

Membership \$50/year. Check us out online at www.millracecenter.org. Join us on Facebook.

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: Physical Wellness

According to the National Wellness Institute (1976), the physical dimension recognizes the need for regular physical activity. Physical development encourages learning about diet and nutrition. Optimal wellness is met through the combination of good exercise and eating habits. As you travel the wellness path, you'll strive to spend time building physical strength, flexibility and endurance while also taking safety precautions and recognizing your body's warning signs.

As an individual who is **Aging Well**, you will appreciate the relationship between sound nutrition and how your body performs. The physical benefits of looking good and feeling terrific most often lead to the psychological benefits of enhanced self-esteem, self-control, determination and a sense of direction.

Physical Wellness follows these tenets:


- It is better to consume foods and beverages that enhance good health.
- It is better to be physically fit.

There are a ton of physical wellness opportunities at Mill Race Center and throughout the months of July and August there are even more! Take a swim and play some volleyball with us at FFY, learn how to care for your joints from Purdue Extension Educator Harriet Armstrong, participate in Body in Motion, or play some ping pong!

Keep a look out for the following symbol to find more physical wellness program offerings:



Spotlighting Physical Wellness
on Pages 17-20



Just Dance 2015

Featuring:

Forty Years of College

NEW DATE: August 7, 2015
from 7-10pm

Cash Bar. Complimentary Snacks.
No reservations required. Pay at the door.
\$5/MRC members and \$10/non-members.

Generously sponsored by: **Life Care Medical Solutions, Inc.**
NATIONAL. TREATMENTS. CARE. IN THE COMPANY OF YOUR PEOPLE.

From Your Executive Team

Operations Report

Parking at Mill Race Center is a perennial point of contention, rivaled only by room temperatures in the quest for the number one spot on the "Top Ten List" for complaints. Our beautiful view of the park and the fountain pond come with a price. Mill Race Center is located in an area that requires special attention to environmental impact, and our parking lot exhibits several features that are necessary to ensure that we are good stewards of the beauty that is around us.

The lot itself is paved with porous asphalt that allows rain water and snow to pass through, and then be channeled into "bioswales." According to the USDA, a bioswale is a "storm water runoff conveyance system that provides an alternative to storm sewers. They can absorb low flows or carry runoff from heavy rains to storm sewer inlets or directly to surface waters. Bioswales improve water quality by infiltrating the first flush of storm water runoff and filtering the large storm flows they convey."

What does that mean for visitors to Mill Race Center? The bioswales can be identified by the sections of tall prairie grass. This tall grass that many folks find inconvenient or unsightly was chosen specifically for its ability to absorb moisture and is the first line of filtration. Water that passes through the porous pavement is channeled to the areas of tall grass, and any water that is not used by the grass then passes through layers of filtering sediment before it hits the storm drains. This is all part of a carefully designed system that helps to protect the natural beauty that we enjoy.

The bioswales, though necessary, also decrease the number of available spaces for parking, and force some people to park further away from the building than they can comfortably walk. This is a concern that we are working to address. We are currently looking for a golf cart that we would be able to staff with volunteer drivers, which could circulate in the parking lot and pick up folks who have had to park away from the building. If you know of anyone who is willing to donate a golf cart, or funds toward the purchase of a cart, please contact a member of the Executive Management team.

Exciting Announcements

on page 10, 11 and 21 with the
Pitman Institute for Aging Well
and the Seek 2015 conference
being held at MRC.



Interested in being a part of a
MRC beautification team.
Contact Dan Mustard at
(812)376-9241.



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Service/Employment



Caring for those you care for most.

- ♦ Extended respiratory care
- ♦ Skilled and long term beds
- ♦ Respite care available



Willow Crossing
Health and Rehabilitation Center

Contact Julie Nugent • 812-379-9669 • admissions@willow-crossing.com

Mill Race Center Staff

812-376-9241

Liz Barriger, Accounting Clerk, x 207

Leah Boas, Comprehensive Wellness Program Coordinator, x 210

Debra Bray, Admin Assistant, x 218

Kristy Carothers, Accounts Payable, x222

Cindy Chodan, Program and Membership Director, x 209

Dexter Fravel, AmeriCorps, Volunteer Coordinator, x 202

Paula Herlitz, Development, x 206

Steve Hood, Facility Manager, x 216

Roberta Isaacson, Membership, x 219

Jim Isaacson and Roy Hendershot, Van Drivers

Jan Meadows, Receptionist, x 299

Dan Mustard, Operations Director, x 211

Karen Phelps, Receptionist, x 204

Kate Phillips, Evening Coordinator, x204

Roy Pruett, Custodian

Edie Smith, Travel Coordinator, x 215

Jane Smith, Program Assistant

Shannon Thalls, Membership Support Services Manager, x 220

Megan DeSpain, Elwood Senior Staffing, x222

The Handyman Connection needs 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), kn4073@comcast.net.



With warmer weather rolling in, so are the opportunities for short term or part-time seasonal work in the Columbus area. We offer a variety of jobs including manufacturing, janitorial and clerical. If you or someone you know might be interested in what Elwood Senior Staffing has to offer, please contact Megan Wood at 812-376-9241 ext. 222 or stop by Mill Race Center to fill out an application.

Senior Rebound Team

Rebound is a Central Middle School program designed to assist students who need academic and life skills support.

The team attends school as a group working with 8th graders on Tuesdays from 10-11:00 a.m. beginning in late August and 7th graders the second semester on Tuesdays from 1:30-2:30 p.m. beginning in mid-January.

The seniors have volunteered in the BCSC Rebound program as mentors for more than 20 years. The mission is to stimulate social skills and encourage communication and promote respect between students, teachers and adults.

Sign Up - If you are interested in volunteering contact Donna Rueff 812-343-5540 or Pam May pmay2@iupui.edu

Community Service

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 (376-9241) the day before.

