AGING WELL!
Physical, Vocational, Spiritual, Social, Intellectual, and Emotional Wellness

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

May/June 2018 • Issue No. 3

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

Mill Race Center’s
THE LASTING IMPRESSIONS PRESENT

THAT’S ENTERTAINMENT!

FRIDAY, MAY 18, 2018, AT 6:00PM
SATURDAY, MAY 19, 2018, AT 6:00PM
SUNDAY, MAY 20, 2018, AT 1:00PM

TICKETS: $20
INCLUDES
BUFFET DINNER & SHOW
Catering by Sadie

Sponsored by

Chevrolet of Columbus

Ticket Purchase & Show Held at
Mill Race Center • 900 Lindsey Street • Columbus, IN
(812)376-9241 or (812)376-6612

“Active Today...Healthier Tomorrow!”

May 30 at Mill Race Center

Join Mill Race Center and Columbus Regional Health in celebration of the 25th Anniversary of National Senior Health & Fitness Day.
All opportunities offered are free on this special day.

See page 17 for all the details.

DON’T MISS OUT!

GEN SILENT

A Documentary Film About LGBT Seniors
Wednesday, June 27; Free

See page 16 for details.

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Columbus Regional Health

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 7 p.m., Friday 6:30 a.m. to 5 p.m. and Saturday 8 a.m. to Noon

See page 16 for all the details.

Don’t Miss Out!
Still. It is a very simple word with several definitions. One definition of the word is used often in the elder community. The adverb “still” is defined as “up to this or that time,” as in “She is 90 years old and still driving,” or “He is 80 and still runs every day,” or “You would never guess that she is in her 70’s, because she is still so busy.” You can probably think of your own examples of times when you have heard someone say that an elder is “still” able to do something. This makes an assumption that a person automatically becomes unable to drive, run or participate in other activities as they age, which certainly isn’t the case, and implies that to do so is somehow abnormal. This use of the word “still” is a very subtle form of “ageism,” which is a type of discrimination based on the number of birthdays that a person has celebrated. The truth is that it should be a normal expectation that we can continue to enjoy the full range of activities that we have always enjoyed if we have a life-long habit of making good choices and taking care of ourselves. Obviously there are always factors that are out of our control, but we believe that everyone should be given the tools, resources and opportunities to be able to live a full, meaningful life. Our mission is to empower people to be able to participate in the full spectrum of life’s activities, without having to say “still.” If you can drive safely, by all means, drive. If you can run, then run. If you want to play pickleball, then grab a paddle and play. Don’t let someone place limitations on you simply because of your age. If you want to go back to school to get that degree, then dive in. Then you can smile when you hear someone say, “She is 75 and still in school.”

Dan Mustard
Executive Director

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All programs and events listed in the newsletter are for members only unless it is stated otherwise. Call the Business Office at (812) 376-9241 or visit our website to become a Mill Race Center member. Membership is only $80 a year.

*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 Truman, Programming & Development Director, x 220
Jeff Voyles, Senior Products, x 228

FREE LITTLE LIBRARY
TAKE A BOOK • RETURN A BOOK

BUILT AND DONATED BY ED NIESPODZIANI
Golden K Kiwanis
Each Monday 10:00-11:00am
Visitors are always welcome!
Serving the children of the world! Changing the world one community and one child at a time.
President: James Lowney 812-350-8034

Shopping Trip to Walmart
The Mill Race Center van takes seniors grocery shopping to Walmart (Eastside) every Thursday morning. Our van driver can assist with carrying groceries. Minimum of 3 passengers required. A donation of $1/passenger is appreciated. To schedule a pick up, call Mill Race Center (812-376-9241) the day before.

Wheel Chair Medical Transportation
is also provided, if schedules permit. Requests should be made by calling Mill Race Center at least 1 week in advance. Contact Roberta Isaacson at 812-376-9241 if you are needing wheel chair transportation.

Happy Helping Hands
Thursday mornings each week 8:30-10:30am (Arts Room)

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.

