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: Social Wellness

According to the National Wellness Institute (1976), the social wellness dimension recognizes the importance of human relationships and encourages contributing to one’s environment and community. As you travel a social wellness path, you’ll become more aware of your importance to society as well as the impact you have on others. You’ll actively make willful choices to enhance personal relationships and important friendships, and build a better living space and community.

PIE is BACK!
Classes begin September 2nd
Register for PIE classes
9:00am–4:00pm
Mill Race Center
beginning August 24th
See page 8 for more information.

Pitman Institute for Aging Well
Seek 2015
Engaging Communities to Age Well

See page 11 for exciting SEEK conference presenters information.

FRIDAY NIGHT
MILL RACE CENTER
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 and $10/non-members.

Generously sponsored by:
Life Care MEDICAL SOLUTIONS, Inc.

Bimonthly Publication of Mill Race Center, Inc. • 900 Lindsey St. • Columbus, IN 47201 • Phone: 812-376-9241 • Fax: 812-379-2841
Mill Race Center Hours: Monday-Thursday, 8 a.m. - 8 p.m. and Friday 8 a.m. - 5 p.m.
Fitness Center Hours: Monday - Thursday, 6:30 a.m. to 7 p.m., Friday 6:30 a.m. to 5 p.m. and Saturday 8 a.m. to Noon
Operations Report

Just chillin’ at MRC... or roasting, depending on your own individual perception of temperature. Our facilities staff get more requests for thermostat changes than any other aspect of our operations.

There is some science behind our perception of temperature, and our individual reaction to it. The human body has “thermoreceptors” that help us to perceive temperature. These receptors can be very accurate under controlled conditions, but can also be tricked into different responses based on our activity level, the humidity, and yes, even our age. In fact, lowering the temperature in a room can increase the humidity, and partially offset the comfort that we are seeking in the first place.

Mill Race Center is a large facility, and we often have to “flip” rooms quickly to accommodate all of the activities that are held here. We may have an active group such as line dancers, or an exercise group who exert a lot of energy, and would like to have the room cool. They might be immediately followed by a group who will be sitting, and will prefer to have the room warmer. It is nearly impossible to change the temperature quickly in the larger rooms. We have been instructed by the people who installed our HVAC system to strive to keep our rooms at a constant temperature, as a means to maintain a consistent humidity level that will be compatible to the ideal airflow that is designed into our system. Adjusting the temperature leads to a situation where we begin to “chase our tails” and never catch the elusive ideal balance of humidity and temperature.

All of our rooms are set to a temperature of 72 degrees, which meets the recommended Subjective Indoor Air Quality standard. We are also investing in improvements to our HVAC system in order to enhance the efficiency and consistency of the temperature and humidity.

I hope that this explanation helps to allay fears that we are trying to “freeze people out” (or roast them) depending on your own perception of temperature.

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**Announcements**

The Pitman Institute for Aging Well is hosting the Seek 2015 Conference at MRC on September 20-22. MRC will be closed those days for the conference.

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**Table of Contents**

- Community Service & Volunteers.......................... page 3, 4 & 5
- Happy Helping Hands, Golden K Kiwanis, Book Buddies
- Creative Arts....................................................... page 6, 7 & 8
- Quilting, Art Classes, Knitting, Crafting Classes, Pinterest Classes, PIE
- Dance.................................................................... page 9
- Development/SEEK ........................................... page 10 & 11
- Education & Finance............................................. page 12 & 13
- SCS Investment Club, TED Talks, Bereavement Group
- Technology.......................................................... page 14
- Entertainment & Events........................................ page 15
- Movies, Lunch & Laughter, Friday Night Live, Afternoon for Arts
- Games & Cards..................................................... page 16
- Health & Fitness.................................................... page 17, 18 & 19
- Super Saturday/Travel Show................................ page 20
- Music.................................................................... page 21 & 22
- Silver Tones, Readers Theater, Piano Lessons, Lasting Impressions
- Senior Scribes....................................................... page 23
- Social.................................................................... page 24
- Lunch Bunch, Birthday Parties, Ladies Coffee, Singles Group
- Travel................................................................. page 25 & 26
- Trips, Shows and Special Events, Day Trippers
- Daily Calendar...................................................... Page 27
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 Wood at 812-376-9241 ext. 222 or stop by Mill Race Center to fill out an application.
Spotlighting Social Wellness

**Book Buddies**
**Informational Session at MRC**
Friday, September 11 at 10:00am
Please sign up at the MRC business office.
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 grade. 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. To sign-up call 812-376-4461 or email bookbuddies@bscsc.k12.in.us.

