AGING WELL!
Physical, Vocational, Spiritual, Social, Intellectual, and Emotional Wellness

Membership $55 a year per person • 812-376-9241 • www.millracecenter.org

Seek2016
AGING WELL. LET’S DO IT!

Mark your calendars for September 10 and 11th.

TWO FUN-FILLED DAYS PLANNED WITH OUR SENIORS IN MIND

Saturday is a FREE Expo with over 30 vendors and demonstrations every hour.

Sunday is a ticketed event. Two national speakers, Joan Moran & Cynthia Green, PhD, will share their expertise.

There is no such thing as anti-aging, but you can learn to Age Well! Explore with us at Seek2016.

See page 16 for information on www.millracecenter.org

Discover the World

Six Fridays beginning July 15-August 19
10:30am-12:00pm

Travel the world right here at Mill Race Center with our friends from the Cummins Affinity Groups. This will defiantly boost your brain and your Intellectual Wellness! Grab a MRC passport and don’t miss this!!

See Page 16!!

CLUE Game

Beginning Monday, July 18 and concluding on Friday, August 22.

See page 17!
From Your Executive Team

The term “full house” describes a poker hand, and is also the title of an 80’s sitcom. It also describes the situation at Mill Race Center on many days. It is exciting to see the level of activity here, but it can also provide challenges for scheduling, parking, and the use of our space.

We constantly evaluate the use of our space, and try to utilize the available areas to meet the needs of our members. A recent example is the change that occurred in our computer lab. We had monitored the utilization for several months, and with the exception of AARP tax assistance, the space seldom had more than one or two people at any given time. The truth is that many people have moved away from using desktop computers and have switched to laptops, iPads, and smart phones. We recognized that there are still folks who live in areas where the internet isn’t readily available, or they just need quick access to a computer, but we felt that it was not good stewardship of our resources to have a room the size of the lab go unused for much of the day. We initially tried to make the space available as an extra conference room that could be used when no one was in the lab, but that proved to be problematic. The best solution was to move two of the computers into the lounge so that they can be accessed by members, while we converted the former lab into a dedicated classroom and conference room that will give us much more flexibility. We are also seeking funding for additional laptops and/or iPads that can be checked out and used in the building.

We continue to try to find creative ways to best utilize this beautiful facility, and to meet the needs of our members. Let us know how we are doing, and have a wonderful summer.

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All programs and events listed in the newsletter are for members only unless it is stated otherwise. Call the Business Office at (812) 376-9241 or visit our website to become a Mill Race Center member. Membership is only $55 a year.

Notes

Wireless Access at MRC
Requires a Password
members can obtain. The password may be obtained from the MRC front desk.
Mill Race Center Staff  
812-376-9241  
Executive Team:  
Cindy Chodan, Paula Herlitz & Dan Mustard  
Liz Barriger, Accounting Clerk, x 207  
Leah Boas, Comprehensive Wellness Program Coordinator, x 210  
Debra Bray, Administrative Assistant, x 299  
Kristy Carothers, Accounts Payable, x 222  
Cindy Chodan, Program & Membership Director, x 209  
Dexter Fravel, Lead Bingo Volunteer  
Paula Herlitz, Development, x 206  
Steve Hood, Facility Manager, x 216  
Robert Issacson, Membership, x 219  
Jim Issacson and Roy Hendershot, Van Drivers  
Jan Meadows, Ambassador Coordinator, x 299  
Dan Mustard, Operations Director, x 211  
Karen Phelps, Receptionist, x 219  
Kate Phillips, Evening Coordinator, x 219  
Roy Pruett, Assistant Facilities Manager, x 225  
Edie Smith, Travel Coordinator, x 215  
Jane Smith, Program Assistant  
Kelly Staley, Administrative Assistant, x 218  
Shannon Thalls, Member Services Manager, x 220

The Handyman Connection
We need YOU!
Retired.....got some time to share?

The Handyman Connection, is looking for volunteers willing to lend a hand with “handyman” projects for families and individuals in need in the Columbus Community.

Labor provided by volunteers, materials and parts will be purchased by the home owner. The homeowner must be available to help with the project (in whatever capacity they are able) to encourage “buy-in”.

Expert handyman skills not required, just a passion for helping others. This is a great way for you to share your skills, learn new skills and make new friends.

To learn more contact Ed Niespodziani 379-4073 (home) or 812-552-3343 (cell), email kn4073@comcast.net.
Golden K Kiwanis
Each Monday 10:00-11:00am
Visitors are always welcome!
Serving the children of the world!
Changing the world one community and one child at a time. President: Larry Lewis 812-528-1656

*Scholarship Winner Katie Prall and her parents

Did You Know...

