




# MILL RACE CENTER



September/October 2018 • Issue No. 5

## AGING WELL!

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

Membership \$80 a year per person • 812-376-9241 • [www.millracecenter.org](http://www.millracecenter.org)



### Fish Fry & Bluegrass Band to Benefit Meals on Wheels

Wednesday, October 3  
6:00-8:00pm

**\$10 for Fish Fry Dinner Ticket**

Join us for Mahoney's Fish and the Banister Family Bluegrass Band to benefit Meals on Wheels. Get your tickets early and they include dinner and entertainment. Everyone is welcome to attend and enjoy the music. Donations accepted.



Support:



Sponsored by:





## A Vegetarian

WORLD

All New Vegetarian Cooking Series

See page 16 for details!




**At Mill Race Center**

## CLUE Game

Beginning October 1 & concludes on October 30.  
See page 17!

## Veterans Day at MRC

The Lasting Impressions Present:  
*Our Nation Honors Its Vets*



**USO Musical with Dessert**  
**November 9 at 2:00pm**

Veterans Free, \$5 MRC members/\$10 non-members

Reservations Required by 11/6/18

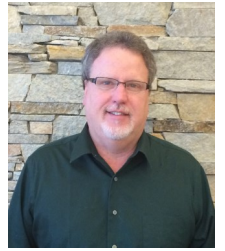


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[www.millracecenter.org](http://www.millracecenter.org)  
 Mill Race Center Program Hours: Monday-Thursday, 8 a.m.—7 p.m. and Friday 8 a.m.—5 p.m.  
 Business Office Hours: Monday-Friday 9:00 a.m. - 5:00 p.m.  
 Fitness Center Hours: Monday—Thursday, 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

**I want to take back the term “Senior.”** I want those of us who are over 50 to own it. I want each of us to wear it like a symbolic graduation robe. We have been told by a youth-obsessed society that the word “senior,” when used in association with age, is a negative term. A recent research project asked participants to rank people from most competent to least competent based on labels. The preferred terms, from top to bottom, were “older adult,” “older person,” “senior citizen,” “elder,” and finally, “senior.” And yet, the word senior in virtually every other use has positive connotations. A senior in high-school has reached the pinnacle of their K-12 experience. Other students look up to them. A college senior has reached a significant milestone and is prepared to enter the workforce or move on to graduate school. Lawyers strive to become senior partners, executives can be senior vice presidents, and military personnel can be senior officers. In each instance, the term carries a meaning of rank, respect and achievement. So why do we not want to be called seniors? What is wrong with referring to Mill Race Center as a senior center? Americans are living longer and healthier lives, and yet the common wisdom in our profession is that we should avoid the use of the word “senior” because people are in denial about their own aging and mortality. We can’t stop the process of aging, although, as a society, we should take steps to minimize its impact and strive to include older adults in every aspect of life.



**By denying our status as “seniors,” do we become complicit in the subtle discrimination that can occur against older people due to negative and inaccurate stereotypes?** The truth is that *every* stage of life has negative and positive elements. As we live, we can become experienced, mature, wise, more thoughtful and gracious. These are all very positive attributes. Whether you refer to yourself as an older adult, older person, senior citizen, elder, or senior, just remember to live in such a way so that *junior citizens* will want to be just like you some day. The next time someone refers to you as a “senior,” stand a little taller, puff up your chest, and glory in the achievement. Don’t be offended. Be proud. You’ve worked hard for the title. Perhaps we will all live long enough to see the day when people won’t find it necessary to use labels, and we can just be people who have reached different milestones on the same journey.

**Dan Mustard**  
**Executive Director**

Free Little Library  
Take a Book Return a Book

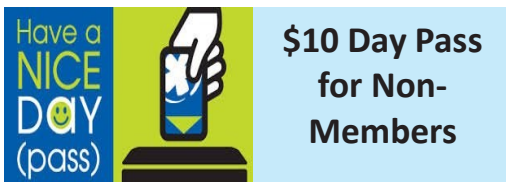


Built & Donated  
By: Ed Niespodxiani



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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

**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



Mill Race Center recently sent out our annual campaign letter asking for your financial support for Mill Race Center. I ask you to thoughtfully consider how you can support Mill Race Center. Mill Race Center is a vital community resource for aging adults. We offer the opportunity for our members to engage in activities which will help them to lead independent, healthy and meaningful lives.

