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

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

GREAT DECISIONS

February 28—April 25
6:30-8:00p.m.

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!

Join us for
Mingle and Jingle
Holiday Gathering
see page 16 for more 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
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

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.

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

**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 wheelchair transportation.

**Happy Helping Hands**  
Thursday mornings each week  
8:30-10:30am (Arts Room)  
**Sewers Needed!!**  
Leader: Willie Fields, 812-525-1553

**Golden K Kiwanis**  
Each Monday 10:00-11:00am  
Visitors are always welcome!  
Serving the children of the world! Changing the world one community and one child at a time.  
President: Larry Lewis 812-528-1656
**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.

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**MEALS-ON-WHEELS Volunteer Drivers**

Responsive 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.

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**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.

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**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.

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**AGING WELL GUIDE**

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

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**WE APPRECIATE OUR VOLUNTEERS!**

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**Volunteers Needed**

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

**Your Help Needed!**

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

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**MRC WELCOME BREAKFAST**

Friday, Nov. 2; 9:30am

Friday, Dec. 7; 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.

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**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.

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**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.
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.

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.

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

Total Brain Health Memory Level 2
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.

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

Giving Tree
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.

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

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

Contact Judy Kiesow at 812-374-6135 or judyk2310@gmail.com for additional information.
Art Class
Wednesdays from 10:00am-12:30pm
Watercolors, oils, acrylic, pastels. No previous art experience required. Beginners: no supplies needed for your first visit. Holly will get you started on a project and advise on needed supplies. FREE for MRC members. For more information contact: Holly Melillo at 812-342-9650.

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

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.

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.

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!

Canvas Snowman Ornament
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.

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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.

Mill Race Center is looking for one or two people to serve as lead bingo volunteers. If interested contact Dan Mustard dmustard@millracecenter.org

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-member. 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
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.

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 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

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.

Random Acts of Kindness Club
Tuesday, Nov. 20
No December Meeting
Meeting at 1:00pm; FREE
Let’s find JOY in the journey together.
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

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

“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
**SCS Investment Club**

**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.

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**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

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**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

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**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 Charkerarti

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**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 your 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.
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

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

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

Sponsored by:
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

November 12
Mamma Mia
Here We Go Again

November 26
To Catch a Thief

December 3
Adrift

December 10
Chitty Chitty Bang Bang
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

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
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
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.

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.

Sponsored by:
Voelz, Reed, & Mount, LLC
knowledge • experience • solutions
December 12th at Noon
Lunch: $5 members
$10 non-members
Make reservations at the MRC business office. Doors open at 11:45am
Sponsored by: Forefront Dermatology

National Geographic
Gender Revolution Movie
Thursday, November 1
5:30pm
Free viewing and open to the public. Featuring a journey with Katie Couric

SAGE Table
Thursday, November 8
11:30am-1:00pm
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.

Wine, Cheese & Chocolate
Saturday, February 9 at 6:00pm
A fundraiser to benefit Mill Race Center
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:
**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.

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**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.

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**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.

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**Game Night**
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!

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**Senior Scribes**
3rd Friday of each month from 1:00-3:00pm  
Barbra Heavner, 812-344-2644  
Janice Waltermire, 812-372-1707
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
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.

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

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**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.

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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!!**

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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

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

REN 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

- **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!
**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.

**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.

**Six Dimensions of Wellness**  
**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!**
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.

Relative Caregiver Support Group and Education

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

**Voelz, Reed, & Mount, LLC**

**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
### Card Schedule

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| 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 |

**Ping Pong**  
**Tuesday 1:00-3:00pm (MP1)**  
It is considered a “Brain Sport” by enhancing motor, strategy and long-term memory functions.

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

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

**MAHJONG**  
Every Monday & Friday  
1:00-3:00pm

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

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

**Pinochle**  
1:00-4:00pm

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

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### Monday
- **Open**
- Billiards
- Open
- Jigsaw Puzzle Table
- **8-10**
  - Breakfast ($)  
  - Body Motion  
  - Golden K Board  
  - Quilters  
  - Golden K  
  - Mahjong  
  - Drum Practice  
  - Hand & Foot  
  - Friendship Bridge  
  - Lasting Impressions  
  - Silver Tones  
  - Ballroom Dancing  
- **5:00**
  - Silver Tones  
- **12:30**
  - Lasting Impressions  
- **5:00**
  - Silver Tones  
-  **5:** Ballroom Dancing

### Tuesday
- **Open**
- Billiards
- Open
- Jigsaw Puzzle Table
- **8-10**
  - Breakfast ($)  
  - Senior Swim*  
  - Tai Chi ($)  
  - Bible Study  
  - Woodshop  
  - Bingo ($)  
  - Euchre  
  - Ballroom Dancing  
- **5:**
  - Ballroom Dancing

### Wednesday
- **Open**
- Billiards
- Open
- Jigsaw Puzzle Table
- **8-10**
  - Breakfast ($)  
  - Senior Swim*  
  - Tai Chi ($)  
  - Bible Study  
  - Woodshop  
  - Bingo ($)  
  - Euchre  
  - Ballroom Dancing  
- **5:**
  - Ballroom Dancing

### Thursday
- **Open**
- Billiards
- Open
- Jigsaw Puzzle Table
- **8-10**
  - Breakfast ($)  
  - Happy Helping Hands  
  - Shopping  
  - Senior Swim*  
  - Tai Chi ($)  
  - Ladies Coffee  
  - Duplicate Bridge/Pinochle  
  - Woodshop  
  - Bereavement Group  
  - Reflexology  
  - Senior Scribes  
- **5:**
  - Ballroom Dancing

### Friday
- **Open**
- Billiards
- Open
- Jigsaw Puzzle Table
- **8-10**
  - Body in Motion  
  - Volleyball  
  - Line Dancing  
  - Mahjong  
  - Euchre  
  - SCS Investment Club(2 Fri)  
  - Lasting Impressions  
  - Pickleball  
  - Senior Scribes  
- **5:**
  - Ballroom Dancing

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

### ACTIVITY HIGHLIGHTS
- **November 1**
  - Birthday Party, 1:00pm
  - Gender Revolution, 5:30pm
- **November 2**
  - Welcome Breakfast, 9:30am
- **November 3**
  - Make & Take, 1,30pm
- **November 4**
  - Welcome Breakfast, 9:30am
- **November 5**
  - Movie, 2:00 & 4:30pm
- **November 6**
  - Wine Cork Christmas Tree, 1:30pm
- **November 7**
  - Welcome Breakfast, 9:30am
- **November 8**
  - Movie, 2:00 & 4:30pm
- **November 9**
  - MRC Connect, 10:00am
  - Vegetarian Cooking Class, 1:00pm
- **November 10**
  - Make & Take, 1,30pm
- **November 11**
  - Welcome Breakfast, 9:30am
- **November 12**
  - Movie, 2:00 & 4:30pm
- **November 13**
  - Lasting Impressions Christmas show
  - Mingle & Jingle, 2:00pm
- **November 14**
  - Silvertones Christmas Sing Along, 2:00pm
- **November 15**
  - Snowman Canvas Ornament, 1:30pm
- **November 16**
  - Game Night, 4:00pm

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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
CURRENT RESIDENT OR

Note your Membership renewal date in corner of address label.