May 31 at Mill Race Center

- Balance Assessment Biodex Testing, 8am-12pm
- Body In Motion Class, 8:30-9:30am
- Balance in Motion Class, 11am
- TOPS—Talking Off Pounds Sensibly, 11:30am
- Basic Yoga Class, 12pm
- Drum Circle, 10am
- Line Dancing, 4:30-6pm
- Pickleball, 6-8pm
- Bocce Ball, all day
- Ride a MRC Bike, all day
- Fitness Center Tours, all day

Classic Rock Cook-out

To Benefit Meals on Wheels

Wednesday, May 10
5:30-7:30pm
$10 for Dinner Ticket

Enjoy a delicious meal from Blackerby's Hanger and great music from The Reunion Band! The Reunion Band is a combination of two bands from Seymour High School class of 1963,64. All proceeds will go to the Mill Race Center Meals on Wheels Scholarship Fund. Tickets must be purchased in advance at the Mill Race Center business office.
Welcome, wilkommen, velkommen, welkom, bienvenue, benvenuto, bienvenudo, ahl an wa salan, svagat sain. No matter the language, every person wants to feel welcome. We are social creatures, and we all need to feel a sense of belonging. At the very least, we want to feel secure in our surroundings. I often hear comments about staff or fellow members who have reached out and included someone in an activity, or who have done something special to make a person feel like they are part of the Mill Race Center “family.” It can be difficult for some people to enter into a new social situation, or to come to a facility like Mill Race Center, especially if they do not already know someone who is here. We recently met Hector, who was on an extended visit from Argentina. Despite the language barrier (English is his fourth language), Hector participated in activities nearly every day that he was here, and people went out of their way to make sure that he felt welcome.

I wish that everyone could have that kind of experience, but I still hear about situations where someone feels as though they do not belong, that they are not included, or that they do not feel welcomed by a group. We recently screened the movie “Reject,” which discusses ostracism, and its negative impact on people socially and mentally. Ostracism, (exclusion from a social group), can take many subtle or not-so-subtle forms; everything from avoiding eye contact and conversation, to open hostility. We all want to feel safe, valued, and respected. We all need to feel like we belong. It is up to each of us, as elders, to model the spirit of hospitality. We want everyone who comes into the Center to know that this is a place where we should all feel welcome.

Dan Mustard
Executive Director

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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 $60 a year.
Mill Race Center Staff
812-376-9241

Dan Mustard, Executive Director
Liz Barriger, Accounting Clerk, x 207
Leah Boas, Aging Well Coordinator, x 210
Debbie Bray, Administrative Assistant, x 218
Jacquie Buzzard, Facilities
Kristy Carothers, Accounts Payable, x 222
Dexter Fravel, Lead Bingo Volunteer
Steve Hood, Facility Manager, x 216
Fred Guarnieri, Senior Products Supervisor, x 228
Roberta Isaacson, Membership, x 204
Jim Isaacson and Roy Hendershot, Van Drivers
Jan Meadows, Ambassador Coordinator
Jen Morrill, Development Coordinator, x 206
Dan Mustard, Executive Director, x 211
Beth Parkhurst, Community Outreach, x 208
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, Office Manager, x 218
Shannon Thalls, Program & Marketing Coordinator, x 220
Jeff Voyles, Senior Products, x 228

Annual Meeting
Tuesday, May 23, 2017 at 5 pm
Mill Race Center
900 Lindsey Street • Downtown Columbus

Come and participate in our Award Winning Drum Circle!

Learn more about what all we’ve accomplished in 2016 and what’s on the horizon for 2017.

Maximizing opportunities for citizens over age 50 to lead independent, healthy, and meaningful lives.
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: James Lowney 812-350-8034

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 Fields, 812-525-1553

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.

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
Arts Programs
Travel
Art Classes
Lunch at Bingo
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.
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 9:00am and usually finish at 11:30am. Come for an hour or stay the whole morning. We appreciate the help!! Contact Shannon at MRC 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.

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.

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. Jan Meadows, (812) 374-4404 for details.

We Appreciate Our Volunteers!