**Minds on Math**
One hour a week is all it takes to help ignite a passion for math in 4th graders at BSCS. 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 request more information call 812-378-4759 or email mindsongmath@bscsc.k12.in.us.

**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.

**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 wheelchair transportation.

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**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

**Senior Rebound Team**
Rebound is a Central Middle School program designed to assist students who need academic and life skills support.
The team attends school as a group working with 8th graders on Tuesdays from 10-11:00 a.m. beginning in late August and 7th graders the second semester on Tuesdays from 1:30-2:30 p.m. beginning in mid-January.
The seniors have volunteered in the BCSC Rebound program as mentors for more than 20 years. The mission is to stimulate social skills and encourage communication and promote respect between students, teachers and adults.

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

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

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. **NEXT DATE:** 10/28.

WALKING COACHES needed at Just Friends. Volunteers to take walks with Just Friends participants through Mill Race Park. If interested call Marilyn at 812-372-6415

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.

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

POSTER/NEWSLETTER DISTRIBUTION
VOLUNTEERS NEEDED
To increase community awareness of our programs offered at MRC. Contact Barb Fravel at 812-372-1179

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 on 1” basis to learn how to use the computer here in our Computer Lab at your convenience. Contact Karen at the front desk.

NEW MRC MEMBERS - WELCOME!

Wanda Artist
David Blair
Susie Blizzard
Norm Blizzard
Nell Patricia Barnes
Joan Carroll
John Coffey
Pam Collier
Nancy Conner
Steve Fushelberger
Karen Gaddis
Emmy Genter
Charles Hamlin
Helen Hunt
Roland Isaacs
Diana King
Kuni Kusachi
Jean Lawson
Sheila Loman
Gretchen Loman
Phyllis McQueary
Barb Powell
Paula Pyers
Barbara Romine
Rod Russell
Sandeep Russel
Dinesh Kumar Sahi
Neta Shinolt
Gilberto Ventura
Cleo West

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

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.

NEW Learn to Crochet  
Eleanor Schwartzman will be available to teach you how to crochet on Wednesdays from 10:00-11:30am 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  
The Stitch Sampler Shawl  
Friday, Sept. 18, 25 & Oct 9  
Time: 1:00-3:00pm  
Includes pattern: $35/members & $40/non-members Prices for kits range from $45-65  
The perfect wrap to chase the chill, practice your knit skills and compliment any wardrobe. Each one is unique and fun to knit.  
A variety of stitches such as the garter, stockinette, eyelet, half linen, moss and drop stitches, as well as a variety of yarns combined together makes this a delightful knit. You may use some of your yarn stash, or choose from the suggested list of yarns. *Natural fibers are suggested. 100% Acrylic yarn should not be used. Choose worsted or DK weight yarns for this project. (Supply list available at registration). Yarn kits will also be available, if desired.

Loom Hat  
Monday, November 2  
6:00-8:00pm  
Cost: $10/members and $15/Non-members  
This class is designed for folks who aren’t sure they want to knit, but would like to learn another method to make hats. It would also be a great little skill to pass on to grandchildren or your young-at-heart buddies.  
Plus, it’s the perfect project to use the yarn that you might have hand dyed during the Super Saturday session in September! Or bring 200 yards of worsted weight yarn or 88 yards of bulky weight yarn.  
Choose the size of hat you wish to make and purchase the loom required, as listed on the supply list available at registration. See sample hat on display at MRC. This is a simple and easy one session class.

Art Class  
Wednesday  
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.

JUST A LITTLE REMINDER  
The SEEK 2015 Conference will be held September 20-22. Mill Race Center will be closed for the conference.
Crafting with Kim
Join Kim Dillingham to create these new fun projects this fall. All supplies will be provided and each class is only $7! Register at the business office. Samples will be on display in the lobby. Limited space for each class.

Fall Leaf Bowl
Thurs., September 24 at 3:00pm
Turn a balloon and some leaves into a beautiful fall leaf bowl. Easy project to complete and add gorgeous color to your fall décor.

No Carve Pumpkin Decorating
Tues., October 13 at 3:00pm
Kim is full of ideas on how to dress up your home for fall. Have fun in this class making some new easy fall décor with pumpkins.

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Spotlighting Social Wellness

**PIE (Partners In Education)**

A broad range of classes is offered through the PIE Partnership of Bartholomew County Extension Service, Columbus Area Arts Council, Columbus Indiana Philharmonic, Columbus Parks & Recreation Department, Columbus Regional Health, IUPUC, Ivy Tech, and Mill Race Center.

