



AGING WELL!

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

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

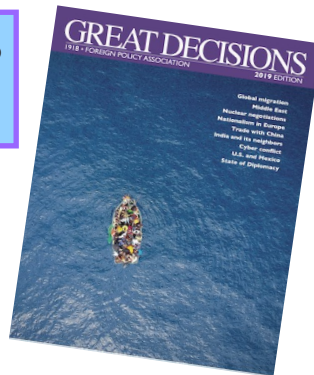
GREAT DECISIONS

February 28– April 25
6:30-8:00p.m.

GET READY
FOR

GREAT DECISIONS

Back by
Popular
Demand



8 week sessions February 28-April 25
6:30-8:00pm

Registration required with the MRC business office.
(No class the week of Spring Break March 21)

Space is limited

Program held at Mill Race Center

Fee: \$35 members/\$45 non-members

TOPICS for 2019

Migration, U.S. and Mexico, Cyber Security, Trade
with China, Nuclear Diplomacy, Overview of the
Middle East, Rising Populism in Europe, and The
State of the State Department

PREPARE TO DISCUSS THE WORLD.



A Vegetarian

WORLD

All New Vegetarian Cooking Series

See page 16 for details!



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



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

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

Work expands to fill the time available for its completion. You may know this proverb as *Parkinson's Law*. This interesting statement was made by Cyril Northcote Parkinson, the famous British historian and author, back in 1955 – first appearing as the opening line in an article for *The Economist*.



People may not be as familiar with the corollary to the law: **“Activities and the number of participants will expand to fill the space available.”** (Actually, I just made that up, but play along for the sake of this article. And, since I made it up, I will name it the Facility's Law, in honor of our staff people who work so hard to set up rooms for all of the different events here at Mill Race Center.)

We can see Facility's Law in place throughout the Center. There was a major increase in membership when we moved into this building, and we have had several hundred new members join each year for the past several years. Most of our rooms are in use for much of the day, and we re-set them quickly between events, so that the next group can have the room for their scheduled meeting, recreational activity or class. Human nature is such that most of us like to have our own familiar surroundings on a consistent basis, and we usually don't respond well to change. While we are fully aware of this fact, we have to constantly balance the use of any given space with the number of people who will be participating, and any other groups who may be in the building at that time. This building is a shared space, and it requires flexibility from all of the people who use it. Fundraising events, special monthly or quarterly meetings or seasonal gatherings may disrupt the usual schedules. We also try to accommodate sponsors or community partners who may need meeting space, which is all part of being a good corporate citizen.

That means that classes or activities may have to be occasionally moved, or in very rare circumstances, cancelled. We appreciate your patience when your group or event is moved from the typical meeting space. We make every effort to inform members in advance, and we try to accommodate as many people as we can. Please know that if we move something from one room to another, we are doing so in an effort to make the best possible use of this facility. We can also discuss the law that states **“Our rarely-used stuff will expand to fill our available storage areas,”** but that will have to be the subject of another article...

Dan Mustard Executive Director

Mill Race Center will be closed on the following dates:

Closing at 5:00pm on November 21

November 22 & 23, 2018

December 24, 25, & 31, 2018

January 1, 2019

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Have a
NICE
DAY
(pass)



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

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



**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

Courtney Watkins, Aging Well Assistant, x 202



Philanthropic Corner

You recently received a letter about our annual campaign. If you have given a contribution to Mill Race Center, we thank you. Your generous donation helps us to “bridge” the gap in our mission to provide programs designed to enable social connections and opportunities for friendship and connections. Your generosity has a direct impact on the health and well being of our members as they age. Some alarming statistics about older adults include:

- Last year in Bartholomew County, **340 people over the age of 50 failed to reach the average life expectancy** of 77 years.
- Greater social connection is associated with a **50% reduced risk of early death**, and can **reduce the risk of dementia by as much as 50%**, and yet many seniors live in isolation.
- **Indiana ranks 51st among states and the District of Columbia for long-term health care services** for the elderly.

We are **Aging Well at Mill Race Center!** Your donation or pledge can be made online at <http://millracecenter.org>, or by completing a donation/pledge form available in the business office.



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)**

Sewers Needed!!