The cost to provide service for each member is \$550. With our scholarship program, the average membership fee collected is \$39. That leaves a nearly \$500 per-member funding gap between that which is covered by membership fees, and our operating expenses. Our membership fees cover less than 10% of our operating expenses. We have made every effort to reduce our expenses and to run a lean and efficient agency, but we need your help to bridge this gap and to enable us to continue providing quality services. I thank you for your thoughtful consideration of how you can support Mill Race Center. Any amount, no matter how small or large is appreciated.





## 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 up 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](mailto: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**  
**\$5 per day**



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 to just be inspired!*

Sponsored by: 

**Welcome!** **MRC Welcome Breakfast**   
**Friday, Sept. 7; 9:30am**  
**Friday, Oct. 12; 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.

**\*Note special date due to Quilt Show set-up on Oct. 5**



**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](http://www.millracecenter.org).**



## Essential Oils & the Brain

September 19th at 10:30 am

Cost: \$5

Join us on September 19th, as we make our own essential oil diffusers and learn more about the direct connection between the nose and the brain. Follow your nose to happiness! Call MRC to register.



**NEW**

## *This is Where You Belong:* **NEW**

### *The Art and Science of Loving the Place You Live*

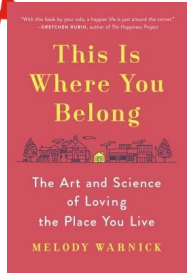
Thurs., Sept 27-Oct. 25; 10:00am

Cost: \$16 (Covers cost of book)

Are you new to the area, recently moved back, or are you a Columbus native? No matter where you fit, this book is for you!

Join Courtney and Leah for an interactive book club, while we learn to love and appreciate the place we live.

Reading Schedule will be available at time of registration. In addition, we will be meeting in various places around town, therefore a location schedule will also be provided.



# Medicare

## 2019 Medicare Open Enrollment

**October 15<sup>th</sup> - December 7<sup>th</sup>**

Medicare open enrollment begins October 15<sup>th</sup> and lasts through December 7<sup>th</sup>. Open enrollment comes around the same time every year and gives Medicare beneficiaries the opportunity to sign up for or switch prescription drug plans (Part D) and Medicare Advantage Plans (Part C), if they want to. During open enrollment, individuals should take a look at their Medicare coverage and make sure that their current plan still meets their needs and explore other plans that may be available. **If you would like assistance with your Medicare coverage please contact Mill Race Center (812-376-9241) to schedule an appointment with a SHIP Counselor! Please call and reserve an appointment by November 27<sup>th</sup>.** We will do our best to meet the needs of all individuals who need help with Medicare during open enrollment, however if you have to call and reserve an appointment after November 27<sup>th</sup>, availability may be limited due to demand. When meeting with a SHIP Counselor, please bring your Medicare card and a complete prescription drug list.

**NEW**



## The Garden Club

Interested in helping out or being apart of the MRC garden project. Join us on the following days!

September 14 @ 9am (United Way Day of Caring)

September 25, October 16 & 30 @ 10am

See Courtney or Leah for questions.

## Tea Blends Part 2

Tuesday October 2 at 1:00pm

Fee: \$5 members/\$10 non-members

You asked for it, here it is! Join

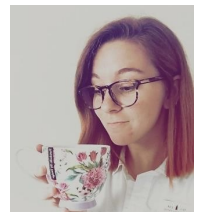
Courtney for a new tea blends

adventure! You do not need to have

attended the first tea blends class to attend this one.

We will be trying new varieties of herbs and

assembling our own 5 tea bags once again.



## Walking Stick Workshop

September 17; 10:00-12:00 **Free to MRC members/\$5 for non-members**

Think you cant do woodworking? Here's something everyone CAN do in our MRC Wood Shop. That's right **anyone can make a walking stick!!** This workshop is free to MRC members and \$5 for non-members. Let us know when you register if you don't have a stick to bring.. Register soon class space is limited!!



