

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: **Emotional Wellness - 10 Tips to Boost Your Happiness**

Research by Mather LifeWays Institute on Aging shows us that happier people tend to report having better health, greater psychological well-being, more fulfilling relationships, and a deeper sense of purpose. You can increase your happiness by savoring positive experiences. The act of savoring enhances your ability to find joy. That's because it increases your mindfulness and appreciation of positive experiences. Try these strategies to boost your happiness!

- 1 Say Thank You**
Thank someone who has a positive impact on your life. Participate in Cheer Cards (page 7 at MRC).
- 2 Treat Yourself to Learning Something New**
Participate in TED TALKS (page 12). Program and discussion on wide variety of interesting topics to keep challenging your thinking.
- 3 Increase Your Appreciation**
Think or journal about things you are grateful for in your life. Share your thoughts with others while at MRC
- 4 Snap a Picture**
MRC is located in beautiful Mill Race Park. Snap a picture at MRC or in the park and share it with us on Facebook.
- 5 Put on Your Walking Shoes**
Enjoy getting up and moving each day. Join the MRC Walking Club (page 19). Meet with friends from MRC and make new friendships while enjoying a walk together.
- 6 Redirect Your Thinking**
Join the Random Acts of Kindness group (page 12) to help intentionally shift your mind to positive topics and thoughts.
- 7 Challenge Yourself**
Set specific, achievable goals that you can complete within a month. Share your goals with your MRC friends.
- 8 Take a New Approach**
Sharpen your mindfulness to savor positive experiences in new ways. Join the trend that has spread nationwide...adult coloring. New coloring café at MRC, see page 11.
- 9 Put on a Happy Face**
Acting happy can lead to actual happiness. Know that your friends at MRC enjoy seeing you everyday. Come smile and laugh with us at MRC.
- 10 End the Day on a Bright Note**
Take a few moments to post on Mill Race Centers Happiness Wall something positive that happened each day. Look for this in the MRC lobby.

From Your Executive Team

SEEK 2015 Report

33% of seniors across the nation are economically insecure!
The Indiana population growth of age 65+ will be 90% greater between 2005 and 2040!
Individual well-being is essential to thrive!
Community partnerships create a more vibrant community.

These were just a few of the important topics addressed when 220 professionals and citizens from across the nation, Canada and Guam assembled in Columbus, IN from September 20 – 22 to learn more about [Engaging Communities to Age Well](#).

SEEK 2015 was a well-received national conference hosted by The Pitman Institute for Aging Well in an effort to provide an opportunity for our community and other communities across the nation to begin the dialogue that is necessary to understand, and prepare for, the needs of an aging population. In addition to raising awareness for further discussion on Aging Well, the conference raised over \$40,000 (net) for Mill Race Center.

Thank you to all the volunteers, sponsors, donors, vendors, presenters, and MRC staff for working so hard to make this inaugural conference a success!

As we approach 2016 the Pitman Institute will work on the next step: educating our citizens on various aspects of aging, and what it takes to be able to “age in place”, through various speakers and seminars.

Development report continued on page 10.



Mill Race Center will be closed
November 26 & 27 and
December 25-31
Reopens January 4

Call the Fitness Center
for their Holiday hours
(812) 376-5808



All programs and events listed in the newsletter are for members only unless it is stated otherwise. Call the Business Office at (812)376-9241 or visit our website to become a Mill Race Center member. Membership is only \$50 a year.

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Spotlighting Emotional Wellness



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, Administrative Assistant, x 218

Kristy Carothers, Accounts Payable, x222

Cindy Chodan, Program & Membership Director, x 209

Dexter Fravel, Lead Bingo Volunteer

Paula Herlitz, Development, x 206

Steve Hood, Facility Manager, x 216

Roberta Isaacson, Membership, x 219

Jim Isaacson and Roy Hendershot, Van Drivers

Mike Joy, Evening Facilities

Jan Meadows, Ambassador Coordinator, x 299

Dan Mustard, Operations Director, x 211

Karen Phelps, Receptionist, x 204

Kate Phillips, Evening Coordinator, x204

Roy Pruett, Assistant Facilities Manager, x216

Eddie Smith, Travel Coordinator, x 215

Jane Smith, Program Assistant

Shannon Thalls, Member 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.



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 DeSpain at 812-376-9241 ext. 222 or stop by Mill Race Center to fill out an application.

Rust-Unger Monuments

2421 10th Street Columbus, Indiana 47201

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See monument photos at
www.rust-ungermonuments.com

M-F 8:00 - 5:00 / Sat. 9:00 - Noon

Email: info@rust-ungermonuments.com



379-4151

Service/Employment

Spotlighting Emotional Wellness



Share your smile and a hot meal to someone in need!

Contact Shannon Thalls or the Mill Race Center business office (812)376-9241 to be a volunteer driver.

