

Are You Aging Well?

The Six Dimensions of Wellness is an interdependent holistic wellness model that stresses the importance of wellness in all six dimensions of our lives; intellectual, spiritual, emotional, vocational, physical and social. In order for us all to **age well** we must give attention to each of these six areas. Kick-start your aging well adventure by focusing on this newsletter edition's dimension spotlight!



Dimension Spotlight: **Vocational Wellness**

The vocational dimension recognizes personal satisfaction and enrichment in one's life through work. At the center of vocational wellness is the premise that vocational development is related to one's attitude about one's work. Traveling an **Aging Well!** path toward your vocational wellness, you'll contribute your unique gifts, skills, and talents to opportunities that are both personally meaningful and rewarding.

Vocational wellness follows these **Aging Well!** tenets:

A person **Aging Well!** recognizes the importance to participate in vocational activities that are consistent with their personal values, interests, and beliefs.

A person **Aging Well!** strives to develop functional, transferable skills through structured involvement activities.



**New Business Office Hours
from 9:00a.m.-5:00p.m.**



DRUM CIRCLE

see page 13 for
all the details



MILL RACE CENTER R E N T A L S

See page 26 or our website for details.
www.millracecenter.org

From Your Executive Team

Five Years Down, Seventy Five (and more) to go

Mill Race Center is five years old. Our lease with the City of Columbus has a term of forty years with options to renew for another forty years. That may seem like a long time, but in reality, we have been operating in one form or another since 1956, and I am sure that the people who established Senior Center Services of Bartholomew County, if they were still with us, would be shocked at how quickly the time has gone. Even then, there was a vision for the future, and each subsequent member of leadership has expanded on the dream, while building on the foundation that has been established by so many volunteers, community partners, and staff.

The task before us now is to find ways to sustain the work of the Center, to ensure that the facility is available to several generations of seniors; not just those who currently participate in the wide variety of programs that we offer. Bob Pitman spearheaded a sustained effort to build a coalition of like-minded people who knew that Columbus was a community that would support a state-of-the-art senior center. The current executive team is committed to being good stewards of the legacy that we have been given, and in turn, expanding the vision.

The creation of the Pitman Institute for Aging Well is the next step in the long journey. The simplest explanation is this: Mill Race Center provides an opportunity for members to participate in activities that enhance and improve their social, physical, vocational, spiritual, intellectual, and emotional wellness. The Pitman Institute provides the opportunity to find and/or develop innovative courses for lifelong learning. Additionally, the Institute provides opportunities for research that measure the impact of our classes and activities on the health and wellness of participants, and in turn, to develop more effective programs. This information will directly impact the quality of our programming, and can also be shared with other aging professionals. It will help to create a cycle of constant improvement, and will carry Mill Race Center and the Pitman Institute well into the future.

We will not be here when Mill Race Center moves into a new phase in the year 2091, but we sincerely hope that the work that we are doing today will ensure that some form of this enterprise will still be serving the needs of the seniors of Bartholomew County well into a new century.

Notes

**Wireless Access at MRC
Requires a Password. The
password may be obtained
from the MRC front desk.**



**\$5 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 \$55 a year.

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Mill Race Center Staff

812-376-9241

Executive Team:

Cindy Chodan, Paula Herlitz & Dan Mustard

Liz Barriger, Accounting Clerk, x 207

Leah Boas, Comprehensive Wellness Program Coordinator, x 210

Debra Bray, Administrative Assistant, x 218

Kristy Carothers, Accounts Payable, x 222

Cindy Chodan, Program & Membership Director, x 209

Dexter Fravel, Lead Bingo Volunteer

Paula Herlitz, Development, x 206

Steve Hood, Facility Manager, x 216

Roberta Issacson, Membership, x 219

Jim Issacson and Roy Hendershot, Van Drivers

Jan Meadows, Ambassador Coordinator, x 299

Dan Mustard, Operations 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

Shannon Thalls, Member Services Manager, x 220

Rob Ellis, Elwood Senior Staffing, x 222

The Handyman Connection

We need YOU!

Retired.....got some time to share?

The Handyman Connection, is looking for volunteers willing to lend a hand with "handyman" projects for families and individuals in need in the Columbus Community.

Labor provided by volunteers, materials and parts will be purchased by the home owner. The homeowner must be available to help with the project (in whatever capacity they are able) to encourage "buy-in".

Expert handyman skills not required, just a passion for helping others. This is a great way for you to share your skills, learn new skills and make new friends.

To learn more contact Ed Niespodziani 379-4073 (home) or 812-552-3343 (cell), email kn4073@comcast.net.



Did You Know...

...that you can order Meals on Wheels for whatever days of the week work best for you.

...you can order the hot lunch or a hot lunch and a cold sack supper.

...there is no age restriction for Meals on Wheels.

...Meals on Wheels can meet special diets like low-salt, renal, ADA, etc.

...can be ordered easily by calling Mill Race Center 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. 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.



Golden K Kiwanis

Each Monday 10:00-11:00am

Serving the children of the world! Changing the world one community and one child at a time.

Visitors are always welcome!

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
Afternoon for Arts
Friday Night Live
Travel
Art Classes

All paid MRC programs
(Not for use at the fitness center)
Can be purchased at the Business Office or at our website under Join/MRC Bucks.