Medical Transportation is also provided, if schedules permit, thanks to volunteer drivers coordinated by Dexter Fravel, Outreach Coordinator and AmeriCorps Volunteer Coordinator. Requests should be made by calling Mill Race Center at least 1 week in advance. Contact Roberta Isaacson at 376-9241 if you are needing wheel chair transportation.

Happy Helping Hands

Thursday mornings each week at 8:30-10:30am in the Arts Room.

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: Opal Lovelace, 376-3033.



Golden K Kiwanis

Each Monday
10:00-11:00am
(MP2)

Serving the children of the world! Changing the world one community and one child at a time.

Visitors are welcome.

President:
Larry Lewis
812-528-1656



Scholarship Winners:
Autumn Lee & Keirsten White



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VOLUNTEERS WANTED

POSTER/NEWSLETTER DISTRIBUTION VOLUNTEERS NEEDED

To increase community awareness of our programs offered at MRC. Contact Barb Fravel at 372-1179

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 376-9241. NEXT DATE: 8/26.

WALKING COACHES needed at Just Friends. Volunteers to take walks with Just Friends participants through Mill Race Park. If interested call Marilyn at 372-6415

Medical Transport Needed. Call Dexter.

MEALS - ON - WHEELS 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 Dexter for more information: 376-9241.

WHITE SHIRT SERVERS

MRC is searching for volunteers to help with monthly events. It's fun, easy and you may get some delicious perks! Work involves setting and arranging tables, kitchen duties, serving with a smile, and cleaning up. Assistance is greatly needed and we would appreciate your support! If you are interested in giving this a try please call Marge Steinmetz at 812-372-5981.

Birthday Party Helpers Needed

Helpful people needed to create a fun, monthly birthday celebration (4th Thurs./mo.). Interested? Contact Shannon at 376-9241.

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.

Volunteer Quilters NEEDED Monday Mornings

COMPUTER MENTOR

Do you email or use the Internet? Enjoy meeting other seniors? How about teaching another senior in an informal "1 on1" basis to learn how to use the computer here in our Computer Lab at your convenience. Contact Karen at the front desk.

Community Service

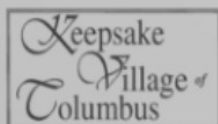


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was easy?

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www.keepsakeofcolumbus.com



NEW MRC MEMBERS - WELCOME!

Rita Baxter	Lyn Hobson	Kim Ross
Dave Botkin	Karen Johnson	Mark Ross
Loretta Botkin	Ronald Jones	Joyce Sanders
Diane Bringman	Daljeet Kalirai	Theodore Sharpe
Janis Boyd	Fred King	Janet Sharpe
Sue Burkitt	Margaret King	Harold Stepp
Jill Canine	Terry Kusachi	Evelyn Thurston
Larry Clark	John McFall	Richard Thurston
Darlene Deckard	Naomi McFall	Connie S. West
Jimmie Edwards	Dennis Meyer	Joseph Wood
Sandra Edwards	Joyce Meyer	Floanna Zeigler
Alene Frenzel	Karen Moore	
Peter Frenzel	Les Morgan	
Lloyd Grimm	Barbara Mote	
Fred Harms	Vikki Plessinger	
Barbara Harms	Suzie Rentchler	
Jean Hobson	Beulah Ross	

**FREE! 30 day trial MRC memberships available
at the reception desk. GIVE us a try.
There is no better time to join!**

Creative Arts

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

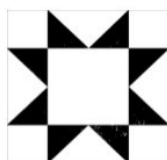
Second Tuesday of each month

6:30-8:00pm (AR) (not meeting in July)

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.



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.



Learn to Crochet

Eleanor Schwartzman will be available to teach you how to crochet on Wednesdays from 10 to 11:30 am as part of the Crafty Fingers group that meets in the Gathering Place Lounge. Yarn available at Mill Race Center, but bring your own crochet hook.

Knitting with Cathi

Simple Knitted Slippers


**Thursday evenings: August 6, 13 & 20
from 6:30-7:30pm**

Easy to knit and comfy to wear. Sizes range from toddler to large adult. Knit a pair for yourself or the whole family. You have plenty of time to make several pairs for Christmas! Learn to knit, brush up on your skills or create a masterpiece. Class meets 3 times to complete project. Fee: \$20 Supply list will be given to you upon registration. Minimum of 3 students/maximum of eight. See sample on display.


Art Class

Wednesday from 10am-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.


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JAM SESSION

JAM Session

First & Third Mondays 10:00am-Noon

Come and play, listen or sing along.

Calling any and all acoustic instrument players, including dulcimers, guitars, flutes, banjos, recorders and fiddles! All non-amplified instruments are welcome.

All levels of ability welcome.

Contact Geri Wright at 812-988-6593 for more information.

SMILE!



We want to take your picture to add to your membership account. This will help us to ensure the security of your membership tag as well as help staff and volunteers put names with the faces of our 2,100+ members. Pictures



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We want you!

Wednesdays - 1:00-3:00pm

If you have always enjoyed the stage, or you are interested in giving it a try . . . Come and learn more about this fun and entertaining style of drama that is sweeping the nation and Mill Race Center! New members ALWAYS welcome. FREE to MRC members. Interested in joining Readers Theater? Contact Cindy Chodan at MRC for more information. We are growing and welcome new members.



**Lunch & Laughter
A Readers Theater Show
August 12th at Noon
(doors open at 11:45 am)**

Enjoy a delicious lunch and entertainment from Mill Race Center's Readers Theater.

Reservations required by calling 376-9241 or you may stop by the MRC Business Office.

**NEW REDUCED PRICE \$5/per person
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Silver Tones

JOIN OUR GROUP. We welcome new members!

Practice: Mondays at 4:30 pm. (MP 1)

Share your voice with the world! Mary Clark, Director:
(812)342-9324. FREE to MRC members.

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Email: info@rust-ungermemorial.com



379-4151

THANKS for providing magazines in the MRC Lounge!



