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!

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
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

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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 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.
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.

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)

Call Mill Race Center to register at (812) 376-9241.

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.

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**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.

**We Appreciate Our Volunteers!**

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**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

**QUILT SHOW MINI CLASSES**
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.

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**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:

---

**Aging Well Guide**
Interested in becoming an Aging Well Guide for Mill Race Center?! Contact Leah at MRC or lboas@millracecenter.org
This is Where You Belong: 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 were 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.

2019 Medicare Open Enrollment
October 15th - December 7th
Medicare open enrollment begins October 15th and lasts through December 7th. 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 27th. 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 27th, availability may be limited due to demand. When meeting with a SHIP Counselor, please bring your Medicare card and a complete prescription drug list.

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.

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 ofquilting. The meetings offer information and instruction in quilting and quilting techniques given by Guild members and guest presenters.

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

More information: Judy Kiesow at 812-374-6135, or Judyk2310@gmail.com.

Monday Morning Quilting With Friends
8:00am-12:30pm
Do you like to sew or quilt? Would you like to learn? Join us each Monday for a mini quilting/sewing day. Bring those projects that need work and join us as we sew and encourage each other to finish projects. Don't know how to sew but have a sewing machine or want to sew by hand? Join us and we will help you. Free to MRC members.

Contact Judy Kiesow at 812-374-6135 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

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.

Scarecrow Bottle

September 25 at 2:00 pm
Cost: $8 per person
Make 2 scarecrow bottles for fall décor. All supplies included.

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.

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.

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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.
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.

Random Acts of Kindness Club
Tuesday, Sept. 18 & Oct. 16
Meeting at 1:00pm; FREE
Let’s find JOY in the journey together.

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.

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.

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 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.*
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  

“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
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.

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

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.

Celebration of Life
Friday, October 19 at 2:00pm
Honoring members who have passed away this year.

Quilt Show
October 6-7
At Mill Race Center
$5 per day
Watch, learn and be inspired!
Sponsored by: Silver Oaks Health Campus
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

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**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.

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**October 10th at Noon**
**Lunch: $5 members**
**$10 non-members**
Make reservations at the MRC business office. Doors open at 11:45am.

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**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

September 10
Crooked House

September 24
On Golden Pond

October 8
Won’t You Be My Neighbor

October 22
Overboard
A Vegetarian World

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

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.

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 Roese MD
Vascular Surgeon at Southern Indiana Surgery

Dr. Roese 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.

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*
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.

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.

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**Six Dimensions of Wellness**

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**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 or by email kn4073@comcast.net

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**Saturday, 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

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

At Mill Race Center

Tickets in advance: $5M/$9NM

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

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**Silver Tones**

**MAY THE FOREST BE WITH YOU**
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
$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

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

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

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

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

Merry Christmas

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.

Mill Race Center is located at the north end of Mill Race Park, a beautiful national award-winning park in southern Indiana. Our 4,000 square foot Multipurpose Room and Terraces feature attractive views of a fountain in a nearby lake as well as the park. The multipurpose room has a capacity of 350 Theatre Style, and 225 Banquet Style. A caterer’s warming kitchen opens into the Multipurpose Room and is available to any licensed and properly insured caterer. You will find the rental policies, the rental application and frequently asked questions listed on our website.

Visit our website www.millracecenter.org for all the details about renting Mill Race Center.
Come Eat Together
Tues. October 16, at 11:30 am
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.

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!

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 or judyk2310@gmail.com for additional information
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.

CAREGIVER SUPPORT GROUP

Every 2nd Thursday of the Month; Cost: Free
Mill Race Center - Just Friends Entrance
Meets every 2nd Thursday of the month and is open to anyone caring for an adult. Care for loved ones is provided by Just Friends Adult Day Services. RSVP to Jayme: 812-372-6415.

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

AARP Driver Safety Class

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

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

Joan Pearcy 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.

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.

Improving 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
### Card Schedule

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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.

**Pinochle**

1:00-4:00pm

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

**Euchre**

1:00-4:00pm

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.

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1:00-4:00pm

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

### 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:**
  
  __________________________________________________________________________
  
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- **Intellectual Wellness:**
  
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- **Emotional Wellness:**
  
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<table>
<thead>
<tr>
<th>My Aging Well Schedule!</th>
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<tbody>
<tr>
<td><strong>Monday</strong></td>
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<tr>
<td>Thursday</td>
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Mill Race Center (812) 376-9241 • www.millracecenter.org
Monday
Open Billiards BL
Open Jig Saw Puzzle Table LOB
8-10 Breakfast ($) LOB
8:30 Body Motion MP2
9:00 Golden K Board CCR
8:00 Quilters AR
10:00 Golden K MP2
1:00 Mahjong AR
1:00 Drum Practice CR
1:00 Hand & Foot MP2
1:00 Friendship Bridge MP2
12:30 Lasting Impressions MP1
5:00 Silver Tones MP1
5-7 Ballroom Dancing MP2
5-7 Square Dancing MP3

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

Wednesday
Open Billiards BL
Open Jig Saw Puzzle Table LOB
8-10 Breakfast ($) LOB
8-Noon Chair Massage ($) LOB
8:30 Volleyball FFY
8:30 Body Motion MP2
10:00 Woodcarving Class WS
10:00 Art Class AR
10:00 Crafty Fingers LO
11:30 TOPS CR
12:30 Hand & Foot MP2
1:00 Scrabble AR
1:00 Reader’s Theater CR
1:00 Bid Euchre/Pinochle LO
4:00 Beg. Line Dance MP2
5:30 Pickleball MP2
6:00 Couples Dance AR
(1st & 3rd Wed)
5:30 Bible Study CR
5:30-7 Pickleball MP2

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

Friday
Open Billiards BL
Open Jig Saw Puzzle Table LOB
8:30 Body in Motion MP2
8:30 Volleyball FFY
10:00 Line Dancing MP2
1:00 Mahjong AR
1:00 Euchre MP2
1:00 SCS Investment Club(2 Fri)
12:30 Lasting Impressions MP1
12:30-3:00 Pickleball MP2
1:00 Senior Scribes AR

Saturday
8:30 Senior Swim* FFY
8:30-11:30 Pickleball MP2

ACTIVITY HIGHLIGHTS
September 6
Birthday Party, 1:00pm
September 7
Welcome Breakfast, 9:30am
September 10
Movie, 2:00 & 4:30pm
September 14
Joan Pearcy Award, 2:00pm
September 20
Bereavement, 4:00pm
September 24
Movie, 2:00 & 4:30pm
September 27
MRC Connect, 10:00am
Aracraft 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
Fis Fly, 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
Welcome Breakfast, 9:39am
October 10
Movie, 2:00 & 4:30pm
October 14
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

AR = Art Room
CL = Computer Lab
CR = Conference Room
CR = Classroom
FC = Fitness Center
LO = Lounge
MP = Multipurpose Room One
LO = Lobby
MP = Multipurpose Room Two
MP = Multipurpose Room Three
MR = Meeting Room
SP = Senior Products
WS = Woodshop
FFY = Foundation For Youth

* Senior Swim passes at FFY
$ indicates drop-in fee available.