Happy Helping Hands

Thursday mornings each week

8:30-10:30am (Arts Room)

Did you know you can buy a PAL Doll for \$5! They will be great for Easter baskets!

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 Field, 812-525-1553



Spotlighting Vocational Wellness

VOLUNTEERS WANTED

NEWSLETTER ASSISTANTS

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



**We Appreciate
Our Volunteers!**

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. Contact Jan Meadows, (812) 374-4404 for details.

Community Ambassadors

To assist with hanging posters and delivering newsletters throughout the community.

BINGO CALLERS NEEDED

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

COOKING CLASS VOLUNTEERS WANTED!

DSI is looking for individuals who have a passion for cooking to help with their ongoing cooking classes. If interested contact Jolinda Whitlock at (812)376-9404 or email her at jwhitlock@dsiservices.org.



**Give the gift of a
Mill Race Center
membership to your
friends for their
birthday 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.



MRC Meet & Greet

March 17 at 6:00pm (Art Room)

April 15 at 10:00am (Art Room)

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. The session will last about an hour. Call and reserve your seat; (812) 376-9241.

AARP offers FREE Tax Assistance at Mill Race Center

Free Federal and Indiana income tax assistance and return preparation appointments will be available on Thursdays at MRC beginning February 4th. This service is available to taxpayers over the age of 60. Assistance will also be provided to those under the age of 60 with low to moderate incomes.



NEW this year... To schedule your appointment call 2-1-1 or 812-376-6666.

Knitting with Cathi

Makeup session for all classes: April 20 6:30-7:30pm



Knit a Beaded Bracelet

Monday March 21 6:00-8:00pm (1 session)

Class fee: \$25 members/ \$30 non-members



This little class is a great intro to knitting with beads. It's a fast and simple knit! A perfect gift for someone who "has everything". The class fee includes a kit with all supplies EXCEPT size 3 knitting needles. It's knitting, with a twist. And if you are

wondering...No, we won't be knitting with wire and Yes, you will most likely finish during class time! Advanced Beginner (minimal knitting experience)

Knit Socks!

Wednesday March 30 6:30-7:30pm

April 6 & 13 6:00-8:00pm

Class fee: \$30 members/ \$35 non-members

It has been said, "if you can knit socks, you can knit anything". It is true that a sock class is a great way to increase your knitting knowledge. Using size 4 Double Point Needles and knitted from the cuff down (one sock at a time) we will learn the traditional way to knit socks. Why knit socks, you ask? Because you can and if you have ever worn hand knitted socks you will be glad that you can! Class fee includes pattern, three sessions and one makeup session. Supply list will be available at registration.

Skills needed: Knitted or long tail cast on, knit and purl stitches, some pattern reading experience. **Skills learned:** Pattern reading, working short rows, picking up stitches, simple decreases, kitchener stitch (grafting) and SO MUCH MORE. Intermediate. (moderate amount of knitting experience)



Dye Your Own Yarn!...and then knit it into a masterpiece

April 4 and 11 6:30-8:00pm

Class fee: \$20 members/ \$25 non-members

All supplies included for this hands-on experience.

Week one: each student will dye a full hank of yarn (220 yards).

Week two: each student will knit a masterpiece! There will be variety of patterns to choose from including a felted bowl/basket, a felted wallet, boot toppers and more.

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. On Dec.1, 2016 the red scarves will be wrapped around lamp posts and trees downtown. Red scarves can be knit in different sizes and patterns. Knit scarves can be dropped off at MRC by November 25. Questions: call Sherry McKinney at 812-372-3936.



Spotlighting Vocational Wellness



Evening Star Quilt Guild
Second Tuesday of each month,
6:30-8:00pm (AR)

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

Dues are \$12/year for Mill Race Center Members and \$15/year for Non-members. Part of the dues money is given to support Mill Race Center. The Guild's service project is to make quilts for clients at Turning Point Domestic Violence Shelter. Guild members make 30-40 quilts annually for the children and adults there. More information: Carol Walp 812-343-8863, carol.walp@hotmail.com.



Friday Night Live
Just Dance!

April 15

7:00-10:00pm

**\$5/members &
\$10/nonmembers**

FEATURING:



Crafting with Kim

Join Kim Dillingham to create these new fun projects this fall. All supplies will be provided. Register at the business office. Samples will be on display in the lobby. Limited space for each class.

Sharpie Mug Craft

Thursday, March 24

3:00pm

Class fee: \$5

You've seen this idea on Pinterest, now try making it yourself. Easy project that you can design anyway you would like. Add color, messages or pictures to make your own special mug or plate.



Spring Wreath

Thursday, April 14

3:00pm

Class fee: \$10

Make a beautiful handcrafted butterfly spring wreath to add a splash of color to your front door.



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



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.



Coloring Café

Every Tuesday at 2:00pm, FREE

Books, colored pencils and coffee provided!

Adults around the country have picked up coloring books as a way to relax and unwind. Research shows that health benefits go beyond relaxation, and include exercising fine motor skills and training the brain to focus. Psychiatrist Carl Jung prescribed coloring to his patients to calm and center their minds. Join us to learn about this great emotional wellness activity and find the joy in coloring. Color Yourself...Calm! Or Happy!