## **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](mailto: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](mailto: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. Eleanor Schwartzman will be available to teach you how to crochet as part of the Crafty Fingers group.

## Fur Bear Class

**Tuesdays, 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.



*create*

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

## Scarecrow Bottle

**September 25 at 2:00 pm**

**Cost: \$8 per person**

Make 2 scarecrow bottles for fall décor. All supplies included.

**NEW**



## Wine Cork Pumpkin

**October 4 at 1:30**

**Fee: \$8 per person**

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

## Seasonal Magnet Class

**October 11 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.*



**FREE!**

Stop in on October 9th & 23rd and enjoy some free popcorn to help us celebrate National Popcorn Month



## 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



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Ball Room Dance</b> 5:00-7:00pm (MP2)	<b>Ball Room Dance</b> 5:00-7:00pm (MP2)	<b>Line Dance</b> Beginner 4:00-5:30pm (MP2) <i>Moved to Art Room on 9/28 &amp; 10/3</i>	<b>Ball Room Dance</b> 5:00-7:00pm (MP2)	<b>Line Dance</b> 10:00-11:30am (MP2)
		<b>Couples Dance Club</b> 5:30-7:00pm (AR) 1st & 3rd Wednesday		

## Drumming Circle Practice



**Mondays 1:00-2:00pm**

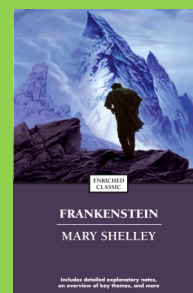
Get your weekly groove on at Mill Race Center with a small group that gathers to drum each week. Members are welcome to attend any practice.



## Bartholomew County Public Library Frankenstein

Community Book Read kicks off on October 2 and ends October 29.

**Frankenstein book discussion will be held at Mill Race Center on October 11 at 10:00am in the classroom.**







## Bodies in Motion

Class meets:

**Mon., Wed. & Fri. at 8:30am**

**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.

*DON'T MISS OUT!*



## 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.



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.**

## Random Acts of Kindness Club



**Tuesday, Sept. 18 & Oct. 16**

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

Let's find JOY in the journey together.



## 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



Chair massage will be taking a break until mid January 2019.

Emily Patrick, CMT is a Certified Massage Therapist is still taking appointments for Saturdays at Balance Massage Studio.

*Call Emily (812)344-9716 for more information.*

## Senior Volleyball

**Monday, Wednesday and Friday mornings from 8:30-10:30am**

at Foundation for Youth 405 Hope Ave, Columbus  
Information: Don Ward (812)350-2222



## 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 September 26 and October 3**



**Friday Afternoons - 12:00-3:00pm**

**Except September 28, October 5 & 26**



**Saturday Mornings - 8:30-11:30am**

**Except September 8, 22, 29 and all of October**



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

## MRC Woodshop

**FREE!**

**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.



## 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

**FREE!**



"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](mailto:Shannon@millracecenter.org)



## Morning Bible Study

**Tuesday mornings 10:30-11:30am**

In the Classroom; **Free**

Information: Virginia Houser, 812-579-5132

**September:** Pastor Cody Hutchison  
Wilson Chapel Church

**October:** Pastor Dennis Aud  
Westside Community

## Evening Bible Study

**Wednesdays 5:30-7:00pm**

**God's Word For You**

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

## 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.

**INVESTMENT  
CLUB**



## TED Talks

**2nd Tuesday of each month**

**Meeting at 1:30pm & 5:30pm**

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.

**FREE!**

**NEW**



Your TED talk team needs YOU for discussion on Current programs, in depth information, and Group Discussion. We have new subjects monthly. Call the MRC to register. Facilitators: Ed and Terri DeVoe

**September 11; 1:30 & 5:30pm:**

**Is the world getting worse, a look at the numbers**

By: Steve Parker

**October 9; 1:30 & 5:30pm:**

**The best way to help is often just to listen**

By: Sophie Andrews

Celebration  
of *Life*

**Friday, October 19 at 2:00pm**

Honoring members who have passed away this year.



