home owner. The homeowner must be available to help with the project (in whatever capacity they are able) to encourage “buy-in”.

Expert handyman skills not required, just a passion for helping others. This is a great way for you to share your skills, learn new skills and make new friends.

To learn more contact Ed Niespodziani 379-4073 (home) or 812-552-3343 (cell), email kn4073@comcast.net.

Ads will be placed on the bottom portion of this page
Golden K Kiwanis
Each Monday 10:00-11:00am
Serving the children of the world! Changing the world one community and one child at a time.

Visitors are always welcome!

President: Larry Lewis 812-528-1656

Shopping Trip to Walmart
The Mill Race Center van takes seniors grocery shopping to Walmart (Eastside) every Thursday morning. Our van driver can assist with carrying groceries. Minimum of 3 passengers required. A donation of $1/passenger is appreciated. To schedule a pick up, call Mill Race Center (812-376-9241) the day before.

Wheel Chair Medical Transportation
is also provided, if schedules permit. Requests should be made by calling Mill Race Center at least 1 week in advance. Contact Roberta Isaacson at 812-376-9241 if you are needing wheel chair transportation.

Did You Know...

...that you can order Meals on Wheels for whatever days of the week work best for you.
...you can order the hot lunch or a hot lunch and a cold sack supper.
...there is no age restriction for Meals on Wheels.
...Meals on Wheels can meet special diets like low-salt, renal, ADA, etc.
...can be ordered easily by calling Mill Race Center at (812) 376-9241.

Happy Helping Hands
Thursday mornings each week
8:30-10:30am (Arts Room)
Did you know you can buy a PAL Doll for $5!
Leader: Willie Field, 812-525-1553

Need a gift idea?
Give the gift of Mill Race Center Fun Bucks.

Spends just like cash at MRC! Use for...
The MRC Breakfast Café
Chair Massage & Reflexology
Readers Theater Lunch & Laughter
Afternoon for Arts
Friday Night Live
Travel
Art Classes
All paid MRC programs
(Not for use at the fitness center)
Can be purchased at the Business Office or at our website under Join/MRC Bucks.
Spotlighting Spiritual Wellness

VOLUNTEERS WANTED

NEWSLETTER ASSISTANTS
Needed to help assemble the newsletter for mailing. This is a great way to get connected and meet new people. Refreshments provided. We begin at 8 am and usually finish at 11 am. Come for an hour or stay the whole morning. We appreciate the help!! Contact Shannon at 812-376-9241.

MEALS-ON-WHEELS
Volunteer Drivers
Friendly people needed to make someone’s day by delivering a warm meal and a SMILE! Once a week, once a month . . . Or when you are available. Call 812-376-9241.

MRC AMBASSADORS
MRC Ambassadors enjoy meeting people and getting to know them. They are helpful to our staff and members in a myriad of ways. From greeting folks as they walk through the door to helping prepare for an upcoming event, they add sunshine to everyone’s day. Contact Jan Meadows, (812) 374-4404 for details.

BINGO CALLERS NEEDED
Tuesday from 1 to 3 pm
Volunteer once a month, or once every so often. Call Dexter for more information at 376-9241.

COOKING CLASS VOLUNTEERS WANTED!
DSI is looking for individuals who have a passion for cooking to help with their ongoing cooking classes. If interested contact Jolinda Whitlock at (812)376-9404 or email her at jwhitlock@dsiservices.org.

We Appreciate Our Volunteers!

Blizzard Bags
Donations needed for homebound seniors in our community. See page 26 for details of items MRC is collecting.

Community Ambassadors
To assist with hanging posters and delivering newsletters throughout the community.

MRC Meet & Greet
January 21 at 6:00pm (Art Room)
February 19 at 10:00am (Art Room)
Have you recently joined or are you interested in Mill Race Center? We’d like to get to know you better and introduce you to the Center and the variety of programs and events we have planned throughout the year. The session will last about an hour. Call and reserve your seat; (812) 376-9241.

AARP offers FREE Tax Assistance at Mill Race Center
Free Federal and Indiana income tax assistance and return preparation appointments will be available on Thursdays at MRC beginning February 4th. This service is available to taxpayers over the age of 60. Assistance will also be provided to those under the age of 60 with low to moderate incomes.

NEW this year... To schedule your appointment call 2-1-1 or 812-376-6666 beginning Monday, January 11.

Take your best winter picture at Mill Race Center and share with us on Facebook. We would love to see your best winter wonderland pictures.
Knitting with Cathy
Makeup session, if needed Feb 11 6:30-7:30PM

Felted Bag
Thursdays: Jan 14, 21 & 28  6:30-7:30pm
Class fee: $35 members
If learning to knit is on your bucket list this is the perfect project to learn. It’s a great refresher class if your needles have been in hibernation for a few years or more. The best part? You will get to “wash away your imperfections and have a lovely wool bag for all your efforts.

Things you will learn: Basic pattern reading, knitting in the round, picking up stitches, and so much more! Pattern is included. Instructor will “felt” the bag, if you prefer at no extra charge. Supply list is available at time of registration. Min 3 students/ Max 8

Alpaca Fingerless Mitts
Tuesdays: Jan 19, 26 & Feb 2  6:00-8:00pm
Class fee: $35 members (includes pattern and yarn)
These mitts are not only beautiful and warm, they are fun to knit. You will not want to show your friends, unless you want to knit a pair for each of them too! They make lovely gifts. Why fingerless gloves, you ask? Not only have these become a fashion accessory, they are functional. No more removing your gloves to find your keys or answer your cell phone.