 Volunteers Needed
Various volunteer opportunities are available at Camp Atterbury. Contact: Joann Benedetto (224)392-5626.

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

Aging Well Guide
Interested in becoming an Aging Well Guide for Mill Race Center?! Contact Leah at MRC or lboas@millracecenter.org

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All MRC volunteers are encouraged to attend this MRC update on programs and SEEK 2017.
Monday, May 22
9:45-10:45am in MP2

Held the first Friday of each month in the lounge at 9:30am. 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. Call to register (812) 376-9241.

Give the gift of a Mill Race Center membership to your friends for 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

Bocce Ball

Bocce Ball is a relaxed but strategic game played with 8 colored balls. It’s a calming competitive way to spend time outdoors with friends. Members can check out FREE Bocce Ball sets at MRC and play in the front lawn or the park. MRC house rules are with each set.
Knitting with Cathi
Samples of projects on display at Mill Race Center.

Square of the month!
May: We Love Color!; Tuesday, May 9; 9:30-11am
June: Basket Case; Thursday, June 22; 6:30-8pm
July: Sand & Shells; Wednesday, July 22; 4:30-6pm
August: Dropped it!; Monday, August 21; 6:30-8pm

Fee: $10 members  Min 3 students
Learn a new stitch each month and use these squares to assemble a lap blanket or begin your collection of hand knitted dishcloths. If you have never gifted or even used knitted dishcloths you are in for a real surprise...and possibly will never again use anything else. Join us for the sessions of your choice, or make all 12! Supplies for this class included in the fee EXCEPT for size 7 or 8 knitting needles.

Felted Bag - a MRC favorite!
Monday, May 8th 6:30-7:30pm, 15th 6:30-8pm and 29th 6:30-7:30pm (3 sessions total)
Class fee: $35 members (includes bonus makeup session) Min 3 students, Max 7
If learning to knit is on your bucket list this is the perfect project to learn. It’s a great refresher class if your needles have been in hibernation for a few years or more. The best part? You will get to “wash away your imperfections and have a lovely wool bag for all your efforts.

Things you will learn: Basic pattern reading, knitting in the round, picking up stitches, and so much more! Pattern is included. Instructor will “felt” the bag, if you prefer at no extra charge. Supply list is available at time of registration.

Knitted Knockers
May 18, Thursday morning; 9:00-11 (info. meeting)
June 20, Tuesday evening; 6:30-8pm
Calling all knitters and crocheters to come together to learn about this inspiring organization! Knitted Knockers are soft, comfortable, knit prosthetics for breast cancer survivors. Learn how you could be a part of this mission. I will be answering your questions and will have patterns to share.

Columbus Knitters currently supply the CRH Breast Health Center and are filling requests for the entire state of Indiana....needless to say, we could use more hands on board. Knitting groups and all interested are welcome. Please share this information! www.knittedknockers.org

Free Monthly Knitting Sessions
Held in the MRC lounge
Tuesday, May 2; 9:30-11am
Thursday, June 15; 6:30-8pm
Monday, July 31; 6:30-8pm
Thursday, August 17; 6:30-8pm
**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.

**Monday Morning Quilting With Friends**  
*8:00am-12:30pm*

Do you like to sew or quilt? Would you like to learn? Join us each Monday for a mini quilting/sewing day. Bring those projects that need work and join us as we sew and encourage each other to finish projects. Don’t know how to sew but have a sewing machine or want to sew by hand? Join us and we will help you. Free to MRC members.

Contact Judy Kiesow at 812-603-6472 or judyk2310@gmail.com for additional information.
**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.

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**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.

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**Relax with Us**
**Wednesdays, May 10-31 at 10:00am**

Are you looking to wind down and relax after a busy week? If so, then join us on Wednesdays as we relax our minds and bodies using guided relaxation techniques. Registration is not required, just drop in and relax! Class is free to MRC members! Instructor is Leah Boas.

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

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**ASL Sign Language Class 201**
**Fridays, June 2, 9, 16 & 30**
**10:00-11:30am**
**Instructor: Cathy Moriarty**

The American Sign Language class being offered will provide participants with an introduction to American Sign Language history, the deaf culture, and a basic knowledge of American Sign Language vocabulary. 4 Week Class. No Books Needed. This is the second series (201) of classes.
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.

