

Membership \$80 a year per person • 812-376-9241 • www.millracecenter.org

Dr. Cynthia Green

March 7 at 1:00pm; FREE

Registration Required due to seating

DON'T MISS OUT!



Current Concepts in Cognitive Fitness: New Research Findings in Brain Health



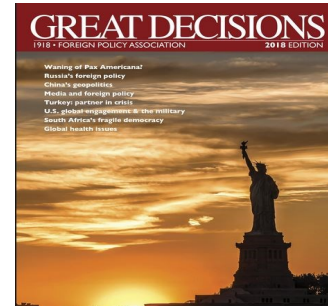
What do advances in neuroscience, increased longevity, and the baby boomers' demand for products that promote cognitive vitality have in common? They are all factors in this time of unprecedented knowledge about the brain, cognition and cognitive wellness. Join Dr. Green to learn more about the revolutionary new science of cognitive health, including what the latest science shows about interventions such as lifestyle, cognitive training and social engagement and their impact on brain wellness, and how we can each begin to customize our own path to improved brain vitality.



Cynthia R. Green, Ph.D. is a clinical psychologist, author, lecturer and noted expert in memory and brain health. An assistant clinical professor of Psychiatry at the Mount Sinai Medical School in New York, Dr. Green is the president of TBH Brands LLC, provider of the Total Brain Health (www.totalbrainhealth.com) training services and programs, including the TBH Toolkits, courses in cognitive wellness for adults of all ages.



Sponsored by:



GREAT DECISIONS

The series will be held on Tuesday evenings from April 3-May 22. Register for this amazing class at the MRC business office or call 812-376-9241.

Don't miss out. See page 26 for details.

Partnership with



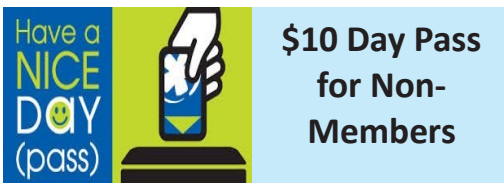
**Upcoming Travel Show with Edie
featuring 2018 Bus Trips!
See page 22 for details!**

From Your Executive Director

Defining “seniors”...

The terms that we use to describe older adults will always fall short of the task. Not just because the words are so limited and limiting, but also because of our own personal points of reference. When I was a teenager, someone in their 30's was an older adult. When I was 30, my definition shifted to 50. Now that I am approaching 60, I think that my parents, who are in their mid-80's, are older adults. Of course, I don't define *myself* as a senior, even though my 16 year old son would certainly put that label on me, and our own definition here at Mill Race Center loosely defines a senior as someone over 50. The truth is that we all define seniors from our own unique perspective, which constantly has to be re-evaluated. We think of Woodstock as a defining moment for youth culture, but the reality is that anyone who attended is now in their late 60's or early 70's. The Beatles, Led Zeppelin and the Rolling Stones were before my time. (Did I mention that I am nearly 60?) Many of our members grew up listening to Metallica and AC/DC. We have members who were born after the JFK assassination, and are too young to remember the first Apollo moon landing. My point is that we each get to define for ourselves what it means to be an older adult, senior or elder. Don't let someone define it for you. Now, break out that Led Zeppelin record and rock on.

Dan Mustard
Executive Director



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 \$80 a year.

Table of Contents

Community Service & Volunteer.....	Page 4 & 5
Community Classes.....	Page 6
Creative Arts Class.....	Page 7 & 8
Dance Page.....	Page 9
Movement Classes.....	Page 10
Pickleball	Page 11
Education	Page 12 & 13
Entertainment & Events	Page 14 & 15
New Programs... ..	Page 16 & 17
Ongoing & New Programs	Page 18 & 19
Travel.....	Page 20, 21 & 22
Rentals, Health & Fitness.....	Page 22 & 23
New Classes.....	Page 24
Games & Cards	Page 25
Unique Opportunities	Page 26
Daily Calendar.....	Page 27

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

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

Laura DeDomenic, Resource & Philanthropy Director, x 208

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, Brenda Fowler, and Roy Hendershot, Van Drivers