Things you will learn: Lace, picot, seamless knitting using Double Point Needles.

Just bring stitch markers and size 5 Double Point Needles (or 9” circular size 5, if you prefer). Yarn is provided with your class fee. We will be using Baby Twist, 100% alpaca yarns from Alpaca with a Twist. Instructor will bring several colorways for you to make your choice of yarn color at the time of class. Min 3 students/ Max 8

Inside, Outside, Upside Down Cowl
Monday evenings: Feb 22 & 29  6:00-7:30pm
Class fee: $25 members (includes pattern)
This cowl is easy to wear. There is no “wrong side” to show, as it is knitted on the reverse! The brave at heart, who want a challenge, might even want to add beads on the lace pattern. We can do that, or not. Cowls are ever so popular. They keep you nice and cosy and are quick knits. Plus, they make great gifts for all ages and genders.

Things you will learn: Basic pattern reading, knitting in the round, simple lace knitting, and (knitting with beads, if you choose).

A supply list will be available at the time of registration. Min 3 students/ Max 8

Knitted Baby Bunny
One Day Workshop: Friday, March 4
10:00am-2:00pm (bring your lunch)
Class fee: $25 members (includes supplies, exception size 6 Double Pointed Needles)
This little guy is a quick knit and just in time for Easter! Measuring only 5” when finished, it would be a lovely little gift or addition to an Easter basket...Or keep it for the kid in you!

Things you will learn: Intermediate pattern reading, knitting in the round using DPN’s, multiple styles of increasing, finishing work includes attaching pieces, and minimal embroidering detail work. Minimum 4

The Granny Connections needs knitters!
In an effort to raise awareness for World AIDS Day, the Granny Connection will be accepting donations of red knit scarves. On Dec.1, 2016 the red scarves will be wrapped around lamp posts and trees downtown. Red scarves can be knit in different sizes and patterns. Knit scarves can be dropped off at MRC. Questions: call Sherry McKinney at 812-372-3936.
Volunteer Quilters  
**Mondays 9:30-2:30pm in the Arts Room (AR)**  
Share your quilting skills or learn how to quilt. The volunteer quilters raise funds for Mill Race Center by hand quilting quilts brought in by individuals who need a quilt completed. The group charges a fee for this service which they donate to Mill Race Center. Come for an hour or stay all day! If you don’t know how to quilt...they will teach you! **New people always welcome to join us!** Chair Person: Theresa Ross, 812-372-9008

Evening Star Quilt Guild  
**Second Tuesday of each month, 6:30-8:00pm (AR)**  
The Guild is open to anyone interested in quilts and the art of quilting. The meetings offer information and instruction in quilting and quilting techniques given by Guild members and guest presenters.

Dues are $12/year for Mill Race Center Members and $15/year for Non-members. Part of the dues money is given to support Mill Race Center. The Guild's service project is to make quilts for clients at Turning Point Domestic Violence Shelter. Guild members make 30-40 quilts annually for the children and adults there. More information: Carol Walp 812-343-8863, carol.walp@hotmail.com.
Crafting with Kim
Join Kim Dillingham to create these new fun projects this fall. All supplies will be provided. Register at the business office. Samples will be on display in the lobby. Limited space for each class.

Alphabet Block Snowman
Thursday, January 14
3:00pm
Class fee: $8

Turn old toys into something new this winter. We will paint, glue, and accessorize our adorable little snowman.

Love is in the Air Jar
Thursday, February 4
3:00pm
Class fee: $8

We will take a ball jar and add decorative hearts to it for a beautiful design to shine through.

Art Class
Wednesdays from 10:00am-12:30pm
Watercolors, oils, acrylic, pastels. No previous art experience required. Beginners: no supplies needed for your first visit. Holly will get you started on a project and advise on needed supplies. FREE for MRC members. For more information contact: Holly Melillo at 812-342-9650.

Coloring Café
Every Tuesday at 2:00pm, FREE
Books, colored pencils and coffee provided!
Adults around the country have picked up coloring books as a way to relax and unwind. Research shows that health benefits go beyond relaxation, and include exercising fine motor skills and training the brain to focus. Psychiatrist Carl Jung prescribed coloring to his patients to calm and center their minds. Join us to learn about this great emotional wellness activity and find the joy in coloring. Color Yourself...Calm! Or Happy!

Crafty Fingers
Wednesdays from 10:00-11:30am
If you knit, crochet, needlepoint, cross stitch, sew or enjoy another craft project, bring whatever you are working on and work on it in the company of other crafters and needle art enthusiasts. Group meets in the Lounge. For more information, contact Donna Rueff at 812-343-5540. Eleanora Schwartzman will be available to teach you how to crochet as part of the Crafty Fingers group.
Spotlighting Spiritual Wellness

Ball Room Dance Classes
Monday & Thursday 6:00-8:00pm
Margo Scholz offers 8 week sessions at Mill Race Center on Monday and Thursday evenings. For more information about sessions, call Margo at (812) 342-4156.