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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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
Tai Chi/Chi Gung
Offering Two Classes on Tuesday & Thursday

10:00am - Ongoing class for those with some practice in Tai Chi
10:45am - Beginning class

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.

Instructors: Paula Howard - 10:00am
            Todd Wright - Saturday Guardian Kung Fu
(812)372-7100

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

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

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

Chair Massage

Emily will be off for the month of May. Call MRC in regard to her June schedule.

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.

Senior Volleyball

**Monday, Wednesday and Friday mornings at 8:30-10:30am**

at Foundation for Youth 405 Hope Ave, Columbus

Information: Don Ward (812)350-2222
Six Dimensions of Wellness

A new pickleball net is available now for outdoor use on the patio. Free for members.

- **Wednesday Evenings - 6:00-8:00pm**
  - **EXCEPT May 17**

- **Friday Afternoons - 12:00-3:00pm** *(12:00-1:00pm beginners clinic)*
  - **EXCEPT May 19 and June 9**

- **Saturday Mornings - 8:30-11:30am**
  - **EXCEPT May 6 and 20**

See Pickleball Tourney Information on page 17.
Random Acts of Kindness Club  
**FREE**
3rd Tuesday of each month  
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  
**FREE**
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.

We’ve already discussed Psychology, Global issues, Ecology, Nature programs, Technology, State of the Climate and many others. The presentations come from many national speakers within known areas of expertise. The MRC newsletter will always have the next two months subjects listed. We are also open to ideas for the future talks. Check at the front desk for location of the discussion.

Your TED talk team needs YOU for discussion on Current programs, in depth information, and Group Discussion. We have new subjects monthly. Call the MRC to register.

**Facilitators:** Ed and Terri DeVoe

**May 9 at 1:30pm**
**Topic:** What makes a good life? Lessons from the Longest study on happiness. By: Robert Waldinger

**June 13 at 1:30pm**
**Topic:** Economic growth is stalled Let's fix it! By: Dambisa Moyo

SCS Investment Club  
**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 mornings 10:30-11:30am**
In the Classroom; **Free**
Information: Virginia Houser, 812-579-5132

**May:** Dr. William Bailey, Parkside Baptist

**June:** Rev. John Armstrong, Grace Lutheran

**Wednesday Evening Bible Study**

Every Wednesday at 6:30pm
Contact Jan Meadows at (812)374-4404
Fee: depends on the study

MRC Perennial Share

**Wednesday, May 17 at 10:00am**
On Patio weather permitting
Perennial plant sharing is a fun and frugal way to enhance your garden.
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

Wisdom Circles

“Elders are the jewels of humanity that have been mined from earth, cut in the rough, then buffed and polished by the stonecutter’s art into precious gems that we recognize for their enduring value and beauty. We sense their radiance in youth but it requires a lifetime’s effort to carve out the multifaceted structure that can display our hidden splendor in all its glory.” - Rabbi Zalman Schachter-Shalomi

Wisdom circles are a place of trust, of relationship building, and of sharing conversations directly related to life, relationships, the world, and how we add meaning and purpose to our present and future. They provide a venue for honoring the diversity of ideas and life experiences present among individuals and help create an enhanced understanding of self, others, and planet Earth.

Join us on our path to wisdom and vitality, every third Thursday of the month at 1:30 pm.

MRC Woodshop

Tuesday & Thursday, 1:00-4:00pm

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.
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

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**Lunch & Laughter**
**Readers Theater**

**June 14 at Noon**
Lunch: $5 members
$10 non-members
Make reservations at the MRC business office.
FREE MOVIE SHOWINGS at MRC!
2nd Monday Newly Released Movie/4th Monday a Classic Movie
Movies start at 6:00pm. Free popcorn - Sponsored by Griswold Home Care

May 8
Hidden Figures

May 22
BIG

June 12
LA LA LAND

June 26
Field of Dreams
Save the Date! Seek 2017

Advancing Age Friendly Communities

One in Three Americans is Age 50 and Older. By 2030, One in Five Americans will be Age 65-plus. Will Our Community Be Ready? Join us for an important community conversation.

