

Membership \$60 a year per person • 812-376-9241 • www.millracecenter.org



to Benefit Meals on Wheels

5:30-7:30pm

\$10 for a Dinner Ticket

Join us for a night full of entertainment with the Banister Family Bluegrass Band to benefit Meals on Wheels. Stop by the business office to purchase your tickets. Dinner will include Pulled Pork BBQ, Shredded Chicken BBQ, Macaroni and Cheese, Baked Beans, Cole Slaw and Cookies. This event is open to the community. Come enjoy a delicious meal, great music and support a wonderful program, Meals On Wheels.



NEW CLUE Game

Beginning Monday, September 25 and
concluding on Friday, October 27.

See page 17!

Discover the World



Six Fridays beginning October 6 - 27
10:30am-12:00pm

Travel the world right here at Mill Race Center with our friends from the Cummins Affinity Groups. See Page 16!!



Amazing Opportunity!
See page 26

From Your Executive Director

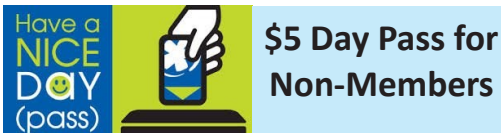
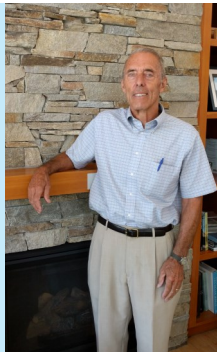
As I write this, we are preparing for our annual conference that we host here at Mill Race Center. SEEK 2017: "Advancing Age Friendly Communities," will have taken place on August 24th, with the Senior Expo on August 25th. Our keynote speaker for this year's conference is Dr. Manoj Pardasani from Fordham University. I hope that by the time that you read this, you will have experienced the conference in person, and will be looking forward to SEEK 2018. A lot of hard work goes into each conference, and the staff here at Mill Race Center appreciate the patience and flexibility of our membership who set aside their programs for a couple of days so that we can invite people from around the region to participate in our SEEK conferences. The conferences are a major source of revenue for the Center, which enables us to continue to provide cutting-edge programs. (The Total Brain Health series came to us through a relationship that we developed with last year's keynote speaker, Dr. Cynthia Green.) We would not be able to do what we do if we did not have such amazing members who are gracious about sharing our Center. Thank you!

I would also like to encourage you to participate in our annual survey that will be distributed in the November/December newsletter. We rely on the feedback from your survey to help us design our programs, and to measure our effectiveness. As always, we welcome your input. I can always be reached at dmustard@millracecenterorg.

Dan Mustard
Executive Director



2017
Joan Pearcy
Senior Citizen of
the Year Award
Winner
Theodore (Ted)
Unrue



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.

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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, x228

Roberta Isaacson, Membership, x 204

Jim Isaacson and Roy Hendershot, Van Drivers

Jan Meadows, Ambassador Coordinator

Dan Mustard, Executive Director, x 211

Beth Parkhurst & Paula Herlitz, 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, Programming & Development Assistant, x 218

Shannon Thalls, Programming & Development Director, x 220

Jeff Voyles, Senior Products, x 228





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)**

Make handmade Pal Dolls for hospitalized children and orphans overseas. You do not need to know how to sew. Donations of new, cotton blend fabric needed.

Leader: Willie Fields, 812-525-1553



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



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.

Aging Well Guide

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



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.

Needed:
Deodorant & Toothpaste



We Appreciate Our Volunteers!



Want to improve your health? ...but short on time...and lack motivation?

PURDUE EXTENSION | **LOCAL FACES**
COUNTLESS CONNECTIONS

Sign up, walk, and get email support.

Starts: September 11

Register by: September 8

To sign up:

www.eventbrite.com/e/get-walkin-tickets-37227024031

Info: Harriet Armstrong; armstrh@purdue.edu

Welcome! **MRC Welcome Breakfast** **NEW**
Friday, Sept. 1; 9:30am
Friday, Oct. 6; 9:30am **FREE!**

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

www.millracecenter.org.

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.





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.



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.



Celebrate National Popcorn Month - October
October 4 & 18
Pop Into MRC!

ASL Sign Language Class

Coming in the fall

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. Watch for more details to come in the September newsletter.