Couples Dance Club
1st & 3rd Wednesday each month 6:00-8:00pm
This class is for couples ballroom dancing and to practice new steps (MP2). FREE to MRC members. Info contact: Karl & Uschi Wolff at (812) 342-9974.

Line Dance for Beginners
Wednesday, 4:30-6:00pm (MP2)
Come and give it a try! Instructor: Pat Hoard (812) 372-4905. Fee: FREE to MRC members, $5 per class/non-members. No need to sign up in advance, just show up and dance!

Line Dance Practice
Friday mornings 10:00-11:30 (MP2)
Come and dance, new folks always welcome! Free for MRC members. Instructor: Pat Hoard

Clogging
Monday evenings from 6:30-7:30pm
If you know how to clog, join Naomi Fleetwood-Pyle. Fee: (drop in) $5 paid to the instructor. Sign-up not required. Contact Naomi (812)343-3285.

It’s for beginners, too! If there is enough interest a beginners clogging class will be offered at MRC.

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<th>Monday</th>
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<td>Ball Room Dance 6:00-8:00pm (MP2)</td>
<td>Line Dance Beginner 4:30-6:00pm (MP2)</td>
<td>Ball Room Dance 6:00-8:00pm (MP2)</td>
<td>Line Dance Practice 10:00-11:30am (MP2)</td>
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<tr>
<td>Clogging 6:30-7:30pm (MP3)</td>
<td>Couples Dance Club (MP1) 6:00-8:00pm 1st &amp; 3rd Wednesday</td>
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Tai Chi/Chi Gung
Morning & Evening
Classes Offered
Tuesday & Thursday
Tai Chi is a low impact, slow moving, graceful Chinese exercise used to promote physical and mental health. Tai Chi combined with Chi Gung involves breathing deeply and slowly with repetition of fluid movement.

Classes meet on Tuesdays and Thursdays each month. Class is open to all levels. Sign up at the MRC Business Office or call (812)376-9241.

Instructors: Todd Wright - 5:30pm
Paula Howard - 10:00am

Cost: $40 members, $55/non-members

Come and try what millions of people have practiced for health and well being.

Chair Massage
Wednesday mornings, 8:00-Noon
Emily Patrick, LMT is a Certified Massage Therapist. The price is $1 per minute with 10, 15 or 20 (max) minute sessions available.

Chair massage can help relieve physical and emotional stress, lower anxiety, increase circulation, reduce muscle fatigue, pain and tension, headaches and much more. You can sign up on the door outside the meeting room or by calling Emily at (812)344-9716.
Spotlighting Spiritual Wellness

NEW New time!

Wednesdays Evenings - 6:00-8:00pm

Friday Afternoons - Noon-3:00pm
EXCEPT the 4th Friday due to the Afternoon for The Arts series. Join us at 2:00 on the 4th Friday for live entertainment and delicious desserts.

Saturday Mornings - 8:30-11:30am

Ads will be placed on the bottom portion of this page
Random Acts of Kindness Club
3rd Tuesday of each month
January 19 & February 16
Meeting at 1:00pm; FREE
Let’s find JOY in the journey together. Spreading kindness here at MRC and out in the community. Let’s be the reason someone smiles!

TED Talks
2nd Tuesday of each month
Meeting at 1:30pm
When you miss a TED talk program and discussion, you miss group discussion, wide ranging information and a chance to challenge your views on the world we live in.

Your TED talk team needs YOU for discussion on Current programs, in depth information, and Group Discussion. We have new subjects monthly. Join us!

January 12 at 1:30pm
Topic: Plants from around the world and their secrets

February 9 at 1:30pm
Topic: Taking time for stillness

Sign up at MRC Business Office or by calling 812-376-9241. Group size for each session is limited to 18 participants. Facilitators: Ed and Terri DeVoe

SCS Investment Club
Monthly, 2nd Friday
1:00-3:00pm (Classroom)
This is a great way for you to stay motivated while you improve your investment knowledge. The Club is a member of Better Investing with a mission to provide a program of sound investment information, education and support that helps create successful lifetime investors. Don’t let the words “investment club” scare you.

The SCS Investment Club currently has space for new partners. The Club is limited to 20 partners. Partners must be MRC members. An initial investment of $100.00 plus a monthly investment of $25.00 is required.

Educational presentations are made each month so members can learn how to buy and sell stocks. Contact Ted Anderson, 812-342-2663 or Don Collier, 812-341-7476.

Bible Study
Tuesday 10:30-11:30am
In the Classroom
Information: Virginia Houser, 812-579-5132

January: Lt. Allen Sladek from The Salvation Army
February: Mike Harris from Faith, Hope & Love Church of God – E-town

James: Mercy Triumphs, a LifeWay study by Beth Moore
Wednesdays, January 20th-March 9th from 6:00-8:00 pm
Facilitator: Jan Meadows
Cost: $20 (includes member books)
We will be offering this weekly evening Bible study beginning in January. This is an 8-week video study by Beth Moore, well-known women’s Bible study leader. This study explores the life and book of James. Each week includes daily individual study and weekly group sessions. The group sessions include discussion of the five daily lessons during the first hour and the second hour we will view the video. If you choose to come participate in the weekly session only and feel you do not have the time for completing the lessons, please come. This study affords several levels of participation, from simply attending the sessions and viewing the video to memorizing the book of James. Choose the level that works for you. Register at business office, 812-376-9241.
Spotlighting Spiritual Wellness

Understanding Your Grief
Bereavement Support Group at MRC
Third Thursday of month from 4:00-5:30pm
Open to anyone in the community
Facilitated by Walter Glover, Certified Grief Counselor and Jennifer Lowry.