Spotlighting Vocational Wellness



Ball Room Dance Classes

Monday & Thursday 6:00-8:00pm

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 6:00-8:00pm

This class is for couples ballroom dancing and to practice new steps (MP2). FREE to MRC members, \$5 per class/non-member Info contact: Karl & Uschi Wolff at (812) 342-9974.



Line Dance for Beginners

Wednesday, 4:30-6:00pm (MP2)

Come and give it a try! Instructor: Pat Hoard (812) 372-4905. 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



Rhythm in Shoes

Clogging

Monday evenings from 6:30-7:30pm

If you know how to clog, join Naomi Fleetwood-Pyle.

Fee: (drop in) \$5 paid to the instructor. Sign-up not required. Contact Naomi (812)343-3285.

It's for beginners, too! If there is enough interest a beginners clogging class will be offered at MRC.

Monday	Wednesday	Thursday	Friday
Ball Room Dance 6:00-8:00pm (MP2)	Line Dance Beginner 4:30-6:00pm (MP2)	Ball Room Dance 6:00-8:00pm (MP2)	Line Dance 10:00-11:30am (MP2)
Clogging 6:30-7:30pm (MP3)	Couples Dance Club (MP1) 6:00-8:00pm 1st & 3rd Wednesday		



FEATURING:



Friday Night Live Just Dance!

April 15

7:00-10:00pm

**\$5/members &
\$10/nonmembers**

Bodies in Motion

Class meets: Mon., Wed. & Fri. at 8:30 am (MP2)
FREE to MRC members

Body Motion is an exercise program designed to help participants reclaim flexibility and the variety of movement and strength that help make living more pleasurable. It is a motivating, pain-free physical fitness class for adults. Both men and women find it fun, encouraging, and refreshing for the body and mind, as well as comfortably challenging.

Reflexology @ MRC!

Reflexology is a healing art based on the premise that there are reflex areas in the feet and hands that correspond to all of the glands, organs, and parts of the body.



If a practitioner finds sensitive areas on your hands or feet, he/she should work them gently. Reflexology should be a pleasant, relaxing experience. Light touch will be just as effective as deep pressure because reflexology works nerves, not muscles.

Leslie Dyar, a certified reflexologist who received her training at I.U.P.U.I., is available for 30 and 60 minute sessions at the MRC on Monday and Tuesday mornings from 8:00-12:00 and Mondays from 4:00-8:00pm. All sessions are by appointment.

Prices are as follows:

30 minute session: \$20 for MRC members, \$25 for non-members. 60 minute session: \$40 for MRC members, \$50 for non-members. **To schedule your 30 or 60 minute session, call Leslie at: (317) 507-3224. Payment at session. Cash and checks only.**

"This is the most relaxed I've been in a long time." ~ client

Tai Chi/Chi Gung

**Morning & Evening
Classes Offered**

Tuesday & Thursday

Tai Chi is a low impact, slow moving, graceful Chinese exercise used to promote physical and mental health. Tai Chi combined with Chi Gung involves breathing deeply and slowly with repetition of fluid movement.



Classes meet on Tuesdays and Thursdays each month. Class is open to all levels. Sign up at the MRC Business Office or call (812)376-9241.

Instructors: Todd Wright - 5:30pm
Paula Howard - 10:00am

Monthly Cost: \$40 members, \$55/non-members

Come and try what millions of people have practiced for health and well being.



Chair Massage

Wednesday mornings, 8:00-Noon

Emily Patrick, CMT is a Certified Massage Therapist. The price is \$1 per minute with 10, 15 or 20 (max) minute sessions available.

Chair massage can help relieve physical and emotional stress, lower anxiety, increase circulation, reduce muscle fatigue, pain and tension, headaches and much more. You can sign up on the door outside the meeting room or by calling Emily at (812)344-9716.



Senior Volleyball

Wednesday and Friday mornings at 8:30am at Foundation for Youth
405 Hope Ave, Columbus

Spotlighting Vocational Wellness



Pickleball



Wednesday Evenings - 6:00-8:00pm



Friday Afternoons - Noon-3:00pm

EXCEPT the 4th Friday due to the Afternoon for The Arts series. Join us at 2:00 on the 4th Friday for live entertainment and delicious desserts.



Saturday Mornings - 8:30-11:30am

(except 3/19, 4/2 and 4/30)



Random Acts of Kindness Club

3rd Tuesday of each month
March 15 & April 19

Meeting at 1:00pm; FREE

Let's find JOY in the journey together. Spreading kindness here at MRC and out in the community. Let's be the reason someone smiles!



TED Talks

2nd Tuesday of each month

Meeting at 1:30pm

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. Join us!



March 8 at 1:30pm

Topic: Plants From Around The World And Their Secrets

April 12 at 1:30pm

Topic: Older People Are Happier

Sign up at MRC Business Office or by calling 812-376-9241. Group size for each session is limited to 18 participants. Facilitators: Ed and Terri DeVoe

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.

