

Membership \$50/year. Check us out online at [www.millracecenter.org](http://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: Intellectual Wellness

The intellectual dimension recognizes one's creativity and the importance of stimulating mental activities. A person **Aging Well!** expands his or her knowledge and skills, and seeks out ways to share his or her knowledge with others.

Intellectual wellness follows these **Aging Well!** tenets:

- A person **Aging Well!** strives to stretch and challenge their mind with intellectual and creative pursuits.
- A person **Aging Well!** strives to identify potential problems and chose appropriate courses of action based on available information.

There are several brain boosting programs and activities at Mill Race Center that will enhance your intellectual wellness? Take ping pong for example, research has indicated that individuals who play ping pong experience a boost in brain function and awareness, as well as a decrease in dementia and depression. This explains why ping pong is considered to be the best brain sport. Don't know how to play? Even better! Learning or trying something new is fantastic for the brain and your intellectual wellness. Research states that the more we continually challenge and exercise our brain the better it performs. So join in! Attend a Ted Talk, become a Grandbuddy, play some ping pong, and if you are feeling really adventurous try something completely new!

Look for the following symbol to find more intellectual wellness program offerings:



## Aging Well "Boot Camp for your Brain"... Week at Mill Race Center May 11 – 15, 2015

A healthy brain is essential to your overall wellbeing and playing SUDOKU is just not good enough!

Join us at Mill Race Center every day during the second week in May to learn more about your brain and how to keep your brain healthy. Participate in brain stimulating activities and brain fitness. **It's FREE! It's FUN! Details inside this issue of MRC ALIVE on the bright yellow insert!**

*It's all about the brain, 'bout the brain . . .*



## Just Dance 2015

Featuring:

## Margaritaville

**NEW DATE: June 26, 2015**

from 7-10pm

Cash Bar. Complimentary Snacks.

No reservations required. Pay at the door.

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

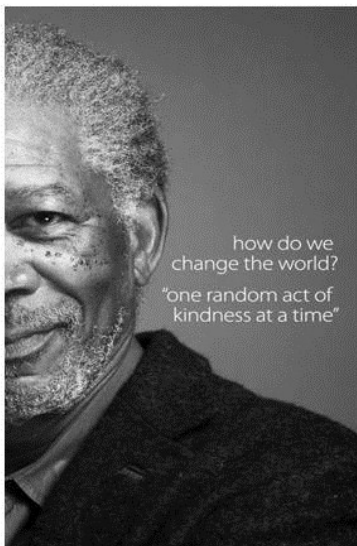
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# From Your Executive Team

## Operations Report

We have dramatically reduced our deficit from the previous year, and we are continuing to implement strategies that will allow Mill Race Center to be sustainable in the future. We are utilizing new financial tools to better analyze our fiscal situation, and to be able to react more quickly to changes. The numbers below do not include the proceeds from the sale of Town and Garden Apartments. Those proceeds will be set aside for future building repairs and maintenance, as well as unforeseen operating expenses. Thank you to everyone who continues to support Mill Race Center as we adapt to the changing needs of the 50+ population.

Revenue for the first quarter of 2015 (Not audited):	\$259,432
Expense for the first quarter of 2015 (Not audited):	\$270,792
Net:	(\$ 11,360)



### Random Acts of Kindness Club

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 for a call out meeting: **Monday, May 11th at 3:00pm**

### We're All Ears . . .



. . . and we want to keep hearing from you!

Join your new Executive Team and fellow MRC members on

**May 27 at 3pm**

and share your thoughts with us. How can we better serve our members?

**We're all ears!**

Notes from our earlier meeting are available at the Reception Desk.

### Mill Race Center

**812-376-9241**

#### Staff

Dan Mustard, Operations Director, x 211  
Liz Barriger, Accounting Clerk, x 207  
Debra Bray, Admin Assistant, x 218  
Jan Meadows, Receptionist, x 299  
Karen Phelps, Receptionist, x 204  
Edie Smith, Travel Coordinator, x 215  
Dexter Fravel, AmeriCorps, Volunteer Coordinator, x 202  
Cindy Chodan, Program and Membership Director, x 209  
Roberta Isaacson, Membership, x 219  
Gary VanEerden, Evening Coordinator  
Leah Boas, Comprehensive Wellness Program Coordinator, x 210  
Paula Herlitz, Development, x 206  
Steve Hood, Facility Manager, x 216  
Charlie Bryant, Custodian  
Jim Isaacson and Roy Hendershot, Van Drivers  
Megan Wood, Elwood Senior Staffing  
Jane Smith, Program Assistant  
Shannon Thalls, Membership Support Services Manager, x 220

## Meet our new Receptionist, Karen Phelps

Karen Phelps is a native of Hope, and for the last year she has worked as a care-giver/companion care for Griswald Home Care. Karen also worked at Camp Atterbury in Security Clearance/Mobilization. Karen enjoys NASCAR, craft fairs, music and going to the beach. Karen has two adult children Jasmine and Japheth (Jay) with two grandchildren Ethan and Chloe and a baby boy on the way named Ezekiel. Karen is our full time receptionist in the front entrance lobby and is here to help make your experience at Mill Race Center a fabulous one. We encourage you to stop by the reception desk to get to know Karen better.





## 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](mailto:admissions@willow-crossing.com)

## 5.15.15 @5pm

The “Fountain of Youth”  
may not be real,  
but Mill Race Center  
has discovered the secret to  
**Aging Well!**

Join us for a  
**Special Announcement**  
at Mill Race Center.  
Friday, May 15 at 5pm  
Refreshments provided.  
RSVP by May 13 to 812-376-9241.

## The Handyman Connection needs YOU!

Retired.....got some time to share?

A new community service group, **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](mailto: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.