“Grief, often the most profound form of sorrow, demands the support and compassion of our fellow human beings. Since the beginning of time, people have come together in times of grief to help one another” Alan D. Wolfelt, Ph.D.

This group is open to anyone who is grieving the loss of a spouse/partner, child, parent, sibling, loved one or friend. The group is FREE and open to the community, MRC membership is not required. Participants’ books and journals generously provided by The Teegarden Foundation.

If you are interested in participating please join us!
Contact: Shannon at MRC, 812-376-9241 ext. 220

MRC Woodshop

NEW

In The Woodshop
Drop-In Woodcarving Class
Wednesdays 10:00am (beginning 1/13)
Open to all levels of ability, beginners encouraged to give it a try! Carving projects with instruction will be offered to get you started. Basic carving tools will be available for use or bring your own. Assistance will be offered to beginners and challenges offered for more experienced carvers. Instructor: Larry Carter
FREE for MRC Members

Build Your Own Free Little Library
February 29-March 4
9:00am-Noon
Week-long class scheduled in the woodshop. FREE for MRC Members, all supplies included except finishing materials of your choice (approx. $15). Call the business office 812-376-9241. For more information about the Free Little Library initiative go to www.freelittlelibrary.org

NEW

Hoosier Carvers Club
2nd Monday of each month
5:30-8:00pm (CL)
New participants welcome to attend. For information contact Larry Carter 812-372-1956.
Afternoon for Arts

Shows begin at 2:00pm
Live Entertainment & delicious homemade dessert.

$5/MRC members & $10/non-members
Call 812-376-9241

January 22
with our own Dan & Linda Mustard

February 26
An Afternoon of Homespun Humor
with Jeff Kuehl
Including Whitcomb Riley stories, Andy Griffith stories, Rindercella, and other familiar favorites that are now considered forgotten.

March 25
No Show/MRC Closed/Good Friday

April 22
The Columbus North High School Show Choir

Shows sponsored by Miller’s Merry Manor
Dessert sponsored by Bob & Helen Haddad

Reservations required by the Tuesday prior to the event. Call MRC to reserve your seat (812)376-9241.

Pickle Ball Workshop
Learn how to play this fun game. Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net. The sport shares features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications. All equipment provided. Wear sneakers.

Life and Times of Harriet Tubman as portrayed by Paulette Roberts
Meet the woman who was an African American abolitionist, humanitarian and Union spy. After escaping from slavery Harriet Tubman made 13 missions to rescue over 70 slaves using the network of anti-slavery activists and safe houses known as the Underground Railroad. In the post war era Tubman fought for women’s suffrage. February is Black History Month. Paulette taught middle school for 33 years including Central Middle School.

Like to Travel?
Join us as we look at upcoming trips with Mill Race Center Travel. Excursions we will be exploring this session are; The Cincinnati Flower Show, Fabulous New York City, Beautiful Maine and San Antonio Adventure! Edie will be there sharing information on bus trips with Mill Race Center.

Navigating the Maze of Home Health Care Options
Are you confused by all the options available to meet your home health care needs? Join us for an informative discussion on the variety of assistance and services, skilled care vs. non-skilled care, Medicare vs. Medicaid, who will pay for what, and for how long? Bring your questions. Susan Bruner, R.N., CCM., Seniors Helping Seniors

Saturday, February 6
Session Time One: 10:00-11:00am
30 minute refreshment break/passing period
Session Time Two: 11:30am-12:30pm
Pick 2 sessions to attend for Free!
FREE MOVIE SHOWINGS at MRC!
2nd Monday Newly Released Movie/4th Monday a Classic Movie
Movie starts at 6:00pm
Free popcorn - Sponsored Griswold Home Care

Inside Out
January 11

My Fair Lady
January 25

Walk In The Woods
February 8

To Kill A Mockingbird
February 22
Awakening the Sage Within

Thursday afternoons: March 3 through April 7
1:30-3:30 pm
Presenter: Georgeanna Tryban, MSW, Ph.D
- What comes next after retirement?
- Who are we if we aren’t that person we were when we were working?
- What can we do to feel useful, productive, to feel like we still have a purpose in our lives?
- What do we want to do with our lives as we age?

Sage-ing is a model for Aging Well that invites us into a new, more vibrant vision of aging. Sage-ing helps us discover how to live every precious moment of the life we have ahead of us as fully as we possibly can. How do we go about moving beyond just aging to the more rewarding approach to life that we call “Sage-ing?” We’ve developed a six-part journey to awaken the sage inside of you and bring the sage-ing way of living into your life. We will begin by looking at images of aging and at the people around us who exhibit the positive characteristics that we can identify, and admire, as qualities of a wise elder. Sage-ing is grounded in deep reflection and spiritual growth as important components of this time of life. In harvesting our life lessons we use life review to examine not only the positive events and relationships in our life, but also the difficult ones. By facing our mortality, we gain the freedom to live life more fully in the present. Sage-ing encourages us to share our gifts with the world. ‘Awakening the Sage Within’ examines all of these ideas during a series of six workshops over a six-week period.