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 Renee Nicholson at Mill Race Center to register for Meals on Wheels at (812) 376-9241.

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Six Dimensions of Wellness

**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

**We Appreciate Our Volunteers!**

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**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

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**Save The Date**

**Quilt Show**
October 5-7
At Mill Race Center

**Pickleball Tournament**
June 15 & 16, 2018
Watch for more information to come. Call MRC to inquire 812-376-9241.

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**Welcome!**

MRC Welcome Breakfast
Friday, May 4; 9:30am
Friday, June 1; 9:30am

Held the first Friday of each month in the lounge at 9:30am. Have you recently joined or are you interested in Mill Race Center? We’d like to get to know you better and introduce you to the Center and the variety of programs and events we have planned throughout the year. Call to register (812) 376-9241.

**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.
TBH MEMORY Level 2.0
Tuesdays and Thursdays
from 10:00-11:00 am
Beginning May 8th through May 31st
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 valuable, easy-to-learn memory strategies. The Total Brain Health MEMORY 2.0 training classes are for MRC members and community members interested in boosting daily thinking and long-term brain vitality. Classes will be held on Mondays and Wednesdays, May 8th – May 31st from 10-11am.

Register today and learn:
  o How memory works and why we forget
  o Strategies for boosting attention and improving retention
  o How we can better remember names, places, and lists regardless of your age

To sign up for the class, please stop by the Mill Race Center Business Office or call 812-376-9241.

MRC Perennial Share
Wednesday, May 16
10:00am; Free
Patio Weather Permitting
Perennial plant sharing is a fun and frugal way to enhance your garden. Bring some perennials to share for MRC beautification.

ColumBUS 101
Thursday, June 14
1:00pm
Curious on how to navigate the ColumBUS system? Come to this 101 presentation from City Transit and learn all about their five fixed routes, call-a-bus, travel training and more. Have a question the ColumBUS staff will be happy to help you!

Take-A-Ride Bus Trip
Tuesday, June 19
Meet in MRC lobby at 9:40am
Bus fair $0.25
Use what we learned from the 101 class and Take-A-Ride with the MRC staff to ride an hour long route and learn the process. We will meet in the MRC lobby and walk over to the terminal. Call Renee to add your name to the list so we know who is riding. 10 people maximum
**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.

More information: Judy Kiesow at 812-374-6135, or judyk2310@gmail.com.

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**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 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.

Crafty Fingers
Wednesdays from 10:00-11:30am
If you knit, crochet, needlepoint, cross stitch, sew or enjoy another craft project, bring whatever you are working on and work on it in the company of other crafters and needle art enthusiasts. Group meets in the Lounge. For more information, contact Donna Rueff at 812-343-5540. Eleanora Schwartzman will be available to teach you how to crochet as part of the Crafty Fingers group.

Fur Bear Class
Tuesday, June 5th, 1:00-4:00pm
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.

Make & Take Lotion, Bath Salts & Hand Scrub
June 21 at 1:30pm; in the Kitchen. Cost: $10 for all 3 products Interested in making your own or to give as gifts. Try this class and leave with your own three easy to make products and instructions. Take the time to pamper yourself with these three great products!

Seasonal Magnet Class
June 7 at 2:00pm
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.

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.

Square Dancing 101
Monday 5:00-7:00pm
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.

Square Dance 101 Moved to Art Room on 5/18 and 6/27

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

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<td>Couples Dance Club 5:30-7:00pm (AR)</td>
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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.

Try-It for Free on May 30 - see page 17 for details.

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

Chair Massage
(Not here in May)
June 6 & 20
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.

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.

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**  
  Except May 16 and June 27

- **Friday Afternoons - 12:00-3:00pm**  
  Except May 18 and June 29

- **Saturday Mornings - 8:30-11:30am**  
  Except May 19 and June 16

*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
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.