Bible Study

Tuesday 10:30-11:30am

In the Classroom

Information: Virginia Houser, 812-579-5132

March: Roy Hendershot, Walker Chapel

April: Dr. Bill Bailey, Parkside Baptist Church



MONEY SMART WEEK presents:

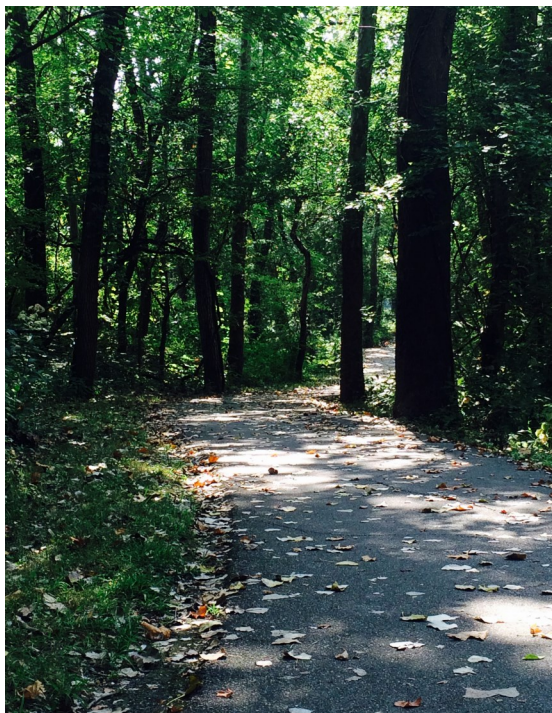
**Preventing Financial Abuse: Protect Your Pocketbook
Lunch and Panel Discussion**

Thursday April 28th 11:30-1:30 (lunch promptly served at 11:30)

Panel of Experts include an Elder Law Attorney, local law enforcement, Bartholomew Co Prosecutor, Adult Protective Services, JCB representative and other experts.

This is a FREE program thanks to the sponsorship of JCB Investment Management & Trust Services. Space is limited, reservations are required in advance. Sign up in the MRC business office or call 812-376-9241. For more information: Ellen Macy at JCB, 812-342-3228





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 and Jennifer Lowry.

"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 ext. 220

DRUM CIRCLE

April 7 at 3:45pm

Free/members

\$5/non-members

Registration required and limited seats.

We live in a world where stress and anxiety have become a major factor in compromising the health and well-being of people of all ages. We also live in a vibrational and energetic world in which the drum, voice and physical movement have an amazing impact on whole body wellness. A drum circle that is led by a trained facilitator has the capacity to enhance almost every aspect of the six dimensions of Wellness. **The practice of rhythm and movement using drums and percussion is a great way to help bring about a healthy state of mind and body....and its fun!**



MRC Woodshop

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

5:30-8:00pm (CL)

New participants welcome to attend. For information contact Larry Carter 812-372-1956.



Afternoon for Arts

Shows begin at 2:00pm

Live Entertainment & delicious homemade dessert.

\$5/MRC members & \$10/non-members
Call 812-376-9241

March 25

No Show/MRC Closed/Good Friday

April 22

**The Columbus North High
School Show Choir**

May 27

Tom Wright

June 24

**The Late Shift
Barbershop Quartet**

Shows sponsored by Miller's Merry Manor
Dessert sponsored by Bob & Helen Haddad and
made by Caryn Wiggins

Reservations required by the Tuesday
prior to the event. Call MRC to reserve
your seat (812)376-9241.



Saturday, April 9

Session Time One: 10:00-11:00am

30 minute refreshment break/passing period

Session Time Two: 11:30am-12:30pm

Pick 2 sessions to attend for Free!

Aromatherapy workshop

In this hands-on workshop you will receive a brief history on Aromatherapy, work with different grades of salts from all over the world, work with blending essential oils and understanding their amazing qualities and make your own salts for a mineral bath if time allows. Instructor: Kendra L. Moore, CMT

Author Adele Vincent shares

Dust on a Bowl of Roses

Adele Vincent began more than two decades ago her work on a murder mystery. The backdrop for the book is a real English garden. The main character is a middle-aged woman, newly widowed, who has spent most of her life traveling the world with her diplomat husband and returns home to find a body in the garden. Adele will talk about the writing process, why she came to write her book and will take questions. Viewpoint Books will be on hand to sell copies of Dust on a Bowl of Roses.

In the Kitchen

Learn the tricks and tips to making the best chocolate and peanut butter Buckeyes. Instructor: Leah & Kay Boas

Tech Help

1-1 tech assistance all morning with **CEHS National Honor Society students** providing 1-1 help. Setting up voicemail, sending attachments, retrieving messages, and anything else you would like to learn. Bring your phones, tablets, laptops and get the help you need!

Pickle Ball Workshop 2

Learn how to play this fun game. Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. **All equipment provided. Wear sneakers.**

Special MRC Travel Show

11:30-1:30pm (see page 20)

Voelz, Reed, & Mount, LLC

knowledge • experience • solutions



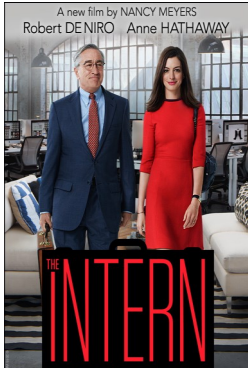
Spotlighting Vocational Wellness

FREE MOVIE SHOWINGS at MRC!

