



MILL RACE CENTER

November/December 2017 • Issue No. 6

AGING WELL!

Physical, Vocational, Spiritual, Social,
Intellectual, and Emotional Wellness

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



Veterans Day

Mill Race Center & The Lasting Impressions
Presents

“Honoring Our Heros”
USO Musical Review with Dessert
November 10 at 2:00pm



Homemade dessert by Caryn Wiggins
sponsored by: Bob & Helen Haddad
Reservations required by 11/7/17
Call MRC to reserve your seat.
Veteran's are Free
\$5 MRC members/\$10 non-members

Academy of
Lifelong Learning
at Pitman Institute



IUPUC

FULFILLING the PROMISE

are pleased to present:

University Day

Current Events • Relevant Discussion



November 16, 2017
See Page 17 for Details

Mill Race Center Gathering
Member Mingle
& Jingle

Friday, December 15
1:00pm, Free
~ See page 16 ~



 **TOTAL
BRAIN
HEALTH**
BODY • MIND • SPIRIT

Academy of
Lifelong Learning
at Pitman Institute

**Amazing
Opportunity!**
See page 26



Bimonthly Publication of Mill Race Center, Inc. • Columbus, IN 47201 • Phone: 812-376-9241 • Fax: 812-379-2841
www.millracecenter.org

Mill Race Center Program Hours: Monday-Thursday, 8 a.m.—8 p.m. and Friday 8 a.m.—5 p.m.

Business Office Hours: Monday-Friday 9:00 a.m. - 5:00 p.m.

Fitness Center Hours: Monday—Thursday, 6:30 a.m. to 7 p.m., Friday 6:30 a.m. to 5 p.m. and Saturday 8 a.m. to Noon



From Your Executive Director

My father is 85, and my mother is 83. They have been married nearly 66 years. They have dealt with a few health issues, but overall they are in terrific shape. They live on the same farm where I grew up, and are able to lead active and independent lives. Fortunately, they also live in a neighboring state that does a reasonably good job of making available quality health care services for seniors. Do you know where Indiana ranks among states for long-term healthcare services for seniors?

Dead last. According to the Indiana Association for Area Agencies on Aging, our state ranks 51st in the nation, behind even the District of Columbia. We may not feel the impact of that as acutely here in Columbus, but it is staggering to think that Indiana could be last in anything. Here especially, we dedicate our resources to industry, education, architecture, the arts, and our quality of life, yet we live in a state that does such a poor job of meeting the long-term healthcare needs of seniors. If we ranked last in almost any other category, there would be a state-wide push to change our ranking, yet most people aren't even aware of the situation.

This fact drives our mission. Now, more than ever, we have to give seniors every opportunity to lead healthy, independent, and meaningful lives. The work that we do here at Mill Race Center and the Pitman Institute is crucial for the health and welfare of seniors. It is more than recreation, or socialization, or helping people to fill their time. For many, it is a matter of life and health.

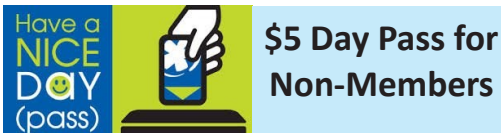
Dan Mustard
Executive Director



**Mill Race Center will be
closed December 25-January 1.**

**We will reopen on
Tuesday, January 2, 2018.**

Enjoy the Season!



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 222

Kristy Carothers, Accounts Payable, x 222

Dexter Fravel, Lead Bingo Volunteer, x 218

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

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Renee Nicholson, Business Office Manager, x 218

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Roy Pruett, Assistant Facilities Manager, x 225

Edie Smith, Travel Coordinator, x 215

Jane Smith, Program Assistant

Kelly Staley, Programming & Development Assistant, x 209

Shannon Thalls, Programming & Development Director, x 220

Jeff Voyles, Senior Products, x 228



New Membership Information

We will be offering an auto debit option (one year commitment) for those who wish to pay a small monthly amount, rather than a full membership at one time. We will still be offering a six month membership option to be paid twice a year. The full year membership for 2018 will be \$80 or \$7.50 if you use auto debit. A six month membership will be \$45. Dues for those age 85-89 will be \$35, and our members who are age 90 or above will continue to be free. Our goal is for membership dues to cover 10% of our operating costs annually. The remainder of our expenses are covered by event fees, donations and fundraisers, our annual conference, grants, and rentals. Scholarships are available for those who may need assistance with the annual dues. Please see the yellow insert inside this newsletter to sign up for auto debit option, and to become a friend supporting Mill Race Center.



