




MILL RACE CENTER



July/August 2018 • Issue No. 4

AGING WELL!

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

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



To Benefit Meals on Wheels

Wednesday, August 22

6:00-8:00pm

\$10 for Dinner Ticket

Let's go to the HOP... Enjoy a delicious meal from Blackerby's Hanger and great music from **The Reunion Band!** All proceeds will go to the Mill Race Center Meals on Wheels Scholarship Fund.

Tickets must be purchased in advance at the Mill Race Center business office.

SHAKE Rattle 'n ROLL!

Support:

MEALS ON WHEELS AMERICA
TOGETHER, WE CAN DELIVER.



August 20, 21, 22 & 23 from 1:30-3:00pm; FREE
Sahaja Meditation is bringing meditation instructors from around the world to the United States, to share the benefits of meditation as a freely given community service as part of Love America Project this year.

This is an unique opportunity to interact with meditation experts from around the world and learn and experience meditation via 4-day free meditation course at Mill Race Center. Learn how to de-stress, maintain inner balance, state of inner peace and joy through this meditation technique. Call MRC to register for seating purposes.



RANDY OLLIS
DAYBREAK 24/7 NEWS 8 WISH-TV
ALL LOCAL. ALL MORNING.

Sponsored by:
DEAN WAGNER REALTORS

August 17 at 2pm
See page 17 for details!

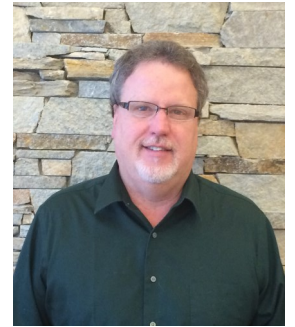


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www.millracecenter.org
Mill Race Center Program Hours: Monday-Thursday, 8 a.m.—7 p.m. and Friday 8 a.m.—5 p.m.
Business Office Hours: Monday-Friday 9:00 a.m. - 5:00 p.m.
Fitness Center Hours: Monday—Thursday, 6:30 a.m. to 7p.m., Friday 6:30 a.m. to 5 p.m. and Saturday 8 a.m. to Noon



From Your Executive Director

“[Onions] to the facility that eliminates services, reduces staff and reduces hours of operations, yet raises membership fees.” The Onions in our local paper are usually a source of amusement; a chance for people with passive-aggressive tendencies to anonymously vent. Mill Race Center has had its fair share of Onions, along with some welcome Orchids. In fact, this Onion could just as easily have been an Orchid. It would read something like this: “Orchids to the facility that demonstrates fiscal responsibility by reducing expenses and increasing revenue in order to continue to provide an important service to the community.” (For the record, we haven’t reduced staff, and we have increased our programming considerably.) The reality is that we operate on a very slim margin, because there are very few funding streams available for senior services. Our membership dues cover less than 10% of our operating expenses. Senior services are not a high priority for most funders. The limited public funds that are available are typically reserved for the treatment of chronic health issues, rather than prevention. Of course this is very shortsighted, since research demonstrates overwhelmingly that socialization, fitness activities, and community engagement have a massive impact on one’s health as we age. The disconnect occurs because Mill Race Center’s services benefit taxpayers at the *federal* level because healthy seniors rely less on Medicare and Medicaid, but there is very little federal funding returned at the *local* level and made available for senior center services. In addition, our fundraising efforts are often hindered by what we call “the curse of the beautiful building.” There is a pervasive community perception that Mill Race Center is a country club because we have this lovely facility. The truth is that the people of this region, both public and private, undertook a 20-year fundraising effort to build this center so that it could serve the needs of all seniors, regardless of their income. Now it is up to us to honor the incredible gift that was given to this community by the visionary people who anticipated the arrival of the aging Boomer generation. What can you do? Advocate with your legislators and representatives for the return of federal dollars at the local level for senior center services. Participate in our annual fundraising campaign. Become a major donor. Talk to your financial planner about memorial gifts. Maybe you could even send us an Orchid, and recognize that we strive to be good stewards by finding ways to reduce expenses and increase revenue, in order to continue the important work that is done by the staff and volunteers of Mill Race Center and the Pitman Institute.