2nd Monday Newly Released Movie/4th Monday a Classic Movie



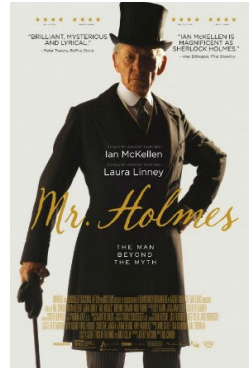
Movie starts at **5:30pm**. Free popcorn - Sponsored Griswold Home Care



March 14
The Intern



March 28
An Affair to Remember



April 11
Mr. Holmes



April 25
Sabrina

Volunteers Needed to Stuff Easter Eggs

March 22nd at 10:30am

Volunteers are needed to assist to stuff 6,000 Easter Eggs for the 57th annual Community Easter Egg Hunt held at Donner Park on Saturday, March 26th at 10:00am.



Volunteer Appreciation Day

Friday, April 15 at 2:00pm

VOLUNTEERS KEEP US AFLOAT!

An afternoon of fellowship and root beer floats. All volunteers for MRC welcome to attend, please call (812)376-9241 to RSVP.



We've Got an App for That!



Learn more with 1-on-1 tutoring on applications, or APPS that transform your smart phone or tablet computer into the world's most versatile pocket tools. 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.



One on One Training FREE for MRC members

Tutors are available to meet with you 1 on 1 to help you with your technology devices (cell phones, smart phones, APPS, Ipads, tablets, lap tops, Kindles, Nooks, etc).



To schedule an appointment with a tutor, please stop by the front desk and Karen can assist you. Email Karen at karen@millracecenter.org

**Call out for those interested
in clown college at MRC!**

**Call the business office at
(812)376-9241 to be placed
on the list. Always looking
for volunteers to join the
MRC clowns.**



GRANDbuddies

GRANDbuddies is a multi-dimensional, intergenerational program that pairs adults aged 50+ with children ages 8-12 for the purpose of promoting a healthy lifestyle.

GRANDbuddies will kick-off this summer thanks to a collaboration between Mill Race Center and Boys and Girls Club of Foundation for Youth! This is a six week program, that will take place once a week. The sessions will alternate between meeting at Mill Race Center and Foundation for Youth. Each meeting will be full of valuable information and fun interactive activities!

If this program is of interest to you, please fill out a GRANDbuddies application located in the Mill Race Center business office or contact Aging Well Coordinator, Leah Boas by phone at (812) 376-9241 ext. 210.



Academy of Lifelong Learning at the Pitman Institute
Check the website for upcoming programs and
classes www.pitmaninstitute.org

Spotlighting Vocational Wellness



Sharing your passion is a great way to remain vocationally well!



Explore the Universe



April 20 at 6:00pm

Visit the Columbus East L.S. Noblitt Planetarium and see the night sky like you have never seen before. MRC member Bill meets his need for vocational wellness by sharing his passion with you at the Planetarium. Join us as we fly through space, land on Mars, or explore other galaxies. Meet at Columbus East High School. Directions will be given when you register. Registration required. The program will begin at 6:15pm sharp so plan to arrive early.

Book Studies with Shirley A. Lyster

April 4-May 2, 1:00 -3:00

October 3-31, 1:00-3:00

Shirley shares her passion of literature and lifelong learning.

April will begin with the study of Harper Lee's *To Kill a Mockingbird* followed by an October study of *Go Set a Watchman* by Harper Lee.

Interestingly, Lee wrote *Go Set a Watchman* first, but her publisher refused it and told her to write the story of Scout from first person point of view. *To Kill a Mockingbird* has been and is at the forefront of American literature.

Sign up at MRC business office or call 812-376-9241
Books are available at Viewpoint (remind him of our discount)

Optimize Your Vocational Wellness!



Vocational wellness is all about enhancing personal satisfaction and enrichment in one's life through work. At the center of vocational wellness is the premise that vocational development is related to one's attitude about work, and the unique contributions that individuals can make by utilizing their gifts, skills, and talents. **For optimal vocational wellness individuals should: explore a variety of volunteer options; create a vision for your future; choose activities that suit your personality, interests, and talents; and be open to change and learning new skills.**

In an effort to help individuals reach their optimal vocational wellness, Mill Race Center will be hosting a volunteer fair and a find your passion fair.



Find Your Passion Fair!

March 29 from 1:00-3:00pm

Leisure-time vocations are vital to your vocational wellness! Don't have any leisure-time vocations? Are you looking for a new passion or hobby to help maintain your vocational wellness? **Join us to find your passion.**



Volunteer Fair

April 6th from 11:00am-1:00pm

Find out about volunteer opportunities available at the center and at organizations throughout the community!

Passion for Photography

Week of March 28 (lounge)

Ron Arnold shares his passion for photography artwork his work will be on display in the lounge. He can answer questions and share his passion with you at the Passion Fair on March 29.



LUNCH & LAUGHTER
READERS THEATER

Variety Of



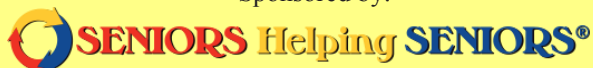
In III Acts

April 13, 2016 at Noon

Lunch: \$5 per person in advance

Make reservations at the business office.

Sponsored by:



Silver Tones

Join the Silver Tones of Mill Race Center

We welcome new MRC members!

Practice: Mondays 5:00-6:00pm (MP 1)

Share your voice with the world!