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!**



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

Welcome! **MRC Welcome Breakfast** 
Friday, Nov. 3; 9:30am
Friday, Dec. 1; 9:30am 

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.

Gratitude Wall

Take a few minutes each time you visit Mill Race Center and write on our gratitude wall in the lobby. This will be a space where you can give thanks to anyone or write something you are thankful for each day. November is a wonderful time to give thanks.





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.

Coloring Café

Shrink Art Ornaments

Tuesday, November 21

Thursday, December 7

2:00pm; \$2 per sheet

Color your own masterpiece ornament or turn it into a wearable necklace to enjoy. Samples on display in the office.



create

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



Paper Folding Stars

Mon., November 20 at 9:30am

Fee: Free

The art of paper folding. Make your own holiday stars to decorate with this season. Participants

are required to bring their own scrapbook paper. No wrapping paper. This is an intergenerational class so come with your grandchildren or by yourself.



Wine Cork Christmas Tree

November 28 at 1:30

Fee: \$10 per person

What a unique holiday decoration this will be to decorate your house or give as a gift. All supplies included.



NEW



Wine Cork Snowflake Ornaments

December 5 at 1:30

Fee: \$8 per person

All supplies included to make 3 snowflakes.

Seasonal Magnet Making Class

Dec. 12 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 holiday creations.



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.



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)



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.



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



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, 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.



**Mill Race Center reserves the right to cancel or move regular scheduled programs for special events.*

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)	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!

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!

Thursday evenings from 4:00-8:00pm

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 Thursday evenings 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

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, 10:45 a.m.

Todd Wright—Saturdays at Guardian Kung Fu from 9:00—10:00 a.m. Call 812-372-7100

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

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

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



Friday Afternoons - 12:00-3:00pm

EXCEPT November 10, 17, 24 December 1, 8, 15 and 29.



Saturday Mornings - 8:30-11:30am

EXCEPT November 11, December 9, 16 and 30

**Mill Race Center reserves the right to cancel or move regular scheduled programs for special events.*

Mill Race Center will be closed
November 23 & 24
December 25-January 1.
The Center will reopen on January 2.



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.

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.

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.

Are you interested in psychology, fast moving information, economics, nature, and other timely subjects in a discussion format? Ted Talk is for you. We select from over 2500 presentations and 100 categories for our monthly group, keeping it lively and informative. No pressure, the conversation flows and we give you the subject ahead of time if you wish to review the material.

We've had talks on money to original thinkers to life lessons to being a citizen of the world. Don't miss out. Our sessions are the 2nd Tuesday of the month at 1:30 in the afternoon. We'll even help you find the Ted Talks site for additional study.

We'll look for you there.

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

November 14 at 1:30pm

Topic: By: Caleb Barlow

Where is Cybercrime really coming from?

December 12 at 1:30pm

Topic: By: Lisa Genova

What you can do to prevent Alzheimers

**Mill Race Center reserves the right to cancel or move regular scheduled programs for special events.*

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

November: Dennis Aud, Westside Community

December: Wes Jones, Fleetwood Wesleyan



Wednesday Evening Bible Study

6:30-8:00pm; Fee: \$15; Nov. 1, 8, 15, Dec. 6 & 13, Jan. 3 & 10

Information: Jan Meadows (812)374-4404



Silver Tones

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

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

Share your voice with the world!

Director: Mary Clark, (812)342-9324



Silver Tones Christmas Concert
Sunday, December 17 at 2:30pm
MRC Member \$5 advance/\$6 at door
Non Member \$9 advance/\$10 at door



Christmas Eve at Mill Race Lodge
Join the Lasting Impressions for a memorable show!
A Buffet Dinner by Sadie's Catering

Book your stay NOW for
Friday, December 8 at 6:00 pm
Saturday, December 9 at 6:00 pm
Sunday, December 10 at 1:00 pm
\$20 includes Food and Lodging

A 3 act performance of song,
dance and drama.

FREE MOVIE SHOWINGS at MRC!

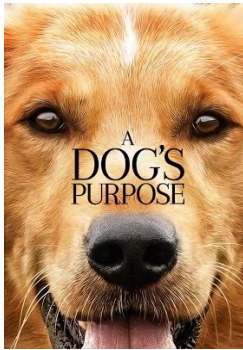
2nd Monday Newly Released Movie/4th Monday a Classic Movie

Two Showings now at 3:30pm & 6:00pm. Free popcorn - Sponsored by Griswold Home Care

FREE!