August 24 - Conference
Keynote Speaker
Manoj Pardasani, PhD, LCSW, ACSW
Fordham University, New York, NY

All Conference includes keynote speaker, break-out sessions, and lunch:
$55/MRC member, $65/non-member

Optional Lunch with keynote speaker:
$30/MRC member, $35/non-member

Tickets go on sale July 1st.
Limited number!

August 25 - EXPO
10 am to 2 pm. FREE!
In partnership with The Republic

Meet our Keynote Speaker

Manoj Pardasani, PhD, LCSW, ACSW
Associate Dean for Academic Affairs
Research Scholar, Ravazzin Center on Aging
Graduate School of Social Service
Fordham University, New York, NY

Find out more at www.pitmaninstitute.org
Drumming Circle Practice
Mondays 1:00-2:00pm
Get your weekly groove on at Mill Race Center with a small group that gathers to drum each week.

Drumming Circle
Wednesday, May 31; 10:00am
Free members/$5 non-members
Get your groove on and come out and drum with us! Weather permitted we will be on the patio. Limited seating, must register to attend. Bring your own drum if you have made one in class.

Downsize Me!
An upscale garage sale
Mill Race Center is pleased to present Downsize Me, an exhibit featuring 24 vendors who will display and offer for sale art, fine crafts, antiques, and collectibles. The event will be held at the center on Saturday, July 29th from 10:00 a.m. to 3:00 p.m.
$35 booth fee for MRC members • $50 for non-members.

MRC Bicycles!
• FREE for MRC members
• Stop by the front desk to check out.
• Helmets available if needed.
• Bike maps available.
Birthday Party
Come and celebrate your birthday at Mill Race Center. There will be birthday cake, ice cream, candles to blow out, and entertainment by our own Dan Mustard & MRC Clowns. It’s also a great way to meet people.

Birthday Celebrations
May Birthdays: May 4 at 1:00pm
June Birthdays: June 1 at 1:00pm
July Birthdays: July 6 at 1:00pm

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

Ladies Coffee
Meets the 3rd Thursday each month at 10:00am in the MRC lounge.
A wonderful way to meet new people and get acquainted with Mill Race Center. Coffee and snacks provided. Free to members.

MRC Random Acts of Kindness is collecting YELLOW items to fit in our sunshine baskets that we delivery around our community. Please make your “small item” donation in the basket in the lobby or a monetary donation in the business office.

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.

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

The BCPL bookmobile will be at Mill Race Center once a month on a Wednesday from 9:30-10:30am. Mark your calendar and visit the bookmobile!

May 3, June 14, 28, July 12 & 26
Piano Lessons

This hour long class will incorporate music theory and ear training to reinforce note learning. Keyboards and piano will be provided for in-class use.

**Instructor:** Carol Bales is a Professor of Music at Franklin College

Classes for beginners and continuing students are now forming. Choose from daytime or evening classes.

4 Week Session fee: $80/members and $90/non-members plus instruction book fee to be purchased from instructor.

Information and to register, call: Carol Bales at (407)592-7038.

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MRC Hiking Group

NEW hikers always welcome! No experience necessary! Call Ed Niespodzian at (812)379-4073 or (812)552-3343 for details and dates to join the fun!

**Upcoming Hikes:**

Monthly hikes at State parks, recreational areas, state forest, etc...

**May**

- A 3 week adventure into the American Southwest is being planned. Hiking in the North Rim of the Grand Canyon, Zion, Bryce, Canyonlands, Mesa Verde, and Rocky Mountain National Parks.
- Other hikes are in the planning process including an Ice Age Trail in the fall.
2017 MRC Travel and Tours

*All prices based on double occupancy, add $75 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!

Brochures are available for each trip. See Mill Race Center Travel department for more information. Insurance is also available on all trips at time of booking.