- Roughly one hour of your time each time you drive.
- Training provided and a ride along with experienced drivers.
- Directions for each route provided.
- Start and stop at Keepsake Village.
- Background check and vehicle needed.
- An opportunity to bless someone's life!

Shopping Trip to Walmart

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

Wheel Chair Medical Transportation

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

Golden K Kiwanis

Each Monday 10:00-11:00am



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

Visitors are welcome. Wanted: Photos of deceased members of Kiwanis Golden K which will be used in our annual memorial service. Please send to Jack Piercefield, 5270 Hartford Ave., Columbus, In. 47203. Please include name on the photo and they will be returned if desired.

President: Larry Lewis 812-528-1656



**Give the Gift of
Mill Race Center
Fun Bucks this
Holiday Season**

Spends just like cash at MRC! Use for...

The MRC Breakfast Café

Chair Massage & Reflexology

Readers Theater Lunch & Laughter

Afternoon for Arts

Friday Night Live

Travel

Art Classes

All paid MRC programs

(Not for use at the fitness center)

Can be purchased at the Business Office or at our website under Join/MRC Bucks.

Happy Helping Hands

Thursday mornings each week 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, 812-376-3033.



Spotlighting Social Wellness

VOLUNTEERS WANTED

NEWSLETTER ASSISTANTS

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

MEALS-ON-WHEELS

Volunteer Drivers

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

USO Volunteers

The USO at Camp Atterbury is in need of volunteers to assist with the many soldiers coming through Camp Atterbury.

www.USOIndiana.org
(317) 800-1436

MRC AMBASSADORS

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

Community Ambassadors

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

BINGO CALLERS NEEDED

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

Volunteer Quilters NEEDED

Monday Mornings

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. If you are interested in giving this a try please call Marge Steinmetz at 812-372-5981.

Community Service

**We Appreciate
Our Volunteers!**

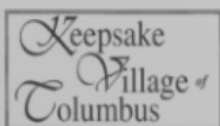


Can you remember
when making friends
was easy?

It can be easy again...

Come! Let us spoil you. You deserve it!

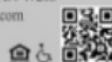
*Call now to schedule your personal tour today.
New friends are waiting!*



A Premier Memory Care Community

A Capital Senior Living Community
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2564 Foxpointe Drive Columbus, IN 47203
www.keepsakeofcolumbus.com



NEW MRC MEMBERS - WELCOME!

Larry Baack	Becky Harper	Carol Suever
Marilyn Baack	David Hayward	Dennis Smith
Rita Beaty	Deborah Jones	Fay Stewart
Marjorie Betz	Kanwal Kalirai	Diana Strietelmeier
Melodee Bishop	Sarah Kittle	Alice Taulman
Larry Boggs	Michelle Kulper	Marjorie Thomas
Larry Brackney	Lesli Lanteigne	James Trisler
Marilyn Brackney	Marsha Lentowski	Michelle Turner
Charles W. Chapman	Mark Levett	Debora Vaughan
Joann Childers	Darlene Martin	Dan Wallace
Cynthia Chodan	Fairy McGuire	Howard Wente
James Coleman	James McGuire	Judy Westphal
Nora Coleman	Robert McKinney	Jack Williamson
Julianna Crawley	Barbara Moncel	Lew Wilson
David Day	Chester Morris	Mary Wolf
Carole Erickson	Debra Pangburn	
Ann Fahey	Janet Poe	
Mary Fredericksen	Donald Proffer	
Richard Garriss	Tom Reifenberg	
Karen Geiger	Shigeko Doi Ritter	
Larry Geiger	Gordon Ritter	

**FREE! 30 day trial MRC memberships available
at the reception desk. GIVE us a try.**

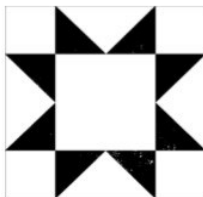
There is no better time to join!

Spotlighting Emotional Wellness

Volunteer Quilters

Mondays 9:30-2:30pm in the Arts Room (AR) Share your quilting skills or learn how to quilt. The volunteer quilters raise funds for Mill Race Center by hand quilting quilts brought in by individuals who need a quilt completed. The group charges a fee for this service which they donate to Mill Race Center. Come for an hour or stay all day! If you don't know how to quilt...they will teach you! **New people always welcome to join us!**

Chair Person: Theresa Ross, 812-372-9008



Evening Star Quilt Guild

**Second Tuesday of each month
6:30-8:00pm (AR)**

The Guild is open to anyone interested in quilts and the art of quilting. The meetings offer information and instruction in quilting and quilting techniques given by Guild members and guest presenters.

Dues are \$12/year for Mill Race Center Members and \$15/year for Non-members. Part of the dues money is given to support Mill Race Center.