Jan Meadows, Ambassador Coordinator

Dan Mustard, Executive Director, x 211

Renee Nicholson, Business Office Manager, x 218

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 209

Shannon Thalls, Programming & Development Director, x 220

Jeff Voyles, Senior Products, x 228

Meet Laura DeDomenic

Mill Race Center is proud to announce that Laura DeDomenic is the new Resource and Philanthropy Director for Mill Race Center and the Pitman Institute for Aging Well. She plans to continue the traditional avenues of philanthropy while expanding the support of the business community with a new program called Mill Race Community Partners. She is also in the process of implementing new foundation search software which will allow her to introduce new foundations to the mission of Mill Race Center and the Pitman Institute of Aging Well, which should lead to an increase in philanthropy and support from sources new to Mill Race Center.

Laura, a native of Cincinnati, Ohio, has lived in Columbus for 24 years. She is a graduate of University of Cincinnati with a Bachelor's in Business Administration. Laura has three children Michael, Steven and Christy. Laura's parents, Marian and Jerry Walko, members of Mill Race Center, decided to retire to Columbus and moved here in 2004.





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 orphanages 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 or Bingo)

Can be purchased at the Business Office or at our website under Join/MRC Bucks.

The Granny Connections needs knitters!

In an effort to raise awareness for World AIDS Day, the Granny Connection will be accepting donations of red knit scarves at MRC. Red scarves can be knit in different sizes and patterns. Yarn is available at MRC, just ask Karen at the front desk.



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 MRC at 812-376-9241.

MEALS-ON-WHEELS Volunteer Drivers

Friendly people needed to make someone's day by delivering a warm meal and a **SMILE!** Once a week, once a month . . . Or when you are available. Call 812-376-9241.

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!

April is National Volunteer Month!!

Join Mill Race Center and Thrive Alliance for a volunteer fair on **April 4th** from **8-11:30am** located in the Mill Race Center lobby, to learn more about volunteer opportunities available at both organizations. Whether you're interested in leading an activity at Mill Race Center or helping Thrive Alliance in one of their many programs that positively impact our community, come check out what opportunities are available for you!

MRC Volunteer Luncheon April 26 at Noon

All Mill Race Center volunteers are invited to join us for a celebratory luncheon in your honor!! Come let us show our appreciation for all that you do for the community. Entertainment will be provided by our very own Dan Mustard.



Welcome! **MRC Welcome Breakfast**
Friday, Mar. 2; 9:30am
Friday, Apr. 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 the 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.



Total Brain Health Memory - Level 1
Mondays and Wednesdays
2:00-4:00 pm
Beginning March 26th through April 18th
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.

COMING SOON

Total Brain Health Memory- Level 2 will be coming to Mill Race Center in May! Be on the look-out for more information to come!



Letting Go

April 12
10:00am



Do you have trouble letting go of your things? Join us on April 12th as we



discuss why it can be difficult to let go of our possessions and how clutter can lead to stress. Sign up at the Mill Race Center Business Office by calling 812-376-9241. Class lead by: Leah and Calli

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? Or just need someone to talk to?.

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

Volunteer for VASIA

The VASIA Program recruits, trains, and supervises community volunteers to provide support and advocacy to those who are unable to care for themselves. The program further enhances individuals' quality of life by making decisions on their behalf that reflect, to the maximum degree possible, their choices and preferences. If you are interested in being a volunteer advocate, please contact Lisa Bland at (812) 372-6918 ext. 2785 or lbland@thrive-alliance.org.





Evening Star Quilt Guild **Second Tuesday of each month,** **5:00-7:00pm (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 [812-374-6135](tel:812-374-6135) or judyk2310@gmail.com for additional information

create



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.

FREE!



Crafty Fingers

Wednesdays from 10:00-11:30am

FREE!



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.



Relaxation & Fun!!



Monday, March 19 at 2:00pm

FREE!