NEW

**Two Showings
3:30 & 6:00pm
Start Time**



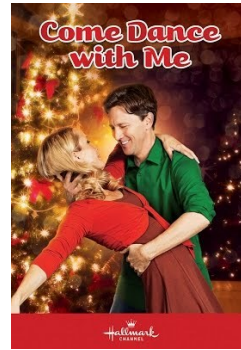
November 13

A Dog's Purpose



November 27

**The Christmas
Ornament**



December 11

**Come Dance
with Me**



December 18

**It's a
Wonderful Life**

Mill Race Center Member Mingle & Jingle

Friday, December 15

2:00pm, Free

Entertainment featuring our own Dan Mustard along with Tom Lego. Gather together with friends and enjoy delightful holiday music and refreshments. Register for this free program in the Business Office.



Drumming Circle Practice

FREE!

Mondays 1:00-2:00pm

Get your weekly groove on at Mill Race Center with a small group that gathers to drum each week.



LUNCH & LAUGHTER
READERS THEATER



Holiday Tea

NEW

Friday, December 1 at 2:00pm

Fee: \$5

During the holidays sometimes things become rushed and busy. Take time for yourself and enjoy a relaxing Holiday Tea Party at Mill Race Center. **Gramz Bakery and Café** will be our host and offer us many sweet treats. Relax and enjoy an afternoon of sharing. Registration required.



December 13 at Noon

Lunch: \$5 members

\$10 non-members

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

DON'T MISS OUT!



and



IUPUC

are pleased to present:

University Day

FULFILLING *the* PROMISE

Current Events • Relevant Discussion

The Pitman Institute for Aging Well and IUPUC have partnered to offer University Day. It's one day, packed with some of the latest information on relevant topics, and presented by IUPUC professors. Keeping your mind active and learning is one way to age well!

Thursday, November 16, 2017

Columbus Learning Center - Summerville Room

4555 Central Avenue - Columbus, IN

Session One:

Sustainability and Environmental Change

Presented by: Dr. Luke Jacobus, Division of Science Biology
Associate Professor

Learn how IUPUC is contributing to local and global understandings of our changing environment and how we choose to react to that change. Among a variety of activities, we are creating interactive gardens at schools and conducting animal diversity research funded by the National Science Foundation, reaching audiences ranging from local school children to scientists around the world.

Session Two:

What's The Future Look Like for Diesel Engines?

Presented by: Dr. Tom Lawrence, Division of Mechanical Engineering Director; Assistant Professor

Participate in an engineering "big picture" discussion on the future of combustion engines that gives a broad view of power engineering both for stationary power generation and transportation. Thermodynamic basics, environment, and social priorities will be discussed along with energy resources, "sustainable energy", and new technological developments. Amidst this background, trends in diesel development and future use will be discussed.

Session Three:

Discover 3D Virtual Patients and Learn How New Technology is Shaping Today's Education

Presented by: Shannon Love, MSN, RN, CMSRN, CHSE

Director, Simulation Center; Clinical Assistant Professor

Find out more about IUPUC's Nursing program's implementation of virtual reality simulation. It's the first of its kind learning tool in the Midwest and replaces physical simulation mannequins. Nursing students are learning from high-definition, 3D virtual patients projected onto a hospital bed.

Registration is \$20 and includes lunch. Space is limited. Reservations taken on a first come, first served basis. To reserve your seat, visit the Mill Race Center Business Office or call 812-376-9241. For more information, contact Beth Parkhurst at beth@millracecenter.org.

If you are a *Great Decisions* fan or a previous *PIE* participant, you won't want to miss this new learning opportunity!

Registration and Continental Breakfast

9:00 to 9:30am

Session One

9:30 to 10:45am

Session Two

11:00am to 12:15pm

Lunch

12:15 to 1:00pm

Session Three



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

November Birthdays: November 2 at 1:00pm

December Birthdays: December 7 at 1:00pm

January Birthdays: January 4 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.



November 30th at 4:00-5:00pm

That's right folks! It's game time! Join us for some early evening gaming on November 30th at 4:00pm. We will be playing classic game of Charades for our first game night. We will bring the snacks, you bring the laughs! Call the MRC Business Office to Register at 812-376-9241. We want to make sure we have enough players!