Dan Mustard Executive Director

Mill Race Center Seeks Joan Percy Senior Citizen of the Year Nominations

Forms are available at MRC
and also on our website at
www.millracecenter.org



Have a
NICE
DAY
(pass)



**\$10 Day Pass
for Non-
Members**

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 & Events.....	Page 16 & 17
Ongoing & New Programs	Page 18 & 19
Travel.....	Page 20, 21 & 22
Rentals, Health & Fitness.....	Page 22 & 23
New & Ongoing Classes.....	Page 24
Games & Cards	Page 25
Six Dimensions Guide.....	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

Jan Hamilton, Facilities

Charlie Harsh, Facilities

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

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 Truman, Programming & Development Director, x 220

Jeff Voyles, Senior Products, x 228



Philanthropic Corner

Tuesday, August 28 at 1:00pm



For individuals and families seeking active involvement in philanthropy, a Donor Advised Fund is a great option. Through a Donor Advised Fund, you can make specific recommendations for grants to your favorite nonprofit organizations. You can get a tax-deduction in the year you establish your DAF, then make distributions to the charitable organizations you want to support at your own pace, with support from Heritage Fund professional staff. Donor advised giving is also typically less costly and easier to administer than other forms of philanthropic giving (such as private foundations).

DAF's can be established with gifts of cash, appreciated securities or other assets. Heritage Fund DAF's are invested along with our larger pool of assets so that funds exist in perpetuity and continue to grow over time while producing an annual distribution for grant-making to your favorite charities. In 2017 our DAF's had a 16.2% investment return!

Overall, Donor Advised Funds offer flexibility, simplicity and yet a hands-on approach to philanthropy. Further, investing with your local community foundation allows you to meet your broad charitable goals while supporting the community you care about. ***Join us to learn more about Heritage Fund and whether a Donor Advised Fund is right for you.***



Providing much more than a meal!

Nutritious Meal - Nutrition is necessary for health, functionality and the ability to remain independent.

Friendly Visit - For many seniors, the trusted Meals on Wheels volunteer, or staff member who shows every day with a hot meal and a warm smile is the only person they see or speak with all day.

Safety Check - The safety check that accompanies each meal delivery ensures that, in the case of an emergency or problem, medics will be called and families will be notified.

**Call Mill Race Center to register
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 and only in Bartholomew County. 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 812-376-9241.

MRC AMBASSADORS

MRC Ambassadors enjoy meeting people and getting to know them. They are helpful to our staff and members in a myriad of ways. From greeting folks as they walk through the door to helping prepare for an upcoming event, they add sunshine to everyone's day. 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!**



Save The Date

Quilt Show

October 6-7

At Mill Race Center



Quilt Show Mini Classes will be available:
Wednesday, September 26, 27, & 28
and October 1, 2 & 3
from 1:00-3:00pm
in the lounge

Come and watch, learn or just be inspired!

Welcome! **MRC Welcome Breakfast**
Friday, July 6; 9:30am
Friday, Aug 3; 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 2

August 6-August 29
Mondays & Wednesdays
from 10:00-11:30am

Cost: \$20 (scholarships
available upon request)

Please come join us for
this unique next-level memory training program
designed to rev up recall and boost memory using val-
uable, easy-to-learn memory strategies. The TBH
Memory 2.0 training classes are for MRC members and
community members interested in boosting daily
thinking and long-term brain vitality.



Total Brain Health Level 1

Cost: \$20 (scholarship available upon request)

September 10-October 3

Mondays & Wednesdays from 2:00-4:00pm

If interested in attending, contact Mill Race Center.

MILL RACE CENTER ON THE GO

Getting Artsy at All Saints

July 17, 24 & 31 at 2:30pm

Join MRC on the Go at All Saints Community for some
art and fun. Mill Race Center will be hosting a variety
of free art classes for the residents of All Saints and
Mill Race Center members. Each class will be a differ-
ent art project and will be free to all who attend.

Classes at a glance:

July 17th - Glass Magnets

July 24th - Cork Art

July 31st - Sharpie Mugs

If you are interested in attending, please call MRC.



Total Brain Workouts!