Join Kelly & Shannon for these fun **FALL** craft classes in the Art Room. Register for classes in the business office.



Wine Cork Pumpkin

September 27 at 1:30

Fee: \$8 per person

Join us for this fun recycled fall project in the art room. What a unique fall decoration this will be to decorate your house or give as a gift. All supplies included.

Seasonal Magnet Making Class

October 3 at 1:30

Cost: \$5 for 8 magnets/per person

Join us for this fun class to make small 1" magnets with colorful designs. Materials provided. Make your own fun fall creations.



FREE YOUR MIND.



Check out this **NEW** program on page 26.



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](tel:812-603-6472) or judyk2310@gmail.com for additional information

Knitting with Cathi

Samples of projects on display at Mill Race Center.



Free Monthly Knitting Sessions

Held in the MRC lounge

Tuesday, September 12; 9:30-11am

Tuesday, October 24; 9:30-11am

Block of the Month

Learn a new technique each month. Patterns and yarn supplied. Class Fee: \$10. minimum 3 students per class (Size 7 or 8 knitting needles required)

September: Just Drop It!

Mon. Sept. 25 6:30-8pm



October: Pumpkin

Tues. Oct. 24 6:30-8pm

November: Mosaic Knitted

Wed. Nov. 15 9:30-11am

December: SnowFlaked

Mon. Dec. 4 6:30-8pm



Granny Connections needs you to help knit red scarves! Knitted scarves can be dropped off at MRC. Free red yarn is available at MRC if needed.



Knitted Knockers

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

Knitted Knockers

A knitting and crocheting group

Calling all knitters and crocheters to join us every month to knit and crochet soft and comfortable prosthetics for breast cancer survivors.

The Knitted Knocker Foundation provides these free of charge, filling requests from all over the world, thanks to the generosity of knitters and crocheters. Indiana is now a self supporting state, meaning these knitted knockers, crafted right here in Indiana, are sent to women from our state who request them.

MRC is a Collection Point for KK. Need more information? Email columbusknits@gmail.com or phone Cathi and leave a message 812-350-2848.

Meeting times are as follows:

Wednesday, October 4; 9:30-11am

Wednesday, November 15; 6:30-8pm

Monday, December 4; 9:30-11am



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



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.

Rhythm in Shoes

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

| Monday | Wednesday | Thursday | Friday |
|---|---|---|--|
| Ball Room Dance 5:00-8:00pm (MP2) | Line Dance Beginner 4:30-6:00pm (MP2) EXCEPT October 25 | Ball Room Dance 5:00-8:00pm (MP2) | Line Dance 10:00-11:30am (MP2) |
| Clogging 6:30-7:30pm (MP3) | Couples Dance Club (MP1) 6:30-8:00pm 1st & 3rd Wednesday | | |



DON'T MISS OUT!
FREE!

Bodies in Motion

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

FREE to MRC members

Bodies in 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.

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

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

FREE Try-It class coming in October

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

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

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



October 31 FREE Introductory Class
At 10:00am



Chair Massage

Every 1st & 3rd Wednesday

8:30-10:30am

Emily Patrick, CMT is a Certified Massage Therapist. The price is \$1 per minute with 10, 15 or 20 (max) minute sessions available.



Back by Popular Demand

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



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



Wednesday Evenings - 6:00-8:00pm

EXCEPT October 25



Friday Afternoons - 12:00-3:00pm (note will start after Discover the World in Oct.)

EXCEPT September 29, October 27



Saturday Mornings - 8:30-11:30am

EXCEPT September 23 & 30 and October 14



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, Jennifer Lowry and Shannon Thalls



"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 or Shannon@millracecenter.org

MRC Woodshop

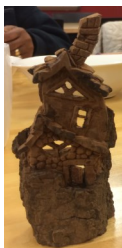


Tuesday 1:00-4:00pm

The woodshop is available for MRC members only and is open on Tuesdays from 1:00-4:00pm.

Come to the MRC lounge and see the woodshop and woodcarvers display the week of October 16.

Be Inspired!



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.

Random Acts of Kindness Club

3rd Tuesday of each month

Meeting at 1:00pm; **FREE**

September 19 & October 17

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! Help the RAK group by donating **yellow** items to the front desk.



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.



