

## 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.

**READ  
& WIN!**

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!

Announcing



See page 16 & 17 for class offerings.

**GREAT DECISIONS**  
1918 • FOREIGN POLICY ASSOCIATION 2016 EDITION

It returns February 3rd  
See page 17 for details  
In partnership with **IUPUC**

# 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.**



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.

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## **Mill Race Center Staff 812-376-9241**

**Liz Barriger**, Accounting Clerk, x 207  
**Leah Boas**, Comprehensive Wellness Program Coordinator, x 210  
**Debra Bray**, Administrative Assistant, x 218  
**Kristy Carothers**, Accounts Payable, x 222  
**Cindy Chodan**, Program & Membership Director, x 209  
**Dexter Fravel**, Lead Bingo Volunteer  
**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](mailto:kn4073@comcast.net).

Ads will be placed on the bottom portion of this page



## 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.**

### 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.



### 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



### 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.

### Happy Helping Hands

**Thursday mornings each week  
8:30-10:30am (Arts Room)**

**Did you know you can buy a PAL Doll for \$5!**

Make handmade Puppy Pillows and Pal Dolls for hospitalized children. You do not need to know how to sew. Donations of new, cotton blend fabric needed.

Leader: Willie Field, 812-525-1553





# 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.



### Blizzard Bags

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

### 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.

### Community Ambassadors

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

### 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](mailto:jwhitlock@dsiservices.org).

**We Appreciate  
Our Volunteers!**



**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.**



### 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 4<sup>th</sup>. 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** **NEW this year...** To schedule your appointment call 2-1-1 or 812-376-6666 beginning Monday, January 11.

## 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

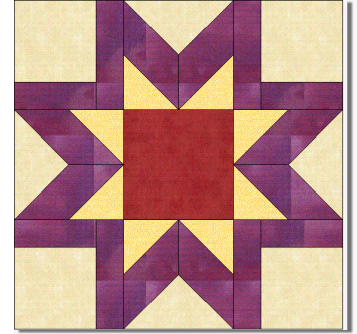
posts and trees downtown. Red scarves can be knit in different sizes and patterns. Knit scarves can be dropped off at MRC. Questions: call Sherry McKinney at 812-372-3936.

# Spotlighting Spiritual Wellness

## 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](mailto:carol.walp@hotmail.com).

Ads will be placed on the bottom portion of this page



## 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.



## 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. Eleanor Schwartzman will be available to teach you how to crochet as part of the Crafty Fingers group

## 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!





# 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



# Rhythm in Shoes

## 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.

Monday	Wednesday	Thursday	Friday
<b>Ball Room Dance</b> 6:00-8:00pm (MP2)	<b>Line Dance</b> Beginner 4:30-6:00pm (MP2)	<b>Ball Room Dance</b> 6:00-8:00pm (MP2)	<b>Line Dance Practice</b> 10:00-11:30am (MP2)
<b>Clogging</b> 6:30-7:30pm (MP3)	<b>Couples Dance Club</b> (MP1) 6:00-8:00pm 1st & 3rd Wednesday		

## Bodies in Motion

**Class meets: Mon., Wed. & Fri. at 8:30 am (MP2)**

**FREE to MRC members**

Body Motion is an exercise program designed to help participants reclaim flexibility and the variety of movement and strength that help make living more pleasurable. It is a motivating, pain-free physical fitness class for adults. Both men and women find it fun, encouraging, and refreshing for the body and mind, as well as comfortably challenging.

## Reflexology @ MRC!

Reflexology is a healing art based on the premise that there are reflex areas in the feet and hands that correspond to all of the glands, organs, and parts of the body.



If a practitioner finds sensitive areas on your hands or feet, he/she should work them gently. Reflexology should be a pleasant, relaxing experience. Light touch will be just as effective as deep pressure because reflexology works nerves, not muscles.

Leslie Dyar, a certified reflexologist who received her training at I.U.P.U.I., is available for 30 and 60 minute sessions at the MRC on Monday and Tuesday mornings from 8:00-12:00 and Mondays from 4:00-8:00pm. All sessions are by appointment.