August 7-28



Join MRC on the Go at All Saints Community for free
Total Brain Workouts for the residents and members
of Mill Race Center. Each class will focus on working
out our brains and will focus on either the Body,
Mind, or Spirit dimension of a healthy
brain lifestyle. Call MRC to register.



Tea Blends



Tuesday July 31

1:00pm; Cost: \$5

Join Courtney on an adventure to
explore the natural healing properties
of various herbal tea ingredients!

Develop your own blends, taste diverse ingredients,
and leave this class with 5 homemade tea bags, as
well as new knowledge you can use to naturally en-
hance your well-being. We will be utilizing fresh herbs
grown in our very own Mill Race garden!

Garden Party



Wednesday August 1

10am in the Patio/Garden; Cost: \$7

Garden Party! Come to the back
patio for a light brunch featuring
finger foods and refreshments made with fresh
produce from the garden. Enjoy the summer morning,
garden party ambiance as you eat, listen to music, and
socialize. Large hats encouraged!



The Garden Club



July 11th at 11 am

Interested in helping out or being apart of the MRC
garden project. Join us on July 11th at 11 am.

Random Acts of Kindness Club



Tuesday, July 17 & August 21

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

Let's find JOY in the journey together.

Next project: We are writing encouraging post-it notes
for high school lockers for the start of the school year.



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 \$15 a year. Part of the dues money is given to support Mill Race Center.

More information: Judy Kiesow at 812-374-6135, or 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



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.

create

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

Flip Flop Wreath

July 19 at 2:00 pm

Cost: \$10

Dress your door for the summer with this super cute and easy flip flop door hanger.



Painted Rocks

July 26 at 1:30pm

Cost: \$5 per person

Join the rock painting excitement and make your own special painted stones to keep or give away. *Grandchildren welcome to attend.*



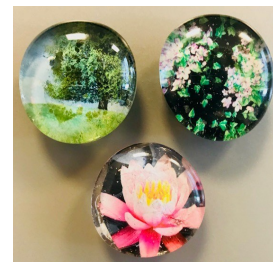
Seasonal Magnet Class

August 2 at 2:00pm

Cost: \$5 per person

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

Grandchildren welcome to attend.



Fur Bear Class

Tuesdays, 1:00-4:00pm (Ongoing class)

Fee: \$13:00 for supplies & pattern (bring your own fur)

Bring a family or friend's fur to make an heirloom teddy bear to treasure. Don't have a fur? Ask family, friends, neighbors, garage sales, and thrift stores. Someone has one hanging in a closet not knowing what to do with it. If you are unable to find a real fur, a faux fur will be fine.

Work at your own pace and no sewing experience required. Call for information and to register in the business office (812)376-9241.

NEW



We are accepting old fur coats to repurpose for this Teddy Bear class.



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. Classes will begin when minimum registration is met.



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) <i>Moved to Art Room on 5/18 and 6/27</i>	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!

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 one class free to see if you like what millions of people have practiced for health and well being.



Chair Massage

July 18

August 1 & 15

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.

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.

**DON'T
STRESS
GET A
CHAIR
MASSAGE**

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



Senior Bowling

Tuesdays at 1:00pm

Columbus Bowling Center

Information: Joan Winkle, 812-350-9452
Glenna Phelps, 812-390-9234





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



Wednesday Evenings - 5:30-7:00pm

Except August 22



Friday Afternoons - 12:00-3:00pm

Except August 17, 24 & 31



Saturday Mornings - 8:30-11:30am

Except July 7, 14, 21 and August 11 & 25



**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 and Thursday
1:00-4:00pm

The woodshop is available for MRC members only on Tuesday and Thursday from 1:00-4:00.

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

3:00-5:00pm (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

July: NO MEETING


August 14th at 1:30 pm

Topic: Deep Sea diving in a Wheelchair

By: Sue Austin

Topic: I'm Not Your Inspiration Thank You Very Much

By: Stella Young



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

July: Rev. Phil Meadows

Shepherd of the Hills Lutheran Church

August: Jerry Burns

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



August 15th at Noon

Lunch: \$5 members

\$10 non-members

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

Sponsored by



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**



July 9

**I Can Only
Imagine**



July 23

**Yankee Doodle
Dandy**



August 13

Darkest Hour



August 27

**Singin' in the
Rain**

Drumming Circle Practice



Mondays 1:00-2:00pm

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



Drum Making Class

An Award Winning Class!!