May 8th at 1:30pm

Topic: There is More to Life Than Being Happy
By: Emily Esfahani Smith

June
No Meeting This Month

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

May: Dr. William Bailey
Parkside Baptist Church

June: Reverend John Armstrong
Grace Lutheran 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

Day Pass ($10)... now available for your friends, family and out of town guests. Purchase at the business office.
Join the Silver Tones of Mill Race Center
We welcome new MRC members!
**Practice: Mondays 5:00-6:00pm (MP 1)**
Share your voice with the world!
Director: Mary Clark, (812)342-9324

The Lasting Impressions

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.

June 13th at Noon
Lunch: $5 members $10 non-members
Make reservations at the MRC business office.

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

May 14
Murder on the Orient Express

May 21*
The Music Man
*different date since closed on May 28

June 11
Same Kind of Different As Me

June 25
Elvis - Viva Las Vegas
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.

GEN SILENT
A Documentary Film About LGBT Seniors
Wednesday, June 27; Free Movie at 5:30pm & panel discussion to follow
This award-winning one hour documentary shares the stories of six lesbian, gay, bisexual, and transgender seniors, exploring how they deal with and often conceal their sexual orientation, gender identity, spouses, and friends in order to survive in the care system.

Call MRC to register 812-376-9241. Free and open to the community. More information to come.

May 24 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
Great Landmarks of Indiana
Join Suzanne Stanis, director of Heritage Education for Indiana Landmarks, on an armchair tour across the state, stopping to look at landmarks from the breathtaking West Baden Springs Hotel to the Wallace Circus barns in Peru. Along the way we’ll discuss what makes a building a landmark as we view architecture that enriches community life.

11:00-11:45am
Brown County Roots
Patrick Haulter, Interpretive Naturalist III
A program all about the history of Brown County State Park and surrounding area from Art to Logs and everything in between.

**Sponsored by:**
Voelz, Reed, & Mount, LLC
knowledge • experience • solutions
Afternoon for Arts

June 29 at 2pm
$5 for members/$10 for non-members
Reservations Required by 6/26/18

Live Entertainment & delicious homemade dessert.
Larry Boggs (Lead singer of the Reunion Band) and Sean Baker will be presenting renditions from the “Great American Songbook” in the style of the great crooners from the 40’s and 50’s. Also featured Doris Ross, who is 91. Doris, at the age of 18, turned down a contract to perform with the Jimmy Dorsey Band.

Some of the songs featured will be:
Fly Me to the Moon, Moon River, You Make Me Feel So Young, and Cheek to Cheek

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: May 3 at 1:00pm
April Birthdays: June 7 at 1:00pm
May Birthdays: July 5 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.

May 2 & 16
June 13 & 27
July 11 & 25

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, May 10 - Movie: Wizard of Oz**

**Brazilian Night**
Discover the World with Cummins

*Watch for more info to come!*

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**Random Acts of Kindness Club**

Tuesday, May 22 & June 19
Meeting at 1:00pm; **FREE**

Let’s find **JOY** in the journey together. Spreading kindness here at MRC and out in the community. We will work on projects at each meeting that can be given to others. Let’s be the reason someone smiles!

**All Who Wonder Hiking Group**

NEW hikers always welcome! No experience necessary! Contact Ed Niespodziani at 812 552-3343 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.

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 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
California New Year’s Getaway
Featuring the Tournament of Roses Parade!
December 29, 2018-January 2, 2019
Double rate $2979, single $3579 round trip from Columbus, IN. Includes New Years Eve party, Parade Seating and Preview of Floats, Optional Las Vegas add on available!
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.

Blown Glass!
June 15, Leave MRC at 8am return at 2:30

Make your own paperweight in this interactive class in Indianapolis. $75 includes transportation, materials and lesson. Lunch after at Rock Cola 50’s Café on your own. Strict limit of 12 people on this trip! Register by June 1.

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

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

Tuesday, June 12, Rathskeller, Indianapolis
Monday, July 9, Wolfies, Noblesville

Lunch & More

$10 members/$12 non members for transportation only. Leave MRC at 10:30am return at 3:30pm
Tuesday, May 15 - Buddhist Cultural Center and Mr. Hibachi Buffet, Bloomington

Monday, June 18 - Uptown Café and Indiana State Police Museum

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

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.