What better way to spend your afternoon than by creating relaxation jars with your children? Relaxation jars are a perfect way to practice mindfulness and reduce stress in your life. Come join us for this intergenerational class. Contact the business office at (812)-376-9241 to sign up or for more information.

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

Bunny Set

Thursday, March 15

2:00pm; \$10

Make your own little bunny family to decorate your front porch or house this spring. All supplies Included to make a set of 3 bunnies.



NEW

Seasonal Magnet Class



March 20 at 1:30pm

Cost: \$5 for 8 magnets

Join us for this fun class to make small 1" magnets with colorful designs. Materials provided.

Grandchildren welcome to attend.

Alcohol Ink Pendants

Thursday, April 19

2:00pm; \$30

Join the Tri-State Artisans and learn to paint your own beautiful glass pendants. All supplies included to make 3 pendants. They make great gifts! Minimum of 10 people to hold the class.



NEW



Ball Room Dance Classes

Monday, Tuesday & Thursday 5:00-7:00pm

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 5:30-7:00pm

This class is for couples ballroom dancing and to practice new steps. FREE to MRC members, \$5 per class/non-member Info contact: Karl & Uschi Wolff at (812) 342-9974.

Line Dance for Beginners

Wednesday, 4:00-5:30pm (MP2)

Come and give it a try!

Instructor: Pat Hoard (812) 812-374-2963.

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 (812)-374-2963



Live Lively-



Square Dance!

Square Dancing 101

Monday 5:00-7:00pm

NEW

Want to try something new? Try Modern Western Square Dancing! It is friendship set to music. It is not only physically active but mentally stimulating as well. Classes are 8 weeks long. Square Dancing 101, is the place to start. You will learn approximately the first 30 calls. In Square Dance 102, you will learn an additional 21 calls & in Square Dance 103 you will finish with the final 17 calls. Each class builds upon the previous classes. No partner is necessary. Class size is limited, so register now. The class does have a minimum of 8 registrants in order to be held. Maximum is 32.

Cost for the 8 week class is \$40 for members (\$5 per person per class) & \$80 for non members (\$10 per person per class). In order to attend local & surrounding area dances you will need to have finished all three classes.



Monday	Tuesday	Wednesday	Thursday	Friday
Ball Room Dance 5:00-7:00pm (MP2)	Ball Room Dance 5:00-7:00pm (MP2)	Line Dance Beginner 4:00-5:30pm (MP2)	Ball Room Dance 5:00-7:00pm (MP2)	Line Dance 10:00-11:30am (MP2)
Square Dancing 5:00 - 7:00 pm (MP3)		Couples Dance Club 5:30-7:00pm (AR) 1st & 3rd Wednesday		



DON'T MISS OUT!

FREE!

Bodies in Motion

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

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 3:00-7:00pm

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 3:00-7:00pm. 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 Tuesdays & Thursdays



10:00—11:00 am - Ongoing class for those with some practice in Tai Chi.
Monthly Cost: \$45 members/ \$60 non-members

11:00—11:30 am - Beginning class
Monthly Cost: \$25 members/ \$40 non-members
Instructor: Paula Howard

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

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.

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

Chair Massage

**Every 1st & 3rd Wednesday
8:30-10:30am**

**Back by
Popular
Demand**



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

Chair massage can help relieve physical and emotional stress, lower anxiety, increase circulation, reduce muscle fatigue, pain and tension, headaches and much more. Call Emily (812)344-9716 for more information.



Senior Volleyball

Monday, Wednesday and Friday mornings from 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 - 5:30-7:00pm



Friday Afternoons - 12:00-3:00pm

Except March 23, 30 (MRC closed) and April 27



Saturday Mornings - 8:30-11:30am

Except April 28



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



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

5:30-7:00pm (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 Talks 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

March 13th at 1:30pm

Topic: The History of Emotions

By: Tiffany Watt Smith

April 10th at 1:30pm

Topic: Why people believe in weird things

By: Michael Shermer



DAY PASS (\$10)... 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.