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

September 12 at 1:30pm

Topic: Happiness and its surprises By: Nancy Etcoff

October 10 at 1:30pm

Topic: How to see past your own perspective and final truths By: Michael Patrick Lynch



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

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 Studies

Morning Bible Study

Tuesday mornings 10:30-11:30am

In the Classroom; **Free**

Information: Virginia Houser, 812-579-5132

September: Pastor Phil Meadows, Shepherd of the Hills Lutheran Church, Bean Blossom, IN

October: Elder Mike Harris, Faith, Hope & Love C.O.G.I.C



Wednesday Evening Bible Study

"He Speaks to Me - Preparing to Hear From God" Priscilla Shirer video with discussion

6:30-8:00pm; Fee: \$10

Information: Jan Meadows (812)374-4404

LUNCH & LAUGHTER READERS THEATER



October 11 at Noon

Lunch: \$5 members

\$10 non-members

**Make reservations at the
MRC business office.**



James Whitcomb Riley Tribute

Presented by:

Mill Race Center Readers Theater

Friday, October 27

2:00pm

\$5 members/\$10 non-members

Dessert by: Caryn Wiggins

and sponsored by Bob & Helen Haddad

Reservations required by Tuesday, October 24.

Call MRC to reserve your seat.

Veteran's Day Program

Honoring Our Heroes

Friday, November 10 at 2:00pm



An amazing USO show by The Lasting Impressions and homemade dessert by Caryn Wiggins. Reservations required by 11/7/17 Call MRC to reserve your seat.

Veteran's are Free

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

MRC CON Nect

Event formerly known as
Super Saturday

DON'T MISS OUT!



October 19 from 10am-2pm

CONNECT at Mill Race Center by learning, engaging and exploring at this new free program.

A FREE program open to the public! Attend all 3 sessions offered or pick and choose. Plus lunch will be catered in by Blackerby's Hanger for \$7.

Required registration and payment for lunch in advance.

10:00-10:45am - The Bible and Essential Oils

Have you ever wondered why Jesus was given Myrrh and Frankincense at his birth? Ever wonder why people poured oils over Him before his death? Did you know that there are over 600 references to essential oils and/or the aromatic plants from which they were extracted mentioned in the Bible? We will be discussing the 12 main essential oils that are mentioned throughout scripture, why they were used and how we can utilize these same oils today. Presenter Carissa Rusin has used essential oils for the past ten years.

11:00-11:45am - Medicare Basics

Have questions about Medicare? Interested in learning more? Join Leah Boas, SHIP counselor to learn more about what Medicare covers and what your coverage choices are.

**Lunch from 12:00-12:45pm
With Blackerby's Hanger for \$7**

1:00-1:45pm - UTOPIA Wildlife

Utopia Wildlife Rehabilitators will be providing an engaging and compelling educational program about conservation, nature and wildlife. Kathy Hershey will be bringing several of her wildlife friends with her for her presentation.

Sponsored by:

Voelz, Reed, & Mount, LLC

knowledge • experience • solutions

FREE MOVIE SHOWINGS at MRC!

2nd Monday Newly Released Movie/4th Monday a Classic Movie

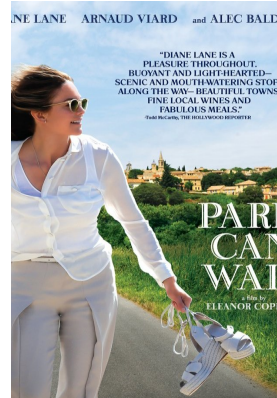
Movies start at **6:00pm**. Free popcorn - Sponsored by Griswold Home Care



September 11
Gifted



September 25
Roman Holiday



October 9
Paris Can Wait



October 23
Wizard of Oz



You'll Want to Stop by MRC on October 9th
and be sure to have on your walking shoes!



Let's walk together and go find David Zinn's buddies in Downtown Columbus.

We will be celebrating *Walktober*, National Walking Month - designed to inspire communities to walk more and become more healthy; and launching our inter-active, inter-generational Art Walk as a result of David Zinn's visit in August.

Pick up a printed brochure, read the clues and discover David Zinn's buddies throughout downtown Columbus. Who knows? You might run into Sluggo, a bright green monster with irreverent habits, or Philomena, a phlegmatic flying pig. Bring back your brochure that day for a fun prize. This is a great, **FREE** activity for all ages!