...that you can order Meals on Wheels for whatever days of the week work best for you.
...you can order the hot lunch or a hot lunch and a cold sack supper.
...there is no age restriction for Meals on Wheels.
...Meals on Wheels can meet special diets like low-salt, renal, ADA, etc.
...can be ordered easily by calling Mill Race Center at (812) 376-9241.

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

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

Happy Helping Hands
Thursday mornings each week
8:30-10:30am (Arts Room)
Leader: Willie Field, 812-525-1553

Need a gift idea?
Give the gift of Mill Race Center Fun Bucks.
Spends just like cash at MRC! Use for...
The MRC Breakfast Café
Chair Massage & Reflexology
Readers Theater Lunch & Laughter
Afternoon for Arts
Friday Night Live
Travel
Art Classes
All paid MRC programs (Not for use at the fitness center)
Can be purchased at the Business Office or at our website under Join/MRC Bucks.

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...there is no age restriction for Meals on Wheels.
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...can be ordered easily by calling Mill Race Center at (812) 376-9241.
Spotlighting Intellectual 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 9:30am and usually finish at 11:30am. 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.

**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.

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**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.

Your Help Needed!
MRC is collecting travel sized items for the USO. Drop items off in the office.

**MRC Meet & Greet**

**MRC Meet & Greet**

**July 21 at 6:00pm** (Art Room)

**August 19 at 10:00am** (Art Room)

Have you recently joined or are you interested in Mill Race Center? We’d like to get to know you better and introduce you to the Center and the variety of programs and events we have planned throughout the year. The session will last about an hour. Call and reserve your seat; (812) 376-9241.

**MAHJONG**

Are you interested in learning how to play? Members of the Columbus Chinese Association will be our instructors. Please sign-up in the business office if you are interested. Classes will be held on Wednesdays from 1:00-3:00pm, but a start date is yet to be determined. You will be notified when the group is ready to begin.

Give the gift of a Mill Race Center membership to your friends for their birthday this year!

Stop by the business office or call (812)376-9241 to make arrangements for your friend or loved one. You can also do a membership online at www.millracecenter.org.
Knitting with Cathi
Samples of projects on display at Mill Race Center.

Beaded Cuff Bracelet
Friday, July 8, 2:00-5:00pm
(1 session)
Min 4 students
Class fee: $20 members/$30 non-members
Back by request, is this stylish bracelet knitted on (yes, you guessed it) wire! If you can knit, you can do this! Impress your friends with this knitted masterpiece! But beware! You will have requests to knit one (or more) for family and friends. Even better, bring a buddy and let them learn to knit one for themselves!

Knit Boot Camp 101
Monday evening July 25 6:30-8:00pm
Min 3 students
Class fee: Members $20
Learn beyond the basics. If you know the knit stitch, we call you a knitter... If you want to increase your understanding of the craft, this is designed for you!

This is a hands on class and with plenty of time for questions from you. Here are a few of the things you will learn: “reading your knitting”, learn to correct simple mistakes (no more starting over from the beginning), adding a new ball of yarn or change colors – the right way to pick up dropped stitches, weave your ends, knitting a swatch and how to find the correct gauge. Also some basic info on substituting yarn that the pattern suggests. What will work, what won’t. Supplies needed: Size 7 knitting needles, Crochet hook (sizes G or H)

Knit Boot Camp 201
Friday afternoon July 29 2:00-4:30pm
Min 3 students
Class fee: Members $25
This session is designed to give knitters the tools they need to finish a knitting project.
If you are intimidated by words like, “seam pieces together”, “check gauge”, “reverse shaping”, “using the Kitchner Stitch”, and “block your knitting”, sign up for this class!

It’s a Poncholette!
Monday evenings August 15 and 22 6:30-8:00pm
Min 3 and Max 7 students
Class fee: $35 members
This is such a great fashionable piece, it looks great on all body shapes and it so simple to knit. Knitted from the top down, it is the perfect layering garment for early fall.
I met the designer for this pattern a few years ago and I can’t wait to share it with you. The possibilities are endless and I suspect you will knit more than just one, I have (and I want a closet full of these)!

A supply list will be provided at registration or kits will be available for purchase. Kit prices will range from $50-$70, if you choose.

Granny Connections Needs You To Help Knit Scarves! Knit scarves can be dropped off at MRC. MRC has free red yarn if needed.
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: Judy Kiesow 812-374-6135, Judyk2310@gmail.com.

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. Steve loves to share his passion.

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
**Glass Magnets**
**Wednesday, July 27 at 2pm**  
Fee: $5 per person  
Easy project that you can design anyway you would like.

Join Shannon Thalls for a fun craft class. Bring your grandchild if you would like or come attend just yourself. All supplies will be provided. Register at the business office. Samples will be on display in the business office.