Sewers needed to do machine stitching. 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

**VOLUNTEERS
NEEDED!**



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: Larry Lewis 812-528-1656



**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 in business office for yarn.



VOLUNTEERS WANTED

NEWSLETTER ASSISTANTS

Needed to help assemble the newsletter for mailing. This is a great way to get connected and meet new people. Refreshments provided. We begin at 9:00am and usually finish at 11:30am. Come for an hour or stay the whole morning. We appreciate the help!! Contact MRC at 812-376-9241.

MEALS-ON-WHEELS Volunteer Drivers

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

BINGO CALLERS NEEDED

Tuesday from 1 to 3 pm
Volunteer once a month, or once every so often.
Call Dexter for more information at 812-376-9241.

MRC AMBASSADORS

MRC Ambassadors enjoy meeting people and getting to know them. They are helpful to our staff and members in a myriad of ways. From greeting folks as they walk through the door to helping prepare for an upcoming event, they add sunshine to everyone's day. Jan Meadows, (812) 374-4404 for details.

Aging Well Guide

Interested in becoming an Aging Well Guide for Mill Race Center?! Contact Leah at MRC or lboas@millracecenter.org



Volunteers Needed

Various volunteer opportunities are available at Camp Atterbury. Contact: Joann Benedetto (224)392-5626.

Your Help Needed!

MRC is collecting travel sized items for the USO. Drop items off in the office.

Needed:
Deodorant & Toothpaste



**We Appreciate
Our Volunteers!**



Give the gift of a
Mill Race Center
membership to your
friends for the
Holidays this 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.

Welcome! **MRC Welcome Breakfast**
Friday, Nov. 2; 9:30am
Friday, Dec. 7; 9:30am **FREE!**

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

Gratitude Wall

Take a few minutes each time you visit Mill Race Center and write on our gratitude wall in the lobby. This will be a space where you can give thanks to anyone or write something you are thankful for each day. November is a wonderful time to give thanks.



Total Brain Health Memory Level 1

Nov. 27– Dec. 20

Tuesdays & Thursdays

10 am-12:00pm

Cost: \$20 (scholarships available)

Total Brain Health

Memory is a unique

program designed to teach participants valuable memory strategies and how to rev up recall.



Look for Total Brain Health Memory Level 2 classes in the January/February newsletter.

Medicare

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.

NEW

Fall Garden Party

Thursday, November 14

Time: 10:30am

Cost: \$8/members & \$10 non-members

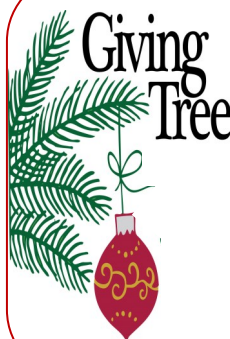
Join us for our Fall Garden Party, where we will be serving up a fresh cool weather produce brunch, sipping on hot seasonal beverages, and creating fall crafts together!

Required registration by November 9th

NEW



Be on the lookout for Courtney and Leah's next book club! Details will be in the January/February Newsletter!



The Mill Race Center Giving Tree will be in the lobby during the month of December. Tags will be placed on the tree and can be picked up and items returned to the business office. We greatly appreciate your support!



Evening Star Quilt Guild **Second Tuesday of each month,** **5:00-7:00pm (AR)**

The Guild is open to anyone interested in quilts and the art of quilting. The meetings offer information and instruction in quilting and quilting techniques given by Guild members and guest presenters.

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

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



Monday Morning Quilting With Friends **8:00am-12:30pm**

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

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



Art Class

Wednesdays from 10:00am-12:30pm
Watercolors, oils, acrylic, pastels. No previous art

Experience required.

Beginners: no supplies needed for your first visit. Holly will get you started on a project and advise on needed supplies.

FREE for MRC members.

For more information contact: Holly Melillo at 812-342-9650.

FREE!



create

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

Holiday Tree Bottle

Wed., Nov. 21 at 2:00 pm

Cost: \$8 per person

Come join us and make a Holiday tree bottle with lights for your Winter décor. All supplies included.

NEW



Wine Cork Christmas Tree

Wed., November 28 at 1:30

Fee: \$8 per person

What a unique holiday decoration this will be to decorate your house or give as a gift.

All supplies included.



Crafty Fingers

Wednesdays from 10:00-11:30am

FREE!



If you knit, crochet, needlepoint, cross stitch, sew or enjoy another craft project, bring whatever you are working on and work on it in the company of other

crafters and needle art enthusiasts. Group meets in the Lounge. For more information, contact Donna Rueff at 812-343-5540. Eleanora Schwartzman will be available to teach you how to crochet as part of the Crafty Fingers group.