In-Home Service for SENIORS by SENIORS

Seniors Helping Seniors' in-home services is an exceptional program of caring and care where seniors who want to help are matched with seniors who are looking for help.

- Cooking • Yard work •Light housekeeping • Mobility assistance •Companionship • House maintenance and small repairs •Personal grooming, dressing •Overnight stays •Shopping •(24-hour care) •Transportation • Doctor appointments

In the Seniors Helping Seniors' family, everyone wins. Those who give and those who receive learn from each other every day—and all we hear is about how rewarding it is for both of them.

**If you need some support or if you want to help,
(812)447-4164**

Creative Arts

Pinterest Project

With the Purdue Extension Club

Flower Power!

July 30th 3:00-4:00pm

Free, Registration is required.

Flowers do wonders for the human spirit. Join Kris Medic for a look at flowers of the season: their qualities, their growing conditions, their uses, and their meaning when given. Bring your sense of fun!

Kris Medic is the County Agriculture & Natural Resources Educator for Purdue Extension. She is a Board-Certified Master Arborist who has been practicing for 35 years.

Mill Race Center (812) 376-9241

www.millracecenter.org



Wood Shop Is Open!

Tuesdays and Thursdays from 1:00 to 4:00 pm

Open for use by MRC members. FREE.

Chairs: Ted Unrue (812) 350-9878 and Larry Carter (812) 372-1956.



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Dance



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!

Open Line Dance Practice

Wednesday & Friday mornings 10:00-11:30 (MP2)

Come and dance, new folks always welcome!
Information: Paulette Shaw (812) 372-9810. Free for MRC members

Ball Room Dance Classes

Margo Scholz offers 8 week sessions at Mill Race Center on Monday and Thursday evenings. For more information about her sessions, call Margo at (812) 342-4156.

Couples Dance Club

First & Third Wednesday each month
6:30 pm-8:00pm for couples ballroom dancing and to practice new steps (MP2). FREE to MRC members. For more info. contact: Karl and Uschi Wolff at (812) 342-9974.



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.

It's for beginners, too! If there is enough interest a beginners clogging class will be offered at Mill Race Center!

Monday	Wednesday	Thursday	Friday
Ball Room Dance 6:00-8:00pm (MP2)	Open Line Dance 10:00-11:30am (MP2)	Ball Room Dance 6:00-8:00pm (MP2)	Open Line Dance 10:00-11:30am (MP2)
Clogging 6:30-7:30pm (MP3)	Line Dance Beginner 4:30-6:00pm		
	Couples Dance Club (MP2) 6:30-8:00pm		

Creative Arts

Dance



Just Dance 2015

AUGUST 7 - 7PM

Cover Charge (at the door):

\$5/MRC members

\$10/non members.

Cash bar. Free Snacks.

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Development Report



On May 15, 2015 Mill Race Center publicly announced the creation of the Pitman Institute for Aging Well. The Pitman Institute was founded in honor of Bob Pitman, who served as the Executive Director of Mill Race Center from 1985 through 2014. Bob Pitman is a tireless advocate for the rights of all people

to Age Well in every dimension of their lives.

The Pitman Institute for Aging Well is a community resource that provides opportunities to better understand and embrace the aging process. Each individual's potential is maximized through innovative, member-driven programming; collaborative research and educational opportunities; and fitness and rehabilitation resources. The Pitman Institute recognizes that each area of an individual's life must be in harmony for a person to truly age well.

The Pitman Institute will strive to concentrate on 4 initiatives: research, new program development, bringing distinguished speakers to Columbus, and an annual conference or expo. All with a focus on aging well.

Please mark your calendars for September 20-22 and plan to attend the inaugural SEEK 2015 – Engaging Communities to Age Well Conference. This national conference will offer community aging practitioners, planners, leaders, and interested members a forum to engage in the important conversation of aging well. This 2 ½ day conference will be held at Mill Race Center and several additional locations in the downtown area. Don't miss this opportunity to learn what professionals in the aging field and other senior centers throughout the country are proposing to and providing their members and communities to age well.

Registration for MRC and community members opens July 1. Visit our website www.pitmaninstitute.org and register today. Contact me at 376-9241, ext 206 if you have any questions about the conference.



900

The 900 Circle, named in honor of our home at 900 Lindsey Street, is a circle of philanthropic leaders who have made outstanding personal commitments to the mission of MRC.

Through their leadership with an annual gift of \$900 or more, members of the 900 Circle are a driving force behind our programs.

For more information about this circle, please contact Paula Herlitz at 812-376-9241, paula@millracecenter.org or stop by MRC.

We welcome Sherry Stark to the 900 Circle.

DONORS

(April 1, 2015 through May 31, 2015)

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Bob and Judy Pitman

Donna Lawlor

Bob and Judy Pitman

Joan Pearcy

Tim and Sharon Hill

In Honor Of

Grant Bailey and

Christina Mueller

Mr. & Mrs. Thom Bailey





Seek2015

Engaging Communities to Age Well

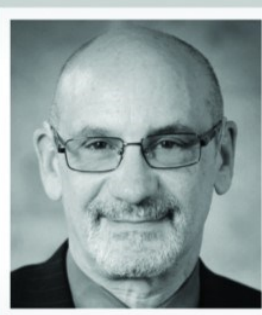
SEPTEMBER 20-22, 2015

📍 Mill Race Center • Columbus, Indiana

KEYNOTE SPEAKERS



Zach Benedict
Managing Partner,
MKM Architecture & Design



James Firman
Executive Director,
National Council on Aging



Colin Milner
CEO, International Council
on Active Aging

Development Report

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To register, visit or call:
pitmaninstitute.org / 812-376-9241

Register Soon...
Limited Seats
Available

Education and Finance

SCS Investment Club

NEW EVENING MEETING TIME!

Monthly, 1st Friday 1:00-3:00pm
MRC 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. Some members will tell you they knew basically nothing about investing when they joined.