Director: Mary Clark, (812)342-9324



The Lasting Impressions



MILL RACE CENTER

A song, dance and drama performance troupe.

All MRC members welcome.

Practice: Monday & Friday

12:30-3:30pm (MP1)

Information contact: Donna Browne, (812)-376-6612.

save the date!

March 18 & 19 at 7pm
March 20 at 2pm
at Mill Race Center

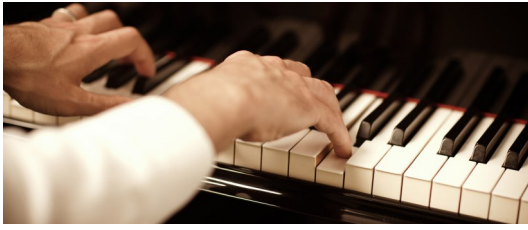
The odd couple

presented by
Mill Race Theatre Company

Tickets go on
sale March 1st
Admission
\$12 for adults
\$10 for students
& Mill Race
Center Members



Spotlighting Vocational Wellness



Piano For The Adult Beginner

Is Learning to Play the Piano on your Bucket List? Piano Fun for Adult Beginners is a recreational music making (RMM) method that is fun, relaxing, and designed for group instruction. The instruction book comes with a CD that has two accompaniment tracks (slow or medium tempo) for your enjoyment. Learn to read music while having fun with

your friends. This hour long class will incorporate music theory, ear training, and games to reinforce note learning. Keyboards will be provided for in-class use.

Classes for beginners and continuing students now forming. Choose from daytime or evening classes.

4 Week Session Fee: \$80/members and \$90/non-members + \$10 for instruction book, which will be purchased from the instructor on the first day of class. Enrollment limited to 3 minimum and 5 maximum for each session.

Instructor: Pat Anderson comes to Mill Race Center with 33 years of experience teaching piano. She is new to Columbus, from Raleigh, NC, where she was a member of a national piano teacher's association and is a certified group piano teacher.

For more information and to register, call Pat Anderson at (919) 630-3773 or email panderson47201@comcast.net.

TRAVEL WITH MILL RACE CENTER

2016 MRC Travel and Tours

*All prices based on double occupancy, add \$50 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! Call for brochure or details for each trip you are interested in booking.



New York City May 19-25. Central Park, Rockefeller Center, The Statue of Liberty, The 9-11 Monument and so much more await on this guided tour of one of America's most exciting cities. Includes 6 nights lodging, transportation, 6 breakfasts and 4 dinners. \$798 pp member double, \$1067 pp single member price. Register by March 10.

Beautiful Maine June 2-12. Portland, Kennebunkport, Boothbay Railway Village, Pineland Farms and more. Guided tours, lighthouses, lobster dinner, Victorian mansions and quaint seaside villages and more! Includes 8 nights lodging, motor coach transportation, 6 dinners and 8 breakfasts for \$860m, \$910 nm double occ. Register by March 28.



John Deere Adventure July 17-22. Our adventure starts on a luxury motor coach to St. Louis for an overnight stay, Budweiser Tour and Cardinals Baseball game. We will head west to Iowa to visit the John Deere Museums and historical sites. We will visit The Amana Colonies for a full day of exploring this interesting village. All of the John Deere sites and museums are included on this trip including those in Des Moines IA, Dixon and Moline IL. \$1375 per person double occupancy includes: 5 nights hotel accommodation, 5 breakfasts, 1 lunch, 4 dinners all admission to museums and tours, tickets to Cardinals game.

MARK YOUR CALENDERS FOR Special Travel Show on Super Saturday, April 9, 11:30am-1:30pm. Trips Featured are Italy, Albuquerque Balloon Festival, European Holiday Markets, John Deere Adventure, Chicago, Savannah Holidays and Girlfriend Spa Cruise!

Spotlighting Vocational Wellness

SHOWS and SPECIAL EVENTS

Derby Dinner Theater - Friday, April 1, 2016 Leave MRC at 4:30pm return at 11:30pm
NEW REDUCED PRICE FOR 2016! \$69 member \$79 non-member, includes great seats, wonderful meal and transportation. *Please let us know if you need transportation to or from MRC. (small additional charge) Sign up by March 11 by calling 812-376-9241 or in person at bookkeeping office.

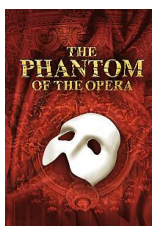
Cincinnati Flower Show - Friday, April 15. Join us as we enjoy a taste of Spring at the largest flower show in the Mid-West. \$45m/\$55nm Includes transportation and admission ticket 8am-6pm



Book of Mormon - Sunday, April 17, 10:30am-4:30pm, Old National Center (Murat) All Tickets \$140 m/\$150nm include main floor seating, transportation and lunch or dinner. Adult beverages not included. **ADULT CONTENT!**

ALL NEW STAGE PRODUCTION of the PHANTOM!

Thursday, May 5 10:30am-6pm, Old National Center (Murat) All Tickets \$140 members, \$150 nonmembers includes main floor seating, transportation and lunch. Adult beverages not included.



FABULOUS DAY TRIPPERS!