Make & Take

Lotion, Bath Salts & Hand Scrub

December 5 at 1:30pm; in the Kitchen

Cost: \$10 for all 3 products

Interested in making your own or to give as gifts. Try this class and leave with your own three easy to make products and instructions. Take the time to pamper yourself with these three great products!



NEW

Canvas Snowman Ornament

NEW

Wed., December 18 at 1:30

Fee: \$2 per person

Shannon & Kelly will show you how to make this simple painted snowman on your own mini canvas. All supplies included.

Maximum: 12





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
Ball Room Dance 5:00-7:00pm (MP2)	Ball Room Dance 5:00-7:00pm (MP2)	Line Dance Beginner 4:00-5:30pm (MP2) <i>Moved to Art Room on 11/9 & 11/16</i>	Ball Room Dance 5:00-7:00pm (MP2)	Line Dance 10:00-11:30am (MP2)
		Couples Dance Club 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.



Mill Race Center is looking for one or two people to serve as lead bingo volunteers.

If interested contact Dan Mustard
dmustard@millracecenter.org



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, Nov. 20

No December Meeting

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 Nov. 21 & Dec. 5



Friday Afternoons - 12:00-3:00pm

Except Nov. 9, 16 and Dec. 7 & 14



Saturday Mornings - 8:30-11:30am

Except Nov. 10 & Dec. 8



**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



Morning Bible Study



Tuesday mornings 10:30-11:30am

In the Classroom; **Free**

Information: Virginia Houser, 812-579-5132

November: Wes Jones
Flintwood Wesleyan Church

December: Rev. Langdon
Retired from Little Blue River

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!

Information: Jan Meadows (812)374-4404

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.



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

November 13; 1:30 & 5:30pm:

Topic: How shocking events can spark positive changes. **By:** Naomi Klein

December 11; 1:30 & 5:30pm:

Topic: How can we design timeless cities for our collective futures. **By:** Vishaan Chakerarti

Woodworking Workshop

November 26-30

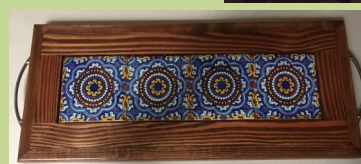
Prep for class meeting on November 19

Free instructional class (class will go shopping for their wood and purchase that on their own)

This instructional class will be taught in the woodshop with Ed Niespodziani. You will meet to select your project on November 19 and go purchase your wood. Ed will guide you through the process and explain it step by step. No experience necessary. Projects can be picked from what will be on display by the business office and from pictures below.



DON'T MISS OUT!





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



Silver Tones Christmas Sing Along Sunday, December 17 at 2:00pm

Get in the Holiday Spirit by joining with Mary Clark and the Silver Tones as they celebrate a fun-filled Christmas party and sing-a-long.

Don't be surprised if talented guests make special appearances and who knows?
The spotlight might even turn on you!

Refreshments will be served. We guarantee that even *humbug* folks who attend will be HO....HO....HO-ing all the way home!!



Channeling Christmas Favorites The Lasting Impressions on TV

Friday, December 7th, 2018 at 6:00pm
Saturday, December 8th, 2018 at 6:00pm
Sunday, December 9th, 2018 at 1:00pm

At

Mill Race Center
900 Lindsey street
Columbus, IN 47201

Sponsored by:



Buffet Dinner by:
Sadie's Catering
Tickets are \$20.00
each

Tickets are available at
Mill Race Center
812-376-9241
or from Cast Members at
812-376-6612



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**



November 12

Mamma Mia

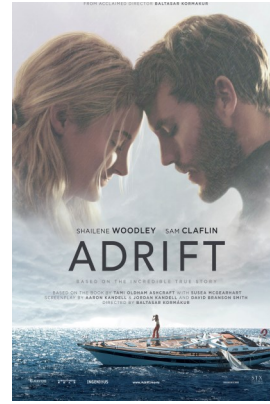
Here We Go Again **PG 13**



November 26

To Catch a Thief

PG



December 3

Adrift **PG 13**



December 10

**Chitty Chitty
Bang Bang** **G**

A Vegetarian

W  R L D

All New Vegetarian Cooking Series

A Vegetarian World

Thursday, November 29 at 1:00pm

Featuring: Holiday Appetizers

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

DON'T MISS OUT!

MRC CON Nect

DON'T MISS OUT!