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 Dan Collier, 812-341-7476.



Bartholomew County Library Classes

For information on computer classes and scheduled times, call 812-379-1266 or email references@barth.lib.in.us.

Viewpoint Book Club

Meets the 4th Thursday of each month at Viewpoint Book Store located at 548 Washington Street. For more information please call Viewpoint, 812-376-0778.

Civil War Group

Meets 3rd Wednesday of each month at 5:30 in the classroom.

July 15: Jefferson Davis - His role as president of the CSA (Confederate States of America)
August 19: The challenge of transportation in the CSA (Confederate States of America)



Random Acts of Kindness Club

July 14 & August 11 at 1:00pm; FREE (Classroom)

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!



JOIN US!

TED Talks to stir your curiosity, make great ideas accessible and spark conversation.

TED is a nonprofit devoted to Ideas Worth Spreading, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics from science to business to global issues and more.

July 9th at 3:00

Topic: TBD

August 11th at 3:00

Topic: Life Experience

Sign up at MRC Business Office or by calling 812-376-9241. Group size for each session is limited to 12 participants. Facilitators: Ed and Terri DeVoe

Bible Study

Tuesday 10:30 to 11:30am
in the Classroom

Information: Virginia Houser,
812-579-5132

July: Dr. Bill Griffith, Baptist

August: John Marquis, Assembly of God, Anderson



Did YOU participate in the IUPUC Psychology research study here at MRC in the of fall of 2014?...IF so, **the results are in!!!**

Join Dr. Gary Felsten from IUCUC as he unveils the purpose and results of the study. Very interesting!!!

Wednesday, July 1st at 3:00pm. Registration is required (812)376-9241.



Volunteers needed for Bingo each Tuesday. Contact Dexter Fravel at (812)376-9241 *202

Understanding Your Grief

Bereavement Support Group at MRC

Third Thursday of month from 4:00-5:30pm in the Lounge

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 Meet & Greet

July 21st at 6:00pm (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.

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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

THANK YOU and Happy Retirement to Gary VanEerden who served as our Evening Coordinator and computer tutor. Enjoy your retirement!



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L.D. McCoy

Meet L.D. McCoy, the newest member of our family

Lawrence Dreiman McCoy, known to friends and family as "L. D." is the newest funeral director at Jewell-Rittman Family Funeral Home. L. D. began his career in funeral service in 1971 after graduating from Indiana College of Mortuary Science.

L. D. and his wife, Jennie moved to Columbus to be near their daughter and son-in-law, Sarah and Brent Bodem and granddaughters, Lydia and Eliza. The McCoy's are members of First Christian Church. L. D. is a member of the Masonic Lodge, Scottish Rite and Shrine. He enjoys spending his free time riding his Victory Vision motorcycle, walking his Boston Terriers and spending time with family.

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Entertainment

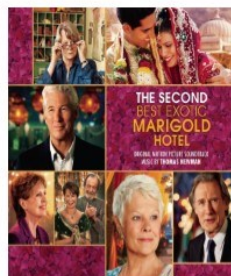
Technology

FREE MOVIE SHOWINGS at MRC!

Join us for a relaxing early evening showing of a NEWLY RELEASED (as available) movie, 2nd Monday of each month @ 6:00 pm:



July 13
Woman In Gold



August 10
The Second Best Exotic Marigold Hotel



Just Dance 2015

Featuring:

Forty Years of College

NEW DATE: August 7, 2015

from 7-10pm

Cash Bar. Complimentary Snacks.

No reservations required.

Pay at the door.

\$5/MRC members \$10/non-members.

Generously sponsored by:



FREE YES Cinema

The Senior Free Movie event is designed for age 50 and older, and is absolutely FREE on the 1st Tuesday of every month.

Doors open at 1:00 p.m. Film begins at 1:30 p.m.

Concession stand will be open.

Sponsored by:

Jewell-Rittman Family Funeral Home.

Readers Theater presents: Lunch & Laughter



August 12th at Noon

(doors open at 11:45 am)

Enjoy a delicious lunch and entertainment from Mill Race Center's Readers Theater.

Reservations required by calling 376-9241 or you may stop by the MRC Business Office. NEW reduced price \$5/per person sponsored by:



Afternoon For Arts at MRC

Fourth Friday of each month at 2:00 p.m.

Enjoy live performances, delicious homemade desserts and time to visit with friends.

Reservations required in advance by the Tuesday prior.

Call or stop by the MRC Business office 812-376-9241.

\$5/members and \$10/non-members.

Friday, July 24 at 2:00 pm

Guy Parनाविताना

Friday, August 28 at 2:00 pm

Mark La Pointe as a Union Solider sharing a historical Civil War Era musical presentation.

This Series is made possible through the generosity of:



Bob & Helen Haddad

Games



Ping Pong

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

COME & PLAY:

Mon. & Fri. - 9:00-11:00am (MP1)

Tues. & Thurs. evenings upon request (MP3)



Every Tuesday Noon to 4pm

Food Available

Early Bird games start at 12:30pm.

Packets: \$12 or \$15; includes 2 coverall games. Extra coverall games are \$1 to play and 80% of the total take if you win!

VOLUNTEERS NEEDED!

OPEN Billiards

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



Columbus Chess Club

Every Thursday evening

5:00 to 8:00 pm (AR)

New players welcome!



Wednesday afternoons from 1:00 to 3:00 pm in AR.

New players welcome!

Majhong

Wednesdays 1 to 3 pm (MP2)

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



Interested in playing Pickle Ball?



Mill Race Center is recruiting people who are interested in working alongside the Park Foundation to get the "ball rolling"! Put your name on the list by calling MRC at 376-9241 or stopping the Business Office window.