Class schedules are available at Mill Race Center, and on the Mill Race Center’s website.

Class topics include: art, food, healthy aging, history, current events, hobbies, lifestyle, nature, religion, technology and more!

**Registration Site:** Mill Race Center between 9:00 am - 4:00 pm. Register in person or over the phone with a credit card. 812-376-9241. Classes fill up quickly – don’t delay, sign up TODAY!

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**Pinterest Class**

With the Purdue Extension Homemakers

Napkin and Towel Creations
Tuesday, September 29
6:00-8:00pm
Fee: $5
Learn the whimsical art of folding towels and napkins to create animals and decorations!

**Wood Shop**

Tuesdays & Thursdays
1:00-4:00pm
FREE

**Grandparenting at a Distance**

Tuesday, October 27
6:00-8:00pm
Fee: $5
Using crafts and art to connect with your grandchildren—even from far away. Connecting with distant grandkids is a challenge for all of us. Learn easy new techniques to build a lasting relationship and memories with the grandkids even from miles away.

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Mill Race Center (812)376-9241 • www.millracecenter.org
Spotlighting Social Wellness

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

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

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

<table>
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<tr>
<th>Monday</th>
<th>Wednesday</th>
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<th>Friday</th>
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<tbody>
<tr>
<td>Ball Room Dance</td>
<td>Line Dance Beginner 4:30-6:00pm</td>
<td>Ball Room Dance 6:00-8:00pm</td>
<td>Line Dance Practice 10:00-11:30am</td>
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<td>Clogging</td>
<td>Couples Dance Club (MP2)</td>
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**Whipstitch Sallies**

Cover Charge
(at the door):
$5/MRC members
$10/non members.
Cash bar. Free Snacks.

Sponsored by:

Mill Race Center (812)376-6241 • www.millracecenter.org
The Age of Love
Documentary
Wednesday, September 23
6:00pm - Free

The Age of Love documentary will be shown at MRC in September. This is a free event and open to anyone in the community.

THE AGE OF LOVE, A humorous, poignant new documentary. The story follows the adventures of 30 older adults who attend a Speed Dating event exclusively for those 70-and-over, and who discover how the search for love changes—or doesn’t change—over a lifetime.

This award-winning film offers a stereotype-breaking and entertaining way to open minds and conversations to the true hearts and needs of our booming older population.

Seating is limited, reservations required.
812-376-9241, or sign up at the business office. See the movie trailer at www.theageoflovemovie.com.

Donors (June 1 through July 31, 2015)
Anonymous
Ray and Joan Barnhorst
Norma Bode
Martín and Diane Brown
Ann Campfield
Century 21/Jan Brinkman
Clarence & Inez Custer Foundation
Jim and Marilyn Clerc
Columbus Area Visitors Center
Columbus Regional Health Foundation
Conover Foundation, Inc.
Phyllis Crouch
David and Wilma Doup
Duke Energy
Cathy Dunn
Elizabeth R. Nugent Foundation
Dexter and Barbara Favel
Bill and Jody Harter
Steve and Ann Heiman
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Ron Bussell
Mrs. Carol Bussell
Ed Campbell
Barbara Campbell
C. Roger Heimlich
Ms. Nancy Heimlich
Joan Peary
Dr. and Mrs. Stephen Newton
Donald Rucker
Mr. and Mrs. Bob Pitman
Regina Walsh
Mr. and Mrs. Bob DeDomenic

The 900 Circle, named in honor of our home at 900 Lindsey Street, is a circle of philanthropic leaders who have made outstanding personal commit-ments to the mission of MRC. Through their leadership with an annual gift of $900 or more, members of the 900 Circle are a driving force behind our programs.

For more information about this circle, please contact Paula Herlitz at 812-376-9241, paula@millracecenter.org or stop by MRC.
Seek 2015
Engaging Communities to Age Well

September 20 - 22, 2015 • Mill Race Center

Mill Race Center is hosting its first National Conference and you are invited. Join others from across the nation (and Canada) to learn how Senior Centers and their members are important to their communities. Don’t miss this opportunity to hear from experts about new trends and programs for those over the age of 50. Below are just a few of the presentations available to you as a conference participant.

Register today at www.pitmaninstitute.org or stop by the Mill Race Center business office for a registration form.