Vermont Tour, August 27-September 1
$859 (double occupancy) includes transportation by motor coach, 5 nights lodging, 5 breakfasts, 3 dinners, maple syrup and cheese tasting. Visit to the Vermont Marble Museum, Ben and Jerry’s tour and an alpaca farm. We will be going at the height of harvest time so farmer stands and country views will abound. **Sign up by June 20.**

Mystic, Foxwoods and The Newport Mansions! October 14-20
Limited seating on this fabulous trip to Connecticut and Rhode Island. See mansions, seaports and glamorous casinos all in one trip! Includes luxury motor coach transportation, 4 dinners and 6 breakfasts, guided tours, shopping, free time at a resort property and casino action. $799 double occ. **Deadline August 5.**

Washington, DC, Gettysburg and Williamsburg, November 2 - 8, 2017
7 Days /6 Nights Double Occupancy Price Per Person $799, $1039 Single Price/pp, Triple Price/pp $779* add $75 nonmembers Includes: Motor Coach transportation, 6 nights hotel, 10 meals: 6 breakfasts and 4 dinners, day and evening Guided Tours of Washington, DC including the WW II Memorial, Capitol Hill, Embassy Row, the Korean War Veterans Memorial, the Vietnam Veterans Memorial, the Smithsonian, the Martin Luther King, Jr. National Memorial, the Lincoln Memorial, Arlington National Cemetery,. Gettysburg National Park,. Colonial Williamsburg,. Famous Yankee Candle Village and more! **Deadline to sign up August 31. THIS WILL SELL OUT QUICKLY SO ACT NOW!**

Mystery Trip!! November 12-18
$799 double occupancy. Single and triple available. We will not know where we are going until we get there! What to pack and bring will be disclosed prior to departure. Includes Motor Coach transportation, hotels, 6 breakfasts and 6 dinners plus all of the fun! **Deadline September 1.**

“If there were no mystery left to explore life would get rather dull, wouldn’t it?”
— Sidney Buchman

See more Travel Information on page 21-22
**FABULOUS DAY TRIPPERS!**

New Day Trips to interesting locations offered every month! First 20 to sign up each month get to go! **Each Day Tripper adventure priced individually based on cost/admission fees, lunch not included unless noted.** All trips leave MRC. Please note if you need transportation to MRC when making your reservation. Also you must note any food or accessibility concerns at time of reservation as not all venues can accommodate special requests.

The Art of Tiffany
*Wednesday, June 7*

Join us as we travel to Richmond Indiana to see one of the largest collections of Tiffany Stained Glass in the World. We will Visit Reid Memorial Presbyterian Church and 3 other locations in Richmond to see 65 examples of this stunning art. We will also visit the Richmond Art Museum, stop for lunch and a visit to the Warm Glow Candle factory on the way! Leave MRC 8am return at 6pm, Lunch on your own. $25 members/$35 nonmembers Deadline May 30.

**SPECIAL EVENTS**

**June 12 Rising Star Casino**

$25 per person transportation only. Come with us and Get your game on!!

Sign up by June 7.

**MRC LUNCH BUNCH & MORE**

**Lunch Bunch**

Monthly trips to local joints for food and fellowship. Mondays - 10:30am-1:30pm $5m/$7nm transportation only. **Let us know if you need transportation to and from the center or if you need wheelchair/walker accommodation.**

**Monday, May 8 - SOLD OUT, Story’s, Greensburg**

**Monday, June 5, Farmhouse Café, Beanblossom**

**Tuesday, July 20, Indiana State House Cafeteria and tour**

**TRAVEL**

**Rhythm Discovery Center Day Trip**

*Wednesday, May 10*

Get your groove on during this informative and interactive tour of the Rhythm Discovery Center in Indianapolis. We will spend the afternoon seeing fascinating rare drums, playing with exhibits of various percussion instruments and enjoying a drum circle! Leave MRC at 12:00 and return at 5:00pm. Price includes transportation, admission and snacks/bottled water. $55 members, $65 non-members.

**June 12 Rising Star Casino**

$25 per person transportation only. Come with us and Get your game on!!