## HELP WANTED

Mill Race Center is seeking a part-time driver with CDL to provide transportation for medical appointments and day trips planned through MRC Travel. Flexible schedule.

Interested application with current CDL please email Dan Mustard at:

[dmustard@millracecenter.org](mailto:dmustard@millracecenter.org).





## 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 9:00 am 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.



## Minds on Math

One hour a week is all it takes to help ignite a passion for math in 4<sup>th</sup> graders at BCSC. Minds on Math meets after school in the public elementary schools. Mentors and small groups of students problem-solve and complete activities designed to reinforce math concepts. You choose the school and day of the week, Monday-Thursday, that fits your schedule. To sign-up or for more info, call 812-378-4759 or email [minds-on-math@bcsc.k12.in.us](mailto:minds-on-math@bcsc.k12.in.us).

## Say Hello to **GRANDbuddies!!!**

GRANDbuddies is a multi-dimensional, intergenerational program that pairs adults aged 50+ with children ages 8-12 for the purpose of promoting a brain healthy lifestyle.

Program Objectives:

- Build an expanded understanding between generations.
- Nurture the development and health of the brain through activities designed to allow a reciprocal exchange of strengths and perspectives between generations.
- Foster the development of meaningful roles through intergenerational relationships subsequently bolstering socialization and ultimately brain health.
- Provide brain-based learning activities for all participants.

GRANDbuddies will kick-off this summer thanks to a collaboration between Mill Race Center and Boys and Girls Club of Foundation for Youth! This is an eight week program that will take place every Thursday from 9:00 A.M.-11:00 A.M. starting on June 11<sup>th</sup>. The sessions will alternate between meeting at Mill Race Center and Foundation for Youth. Each meeting will be full of valuable and interesting information pertaining to the brain and fun interactive brain-based activities!

If this program is of interest to you, please fill out a GRANDbuddies application located in the Mill Race Center Business Office. A GRANDbuddies orientation/training will take place on **May 21<sup>st</sup> from 5-7 pm** to provide more information.

\* A donation of ten dollars would be welcomed to help cover the cost of required background checks. For any additional information, contact Aging Well Coordinator, Leah Boas by phone at (812) 376-9241, ext. 210.



## Golden K Kiwanis

Mondays from 10 - 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, 812-526-8676.

## Book Buddies

Do you enjoy working with children and volunteering in a way that will impact their lives for years to come? Book Buddies allows you to work one-on-one with struggling readers in second and third grades. Volunteers spend one hour a week to read with two children. Book Buddies meets four days a week in all twelve public elementary schools in the county. A short one-hour training session is required. Training is taking place now. To sign-up call 812-376-4461 or email [bookbuddies@bcsc.k12.in.us](mailto:bookbuddies@bcsc.k12.in.us).





# 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: 6/24

**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

Needed to help with our entertainment events. Help needed in setting tables, serving snacks and clean up. Benefits include: free snacks and entertainment along with getting connected and meeting new people. Both men and women would be appreciated. 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. Call Gary at 376-9241 between 4-8 pm.

Community Service

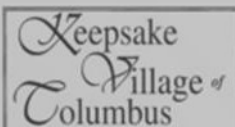


Can you remember  
when making friends  
was easy?

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*Call now to schedule your personal tour today.  
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## NEW MRC MEMBERS - WELCOME!

Sally Brand  
James and Martha Carruthers  
Joan Cleveland  
Susan Criswell  
Constance Curry  
Bob Davie  
Irene Eastham  
Stephanie Fangman  
Sally Fiesbeck  
Mario Figueroa  
Marcy Garrett  
Joe and Sandra Giovanini  
Jeanie Gravins  
Julia Gray  
Lena Grizard  
Rachel Hamlin  
Jerald Hatton  
Gerald Helm  
Donna Henderson

Janet Howe  
Vrushank Kavimandan  
Karen Kresovsky  
Judith Lannan  
Tammie Lehr  
Earleen Mennen  
Kenneth and Debra Miller  
Dennis and Joyce Orwin  
Michael and Cindy Overmyer  
Paul and Sheila Schnepf  
Bryan Scott  
Evelyn Smith  
Barbara Smitherman  
Edward Thifault  
Pam Thomas  
Ken and Kim Vanarsdall  
Pam White  
Michael Winchester  
Mary Wright

**FREE! 30 day trial MRC memberships**  
available at the reception desk.

**GIVE us a try.**

**There is no better time to join!**



## Volunteer Quilters

Share your quilting skills or learn how to quilt at Mill Race Center.

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. Join them on Mondays from 9:30-2:30 pm in the Arts Room (AR). Come for an hour or stay all day! If you don't know how to quilt...they will teach you!

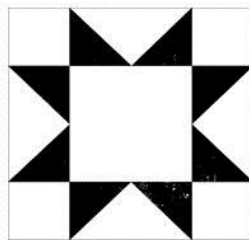
**New people always welcome to join us!**

Chair Person: Theresa Ross, 812-372-9008

## Evening Star Quilt Guild

Meets second Tuesday of each month at Mill Race Center at 7:00 pm (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).

## Art Class

Each Wednesday from 10 am to 12:30 pm in the Arts Room (AR). 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.



## Crafty Fingers

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 on Wednesdays from 10 - 11:30 am in the Lounge. For more information, contact Donna Rueff at 812-343-5540.

## NEW - 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



### MAY - Mitered Squares Table Runner

This technique class is perfect for a knitter of any skill level. If you can cast on and knit you can easily create this masterpiece. You can make a table runner (as shown) or knit a blanket. It's a great way to use up small amounts of yarn!

To get you started you will be supplied enough yarn for 10 squares, using fingering weight yarn.