**Art Class**
**Wednesdays from 10:00am-12:30pm**  
Watercolors, oils, acrylic, pastels. No previous art experience required. Beginners: no supplies needed for your first visit. Holly will get you started on a project and advise on needed supplies. **FREE for MRC members.** For more information contact: Holly Melillo at 812-342-9650.

**Coloring Café**
**Every Tuesday at 2:00pm, FREE**  
Books, colored pencils and coffee provided!  
Adults around the country have picked up coloring books as a way to relax and unwind. Research shows that health benefits go beyond relaxation, and include exercising fine motor skills and training the brain to focus. Psychiatrist Carl Jung prescribed coloring to his patients to calm and center their minds. Join us to learn about this great emotional wellness activity and find the joy in coloring. Color Yourself...Calm! Or Happy!

**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.

**Necklace from Shrink Plastic**
**Make during Coloring Café Tuesdays, July 26 & August 23. Sheet Fee: $2 per sheet.**  
Color your own masterpiece in our coloring café and then turn it into a wearable necklace to enjoy. Sample on display in business office.
Spotlighting Intellectual Wellness

Ball Room Dance Classes
Monday & Thursday 5:00-8:00pm
Margot Scholz offers 8 week sessions at Mill Race Center on Monday and Thursday evenings. For more information about sessions, call Margot 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, $5 per class/non-member Info contact: Karl & Uschi Wolff at (812) 342-9974.

Line Dance for Beginners
Wednesday, 4:30-6:00pm (MP2)
Come and give it a try! Instructor: Pat Hoard (812) 372-4905. Fee: FREE to MRC members, $5 per class/non-members. No need to sign up in advance, just show up and dance!

Line Dance
Friday mornings 10:00-11:30 (MP2)
Come and dance, new folks always welcome! Free for MRC members, $5 per class/non-member Instructor: Pat Hoard

Rhythm in Shoes
Clogging
Monday evenings from 6:30-7:30pm
If you know how to clog, join Naomi Fleetwood-Pyle.
Fee: (drop in) $5 paid to the instructor. Sign-up not required. Contact Naomi (812)343-3285.

It’s for beginners, too! If there is enough interest a beginners clogging class will be offered at MRC.

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<td>Line Dance Beginner 4:30-6:00pm (MP2)</td>
<td>Ball Room Dance 5:00-8:00pm (MP2)</td>
<td>Line Dance 10:00-11:30am (MP2)</td>
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<tr>
<td>Clogging 6:30-7:30pm (MP3)</td>
<td>Couples Dance Club (MP1) 6:00-8:00pm 1st &amp; 3rd Wednesday</td>
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Friday Night Live
Forty Years of College
August 12
7:00-10:00pm
$5/members & $10/nonmembers

Mill Race Center (812) 376-9241 • www.millracecenter.org
**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.

**Tai Chi/Chi Gung**  
**Morning (10:00am)**  
**Classes Offered**  
**Tuesday & Thursday**  
Tai Chi is a low impact, slow moving, graceful Chinese exercise. Tai Chi combined with Chi Gung involves breathing deeply and slowly with movements that strengthen the body and increase balance.

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

**Instructors:** Paula Howard - 10:00am  
*Interested in an evening class:* call Todd at (812)372-7100

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

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

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**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

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**Chair Massage**  
**Wednesday mornings, 8:00-Noon**  
Emily Patrick, CMT is a Certified Massage Therapist. The price is $1 per minute with 10, 15 or 20 (max) minute sessions available.

Chair massage can help relieve physical and emotional stress, lower anxiety, increase circulation, reduce muscle fatigue, pain and tension, headaches and much more. You can sign up on the door outside the meeting room or by calling Emily at (812)344-9716.

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

Tuesday & Wednesday Evenings - 6:00-8:00pm
(Except Aug. 23 see page 22 for Travel show information)

Friday Afternoons - 1:00-3:00pm (New summer times for July & August)
EXCEPT the 4th Friday due to the Afternoon for The Arts series. Join us at 2:00 on the 4th Friday for live entertainment and delicious desserts.

Saturday Mornings - 8:30-11:30am
(Except Aug. 27 see page 14 for Super Saturday)

A new pickleball net is available now for outdoor use on the patio. The patio will serve as a great warm-up court.

MRC INDOOR Pickleball

NEW

ENJOY THE GAME

Have a NICE DAY
(pass)

FREE!!!
Random Acts of Kindness Club
3rd Tuesday of each month
July 19 & August 16
Meeting at 1:00pm; FREE
Let’s find JOY in the journey together. Spreading kindness here at MRC and out in the community. Let’s be the reason someone smiles!

TED Talks
2nd Tuesday of each month
Meeting at 1:30pm; FREE
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!

July 12 at 1:30pm
Topic: What is so special about the human brain?
August 9 at 1:30pm
Topic: Where do good ideas come from?