Morning Bible Study



Tuesday mornings 10:30-11:30am

In the Classroom; Free

Information: Virginia Houser, 812-579-5132

March: Pastor Mike Harris of Faith, Hope and Love Church

April: The Reverend Kevin Metz of Mt. Pleasant Christian Church

Evening Bible Study



Wednesdays 5:30-7:00pm

Gospel of Mark - God's Word For You

A free evening study open to the community. Bring your bible and join us anytime!

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

The Lasting Impressions



MILL RACE CENTER

A song, dance and drama performance
troupe with Mill Race Center.
All MRC members welcome.
Practice: Monday & Friday
12:30-3:30pm (MP1)
Information contact: Donna Browne, (812)376-6612.

LUNCH & LAUGHTER READERS THEATER



April 11 at Noon
Lunch: \$5 members
\$10 non-members
Make reservations at the
MRC business office.

Sponsored by



FREE cancer screening held on
April 13 from 1-4pm. Registration is
required. Stop by the business office
or call (812)-376-9241

Readers Theater Group Wednesdays - 1:00-3:00pm

If you have always enjoyed the stage, or you are interested in giving it a try . . . Come and learn more about this fun and entertaining style of drama that is sweeping the nation and Mill Race Center! New members are ALWAYS welcome. Interested in joining Readers Theater? Contact Kelly Staley at MRC for more details. We are growing and welcome new members.

FREE MOVIE SHOWINGS at MRC!

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

Two Showings now at 2:00pm & 4:30pm.

Free popcorn - Sponsored by Griswold Home Care



**Two Showings
2:00 & 4:30pm
Start Time**



March 12
Wonder



March 26
9 To 5



April 9
**The Greatest
Showman**



April 23
**A League of
Their Own**



Drumming Circle Practice Mondays 1:00-2:00pm

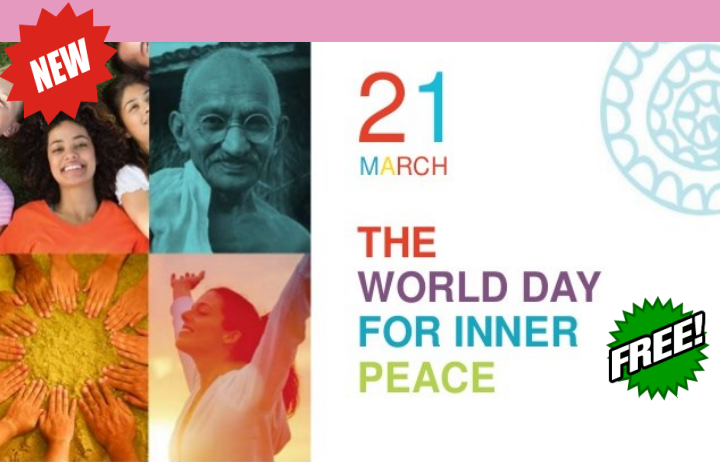
FREE!

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

Mill Race Center will host:

The World Day for Inner Peace

Wednesday, March 21 from 5:30-7pm; FREE



NEW **Free Sahaja Meditation** **FREE!**

Free classes held on April 11, 18 & 25
6:00-7:00pm

Recharge your batteries in minutes. Sahaja Meditation releases energy that lasts for hours. Learn about this style of mediation and you can release your Inner Energy. **Why not try...it's Free!**



MRC CON Nect

DON'T MISS OUT!

FREE!

March 22 from 10am-12pm

CONNECT at Mill Race Center by learning, engaging and exploring at this new free program open to the public. **Attend both sessions offered or pick and choose.**

10:00-10:45am

Joint Health with CRH Wellness Todd Hostetler

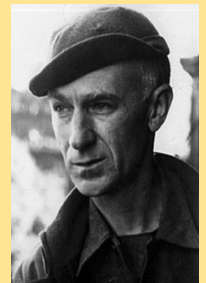
Help guard your joints against injury and keep them healthy. Todd will touch on joint health, exercise and the benefits of exercise.