Supplies needed for class: Size 6 needles

Dates: Friday May 15 and 22 10-Noon

Fee: \$35

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

### JUNE - Cabled Tea Cozy

What a great little project to learn the cable stitch and create a wonderful tea cozy. (Tea drinkers know these are more than pretty...they will keep your pot of tea warm for hours) A great gift and a perfect little project for summer knitting!

Skills needed: Cast on, knit and purl stitches

Skills learned: Cable Stitch

Supplies needed for class: 150 yards of worsted weight wool or wool blend yarn, Size 6 knitting needle, Tapestry needle.

Dates: June 5 and 19 10-Noon

Fee: \$25

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



## Calling any and all acoustic instrument players,

including dulcimers, guitars, flutes, banjos, recorders and fiddles!

All non-amplified instruments are welcome.

Want to get together and jam (play for fun) at Mill Race Center?

All levels of ability welcome.

Join us on the first and third Mondays from 10:00am to Noon.

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



Find us on:  
**facebook®**

## Fur Teddy Bear Classes are BACK!

Marian Walko will help you turn an old fur coat into a beautiful teddy bear heirloom.

Class meets on Tuesdays from 1 to 4pm in the ART room beginning June 2nd.

No need to sign up, just show up and Marian will get you started.

Questions . . . Contact Marian at 513-673-0944.



Creative Arts

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## Pinterest Project

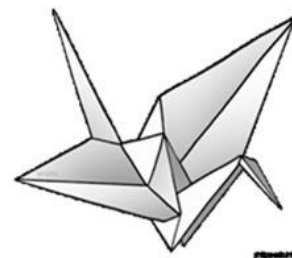
### With the Purdue Extension Club

Origami workshop – Monday, June 22<sup>nd</sup> 10am-Noon

Join Us! The Purdue Extension Homemakers Club invites you to attend a session on origami, the art of paper folding. The group is involved locally with projects of service to our community but has connections worldwide as well. The group belongs to ACWW, Associated Country Women of the World, and supports projects across numerous continents as well as here in Columbus. Learning about different cultures is an area of interest, so we have arranged with our Japanese friends to share an aspect of their culture with us. Being oceans apart, our cultures may seem very different but really are very much the same. We both value family and finding ways to strengthen the family unit. Please join us and learn a new skill as well as making new friends and learning about Purdue Extension Homemakers Clubs.

Instructor: Kaoru Takeuchi

Fee: \$5.00. Sign up at the MRC business office or by calling 376-9241



## 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.



Meet  
'n  
Greet

come and get acquainted!

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.

Please join us at our next  
MEET and GREET session:

**May 19th at 6:00 pm**

The Session will last about an hour.  
Call and reserve your spot; 376-9241.



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## Line Dance for Beginners

Come and give it a try! Class offered EVERY Wednesday: 4:30 to 6:00 pm (MP2). 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

Meets weekly on Wednesday and Friday mornings from 10-11:30 (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

Meets the 1st and 3rd Wednesday of each month from 6:30 pm-8:00 pm 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.



We've

got  
**clogging**

at Mill Race Center.

If you know how to clog, join Naomi Fleetwood-Pyle on Monday evenings from 7:00 to 8:00 pm.

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!

Creative Arts

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Dance

# Development Report



Spring is finally here! It's nice to see so many members walking through the doors of Mill Race Center now that our weather is improving. We have great programs and events planned throughout the year and I look forward to seeing many of you taking advantage of what we have to offer.

Your gifts do make a difference and allow Mill Race Center the opportunity to continue its mission – *maximizing opportunities for citizens over age 50 to lead independent, healthy and meaningful lives*. You may designate your gift to a specific program or you may allow your gift to be unrestricted.

**Join us on 5.15.15 at 5pm** at Mill Race Center for a special announcement. We think you will be excited to learn about our plans for Mill Race Center's future. Refreshments provided. RSVP by May 13 to 812.376.9241.

**Have you considered a memorial gift or an honorary gift?** A memorial gift allows you to pay tribute to the memory of a loved one. An honorary gift allows you to honor that special someone in your life.

**Did you know that Mill Race Center now has the capability to accept on-line donations?** Simply visit our website at [www.millracecenter.org](http://www.millracecenter.org). Click on the DONATE button and you will be taken to a secure site where you can make your donation.

**Have you considered making a monetary pledge to Mill Race Center?** Creating a pledge to Mill Race Center allows you the opportunity to spread your donation out over the course of the year or over an agreed upon time period.

**Consider a gift of Securities (Stocks, bonds, etc.)** – for gifts of long-term appreciated securities, the limit is 30% of Adjusted Gross Income, and you will avoid the capital gain tax that applies if you sell them. Mill Race Center has brokerage accounts at Hilliard Lyons and Old National Bank. Please contact Paula Herlitz at 376-9241 to discuss delivery instructions.

**Have you included Mill Race Center in your Estate Plan?** **Consider a gift in your will or living trust.** A simple charitable bequest can provide very meaningful support to our mission as well as reduce the amount of estate and inheritance taxes paid. Bequests may be specific, proportional, or residual in nature. Please contact me at 812-376-9241 or [paula@millracecenter.org](mailto:paula@millracecenter.org) to discuss these planned giving options.

**DONATIONS ARE ONGOING AT MRC AND APPRECIATED. PLEASE USE THE FORM BELOW TO MAKE YOUR GIFT TODAY!**

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (Home) \_\_\_\_\_ (Business) \_\_\_\_\_ (Cell) \_\_\_\_\_

Email (Home) \_\_\_\_\_ (Business) \_\_\_\_\_

Please accept my/our donation in the amount of \$ \_\_\_\_\_

Payment Form: ☐ cash ☐ check ☐ credit card Credit Card Type: ☐ Master Card ☐ Visa

Credit Card #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ Authorization Code: \_\_\_\_\_

Cardholder Name \_\_\_\_\_ Signature \_\_\_\_\_

Please make checks payable to: **Mill Race Center, Inc., 900 Lindsey Street, Columbus IN 47201**  
Indicate if you wish to remain anonymous or if your gift is in honor or memory of someone.