Sign up by June 7.
Lions, Tigers, Horses and Cows Oh My!
Join us for a very limited and exclusive trip to see the world famous Tempel Lipizzan Stallions Friday, July 7- Sunday, July 9, 2017 Leave MRC at 8am Friday, return by 10pm Sunday. Chicago’s Lincoln Park Zoo and Conservatory, Tempel Lipizzan Horses. Fair Oaks Farm and more! $495 per member: double occupancy. Includes transportation, all tours, breakfast and lodging. Must be able to walk short distances and travel in step up van(s). Single occupancy and non-members extra but welcome. Deadline to sign up June 10, 2017.

Coming in 2018: Branson in the Spring, Colorado Rockies, South Dakota Badlands, The Real Housewives of Amish Pennsylvania, Panama, Iceland, Scandinavia, New Hampshire and more!

Call Edie Smith @ 812-376-9241 x 215 or travel@millracecenter.org for more information

TOPS Club
Wednesday 11:30am-1:00pm
Take Off Pounds Sensibly
For more information please contact Lucy Trueblood at 812-371-6482 or check the TOPS website at www.tops.org.

Senior Swim
At Foundation For Youth
Tues., Thurs. & Sat.
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. Call FFY at: 812-348-4558.

Aging Well+
Aging Well+ is a six-month participant driven comprehensive wellness program that focuses on enhancing participants’ quality of life. Aging Well+ is designed for adults 50+, who experience at least one ongoing health challenge, and need financial assistance accessing wellness programming. Aging Well+ participants create their own health action plan specific to their personal goals, and work to improve their overall wellness.

For more information or to apply, contact Leah Boas at (812)376-9241 ext. 210 or lboas@millracecenter.org.
Comprehensive Health Screen

May 18 from 8:00-10:00am (MP2)
All tests are FREE except the Hemoglobin.
AIC Test (test $12 cash*)
Balance test, stress 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.

Better Breathers
The Better Breathers Club of Columbus will be meeting again soon. If you’ve never heard of Better Breathers, it is a support group sponsored by The American Lung Association, and meetings are conducted with the help of Columbus Regional Hospital. We welcome anyone with lung problems of any kind, including COPD, interstitial lung disease, asthma and lung cancer. Family and friends are also welcome. The meetings are free and no registration is required. The purpose of the group is to provide opportunity for people to learn how to stay healthier and happier with lung disease in a supportive and welcoming environment.

Wednesday, June 7 at 3pm
Topic: Mindfulness - Coming To Terms With Your Lung Disease

If you would like more information, or would like to be added to our mailing list, please call Jennifer at 812-376-5793. Information contact Jennifer at 812-376-5793
**Mill Race Center 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.

- Crew Neck T-Shirt - $12.50
- V Neck T-Shirt - $15
- Tie Dye T-Shirt - $20
- Polo Shirt - $22.50

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**A MATTER OF BALANCE**

**MANAGING CONCERNS ABOUT FALLS**

**Matter of Balance**

Mondays & Wednesdays beginning June 5 (4 weeks)
1:00-3:00pm at Mill Race Center

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. This program emphasizes practical strategies to manage falls. Call MRC to register for this program.

**You will learn to:**

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

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**Being Mortal**

Atul Gawande

**Being Mortal: Medicine and What Matters in the End**

**Book Discussion**

Tuesdays, June 6th - June 27th at 10:00am
Cost: $20, includes cost of book

In *Being Mortal*, bestselling author Atul Gawande tackles the hardest challenge of his profession: how medicine can not only improve life but also the process of its ending.

Medicine has triumphed in modern times, transforming birth, injury, and infectious disease from harrowing to manageable. But in the inevitable condition of aging and death, the goals of medicine seem too frequently to run counter to the interest of the human spirit. Nursing homes, preoccupied with safety, pin patients into railed beds and wheelchairs. Hospitals isolate the dying, checking for vital signs long after the goals of cure have become moot. Doctors, committed to extending life, continue to carry out devastating procedures that in the end extend suffering.

Gawande, a practicing surgeon, addresses his profession's ultimate limitation, arguing that quality of life is the desired goal for patients and families. Gawande offers examples of freer, more socially fulfilling models for assisting the infirm and dependent elderly, and he explores the varieties of hospice care to demonstrate that a person's last weeks or months may be rich and dignified.