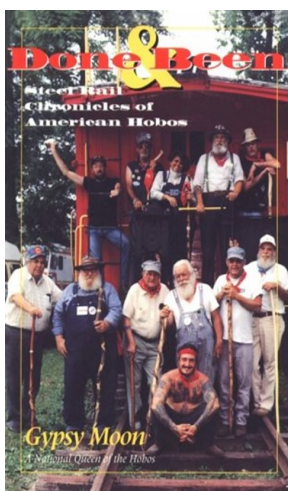


11:00-11:45am

A Dramatization of the Life and Work of War Correspondent Ernie Pyle; By Ron May

Indiana native and Pulitzer Prize winner Ernie Pyle was the most famous war correspondent of World War II. His war columns appeared in over 400 American newspapers. He spent time with each branch of military service and experienced combat in London, North Africa, Italy, France, Okinawa and Ie Shima. He lived with the men who fought the war, writing moving stories of individual soldiers, sailors, airmen and marines. He was killed on April 18th, 1945 when a Japanese sniper shot him on the island of Ie Shima.





Gypsy Moon, Hobo Queen Sticks, Stew, Stories, and **NEW** Songs **FREE!**

Thursday, March 23

11:30 am

The National Queen of the Hobos, Gypsy Moon, will talk about the friendships she developed with the old-time hobos as she interviewed them for her book. She will also share her own adventures jumping freight trains thousands of miles across America.

Guests will enjoy a hobo lunch during a performance featuring the music that was so much a part of their culture. She will also give away a custom made Hobo walking stick. **Registration Required. Contact the business office at (812)-376-9241.**

VA, Identity Theft, Medicare and Social Security Roundtable

Thursday, March 29th at 11:00am

Registration required for seating

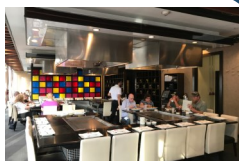
Karrie Pardieck, John Hatter, and Josh Webb from Congressman Luke Messer's office will be giving a presentation that centers on issues concerning:



*Services that the Congressional Office provides
VA, Identity Theft, Medicare, and Social Security*

TAKU Steakhouse March 27 at 11:30am

Join us for a lunch together at Taku Steakhouse here in Columbus. It's always fun to eat with friends! Meet us there, but registration required at the business office so we can make reservations.



**Back by
Popular
Demand**

Afternoon for Arts

Celtica

April 27 at 2pm

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

Reservations Required by 4/24/18

Live Entertainment & delicious homemade dessert.

Celtica is a progressive Celtic band consisting of musical founder Tamera Lane and guitarist Tim Dooley who create a sound that is uniquely their own. Tamera uses a mix of different instruments including vocals, keyboard, hammered dulcimer, field organ, hurdy gurdy, bowed psaltery and harp, backed by the guitar, Irish bouzouki, bodhran drum and mandolin work of Tim Dooley.

Event Sponsored by:



Ruth Hoffman
Medicare Sales & Service
317-775-9500 or Toll Free 844-792-5143
Ruth.hoffman@anthem.com

Dessert sponsored by:
Bob & Helen Haddad and made by Caryn Wiggins



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

March Birthdays: March 1 at 1:00pm

April Birthdays: April 5 at 1:00pm

May Birthdays: May 3 at 1:00pm



Reservations required by the day prior to the party. 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.



March 22 from 4:00-5:00pm

That's right folks! It's game time! Join us for some early evening gaming. We will be playing Heads Up this time.

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!

March 7 & 21

April 4 & 18

May 2 & 16

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



Join Kelly & Shannon on a program van trip to the Historic Artcraft Theatre for a Free Movie. The pre-show begins at 1:30 and movie begins at 2pm. Van leaves at 12:45pm. Fee: \$5 for trip.

Thursday, April 5
Movie: All About Eve



Thursday, May 10
Movie: Wizard of Oz



All Who Wonder Hiking Group
NEW hikers always welcome! No experience necessary! Contact Ed Niespodziani at [812 552-3343](tel:8125523343) or by email kn4073@comcast.net

Upcoming Hikes:

April 19-23: hike 4 sections of the Ice Age Trail in Wisconsin. The IAT follows the terminal moraine of the last glacier that came through the state. The trail runs from the St. Croux river along the Minnesota boarder to the tip of Door County in northeast Wisconsin. So far we have hike 16 sections and hope to complete all 105 section in the near future.