Dr. Georgeanna Tryban recently retired from the faculty at Indiana State University, Terre Haute, where she was a professor of Gerontology in both the Sociology and Psychology Departments. She earned her MSW from Tulane School of Social Work, and her PhD in Social Psychology from Michigan State. Dr. Tryban did post-doctoral work at the Center for Aging and Health at Case Western Reserve University and received a Specialist Certification in Gerontology from the University of Michigan.

Registration required through the MRC business office or by calling 812-376-9241
Fee: $30—Members of Mill Race Center / $50—Non-members

For more detailed information on the Awakening the Sage Within six week seminar, please join us for an information sharing with Dr. Tryban on Thursday, February 18 at 1:30 pm.
Spotlighting Spiritual Wellness

Drum Circle Workshop
Thursday, February 11 at 2:00pm
FREE for MEMBERS of MRC
$5/non-members - Registration required for all
We live in a world where stress and anxiety have become a major factor in compromising the health and well-being of people of all ages. We also live in a vibrational and energetic world in which the drum, voice and physical movement have an amazing impact on whole body wellness. A drum circle that is led by a trained facilitator has the capacity to enhance almost every aspect of the six dimensions of Wellness. The practice of rhythm and movement using drums and percussion is a great way to help bring about a healthy state of mind and body....and its fun! Come and give it a try!....no experience required.

MRC PROUD TO HOST LOCAL MOUNTAINEERING AUTHOR
Thursday, Jan. 28 at 2:00pm
MRC will host the launch of his book!
Since turning age 59 in 2007, Walter Glover has climbed on five of the Seven Summits, the highest mountains on each of the Seven continents, Mount Rainier twice, and trekked along the 490 mile pilgrimage across Spain - The Way of St. James. From Columbus, Walter is a retired pastoral care hospital chaplain who’s expeditions raised $130,000 to fight childhood obesity in southern Indiana. He has written a book about his quest. He also will give a presentation with breath-taking photographs on his expeditions. Come be inspired! Book will be available for purchase. (Walter provides bereavement support at MRC.)

Great Decisions
Series will begin on February 3 meeting 8 Wednesdays from 6:30-8:00pm at Mill Race Center. (no session March 16, series concludes on March 30)
All participants receive a Great Decisions book with pre-readings for each session.

Fee: $25/ Members of MRC and $35/non-members
Registration is required through the MRC business office. Space is limited.

Great Decisions is America's largest discussion program on world affairs. The program model involves reading the Great Decisions Briefing Book and attending a weekly lecture and Discussion Group to discuss the most critical global issues facing America today.

2016 topics include: Middle East Alliances, ISIS, The Kurds, Migration, The Koreas, The United Nations, Cuba and the U.S. and Climate Change. For more details on each topic, pick up a Topics List at MRC Reception desk or visit Mill Race Center’s website: www.millracecenter.org or www.pitmaninstitute.org
Readers Theater is currently On Tour

During the months of January and February.
They will return to normal practice times in March on Wednesdays from 1:00-3:00pm.

Upcoming Lunch & Laughter April 10, 2016

Join the Silver Tones of Mill Race Center
We welcome new MRC members!
Practice: Mondays 5:00-6:00pm (MP 1)
Share your voice with the world!
Director: Mary Clark, (812)342-9324
FREE to MRC members

Concussion Discussion
Tuesday, February 9 at 6:30pm
Featuring: Dr. Womble from the UMPC Sports Medicine Concussion Program
FREE and OPEN to the Community
Held at Mill Race Center
Come learn the facts about concussions!
(Senior project of Kortney Thalls)
Call MRC if planning to attend to help us plan on seating.

A song, dance and drama performance troupe.
All MRC members welcome.
Practice: Monday & Friday
12:30-3:30pm (MP1)
Not Meeting during the month of January
Information contact: Donna Browne, (812)-376-6612.
Piano For The Adult Beginner

Is Learning to Play the Piano on your Bucket List? Piano Fun for Adult Beginners is a recreational music making (RMM) method that is fun, relaxing, and designed for group instruction. The instruction book comes with a CD that has two accompaniment tracks (slow or medium tempo) for your enjoyment. Learn to read music while having fun with your friends. This hour long class will incorporate music theory, ear training, and games to reinforce note learning. Keyboards will be provided for in-class use.

Classes for beginners and continuing students now forming. Choose from daytime or evening classes. 4 Week Session Fee: $80/members and $90/non-members + $10 for instruction book, which will be purchased from the instructor on the first day of class. Enrollment limited to 3 minimum and 5 maximum for each session.

Instructor: Pat Anderson comes to Mill Race Center with 33 years of experience teaching piano. She is new to Columbus, from Raleigh, NC, where she was a member of a national piano teacher’s association and is a certified group piano teacher.

For more information and to register, call Pat Anderson at (919) 630-3773 or email pandon47201@comcast.net.
2016 MRC Travel and Tours

*All prices based on double occupancy, add $50 for non-members, single, triple and quad rates available for most trips. Small deposit holds your spot on trip and is refundable up to date of final payment. Book early to avoid disappointment! Call for brochure or details for each trip you are interested in booking.