## DONORS

(February 1, 2015 through March 31, 2015)

Walter and Joan Able  
Evelyn Amick  
Mary Ann Clark  
Joseph Daily  
Cynthia Deckard  
John and Louise Dorenbusch  
Judy Eaton  
Mary Glasson  
Bill and Jody Harter  
Jim and Toots Henderson  
Don and Paula Herlitz  
Shirley Lyster  
John and Connie McLachlan  
Jorge and Melinda Morales  
Sandy and Paul Nolting  
Howard Percy  
Marjorie Porter  
Gail Saul  
Martha Sebastian  
Dorothy Shelton  
The Namaste Foundation Inc.  
Ted and Patty Unrue  
Kenneth and Eunice Wessel  
Ross and Theresa Westerfeld  
Edith Willmore  
Karl and Uschi Wolff  
Madonna Yates

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**Bob Pitman**  
Mr. James Gillespie

## IN MEMORY OF

**Ron Bussell**  
Carol Bussell

**Bill Everett**  
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Bob and Judy Pitman

**Barbara Huff**  
Gary and Darlene Crouch  
Joan Dugan  
Greg and Marilyn Harter  
Ruth Ann Hutt  
James and Roberta Isaacson  
Edward and Joan Miller  
Paulette Roberts  
Dolores Schatteman  
Marquita Tuck  
Don and Peggy Wampler

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](mailto:paula@millracecenter.org) or stop by Paula's office at MRC.

**We welcome Ted and Patty Unrue to the 900 Circle.**

## Super Soul Saturday

Connecting your mind • body • spirit



Janiece with her crystal and Tibetan bowls

**Mill Race Center**

**Saturday, May 30<sup>th</sup> 9:00am – Noon**

An interactive morning focusing on caring for yourself and connecting with your soul.

**Experience** aromatherapy with Lisa Rhoades, Aromatherapist. Participants will discover what essential oils are, why they work, how to use and apply them and which oils are best to start with.

**Learn** about Healing touch and energy with Cindy Goodwin, retired RN and certified Healing Touch practitioner. Discover the different energies present in and around our bodies, what a healthy "energy body" looks and feels like, and how our energy fields affect one another. For those who wish to participate, she will guide us in sensing one another's energy fields and teach us a few simple techniques we can use to keep ourselves grounded, open, balanced, and clear.

**Participate** in deep relaxation through healing tones with Janiece Jaffee. De-stress yourself as you experience the meditative soundscape from the healing tones of crystal and Tibetan bowls and Janiece Jaffee's beautiful voice. (Please bring a yoga mat or blanket and a pillow for your optimal comfort. There will also be chairs available if you prefer sitting).

**Win** a free 30 minute reflexology session from Leslie Dyer, Mill Race Center's certified reflexologist. All participants will be entered to win one of three free sessions.

**Reservations for Super Soul Saturday Required in Advance (by May 26)**, 812-376-9241 or stop by the Business Office between 8:00am and 4:00pm. Fee: \$10/MRC members and \$15/non-members. Wear comfortable clothing to enhance your experience.

Education and Finance

Development Report



## SCS Investment Club

### NEW EVENING MEETING TIME!

Monthly, 1st Tuesday from 6-8 pm  
MRC Classroom  
May 5th and June 2nd



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](mailto: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.**

May 20, 2015: Part 1 of 3 on Jefferson Davis, President of the Confederacy.

June 17, 2015: Part 2 of 2 on Jefferson Davis, President of the Confederacy.

Share how you want to live the end of your life.

the conversation project

**June 12<sup>th</sup> 11:00am to 1:00pm**

The Conversation Project is dedicated to helping people talk about their wishes for end of life care. It will assist individuals and families in having end of life conversations in advance of a life ending event. This enables family decision makers to feel prepared and equipped to carry out the wishes of their loved one. The program will provide clear, concise information and resources for end of life care decision making. Lunch is included. Space is limited, registration is required in advance at the MRC business office or by calling 812-376-9241. Instructor: Fran Hessler, ACSW, LCSW

**TED  
Talks**

**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.

TEDs Mission: Spread ideas

Join us at Mill Race Center as we begin a TED Talks group. As a group we will watch a short TED talk to stir our curiosity and spark conversation.

**May 19th at 3:00**

Topic area: Technology

**June 15th at 3:00**

Topic area: Global Issues

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

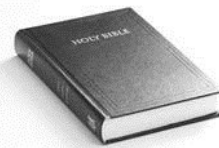
Facilitators: Ed and Terri DeVoe

## Bible Study

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

Information: Virginia Houser,  
812-579-5132

May: Dennis Aud from Westside Community Church  
June: Kevin Metz from Mount Pleasant Christian Church



## Understanding Your Grief

### Bereavement Support Group at MRC

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.

The group will meet on a monthly basis from 4:00-5:30 p.m. on the third Thursday of each month. If you are interested in participating please join us! If you need more info. please call Shannon at MRC, 812-376-9241 ext. 220.



## Attention Mill Race Center Members!

Do you have lawn or maintenance projects around your home? Volunteers from the United Way Day of Caring are reaching out to our members, and would like to help you with your "Honey Do" list.

Examples could be window washing, yard cleanup, gardening, or light maintenance. Possible projects may be indoors and/or outdoors. All projects will be considered, but some may fall outside of the ability of the volunteers. Please contact Dan Mustard, Director of Operations, if you would like to be added to the list for consideration.

Dan can be reached at 812-376-9241, or by e-mail at [dmustard@millracecenter.org](mailto:dmustard@millracecenter.org).