The Guild's service project is to make quilts for clients at Turning Point Domestic Violence Shelter. Guild members make 30-40 quilts annually for the children and adults there. More information: Carol Walp 812-343-8863, carol.walp@hotmail.com.



Knitting with Cathi

**Knitting for Peace - Knitted bears
November 13, 10:00am-4:00pm**

Won't you join a group of knitters for a day of knitting? These darling bears can be knitted flat using straight needles or in the round, using Double Point Needles. Yarn will be provided, along with patterns. Bring your knit group and spend the day knitting it forward! Completed bears will be donated to CRH (on Christmas Day), Turning Point or Horizon House.



Bring a sack lunch or take a lunch break. Stay the day or just a couple of hours! Please bring size 7 knitting needles (straight or DPN), a tape measure or ruler, scissors and yarn needle. Register at MRC. **FREE**



Crafting with Kim

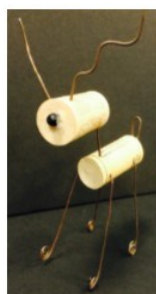
Join Kim Dillingham to create these new fun projects this fall. All supplies will be provided. Register at the business office. Samples will be on display in the lobby. Limited space for each class.

Pinecone Painting

November 19 at 3:00pm

Add color to your front door or entry way with this perfect fall door décor.

Class Fee: \$7



Wine Cork Reindeer

December 3 at 3:00pm

Recycled craft class. Make your very own Rudolph to decorate with this holiday season.

Class Fee: \$5

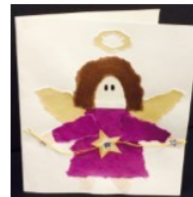
Intergenerational Christmas Gift Class

December 10 at 3:30pm

For adults and children aged 6 and above. You can bring your grandchild or a neighbor to participate in this fun class if you would like. Each participant will make a marble painted ornament and a torn paper angel card. Gift bags provided so that this unique gift can be shared with someone special!

Class Fee: \$10.

Instructors: Kim Dillingham & Kami Thalls



Free Art - Unique Christmas Tags

Thursday, December 3 at 11:00am

Join us to make beautiful and unique Christmas tags for your presents this year. Free class and supplies provided. Feel free to bring any old Christmas cards to add to our free art supplies.

Spotlighting Emotional Wellness



Free Art - Cheer Cards

December 10 at 11:00am



Sometimes you need a card on hand to send out. Maybe you know a MRC member who could use a sweet note. Why not make some cheer cards with friends. This is a recycled art project made with old cards.

Crafty Fingers

Wednesdays from 10:00-11:30am

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

Art Class

Wednesdays from 10:00am-12:30pm

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



900 Lindsey Street, Columbus, IN 47201
(812) 372-6415 www.justfriendscolumbus.com

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Spotlighting Emotional Wellness

3 Steps to Keeping Your Medical Records

Friday, December 4th at 10:00am, FREE



Due to changes in our health care system, our family doctor is no longer the keeper of all our medical information. We have to take responsibility for this information. Knowing what you have and where it is when you need it, is important for your well-being.

What are your reasons for wanting to get your medical information organized?

- Save time- locate information quickly,
- Reduce frustration - because you know where to go to find the information,
- Reduce anxiety - less worry over did I pay that or where did I put that
- Save money- you will be able to document your payment, match payments with EOBs (Explanation of Benefits). Know how much you are really spending on health care and where you are spending your money. Armed with that information you can shop around to see if less expensive options are available to you.

Instructor: Harriet Armstrong, MS, CFCS, Purdue Extension
Sign up at the MRC Business Office or by calling 812-376-9241

In The Wood Shop Build Little Libraries November 16-20th



9:00am-Noon

Instructor: Ed Niespodziani,
(812)552-3343

Mill Race Center is building a free little library and will register it with
www.freelittlelibrary.org.

There are more than 32,000 free little libraries around the country. You can pair up, or work in a small group to build one for your neighborhood and register it with the organization. First day of class will be spent selecting a plan and making a supply list. May also include a "field trip" to the hardware store. Class is limited to 6 people.



Wood Shop Tuesdays & Thursdays 1:00-4:00pm

FREE

Open for use by MRC members. Chairs: Ted Unrue (812) 350-9878 and Larry Carter (812) 372-1956.

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812-376-7903 | 866-506-1625

www.williamsbrospharmacy.com

Spotlighting Emotional Wellness



Line Dance for Beginners

Wednesday, 4:30-6:00pm (MP2)

Come and give it a try! Instructor: Pat Hoard (812) 372-4905. Fee: FREE to MRC members, \$5 per class/non-members. No need to sign up in advance, just show up and dance!

Line Dance Practice

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

Come and dance, new folks always welcome! Free for MRC members. Instructor: Pat Hoard

Ball Room Dance Classes

Monday & Thursday 6:00-8:00pm

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

Couples Dance Club

1st & 3rd Wednesday each month 6:00-8:00pm

This class is for couples ballroom dancing and to practice new steps (MP2). FREE to MRC members. 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. Contact Naomi (812)343-3285.