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!

November 1, 15 & 29 and December 13

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 Handyman Connection

Retired.....got some time to share?

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

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

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

To learn more contact Ed Niespodziani 379-4073 (home) or 812-552-3343 (cell), email kn4073@comcast.net.



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

2018 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.



2018 Motor Coach trips!

Myrtle Beach Show trip!

Sunday, April 8-Saturday, April 14

\$759 shared/ \$939 private. Six nights including 4 in Myrtle Beach area, 10 meals; 6 breakfasts and 4 dinners, three evening shows, 1 matinee show, cruise on Charleston Harbor, fabulous Brookgreen Gardens, Broadway at the Beach, free time in Charlestown SC and much more!



Branson

Monday, May 21-Friday, May 25

\$649 double/769 single. Four nights lodging, 8 meals, 4 breakfasts 4 dinners, 7 shows! Three morning, Three evening and a River Boat Show Cruise! Free time in downtown Branson, Samson at the Sight and Sound Theater! Branson Landing and more.

Mt Rushmore and The Badlands of South Dakota

Saturday, June 2 - Sunday, June 10

Double Rate \$909, Single \$1208. Includes 8 nights lodging, 4 in South Dakota, 14 meals, 8 breakfasts and 6 dinners, tour of Wildlife loop and Custer State Park, Mt Rushmore National Memorial, Deadwood, Crazy Horse Monument, Badlands National Park, Wall Drugs and much more!



TRAVEL

More Trips posted at Mill Race Center and online at millracecenter.org

**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.



Yuletide Celebration Featuring Sandy Patty! Friday, December 15 11am-5:30pm

The Indianapolis Symphony Orchestra and Jack Everly are joined by the beloved Sandi Patty as she returns for the 32nd IPL Yuletide Celebration! Broadway's best singers and dancers, from New York to right here in Indiana, will bring the Yuletide magic and music to life on the Hilbert Circle Theatre stage. Don't miss 21-year-old dancing sensation Kyle Van Newkirk, fresh from NBC's hit *World of Dance*, as he joins the cast to perform holiday favorites.

We will leave Mill Race Center in a luxury motor coach for the afternoon matinee. \$95 per person (\$105 nonmember) includes main floor seats, lunch and transportation. Sign up quickly as this is strictly limited to 30! Bus leaves at 11am We will return to MRC at approximately 5:30pm.

Indianapolis Symphony Pops Coffee Series March 23, April 20 & May 18

We will once again be offering transportation for Mill Race Center Members and their guests to the ISO Pops Coffee Series on March 23, April 20 and May 18, 2018. 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



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, November 6: Gray Brothers Cafeteria,
Mooreville

Monday, December 11: Uptown Cafe, Indy

Lunch & More

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

Thursday, November 21
IKEA, Fishers

Tuesday, December 20
Scottish Rite Cathedral Café with Tour

Holiday Dinner

Friday, December 23
at 4:00pm

Join us at Mark Pi's for a gathering of friends. No transportation costs, just meet us there. Dinner is on your own. Great way to kick off the weekend and visit with others who may not have Holiday plans.



Please RSVP so we can save you a seat!

MILL RACE CENTER RENTALS



Consider beautiful Mill Race Center for wedding rentals, class reunions, or other large gatherings. Our 4,000 square foot Multipurpose Room and Terraces feature attractive views of a fountain in a nearby lake as well as the park. The multipurpose room has a capacity of 350 Theatre Style, and 225 Banquet Style. A caterer's warming kitchen opens into the Multipurpose Room and is available to any licensed and properly insured caterer.

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

Visit our website www.millracecenter.org and for all the details about renting Mill Race Center. You will find the rental policies, the rental application and frequently asked questions.



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.



MALL WALKERS

Get active,
have fun and
meet new
people

Join Us



MRC Mall Walkers

Mondays & Wednesdays at FairOaks Mall

Beginning November 13

10:00-11:00am

Get active, have fun and meet new people. Mill Race Center staff will also be walking. Walking is great exercise. We will meet at the information desk by Special Dogs restaurant.

Learn To Relax

Tuesdays, November 7-28 at 11:00am



Stressed? Looking to wind down and relax? If so, then join us on Tuesdays from November 7th - November 28th at 11:00 am as we relax our minds and bodies using relaxation techniques. Call the MRC Business office to register 812-376-9241. Class is free to MRC members!