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## OPEN LAB - TUESDAY EVENINGS

5:30 to 7:00pm. DROP IN for help!

### 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! To schedule a session call Gary at the front desk after 4:00 pm Monday-Friday, 812-376-9241.

### 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 call Gary at the Front Desk after 4:00 p.m. at 812-376-9241 or send an email to [gary@millracecenter.org](mailto:gary@millracecenter.org).

# Technology & Learning



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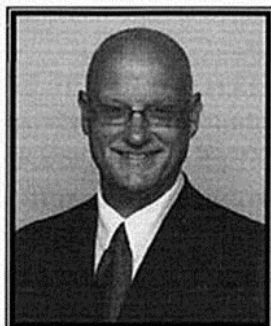
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**L.D. McCoy**

### 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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[www.jewellrittman.com](http://www.jewellrittman.com)

## 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:

- May 11, 2015: "The Theory of Everything"**  
Character drama of the brilliant scientist Steven Hawking
- June 8, 2015: "The Second Best Marigold Hotel"**  
Charming comedy based in India with the same excellent cast as the first one.

Sign up for all movies at MRC Business Office or call 812-376-9241.

## 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.

## Mill Race Center presents: Lunch Time Players



## June 10th 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. \$7/per person to cover the cost of lunch. CALL EARLY WE FILL UP FAST!

Interested in joining Readers Theater?  
Contact Cindy Chodan at MRC for more information.  
We are growing and welcome new members.

# THE LASTING IMPRESSIONS



## Presenting: "BRAVO! BROADWAY"

Favorite Songs of the Broadway Theatre.

"FRIDAYS AT FIRST" PROGRAM

Friday, June 12, 2015 at 7:30pm

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FREE and Open to the Public - Reception to follow.

Contact Info: (812) 376-8812



## The Lasting Impressions

Presents

## "A TRIBUTE TO OUR TROOPS"

### USO Musical Review

Buffet Dinner & Show on

**ARMED FORCES WEEKEND**

Saturday, May 16, 2015 6:00 p.m.

Sunday, May 17, 2015 1:00 p.m.

At **MILL RACE CENTER**

900 Lindsey Street, Columbus, Indiana

**BUFFET DINNER BY SADIE'S CATERING**

Tickets: \$18.00 (includes dinner & show)

Available at Mill Race Center, Sadie's Family Dining and from Cast Members.

For More Information Contact:

(812) 376-6612 or (812) 342-6473



## Did you know that PING PONG is excellent for the brain?

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

COME & PLAY at Mill Race Center:

Mondays and Fridays from 9-11am in MP1 and Tuesdays and Thursdays from 6-8pm in MP3



## Columbus Chess Club

Every Thursday evening  
5:00 to 8:00 pm (AR)



Wednesday afternoons from 1:00 to 3:00 pm in MP 2. New players welcome!

## OPEN Billiards

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



## Duplicate Bridge

Thursdays • 1-4 pm (MP2)

## Friendship Bridge

Mondays • 1-4 pm (MP2)

Chair: Pinkie Beck and Punky Hooker, 372-0747

## Euchre - Evening

Tuesdays • 5:30 - 7:30 pm (MP2)

Chair: Ed Love, 371-6291

## Euchre - Afternoon

Fridays • 1-4 pm (MP2)

Chair: Ed Love, 371-6291

## Hand & Foot

Mondays • 1-4 pm (MP2)

## Bid Euchre/Hand & Foot

Wednesdays • 1-4 pm (MP2)



## Majhong

Wednesdays 1 to 3 pm (MP2)

Experienced and new players welcome!

**We will teach you how to play!**



Every Tuesday Noon to 4 pm (MP2)

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!

## 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.

## Assisted living. Emphasis on living.

### COMPLIMENTARY FRESH-BAKED BREAD

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## Better Breathers Club

BetterBreathers is a support group for those with lung disease and their families and friends. There's 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.

We meet the third Thursday of each month at 3:00pm/MRC Classroom

**Topic for June 4th: shortness of breath and cough; causes and management**

Meeting schedule for the rest of 2015: June 4th, July 23rd, September 3rd, October 22nd and December 17th.

Better Breathers welcomes all people who have lung problems that affect their daily living. Friends and family are also welcome.

Feel free to call Jennifer at the Lung Institute at 812-376-5793 with any questions.

## TOPS Club

Take Off Pounds Sensibly

Wednesday 11:30 am to 1 pm (CR)

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

or check the TOPS website at [www.tops.org](http://www.tops.org).

## Diabetes Awareness Program

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

2015 Program dates: June 11, August 13 and November 12 (MP1)

For more information: 812-376-5709

Email: [lkessler@crh.org](mailto:lkessler@crh.org)

## 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.

## 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.

## HEALTH CHECKS AT MRC

### Monthly Health Check

Offered each month by Public Health nurses at Mill Race Center from 9:00 to 10 am

**June 23rd:**

Cholesterol and hemoglobin Screen (fasting)

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

There is NO CHARGE for this service



## 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!

## Wireless Access at MRC Requires a Password

The password may be obtained from the MRC front desk.



## Quarterly Comprehensive Health Screening

Offered **May 21 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.



## 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.

**SIGN UP TODAY!**

## 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.**

## Falls Are Not a Laughing Matter!

### Matter of Balance Class

Falls can be funny to watch, but after age 65, they are not a laughing matter. In fact, for that age group, falls are the leading cause of accidents, and may often trigger a downward spiral that leads to longer term impairment and even death. Additionally, sometimes the fear of falling can be just as limiting as actually falling. You cut down on favorite activities or feel afraid to even express your concern about falling.

Matter of Balance is just the program to put you back in charge! In the class, you will learn to set realistic goals to increase activity, change your environment to reduce falls, and learn simple exercises to increase strength and balance.