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



Just Dance 2015

November 13

7-10PM

Whipstitch Sallies



Cover Charge

(at the door):

\$5/MRC members

\$10/non members.

Cash bar. Free Snacks.

Sponsored by:



Creative Arts

Dance

Spotlighting Emotional Wellness



Development Report

Paula Herlitz

It's hard to believe we are heading into the Holiday Season already. Where did the time go? Mill Race Center has provided wonderful programs in 2015 and our 40,000+ key fob swipes at the registration desk reinforce the importance of Mill Race Center to the community.

We'd like to thank all our members, volunteers, sponsors, donors, staff, and guests for continuing to support Mill Race Center. You can be assured that 2016 will provide great opportunities for your support as well.

Mill Race Center is preparing to hold its annual campaign. When you receive your annual campaign letter, please consider a tax deductible donation this year. Or you may complete the donation form in this newsletter and return it to Mill Race Center. You can even make a secure donation online at <http://www.millracecenter.org/support/donate/>. Take a moment to think about what our organization means to you or someone you know.

We hope you will help us to continue our mission. Your gift does make a difference and your generosity allows us to continue to provide a variety of programs and events to all those served by Mill Race Center. You may designate your donation to a specific program or you may allow your donation to be unrestricted.



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.

Spotlighting Emotional Wellness

The Conversation Continues...



SEEK 2015 Conference:

Engaging Communities to Age Well

with free presentations for MRC Members

Engineering for an Aging Population

November 19th at 2:00 pm (Art Room)

David Hayward, Civil Engineer, Christopher B. Burke Engineering

Engineering has played a key role in helping people live longer by helping to provide better sanitation, improved health conditions, and safer highways. Engineering is critically important now to deal with the new challenges presented as our population ages.

After researching this subject, Mr. Hayward found that engineers and communities are not engaged in this subject.

Engineering and design services are necessary to implement aging in place. Communities need to develop plans for incorporating the needs of the aging into city plans if they plan to become communities that encourage **Aging Well!** Call the Business Office to register.



Communities for a Lifetime

December 3rd at 2:00 pm (Art Room)

Zach Benedict, Managing Partner, MKM Architecture + Design

Zach Benedict's architectural focus has been on communities for a lifetime, a topic which has attracted the attention of several regional and national professional organizations. Benedict believes that many leaders may not take advantage of the experts in their communities who can help address the challenges and opportunities of an aging population. Come learn what he has to say about how our community seniors, the ultimate experts, can be engaged to lead the way! (This session will be a video replay of Zach's Keynote conference session) Call the Business Office to register.

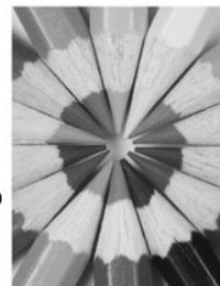


Coloring Café



November 17 at
2:00pm, FREE

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



Personal Photo Books



November 16, 5:30-8:00pm



Free class

It's your design, your ideas, and your pictures coming to life! Easy-to-use online software lets you choose everything from covers and page layouts, to the binding

and printing. Add extras for a truly unique book. Participants will be guided through the online design process. All participants must bring their pictures on a zip drive and class does not include the cost of ordering the printed book. Sample book on display in the Business Office. Class is limited to 6 participants.



Not Just Another Holiday Party!



December 24 at Mark Pi's at 4pm

Hate the Holiday Hubbub? Alone over the Holidays? Don't be! Join our Travel Coordinator, Edie Smith and her husband, Joe. No cost other than your own meal, just a way to avoid the Holiday Blues. We will enjoy good food, new friends and a few laughs. Please RSVP by December 23 so we can set a place for you at the table. Open to anyone and everyone, member and non-members welcome.

Development Report

NEW Programs

Spotlighting Social Wellness



Random Acts of Kindness Club

November 10 & December 8

Meeting 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!

SCS Investment Club

Monthly, 3rd 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 Don 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.



Share your smile and a hot meal to someone in need! Drivers needed for Meals on Wheels. Contact the MRC Business Office to volunteer.



JOIN US!

When you miss a TED talk program and discussion, you miss group discussion, wide ranging information and a chance to challenge your

views on the world we live in.

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

November 17 at 3:00pm

Topic: Human Trafficking

December 8 at 1:30pm

Topic: Global Security, James Stavrides

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

Bible Study

Tuesday 10:30-11:30am

In the Classroom

**Information: Virginia Houser,
812-579-5132**



November: Luke Erb (Community Church of Columbus)

December: Christmas Party December 15 (Resumes 1/5/16)

VA, Identity Theft, Medicare and Social Security Roundtable

November 12th at 2:00pm, FREE



Karrie Pardieck, John Hatter and Tim Hawkins from Congressman Luke Messer's Office will be giving a presentation that centers on issues concerning the VA, Identity Theft, Medicare and Social Security. John will discuss the ways our office can serve you and how we can help you with your VA claim. Tim will discuss current popular scams and how you can protect your identity. Karrie will discuss the different parts to Medicare and the different types of benefits available from the Social Security Administration. Registration required and can be done at the Business Office.