FREE!

November 29 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

NEW

Betty Gray portraying Corrie Ten Boom

Corrie Ten Boom is a legend in our time. Corrie, along with her family, was imprisoned for the "crime" of hiding Jewish refugees in their home in Holland during WWII. This is the story of one woman who suffered in the Nazi Concentration Camps and lost everything, including her aged father and beloved sister, Betsy.



11:00-11:45am

NEW

Memoirs of a Travel Geek

Rev. Art Schwenk

A survey of interesting, unusual, and unexpected stories of travel with Herr Schwenk in the German speaking countries.



Sponsored by:

Voelz, Reed, & Mount, LLC

knowledge • experience • solutions

Member Mingle & Jingle

MRC Holiday Gathering

Friday, December 14th

at 2:00pm, Free

Entertainment featuring our own Dan Mustard along with Tom Lego. Gather together with friends and enjoy delightful holiday music and refreshments.

Sign-up in the Business Office.

LUNCH & LAUGHTER READERS THEATER



December 12th at Noon

**Lunch: \$5 members
\$10 non-members**

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

Sponsored by:



Wine, Cheese & Chocolate

*Save the
Date*



*A fundraiser to benefit Mill Race Center
Saturday, February 9 at 6:00pm*

Come taste the night away with your friends at Mill Race Center at our 2019 A taste of Wine, Cheese, and Chocolate at Mill Race Center.

With an array of wines, dozens of cheeses, and more bites of chocolate than you can imagine your taste buds will be in for a treat.

Whether a girl's night out, a date with your sweetie or an excuse to raise a glass with friends – A Taste of Wine, Cheese and Chocolate at Mill Race Center is the place to have fun while making a huge difference for older adults in our community.

Sponsored by:



National Geographic Gender Revolution Movie

**Thursday, November 1
5:30pm**

Free viewing and
open to the public. Featuring a
journey with Katie Couric

NEW FREE!



SAGE Table

**Thursday, November 8
11:30am-1:00pm**

NEW FREE!



An opportunity for LGBTQ and allied people to come together and share a free meal and conversation. SAGE Table is an event held throughout the country to promote a more age-friendly community, and to discuss ways we can strengthen it. Must register in the MRC business office by Tuesday, November 6 for meal preparation purposes.



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

November Birthdays: November 1 at 1:00pm

December Birthdays: December 6 at 1:00pm

January Birthdays: January 3 at 1:00pm



Reservations required by the day prior to the party. You are welcome to bring a friend.

Space is limited. **FREE** to MRC members and their guest!

Sign up at the MRC Business Office or call 812-376-9241.



Ladies Coffee

Meets the 3rd Thursday each month at 10:00am in the MRC lounge.

A wonderful way to meet new people and get acquainted with Mill Race Center. Coffee and snacks provided. Free to members.



Thursday, December 20 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!

**November 14th & 28th
December 12th**

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



The Historic
ARTCRAFT
Theatre

Thursday, December 6

Movie: *It's a Wonderful Life*

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



All Who Wonder Hiking Group

We take a monthly hike somewhere near Columbus and 5 to 21 day trips to areas all over the US. So far we have hiked the Cumberland Gap in Kentucky, Tennessee, and Virginia, the Hike Inn in Georgia, the Black Canyon of the Gunnison, Rocky Mountain NP,

Colorado, Monument Valley, North Rim of the Grand Canyon, Arizona, Bryce and Zion Canyons in Utah, the Black Hollingsworth, S Dakota, Glacier and Yellowstone National Parks in Montana and Wyoming, the Bitterroot Mountains of Idaho and are currently working on the Ice Age Trail in Wisconsin.

NEW hikers always welcome! No experience necessary! Contact Ed Niespodziani

at [812 552-3343](tel:8125523343) or by email kn4073@comcast.net



TRAVEL WITH MILL RACE CENTER

2018 MRC Travel and Tours

*All prices based on double occupancy, add \$75 for non-members, single, triple and quad rates available for most trips. Small deposit holds your spot on trip and is refundable up to date of final payment. Book early to avoid disappointment! Brochures are available for each trip. See Mill Race Center Travel department for more information. Insurance is also available on all trips at time of booking.



Grand Canyon, Las Vegas and the Hoover Dam

April 25-May 6, 2019.