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, May 9, French Lick Resort
Wednesday, July 18 Horseshoe Casino
Monday, August 13, Rising Star
Thursday, October 18, Belterra
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.

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.

Indiana Medical History Museum Tour
Friday, July 20 from 10:30am-4:30pm
$35 includes tour and transportation. Lunch on your own before tour at Sahms Tavern, Indy. Limit 12 people on this trip. Register by July 1.

Travel Show Featuring California New Year’s Getaway, Shades of Ireland and Alaska Land and Sea with Collette
Thursday, May 17, 1:30-3pm
Please RSVP 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

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.
Better Breathers

The Better Breathers Club will be meeting in both May and June. 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, May 2nd at 3:00 p.m.**
**Topic:** Making Your Medications More Affordable

**Wednesday, June 13th at 3:00 p.m.**
**Topic:** How Lung Disease Affects Your Bone Health (and what you can do about it)

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!
**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.

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**Medicare Basics**

June 13th at 2:30 p.m.

New to Medicare? Interested in learning more? Join Leah and Kim, SHIP counselors, on June 13 at 2:30pm 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.

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**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.

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**CAREGIVER SUPPORT GROUP**

Every 2nd Thursday of the Month; Cost: Free

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
Pickleball

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

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.

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

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

Ping Pong
It is considered a “Brain Sport” by enhancing motor, strategy and long-term memory functions.

COME & PLAY:
PING PONG is back!
Tuesday 1:00-3:00pm (MP1)

Card Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friendship Bridge</td>
<td>Euchre</td>
<td>Hand &amp; Foot Beginner</td>
<td>Duplicate Bridge</td>
<td>Euchre</td>
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<tr>
<td>1:00-4:00pm</td>
<td>5:00-7:00pm</td>
<td>Rosemary Sager</td>
<td>1:00-4:00pm (MP2)</td>
<td>1:00-4:00pm</td>
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<tr>
<td>Beginner Bridge</td>
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<tr>
<td>Lessons</td>
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<tr>
<td>Interested call Claire (812)342-9983</td>
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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, May 24; 5:30-7:00pm
Thursday, June 28; 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.

Philanthropic Corner

What Should You Know About New Tax Law
Tuesday, June 19 at 1:00pm

The Tax Cuts and Jobs Act of 2017 (TCJA) has recently altered the playing field for our charitable donations. There are still tax free options for your donations to MRC. The first is if you reach the age of 70 ½ and have enough expendable income, you can make cash donations to IRS-approved charities out of your Individual Retirement Account (IRA).

Take advantage of these qualified charitable distributions (QCDs) for 2018 by replacing your 2018 IRA required minimum distributions (RMDs) with tax smart QCDs. QCDs can be taken out of your IRAs free of any federal income tax bill. You can’t claim itemized deductions for QCDs, however you will never be taxed on those amounts and do not have to face any tax law restrictions that apply to typical itemized charitable write-offs. A QCD must be distributed from an IRA, meet the typical tax-law requirements for a 100% deductible charitable donation, be a distribution which would otherwise be taxable, and have an $100,000 annual limit on total QCDs for any one year per individual.

You can benefit tax-wise if you want to avoid being taxed on the required minimum distribution amount you must take from your IRA, want a quick and easy estate tax reduction strategy, and or you are limited in making itemized charitable donations because of the increased standard deduction for 2018-2025.

For more information attend our session listed above on June 19.