Spotlighting Emotional Wellness

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

November 17 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.

Education and Finance

You're Retired. Your Money Isn't.

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

To help ensure your retirement stays on track,
you need a clear picture of your investments.
Moving your accounts to Edward Jones can give
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Financial Advisor
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Ken Free, CFP®
Financial Advisor
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Eric Robbins
Financial Advisor
(812) 342-8193



Andy Mann, AAMS®
Financial Advisor
(812) 378-1018



Bob Lewis, AAMS®
Financial Advisor
(812) 378-5495



Betsy Free, AAMS®
Financial Advisor
(812) 376-3439



Lisa Duke
Financial Advisor
(812) 378-2012

Spotlighting Emotional Wellness

Technology & Learning

We've Got an App for That!

Learn more with 1-on-1 tutoring on applications, or APPS that transform your smart phone or tablet computer into the world's most versatile pocket tools. Tutor, and MRC member, **Steve Franklin** will teach you all about the different APPS and how to use them. It's FUN!

One on One Training—FREE for MRC members

Tutors are available to meet with you 1 on 1 to help you with your technology devices (cell phones, smart phones, APPS, Ipads, tablets, lap tops, Kindles, Nooks, etc.

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



SMILE!

We want to take your picture to add to your membership account. Pictures will be taken at the reception desk.



Let me introduce you to a Universal Design Home that allows you to age in place.

Priced at \$319,000

Westside living at The Orchard with shopping close by.

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UPSIDE DOWN
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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.

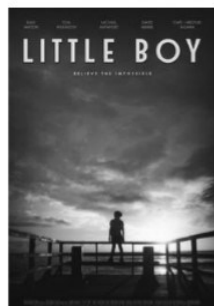
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Owned by Vernon Jewell, Heath Jewell,
Keith Jewell, & Nick Rittman
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Spotlighting Emotional Wellness

FREE MOVIE SHOWINGS at MRC!

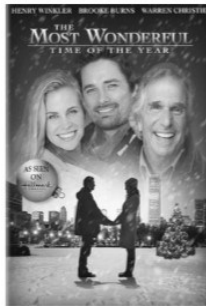
Join us for a relaxing early evening showing of a NEWLY RELEASED (as available) movie, 2nd Monday of each month @ 6:00 pm. Sponsored Griswold Home Care.



Little Boy
November 9



ELF
December 7



The Most Wonderful Time of the Year
December 14



Member Mingle & Jingle MRC Holiday Gathering Friday, December 18 at 1:00pm

Entertainment featuring our own Dan Mustard along with Tom Lego. Gather together with friends and enjoy delightful holiday music and refreshments. Sign-up in the Business Office. **FREE**



Just Dance 2015

Featuring:

Whipstitch Sallies

November 13, 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.**

Film begins at 11:00am

Concession stand will be open.

Sponsored by:

Jewell-Rittman Family Funeral Home.

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Spotlighting Emotional 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 - ask at front desk for table to be set-up.



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
5:00-8:00pm (AR)
New players welcome!



Wednesday afternoons from 1:00-3:00pm in AR. New players welcome!

Majhong

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



Pickleball



INDOOR Pickleball NOW


at Mill Race Center

See page 19 for details.



Card Schedule



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

*** All cards players must be Mill Race Center members in order to play.**

Spotlighting Social 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 and meet in the classroom.

Meeting schedule:

December 17 at 3:00pm

Chair Exercises and Yearly Wrap-Up. This will be last meeting of the year, please bring suggestions for meeting topics for 2016. We will begin again in March of 2016.

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 11:30am-1:00pm (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: November 12

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 9:00-11:00am.

Purchase swim passes at FFY for \$5/visit for non-members of FFY.

Become a FFY member for \$25/year and receive discounted passes. 30 visits/\$75, or 50 visits/\$100.

For more information call FFY at: 812-348-4558.



Take A Hike with MRC Hiking Group

NEW hikers always welcome!
No experience necessary!

Call Ed Niespodziani
at (812)379-4073 or (812)552-3343
for details and dates to join the fun!



FREE HEALTH CHECKS AT MRC

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

**November 19 from 8:00-10:00am
Comprehensive Health Screen**

**December 22 from 9:00-10:00am
Cholesterol/glucose/weight (fasting required)**

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

Spotlighting Emotional Wellness



Tai Chi/Chi Gung

Morning, Evening and Beginner Classes Offered

Tuesday & Thursday

Tai Chi is a low impact, slow moving and graceful Chinese exercise used to promote physical and mental health. Tai Chi combined with Chi Gung involves breathing deeply and slowly with repetition of fluid movement.