### Prices are as follows:

30 minute session: \$20 for MRC members, \$25 for non-members. 60 minute session: \$40 for MRC members, \$50 for non-members. **To schedule your 30 or 60 minute session, call Leslie at: (317) 507-3224. Payment at session. Cash and checks only.**

*"This is the most relaxed I've been in a long time." ~ client*

## 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.



## Senior Volleyball

**Wednesday and Friday mornings at 8:30am** at Foundation for Youth  
405 Hope Ave, Columbus

# Spotlighting Spiritual Wellness



# Pickleball



**New time!**



**Wednesdays Evenings - 6:00-8:00pm**



**Friday Afternoons - Noon-3:00pm**

EXCEPT the 4<sup>th</sup> Friday due to the Afternoon for The Arts series. Join us at 2:00 on the 4<sup>th</sup> 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

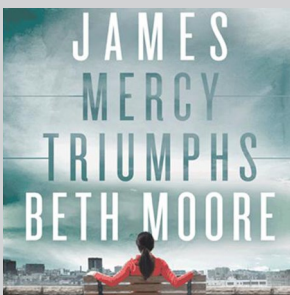
**Tuesday 10:30-11:30am**  
In the Classroom

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

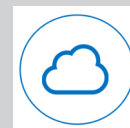


Wednesdays, January 20<sup>th</sup>-March 9<sup>th</sup> from 6:00-8:00 pm

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.







## 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



### 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](http://www.freelittlelibrary.org)**



### 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, Rinderella, 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.



**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!**

### 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

**Voelz, Reed, & Mount, LLC**  
 knowledge • experience • solutions



# Spotlighting Spiritual Wellness

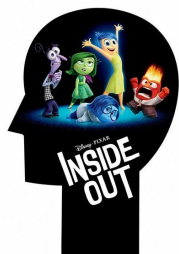
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## **FREE MOVIE SHOWINGS at MRC!**

**2nd Monday Newly Released Movie/4th Monday a Classic Movie**

**Movie starts at 6:00pm**

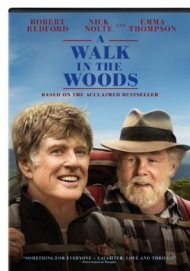
**Free popcorn - Sponsored Griswold Home Care**



**Inside Out  
January 11**



**My Fair Lady  
January 25**



**Walk In The Woods  
February 8**



**To Kill A Mockingbird  
February 22**

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Ads will be placed on the bottom portion of this page





## 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**

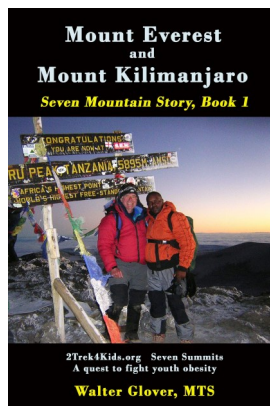
We live in a world where stress and anxiety have become a major factor in compromising the health and well-being of people of all ages. We also live in a vibrational and energetic world in which the drum, voice and physical movement have an amazing impact on whole body wellness. A drum circle that is 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](http://www.millracecenter.org) or [www.pitmaninstitute.org](http://www.pitmaninstitute.org)



# READER'S THEATER

**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**



## Silver Tones

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**

### *The Lasting Impressions*



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.



## 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**

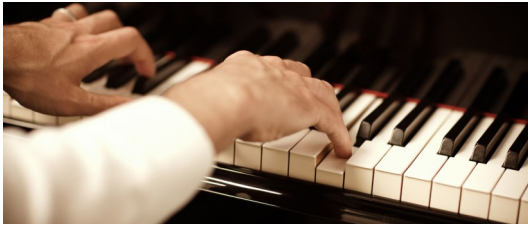
**Come learn the facts about concussions!**

*(Senior project of Kortney Thalls)*

**Call MRC if planning to attend to help us plan on seating.**

# Spotlighting Spiritual Wellness

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## 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 [panderson47201@comcast.net](mailto:panderson47201@comcast.net).