Cost for MRC members: $345 for full conference or $99 for education sessions only
Cost for Non-members: $395 for full conference or $159 for education sessions only

<table>
<thead>
<tr>
<th>Aging In Place Without Borders</th>
<th>Keeping Connected &amp; Vibrant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patty Willaert, Kimberly Reeves, Beenish Chaudhry, Matthew Modlin</td>
<td>Jill Lawlor, Sheila Grant</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Helping Older Adults Access Benefits and Nutritious Food</th>
<th>The Role of Senior Centers in Building the Economic Security of Older Adults (EconomicCheckUp and Savvy Saving Seniors)</th>
</tr>
</thead>
<tbody>
<tr>
<td>NCOA - Erin Kee, Maggie Flowers, Leslie Fried</td>
<td>Susan Getman, Maggie Flowers</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>The Well-Fed Cookbook: A senior center/university collaboration</th>
<th>Friendships Forever: A Unique Way to Engage Homebound Older Adults Back to Your Center (Video Conference)</th>
</tr>
</thead>
<tbody>
<tr>
<td>William Glick</td>
<td>Malia Fox</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Retiree Recruitment</th>
<th>The Roles of Senior Centers in Age Friendly Communities</th>
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<tbody>
<tr>
<td>Mark Fagan</td>
<td>Melissa Cannon</td>
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<thead>
<tr>
<th>Community Leadership through Successful Partnerships</th>
<th>Be Kind To Your Mind: Every Day Steps to a Resilient Mind and Body</th>
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<tbody>
<tr>
<td>Melissa Cannon</td>
<td>Debra Raybold</td>
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<tr>
<th>Open Windows: Older Adults Sharing Life Experiences</th>
<th>Senior Scams – Todd Kossow (Federal Trade Commission)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Video Conference) - Ellen Ervin</td>
<td>Looking Ahead: Will You Be Ready? (Preparing for Retirement and Living Spaces) – Jan Brinkman</td>
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<table>
<thead>
<tr>
<th>MySenior Center - Programming and Other Trends</th>
<th>Cyber Seniors – Movie and Discussion</th>
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<tbody>
<tr>
<td>Chris Hamilton</td>
<td>Travel Education Session – Edie Smith</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>The BIG Think: How One Senior Center Leads Through Collaborations in its Community</th>
<th>Cyber Seniors – Documentary</th>
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<tbody>
<tr>
<td>Peter Thompson</td>
<td>Age of Love – Documentary</td>
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<tr>
<th>Programming for Boomers</th>
<th>IU CA&amp;D – Kelly Wilson</th>
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<tr>
<td>Mary Staackman</td>
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<tr>
<th>The University Express: The Senior Center as a Lifelong Learning Classroom</th>
<th>Cyber Seniors – Documentary</th>
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<tr>
<td>Patricia Dowling</td>
<td>Age of Love – Documentary</td>
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<tr>
<th>Readers Theater (Program Idea)</th>
<th>IU CA&amp;D – Kelly Wilson</th>
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<tr>
<td>Cindy Chodan</td>
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<th>A Place to Belong</th>
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<td>Melissa Cannon</td>
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Spotlighting Social Wellness

Random Acts of Kindness Club
September 8 and October 13
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, 1st Friday 1:00-3:00pm
MRC Classroom
This is a great way for you to stay motivated while you improve your investment knowledge. The Club is a member of Better Investing with a mission to provide a program of sound investment information, education and support that helps create successful lifetime investors. Don’t let the words “investment club” scare you. Some members will tell you they knew basically nothing about investing when they joined.
The SCS Investment Club currently has space for new partners. The Club is limited to 20 partners. Partners must be MRC members. An initial investment of $100.00 plus a monthly investment of $25.00 is required.
Educational presentations are made each month so members can learn how to buy and sell stocks. Contact Ted Anderson, 812-342-2663 or 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.

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

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!

September 8 at 3:00pm
Topic: BLUE ZONES...How to live to be 100
October 13 at 1:30pm
Topic: State of the Climate

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
September: Jerry Burns
October: TBA

The SEEK 2015 Conference will be held September 20-22. Mill Race Center will be closed for the conference.

See page 11 for conference information.
Understanding Your Grief
Bereavement Support Group at MRC
Third Thursday of month from 4:00-5:30 pm 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
September 15th at 6:00 pm (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.

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 you a more focused view, and having a consolidated statement allows you to help make sure all your investments are working together.

To learn why consolidating your retirement account to Edward Jones makes sense, call or visit today.

www.edwardjones.com Member SIPC

Mill Race Center (812)376-9241 • www.millracecenter.org
Spotlighting Social Wellness

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.
- All brick
- One level easy living
- Storm shelter in garage
- Fully handicap assessable

RE/MAX

I'll Turn UPSIDE DOWN For You!
Contact Vicky Geffius • 812-350-0056 • vicky@tls.net

Jewell-Rittman FAMILY Funeral Home, Inc.