Full of eye-opening research and riveting storytelling, *Being Mortal* asserts that medicine can comfort and enhance our experience even to the end, providing not only a good life but also a good end.

A reading schedule and book will be provided at time of registration. Class size is limited to 15 individuals. Discussion Leader: Leah Boas

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**Being Mortal Video**

Monday, May 15 from 11:30am-1:00pm, Lunch provided, Registration required

The 60-minute film will be followed by an open discussion with experts from Our Hospice of South Central Indiana. To register call 800-699-1019 or online at www.crh.org/events
**Six Dimensions of Wellness**

**Pickleball**

Offered Wednesday, Friday and Saturday mornings. See page 11 for details.

**MAHJONG**

New Monday & Friday 1:00-3:00pm

**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)

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**Card Schedule**

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<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</td>
<td>Euchre 5:30-7:30pm</td>
<td>Hand &amp; Foot Beginner Rosemary Sager (812)390-7665 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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<tr>
<td>Beginner Bridge Lessons</td>
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<td>Interested call Claire (812)342-9983</td>
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<tr>
<td>Pinochle 1:00-4:00pm</td>
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**Every Tuesday Noon to 4pm**

Early Bird games start at 12:30pm. Food Available

Packets: $15 or $18; includes 2 coverall games. Extra coverall games are $1 to play and 80% of the total take if you win!
Thanks to a collaboration between Mill Race Center and Boys and Girls Club of Foundation for Youth, Grandbuddies will kick-off again this summer!

Grandbuddies is an 8-week intergenerational program that brings together adults aged 50+ with children ages 8-12 for the purpose of promoting a healthy lifestyle. This program will meet at Mill Race Center and Foundation for Youth.

June 8th - July 27th
Thursdays from 12pm-2pm

Sign up and complete a volunteer application at the Mill Race Center Business Office

*Grandbuddies will meet on June 1st at 10 am at Mill Race Center for an orientation. If you are unable to attend orientation, but would still like to participate contact Leah.

Contact Leah @ Mill Race Center for more information:
lboas@millracecenter.org; 812-376-9241 ext. 210

**NEW**

Tuesday & Thursday beginning May 30 (8 weeks)
5:00-6:30pm

Dr. Cynthia Green is a clinical psychologist, author, and one of America's foremost experts on brain health. Dr. Green has spent over twenty years developing programs for cognitive wellbeing that are grounded in science, utilize strategies that work, and incorporate evidence based techniques.

This summer, through the Summerville Fellowship at the Pitman Institute for Aging Well, Dr. Green’s Total Brain Health programs will begin to take place at Mill Race Center. Led by the Summerville Fellow, each program will last eight weeks and cost $20, with scholarships available upon request.

If you are interested in joining the Total Brain Health program and would like to receive program updates, please contact Leah Boas at lboas@millracecenter.org or 812-376-9241.

Taking care of children is a great opportunity, but one which takes some planning. It may have been a few years since you last had responsibility for a preschooler. What are some things you can do to make the most of this time?

**Caring for Kin Kids**

Come to one or all three classes being held at Mill Race Center on Wednesdays from 10 AM to 12 noon.

- May 3 - The TV is Off! Now What Do We Do?
- May 10 - I’ve Told You a Thousand Times...
- May 17 - Getting Ready for School (Yes, in the summer!)

Please contact Mill Race Center to register by the Monday before each class. (812) 376-9241
# Refrigerator Reminder - MRC Daily Activities

## Monday
- **Open** Billiards BL
- Open Jig Saw Puzzle Table LOB
- **8-10** Breakfast ($) LOB
- **8-N** Reflexology ($) MR
- 8:30 Body Motion MP2
- 9:00 Golden K Board CNR
- 8:00 Quilters AR
- 10:00 Golden K MP2
- 1:00 Drum Practice CR
- 1:00 Hand & Foot MP2
- 1:00 Friendship Bridge MP2
- 12:30 Lasting Impressions MP1
- **4-8** Reflexology ($) MR
- 5:00 Silver Tones MP1
- **5-8** Ballroom Dancing MP2
- **6:30** Clogging MP3