Hosted by:
Agresta Storms and O’leary & Lisa Duke with Edward Jones
### Monday
- **Open** Billiards
- **Open** Jig Saw Puzzle Table

**8-10**
- Breakfast ($)
- Body Motion
- Golden K Board
- Quilters
- Golden K
- Mahjong
- Drum Practice
- Hand & Foot
- Friendship Bridge
- Lasting Impressions
- Silver Tones
- Ballroom Dancing
- Square Dancing

### Tuesday
- **Open** Billiards
- **Open** Jig Saw Puzzle Table

**8-10**
- Breakfast ($)
- Senior Swim*
- Tai Chi ($)
- Bible Study
- Woodshop
- Bingo ($)
- Euchre
- Ballroom Dancing

### Wednesday
- **Open** Billiards
- **Open** Jig Saw Puzzle Table

**8-10**
- Breakfast ($)
- Chair Massage ($)
- Volleyball
- Woodcarving Class
- Art Class
- Crafty Fingers
- TOPS
- Hand & Foot
- Scrabble
- Reader’s Theater
- Bid Euchre/Pinochle
- Beg. Line Dance
- Pickleball
- Couples Dance
- Bible Study
- Pickleball

### Thursday
- **Open** Billiards
- **Open** Jig Saw Puzzle Table

**8-10**
- Breakfast ($)
- Happy Helping Hands
- Shopping
- Tai Chi ($)
- Ladies Coffee
- Duplicate Bridge/Pinochle
- Bereavement Group
- Reflexology
- Ballroom Dancing

### Friday
- **Open** Billiards
- **Open** Jig Saw Puzzle Table

**8:30**
- Body in Motion
- Volleyball
- Line Dancing
- Mahjong
- Euchre
- SCS Investment Club(2 Fri)
- Lasting Impressions
- Pickleball
- Senior Scribes

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

### ACTIVITY HIGHLIGHTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity Description</th>
<th>Fee</th>
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<tbody>
<tr>
<td>May 3</td>
<td>Birthday Party, 1:00pm</td>
<td>FREE</td>
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<tr>
<td>May 4</td>
<td>Welcome Breakfast, 9:30am</td>
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<tr>
<td>May 8</td>
<td>TED Talks, 1:30pm</td>
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<tr>
<td>May 14</td>
<td>Movie, 2:00 &amp; 4:30pm</td>
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<tr>
<td>May 16</td>
<td>Perennial Share, 10:00am</td>
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<td>May 17</td>
<td>Bereavement, 4:00pm</td>
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<tr>
<td>May 18 &amp; 19</td>
<td>Lasting Impressions Show</td>
<td>FREE</td>
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<tr>
<td>May 19 &amp; 20</td>
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<tr>
<td>May 21</td>
<td>Movie, 2:00 &amp; 4:30pm</td>
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<tr>
<td>May 24</td>
<td>MRC Connect, 10:00am</td>
<td>FREE</td>
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<tr>
<td>May 25</td>
<td>Game Night, 4:00pm</td>
<td>FREE</td>
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<tr>
<td>May 28</td>
<td>MRC Closed</td>
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<tr>
<td>May 30</td>
<td>National Senior Health &amp; Fitness Day</td>
<td>FREE</td>
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<tr>
<td>June 1</td>
<td>Welcome Breakfast, 9:30am</td>
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<tr>
<td>June 7</td>
<td>Birthday Party, 1:00pm</td>
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<tr>
<td>June 11</td>
<td>Movie, 2:00 &amp; 4:30pm</td>
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<tr>
<td>June 13</td>
<td>Lunch and Laughter, Noon</td>
<td>FREE</td>
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<tr>
<td>June 15 &amp; 16</td>
<td>Pickleball Tourney</td>
<td>FREE</td>
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<tr>
<td>June 21</td>
<td>Bereavement Group, 4:00pm</td>
<td>FREE</td>
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<tr>
<td>June 23</td>
<td>Movie, 2:00 &amp; 4:30pm</td>
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<tr>
<td>June 27</td>
<td>Gen Silent Movie, 5:30pm</td>
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<tr>
<td>May 24</td>
<td>Game Night, 4:00pm</td>
<td>FREE</td>
</tr>
<tr>
<td>June 29</td>
<td>Afternoon for Arts, 2pm</td>
<td>FREE</td>
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</tbody>
</table>

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

MRC will be closed in observance of Memorial Day on May 28, 2018.
CURRENT RESIDENT OR

Note your Membership renewal date in corner of address label.