Card Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
Friendship Bridge 1:00-4:00pm (MP2)	Euchre 5:30-7:30pm (MP2) Chair: Ed Love	Bid Euchre Hand & Foot 1:00-4:00pm (MP2)	Duplicate Bridge 1:00-4:00pm (MP2)	Euchre 1:00-4:00pm (MP2) Chair: Ed Love
Hand & Foot 1:00-4:00pm (MP2)			Pinochle 1:00-4:00pm (MP2)	

Spotlighting Physical Wellness



Better Breathers Club

Better Breathers is a support group for those with lung disease and their families and friends. There is no requirement to join the club, and you can attend as many or as few meetings as you like. We have educational presentations. We will emphasize the basics of lung disease this year, and try to have more time for open discussion. Meetings should last about one and a half hours.

Meeting schedule:

Thursday, July 23rd at 3:00
in classroom 102

Topic: Action Plans; be prepared to manage your disease

July 23rd, September 3rd, October 22nd and December 17th.

Please join us for this meeting, and bring a list of your respiratory medicines with you. Anyone with lung disease is welcomed to come, along with family and friends. Light refreshments will be served. No registration is needed. Contact Jennifer at 812-376-5793 for more information.

TOPS Club

Wednesday 11:30 am to 1 pm (CR)

Take Off Pounds Sensibly

For more information contact Judy Lemley at 812-372-3241

or check the TOPS website at www.tops.org.

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

Diabetes Awareness Program

Free education program offered for people with diabetes or anyone interested in diabetes. Each program, offered quarterly, from 5:30-6:30pm focuses on a different topic related to diabetes. Registration is not required to attend.

2015 Program dates: August 13 and November 12 (MP1)

For more information: 812-376-5709

Email: lkessler@crh.org

Diabetes Group Information Sessions

Offered the 2nd Thursdays of each month at MRC from 3:00 to 5:00pm.
To reserve a seat, call 812-376-5500.

Senior Swim

At Foundation For Youth

Tuesday, Thursday and Saturdays from 9-11 am.

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.



Take A Hike with MRC Hiking Group

NEW hikers always welcome!
No experience necessary!

Call Ed Niespodziani
at 812- 376-4073 for details and
dates to join the fun!



HEALTH CHECKS AT MRC

Health Check

Offered each month by the Public Health nurses at Mill Race Center.

July 28th from 9:00-10:00am Hemoglobin Screen

Registration is required, space is limited.
Sign up at MRC Business Office or call 812-376-9241

There is NO CHARGE for this service.

Quarterly Comprehensive Health Screening

August 20 from 8-10 am

Sign up at the Business Office or call MRC at 376-9241.

Screening includes: hemoglobin, balance test, advanced directives, mental health screen, hearing test, blood pressure, height and weight, BMI, eye pressure, pharmacist consult, dietician consult and glucose test (fasting required).

There is NO CHARGE for this service.

Spotlighting Physical Wellness



Tai Chi/Chi Gung

NOW OFFERING MORNING AND EVENING CLASSES!

Tai Chi is a low impact, slow moving and graceful Chinese art used to promote physical and mental health. Tai Chi combined with Chi Gung (which means "life energy cultivation") involves the practice of rhythmic breathing coordinated with slow stylized repetition of fluid movement, a calm mindful state, and visualization. Movements can be modified for those who cannot stand for long periods of time.

Class will meet on Tuesdays and Thursdays at either 10 am or 5:30 pm. We offer 4-week sessions. Class is open to all levels. Sign up at the MRC Business Office or call 376-9241.

Instructors: Todd Wright (evenings)
Paula Howard (mornings)

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

You are welcome to join mid-session, class fee can be prorated.

Reflexology @ MRC!

Would you like a natural, low-cost option to offsetting the effects of stress on heart and overall health? Try reflexology! 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. It gently nudges the body towards improved functioning by improving lymphatic drainage and venous circulation, stimulation to the nerve pathways, and muscle relaxation. 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.



Walking Club



New Walking Club starting at MRC.

Thursday mornings at 8:30am

A variety of hour long walks planned. Meet in the lounge on Thursday, July 23 at 8:30am to kick off our first club walk. For more information call Carol Bussell, 812-372-9352.



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.



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07-B002

Bodies in Motion

Class meets: Mon., Wed. and 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.



Spotlighting Physical Wellness



Nourish Your Bones & Joints

August 21 at 10:00am

How many of you suffer from or know someone with osteoporosis? What kind of day-to-day challenges does it bring? How about someone who suffers from arthritis?



If you suffer from bone or joint disease or you know someone who does, then you know how difficult living with it can be. Often, people lose their independence because they have to rely on someone else to help with walking, running errands and daily activities.

This presentation will give you the facts on bone and joint health and include tips on keeping your mobility. Lead by Harriet Armstrong with the Purdue Extension Office. Register at the MRC Business Office.

Wellness Class Demos- Try it out!

TRY IT FREE!

Looking for more opportunities to be physically active? CRH Wellness will be providing free class demonstrations for MRC members!

The exercise classes that will be highlighted are Silver Sneakers and Yoga Basics.

Silver Sneakers- Have fun and move your whole body through a variety of exercises designed to increase strength, range of motion and functional movements. Hand-held weights, elastic tubing, chair and Silver Sneakers ball are offered for resistance. Some exercises performed while sitting in chair.

Yoga Basic- This class is designed for beginners with a focus on basic postures. Adaptations can be given for those with medical issues. A chair is used to provide stability.

CRH Wellness Class Demos

July 31	2:00-3:00pm	Silver Sneakers
August 7	2:00-3:00pm	Yoga Basics
August 14	1:30-2:30pm	Silver Sneakers
August 21	2:00-3:00pm	Yoga Basics



Senior Volleyball

Wednesday and Friday mornings at 8:30am

at Foundation for Youth (405 Hope Ave, Columbus)

TRY IT FREE!