Tuesday, August 21

2:00pm



Enjoy drumming? Now you can make your own at this award winning class. Class fee: \$50/\$55 non-member.

Downsize Me!

An upscale garage sale



Saturday, August 25

10:00am-3:00pm

**Mill Race Center
900 Lindsey St • Columbus, IN**

Application forms for booths at Mill Race Center.

Follow us on Facebook:

www.facebook.com/upscalegaragesale

MRC CON Nect

DON'T MISS OUT!



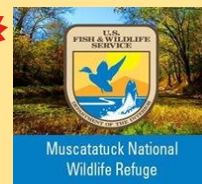
July 26 from 10am-12pm

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

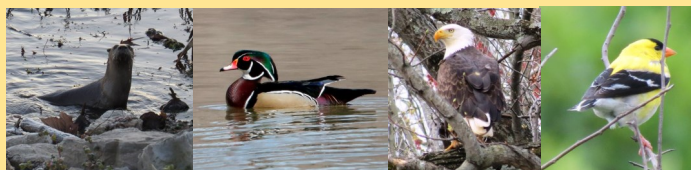
10:00-10:45am



**Donna Stanley, Park Ranger
Muscatatuck National Wildlife
Refuge**



Donna will be sharing about Muscatatuck National Wildlife Refuge, upcoming events, and volunteer opportunities. Plus answer all your questions.



11:00-11:45am



**Common Lower Extremity
Wounds and Their Treatment
Ansgar Olsen DPM, PhD**




Podiatrist at Columbus Foot & Ankle

Dr. Olsen will be reviewing the most common types of lower extremity wounds: Trauma, Neuropathic, Venous, Arterial, Atypical. Review the role of offloading in healing a foot wound. Discuss testing and implications of vascular health in wound healing. Discuss role of compression in preventing and healing wounds. Review the effect and treatment options for treating an infected wound. Discuss the common ways to prevent wound formation.

Sponsored by:

Voelz, Reed, & Mount, LLC

knowledge • experience • solutions



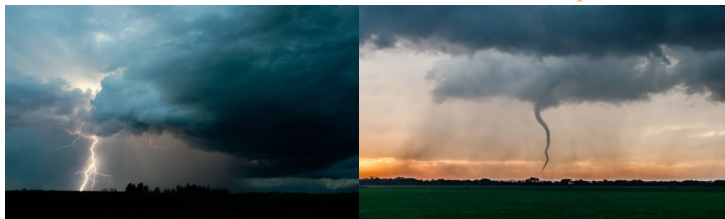
RANDY OLLIS
DAYBREAK 24 HR NEWS 8 WISH TV
 ALL LOCAL. ALL MORNING.
 Don't Miss Out!
 NEW FREE!

Randy Ollis, WISH TV Friday, August 17th at 2:00pm

Ever have weather questions? Don't miss this opportunity to hear Randy Ollis here at Mill Race Center. He will discuss severe weather, storms, big tornado outbreaks, flooding, hurricanes, and hail! Get your weather question answered.

Popcorn & lemonade will be served. Register for this free event in the business office.

Sponsored by:



SENIOR EXPO

Friday, Aug. 24th | 10am-2pm
 Mill Race Center | 900 Lindsey St., Columbus IN

Vendor Booths will be here for you to shop and review products and services that can help you stay active and plan for a healthy lifestyle. Lunch available for purchase and Door Prizes to be won!

Invite your friends that are not members to come with you and see what a great facility we have!



SPONSORED BY:



THE REPUBLIC



Afternoon for Arts

Sandcreek Trio

August 31 at 2:00pm

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

Reservations Required by 8/28/18



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

July Birthdays: July 5th at 1:00pm

August Birthdays: August 2nd at 1:00pm

September Birthdays: September 6th 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.



July 26th & August 23rd 4:00-5:00pm

That's right folks! Its game time! Join us for some early evening gaming.