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 grandchildren, 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.

(812) 372-9923
Owned by Vernon Jewell, Heeth Jewell, Keith Jewell, & Nick Rittman
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:

- **Far From the Madding Crowd**
  - September 14
- **The Age of Adaline**
  - October 12

---

**Afternoon For Arts at MRC**
Fourth Friday of each month at 2:00pm
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, September 25 at 2:00pm**
  - “ENCORE” featuring Gary Ferguson

- **Friday, October 23 at 2:00pm**
  - The Columbus Indiana Philharmonic String Quartet

This Series is made possible through the generosity of:

**Bob & Helen Haddad**

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**FRIDAY Night**

**Mill Race Center**

**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 11:00 am
Concession stand will be open.
Sponsored by:
Jewell-Rittman Family Funeral Home.
Games

**Ping Pong**
It is considered a “Brain Sport” by enhancing motor, strategy and long-term memory functions.

**COME & PLAY:**
Mon. & Fri. - 9:00-11:00am (MP1)
Tues. & Thurs. evenings - ask at front desk for table to be set-up.

**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!

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

**Pickleball**
Pickleball courts at Donner Park are now open.

**PIE Classes**
Learn how to play Pickleball
September 14 at 10:00am
October 19 at 3:00pm
Sign-up through PIE

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Card Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Friendship Bridge 1:00-4:00pm (MP2)</td>
<td>Euchre 5:30-7:30pm (MP2) Chair: Ed Love 812-371-6291</td>
<td>Hand &amp; Foot (beginning) 12:45-4:00pm Rosemary Sager (812)390-7665</td>
<td>Duplicate Bridge 1:00-4:00pm (MP2) Chair: Ed Love 812-371-6291</td>
<td>Euchre 1:00-4:00pm (MP2) Chair: Ed Love 812-371-6291</td>
</tr>
<tr>
<td>Beginner Bridge Lessons 2:30-4:30pm Fee: $30 Sept. 14 to Oct. 12 (Art) Sign up at MRC</td>
<td>Bid Euchre Hand &amp; Foot 1:00-4:00pm (MP2)</td>
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<tr>
<td>Hand &amp; Foot 1:00-4:00pm (MP2)</td>
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* 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 as 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 a half hours and meet in classroom.

Meeting schedule:
September 3 at 3:00pm
The Lung/Heart Disease Connection
October 22 at 3:00pm
Disaster Preparedness

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.

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

2015 Program dates: August 13 and November 12 (MP1)
For more information: 812-376-5709
Email: ikessler@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.

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!

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.

FREE HEALTH CHECKS AT MRC
Offered each month by the Public Health nurses at Mill Race Center.

September 15 from 9:00-10:00am
Cholesterol/glucose/weight (fasting required)

October 27 from 9:00-10:00am
Hemoglobin/Blood Pressure
Registration is required. Sign up at MRC Business Office or call 812-376-9241. There is NO CHARGE for this service and it is open to the community.
Spotlighting Social Wellness

Tai Chi/Chi Gung
MORNING AND EVENING CLASSES OFFERED

**NEW Beginner Class Offered Now**

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 10:00am, 5:00pm (beginner) or 5:30pm. We offer month-long sessions. Class is open to all levels. Sign up at the MRC Business Office or call (812)376-9241.

Instructors: Todd Wright (evenings)
Paula Howard (Mornings & Evenings)
beginner class starting at 5:00pm.
For more information contact Paula
(812)342-2047.

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

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

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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
Spotlighting Social Wellness

**NEW**

**Bicycles!**
Bring your helmet and 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 (bring your own) 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**

**Be Heart Smart**
Tuesdays, October 6, 13, 20, 27
2:00 - 3:00 pm at Mill Race Center (Cost: $5)
The Be Heart Smart program is for anyone who wants to reduce their risk for heart disease. Learn how to monitor your risk/factors for heart disease and make simple changes to your daily routine that will improve your heart health. This program is four 1-hour lessons taught by Harriet Armstrong, Health & Human Sciences Educator. Registration for the Be Heart Smart program is open until October 1, 2015. To register, sign up at the Mill Race Center business office window or call (812) 376-9241.