## Tuesday
- **Open** Billiards BL
- Open Jig Saw Puzzle Table LOB
- **8-10** Breakfast ($) LOB
- **8-N** Reflexology ($) MR
- 8:30 Senior Swim* FFY
- **10:00** Tai Chi ($) MP1
- 1:00 Bible Study CR
- 1:00 Woodshop WS
- **1:00** Bingo ($) MP2
- 5:30 Euchre AR

## Wednesday
- **Open** Billiards BL
- Open Jig Saw Puzzle Table LOB
- **8-10** Breakfast ($) LOB
- **8-Noon** Chair Massage ($) LOB
- 8:30 Volleyball FFY
- 8:30 Body Motion MP2
- 10:00 Woodcarving Class WS
- 10:00 Art Class AR
- 10:00 Crafty Fingers LO
- 11:30 TOPS CR
- 12:45 Hand & Foot MP2
- 1:00 Scrabble AR
- 1:00 Reader’s Theater CR
- 1:00 Bid Euchre/Pinochle LO
- 4:30 Beg. Line Dance MP2
- 5:30 Singles Group LO
- **6-8:00** Pickleball MP2
- **6:00** Couples Dance MP1
- **6:30** Bible Study CR

## Thursday
- **Open** Billiards BL
- Open Jig Saw Puzzle Table LOB
- **8-10** Breakfast ($) LOB
- 8:30 Happy Helping Hands AR
- 9:00 Shopping See Pg. 4
- 9:00 Senior Swim* FFY
- **10:00** Tai Chi ($) MP1
- 10:00 Ladies Coffee (3rd Thurs) LO
- 1:00 Woodshop WS
- 1:00 Duplicate Bridge/Pinochle MP2
- 4:00 Bereavement Group LO
- **5-8** Ballroom Dancing MP2
- **6:30** Clogging MP3

## Friday
- **Open** Billiards BL
- Open Jig Saw Puzzle Table LOB
- **8-10** Breakfast ($) LOB
- 8:30 Body in Motion MP2
- 8:30 Volleyball FFY
- 10:00 Line Dancing MP2
- 1:00 Euchre MP2
- 1:00 SCS Investment Club(2 Fri) MP1
- 12:30 Lasting Impressions MP1
- **12-3:00** Pickleball MP2
- 1:00 Senior Scribes AR
- **5-8** Ballroom Dancing MP2

## Saturday
- **8:30** Senior Swim* FFY
- **8:30-11:30** Pickleball MP2

### ACTIVITY HIGHLIGHTS

- **May 4**
  - Birthday Party, 1:00pm
- **May 5**
  - Welcome Breakfast, 9:30am
- **May 8**
  - Movie, 5:30pm
- **May 9**
  - TED Talks, 1:30pm
- **May 10**
  - Classic Rock Cook-Out to Benefit Meals on Wheels, 5:30pm
- **May 18**
  - Bereavement Group, 4:00pm
- **May 19, 20 & 21**
  - The Lasting Impressions Chuck Wagon Chow-Wow
- **May 22**
  - Movie, 5:30pm
- **May 31**
  - National Senior Health & Fitness Day, 8am-8pm
- **June 1**
  - Birthday Party, 1:00pm
- **June 2**
  - Welcome Breakfast, 9:30am
- **June 9 & 10**
  - Pickleball Tournament
- **June 12**
  - Movie, 5:30pm
- **June 13**
  - TED Talks, 1:30pm
- **June 14**
  - Lunch & Laughter, 12:00pm
- **June 18**
  - Bereavement Group, 4:00pm
- **June 26**
  - Movie, 5:30pm

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

Name______________________________________________________________________________________
Address______________________________________City____________________State___________Zip_____
Telephone (Home)__________________________ (Cell) __________________________
Email___________________________________________________________________________
I (we) pledge a total of $_______________ to be paid: ___now ___monthly ___quarterly ___annually
Payment Form: ___cash ___check ___credit card
Credit Card Type: ___Master Card ___Visa ___Discover
Credit Card #: ________________________________________________________________
Exp. Date: ___________ Authorization Code: ______
Cardholder Name__________________________ Signature ________________________________________