### 2015 Class Sessions:

May 21- July 9, Thursdays, 2 pm - 4 pm

July 29- Sept. 16, Wednesdays, 10 am - 12 pm

Oct. 27- Dec.15, Tuesdays, 2 pm - 4 pm

The program, which is sponsored by Thrive Alliance, Columbus Regional Health, and Mill Race Center, is offered at no charge and includes a workbook. To sign up, contact Mill Race Center Business Office at 812-376-9241.

Space is limited to 12 participants per class, and is open to all age 50+ adults in the community.

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07-B002



## Body Motion

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.

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

FREE to MRC members

## Chair Massage

Emily Patrick, LMT is a Certified Massage Therapist offering massages on Wednesday mornings from 8:00-12:00pm. 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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**for more information.**

## "Living a Healthy Life" Class

One in two adults age 50 has at least one chronic health condition, for example high blood pressure, arthritis, depression, diabetes, or high cholesterol. As we age, we can accumulate additional chronic conditions. If these go untreated, our overall health and longevity can suffer. The good news is that people can learn to manage chronic health conditions and "put life back in their life!"

Thanks to sponsorship from Thrive Alliance and Columbus Regional Health, Mill Race Center is able to offer a six week "Living a Healthy Life" class **at no cost to participants**. Participants also receive a comprehensive guidebook that is a great resource for understanding conditions that are common in later years.

### Remaining 2015 Class Session:

Sep.25-Oct. 30, Fridays, 2:30 pm -5 pm

To sign up, contact Mill Race Center Business Office at 812-376-9241. Space is limited to 12 participants per class, and is open to all age 50+ adults in the community.

## Walk with Ease

No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation's six week Walk with Ease program can teach you how to safely make physical activity part of your everyday life. **If you can stand on your feet for 10 minutes without increased pain, then you can successfully participate in this program!**

Studies show that Walk with Ease is proven to:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve overall health

Thanks to Thrive Alliance, the six week Walk with Ease workshop will be offered at Mill Race Center at no cost to participants every Monday, Wednesday, and Friday from 2:00-3:00 pm starting on April 27th through June 5th.

To sign up for the Walk with Ease workshop contact Mill Race Center Business Office at 812-376-9241.

## Learn To Relax

Are you looking to wind down and relax? If so, then join us on Thursdays from May 28 to June 25 at 5:15 p.m. as we relax our minds and bodies using guided relaxation techniques. Registration is not required, just drop in and relax!

Class will not meet on June 11th. Class is FREE to MRC members!



# Health and Fitness

## Q: What is SilverSneakers?

A: SilverSneakers is a benefit offered by some Medicare supplement insurance plans which will pay CRH for your Wellness Center membership and CRH wellness classes. If you do not know whether you currently have this benefit, check with your supplement insurance company for coverage. CRH Wellness Center staff can also check the computer data base for your eligibility; but your insurance company is the ultimate resource.



## Q: May I visit more than one SilverSneakers participating location?

A: Yes. Once you find that you have the SilverSneakers benefit, you may enjoy SilverSneakers at any participating location in the country. Your primary membership will be at the location where you originally joined. When you visit a different location, you'll need to present your health plan member card and SilverSneakers ID card. When you travel or move, simply visit the SilverSneakers Website, [www.silversneakers.com](http://www.silversneakers.com), or call to find a SilverSneakers location (Customer Service toll-free at 800-728-8492).

## Q: What do I need to know about starting an exercise program?

A: Wear comfortable clothing and rubber-soled shoes. Have a water bottle with you during your classes, and drink water often. Remember to listen to your body. It's okay if you need to slow down and rest. Ask the staff any questions you have about exercising. Call the Wellness Center to set up an orientation appointment for your first visit (812.376.5808). Bring your SilverSneakers membership card and a list of medications. You'll be asked to complete a health history and be taken through an introductory workout on our strength and cardiovascular machines appropriate to your needs, abilities, and goals. We always have a personal trainer on duty in the Wellness Center to help you with your program.

## Q: What about SilverSneakers group exercises?

A: The signature classes are designed especially for older adults and are taught by certified instructors trained to be sensitive to your needs. Research indicates that regular physical activity prevents and helps treat symptoms of many chronic conditions, positively influencing heart disease, diabetes, osteoarthritis, osteoporosis, obesity, and other conditions. It also enhances feelings of well-being and reduces feelings of depression and anxiety.

**Columbus Regional Health Wellness Center at Mill Race offers  
2 SilverSneakers classes:**

***SilverSneakers Classic* meets Monday, Wednesday, and Friday at  
10 am in the Wellness Classroom at Mill Race Center**

***SilverSneakers YogaStretch* meets Tuesday and Thursday at 10 am.**



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**379-4151**

# Music and Theater



## 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).



## 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, May 22 at 2:00 pm**

**The Reen Family Singers**

**Friday, June 26 at 2:00 pm**

**Jeff Kuehl as Carl Fisher**

**This Series is made possible through the generosity of:**



**Bob & Helen Haddad**

Health and Fitness

Music and Theater



**Mill Race Center is the perfect venue for your next celebration!**

**Stop in for a tour and see how we can accommodate your event.**

**Reasonable rates. Spectacular views!**



**376-9241**



# Music and Theater



**Calling all you acting enthusiasts!**

**We want you!**

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!

Group meets weekly on Wednesdays from 1-3 pm in the Classroom. New members ALWAYS welcome. FREE to MRC members.



**Why do we ask our MRC Members to Scan their Membership Card?**

**One reason is: it helps us secure funding. Please scan in!**

## 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: 342-9324.

FREE to MRC members.