**NEW**

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

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

Ditch your car for your heart!
Have you ever considered walking to a place rather than driving? You should, it’s good for your heart! In the United States, people choose cars for three out of four trips under one mile (1). Even at short distances, when walking or biking may be just as convenient, the prevalence of automobiles have made them the mode of choice. However, studies have shown that simply cutting down on driving and moving towards active transportation can have significant benefits for an aging heart. Specifically, a study performed by the Honolulu Health Program on men aged 71-93 years old showed that those who walked less than a quarter mile a day had twice the risk of developing coronary heart disease than those who walked over 1.5 miles a day. Furthermore, a separate study performed by the same organization found that retired men who walked more than two miles a day had half the mortality rate than those who did not walk over two miles a day. Consider walking for one trip a week instead of driving your car. Do it for a healthier heart! And be sure to visit gohealthycolumbus.org!
Spotlighting Social Wellness

Mill Race Center Travel Show
Focus on Spring 2016
Saturday, October 24
Noon-2:00pm
Featured international trips: Sri Lanka, Peru, Paris and Ireland.
Domestic trips: San Antonio, New York City, Maine and Coudre Islands. Light refreshments, door prizes and fun! Join Edie and Collette for this exciting presentation. Please register at the business office.

Never Again: Two Holocaust Perspectives
Holocaust survivor Esther Davidson and husband Ed, a retired US Army officer, offer a personal look at this tragic event. Esther, born in Poland in 1941, shares childhood memories of lost family, a tragic war, genocide, Displaced Persons camps, and coming to America. Ed, born in America but with direct links to the Holocaust, provides a presentation about the Nuremberg trials and the Dachau Concentration Camp. Ed and Esther Davidson come to us through the Indianapolis Bureau of Jewish Education.

Nourish Your BRAIN
Harriet Armstrong, MS, CFCE. Purdue Extension “Have you ever gone into a room and forgotten what you went to retrieve? Don’t worry. That happens to most people at least sometimes. Have you fueled your brain lately? Just like your car, your BRAIN needs fuel to operate effectively. Consuming a well-balanced diet that includes foods rich in antioxidants and omega-3 fatty acids can be beneficial for the BRAIN and the rest of your body too.” You will learn which foods are beneficial, ways to help your memory and keep your BRAIN sharp, and how to exercise your body and BRAIN.

Ask An Elder Law Attorney!
Bring your questions about estate planning, health care planning, estate and trust settlement, how to pay for nursing home care, death taxes, financial exploitation of the elderly, etc. James K. Voelz, elder law attorney, from Voelz, Reed, & Mount, LLC will provide the answers.

Tai Chi TRY IT.... YOU’LL LIKE IT!
Tai Chi is a low impact, slow moving and graceful Chinese art used to promote physical and mental health. Come and learn more about the benefits of Tai Chi.

Dye Your Own Yarn
Become a Fiber Artist and learn to dye your own yarn. No skills needed...it’s a little messy, so do not wear your Sunday best, but DO come prepared to have a great time as you become a true Fiber Artist! Each participant will take home enough yarn to knit up a hat (220 yards). Each session will be limited to 10 participants. All supplies are furnished. Bring a friend, or two...this is gonna be fun!
Spotlighting Social 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.

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, September 25 at 2:00pm
“Encore” featuring Gary Ferguson

Friday, October 23 at 2:00pm
The Columbus Indiana Philharmonic String Quartet
This Series is made possible through the generosity of:

Bob & Helen Haddad

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Spotlighting Social Wellness

Calling all you 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.

Lasting Impressions
JOIN OUR GROUP. We welcome new MRC members!

Practice:
Mondays at 4:30pm
(MP 1)
Share your voice with the world! Director:
Mary Clark, (812)342-9324 FREE to MRC members.

Lunch & Laughter
A Readers Theater Show
October 14th at Noon
(doors open at 11:45 am)
Enjoy a delicious lunch and entertainment from Mill Race Center’s Readers Theater.
Reservations required by calling 376-9241 or you may stop by the MRC Business Office.

NEW REDUCED PRICE $5/per person
Sponsored by:

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

Sponsored by:
Senior Scribes
3rd Friday of each month from 1-3 pm (AR).
Barbra Heavner, 812-344-2644;
New members welcome!

FLIGHT

The flight of the humming birds is something to see!
It’s sound is like the “Flight of the Bumblebee”.
The tiny creatures swoop, zip and zoom.
They argue at feeders and leave each other no room.
One tries to sit and enjoy a snack
But he constantly has to watch both front and back.
At the beginning of summer the birds are sweet
So I keep the feeders filled so I can watch them eat.
But everything changes when fall nips the air
Miniature bombs seem everywhere
The whirl and hover like helicopter in flight
It’s really amazing to watch humming birds flight.