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!

July 11 & 25
August 8 & 22

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 trip to the Historic Artcraft Theatre for a Free Movie. The preshow begins at 1:30 and movie begins at 2pm. Van leaves at 12:40pm. Fee: \$5 for trip



Thursday, July 12th

Movie: *The Shakiest Gun in the West*



All Who Wonder Hiking Group

We take a monthly hike somewhere near Columbus and 5 to 21 day trips to areas all over the US. So far we have hiked the Cumberland Gap in Kentucky, Tennessee, and Virginia, the Hike Inn in Georgia, the Black Canyon of the Gunnison, Rocky Mountain NP, Colorado, Monument Valley, North Rim of the Grand Canyon, Arizona, Bryce and Zion Canyons in Utah, the Black Hollingsworth, S Dakota, Glacier and Yellowstone National Parks in Montana and Wyoming, the Bitterroot Mountains of Idaho and are currently working on the Ice Age Trail in Wisconsin.

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



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.



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 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.

NYC at Xmas! December 3-8, 2018

\$975 double, \$1285 single Includes: Luxury Motor Coach transportation, 2 nights in Wheeling, West Virginia, 2 nights in New York/New Jersey, 1 night hotel on way home, 8 breakfasts, 1 Holiday Dinner Show in Wheeling, Rockette's at Radio City Music Hall, Shopping, Light shows, Mansions and much more! Register by October 1!



Mill Race Center and Collette Present:



Shades of Ireland!

Enjoy an authentic Irish Pub on St. Patrick's Day in Limerick on this fabulous trip to the sights of Ireland! Tour Waterford, Dublin, Kilkenny, Killarney, The Cliffs of Moher and much more.

Overnight stay and dinner at Cabra Castle is included!

March 11-20, 2019 Request brochure for pricing and details.



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.



**The Terra Cotta Army,
Legacy of the First
Emperor of China
Cincinnati Art Museum
Thursday, August 2**

Special exhibit straight from China. See items dating back to 770 B.C. Lunch on your own at museum. \$40 member/\$50 nonmember includes transportation and admission.

Leave MRC at 8:30am return at 5:30pm



Wednesday, August 8

Leave MRC at 9am
return at 4pm

Free Admission with Indy
Star Coupon (not provided)

Free Shuttles all day for those 55+
Transportation and special parking
\$25 members, \$30 non-members
Call 812-376-9241 or travel@millracecenter.org



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

**Wednesday, July 18 Horseshoe Casino
Monday, August 13, Rising Star
Thursday, October 18, Belterra**

MRC LUNCH BUNCH & MORE



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, July 9, Wolfies, Noblesville

Monday, August 6, Shapiro's

Lunch & More

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

**Wednesday, July 25, Ertle Winery tour, lunch
and tastings!**

Tuesday, August 14, Huber Farms

SPECIAL EVENTS

**Indianapolis Symphony Pops Coffee Series
May 18**

We will once again be offering
transportation for Mill Race
Center Members and their



guests to the ISO Pops Coffee Series on 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



Derby Dinner Theater Presents:

**The Church Basement Ladies in:
RISE UP O MEN
Aug 30, 2018**

You've met the ladies now meet the men! A brand new

musical featuring the men of the church and your favorite Church Basement Ladies. See what happens when you let the roosters in the hen house!

Leave MRC at 4:30pm return at 11:30pm.
\$65 members/\$75 nonmembers includes dinner, show and transportation. Dessert, adult beverages and tipping not included.



**Churchill Downs!
Friday, September 28,
9AM-5PM**

Lunch on Millionaires Row, Program,
Reserved seats and bus transportation
Included!

\$65 member \$75 non-member.

Register by September 1.

Leave MRC at 9am return at 5pm

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

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

TRAVEL

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 per visit or they have special package pricing.

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



MILL RACE CENTER

R E N T A L S



Mill Race Center is located at the north end of Mill Race Park, a beautiful national award-winning park in southern Indiana. 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. You will find the rental policies, the rental application and frequently asked questions listed on our website.