## 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 will be taken at the reception desk.



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## SURPRISE

*We walked leisurely through the park  
At peace, all worries gone  
Everything changed in the blink of an eye  
When suddenly the sprinklers came on  
We were wet, soaking wet  
We really got a shower  
We ran through the grass  
There was no need to cower  
The sun dried us off  
No harm that we detected  
We learned again that lesson  
Always expect the unexpected*

Marge Anthony

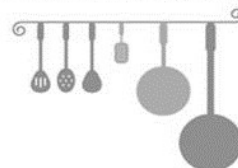
## JELLO PISTACHIO PUDDING CAKE

**1 PKG. PISTACHIO PUDDING**  
**1 PKG. YELLOW CAKE MIX**  
**1/2 TSP. ALMOND EXTRACT**  
**4 EGGS**  
**1 1/4 CUPS WATER**  
**1/4 CUP OIL**  
**7 DROPS GREEN FOOD COLORING**

DONNA RUEFF



Combine all ingredients, mixing well, Beat at medium speed for 2 minutes. Pour into greased and floured Bundt pan. Bake at 350 degrees 50-55 minutes. Cool in pan 15 minutes or more. Remove from pan and continue cooling. Make a butter icing colored with green food coloring. And drizzle over cake.



## WE ASKED. YOU ANSWERED.

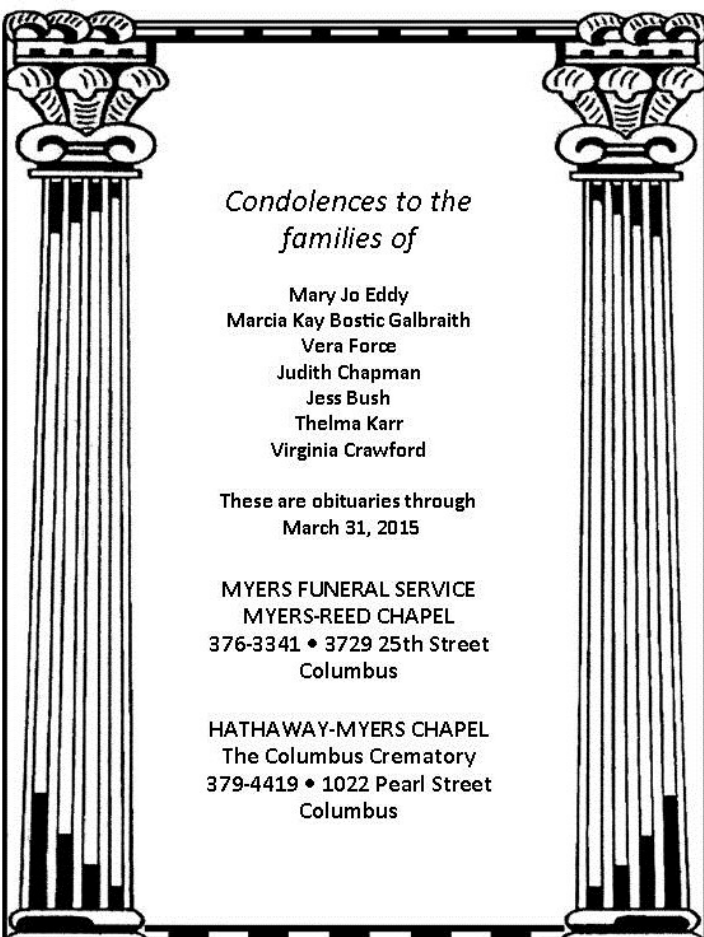
How has Mill Race Center changed your life?

Pat Burton—I have met so many wonderful people I wouldn't have known otherwise.

Karen Loy—I enjoy classes on different things and meet a lot of nice people.

Cathy Tower- It keeps me going!

**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!




*Condolences to the families of*

Mary Jo Eddy  
Marcia Kay Bostic Galbraith  
Vera Force  
Judith Chapman  
Jess Bush  
Thelma Karr  
Virginia Crawford


These are obituaries through  
March 31, 2015

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## 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.

### Olive Garden, Greenwood

**May 4**

Enjoy traditional Italian favorites including their famous breadsticks! \$8-\$15 price range. We will also make a stop at the Christmas Store before we leave Greenwood. Leaving MRC at 10:30am and returning at 2:30pm.

### Ricks Café Boatyard, Indy

**June 8**

Enjoy a beautiful setting on Eagle Creek Reservoir with a variety of sandwiches, soups, salads and entrees including seafood and pork chops. \$6-\$15 price range. Leaving MRC at 10 am and returning at 2:30pm.

**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 May: May 28 at 1:00 pm (MP1)**

**Birthday celebration for folks who have a birthday in June: June 25 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.



**Rich Rudder**  
Funeral Director  
Supporting Families  
over 45 years.



**Ron Shadley**  
Funeral Director  
Supporting Families  
over 37 years.



**Terril Pettit, GM**  
Funeral Director  
Supporting Families  
over 26 years.



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### Hathaway~Myers Chapel

1022 Pearl Street | Columbus | 379-4419 | [www.hathaway-myers.com](http://www.hathaway-myers.com)





## TRAVEL WITH MILL RACE CENTER IN 2015



### Travel Fan Club

Want to get involved? Join us on the last Thursday of each month from 4-5pm to explore ideas for future trips, meet fellow travelers and discuss past and upcoming events. We want you to have a voice in the direction our travel department takes in 2015. Many More Trips offered in 2015. Check MRC Alive and Travel wall display at MRC.

**June 1-4: Biltmore Mansion**, the gardens in bloom! Asheville, Folk Art and Blue Ridge Parkway. This is a beautiful trip and is a must if you have not seen one of America's castles. \$395 member. Call for availability.

**July 28-August 5: Canadian Rockies by Rail**, \$2945 member, still seats available!

**August 11-15: Finger Lakes, New York Wine Tour**, 3 dinners, includes Belhurst Castle, river cruise and more. \$594 member. Deadline June 1.