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

SCS Investment Club
Monthly, 2nd Friday
1:00-3:00pm (Classroom)
This is a great way for you to stay motivated while you improve your investment knowledge. The Club is a member of Better Investing with a mission to provide a program of sound investment information, education and support that helps create successful lifetime investors. Don’t let the words “investment club” scare you.

The SCS Investment Club currently has space for new partners. The Club is limited to 20 partners. Partners must be MRC members. An initial investment of $100.00 plus a monthly investment of $25.00 is required.

Educational presentations are made each month so members can learn how to buy and sell stocks. Contact Ted Anderson, 812-342-2663 or Don Collier, 812-341-7476.

Bible Study
Tuesday 10:30-11:30am
In the Classroom; Free
Information: Virginia Houser, 812-579-5132
July: Rev. John Marquis, Church of God
August: To Be Announced

Wednesday Evening Bible Study, 6:30pm
Contact Jan Meadows at (812)374-4404

Celebrate National Ice Cream Day
on July 18 with us at Mill Race Center. Our own Dan Mustard will be scooping free ice cream at 1:00pm in the lounge!

National Happiness Day on August 8
Free Lemonade & Smiles!
And surprises from the MRC Random Acts of Kindness group!
Spotlighting Intellectual Wellness

Understanding Your Grief
Bereavement Support Group at MRC
Third Thursday of month from 4:00-5:30pm
Open to anyone in the community
Facilitated by Walter Glover, Certified Grief Counselor and Jennifer Lowry.

“Grief, often the most profound form of sorrow, demands the support and compassion of our fellow human beings. Since the beginning of time, people have come together in times of grief to help one another” Alan D. Wolfelt, Ph.D.

This group is open to anyone who is grieving the loss of a spouse/partner, child, parent, sibling, loved one or friend. The group is FREE and open to the community, MRC membership is not required. Participants’ books and journals generously provided by The Teegarden Foundation.

If you are interested in participating please join us! Contact: Shannon at MRC, 812-376-9241 ext. 220

In The Woodshop
Drop-In Woodcarving Class
Wednesdays 10:00am
Open to all levels of ability, beginners encouraged to give it a try! Carving projects with instruction will be offered to get you started. Basic carving tools will be available for use or bring your own. Assistance will be offered to beginners and challenges offered for more experienced carvers. Instructor: Larry Carter
FREE for MRC Members

Hoosier Carvers Club
2nd Monday of each month
5:30-8:00pm (CL)
New participants welcome to attend. For information contact Larry Carter 812-372-1956.
Afternoon for Arts

Shows begin at 2:00pm
Live Entertainment & Delicious Homemade Dessert.
$5/MRC members & $10/non-members
Call 812-376-9241

July 22
Albert Nolting, Guitarist

August 26
Sandcreek Trio
Harp, Cello & Violin group

Shows sponsored by Miller’s Merry Manor
Dessert sponsored by Bob & Helen Haddad and made by Caryn Wiggins

Reservations required by the Tuesday prior to the event. Call MRC to reserve your seat (812)376-9241.

Saturday, August 27
Session Time One: 10:00-11:00am
30 minute refreshment break/passing period
Session Time Two: 11:30am-12:30pm
Pick 2 sessions to attend for Free!

❖ Decades of Dirt
Members of the Speed City Sisters-in-Crime Chapter will talk about their latest anthology Decades of Dirt: Murder, Mystery, and Mayhem From the Crossroads of Crime. Michael Dabney, Crystal Rhodes and Lillie Evans will read excerpts from the book and discuss the creative writing process. Decades of Dirt has been awarded Legacy status by the Indiana Bicentennial Commission. The authors will also discuss the group’s latest work, The Fine Art of Murder, to be released this October. Books will be available for purchase.

❖ In the Kitchen with Edie Smith
Bring your farmers market produce on over to MRC and see what you can cook up with it in the kitchen with Edie! Edie will be dicing up some fun with garden produce.

❖ 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 with Todd Wright and Paula Howard.

❖ Centennials Celebration with the Indiana State Parks
Celebrate the Centennial year with the Indiana State Parks. A Brown County State Park Interpretive Specialist will be presenting some neat history of the State Parks and many pictures. Guaranteed to be an amazing presentation!

❖ Phone Tech Help with High School Students
FREE MOVIE SHOWINGS at MRC!
2nd Monday Newly Released Movie/4th Monday a Classic Movie

Summer Movies starts at 6:00pm. Free popcorn - Sponsored Griswold Home Care

July 11
Bridge of Spies

July 25
Notorious

August 8
Miracles from Heaven

August 22
Clue
Discover the World

Six Fridays beginning July 15-August 19
10:30am-12:00pm

Travel the world right here at Mill Race Center with our friends from the Cummins Affinity Groups. This will defiantly boost your brain and your Intellectual Wellness! Grab your MRC Passport in the business office and plan to attend all 6 sessions. Those who fill all 6 sessions in their passport will have a chance at receiving some MRC Bucks they could use with our Travel Program.