**Visit our website www.millracecenter.org
for all the details about renting
Mill Race Center.**

Six Dimensions of Wellness

Come Eat Together

Tues., August 7 at 11:30am

Join us for a lunch together at **Pho Shiki**, 2991 25th St., 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 for our group.



English Paper Piecing Club

**2nd Wednesday of every month
starting July 11th at 10:00 a.m.**

Join MRC member Judy Kiesow to learn how to make your own English Paper Piecing.

Contact Judy Kiesow at [812-374-6135](tel:812-374-6135) or judyk2310@gmail.com for additional information

Better Breathers

Please join us for a learning experience for people with lung health problems. The more the merrier! We would love to have new members join us at the following times:



Wednesday, July 25th at 3:00 p.m.

Topic: The Drug Abuse Epidemic Affecting Seniors

Speaker: Beth Morris from the Alliance for Substance Abuse

Many people are touched personally by the current drug abuse problem, or know someone who is. Even if that is not true for you, this epidemic is affecting our society as a whole, including our health care system.

Whether you have been to meetings in the past or you have never come before, the Columbus Better Breathers Club would love to have you join us for learning, sharing and discussion about managing lung health issues. We will have light refreshments and offer support to anyone with lung problems including their family and friends. No reservations or dues are needed, just come and have a good time.

If you would like more information, call Jennifer at 812-376-5793. Hope to see you soon!

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.

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.


Medicare Basics

August 8th at 3:00 p.m.

New to Medicare? Interested in learning more? Join Leah and Kim, SHIP counselors, 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.

Medicare

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



FREE LITTLE LIBRARY TAKE A BOOK • RETURN A BOOK

 **FREE!**



 **NEW**



Family Support & Hope Group Thursday, July 26; 5:30-7:00pm Thursday, August 23; 5:30-7:00pm

hope

A support group for families who have a loved one who is addicted to opioids and 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.

Celebrate

 **FREE!**

**Celebrate National Happiness Day on
Tuesday, August 8 at MRC.
Serving free lemonade and smiles!**

**SOCK
HOP**



**August 22
6:00-8:00 pm
Tickets \$10**

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



Curious and don't know how to play?
The group will teach you! Everyone is welcome to attend.

OPEN Billiards

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



Ping Pong

Tuesday 1:00-3:00pm (MP1)

It is considered a "Brain Sport" by enhancing motor, strategy and long-term memory functions.

Wednesday afternoons
from 1:00-3:00pm
New players welcome!



Interested in Cribbage or Canasta?
Let the business office know.



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	

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



Current classes that I want to try/attend:

- | My Aging Well Schedule! | | |
|-------------------------|----------------|------------------|
| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> |
| <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> |

✿ 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
1:00	Woodshop	WS
4:00	Bereavement Group	LO
	(3rd Thurs)	
4:00	Reflexology	CNR
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

July 4

MRC Closed

July 5

Birthday Party, 1:00pm 

July 6

Welcome Breakfast, 9:30am 

July 9

Movie, 2:00 & 4:30pm


July 12

Artcraft Theatre Movie, 12:40pm


July 19

Bereavement, 4:00pm

July 23

Movie, 2:00 & 4:30pm 

July 26

MRC Connect, 10:00am 
Game Night, 4:00pm
Family Support and Hope Group, 5:30pm

August 1

Garden Party, 10:00am

August 17

Randy Ollis, 2:00pm

August 3

Welcome Breakfast, 9:30am 

August 2

Birthday Party, 1:00pm 

August 13

Movie, 2:00 & 4:30pm 

August 15

Lunch and Laughter, Noon

August 16

Bereavement Group, 4:00pm


August 20-23

Beginners Meditation, 1:30pm 

August 22

Sock Hop, 6:00pm


August 24

Senior Expo, All Day 

August 25

DownSize Me, All Day

August 27

Movie, 2:00 & 4:30pm 

August 23

Game Night, 4:00pm
Family Support and Hope Group, 5:30pm

August 31

Afternoon for Arts, 2pm

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

Visit us at www.millracecenter.org



MRC will be closed
July 4, 2018.



Mill Race Center
900 Lindsey St.
Columbus, In 47201

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

CURRENT RESIDENT OR



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