**NEW**

**Quilt Show**

**October 6-7**

**At Mill Race Center**

**\$5 per day**

**Watch, learn and be inspired!**

**Sponsored by: Silver Oaks Health Campus**





# 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



**October 10th at Noon**

**Lunch: \$5 members**

**\$10 non-members**

**Make reservations at the MRC business office. Doors open at 11:45am.**

*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**



**September 10**

**Crooked House**



**September 24**

**On Golden Pond**



**October 8**

**Won't You Be My  
Neighbor**



**October 22**

**Overboard**

# A Vegetarian

WORLD

All New Vegetarian Cooking Series

## A Vegetarian World

**Fee: \$10 per class for members  
\$15 for non-members**

*DON'T MISS OUT!*

Learn how to prepare healthy and delicious vegetarian meals with Geri Handley from foods around the world! This new cooking series will be sure to inspire your creativity in the kitchen. Our kitchen will be turned into the classroom and Geri will guide you step by step through the process. Class participants will taste test all foods and be given recipes. Registration required and payment due when registering. Max: 20

 **Thurs., Sept., 27 - Indian Cuisines; 1:00pm**

 **Thurs., Oct., 25 - Asian Cuisines; 1:00pm**

 **Thurs., Nov., 29 - Various Cuisines of  
Holiday Appetizers; 1:00pm**

## Wine & Cheese Tasting



*A fundraiser to benefit Mill Race Center.  
Saturday, November 3 at 6:00pm*

 **HILLIARD  
LYONS**  
J.J.B. HILLIARD, V.P. LYONS, LLC | MEMBER NYSE, FINRA & SIPC

 **The Savory  
Swine**  
Custom Quality Meats & Fine Wines

**MRC**  
**CON**  
**Nect**

*DON'T MISS OUT!*

**FREE!**

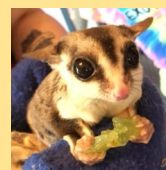
**September 27 from 10am-12pm**

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

**10:00-10:45am**

### Zoo'Opolis

Zoo'Opolis Exotic Petting World is an Educational/Learning, Hands On Interactive Zoo! Half of their Animals are Rescues! They have over 100+ Animals & over 40 Different Species that includes Reptile Kingdom! They will be bringing several different animals and sharing about them.



**11:00-11:45am**

### Peripheral Artery Disease

Dr. Douglas Roes MD  
Vascular Surgeon at Southern  
Indiana Surgery



Dr. Roes will be speaking about the impact of Peripheral Artery Disease (PAD) on our society and healthcare system. He will talk about the signs and symptoms of PAD and when to speak to your doctor. He will also discuss the causes and treatments in addition to how to prevent PAD.

 **COLUMBUS  
REGIONAL  
HEALTH**

**Sponsored by:**

**Voelz, Reed, & Mount, LLC**  
knowledge • experience • solutions





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

**The game will begin on Mon., October 1.** First clue is listed below. All final guesses will be due Tuesday, October 30 the chosen winner will be selected on Wednesday, October 31.

**Object:** Mr. Boddy apparently the victim of foul play is found in one of the rooms at Mill Race Center. Suspects bio's will be posted in MRC. To win, you must determine the answers to these three questions: Who done it? In what room did it occur? And with what weapon?

**Clues:** Clues will be given each Monday through our weekly E-Blast (give the business office your email to be added to the list) and posted in the center. Detective note sheets can be picked up at Mill Race Center to keep track of your clues. Extra bonus clues will be given out through the weeks of the game so stay tuned.

**Prizes:** Free One year membership to MRC and CRH Fitness Center, \$50 gift certificate towards a bus trip with travel, \$100 off an international trip with Collette, \$10 off a day trip, plus a MRC T-shirt.

**Guess:** Turn in your confidential guess by Tuesday, October 30 by 5:00pm. If multiple individuals guess correctly they will be placed into a drawing and one winner will be selected.