Each session presenters from the country represented will share with you interesting facts from their country. They may have food to sample, music, dress, language exploration, dance, pictures from their country, etc... Plus a question and answer time!

July 15  Great Middle East (GMEAG)
July 22  Grupo Organizado de Afinidad Latina (GOAL)
July 29  Chinese AG
August 5  Japanese AG
August 12  Southeast Asian AG
August 19  African and African American Affinity Group (AAAAG)

Cummins employees from Malaysia, Singapore, Philippines, Thailand, Indonesia, Cambodia, Laos, Vietnam, Brunei, Myanmar, and East Timor. Southeast Asia (SEA) is culturally diverse and naturally blessed in its people and its resources, boasting some of the lushest and prettiest landscapes as well as some of the most gracious and hard-working people.

For more information, contact Paula Herlitz:
812-376-9241 or paula@millracecenter.org.

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

Clue Game

The Mill Race Center version of the classic detective game. Get your thinking cap on and participate in this fun game during the months of Intellectual Wellness. The game will begin on Monday, July 18 and will conclude on Friday, August 26. The chosen winner will be selected on Monday, August 29.

Object: Mr. Boddy apparently the victim of foul play is found in one of the rooms at Mill Race Center. Suspects bio’s will be posted in MRC. To win, you must determine the answers to these three questions: Who done it? In what room did it occur? And with what weapon?

Clues: Clues will be given each Monday through our weekly E-Blast (give the business office your email to be added to the list) and posted in the center. Detective note sheets can be picked up at Mill Race Center to keep track of your clues. Extra bonus clues will be given out through the weeks of the game so stay tuned. Remember to keep your clues a secret!

Prize: One Year Membership to Mill Race Center, One Year Membership to the CRH Fitness Center in MRC, Mill Race Center T-shirt, 20 minute Chair Massage by Emily Patrick, and $300 to travel with the MRC travel program. (Valued at over $800)

Guess: Turn in your confidential guess of who done it, what room and with what weapon by Friday, August 26 by 5:00pm. If multiple individuals guess correctly they will be placed into a drawing and one winner will be selected.

Rules: Set of participation rules will also be at Mill Race Center.

Clue #1

A place to gather at MRC
Face the wall and what do you see
Black, red, green or brown
Look inside to see what is found.
August 10, 2016 at Noon
Lunch: $5 members/$10 non-members
Make reservations at the business office.

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

Drumming Circle
August 2, 6:30-7:30pm
Get your groove on and come out and drum with us! We promise it will be an amazing experience. Please register by calling the business office. Weather permitted we will be on the patio. Refreshments served after drum circle. Limited seating.
**Piano For The Adult Beginner**

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. New class forming soon!

Information and to register, call Pat Anderson at (919) 630-3773 or email panderson47201@comcast.net.

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**Fishing Group**

8:30am

Join Leah and Shannon for a little morning fishing in the pond behind MRC. Meet in the lounge at 8:30am and we will head out together. Bring your pole, bait and lawn chair.

August 26, September 30, & October 28
2016 MRC Travel and Tours

*All prices based on double occupancy, add $50 for non-members, single, triple and quad rates available for most trips. Small deposit holds your spot on trip and is refundable up to date of final payment. Book early to avoid disappointment! Call for brochure or details for each trip you are interested in booking.

The Canadian Island Trip, Coudre’s, August 8-16. You will need a passport for this Northern Adventure but it is worth the trip to see scenic windmills, stately cathedrals and whale watching! This trip is full of adventure as we take a ferry to the Charlevoix Region of Canada to see the peaceful Islands. This trip also includes guided tours of both Quebec and Montreal! Only $1050 per person double occupancy. Call for Single and nonmember rates.

Tunica, Memphis and Graceland, September 19-23 Wander Beale Street immersing yourself in the history of early Rock and Roll and the Blues. Trip includes admission to Graceland, accommodations at a luxury Casino Resort, tours of Memphis and the Rock and Roll Museum and all dinners and breakfasts! $525 double and $690 single. Non-members welcome for just $50 more.

Christmas Time in the Smokies November 15-18. Includes 4 Shows, 3 breakfasts, 3 dinners, 3 nights accommodations, admission to popular attractions Christ in the Smokies, Dollywood’s Christmas in the Smokies, Christmas Place and Bell Tower Square, Tanger Outlets, Deluxe motor coach transportation and much more. **Sign up by September 1.** $629 per person double. $748 Single. Add $50 for non-members.