**Miami-Key West** MARCH 9-15. Let’s escape the cold and slush on this adventure to Florida! Tour Miami and South Beach, with free time on the boardwalk to shop, sun or stroll. We will spend a whole day in Key West with time to visit museums, beach areas or just people watching in America’s Southernmost City! Includes 8 nights lodging, with breakfasts, 5 dinners and all tours and transportation. $800 pp double for members, $1100 for single occupancy. Register by January 15.

**San Antonio Texas** April 23-May 1, 2016. See the Alamo and the Famous River Walk District and much more. Includes lodging, transportation, admission to venues and also 8 breakfasts and 6 dinners. $800 pp double for members, $1140 member single price. Register by February 1.

**New York City** May 19-25. Central Park, Rockefeller Center, The Statue of Liberty, The 9-11 Monument and so much more await on this guided tour of one of America’s most exciting cities. Includes 6 nights lodging, transportation, 6 breakfasts and 4 dinners. $798 pp member double, $1067 pp single member price. Register by March 10.

MARK YOUR CALENDERS FOR Special Travel Presentations on Super Saturday, February 6 at 10am and 11:30am. Showcase of upcoming Travel Opportunities and Day trips.
Spotlighting Spiritual Wellness

SHOWS and SPECIAL EVENTS

ONCE, the musical - Thursday, February 11, 4:30pm-11:00pm, Clowes Hall. Tickets $89m/$99nm includes box dinner and beverage main floor seats and transportation.

Billy Dean Live - Sat., February 13, 4pm-11pm, Bedford Lawrence Performing Arts Center includes ticket, transportation, dinner on your own on the way. $52m/$62nm.

Cincinnati Flower Show - Friday, April 15. Join us as we enjoy a taste of Spring at the largest flower show in the Mid-West. $45m/$55nm Includes transportation and admission ticket 8am-6pm.

Book of Mormon - Sunday, April 17, 10:30am-4:30pm, Old National Center (Murat) All Tickets $140 m/$150nm include main floor seating, transportation and lunch or dinner. Adult beverages not included. ADULT CONTENT!

FABULOUS DAY TRIPPERS!

New Day Trips to interesting locations offered every month! First 18 to sign up each month get to go! Deadline to register; the Wednesday before each trip. Each Day Tripper adventure priced individually based on cost/admission fees, lunch not included.

Unless noted all trips leave MRC at 9am and return by 5pm, Please note if you need transportation to MRC when making your reservation. Also you must note any food or accessibility concerns at time of reservation as not all venues can accommodate special requests.

No Day Tripper in January

Monday, February 22 Indiana State Museum with lunch at the LS Ayres Tea Room! Transportation and admission to the museum. $55 m/$65 nm SET MENU: LUNCH INCLUDED

Tuesday, March 22 President Benjamin Harrison Adventure. Visit his home in Indianapolis and see his final resting place during a tour of Crown Hill Cemetery. $45m/$55 nm, lunch on your own at an historic site.

MRC LUNCH BUNCH

Lunch Bunch
Monthly trips to local joints for food and fellowship. Mondays - 10:30am-1:30pm $5m/$7nm transportation only

Monday, February 8 Johnny Carino’s
Monday, March 7, Grey Brothers Cafeteria

NEW! New for 2016 Lunch and More!
Monthly expeditions to lunch, plus a bit of extra fun. Tuesdays - 10:30am-3:30pm $10m/$12nm transportation only

January 19, Cheddars, Greenwood and GW Park Mall
February 16, Kopper Kettle, Knightstown
March 29, The Seasons Lodge and Lil Nashville
**TOPS Club**  
**Wednesday 11:30am-1:00pm (CR)**  
Take Off Pounds Sensibly  
For more information please contact Judy Lemley at 812-372-3241 or check the TOPS website at www.tops.org.

**Senior Swim**  
At Foundation For Youth  
Tuesday, Thursday and Saturdays from 9:00-11:00am.  
Purchase swim passes at FFY for $5/visit for non-members of FFY.  
Become a FFY member for $25/year and receive discounted passes. 30 visits/$75, or 50 visits/$100.  
For more information call FFY at: 812-348-4558.

**Health Check**  
Comprehensive Health Screen held at MRC.  
February 18 from 8:00-10:00am  
Featuring: COPD risk screen, inhaler techniques, obstructive sleep apnea screen, balance test, hearing test, mental health screen, advanced directives, B/P, Height/Weight, BMI, Pharmacist & Dietician consult, and eye pressure.

Registration is required. Sign up at MRC Business Office or call 812-376-9241. **There is NO CHARGE for this service and it is open to the community.**

**Diabetes Information Sessions**  
2nd Thursday of each month from 3:00-5:00pm  
Free education program offered for people with diabetes or anyone interested in learning about diabetes. Registration is required by calling 812-376-5500. Open to the community.