**Rules:** Set of participation rules will also be at Mill Race Center.

**Remember to keep your clues a secret!**

### Clue #1

*A story they say can take you away, but a book still needs a place to stay.*

**More clues beginning October 1**



## Afternoon for Arts CHARLOTTE BATTIN

**October 28 at 2:00pm**

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

**Reservations Required by 10/23/18**



**A Polynesian Cultural Presentation with South Pacific traditional dances, music and instruments.**

Event Sponsored by:

**Anthem**

**BlueCross BlueShield**



**Ruth Hoffman  
Medicare Sales & Service  
317-775-9319 TTY: 711**

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

**September Birthdays: Sept. 6th at 1:00pm**

**October Birthdays: October 4th at 1:00pm**

**November Birthdays: November 1st 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.



**Thursday, October 25th 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!

**September 5 & 19**

**October 17 & 31**

**November 14 & 28**

## 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



Thursday, September 27th

**Movie: Ghostbusters**

Join Kelly & Shannon on a program trip to the Historic Artcraft Theatre for a Free Movie. The preshow begins at 1:30 with a chance to win some great door prizes and movie begins at 2pm. Van leaves at 12:40pm. Fee: \$5 for trip

**Silver Tones**

**Sunday, October 14 at 2:30pm**

**At Mill Race Center**

Tickets in advance: \$5M/\$9NM

Tickets at the door: \$6M/\$10NM



### 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](mailto: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.



### Vermont, New Hampshire and Maine!

**Saturday, October 6-Saturday, October 13**

**\$1384 double, single and triple rates available**

7 nights lodging, 7 breakfasts and 7 dinners included! Peak Foliage Time! General Stores, Quaint Villages and so much more! **Deadline to register September 14.**

### 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 motor coach transportation plus 6 breakfasts and 4 dinners. Deadline October 10.



### NYC at Xmas! December 3-8, 2018

**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! Limited Seats available. **Register by September 5th!**

### All Inclusive Cruise with Edie!

**February 16-24, 2019**

Join Edie on this epic adventure to Cozumel and Costa Maya, Mexico; Harvest Cay, Belize and New Orleans. Includes 7 day luxury cruise on Norwegian's Breakaway, all meals on board ship, air and ground transportation from Columbus, baggage handling, beverage package, upgraded dining package, all port charges and taxes, tips and hotel for one night in New Orleans. \$2988-\$3400 per person based on double occupancy and stateroom choice. Single rates available. Edie will be there to make this trip stress free and memorable for you! Deposit and insurance due at time of booking, **balance due November 1, 2018. Hurry only 10 spots available!**



### Mill Race Center and Collette Present: Exploring Britain and Ireland!

featuring Scotland, Wales, England and Ireland.

**October 4-18, 2019.**

This is the one you have been waiting for! All of Great Britain and Ireland as can only be done by Collette. Includes luxury accommodations', Ferry, Bus and Air transportation, an Irish cooking class, Stonehenge, Killarney National Park and much more. **Special Travel Show at MRC, Thursday, September 20, 1pm-2:30pm. Please RSVP.**



## 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.

### Glass Art / Second Date!!

**Friday, September 21,  
Leave MRC at  
8am return at 2:30**



By popular demand! We had such a great time in June! 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 Sept 15.



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

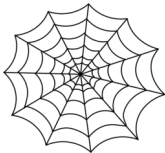
Lunch on Millionaires Row, Program, Reserved seats and motor coach transportation included!

\$65 member \$75 non-member.

Register by September 10.

**Only 7 seats left!!!**

Leave MRC at 9am return at 5pm



**Derby Dinner Theater Presents:  
Web of Murder!  
Friday, October 26 4:30-11:30pm**

A tale of murder and mistrust! Wheelchair-bound Minerva fears her imminent death, so she calls together her potential heirs for the advance reading of her will. Murder ensues, the will disappears, and a diabolical plot is revealed! Tickets, Dinner and Transportation \$65 members, \$75 nonmembers. Transportation based on number of attendees. Hurry! Tickets sell out fast! Dessert and adult beverages extra.

Please tip your servers!