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

Instructors: Todd Wright - 5:30pm
Paula Howard - 10:00am and
beginner class at 5:00pm.

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



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



Thanks to you all for your business, referrals and most of all, friendships. I'm always here for you to help or answer any questions regarding Medicare, Drug Plans, and Long Term Care.

Christy Casas
Licensed Insurance Agent

(812) 379-7981
3129 25th Street #148
Columbus, IN 47203

07-B002

Happy Holidays & God Bless You



Bodies in Motion

Class meets: Mon., Wed. & Fri. at 8:30 am (MP2)
FREE to MRC members

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



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.

Reflexology @ MRC!



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



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

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

Prices are as follows:

30 minute session: \$20 for MRC members, \$25 for non-members.
60 minute session: \$40 for MRC members, \$50 for non-members.

To schedule your 30 or 60 minute session, call Leslie at: (317) 507-3224. Payment at session. Cash and checks only.

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

Give the gift of Reflexology this Christmas! Call Leslie to get a Christmas gift certificate.

Spotlighting Emotional Wellness

NEW



Bicycles!

Take a nice bicycle ride through the park!

That's right folks! Three wheel bicycles are now available at the center for members to use! Just stop by the front desk and ask to check one out!

Mill Race Center encourages all members to wear a helmet when riding. Bicycles must be returned one hour prior to center closing. In addition, all members will be required to sign a waiver before checking a bicycle out.

NEW

Pickleball



MRC INDOOR Pickleball!

Fridays from Noon-3:00pm

Saturday, November 14 from 8:30-11:30am

Saturday, November 21 from 8:30-11:30am

First hour is dedicated to beginners. Paddles and balls provided, just come and enjoy.



Walking Club

Every Other Thursday morning at 8:30am

A variety of hour long walks planned. For more information or dates call Carol Bussell, 812-390-9229. Call MRC if weather is in question.

Nov. 5 Meet at Donner Center Lobby

Nov. 17 Meet at MRC

Dec. 3 Meet at CRH Lobby

Dec. 17 Meet at MRC



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

Senior Volleyball

Wednesday and Friday mornings at 8:30am

at Foundation for Youth (405 Hope Ave, Columbus)



Health

Spotlighting Emotional Wellness



VETERANS DAY PROGRAM

November 11 at 2:00pm

Honoring our Veterans with live performance, delicious home-made desserts and time to visit with friends.

Reservations required in advance by November 6

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

Free for Veterans, \$5/members & \$10/non-members

"ENCORE" featuring Gary Ferguson

Made possible through the generosity of:

Bob & Helen Haddad



Comfort Keepers®

24 hour care

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Responsible, Reliable & Dependable

CALL 812-372-2222

for more information.

The Lasting Impressions



MILL RACE CENTER

"HONORING OUR HEROES"

A SALUTE TO VETERANS & USO SHOW

Sunday, November 8, 2015

Dinner at 12:30pm/Show at 2:00pm

at VFW (Veterans of Foreign Wars Post)

215 North National Road,

Columbus, Indiana

Tickets: \$10.00/Single - \$15.00/Couple

Going on Sale October 5, 2015

at VFW Post - (812) 379-2791

or Call Lori at (812) 344-7422

Tickets Available at Door, if Seating Permits

ALL VETERANS, FRIENDS, AND PUBLIC WELCOME!

"MAGICAL MOMENTS OF CHRISTMAS"

Buffet Dinner & Show

Saturday, December 5, 2015 - 6:00pm

Sunday, December 6, 2015 - 1:00pm

at MILL RACE CENTER

900 Lindsey Street, Columbus, Indiana

BUFFET DINNER BY SADIE'S CATERING

Tickets: \$20.00 (includes Dinner & Show)

Tickets available at Mill Race Center, Sadie's

Family Dining and from Cast Members

For More Information Contact:

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



Spotlighting Emotional Wellness

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.



Authors Group: Writing To Be Read!

Third Tuesday each month

9:00-10:00am in Art Room

Mill Race Center is partnering with Purdue Extension to create this hands-on group.

This group is for you if you are interested in improving your writing, preserving your words, publishing, book coaching, editing, illustrating, critiquing.....Join us to find out more! **FREE** for MRC members and Purdue Extension club members.

MRC Veterans Day

Celebration

November 11, 2:00pm

See page 20



Mingle & Jingle

December 18, 1:00pm

See page 15

Creative Arts

Music



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•Retirement •Death •Divorce

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Spotlighting Emotional Wellness

Silver Tones



Join the Silver Tones of Mill Race Center. We welcome new MRC members!