New Day Trips to interesting locations offered every month! First 18 to sign up each month get to go! Deadline to register; the Wednesday before each trip. **Each Day Tripper adventure priced individually based on cost/admission fees, lunch not included.**

Tuesday, March 22 President Benjamin Harrison Adventure. Visit his home in Indianapolis and see his final resting place during a tour of Crown Hill Cemetery. \$45m/\$55 nm, lunch on your own at an historic site.

Wednesday, April 20, Jungle Jim's and the American Sign Museum, Cincinnati. See the largest collection of vintage and unique signs in the Midwest at this original museum plus a visit to our favorite grocery store! Small coolers or refrigerator bags for those special purchases recommended. Some cooler bags will be available for purchase. \$47m/\$57nm includes admission to the museum and transportation.



Tuesday, May 17, Explore the history of flight on this adventure through the Midwest. We start in Columbus at the aviation museum and move on to the Wilber Wright homestead museum in New Castle. We finish the day at the Dayton, Ohio Interpretive Center which showcases the Wright Brothers print shop and prototype of the first airplane and flying school at Huffman Prairie. This trip will leave at 9am and arrive back at 7pm. We will be stopping for lunch and an afternoon snack (not included in pricing). \$55 m, \$65 nm.

MRC LUNCH BUNCH

Lunch Bunch

Monthly trips to local joints for food and fellowship. Mondays - 10:30am-1:30pm \$5m/\$7nm transportation only

Tuesday, April 5, Flower Barn
Monday, May 9, Mayberry Café



New for 2016 Lunch and More!

Monthly expeditions to lunch, plus a bit of extra fun. Tuesdays - 10:30am-3:30pm \$10m/\$12nm transportation only.

March 29, The Seasons Lodge and Lil Nashville
April 12 Athenaeum Turners and Mass Avenue
May 12, Jason's Deli, Indy plus Mystery Stop

CASINO TRIPS



All trips cost \$25 per person. Transportation based on number of paid passengers. Trips leave MRC at 9am return at 5pm. Any offers of free play, points, food credit

etc. are not guaranteed or offered by MRC. Each casino has special offers for the dates selected if you become or are already a member of their rewards system. You must have a valid identity card to attend these functions. Sign up begins Monday, January 11, 2016.

Monday, April 4

Hoosier Park in Anderson

Tuesday July 12

Rising Star in Southeastern Indiana

Also Overnight Casino Trips* for 2016

FOXWOOD Casino in Connecticut, June 26-30

Tunica and Memphis, September 20-23

*See Travel Office for more information and rates



For up-to-date 2016 trip information please contact Edie Smith, Mill Race Center Travel Coordinator at (812) 376-9241 or send email to: travel@millracecenter.org.



Take A Hike with MRC Hiking Group

NEW hikers always welcome! No experience necessary! Call Ed Niespodziani at (812)379-4073 or (812)552-3343 for details and dates to join the fun!

TOPS Club

Wednesday 11:30am-1:00pm (CR)

Take Off Pounds Sensibly

For more information please contact Judy Lemley at 812-372-3241 or check the TOPS website at www.tops.org.

Senior Swim

At Foundation For Youth

Tuesday, Thursday and Saturdays from 8:30-10:00am.

Purchase swim passes at FFY for \$5/visit for non-members of FFY. Become a FFY member for \$25/year and receive discounted passes. 30 visits/\$75, or 50 visits/\$100.

For more information call FFY at: 812-348-4558.



Diabetes Information Sessions

2nd Thursday of each month from 3:00-5:00pm



Free education program offered for people with diabetes or anyone interested in learning about diabetes. Registration is required by calling 812-376-5500. Open to the community.

For more information:

lkessler@crh.org or call 812-376-5709

Spotlighting Vocational Wellness



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Thursday, beginning March 24, 2016

10:00am-Noon

Classes are held once a week at Mill Race Center for 8 weeks. Each class is 2 hours.

Program fee: \$10

Register at MRC business office

Instructors:

Harriet Armstrong, Purdue Extension HHS Educator & Janet Morey, Certified Fitness Instructor, Senior Specialist & Silver Sneakers, CRH Wellness

You Will Learn To:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

Who Should Attend?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns



Authors Group: Writing to be Read!

**Third Tuesday each month
9:00-10:00am in Art Room**



Mill Race Center is partnering with Purdue Extension to create this hands-on group. This group is for you if you are interested in improving your writing, preserving your words, publishing, book coaching, editing, illustrating, critiquing...Join us to find out more!
Free for MRC members and Purdue Extension Club members.



We asked; you answered Why do you come to MRC?

Wilna Braun - I need to be around people.
Paul Davis - To enjoy our many programs.
Pat Maloney - To explore my many options.

Senior Scribes

**3rd Friday of each month
1:00-3:00pm**



Barbra Heavner, 812-344-2644
Janice Waltermine, 812-372-1707

Surprise

By Marge Anthony

We walked leisurely through the park
At peace, all worries gone
Everything changed in the blink of an eye
When suddenly the sprinklers came on
We were wet, soaking wet
We really got a shower
We ran through the grass
There was no need to cower
The sun dried us off
No harm that we detected
We learned again that lesson
Always expect the unexpected.

Birthday Party

Come and celebrate your birthday at Mill Race Center. There will be birthday cake, ice cream, candles to blow out, coffee and surprises. It's also a great way to meet people.