For more information: lkessler@crh.org or call 812-376-5709

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**Take A Hike with MRC Hiking Group**  
NEW hikers always welcome! No experience necessary! Call Ed Niespodziani at (812)379-4073 or (812)552-3343 for details and dates to join the fun!
Thursday, beginning March 24, 2016
10:00am-Noon
Classes are held once a week at Mill Race Center for 8 weeks. Each class is 2 hours.
Program fee: $10
Register at MRC business office

Instructors:
Harriet Armstrong, Purdue Extension HHS Educator & Janet Morey, Certified Fitness Instructor, Senior Specialist & Silver Sneakers, CRH Wellness

You Will Learn To:
● View falls as controllable
● Set goals for increasing activity
● Make changes to reduce fall risks at home
● Exercise to increase strength and balance

Who Should Attend?
● Anyone concerned about falls
● Anyone interested in improving balance, flexibility and strength
● Anyone who has fallen in the past
● Anyone who has restricted activities because of falling concerns
Authors Group: Writing to be Read!
Third Tuesday each month 9:00-10:00am in Art Room
Mill Race Center is partnering with Purdue Extension to create this hands-on group. This group is for you if you are interested in improving your writing, preserving your words, publishing, book coaching, editing, illustrating, critiquing...Join us to find out more! Free for MRC members and Purdue Extension Club members.

Q&A
We asked; you answered
Why do you like about the new Coloring Café?

Cindy Chodan...A great way to destress and be mindful
Donna Rueff...Socialization, relaxing, creative
Rosemary Sager...It's a good pastime
Shannon Thalls...A wonderful break from looking at computer screens
Jane McCat...I have always loved to color

Check out the Coloring Café on page 8.

Winter’s Song
By Maxine Wheeler
Wind hums a chill aire
Tinkles icicles off the eaves
Play mostly percussive around the barn
Thumps and rattles of ice shaken loose from water buckets
Neighing and stamping of horses
Impatient for cheerful greetings
Hungry for morning hay
Barn doors shrilling protest
As the slide against mounting snow
Back at the house the slap and scrape
Of snow shovel clearing doorway and drive
Grumble and laughter all amingle
First heavy snow of the year
Borne with grudging delight

Singles Group
Meets 2nd Wednesday each month in the MRC lounge at 4:30pm.
An active group for both men and women. Contact Mary Driver for information, 812-343-7367.

Ladies Coffee
Meets the 3rd Thursday each month at 10:00am in MRC lounge.
A wonderful way to meet new people and get acquainted with Mill Race Center. Coffee and snacks provided. Free to members.

Come and celebrate your birthday at Mill Race Center. There will be birthday cake, ice cream, candles to blow out, coffee and surprises. It’s also a great way to meet people.

Birthday celebration for folks who have a birthday in January: January 7 at 1:00 pm (MP1)

Birthday celebration for folks who have a birthday in February: February 4, 17 at 1:00 pm (MP1)

Reservations required. You are welcome to bring a friend or two. Space is limited. Free to MRC members and their guests! Sign up at the MRC Business Office or call 812-376-9241.

Singles Group
Meets 2nd Wednesday each month in the MRC lounge at 4:30pm.
An active group for both men and women. Contact Mary Driver for information, 812-343-7367.

Ladies Coffee
Meets the 3rd Thursday each month at 10:00am in MRC lounge.
A wonderful way to meet new people and get acquainted with Mill Race Center. Coffee and snacks provided. Free to members.
INDOOR Pickleball NOW
at Mill Race Center
See page 11 for details.

Mahjong
Wednesdays 1:00-3:00pm
Experienced and new players welcome! We will teach you how to play! (MP2)

Columbus Chess Club
Every Thursday evening
5:00-8:00pm (AR)
New players welcome!

OPEN Billiards
Two tables available during regular MRC hours. We welcome all skill levels.

OPEN Billiards
Two tables available during regular MRC hours. We welcome all skill levels.

Card Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Friendship Bridge 1:00-4:00pm (MP2)</td>
<td>Euchre 5:30-7:30pm (MP2) Chair: Ed Love (812)-371-6291</td>
<td>Hand &amp; Foot (beginning) 12:45-4:00pm Rosemary Sager (812)390-7665</td>
<td>Duplicate Bridge 1:00-4:00pm (MP2)</td>
<td>Euchre 1:00-4:00pm (MP2) Chair: Ed Love (812)-371-6291</td>
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<td>Beginner Bridge Lessons</td>
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<td>Interested call Claire (812)342-9983</td>
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<tr>
<td>Hand &amp; Foot 1:00-4:00pm (MP2)</td>
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We’ve Got an App for That!
Learn more with 1-on-1 tutoring on applications, or APPS that transform your smart phone or tablet computer into the world’s most versatile pocket tools. Tutor, and MRC member, Steve Franklin will teach you all about the different APPS and how to use them. It’s FUN!

One on One Training
FREE for MRC members
Tutors are available to meet with you 1 on 1 to help you with your technology devices (cell phones, smart phones, APPS, I pads, tablets, lap tops, Kindles, Nooks, etc.

To schedule an appointment with a tutor, please stop by the front desk and Karen can assist you. Email Karen at karen@millracecenter.org

FREE YES Cinema Movie
The Senior Free Movie event is designed for age 50 and older, and is absolutely FREE on the 1st Tuesday of every month. Film begins at 11:00am Concession stand will be open.

Sponsored by:
Jewell-Rittman Family Funeral Home.

Mill Race Center Gear
Purchase your own sweatshirt, zip sweatshirt jacket or hat at Mill Race Center. Items ordered by the 15th of the month will be returned by the 1st of the next month.