Practice: Mondays 5:00-6:00pm (MP 1)

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

Christmas Concert

Sunday December 20th

at 2:30pm

Advance Tickets: \$5/members and \$9/non-members

Door Tickets: \$6/members and \$10/non-members

Refreshments provided by:



**Calling all
acting enthusiasts!**

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 at Mill Race Center
December 9 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.

PRICE \$5/per person

Sponsored by:



Lasting Impressions

A song, dance and drama performance troupe. All MRC members welcome.

**Practice: Monday & Friday
12:30-3:30pm (MP1)**

Information contact:

Donna Browne, (812)-376-6612.



See page 20 for Concert Information

Spotlighting Emotional Wellness

Senior Scribes

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

LOVE

In quiet splendor
Love transmutes our existence
Into golden Days

In Your eyes I see
Such a flood of love that I
Am drowned , reborn, live

In knowledge's fount
I dipped. Shook off sparkling drops
Never plumbed the depths

Brisk walkers chatter
Bodies and voices like birds
Rejoicing in the light

SHRIMP CREOLE CASSE-

ROLE

2 lbs shrimp
1 can mushrooms drained
1 (8 1/2) oz. peas
1 can tomatoes
3 cloves
1 bay leaf
2 tbs.

catsup Cook shrimp. Shell, devein, and dice. Combine with all the
1 onion rest of the items. Bake in buttered casserole at 350 for half
an hour.



WE ASKED. YOU ANSWERED.

How many countries have you visited?

Kate Phillips - China & Canada

Helen Kink - All the United States but Alaska

Gail Saul - France, Ireland, Japan, Antigua and
Costa Rico

Condolences to the families of

Nancy Schumann
Ralph R. Dwenger
Mike Gilmore
Robert Foist
Nancy Green
Laverne Bower
Lorene Reynolds
Barbara Bedel
Charles Long
James Hendricks

These are obituaries through
September 30, 2015

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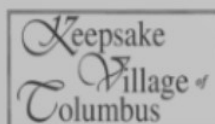


Can you remember
when making friends
was easy?

It can be easy again...

Come! Let us spoil you. You deserve it!

*Call now to schedule your personal tour today.
New friends are waiting!*



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A Capital Senior Living Community
812-372-0950

2564 Foxpointe Drive Columbus, IN 47203
www.keepsakeofcolumbus.com



Spotlighting Social Wellness



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 any time, for any of the trips, after they are published in the newsletter on a first come first served basis. Transportation donation is \$5 per person for each outing.

November 9: Shapiro's in Indianapolis

December 14: Cheesecake Factory in Greenwood

January 11: Athens, Franklin (weather permitting)



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 November: November 19 at 1:00 pm (MP1)

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

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

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, 8-10am.

Ladies Coffee

Join us on the 3rd Thursday of each month at 10am 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 5:30pm. Group meets at Sirloin Stockade to plan the upcoming outings for the group. Mary Driver, 812-343-7367, 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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over 45 years.



Ron Shadley
Funeral Director
Supporting Families
over 37 years.



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

Myers~Reed Chapel

3729 25th Street | Columbus | 376-3341 | www.myers-reed.com

Hathaway~Myers Chapel

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



Spotlighting Emotional Wellness

TRAVEL WITH MILL RACE CENTER



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. Shows include: Dublin's Irish Tenors and Celtic Ladies, Clay Cooper's Country Express, Ayo, Pierce Arrow, Hughes Brothers, Starlite Theater and Dinner

Show at Uptown Café. Register by September 15, 2015. **SOLD OUT!**



Social

Travel

2016 Trips Booking NOW

Don't miss the opportunity to visit Ancient Peru , Land of Mysteries, leaving March 4. See Paris , including an Eiffel Tower Dinner, Seine River Cruise, Arc de Triumphe, Reims, Cabaret show and much more, leaving April 5! We will be going to San Antonio, Canada and Italy in 2016 so check with the travel office for upcoming adventures.



Paris



San Antonio



Canada



Italy

Is there a trip on your Bucket List? Do you have an idea for a trip? Please contact Edie in the Travel Department and she can help you find or create the trip of your dreams! Mill Race Center Travel can also help you with family, church, friend and club travel so if you have a group who wants to go somewhere special, just give us a call and we will create a trip or help you plan an adventure for the upcoming year!

Here's what MRC travelers are saying...

Should you be pondering an upcoming trip with MRC, rest assured you're guaranteed you'll be well taken care of and enjoy lasting fond memories of your adventure.

Don't miss an opportunity to travel with MRC. We did and we're DELIGHTED!

*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.

Spotlighting Emotional Wellness

SHOWS and SPECIAL EVENTS

Saturday, November 21: Christkindlmarket, European style Christmas Markets in Ferdinand, Indiana. Over 200 lavishly decorated booths and vendors for your Holiday Shopping and delight. \$25 m, \$35 nm Leave MRC at 9am return at 5pm.