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.



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!

Garden of the Gods, Colorado Springs and Royal Gorge

Saturday, June 23-Sunday July 1; \$1009 double rate, \$1444 private room, Includes 8 nights lodging, Luxury Motor Coach, US Air Force Academy, Manitou Springs 6 dinners and 8 breakfasts and much more. Now taking reservations! Add \$75 nonmember.



Amishlands of Pennsylvania

Sunday, August 19- Thursday, August 23; \$699 double \$868 single, triple rate available too. Includes 4 nights lodging, 4 breakfasts, 2 dinners. Performance of Jesus in the Millennium, Sight and Sound Theater and Longwood Gardens included! Amish crafts, food and countryside to enjoy!

Vermont, New Hampshire and Maine!

Saturday, October 6-Saturday, October 13

\$1384 double, single and triple rates available, 7 nights lodging, 7 breakfasts and 7 dinners included! Peak Foliage Time! General Stores, Quaint Villages and so much more!



Colonial Williamsburg and Virginia Beach with Historic Newport!

November 4-10, 2018; \$829 Double, \$1098 Single

Includes, admission and guided tour of Historic Williamsburg, Dinner Cruise on the Spirit of Norfolk, Yankee Candle Village, Virginia Beach boardwalk, all hotels and transportation plus 6 breakfasts and 4 dinners.



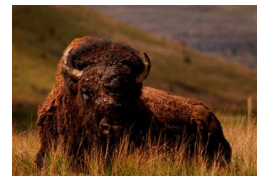
National Parks of America

Mill Race Center and Collette Present

October 10-21, 2018 \$4399 double, \$5599 Single.

Deadline to register April 3. Call for brochure!

Featuring Grand Canyon, Bryce Canyon, Zion National Park, Grand Teton and Yellowstone!



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.



French Lick, Indiana!

Wednesday, May 9 9am- 6pm

Lot's of ways to spend your time at this lovely resort and casino! Take the free shuttle to West Baden to visit the Eighth Wonder of the World or have Afternoon Tea. Tempt Lady Luck in the Casino, Walk the Gardens and Trails of both Resorts or relax on the Porch in a Rocking Chair! West Baden Springs Hotel Atrium. Leave Mill Race Center at 9am return at 6pm. Transportation only \$25.



Indians Baseball Game

Join us for a ball game this summer!

Wednesday, May 30th, 5:30—11:00 pm

Wednesday, June 20th, 12:00—5:00 pm

May 30th is hot dogs, popcorn and soda!

June 20th is a special mid-day game!

\$40 member/ \$45 nonmembers and includes box seat and transportation for one game!

Deadlines are May 15 and June 11



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, March 19: Garfield Conservatory and Santorini's for lunch

Tuesday, April 17: Sahm's Tavern and Indiana War Memorial

Tuesday, May 15: Buddhist Cultural Center and Mr. Hibachi Buffet, Bloomington

Lunch & More

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

Tuesday, March 6: Cheesecake Factory, Greenwood

Monday, April 2: Lil Gem Restaurant, Brown Co. State Park

Wednesday, May 2: Stream Cliff Farms

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.**



TRAVEL

2018 Casino Trip Schedule

Tempt your taste buds at the buffet and your luck at the table or slots! Leave MRC at 9 a.m. and return at 5 p.m. Transportation only \$25

Monday, April 23, Hoosier Park, Anderson

Wednesday, May 9, French Lick Resort

Monday, July 16, Horseshoe Casino



Travel Show Featuring 2018 Bus Trips

Wednesday, April 4 10:30—Noon

Showcasing trips to: Mt. Rushmore, Colorado, Amishlands of Pennsylvania, Vermont, New Hampshire and Maine, Colonial Williamsburg and Newport, New York City at Xmas and more!