For more information, contact Beth Parkhurst at beth@millracecenter.org or by calling 812-376-9241.

Made possible by the generous support of:



Discover the World



**Fridays 11:00am-12:00pm
October 6, 13, 20, & 27**

Travel the world right here at Mill Race Center with our friends from the Cummins Affinity Groups. This will definitely boost your brain and your Intellectual Wellness! Grab your MRC Passport in the business office and plan to attend all 4 sessions. Those who fill all 4 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!

DON'T MISS OUT!

Mill Race Center Launches Corporate Drum Circle Breaks

Our Community Drum Circle program received the 2016 National Institute of Senior Center's Program of Excellence Award.



We're taking our Circles on the road to promote Mill Race Center activities and provide an activity to corporate employees who wish to experience the benefits of drumming. To learn more, please contact Kelly Staley at 812-376-9241.

7 Health Reasons to Start Drumming

1. Makes You Happy
2. Induces Deep Relaxation
3. Helps Control Chronic Pain
4. Boost Your Immune System
5. Creates A Sense Of Connectedness
6. Aligns Your Body & Mind With The Natural World
7. Releases Negative Feelings





The Mill Race Center version of the classic detective game. Get your thinking cap on and participate in this fun game and work on your *Intellectual Wellness*.

The game will begin on Mon., September 18. First clue is listed below. All final guesses will be due Fri., October 27 the chosen winner will be selected on Mon., October 30.

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!

Guess: Turn in your confidential guess of who done it, what room and with what weapon by Friday, October 27 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

In the morning a place to go

Information around to keep
you in the know.



Celebrating

DECADES

Weddings Though the Years



Although styles have changed over the years, one thing is constant; weddings celebrate love and finding one another.

Join us for our first annual Decades Luncheon at Mill Race Center on **Thursday, October 26th.**

There are several ways to get involved:

- Host a table for you and 7 of your friends for \$200. You will be asked to decorate your table to represent your wedding era.
- Buy an individual ticket for \$25 and be a special guest of our Emcee and local radio personality from QMix/Mojo. Individual tickets go on sale October 2nd!
- Display your wedding dress at MRC for and in advance of the event.

Lunch is included and will feature several area restaurants. Plus the event will include a wedding attire style show, highlighting the latest in fashion.

DECADES is your opportunity to share your love of Mill Race Center and The Pitman Institute for Aging Well, to celebrating finding one another, and to support our programs!

If you'd like more information about hosting a table, and showcasing the wedding of your era, purchasing an individual ticket or displaying your wedding dress, please contact Paula Herlitz at 812-376-9241 or by email at paula@millracecenter.org.





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

September Birthdays: September 7 at 1:00pm

October Birthdays: October 5 at 1:00pm

November Birthdays: November 2 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 deliver 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!

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.

Senior Scribes

3rd Friday of each month from 1:00-3:00pm

Barbra Heavner, 812-344-2644

Janice Waltermire, 812-372-1707



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!

September 6 & 20 and October 4 & 18



Silver Tones Concert

**Sunday,
October 15
at 2:30pm**

Member \$5 advance
/\$6 at door
Non-Member \$9 advance

Tickets will be sold at MRC 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



MRC Hiking Group

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

Upcoming Hikes:

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

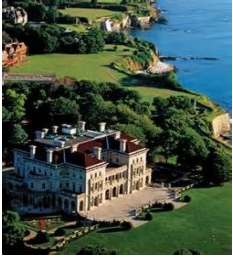
More information coming in the September/October newsletter.



TRAVEL WITH MILL RACE CENTER

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.



Mystic, Foxwoods and The Newport Mansions! October 14-20

Only a few seats left on this fabulous trip to Connecticut and Rhode Island! Stay at a relaxing resort complete with indoor pool and restaurant/lounge with free shuttle to major shopping, casino and restaurants. Day time features tours of historic waterfronts with tall ships, millionaire's mansions, and Olde Mystic Village. Fall foliage and beautiful scenery abound! Includes luxury motor coach transportation, 4 dinners and 6 breakfasts, guided tours, shopping, free time at a resort property and casino action or Native American Museum/walking trails, Shopping and more! \$799 double occ. Single and Triple available too.