Thursday, December 17: Irving Berlin's White Christmas, Derby Dinner Theater, Dinner, Musical and Transportation, \$79 m \$89 nm Leave MRC at 4:30pm return at 11:30pm.

Wednesday, December 16: Yuletide Celebration featuring Sandi Patti and the Indianapolis Symphony Orchestra. \$120 m, \$130 nm. Includes dinner at Olde Spaghetti Factory, main floor seating and motor coach transportation. Hurry limited number of tickets. Leave west side Walmart at 5pm return at 11:30pm.

Thursday, December 17: Irving Berlin's White Christmas, Derby Dinner Theater, Dinner, Musical and Transportation, \$79 m \$89 nm Leave MRC at 4:30pm return at 11:30pm.



2016 Broadway Series!

ONCE, the musical - Thursday, February 11, 4:30pm-11:00pm, Clowes Hall.

Book of Mormon - Sunday, April 17, 10:30am-4:30pm, Old National Center (Murat)

The Phantom of the Opera - Thursday, May 5, 11:00am-5:00pm, NEW STAGING! Old National Center (Murat)

All Tickets \$140 members, \$150 nonmembers include main floor seating, transportation and lunch or dinner. Adult beverages not included.

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.

November 23: METROPOLIS! A Shopping Mecca just in time for those Holiday gifts. Located in Plainfield Indiana, Metropolis is a unique collection of stores, restaurants and entertainment venues all in one "city" created for fun! We will spend the day exploring the many shops, restaurants and more in this one of a kind shopping center. Department 9:00am return at 5:00pm.

December 21: Mystery Trip! Weather permitting. Join us for a special surprise destination.

Watch for more Wonderful Day Trips in 2016!!

A collage of travel-related images including a starburst with the word "NEW", a photo of St. Peter's Basilica, a "VIA ROMA" sign, a "EUROPE Itinerary" document, and various travel-themed icons like a globe, a camera, and a passport.

Tell the story of your travels through pictures and stories in your own photo book. Details about your trip are what really make a travel photo book unique and allow you to relive your memories again and again. See page 11 to sign up for this great opportunity.

For up-to-date 2016 trip information please contact Edie Smith, Mill Race Center Travel Coordinator at 376-9241 or send email to: travel@millracecenter.org.

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	Hand & Foot	MP2
1:00	Friendship Bridge	MP2
12:30	Lasting Impressions	MP1
4-8	Reflexology (\$)	MR
4:30	Silver Tones	MP1
5-8	Ballroom Dancing	MP2
6:30	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
5:00	Tai Chi Beginner (\$)	MP1
5:30	Tai Chi (\$)	MP1
5:30	Euchre	MP2

Wednesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8-Noon	Chair Massage	LOB
8:30	Volleyball	FFY
8:30	Body Motion	MP2
10:00	Art Class	AR
10:00	Crafty Fingers	LO
11:30	TOPS	CR
12:45	Hand & Foot	MP2
1:00	Scrabble	AR
1:00	Reader's Theater	CR
1:00	Bid Euchre/Pinochle	LO
4:30	Beg. Line Dance	MP2
5:30	Singles Group	
	(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/Pinochle	MP2
3:00	Diabetes Group	CR
	(2nd Thurs)	
4:00	Bereavement Group	LO
	(3rd Thurs)	
5:00	Chess Club	AR/LO
5:00	Tai Chi Beginner (\$)	MP1
5:30	Tai Chi (\$)	MP1
5-8	Ballroom Dancing	MP2

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	Line Dancing	MP2
1:00	Euchre	MP2
1:00	SCS Investment Club(3 Fri)	
12:30	Lasting Impressions	MP1
1:00	Senior Scribes	AR
	(3rd 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

Holiday Closings

November 26 & 27

December 25-31

Reopens January 4



November 11

Veterans Day Program, 2:00pm



November 12

VA, Identity Theft, Medicare and Social Security Roundtable, 2:00pm

November 13

Knitting for Peace, 10:00am-4:00pm

Friday Night Live, 7:00-10:00pm

November 14

Pickleball, 8:30-11:30am



November 16

Personal Photo Books, 5:30-8:00pm

November 17

Coloring Café, 2:00pm

TED Talks, 3:00pm



November 19

Engaging Communities to Age Well, 2:00pm

November 21

Pickleball, 8:30-11:30am

December 3

Communities for a Lifetime, 2:00pm



December 4

3 Steps to Keeping Your Medical Records, 10:00am

December 8

TED Talks, 1:30pm



December 11

Intergenerational Christmas Gift Class, 3:30pm

December 18

Member Mingle & Jingle, 1:00pm



December 24

Not Just Another Holiday Party, 4:00pm



Mill Race Center • 900 Lindsey Street • Downtown Columbus
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