11 nights lodging, 7 dinners and 8 breakfasts, Rte 66 museum, Coors Brewing Co. Tour, Petrified Forest and Valley of Fire National Parks, Will Rogers Hall of Fame and much, much more! \$1290 double occupancy.



The Outer Banks of North Carolina

May 19-24, 2019

5 nights lodging, 5 breakfasts and 3 dinners, Wild Horse Tour, Sightseeing Cruise, Wright Brothers Memorial, Bodie Island and Cape Hatteras Lighthouses and much more! \$959 double occupancy.

Niagara Falls and Toronto

June 3-7, 2019

Enjoy 4 nights lodging, 4 breakfasts and 4 dinners on this lovely trip to Canada. You must have a passport to travel north to see beautiful Niagara Falls, Niagara on the Lake and Tour Toronto, including the magnificent Casa Loma. Flowers, historic sights and even a cruise on the Hornblower included! \$619 double occupancy.



Ride the Rails! West Virginia.

June 24-27, 2019

Join us for 2 exciting train rides through the wilderness of West Virginia. Includes 3 nights lodging, 3 breakfasts, 1 lunch and 3 dinners plus an evening of entertainment. A fun and quick adventure for train lovers! \$739 per person double occupancy.

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.

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



Louisville Underground Christmas Light Show! Wednesday, December 12, 4pm-9pm

Leave Mill Race Center in a large luxury motor coach stopping on the way for a delicious dinner included with your fee! We will enjoy your favorite Holiday music as we tour the miles of underground caverns decorated for the Holiday Season.

\$65 member, \$75 non-member. Deadline to register December 1.

MRC LUNCH BUNCH & MORE



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

Monday, November 5, Grays Cafeteria

Friday, December 21, meet at Mark Pi's 4pm
* no charge for transportation

Lunch & More

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

Monday, November 12, Garrison Restaurant and Indiana Military Veterans Hall of Fame

Monday, December 17, Mystery Lunch and More!!

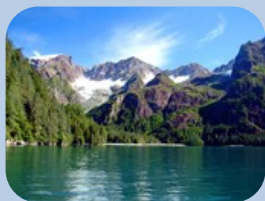
SPECIAL EVENTS



Canadian Rail Adventure, Featuring the Calgary Stampede!

Join our hosts, John and Geneva Foster for an informative travel show by Collette World Travel on **Thursday, November 29 from 6:30-8pm**. We will have refreshments, door prizes and discounts on this much anticipated trip across the Canadian Rockies. Brochures available at MRC with dates and pricing.

TRAVEL



Collette Travel Show!!

Mark your calendars for a Collette Travel Show featuring Alaska, Land and Sea on **Tuesday, November 20, 1pm-3pm**. Brochures available now for May 2019 dates! Other travel dates available. Please RSVP.



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!

Contact: Edie Smith 812-376-9241x 215
or travel@millracecenter.org



Physical Wellness: Get moving...be healthy!

Social Wellness: Enjoy the company of others!

Spiritual Wellness: Find meaning in everyday!

Vocational Wellness:
Remain active, involved and productive!

Intellectual Wellness:
Avoid boredom...be productive.

Emotional Wellness:
Be optimistic in your approach to life!

TOPS Club

Wednesday 11:30am-1:00pm

Take Off Pounds Sensibly

For more information please contact Judy Sullivan at 812-375-1214 or check the TOPS website at www.tops.org.



Senior Swim

At Foundation For Youth

Tues., Thurs. & Sat.

from 8:30-10:00am

Purchase swim passes at FFY for \$5 per visit or they have special package pricing.

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



MILL RACE CENTER

R E N T A L S



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

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

Six Dimensions of Wellness

Come Eat Together **Upland Pump House** **Friday, November 30** **at 11:30am**

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.



The Better Breathers Club

Sponsored by Columbus Regional
Hospital and the American Lung
Association

Next Meeting: Wednesday, December 5
at 3:00 in Classroom



Topic: How To Have An Effective Cough

The Better Breathers Club is a support group 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 call Jennifer at 812-376-5793.

This will be our last meeting for 2018, and historically we have some extra fun and games at this meeting, so we hope to see many members and new comers too. Meetings for 2019 will be announced in the spring.

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

Relative Caregiver Support Group and Education



Are you a grandparent, great grandparent, or relative raising children? Need support? Then join Thrive Alliance at Foundation for Youth on November 13th and December 11th from 6-8pm. Education session and dinner takes place from 6-7pm, followed by support group from 7-8pm. Programming for youth is also provided.