Christmas Themed Mystery Trip!! November 12-18

\$799 double occupancy. Single and triple available. Do you love a good mystery? Check out this trip! *Never before offered new destination* will delight the novice as well as experienced travelers. 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! A great way to get in the Holiday Spirit! Loads of Surprises and Treats! **Deadline September 10.**



Bus Trip Travel Show

Friday, October 6, 10:30am-Noon

You are invited to a special Travel Show featuring Bus Trips with Edie for 2018! Myrtle Beach, Branson, Colorado, South Dakota, Cape Cod, Amish Land PA, Vermont/New Hampshire/Maine and NYC at Xmas!



Light refreshments and door prizes along with a beautiful slide presentation of these upcoming trips through Mill Race Center. Special offers will be made during this presentation so plan to bring your questions and deposit(s) for these fun and adventurous trips! These trips sell out quickly so plan to reserve your spot. Please RSVP.

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

FABULOUS DAY TRIPPERS!

Each Day Tripper adventure priced individually based on cost/admission fees, meals not included unless noted. Also you must note any food or accessibility concerns at time of reservation as not all venues can accommodate special requests.

Casino Trip Horseshoe Casino September 6



\$25 per person transportation only 9am-5pm from MRC. Come with us and get your game on!



The Jasper Dinner Train #2! New Date Added! Saturday, September 23

The first trip sold out quickly so we added a new date! Motor Coach Leaves from Walmart on Merchants Mile at 3pm, returns at 11pm

\$95 per person includes Dinner, Train Ride and Transportation *cash bar not included.



Indianapolis Symphony Pops Coffee Series September 15, October 20, November 3 and 2018

We will once again be offering transportation for Mill Race Center Members and their guests to the ISO Pops Coffee Series. Bus leaves MRC at 9am and returns at approx. 1:30pm. \$20 per person. Let us drop you at the door and pick you up with no parking hassles or fees! Registration required no later than 2 weeks before each concert and is limited to 12 passengers. Tickets are on your own, call Edie if you need assistance with ticketing.

SPECIAL EVENTS

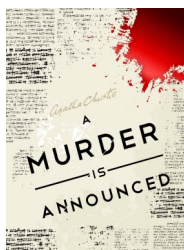
Billy Dean and Larry Gatlin Live! Saturday, October 28



Grammy award-winner Larry Gatlin has been gracing the stage of The Grand Old Opry for over 40 years. His distinctive, all-American style is heard in such hits as All The Gold In California, Houston and An American With A Remington. Billy Dean

has had more than 20 hit singles on the Billboard Country charts. These two friends will come together for a magical night at Bedford North Lawrence Performing Arts Center. \$45 members, \$55 Nonmembers, includes ticket and transportation. Van leaves MRC at 4pm. Dinner on your own on the way.

Register by October 1



Derby Dinner Theater presents: A Murder is Announced! Thursday, October 26

An announcement in the local paper states the time and place when a murder will occur. What follows is a puzzle of mixed motives, concealed identities, and a determined Inspector. Leave MRC at 4pm return at 11pm. Only 12 tickets available so hurry! \$69 member \$79 non-member includes dinner, transportation and show.

The Sugar Trail Day Trip! Tuesday, October 10, 8am-6pm Tour Ghyslain Gourmet Chocolatier



See how they make fantastic creations in sugar, chocolate and pastry. Enjoy a delicious lunch included in the fee! Then off to Wicks Pie Store! Enjoy a slice of heaven! They also have seconds and marked-down products! Lastly a traditional chocolate and caramel shop, Abbotts Candies! Opened in 1890's and still using the same recipes. \$45 members, \$55 non-members. Small coolers can be accommodated to bring home your goodies. Deadline for reservation: September 25.

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, September 11: Heidelberg Haus, Indianapolis

Monday, October 2: Ann's Restaurant, Franklin

Monday, November 6: Gray Brothers Cafeteria, Mooresville



\$10 members/\$12 non members for transportation only. Leave MRC at 10:30am return at 3:30pm

Thursday, September 21

Canyon Inn at McCormick's Creek

Tuesday, October 31

Key West with free time in Madison, In

the
**Brunch
CLUB**



Eggsciting Brunch Club!