~ Karen Lowe

TROPICAL PUDDING CAKE
Submitted by: Peggy Wampler
2 cups flour
1 1/2 cup sugar
2 tsp. baking soda
1/2 tsp. salt
1/2 cup brown sugar
2 eggs
1/2 cup chopped nuts
1 large can fruit cocktail drained
Mix all the above together. Pour into 9x13 pan. Bake 350 degrees for 35-40 minutes.

TOPPING
3/4 cup sugar
1/2 cup milk
1 stick butter
1 tsp. vanilla
Cook for 3 minutes. Cool and pour over cake.

WE ASKED. YOU ANSWERED.
What was your first job?
Shirley Cooper...worked at Riley Hospital
Barbara Huff...clerked at the dime store
Mary Clark...teaching piano lessons

Q&A
Glad You Asked

Condolences to the families of
Dolores Tremain
Donald Rucker
Carl Williams
Paul K. Warren II
Helen M. Brougher
Walter Bannister
Kenneth L. Tingley
Robert N. Stewart
Edwin L. Benedict
Cleon P. Sweeney
Edwin Jewell Shoultz
Carol Thayer
Ernest Lee

These are obituaries through July 31, 2015

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MYERS-REED CHAPEL
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Columbus

HATHAWAY-MYERS CHAPEL
The Columbus Crematory
379-4419 • 1022 Pearl Street
Columbus

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!

Keepsake Village of Columbus
A Capital Senior Living Community
812-372-0950
2564 Fourpost Drive Columbus, IN 47202
www.keepsakeofcolumbus.com

Mill Race Center (812)378-9241 • www.millracecenter.org
23
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. Please consider bringing $1 for the driver as well especially if they picked you up at home or offered additional assistance.

September 14: 450 North Restaurant near Hope
October 12: Grey Brothers Cafeteria in Mooresville
November 9: Shapiro’s in Indianapolis
December 14: Cheesecake Factory in Greenwood

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
September 24: September at 1:00 pm (MP1)
October 22: October 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 veterans 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.

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
TRAVEL WITH MILL RACE CENTER IN 2015

SOLD OUT! October 7-13: Boston, Salem and the North Shore, Explore Lexington, Concord, the JFK Presidential Library, the cities of Boston and Salem. Includes 6 breakfasts, 4 dinners, accommodations.


Miami-Key West December 5-13. Let’s escape the Holiday Madness and colder weather on this adventure to Florida! Tour Miami and South Beach, with free time on the boardwalk to shop, sun or stroll. We will spend a whole day in Key West with time to visit museums, beach areas or just people watching in America’s Southernmost City! Includes 8 nights lodging, with breakfasts, 5 dinners and all tours and transportation. $800 pp double for members, $1100 for single occupancy.

Exclusive Opportunity!! Mill Race Center is sponsoring a fully escorted trip to Sri Lanka with Lalith “Guy” Paranavitana January 4-20 2016. This is a VERY exclusive opportunity to experience Sri Lanka culture with a personal touch. Only 12 people will go on this incredible journey that includes a safari, tea plantations, beach resort, city exploration and so much more. Guy is a native of Sri Lanka who resides in Columbus and has a passion for sharing his homeland with others. Will sell out! $5750 pp includes all transportation from Columbus, Indiana, meals, hotels admissions and excursions. Everything except adult beverages! $3450pp without air transportation to Sri Lanka. Nonmembers add $50 per person. Single rates available. Call Edie for more information.

Here’s what MRC travelers are saying...

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

*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 Social Wellness

SHOWS and SPECIAL EVENTS

Saturday, September 12: French Market at St. Joan of Arc, Indianapolis. Join us for a celebration of French culture at this annual festival. Transportation only $25m/$35 nm. Food and drink at your own expense. Leave MRC at 1:00pm return at 7:00pm. Church tour at 3pm.

Monday, September 14: Branson on the Road, Music and Comedy Revue, Derby Dinner Theater. $79m/89nm includes transportation, ticket and dinner. Leave MRC at 4:30pm return at 11pm Call for Availability. SPECIAL MONDAY SHOW!

Thursday, October 22: Derby Dinner Theater, And Then There Were None, Agatha Christie’s suspense masterpiece. $79 member, $89 nonmember includes dinner, show and transportation.

Friday, October 30: Belle of Louisville, Boat trip and buffet lunch. $58 m, $78 nm. Leave MRC at 10am return at 3:30pm.

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.

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

FABULOUS DAY TRIPPERS!