Chicago, October 11-13 Trip includes luxury motor coach transportation, 2 nights accommodations, 2 breakfasts and 2 dinners, The art Institute, Architectural Cruise on the Chicago River, Navy Pier and Chicago’s Money Museum as well as a visit to Chicago 360 (formerly the John Hancock Observatory). $359 per person double occupancy. $419 single. Add $50 non-members. **Sign up by August 1**

Savannah, Jekyll Island and Beaufort, November 27- December 3 Holiday time in the South! Includes luxury motor coach transportation, 6 nights lodging, 6 breakfasts and 4 dinners, tours of St. Simons, Jekyll and Parris Islands, tour of Savannah with free time on the waterfront and much more. $690 per person double occ. $890 single. Please add $50 for non-members. **Sign up by September 15.**

Sail away with Edie and her Mom, Bonnie, on this dream trip to the Caribbean. Includes: Round trip transportation from Columbus to Miami including luggage handling, a 4 night cruise to the Bahamas with ports of Nassau, Freeport and NCL Private Island, Your choice of luxury accommodation with all meals, $300 in spa credit, Specialty dining or beverage package, all tips and gratuities on included services. Deluxe Balcony Stateroom: $1750 per person Ocean view Room: $1550 per person, inside Cabin: $1450 per person*All accommodations are double occupancy. Single can be quoted, **Sign up by August 5**

Upcoming Trips 2017 Caribbean Cruise, New Orleans, Gettysburg/Williamsburg/Washington DC, Ireland, Portugal, California, Nova Scotia, Switzerland, Vermont and more available now!
Spotlighting Intellecual Wellness

SPECIAL EVENTS

New! Indianapolis Symphony Orchestra Coffee Series
Friday, September 16
Leave MRC at 9am return at 1:30pm. Enjoy an abbreviated version of the full symphony while enjoying coffee and rolls with fellow music lovers. Limit of 12 people per trip. $70 per person. Non Members add $20.

Derby Dinner Theater
Friday, September 9, Hallelujah Girls!
Hilarity abounds when the feisty females of Eden Falls, Georgia, decide to shake up their lives. The action in this rollicking Southern comedy takes place in SPA-DEE-DAH!, the abandoned church-turned-day-spa where this group of friends gathers every Friday afternoon. After the loss of a dear friend, the women realize time is precious, and if they're going to change their lives and achieve their dreams, they have to get on it now! By the time the women rally together to overcome multiple obstacles and launch their new, improved lives, you've got a side-splitting, joyful comedy that will make you laugh out loud and shout "Hallelujah!" Tickets, Dinner and Transportation only $69! Add $20 for non members. Leave MRC at 4pm return at 11:30pm

FABULOUS DAY TRIPPERS!

New Day Trips to interesting locations offered every month! First 18 to sign up each month get to go! Deadline to register; the Wednesday before each trip. Each Day Tripper adventure priced individually based on cost/admission fees, lunch not included.

Tuesday, July 26 Indianapolis City Market and Monument Circle
$25 per member, $35 non-members 9:00am-4:00pm. Leave from MRC.

Monday, August 29, Indiana State Museum and L.S. Ayres Tea Room
Join us for lunch and touring our State museum. Lunch and admission included. $55 members, $65 nonmembers. 10am-4:30pm

Tuesday, September 27, Mystery Trip!
Moderate activity level, must be able to navigate stairs and walk short distances. $50 members, $60 nonmembers. Lunch on your own at destination. 9:00am-6:00pm from MRC.

MRC LUNCH BUNCH

New for 2016 Lunch and More!
Must pay to hold your space.

Thursday, August 18, Indiana State Fair!
Admission and Lunch on your own. Transportation only $10 members, $15 non members. 10am-4pm for this one!

Thursday, September 8, Stream Cliff Farm, Commiskey, $10 members, $15 non members transportation only, lunch on your own at tea room. 10:30am-3:30pm

Lunch Bunch
Monthly trips to local joints for food and fellowship. Mondays - 10:30am-1:30pm $5m/$7nm transportation only

Tuesday, August 2
Revery, Greenwood

Monday, September 12
Wind Jammer Grill, Bloomington
CASINO TRIps

All trips cost $25 per person for members/ $30 for non-members. Transportation based on number of paid passengers. Trips leave MRC at 9am return at 5pm. Any offers of free play, points, food credit etc. are not guaranteed or offered by MRC. Each casino has special offers for the dates selected if you become or are already a member of their rewards system. You must have a valid identity card to attend these functions.

Tuesday July 12
Rising Star in Southeastern Indiana

Wednesday September 7
Mystery Casino Trip

Upcoming Hikes:
The Great Smokey Mountains National Park (5 days)
The Catskills & Adirondacks of New York (3 weeks)
The Ice Age Trail in Wisconsin (5-6 days)
Shades, Turkey Run, & Whitewater State Parks

TOPS Club
Wednesday 11:30am-1:00pm (CR)
Take Off Pounds Sensibly
For more information please contact Judy Lemley at 812-372-3241 or check the TOPS website at www.tops.org.