August 14th @ 8 a.m. Come join us for a friendly game of volleyball at the Foundation for Youth! We will be taking a bus over to FFY for some volleyball fun. The bus will be departing Mill Race Center at 8am and we will be returning at 11am

Individuals who do not wish to take the bus over are welcomed to meet us at 8:30am in the Foundation for Youth lobby. Register at MRC Business Office (812) 376-9241.



Swimming at FFY

Get your physical wellness on at the Foundation for Youth pool during the month of July!

All through the month of July, Foundation for Youth will be having swim classes that will be open to MRC members at no cost! Take a look at the classes open to members during the month of July and join in on the fitness and fun!

July 6-10	July 13-17	July 20-24	July 27-31
Senior Swim Tues. & Thurs. 9:00-11:00am	Aqua Motion Mon., Wed., Fri. 10:00-11:00am	Aqua Motion Mon., Wed., Fri. 1:00-1:45pm	Senior Swim Tues. & Thurs. 9:00-11:00am
	Water Circuit Class Tues. & Thurs. 4:30-5:30pm	Family Swim Tues. & Thurs. 1:00-3:00pm	

Spotlighting Physical Wellness



Ping Pong

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

COME & PLAY:

Mon. & Fri. - 9:00-11:00am (MP1)

Tues. & Thurs. evenings upon request (MP3)

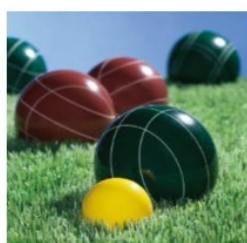


Bocce Ball

July 21 & August 18 at 10:00am

Front yard of MRC

Join us for a morning of fun together playing Bocce Ball. No worries if you have never played; we will teach you.



S²@MRC

Saturday, July 25

Session One 9:30-10:30am
Session Two 11:00am-Noon

Super Saturdays at Mill Race

Made possible by the generosity of:
Voelz, Reed, & Mount, LLC and Old National Bank



Pick Two Sessions!



Mill Race Park Tree Walk

Hundreds of new trees were planted as part of the 1992 Mill Race Park renovation, and hundreds more were saved. Join Kris Medic, the arborist who oversaw that renovation, to appreciate the species and their qualities, as well as the overall park design. Be prepared to walk or stand for about an hour. Kris Medic is the County Agriculture & Natural Resources Educator for Purdue Extension. She is a Board-Certified Master Arborist practicing for 35 years.

In the Kitchen with Geri Handley

Join Geri as she cooks up a menu for summer when it sizzles! She will prepare her BBQ sauce that can be the mean, meaner or meanest BBQ sauce in town. Flavored butters for corn on the cob are also on her menu. Geri will also create a Not-So-Classic Cole Slaw and Fruit Gazpacho.

Be Wise, Be Aware: Prevent Financial Abuse

This documentary intends to highlight the growing problem of elder financial exploitation and to educate seniors and their families on what they can do to protect themselves or their loved ones from becoming a victim. Following the 25 minute film, a panel of local and state experts will continue the discussion on how elder financial exploitation can be prevented and how suspected abuse can be reported.

Travel to Sri Lanka through the experiences of Latith (Guy) Paravitana.

Guy, a resident of Columbus, is a native of Sri Lanka and enjoys sharing his culture through this travelogue and exhibit of collected items from past trips he has escorted. MRC is sponsoring an exclusive trip to Sri Lanka in January 2016 with Guy as the group leader. Come and see the beautiful landscapes, the fascinating culture and the warm, hospitable people of Sri Lanka.

Needle Felting Ornaments with Cathi Jones

Join us and create a simple, adorable ornament using needle felting. This is an easy project. No prior skills required! All supplies provided. Make one for yourself and one to donate to the Breast Health Center's ornament tree, making free mammograms possible for women who need them. (On display at MRC)



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for more information.

Music

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.



Afternoon For Arts at MRC Fourth Friday of each month at 2:00 p.m.

Enjoy live performances, delicious homemade desserts and time to visit with friends.

Reservations required in advance by the Tuesday prior.

Call or stop by the MRC Business office 812-376-9241.

\$5/members and \$10/non-members.

Friday, July 24 at 2:00 pm

Guy Paronavitana

Friday, August 28 at 2:00 pm

Mark La Pointe as a Union Soldier sharing a historical Civil War Era musical presentation.

This Series is made possible through the generosity of:



Bob & Helen Haddad

Creative Arts

Music

2015 WHITE HOUSE CONFERENCE on AGING

*Brought to you by the
Pitman Institute for Aging Well*

The White House has held a Conference on Aging each decade since the 1960s to identify and advance actions to improve the quality of life of older Americans. The 2015 White House Conference on Aging is an opportunity to look ahead to the issues that will help shape the landscape for older Americans for the next decade.

The White House Conference on Aging will be held on Monday, July 13, 2015. This year, marks the 50th anniversary of Medicare, Medi-

caid, and the Older Americans Act, as well as the 80th anniversary of Social Security. The 2015 White House Conference on Aging is an opportunity to recognize the importance of these key programs as well as to look ahead to the next decade.

Mill Race Center will be live streaming the conference in the Arts Room. Please join us any time from 8:30 am until 4:00 pm to view the conference.



Senior Scribes

A Child's Prayer

My mother asked my daughter Janice to give the blessing on our meal. She was four or five and asked, "Mom, what do I say?" Mom said, "Just think of the prettiest thing you can and thank Jesus for it."

Janice said "Jesus, Jingle Bells, Jingle Bells. Thank you." Our prayer perhaps?

Dear Father, give us the eyes and hearts of a child.

Jim Leahy

Senior Scribes meets the 1st Friday of each month from 1-3 pm (AR). Barbra Heavner, 812-344-2644; Janice Waltermine, 812-372-1707. New members welcome!