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

September 28: French Lick/West Baden Springs
Take a walk through the peaceful gardens, explore the two beautiful hotels, enjoy a grand buffet lunch or a picnic on the veranda. Try your luck in the casino or take an adventurous train ride through the valley. A full day of activities and exploration awaits! All activities and fees are on your own, transportation only provided. Free play and/or vouchers not offered nor guaranteed by MRC. Must bring state issued ID card/license to participate. Leave 8:00am. A 6:00pm Return. WAIT LIST CALL FOR AVAILABILITY.

October 26: Richmond Chocolate and Treasures Tour,
join us as we travel to Richmond, Indiana and explore the antiques shops, museums and chocolate treats throughout the area! Stops include the Depot area of Richmond and Cambridge City. Department 9:00am return at 5:00pm.

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.

Mill Race Center Travel Show
Focus on Spring 2016
Saturday, October 24
Noon-2:00pm
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<thead>
<tr>
<th>Monday</th>
<th>Thursday</th>
<th>Activity Highlights</th>
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<tr>
<td>Open Billiards</td>
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<td>September 7:</td>
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<tr>
<td>Open Jig Saw Puzzle Table</td>
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<td>Center Closed for Labor Day Holiday</td>
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<tr>
<td>8-10 Breakfast ($)</td>
<td>8-10 Breakfast ($)</td>
<td>September 20, 21 &amp; 22:</td>
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<tr>
<td>8-N Reflexology ($)</td>
<td>9:00 Happy Helping Hands</td>
<td>Closed for SEEK Conference</td>
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<td>8:30 Body Motion</td>
<td>9:00 Shopping</td>
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<td>9:00 Golden K Board</td>
<td>9:00 Senior Swim*</td>
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<td>9:11 Ping Pong</td>
<td>10:00 Tai Chi ($)</td>
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<td>9:30 Quitters</td>
<td>10:00 Ladies Coffee</td>
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<td>10:00 Golden K</td>
<td>(3rd Thurs)</td>
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<td>1:00 Canasta/Hand &amp; Foot</td>
<td>1:00 Woodshop</td>
<td>September 2:</td>
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<td>1:00 Bridge</td>
<td>1:00 Duplicate Bridge/Pinochle</td>
<td>PIE registration open at MRC 9am-4pm</td>
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<td>1:00 Lasting Impressions</td>
<td>3:00 Diabetes Group</td>
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<td>4-8 Reflexology ($)</td>
<td>4:00 Bereavement Group</td>
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<td>4:30 Silver Tones</td>
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<td>5-8 Ballroom Dancing</td>
<td>5:00 Chess Club</td>
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<td>7:00 Clogging</td>
<td>5:30 Tai Chi ($)</td>
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<td>5-8 Ballroom Dancing</td>
<td>September 15:</td>
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<td>Meet &amp; Greet, 6:00pm</td>
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<td>September 20, 21 &amp; 22:</td>
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<td>SEEK 2015, MRC closed due to conference</td>
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<td>September 23:</td>
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<td>The Age of Love Documentary, 6:00pm</td>
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<td>September 24:</td>
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<td>Crafting with Kim, 3:00pm</td>
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<td>September 25:</td>
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<td>Afternoon for Arts: Encore with Gary Ferguson, Noon</td>
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<td>Sept. 29 &amp; Oct. 27</td>
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<td>Pinterest Class, 6:00pm</td>
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<td>October 6-27:</td>
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<td>Be Heart Smart, 2:00pm</td>
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<td>Lunch &amp; Laughter, 11:45am</td>
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<td>October 13:</td>
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<td>Afternoon for Arts: The Columbus Indiana Philharmonic String Quartet, Noon</td>
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<td>October 24:</td>
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<td>Super Saturday, 9:00am-Noon</td>
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<td>Travel Show, Noon-2:00pm</td>
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<td>8-N Reflexology ($)</td>
<td>8:30 Body in Motion</td>
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<td>9:00 Senior Swim*</td>
<td>8:30 Volleyball</td>
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<td>10:00 Tai Chi ($)</td>
<td>9:11 Ping Pong</td>
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<td>10:30 Bible Study</td>
<td>9:30 Adv. Line Dancing</td>
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<td>1:00 Woodshop</td>
<td>1:00 Euchre</td>
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<td>1:00 Bingo ($)</td>
<td>1:00 SCS Investment Club(1 &amp; 3 Fri)</td>
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<td>1:00 Senior Bowling League</td>
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<td>10:00 Art Class</td>
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<td>10:00 Crafty Fingers</td>
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<td>1:00 Reader's Theater</td>
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<td>4:30 Beg. Line Dance</td>
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<td>5:30 Civil War Club</td>
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