Ads will be placed on the bottom portion of this page



## TRAVEL WITH MILL RACE CENTER

### 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.

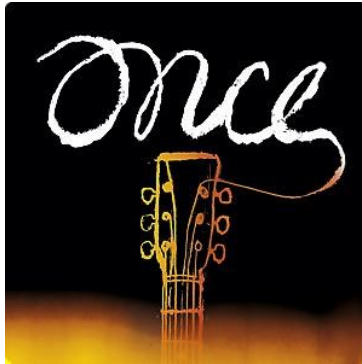
**MARK YOUR CALENDERS FOR Special Travel Presentations on Super Saturday, February 6 at 10am and 11:30am. Showcase of upcoming Travel Opportunities and Day trips.**



# 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 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](http://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.**



## Dining with Diabetes

The Dining with Diabetes program is a positive and proactive approach in reducing the effects of diabetes. The Dining with Diabetes curriculum reflects current advances in

diabetes nutrition education and the benefits of physical activity in today's busy lifestyle. Sessions provide encouragement for self-management and self-efficacy skills. Recipes utilized throughout the program emphasize how to prepare meals that are healthy and use less fat, sodium and sugar without cutting taste. Physical activity information for adults with type 2 diabetes shows how important it can be for people with a chronic disease to be active. Dining with Diabetes will be offered on Thursdays from Jan. 21- Feb. 11 from 2-4 pm. Cost is \$20 per person or \$15 per person if you are planning to share materials with a significant other. Partial scholarships are available. Sign up at the Business Office or call 376-9241.



## Diabetes Information Sessions

**2<sup>nd</sup> 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](mailto:lkessler@crh.org) or call 812-376-5709



## 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!

# Spotlighting Spiritual Wellness



## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

**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

Ads will be placed on the bottom portion of this page

## 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.**



### 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**...Its 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

Senior Scribes

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.



# Spotlighting Spiritual Wellness

## Pickleball



**INDOOR Pickleball NOW**  
at Mill Race Center  
See page 11 for details.



**Every Tuesday**  
**Noon to 4pm**

Early Bird games start at 12:30pm. Food Available

Packets: \$15 or \$18; includes 2 coverall games. Extra coverall games are \$1 to play and 80% of the total take if you win!

**VOLUNTEERS NEEDED!**

## Mahjong

**Wednesdays 1:00-3:00pm**

Experienced and new players welcome! **We will teach you how to play! (MP2)**



## OPEN Billiards

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



## Columbus Chess Club

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

**Wednesday afternoons**  
**from 1:00-3:00pm in (AR)**  
New players welcome!



## Ping Pong

It is considered a "Brain Sport" by enhancing motor, strategy and long-term memory functions.

**COME & PLAY:**

Call to reserve your time to play. Contact Karen (at the front desk) or call (812)376-9241 and ask for Karen.



## Card Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Friendship Bridge</b> 1:00-4:00pm (MP2) <b>Beginner Bridge Lessons</b> Interested call Claire (812)342-9983	<b>Euchre</b> 5:30-7:30pm (MP2) Chair: Ed Love (812)-371-6291	<b>Hand &amp; Foot</b> (beginning) 12:45-4:00pm Rosemary Sager (812)390-7665	<b>Duplicate Bridge</b> 1:00-4:00pm (MP2)	<b>Euchre</b> 1:00-4:00pm (MP2) Chair: Ed Love (812)-371-6291
<b>Hand &amp; Foot</b> 1:00-4:00pm (MP2)		<b>Bid Euchre</b> <b>Hand &amp; Foot</b> 1:00-4:00pm (MP2)	<b>Pinochle</b> 1:00-4:00pm (MP2)	

## 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, Ipads, 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](mailto: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.

*Thank You!*

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.

READ  
& WIN!