## 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.*

**Tuesday, September 4, Portillo's Greenwood  
Tuesday, October 2, The Brau Haus, Oldenburg**

### Lunch & More

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

**Monday, September 24, Buckheads, Jeffersonville  
with Schimpffs Candy Store Stop**

**Tuesday, October 23, Farmhouse Café and Brown  
County Art Studio Tour ( 2-3 stops)\***

*Accessibility may be limited at some stops.*

## SPECIAL EVENTS

### Travel Show!!

**You are invited to a  
very special preview  
of 2019 Motor Coach  
and International Trips.**

**Wednesday, October 3, 10:30am-noon**

Join Edie for the semi-annual reveal of upcoming adventures! Door prizes, discounts and light refreshments served. Please RSVP to MRC at 812-376-9241 or [travel@millracecenter.org](mailto:travel@millracecenter.org)



## TRAVEL

Saturday, November 17,  
8:30am-6:30pm

Christkindlmarket!  
Ferdinand, Indiana



Watch as this small Indiana town transforms into a Christmas Wonderland! We will take a motor coach down for the day and you will have free time to explore the hundreds of booths, vendors and food stands. Tours of the Monastery are available as well as all public buildings. Mobility required for this trip as it is semi-accessible. Free shuttles used for all in town transportation. Lunch on your own.  
\$45 members, \$55 nonmembers



**Purdue Holiday Show!**  
**Saturday, December 1**  
**9am-3:30pm**

Join us for a **SPECTACULAR** Christmas show with **brunch, great seats and motor coach transportation included!** Only \$95 members, \$100 non-members. Reserve your space by September 13 for main floor seating. This one sells out fast so act quickly!

Any reservations after September 13 are best seats available. \*Tickets are non-refundable.

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](mailto:travel@millracecenter.org) for more information



## 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](http://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](http://www.millracecenter.org)  
for all the details about renting  
Mill Race Center.**



# Six Dimensions of Wellness

## Come Eat Together

**Tues. October 16, at 11:30am**

Join us for a lunch together at **Zaharakos**. 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 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](mailto: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, Sept. 12 at 3:00 p.m.**

**Topic:** The Serious Health Threat of Sepsis: Prevention and Treatment

**Speaker:** Chris Newkirk and Cassie Boulduc from CRH

People who have lung disease often can also be susceptible to coming down with lung infections, and that may lead to sepsis. This presentation will teach people to be aware of the signs and symptoms of sepsis, and what they can do to avoid it.

The Better Breathers Club support group is for adults with lung disease like COPD, pulmonary fibrosis or lung cancer. Led by a Respiratory Therapist & Registered Nurse, these meetings provide an opportunity to learn ways to better cope with lung problems while getting the support of others who share similar experiences. Club membership is **FREE** and no registration is required. For more information, please feel free to call (812) 376-5793.

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

Mill Race Theatre Company Presents...

# Crimes of the Heart

September 27, 28, & 29 @7:30pm



**Location—Mill Race Center**  
**Presale Tickets \$12 Adult/\$10 Seniors**  
**Day of Show \$15 Adult/\$12 Seniors**  
**Purchase at Mill Race Center or**  
**online: [www.millracecentre.org](http://www.millracecentre.org)**

## Joan Percy Award Winner Reception



**Senior Citizen of the Year**  
**Friday, September 14**  
**2:00pm in the Lounge**

*The winner will be announced and lite refreshments will be offered.*

## AARP Driver Safety Class

**October 4 from 12-4pm**  
**\$15 AARP Member**  
**\$20 Non AARP members**




**Driver Safety**

Class will cover:  
 Current rules of the road  
 Defensive driving techniques, operate your vehicle safely,  
 effects of medications on driving, and new technologies used  
 in cars. **Register at MRC business office.**

## Family Support & Hope Group

**Thursday, Sept. 27; 5:30-7:00pm**  
**Thursday, Oct. 25; 5:30-7:00pm**



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.

## CAREGIVER SUPPORT GROUP

**Every 2<sup>nd</sup> Thursday of the Month; Cost: Free** 

**Mill Race Center- Just Friends Entrance**  
 Meets every 2<sup>nd</sup> 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**



## Arthritis Foundation Program

# Walk with Ease

**Mon./Wed./Fri. – 10:00 - 11:00 AM**  
**Sept. 24-Nov. 16 at Fair Oaks Mall**  
**Fee: \$15 includes book**







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





Improve your help and get encouraging motivation with the **FREE Get Walkin'** program.  
**Register by September 21 starts September 24**  
 Sign-up using Eventbrite at <https://bit.ly/2M6qHqQ>

## Pickleball

**FREE!**



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!