**August 17-21: Mackinac Island**, includes carriage tour, boat ride through the Soo Locks and more! \$570 member. Deadline June 15.

**August 18-28: Alaska Adventure Cruise**, \$3749 and up based on cabin choice. Collette Tours, one of the finest! Call for availability.

**September 3-7: Colorado Balloon Launch and Rail Adventure**, \$1399 member. Includes airfare, round trip transportation from Columbus, 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.



## You're Retired. Your Money Isn't.

You may have given up your traditional job, but your retirement money still needs to work.

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**Betsy Free, AAMS®**  
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**Lisa Duke**  
Financial Advisor  
(812) 378-2012



## SHOWS and SPECIAL EVENTS



**Triumphant Quartet, Gospel Concert:**  
May 7, leave MRC @ 5:45 return approx.  
10pm. Greenwood Indiana. \$30 for  
members, \$35 non-member. Includes  
ticket and transportation.  
Call for availability.

### Indy 500 Practice Day

at the Track! May 13,  
\$50 members \$60 non-members  
includes lunch, transportation,  
admission and more. Leave from  
MRC at 8:30am return at  
4:30pm. Rain or Shine we will  
have a great time! Registration deadline May 8.



**May 16, Broad Ripple Art Festival,** \$35m/\$40 nm includes  
admission and transportation. Lunch on your own at the  
Festival. Leave MRC at 9am return at 6pm. Registration by  
May 8.

**Saturday, June 6: Broadway Musical in Louisville, PIPPEN,**  
includes main floor seating, transportation and ice cream  
treat!. \$90m \$100 nm. Lunch at Hard Rock Café prior to  
show not included in price. Leave MRC at 10:30am return  
at approximately 6pm. Registration by May 7.

**June 19: Streamcliff Farms Special Event,** Lecture on Civil  
War, Garden Tour, Lunch and Make and Take Potpourri.  
Leave MRC at 9am return at 4:30pm \$40m \$50 nm in-  
cludes lunch, craft materials, tour guide and transporta-  
tion. Registration by June 1.

**June 26: Hairspray, The Musical.** Bloomington IN, Buskirk  
Chumley theater Bloomington. Dinner, show and transpor-  
tation. \$79 members, \$89 nonmembers. Registration by  
May 25.

**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.

\*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.

## 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.

### May 18: IKEA and Jungle Jim's. SOLD OUT!

Lunch at IKEA on your own and shop all afternoon at Jungle  
Jim's. Very Popular Trip! Limit 16 due to space for purchases.  
Register early for this one! Bring a small cooler for purchases if  
desired. 9am-5:30pm from MRC

### June 22: Dalai Lama Retreat House in Bloomington IN.

A special opportunity to observe a tranquil lifestyle and explore  
the world of Tibetan Buddhism. Afternoon will be spent at Oli-  
ver Winery where picnic items can be purchased for lunch at  
their beautiful facility or optional drop off in downtown for  
lunch/shopping. 9am-3:30pm

### 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 enjoy-  
ing lunch at one of many cafes. Shuttle bus will be running be-  
tween the park and town on a schedule so you can decide how  
much time to spend at each location. 9am-5pm

### New Casino Trips every other month in 2015!

May 29, Hoosier Park

Leave MRC at 9am and return at 5pm. \$25/members  
and \$30/non-members.

Free plan and/or voucher not offered nor guaranteed by  
MRC. Sign up by May 20. Must bring state issued ID  
card/license to participate.

Mill Race Center offers an attractive travel  
program for those who want to explore new  
places with fantastic accommodations.  
You can leave all of the planning to us and  
enjoy your travel experience.

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](mailto:travel@millracecenter.org).

# 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
9-11	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
<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>7:00</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>
1:00	Senior Bowling League	
	Col Bowling Center	
5:30	Open Computer Class	CL
<b>5:30</b>	<b>Tai Chi (\$)</b>	<b>MP1</b>
5:30	Euchre	MP2
<b>6:00</b>	<b>Ballroom Dance</b>	<b>MP1</b>
<b>6:00</b>	<b>Ping Pong</b>	<b>MP3</b>

## Wednesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
<b>8-10</b>	<b>Breakfast (\$)</b>	<b>LOB</b>
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
<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/Pinocle	MP2
3:00	Diabetes Group	CR
	(2nd Thurs)	
5:00	Chess Club	AR/LO
<b>5:30</b>	<b>Tai Chi (\$)</b>	<b>MP1</b>
6:00	Ping Pong	MP3

## 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
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)	
<b>2:00</b>	<b>Afternoon For Arts</b>	<b>MP1</b>
	(4th Fri)	

## Saturday

9-11	Senior Swim*	FFY
------	--------------	-----

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

### May 11—15:

Boot Camp for your Brain!

### May 12:

Random Acts of Kindness Club, 3:00pm

### 5.15.15.@5PM

SPECIAL ANNOUNCEMENT RECEPTION!

### May 16-17:

The Lasting Impressions Shows

### May 19:

TED Talks, 3:00pm

Meet & Greet, 6:00pm

### May 21:

Free comprehensive health screen, 8-10am

### May 22:

Afternoon for Arts: The Reen Family Singers, 2:00pm

### May 27:

We're All Ears...Listening Session, 3:00pm

### May 30:

Super Soul Saturday, 9am-Noon

### June 10:

Lunch & Laughter w/ Readers Theater, Noon

### June 15:

Ted Talks, 3:00pm

### June 22:

Pinterest Project: Origami, 10am-Noon

### June 26:

Afternoon for Arts: Jeff Kuehl as Carl Fisher, 2:00pm

Friday Night Live: Margaritaville, 7pm

Closed Memorial Day - May 25

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