Please RSVP for the November session by noon on November 12th and the December session by December 7th. RSVP by calling 812-372-6918 or by emailing contact@thrive-alliance.org.

BLIZZARD BAGS

In an effort to prepare for the inevitable snowy weather, Mill Race Center will be hosting a food/winter preparedness drive throughout the months of November-December. Donated items will be used to compile blizzard bags for homebound seniors on Meals on Wheels who are unable to receive their home delivered meals if inclement weather.

Items:

- Individual serving orange juices
- Peanut butter
- Cereal Bars
- Crackers
- Pretzels
- Granola Bars
- Protein Bars
- Canned Fruit (with pull top lids)
- Canned Meat or Fish (with pull top lids)
- Canned Vegetables (with pull top lids)
- Canned Soups, Stews, and Ravioli



Medicare Seminars
November 5 & 15 from 3:00-5:00pm
Ruth Hoffman
317-775-9319 TTY: 711




Family Support & Hope Group Now Meeting Quarterly Meeting: January 31 at 5:30pm

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 Truman 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 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. **Not meeting in December.**

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



Voelz, Reed, & Mount, LLC

knowledge • experience • solutions

Thursday, November 29 at 1:00pm

Watch for more details about the class to come through our weekly E-blast.

Register by calling (812)372-1303
www.voelzlaw.com

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
Friendship Bridge 1:00-4:00pm Beginner Bridge Lessons Interested call Claire (812)342-9983	Euchre 5:00-7:00pm	Hand & Foot Beginner Rosemary Sager (812)390-7665 12:30-3:30pm	Duplicate Bridge 1:00-4:00pm (MP2)	Euchre 1:00-4:00pm
			Pinochle 1:00-4:00pm	

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:** _____
- **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
8-10	Breakfast (\$)	LOB
8:30	Body Motion	MP2
9:00	Golden K Board	CNR
8:00	Quilters	AR
10:00	Golden K	MP2
1:00	Mahjong	AR
1:00	Drum Practice	CR
1:00	Hand & Foot	MP2
1:00	Friendship Bridge	MP2
12:30	Lasting Impressions	MP1
5:00	Silver Tones	MP1
5-7	Ballroom Dancing	MP2

Tuesday

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

Wednesday

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

Thursday

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

Friday

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

Saturday

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

AR	Art Room
CL	Computer Lab
CNR	Conference Room
CR	Classroom
FC	Fitness Center
LO	Lounge
LOB	Lobby
MP1	Multipurpose Room One
MP2	Multipurpose Room Two
MP3	Multipurpose Room Three
MR	Meeting Room
SP	Senior Products
WS	Woodshop
FFY	Foundation For Youth
*	Senior Swim passes at FFY

Items in **BOLD** have registration fee.
\$ indicates drop-in fee available.

ACTIVITY HIGHLIGHTS

November 1

Birthday Party, 1:00pm
Gender Revolution,
5:30pm



November 2

Welcome Breakfast, 9:30am



November 8

Sage Table, 11:30am

November 9

Veterans Day Program, 2:00pm

November 12

Movie, 2:00 & 4:30pm



November 14

Fall Garden Party, 10:30am

November 21

Holiday Tree Bottle, 2:00pm

November 26

Movie, 2:00 & 4:30pm



November 28

Wine Cork Christmas Tree, 1:30pm

November 29

MRC Connect, 10:00am
Vegetarian Cooking Class, 1:00pm

December 5

Make & Take, 1:30pm

December 6

Birthday Party, 1:00pm



December 7

Welcome Breakfast, 9:30am

December 3

Movie, 2:00 & 4:30pm



December 7,8,9

Lasting Impressions Christmas show



December 10

Movie, 2:00 & 4:30pm



December 12

Lunch and Laughter, Noon

December 14

Mingle & Jingle, 2:00pm



December 17

Silvertones Christmas Sing along, 2:00pm

December 18

Snowman Canvas Ornament, 1:30pm



December 20

Game Night, 4:00pm



Mill Race Center will be closed on the following dates:

Closing at 5:00pm on November 21
November 22 & 23, 2018
December 24, 25, & 31, 2018
January 1, 2019

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

Visit us at www.millracecenter.org





Mill Race Center
900 Lindsey St.
Columbus, In 47201

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

CURRENT RESIDENT OR

A large, empty rectangular box with a thin black border, intended for a return address label.

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