Brunch at new and interesting places! Leave MRC at 9am return at 1pm. \$10 member \$12 nonmember transportation only

Monday, September 18

Uptown Café, Indianapolis

Monday, October 9

Rock-Cola Café, Indianapolis



TAKE OFF POUNDS SENSIBLY

TOPS Club

Wednesday 11:30am-1:00pm

Take Off Pounds Sensibly

For more information please contact Judy Sullivan at 812-375-1214 or check the TOPS website at www.tops.org.

Senior Swim

At Foundation For Youth

Tues., Thurs. & Sat.

from 8:30-10:00am



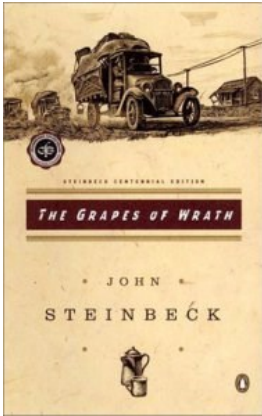
Purchase swim passes at FFY for \$5/visit for non-members of FFY. Become a FFY member for \$25/year and receive discounted passes. 30 visits/\$75, or 50 visits/\$100. Call FFY at: 812-348-4558.

MILL RACE CENTER R E N T A L S



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.

Visit our website 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.



Shirley A. Lyster's October Book Study

Even though *The Grapes of Wrath*, by John Steinbeck, is a 1939 novel about migrants' fleeing the Dust Bowl for the "Promised Land" of California, it mirrors to an amazing degree many of the issues confronting us today. Our book study group will read and discuss this Pulitzer Prize

-winning book every Monday afternoon throughout October from 1:00-3:00pm at Mill Race Center. Books are on sale at Viewpoint and are 15% off if you show your Mill Race membership card. The study questions will be available the last week of September at Mill Race Center. As you read the first assignment from Chapter 1 to Chapter 13, take special notice of what you believe the purposes of Chapters 1, 3, 5, 7, 9, 11 and 12 are.

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, October 11 at 3pm

Topic: Memory and Dementia; what is normal memory loss, and does memory loss affect my lung health?

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

Creative Garnishing

NEW

FREE!

October 10th at 1:00pm

Cost: Free

Instructor: Harriet Armstrong, Purdue Extension

PURDUE
EXTENSION | LOCAL FACES
COUNTLESS CONNECTIONS

Vegetables and fruits are an essential part of our daily nutrition. They also provide great color and the opportunity to show creativity when used as garnishes. Come and create with others centerpieces which will be enjoyed by many. No experience is necessary. The example shown was done without any earlier experience in making garnishes!



To register, call the Mill Race Center business office at 812-376-9241. Class size is

Arthritis Foundation

Walk with Ease Program

Mon./Wed./Fri. – 10:00 - 11:00 AM

Oct. 2-Nov. 10 at Fair Oaks Mall

Fee: \$15 includes book

Class led by instructors from Mill Race Center and Purdue Extension. Registration limited. To register contact Mill Race Center at 812-376-9241.



MILL RACE CENTER

Arthritis Foundation
Walk With Ease Program™

ARTHRITIS
FOUNDATION®
Take Control. We Can Help™

PURDUE
EXTENSION | LOCAL FACES
COUNTLESS CONNECTIONS

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.

Medicare Basics

September 14th at 10:00am (or)
September 21st at 4:00 pm

Have questions about Medicare? Interested in learning more? Join Leah, SHIP counselor, on September 14th at 10:00 am or September 21st at 4:00pm to learn more about what Medicare covers and what your coverage choices are. Sign up at the Mill Race Center business office or call 812-376-9241.

Pickleball

FREE!



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



**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!

NEW
MAHJONG
Every Monday
& Friday
1:00-3:00pm



OPEN Billiards

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



Columbus Chess Club

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

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



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)



Card Schedule



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

NEW FREE YOUR MIND.

November 9th-December 14th

FREE!

Thursdays at 1pm

(Will not be meeting the week of Thanksgiving)

Free Program/Group size is limited

Free Your Mind is a group that will meet once a week on Thursdays at 1 pm starting on November 9th and ending December 14th. During this group, art will be used to express ourselves and as a way to cope. No prior art experience is required to join this group. To register contact Mill Race Center Business office at 812-376-9241.