### 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



# Refrigerator Reminder - MRC Daily Activities

## Monday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
<b>8-10</b>	<b>Breakfast (\$)</b>	<b>LOB</b>
<b>8-N</b>	<b>Reflexology (\$)</b>	<b>MR</b>
8:30	Body Motion	MP2
9:00	Golden K Board	CNR
9:30	Quilters	AR
10:00	Golden K	MP2
1:00	Hand & Foot	MP2
1:00	Friendship Bridge	MP2
12:30	Lasting Impressions	MP1
<b>4-8</b>	<b>Reflexology (\$)</b>	<b>MR</b>
4:30	Silver Tones	MP1
<b>5-8</b>	<b>Ballroom Dancing</b>	<b>MP2</b>
<b>6:30</b>	<b>Clogging</b>	<b>MP3</b>

## Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
<b>8-10</b>	<b>Breakfast (\$)</b>	<b>LOB</b>
<b>8-N</b>	<b>Reflexology (\$)</b>	<b>MR</b>
9:00	Senior Swim*	FFY
<b>10:00</b>	<b>Tai Chi (\$)</b>	<b>MP1</b>
10:30	Bible Study	CR
1:00	Woodshop	WS
<b>1:00</b>	<b>Bingo (\$)</b>	<b>MP2</b>
2:00	Coloring Café	AR
5:30	Open Computer Class	CL
<b>5:00</b>	<b>Tai Chi Beginner (\$)</b>	<b>MP1</b>
<b>5:30</b>	<b>Tai Chi (\$)</b>	<b>MP1</b>
5:30	Euchre	MP2

## Wednesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
<b>8-10</b>	<b>Breakfast (\$)</b>	<b>LOB</b>
8-Noon	Chair Massage	LOB
8:30	Volleyball	FFY
8:30	Body Motion	MP2
10:00	Art Class	AR
10:00	Crafty Fingers	LO
11:30	TOPS	CR
12:45	Hand & Foot	MP2
1:00	Scrabble	AR
1:00	Reader's Theater	CR
1:00	Bid Euchre/Pinochle	LO
4:30	Beg. Line Dance	MP2
5:30	Singles Group	LO
	(2nd Wed)	
6-8:00	Pickleball	MP1
6:30	Couples Dance	MP1
	(1st & 3rd Wed)	

## Thursday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
<b>8-10</b>	<b>Breakfast (\$)</b>	<b>LOB</b>
9:00	Happy Helping Hands	AR
9:00	Shopping	See Pg. 4
9:00	Senior Swim*	FFY
<b>10:00</b>	<b>Tai Chi (\$)</b>	<b>MP1</b>
10:00	Ladies Coffee	LO
	(3rd Thurs)	
1:00	Woodshop	WS
1:00	Duplicate Bridge/Pinochle	MP2
3:00	Diabetes Group	CR
	(2nd Thurs)	
4:00	Bereavement Group	LO
	(3rd Thurs)	
5:00	Chess Club	AR/LO
<b>5:30</b>	<b>Tai Chi (\$)</b>	<b>MP1</b>
<b>5-8</b>	<b>Ballroom Dancing</b>	<b>MP2</b>

## Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
<b>8-10</b>	<b>Breakfast (\$)</b>	<b>LOB</b>
8:30	Body in Motion	MP2
8:30	Volleyball	FFY
10:00	Line Dancing	MP2
1:00	Euchre	MP2
1:00	SCS Investment Club(2 Fri)	
12:30	Lasting Impressions	MP1
12-3:00	Pickleball	MP1
1:00	Senior Scribes	AR
	(3rd Fri)	

## Saturday


8:30-11:30	Pickleball	MP1
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AR	Art Room
CL	Computer Lab
CNR	Conference Room
CR	Classroom
FC	Fitness Center
LO	Lounge
LOB	Lobby
MP1	Multipurpose Room One
MP2	Multipurpose Room Two
MP3	Multipurpose Room Three
MR	Meeting Room
SP	Senior Products
WS	Woodshop
FFY	Foundation For Youth
*	Senior Swim passes at FFY
Items in <b>BOLD</b> have registration fee.	
\$ indicates drop-in fee available.	

## 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-Noon 

### February 8

Movie, 6:00pm 

### February 9

TED Talks, 1:30pm

### February 9

Concussion Discussion, 6:30pm

### February 11

Drum Circle, 2:00pm

### February 18

Comprehensive Health Screen, 8:00am

### February 18

Information on Sage-ing, 1:30pm

### February 19

Meet & Greet, 10:00am

### February 26

Afternoon for Arts, 2:00pm



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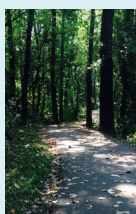
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**AWAKENING THE SAGE WITHIN**  
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