Please RSVP to 812-376-9241 or
travel@millracecenter.org

Your travel with Mill Race Center benefits local seniors in our community. Please consider booking all of your travel with Mill Race Center Travel Department. Call for an appointment to discuss your next adventure!

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



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.

Call FFY at: 812-348-4558 for discounted pricing.



MILL RACE CENTER R E N T A L S



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.

Arthritis Foundation **Walk with Ease**

Program

Mon/Wed/Fri 10-11:00am

April 2-May 25; Fair Oaks Mall

Fee: \$15

*No fee for returning
class members*

Class led by instructors from Mill
Race Center and Purdue Extension.
Registration limited.

To register contact Mill Race Center
at 812-376-9241.



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.

**First meeting this year will be on March
21st at 3:00 p.m.**

If you would like more information, or would like to
be added to our mailing list, please call Jennifer at
812-376-5793

Need **Help** with **Medicare** Costs?

If you make less than \$1900 per month (single) and are on Medicare, then you might qualify for assistance with prescription drugs and expenses for medical Care.

- * Extra Help to pay for your prescription drug plan
- * Medicare Savings Program to help pay for your Part A and B deductibles and co-pays

Call Leah at (812) 376-9241 ext. 210 to see if you might qualify.

GRANDbuddies

Grandbuddies, an intergenerational program that brings together adults aged 50+ with children ages 8-12 for the purpose of promoting a healthy lifestyle, will be back this summer! If you are interested in possibly volunteering to be a Grandbuddy, keep an eye out for more information to come in the next newsletter. For questions contact Leah at 812-376-9241 ext. 210 or lboas@millracecenter.org.

Retirement: Retire to, not from. **April 19th at 10am**



Every transition in life brings its many changes, retirement is no exception. If you or a loved one is newly retired, about to retire, or is thinking about retiring, this seminar may be beneficial. The topic of retirement and how individuals can best enjoy this time in their life will be discussed. There will also be a discussion about how individuals can plan their retirement and retire to something, rather than from something. Contact Mill Race Center at (812)376-9241 for more information or to sign up.

Medicare Basics

April 24th at 3:00 pm



New to Medicare? Interested in learning more? Join Leah and Kim, SHIP counselors, on April 24th at 3:00pm 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.

CAREGIVER SUPPORT GROUP

Every 2nd Thursday of the Month; Cost: 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. RSVP to Jayme: 812-372-6415.

Light Dinner served at 5:30pm
Caregiver Presentation 6:00pm
Loved Ones Activities 6:00pm



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+

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.

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.

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
5:00-7:00pm (AR)
New players welcome!

Wednesday afternoons
from 1:00-3:00pm
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 5:00-7:00pm	Hand & Foot Beginner Rosemary Sager (812)390-7665 12:30-3:30pm	Duplicate Bridge 1:00-4:00pm (MP2)	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.*

Family Support & Hope Group
Thursday, March 22; 5:30-7:00pm



A group for families who have a loved one who is addicted to opioids will hold its first meeting on March 22 from 5:30 to 7pm at Mill Race Center. The support group is open to Mill Race Center members and Columbus Regional Hospital employees. The group will provide education; sharing of information and support to help members best handle their situation.

Addiction to opioids can begin innocently. Addiction does not discriminate. It can happen to anyone. Family members of those struggling with addiction sometimes feel isolated and discouraged. Addiction is a disease that changes the brain and seriously affects the users and their families. The Family Support & Hope Group will provide an emotionally safe and non-judgmental place where family members will support each other and provide hope for the future. Facilitators are Leah Boas and Shannon Thalls of Mill Race Center and Ray Morris of Columbus Regional Health. Please call Mill Race Center at 812-376-9241 to register to attend.

hope

AARP Driver Safety Class

April 5 from 12-4pm

\$15 AARP Member

\$20 Non AARP members

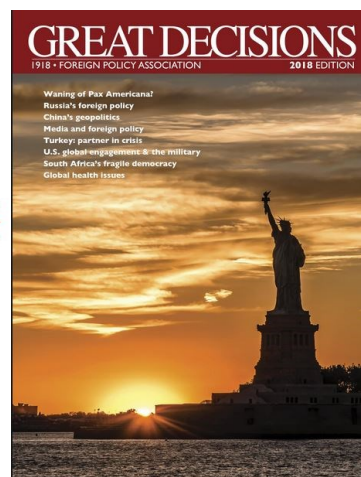
Class will cover:

Current rules of the road

Defensive driving techniques, operate your vehicle safely, effects of medications on driving, and new technologies used in cars. **Register at MRC business office.**



Driver Safety



Great Decisions
Tuesdays, April 3-May 22
6:30-8:00pm

Great Decisions is America's largest discussion program on world affairs. The program model involves reading the Great Decisions Briefing Book and attending a weekly lecture and discussion group to discuss the most critical global issues facing America today. A reading schedule and speakers bio will be given with your registration.

2018 Topics Include:

Waning of Pax Americana?, Russia's Foreign Policy, China's Geopolitics, Media and Foreign Policy, Turkey: Partner in Crisis, U.S. Global Engagement & the Military, South Africa's Fragile Democracy, and Global Health Issues.

**Class fee: \$35 for MRC members
 and \$45 for non-members**

Classes & Registration held at Mill Race Center.



FULFILLING the PROMISE

✿ Refrigerator Reminder - MRC Daily Activities ✿

Monday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8:30	Body Motion	MP2
9:00	Golden K Board	CNR
8:00	Quilters	AR
10:00	Golden K	MP2
1:00	Mahjong	AR
1:00	Drum Practice	CR
1:00	Hand & Foot	MP2
1:00	Friendship Bridge	MP2
12:30	Lasting Impressions	MP1
5:00	Silver Tones	MP1
5-7	Ballroom Dancing	MP2
5-7	Square Dancing	MP3

Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8:30	Senior Swim*	FFY
10:00	Tai Chi (\$)	MP1
10:30	Bible Study	CR
1:00	Woodshop	WS
1:00	Bingo (\$)	MP2
5:00	Euchre	AR
5-7	Ballroom Dancing	MP2

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
12:30	Hand & Foot	MP2
1:00	Scrabble	AR
1:00	Reader's Theater	CR
1:00	Bid Euchre/Pinochle	LO
4:00	Beg. Line Dance	MP2
5:30	Pickleball	MP2
6:00	Couples Dance	AR
	(1st & 3rd Wed)	
5:30	Bible Study	CR
5:30-7	Pickleball	MP2

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)	
4:00	Reflexology	CNR
5:00	Chess Club	AR/LO
5-7	Ballroom Dancing	MP2

Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Body in Motion	MP2
8:30	Volleyball	FFY
10:00	Line Dancing	MP2
1:00	Mahjong	AR
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

March 1

Birthday Party, 1:00pm 


March 2

Welcome Breakfast, 9:30am

March 7

Dr. Cynthia Green, 1:00pm 

March 12

Movie, 2:00 & 4:30pm 

March 15

Bunny Set, 2:00pm

Bereavement, 4:00pm

March 21

World Day for Inner Peace, 5:30pm 


March 22

MRC Connect, 10:00am

Game Night, 4:00pm

Family Support and Hope Group, 5:30pm


March 23

Hobo Program, 11:30am 

March 26

Movie, 2:00 & 4:30pm 

April 4

Travel Show, 10:30am 

April 4

Volunteer Fair, 8:00am

April 5


AARP, Noon

Birthday Party, 1:00pm

April 6

Welcome Breakfast, 9:30am 

April 9

Movie, 2:00 & 4:30pm 

April 11

Lunch and Laughter, Noon

April 12

Letting Go, 10:00am

April 13

Skin Cancer Screening, 1:00pm 


April 19

Bereavement Group, 4:00pm

April 19

Tri-State Art Class, 2:00pm

April 23

Movie, 2:00 & 4:30pm 

April 26

Volunteer Luncheon, Noon 

April 27

Afternoon for Arts, 2pm

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

PRESORTED STANDARD
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CURRENT RESIDENT OR



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