For more information contact:

Calli McNicholas at 812-376-9241 ext. 202 or
calli@millracecenter.org.

Caregiver Support Group

FREE!

**Every 2nd Thursday of the Month; Free
Mill Race Center- Just Friends Entrance**

Meets every 2nd Thursday of the month and is open to anyone caring for an adult. Care for loved ones is provided by Just Friends Adult Day Services.

Light Dinner served at 5:30

Caregiver Presentation 6:00

Loved Ones Activities 6:00



RSVP to Jayme: 812-372-6415

Being Mortal: Medicine and What Matters in the End Book Discussion

Tuesdays, September 5 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. A reading schedule and book will be provided at time of registration. Class size is limited to 15 individuals. Discussion Leader: Leah Boas



**TOTAL
BRAIN
HEALTH**

BODY • MIND • SPIRIT

NEW



**Academy of
Lifelong Learning**
at Pitman Institute

Class Offered:

Mondays and Wednesday from 9:30-11:30am

Beginning November 13 through December 13

(classes will not meet the week of Thanksgiving)

Cost: \$20 (scholarships available upon request)

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 began 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.

Due to popular demand, two class offerings will be available for the Total Brain Health Memory program beginning in August. Total Brain Health Memory is a unique program designed to teach participants valuable memory strategies and how to rev up recall.

If you are interested in joining the Total Brain Health program and would like to receive program updates, please contact the:

MRC Business Office at (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 |
| 10:30 | 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 |
| 6-8:00 | Pickleball | MP2 |
| 6:00 | Couples Dance | MP1 |
| | (1st & 3rd Wed) | |
| 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 | LO |
| | (3rd Thurs) | |
| 1:00 | Duplicate Bridge/Pinochle | MP2 |
| 4:00 | Bereavement Group | LO |
| | (3rd Thurs) | |
| 5:00 | Chess Club | AR/LO |
| 5-8 | Ballroom Dancing | MP2 |

Friday

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

Saturday

| | | |
|------------|--------------|-----|
| 8:30 | Senior Swim* | FFY |
| 8:30-11:30 | Pickleball | MP2 |

| | |
|-----|---------------------------|
| AR | Art Room |
| CL | Computer Lab |
| CNR | Conference Room |
| CR | Classroom |
| FC | Fitness Center |
| LO | Lounge |
| LOB | Lobby |
| MP1 | Multipurpose Room One |
| MP2 | Multipurpose Room Two |
| MP3 | Multipurpose Room Three |
| MR | Meeting Room |
| SP | Senior Products |
| WS | Woodshop |
| FFY | Foundation For Youth |
| * | Senior Swim passes at FFY |

Items in **BOLD** have registration fee.
\$ indicates drop-in fee available.

ACTIVITY HIGHLIGHTS

September 4

MRC Closed for Labor Day

September 1

Welcome Breakfast, 9:30am



September 7

Birthday Party, 1:00pm



September 11

Movie - Gifted, 6:00pm



September 12

TED Talks, 1:30pm

September 21

Bereavement Group, 4:00pm



September 25

Movie - Roman Holiday, 6:00pm



September 27

Wine Cork Pumpkin Class, 1:30pm



September 28, 29 & 30

Baskerville, 7:00pm



October 5

Birthday Party, 1:00pm



October 6

Welcome Breakfast, 9:30am



October 6, 13, 20 & 27

Discover the World, 11:00am

October 9

Walktober David Zinn Walk

October 9

Movie - Paris Can Wait, 6:00pm



October 10

TED Talks, 1:30pm

October 11

Lunch & Laughter,

October 19

MRC Connect, 10am-2pm



October 23

Movie - Wizard of Oz, 6:00pm



October 25

Bluegrass & BBQ, 5:30pm

October 26

Celebrating Decades



October 27

James Whitcomb Riley Tribute, 2:00pm



Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

Visit us at www.millracecenter.org



Begins in
September





Mill Race Center
900 Lindsey St.
Columbus, In 47201

PRESORTED STANDARD
U.S. POSTAGE PAID
COLUMBUS, IN 47201
PERMIT #59

CURRENT RESIDENT OR



**Note your
Membership
renewal date in
corner of
address label.**