Better Breathers

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, December 6 at 3pm

The Better Breathers Club final meeting of the year. We will wrap up our year and have some holiday fun. We hope to have a big group for our last meeting of 2018.

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

Dining

with Diabetes

Wednesday, Jan. 17, 24, 31, and Feb. 7

2:00-4:00pm

Cost: \$20 individual fee; \$30 couple fee for those sharing materials

Nutrition and physical activity are keys to managing your type 2 diabetes, but where do you start? The *Dining with Diabetes* program can help! Designed especially for people with type 2 diabetes, their family members, or anyone who wants to learn more about healthy eating, this program will help you learn the skills needed to promote good health.

The program includes: planning meals and snacks with delicious and healthy recipes, reading food labels, using a variety of sweeteners, using seasoning to replace salt, the role of fiber in the diet, the difference between various types of fat, ideas for being more active, setting personal goals to manage your diabetes, and more!

Presenter:

Harriet Armstrong, Health & Human Services



are pleased to present:



University Day

Current Events • Relevant Discussion

November 16, 2017
See Page 17 for Details

Medicare Basics

November 7th at 3:00 pm or

December 5th at 2:00 pm

New to Medicare? Interested in learning more? Join Leah and Kim, SHIP counselors, on November 7th at 3:00 pm or December 5th at 2:00 pm 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.



SHIP Counseling

Do you have Medicare questions? Ask our resident SHIP Counselors! SHIP Counselors provide free unbiased Medicare information. Contact Leah at (812)376-9241 ext. 210 or lboas@millracecenter.org.



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.

Pickleball



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: \$20 or \$23; includes 2 coverall games. Extra coverall games are available for \$1 each.

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) Christmas Party held Dec. 21	Euchre 1:00-4:00pm
			Pinochle 1:00-4:00pm	

**Mill Race Center reserves the right to cancel or move regular scheduled programs for special events.*

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.

One-on-one Counseling and Support

Do you feel alone and need someone to talk to? Have you recently experienced a life change and need emotional support? Are you having difficulty managing the stresses of caretaking? You don't have to go through it alone.

Contact Summerville Fellow Calli McNicholas, Mental Health Graduate Candidate 2018. To schedule an appointment call: 812-376-9241 ext. 202, Monday – Thursdays. Service is provided free of charge.

Caregiver Support Group

**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



**TOTAL
BRAIN
HEALTH**

BODY • MIND • SPIRIT

NEW



**Academy of
Lifelong Learning**
at Pitman Institute

Mondays and Wednesdays

from 9:30-11:30 am

Beginning November 13th - December 13th

(Class 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.

Through the Summerville Fellowship at the Pitman Institute for Aging Well, Dr. Green's Total Brain Health Memory program will take place at Mill Race Center. Total Brain Health Memory is a unique program designed to teach participants valuable memory strategies and how to rev up recall. Led by the Summerville Fellow, Total Brain Health Memory will meet for four weeks twice a week 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 the Mill Race Center 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
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


**Mill Race Center reserves the right to cancel or move regular scheduled programs for special events.*

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

November 2

Birthday Party, 1:00pm 

November 3

Welcome Breakfast, 9:30am 




November 10

Veterans Day Program , 2:00pm

November 13

Movie, 3:30 & 6:00pm

November 14

TED Talks, 1:30pm 



November 16

University Day


November 16

Bereavement Group, 4:00pm 

November 23 & 24

Mill Race Center Closed

November 27

Movie, 3:30 & 6:00pm 


November 28

Wine Cork Tree Class, 1:30pm

December 1

Welcome Breakfast, 9:30am 

December 1

Holiday Tea, 2:00pm 

December 7

Birthday Party, 1:00pm




December 8, 9 & 10

Lasting Impressions Christmas Show

December 11

Movie, 3:30 & 6:00pm 

December 12

TED Talks, 1:30pm 



December 13

Lunch & Laughter, 11:45am

December 15


Mingle & Jingle, 2pm 



December 17

SilverTones Concert, 2:30pm

December 18

Movie, 3:30 & 6:00pm 

December 21

Bereavement Group, 4:00pm 

December 25-January 1

Mill Race Center Closed

**Mill Race Center reserves the right to cancel or move regular scheduled programs for special events.*

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

Visit us at www.millracecenter.org





Mill Race Center
900 Lindsey St.
Columbus, In 47201

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