MAKE AHEAD MASHED POTATOES

5 LBS OF POTATOES

1 1/2 STICKS BUTTER OR MARGARINE

8 OZ. SOUR CREAM

SALT & PEPPER

A week ahead peel and cook potatoes. Place potatoes, salt and pepper in mixer. Whip potatoes. Add sour cream and whip until potatoes are smooth. Place in casserole dish with lid. Refrigerate. To serve all or part bake in 350 degree oven 30-45 minutes. Note: do not use milk. Keep refrigerated and heat only amount needed.

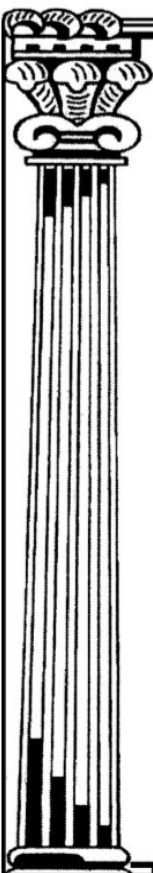
WE ASKED. YOU ANSWERED.

How do you manage to stay young at heart?

Nancy Warren - Don't back away from challenges.

Libby Neal - Stay active and line dance.

Jim Isaacson - Keep active and drive the bus.



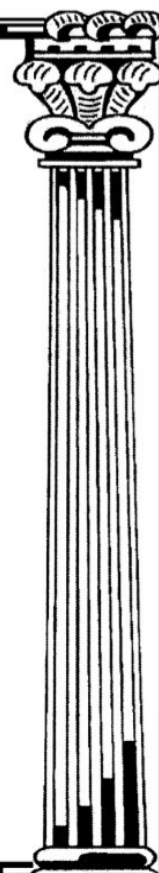
Condolences to the families of

William Scarbrough
Harold Daily
Walter Brown
Chapman Blackwell III
Susan Hayford
Irene Breed

These are obituaries through
May 31, 2015

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Social



MRC Lunch Bunch

Meals will be on your own. Let us know when making your reservation at the Center if you need transportation to MRC from your home. (812)-376-9241.

NEW SIGN-UP PROCEDURE FOR 2015

You may sign up for one or both trips any time after they are published in the newsletter on a first come, first served basis. Suggested transportation donation is \$5 per person per trip.

Artist Colony Inn, Nashville

July 13

There will be a time for browsing after lunch in town. Leaving MRC at 10:30am and returning at 2:30pm

The Willard, Franklin

August 10

Leaving MRC at 10:30am and returning at 2:00pm.

got breakfast? Try our new food cart at MRC. Available for a quick grab breakfast or linger in our Lobby with friends. Open M - F, 8-10 am.



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 July: July 23 at 1:00 pm (MP1)

Birthday celebration for folks who have a birthday in August: August 27 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 376-9241.

Ladies Coffee

Join us on the 3rd Thursday of each month at 10 a.m. in the Lounge. A wonderful way to meet new people and get acquainted with MRC. Coffee and snacks provided. **FREE** to MRC members.

Singles Group

An active group for both men and women. 2nd Wednesday each month at 5:30 p.m. Group meets at Sirloin Stockade to plan the upcoming outings for the group. Mary Driver, 343-7367, for info.

Myers Funeral Service

Freedom comes at a cost.

Which is why we at Myers Funeral Service salute our men and women in uniform through our special veteran's benefits. We ensure that these brave service members receive the honor in death that their service in life merited.

To find out more or learn about other benefits, please contact us.



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Terril Pettit, GM
Funeral Director
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Hathaway~Myers Chapel

1022 Pearl Street | Columbus | 379-4419 | www.hathaway-myers.com

TRAVEL WITH MILL RACE CENTER IN 2015

Social

Travel



Hurry, Space Still Available!!

August 17-21: Mackinac Island

Includes carriage tour, boat ride through the Soo Locks, free time in Sault Saint Marie, Old Mackinac Point Lighthouse and so much more!

\$570 member. Deadline August 1.



September 3-7: Colorado Balloon Launch and Rail Adventure, \$1,399 member.

Includes round trip transportation from Columbus, airfare, 3 different scenic train rides, viewing night and morning balloon launches, hotels, 4 Breakfasts, 2 dinners, USAF Academy and Coors Brewery tours and much more! No balloon rides are included but may be optional.



October 7-13: Boston, Salem and the North Shore

Explore Lexington, Concord, the JFK Presidential Library, the cities of Boston and Salem. Includes 6 breakfasts, 4 dinners, accommodations and transportation as well as all admissions. \$650 pp for double occupancy, add just \$200 for single room.

New! Branson Holidays, November 9-13

Kick off the Holiday Season with Musical Magic. Only \$699 per person, \$838 single room. Includes 7 Shows, shopping, accommodations, transportation and 9 meals.



Here's what MRC travelers are saying...

A well planned and thought out trip. I would do it again in a heartbeat. - Barb

Beautiful Biltmore. Enjoyed a relaxing evening Claxton Farms, friends, fun and beautiful views in every direction. - Diana

*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.

Travel

SHOWS and SPECIAL EVENTS

July 20, Indianapolis Indians vs Scranton, Reserved Box seats and transportation with Monday night specials on food and beverages. Leave MRC at 5:30, return at approx. 11pm. \$36m/\$46nm. Registration by July 1.

August 31: Church Basement Ladies in "The Last Potluck Supper" Derby Dinner Theater. \$79m/\$89nm includes transportation, ticket and dinner. Registration by July 15.

September 14: Branson on the Road, Music and Comedy Review Derby Dinner Theater. \$79m/\$89nm includes transportation, ticket and dinner. Registration by August 15.



Mill Race Center is sponsoring a fully escorted trip to Sri Lanka with Lalith "Guy" Paranaivitana in January 2016. This is a VERY exclusive opportunity to experience Sri Lanka culture with a personal touch. Only 12 people will go on this incredible journey that includes a safari, tea plantations, beach resort, and city exploration and so much more. Guy is a native of Sri Lanka who resides in Columbus and has a passion for sharing his homeland with others. Will sell out! Details will be posted at Mill Race Center in the Travel Department. **Special Presentation on Super Saturday, July 25.**

For up to date 2015 trip information please contact Edie Smith, Mill Race Center Travel Coordinator at 376-9241 or send email to: travel@millracecenter.org.