Senior Swim
At Foundation For Youth
Tuesday, Thursday and Saturdays from 8:30-10:00am.
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.

Diabetes Information Sessions
2nd Thursday of each month from 3:00-5:00pm
Free education program offered for people with diabetes or anyone interested in learning about diabetes. Registration is required by calling 812-376-5500. Open to the community.

For more information: lkessler@crh.org or call 812-376-5709
Spotlighting Intellectual Wellness

**Comprehensive Health Screen**

**August 18 from 8:00-10:00am (MP2)**

*All tests are FREE except the Cholesterol.*

- Cholesterol Test (**this test $2 cash***
- Balance test, mental health screen, advanced directives, hearing test, B/P, Height/Weight, BMI, Eye Pressure, Pharmacist Consult, Dietician Consult, Glucose test (**fast**), COPD risk screen, Inhaler techniques, and obstructive sleep apnea screen.

(**Test fees paid directly to public health nurse**)

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

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**Better Breathers**

**Wednesday, July 20 at 3:00pm**

*Topic: Sleep Disorders*

**Wednesday, August 31 at 3:00pm**

*Topic: Planning for the Future; Living Wills and Healthcare Representatives*

Discussion on the different types available, when it might be needed, and how to access the service.

Better Breathers Clubs are supported by the American Lung Association, and the meetings are designed to help members increase quality of life and prevent illness. We also function as a support group, offering understanding and comradery to people who are challenged by lung problems. Anyone with a lung problem is welcomed, along with their family and friends. Light refreshments will be available.

Information contact Jennifer at 812-376-5793
**Birthday Party**
Come and celebrate your birthday at Mill Race Center. There will be birthday cake, ice cream, candles to blow out, an entertainment by our own Dan Mustard. It’s also a great way to meet people.

**Birthday Celebrations**
- July Birthdays: July 7 at 1:00pm (MP1)
- August Birthdays: August 4 at 1:00pm (MP1)
- September Birthdays: Sept. 1 at 1:00pm

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.**

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**We asked; you answered**
**What are your plans for July 4th.**
- Susan Baldwin - be with family at a cook-out
- Carmen Mangas - be with her family
- Phyllis Roemmel - watching fireworks

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**Senior Scribes**
3rd Friday of each month
1:00-3:00pm
Barbra Heavner, 812-344-2644
Janice Waltermine, 812-372-1707

**WHAT**
You will find me on all kind of faces
You will find me in all kinds of places
You can even hear it on a phone
It’s very contagious; that is known

You might be bored or need to sleep
A sudden urge will make you creep
Even talking about it can bring it on
You guessed it
**IT’S A YAWN**

*Marge Anthony*
Card Schedule

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<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</td>
<td>Euchre: 5:30-7:30pm</td>
<td>Hand &amp; Foot Beginner: 12:45-4:00pm</td>
<td>Duplicate Bridge: 1:00-4:00pm (MP2)</td>
<td>Euchre: 1:00-4:00pm</td>
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<td>Duplicate Bridge:</td>
<td>Pinochle: 1:00-4:00pm</td>
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Bocce Ball
Bocce Ball sets are available to be checked out at the receptionist desk. Directions are with the sets. Go out and play in the park.

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!

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

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

COME & PLAY:
PING PONG is back!
Tuesday 1:00-3:00pm (MP1)

Pinochle
1:00-4:00pm

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

Spotlighting Intellectual Wellness
Now offered Tuesday, Wednesday, Friday and Saturday. See page 11 for details.

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

COME & PLAY:
PING PONG is back!
Tuesday 1:00-3:00pm (MP1)
Consider beautiful Mill Race Center for wedding rentals, class reunions, or other large gatherings. Our 4,000 square foot Multipurpose Room and Terraces feature attractive views of a fountain in a nearby lake as well as the park. The multipurpose room has a capacity of 350 Theatre Style, and 225 Banquet Style. A caterer’s warming kitchen opens into the Multipurpose Room and is available to any licensed and properly insured caterer.

**Saturday/Sunday Rental:** Full day (8 hours), full Multipurpose Room rental is $1200. See the rental policy packet for additional and/or individual room availability and rates.

Visit our website [www.millracecenter.org](http://www.millracecenter.org) and for all the details about renting Mill Race Center. You will find the rental policies, the rental application and frequently asked questions.

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**Mill Race Center Summer Gear**

Purchase your own T-shirt or hat at Mill Race Center. Items ordered by the 15th of the month will be returned by the 1st of the next month. Order at the business office.