## Cribbage

Second Tuesday each month at 12:30 in the conference room.

**NEW**



## Card Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Friendship Bridge</b> 1:00-4:00pm <b>Beginner Bridge Lessons</b> Interested call Claire (812)342-9983	<b>Euchre</b> 5:00-7:00pm	<b>Hand &amp; Foot Beginner</b> Rosemary Sager (812)390-7665 12:30-3:30pm	<b>Duplicate Bridge</b> 1:00-4:00pm (MP2)	<b>Euchre</b> 1:00-4:00pm
			<b>Pinochle</b> 1:00-4:00pm	



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](mailto:lboas@millracecenter.org).



# Aging Well!

Six Dimensions of Wellness: How They Fit ME!

**Current classes that I want to try/attend:**

• **Physical Wellness:** \_\_\_\_\_

• **Vocational Wellness:** \_\_\_\_\_

• **Spiritual Wellness:** \_\_\_\_\_

• **Social Wellness:** \_\_\_\_\_

• **Intellectual Wellness:** \_\_\_\_\_

• **Emotional Wellness:** \_\_\_\_\_

## 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
<b>8-10</b>	<b>Breakfast (\$)</b>	<b>LOB</b>
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
<b>5-7</b>	<b>Ballroom Dancing</b>	<b>MP2</b>
<b>5-7</b>	<b>Square Dancing</b>	<b>MP3</b>

## Tuesday

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

## Wednesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
<b>8-10</b>	<b>Breakfast (\$)</b>	<b>LOB</b>
<b>8-Noon</b>	<b>Chair Massage (\$)</b>	<b>LOB</b>
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
<b>8-10</b>	<b>Breakfast (\$)</b>	<b>LOB</b>
8:30	Happy Helping Hands	AR
9:00	Shopping	See Pg. 4
9:00	Senior Swim*	FFY
<b>10:00</b>	<b>Tai Chi (\$)</b>	<b>MP1</b>
10:00	Ladies Coffee	LO
	(3rd Thurs)	
1:00	Duplicate Bridge/Pinochle	MP2
1:00	Woodshop	WS
4:00	Bereavement Group	LO
	(3rd Thurs)	
<b>4:00</b>	<b>Reflexology</b>	<b>CNR</b>
<b>5-7</b>	<b>Ballroom Dancing</b>	<b>MP2</b>

## 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 <b>BOLD</b> have registration fee.	
\$ indicates drop-in fee available.	

## ACTIVITY HIGHLIGHTS


### September 6

Birthday Party, 1:00pm 

### September 7

Welcome Breakfast, 9:30am 


### September 10

Movie, 2:00 & 4:30pm 

### September 14

Joan Percy Award, 2:00pm


### September 20

Bereavement, 4:00pm 


### September 24

Movie, 2:00 & 4:30pm 

### September 27

MRC Connect, 10:00am   
 Artcraft Theatre Movie, 12:40pm  
 Game Night, 4:00pm  
 Family Support and Hope Group, 5:30pm

### September 27, 28 & 29

Crimes of the Heart, 7:30pm 


### October 1-30

CLUE! 


### October 2

Tea Blends Part 2, 1:00pm


### October 3

Travel Show, 10:00am   
 Fish Fry, 6:00-8:00pm

### October 4

Birthday Party, 1:00pm   
 AARP Class, 12-4:00pm


### October 6 & 7

Quilt Show, 


### October 12

Welcome Breakfast, 9:39am 

### October 8

Movie, 2:00 & 4:30pm 

### October 10

Lunch and Laughter, Noon 


### October 14

 Silver Tones Concert,

### October 19

Celebration of Life, 2:00pm 

### October 22

Movie, 2:00 & 4:30pm 

### October 25

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

### October 26

 Afternoon for Arts, 2pm

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

Visit us at [www.millracecenter.org](http://www.millracecenter.org)



MRC will be closed  
 September 3, 2018.



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