FABULOUS DAY TRIPPERS!

New Day Trips to interesting locations offered every month! Lunch not included in price but admission costs/transportation will be included. First 18 to sign up each month get to go! Deadline to register; the Wednesday before each trip. Each Day Tripper adventure \$20 member /\$25 non-member.

July 27: Madison, Indiana

NEW ½ and ½! Start the day at the beautiful Clifty Falls State Park and enjoy lunch, hiking and nature or spend a day of strolling along the waterfront, visiting quaint shops and enjoying lunch at one of many cafes. Shuttle bus will be running between the park and town on a schedule so you can decide how much time to spend at each location. 9am-5pm

August 24: Return to Louisville Underground!

Let's go where it's REALLY COOL! Underground Louisville is a fascinating journey through man-made caverns that are a constant 58 degrees. Learn the fascinating history of these caverns and the future uses planned for this massive area. Lunch at your expense will follow at the Derby Diner at Churchill Downs. You may take an optional tour of the museum at Churchill Downs at your expense instead of the lunch. Leave MRC at 8am return at 5pm

September 28: French Lick/West Baden Springs

Take a walk through the peaceful gardens, explore the two beautiful hotels, enjoy a grand buffet lunch or a picnic on the veranda. Try your luck in the casino or take an adventurous train ride through the valley. A full day of activities and exploration awaits! All activities and fees are on your own, transportation only provided. Free play and/or vouchers not offered nor guaranteed by MRC. Sign up by September 15. Must bring state issued ID card/license to participate. Leave 8:00am. A 6:00pm Return.



September 12

St Joan of Arc, French Market Festival!

Leave MRC at 1pm, return at 7pm
Church tour at 3pm, food, dancing, market and more! \$25member and \$30non-member transportation only. Food and wine etc. available on site, price varies. No admission cost or fee for live entertainment.

One of Indianapolis's best festivals!

Refrigerator Reminder - MRC Daily Activities

Monday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8-N	Reflexology (\$)	MR
8:30	Body Motion	MP2
9:00	Golden K Board	CNR
9-11	Ping Pong	MP1
9:30	Quilters	AR
10:00	Golden K	MP2
1:00	Canasta/Hand & Foot	MP2
1:00	Bridge	MP2
1:00	Lasting Impressions	MP1
4-8	Reflexology (\$)	MR
4:30	Silver Tones	MP1
5-8	Ballroom Dancing	MP2
7:00	Clogging	MP3

Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8-N	Reflexology (\$)	MR
9:00	Senior Swim*	FFY
10:00	Tai Chi (\$)	MP1
10:30	Bible Study	CR
1:00	Woodshop	WS
1:00	Bingo (\$)	MP2
1:00	Senior Bowling League	
	Col Bowling Center	
5:30	Open Computer Class	CL
5:30	Tai Chi (\$)	MP1
5:30	Euchre	MP2
6:00	Ping Pong	MP3

Wednesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8:30	Volleyball	FFY
8:30	Body Motion	MP2
10:00	Open Line Dancing	MP2
10:00	Art Class	AR
10:00	Crafty Fingers	LO
11:30	TOPS	CR
1:00	Scrabble	AR
1:00	Reader's Theater	CR
1:00	Bid Euchre/Pinocle	LO
4:30	Beg. Line Dance	MP2
5:30	Civil War Club	MP1
	(3rd Wed)	
5:30	Singles Group	
	(2nd Wed)	Sirloin Stockade
6:30	Couples Dance	MP2
	(1st & 3rd Wed)	

Thursday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
9:00	Happy Helping Hands	AR
9:00	Shopping	See Pg. 4
9:00	Senior Swim*	FFY
10:00	Tai Chi (\$)	MP1
10:00	Ladies Coffee	LO
	(3rd Thurs)	
1:00	Woodshop	WS
1:00	Duplicate Bridge/Pinocle	MP2
3:00	Diabetes Group	CR
	(2nd Thurs)	
5:00	Chess Club	AR/LO
5:30	Tai Chi (\$)	MP1
5-8	Ballroom Dancing	MP2
6:00	Ping Pong	MP3

Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8:30	Body in Motion	MP2
8:30	Volleyball	FFY
9-11	Ping Pong	MP1
9:30	Adv. Line Dancing	MP2
1:00	Euchre	MP2
1:00	SCS Investment Club	(1st Fri)
1:00	Lasting Impressions	MP1
1:00	Senior Scribes	AR
	(1st Fri)	
2:00	Afternoon For Arts	MP1
	(4th Fri)	

Saturday

9-11	Senior Swim*	FFY
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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 **BOLD** have registration fee.
\$ indicates drop-in fee available.

ACTIVITY HIGHLIGHTS

July 3:
Center Closed for July 4 Holiday

July 13:
Movie "Woman In Gold", 6:00pm

July 14:
Random Acts of Kindness, 1:00pm

July 21:
Meet & Greet, 6:00pm

July 24:
Afternoon for Arts: Guy Paronavitana,
2:00pm

July 25:
Super Saturday, 9:00-Noon

August 7:
Friday Night Live:
Forty Years of College, 7:00-10:00pm

August 10:
Movie "The Second Best Exotic Mari-
gold Hotel", 6:00pm

August 11:
Random Acts of Kindness, 1:00pm

August 12:
Readers Theater: Lunch and Laughter,
Noon

August 20:
Free Comprehensive Health Screen,
8:00-10:00am

August 28:
Afternoon for Arts: Mark La Pointe,
2:00pm



Closed Friday, July 3 for Holiday

Mill Race Center • 900 Lindsey Street • Downtown Columbus
812-376-9241

Visit us at www.millracecenter.org

Refrigerator Reminder - Daily Activities at Mill Race Center

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