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**DAY PASS ($5)... now available for your friends, family and out of town guests. Purchase at the business office.**

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**Get WalkIN – Helping Hoosiers get on their feet!**

Walking is an excellent way for most people to increase their physical activity. It is an easy way to start and maintain a physically active lifestyle. Get WALKIN’ is a 12 week, free e-mail based walking initiative being offered through Purdue Extension in Bartholomew County in partnership with the School of Nursing. To learn more, contact Harriet Armstrong, Purdue Extension Educator Bartholomew County, 812.379.1665. To register for this program which will begin September 7th.
Refrigerator Reminder - MRC Daily Activities

**Monday**
- Open
- Billiards BL
- Jigsaw Puzzle Table LOB
- Breakfast ($) LOB
- Reflexology ($) MR
- Body Motion MP2
- Golden K Board CNR
- Quilters AR
- Golden K MP2
- Hand & Foot MP2
- Friendship Bridge MP2
- Lasting Impressions MP1
- Reflexology ($) MR
- Silver Tones MP1
- Ballroom Dancing MP2
- Clogging MP3

**Tuesday**
- Open
- Billiards BL
- Jigsaw Puzzle Table LOB
- Breakfast ($) LOB
- Reflexology ($) MR
- Senior Swim* FFY
- Tai Chi ($) MP1
- 10:00 Ladies Coffee LO
- Woodshop WS
- Duplicate Bridge/Pinochle MP2
- Diabetes Group CR
- Bereavement Group LO
- Chess Club AR/LO
- Ballroom Dancing MP2

**Wednesday**
- Open
- Billiards BL
- Jigsaw Puzzle Table LOB
- Breakfast ($) LOB
- Chair Massage ($) LOB
- Volleyball FFY
- Body Motion MP2
- Art Class AR
- Crafty Fingers LO
- TOPS CR
- Hand & Foot MP2
- Scrabble AR
- Reader’s Theater CR
- Bid Euchre/Pinochle LO
- Beg. Line Dance MP2
- Singles Group LO (2nd Wed)
- Pickleball MP2
- Couples Dance MP1 (1st & 3rd Wed)

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

**Friday**
- Open
- Billiards BL
- Jigsaw Puzzle Table LOB
- Breakfast ($) LOB
- Body in Motion MP2
- Line Dancing MP2
- Euchre MP2
- Uechre MP2
- Pickleball MP2
- Senior Scribes AR (3rd Fri)

**Saturday**
- Pickleball MP2
- 8:30-11:30 Pickleball MP2

**ACTIVITY HIGHLIGHTS**

Check out exciting programs listed on page 16 & 17

**July 4**
- Mill Race Center Closed for Holiday
- Birthday Party, 1:00pm

**July 7**
- Birthday Party, 1:00pm
- Movie, 5:30pm
- TED Talks, 1:30pm

**July 15, 22 & 29 August 5, 12 & 19**
- Discover the World Series, 10-Noon

**July 21**
- Meet & Greet, 6:00pm

**August 2**
- Afternoon for Arts, 2:00pm

**August 4**
- Birthday Party, 1:00pm

**August 10**
- Lunch & Laughter, 12:00pm

**August 12**
- Friday Night Live, 7-10pm

**August 13**
- Movie, 5:30pm
- TED Talks, 1:30pm

**August 19**
- Meet & Greet, 10:00am

**August 27**
- Super Saturday, 10-Noon

**August 26**
- Afternoon for Arts, 2:00pm

Find us on: facebook

Mill Race Center • 900 Lindsey Street • Downtown Columbus
812-376-9241
Visit us at www.millracecenter.org
CURRENT RESIDENT OR

Note your Membership renewal date in corner of address label.

Six Dimensions of Wellness

**Intellectual Wellness:** seeking stimulating mental activities to expand knowledge and skills. Stretching and challenging the mind with intellectual and creative pursuits.

*Avoid boredom...be productive.*

**Social Wellness:** enhancing personal relationships, making friends, enjoying the company of others and initiating communication with those around you.

*Enjoy the company of others!*

**Emotional Wellness:** recognizing and accepting your feelings. Emotional wellness includes the degree to which you feel positive and enthusiastic about yourself and life. This includes the capacity to manage your feelings and related behaviors, and your ability to cope effectively with stress. Accepting a wide range of feelings in yourself and other is essential to wellness.

*Be optimistic in your approach to life!*

**Spiritual Wellness:** discovering the meaning and purpose inhuman existence. Working toward finding peace. Processing past experiences and emotions. Learning to live each day in a way that is consistent with your values and beliefs.

*Find meaning in everyday!*

**Vocational Wellness:** The vocational dimension recognizes personal satisfaction and enrichment in one’s life through work.

*Remain active, involved and productive!*

**Physical Wellness:** recognizing the need for regular physical activity, proper diet and nutrition and personal safety. Discouraging the use of tobacco, drugs and excessive alcohol consumption.

*Get moving...be healthy!*