LET’S HELP OTHERS!
Blizzard Bags
In an effort to prepare for the inevitable snowy weather, Mill Race Center will be hosting a food/ winter preparedness drive throughout the month of January. Donated items will be used to compile blizzard bags for homebound seniors who are unable to receive they home delivered meals due to inclement weather. The food will also be used to support seniors in the community who are temporarily disabled and unable to qualify for home delivered meals assistance. Below you will find a list of specific items needed. We are continually grateful for your support.

Items:
Bottled Water
Individual serving orange juices
Peanut butter
Cereal Bars
Crackers
Pretzels
Granola Bars
Protein Bars
Canned Fruit (with pull top lids)
Canned Meat or Fish (with pull top lids)
Canned Vegetables (with pull top lids)
Canned Soups, Stews, and Ravioli
Manual Can openers
Flashlights
Batteries
Warm Blankets
Hand Warmers

Thank you to everyone who participated in the giving tree this past December!!

Turn in your Read & Win answers to the questions on the front page to the business office for a chance at MRC Bucks.

Mill Race Center (812) 376-9241 • www.millracecenter.org
### Monday
- **Open**
- **Billiards**
- **8-10**
  - **Breakfast ($)**
  - **Reflexology ($)**
- **8:30**
  - **Body Motion**
- **9:00**
  - **Golden K Board**
  - **Quilters**
- **10:00**
  - **Golden K**
  - **Hand & Foot**
  - **Friendship Bridge**
  - **Lasting Impressions**
- **12:30**
  - **Couples Dance**
  - **Ballroom Dancing**
- **Open**

### Tuesday
- **Open**
- **Billiards**
- **8-10**
  - **Breakfast ($)**
  - **Reflexology ($)**
  - **Senior Swim**
- **10:00**
  - **Tai Chi ($)**
  - **Bingo ($)**
  - **Bible Study**
- **1:00**
  - **Woodshop**
  - **Bingo ($)**
- **5:30**
  - **Open Computer Class**
- **5:00**
  - **Tai Chi Beginner ($)**
  - **Tai Chi ($)**
- **5:30**
  - **Clogging**

### Wednesday
- **Open**
- **Billiards**
- **8-10**
  - **Breakfast ($)**
  - **Chair Massage**
  - **Volleyball**
  - **Body Motion**
  - **Art Class**
  - **Crafty Fingers**
  - **TOPS**
  - **12:45**
  - **Hand & Foot**
  - **Scrabble**
  - **Reader’s Theater**
  - **Beg. Line Dance**
  - **Singles Group**
  - **6:00**
  - **Pickleball**
  - **Couples Dance**

### Thursday
- **Open**
- **Billiards**
- **8-10**
  - **Breakfast ($)**
  - **Happy Helping Hands**
  - **Shopping**
  - **Senior Swim***
  - **Tai Chi ($)**
  - **Woodshop**
  - **Duplicate Bridge/Pinochle**
  - **Diabetes Group**
  - **Bereavement Group**
  - **Chess Club**
  - **Tai Chi ($)**
  - **1:00**
  - **Tai Chi ($)**
  - **10:00**
  - **Pickleball**
  - **Senior Scribes**

### Friday
- **Open**
- **Billiards**
- **8-10**
  - **Breakfast ($)**
  - **Body in Motion**
  - **Volleyball**
  - **Line Dancing**
  - **Euchre**
  - **SCS Investment Club(2 Fri)**
  - **Lasting Impressions**
  - **BT&G**
  - **Senior Scribes**

### Saturday
- **8:30-11:30**
  - **Pickleball**

### ACTIVITY HIGHLIGHTS
- **Check out new programs listed on page 16 & 17**
- **January 7**
  - **Birthday Party, 1:00pm**
- **January 11**
  - **Movie, 6:00pm**
- **January 12**
  - **TED Talks, 1:30pm**
- **January 21**
  - **Meet & Greet, 6:00pm**
- **January 22**
  - **Afternoon for Arts, 2:00pm**
- **January 25**
  - **Movie, 6:00pm**
- **January 28**
  - **Book Launch for Walter Glover, 2:00pm**
- **February 4**
  - **Birthday Party, 1:00pm**
- **February 6**
  - **Super Saturday, 10:00-11:00**
- **February 8**
  - **Movie, 6:00pm**
- **February 9**
  - **TED Talks, 1:30pm**
- **February 11**
  - **Drum Circle, 2:00pm**
- **February 18**
  - **Comprehensive Health Screen, 8:00am**
- **February 19**
  - **Meeting & Greet, 10:00am**
- **February 26**
  - **Afternoon for Arts, 2:00pm**

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See Pg. 4

Visit us at www.millracecenter.org

Mill Race Center • 900 Lindsey Street • Downtown Columbus
812-376-9241
Visit us at www.millracecenter.org
CURRENT RESIDENT OR

Understanding Your Grief
See page 13

AWAKENING THE SAGE WITHIN
Discover how to live every precious moment of the life we have a head of us as fully as we possible can.
See page 16

DRUM CIRCLE
The practice of rhythm and movement using drums and percussion brings abut a healthy state of mind and body...and it’s fun!
See page 17

Evening Bible Study
See page 12

Mill Race Center
900 Lindsey St.
Columbus, In 47201