Birthday Celebrations

March Birthdays: March 3 at 1:00pm (MP1)

April Birthdays: April 7 at 1:00pm (MP1)

May Birthdays: May 5 at 1:00pm (MP1)



Reservations required. You are welcome to bring a friend or two. Space is limited. **FREE** to MRC members and their guests! **Sign up at the MRC Business Office or call 812-376-9241.**



Singles Group

**Meets 2nd Wednesday each month at
4:30pm in the MRC lounge.**

An active group for both men and women. Contact Rosemary Sager at (812) 390-7665 for information.



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.

Spotlighting Vocational Wellness

Pickleball



INDOOR Pickleball NOW
at Mill Race Center
See page 11 for details.



Every Tuesday
Noon to 4pm

Early Bird games start at 12:30pm. Food Available

Packets: \$15 or \$18; includes 2 coverall games. Extra coverall games are \$1 to play and 80% of the total take if you win!

Mahjong

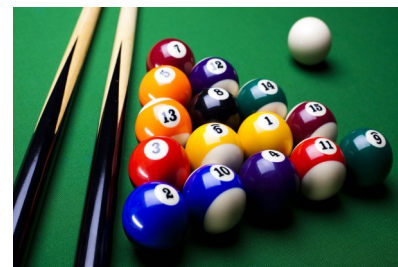
Wednesdays 1:00-3:00pm

Experienced and new players welcome! **We will teach you how to play! (MP2)**



OPEN Billiards

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



Columbus Chess Club

Every Thursday evening
5:00-8:00pm (AR)
New players welcome!

Wednesday afternoons
from 1:00-3:00pm in (AR)
New players welcome!



Ping Pong

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

COME & PLAY:

PING PONG is back!

Tuesday 1-3 p.m. (MP1)



Card Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
Friendship Bridge 1:00-4:00pm (MP2) Beginner Bridge Lessons Interested call Claire (812)342-9983	Euchre 5:30-7:30pm (MP2) Chair: Ed Love (812)-371-6291	Hand & Foot 1:00-4:00pm Rosemary Sager (812)390-7665	Duplicate Bridge 1:00-4:00pm (MP2)	Euchre 1:00-4:00pm (MP2) Chair: Ed Love (812)-371-6291
Hand & Foot 1:00-4:00pm (MP2)		Bid Euchre Hand & Foot 1:00-4:00pm (MP2)	Pinochle 1:00-4:00pm (MP2)	

MILL RACE CENTER

R E N T A L S



Consider beautiful Mill Race Center for wedding rentals, class reunions, or other large gatherings. 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.

Saturday/Sunday Rental: Full day (8 hours), full Multipurpose Room rental is \$1200. See the rental policy packet for additional and/or individual room availability and rates.

Visit our website www.millracecenter.org and for all the details about renting Mill Race Center. You will find the rental policies, the rental application and frequently asked questions.



MRC Members celebrate your 100th birthday at MRC for free. We want to help you celebrate and enjoy your special day. Contact Roy to book your 100th birthday party.

Mill Race Center Gear

Purchase your own sweat-shirt, zip sweatshirt jacket or hat at Mill Race Center. Items ordered by the 15th of the month will be returned by the 1st of the next month.



Have a
NICE
DAY
(pass)



DAY PASS (\$5)... now available for your friends, family and out of town guests.
Purchase at the business office.



FREE YES Cinema Movie

The **Senior Free Movie event** is designed for age 50 and older, and is absolutely **FREE** on the **1st Tuesday** of every month. Film begins at 11:00am and doors open at 10:30am. Concession stand will be open. This movie is through YES Cinema and you may contact YES Cinema to find out more details. Sponsored by: Jewell-Rittman Family Funeral Home

Refrigerator Reminder - MRC Daily Activities

Monday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8-N	Reflexology (\$)	MR
8:30	Body Motion	MP2
9:00	Golden K Board	CNR
9:30	Quilters	AR
10:00	Golden K	MP2
1:00	Hand & Foot	MP2
1:00	Friendship Bridge	MP2
12:30	Lasting Impressions	MP1
4-8	Reflexology (\$)	MR
4:30	Silver Tones	MP1
5-8	Ballroom Dancing	MP2
6:30	Clogging	MP3

Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8-N	Reflexology (\$)	MR
9:00	Senior Swim*	FFY
10:00	Tai Chi (\$)	MP1
10:30	Bible Study	CR
1:00	Woodshop	WS
1:00	Bingo (\$)	MP2
2:00	Coloring Café	AR
5:30	Open Computer Class	CL
5:00	Tai Chi Beginner (\$)	MP1
5:30	Tai Chi (\$)	MP1
5:30	Euchre	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	Art Class	AR
10:00	Crafty Fingers	LO
11:30	TOPS	CR
12:45	Hand & Foot	MP2
1:00	Scrabble	AR
1:00	Reader's Theater	CR
1:00	Bid Euchre/Pinochle	LO
4:30	Beg. Line Dance	MP2
5:30	Singles Group	LO
	(2nd Wed)	
6-8:00	Pickleball	MP1
6:30	Couples Dance	MP1
	(1st & 3rd Wed)	

Thursday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
9:00	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	Woodshop	WS
1:00	Duplicate Bridge/Pinochle	MP2
3:00	Diabetes Group	CR
	(2nd Thurs)	
4:00	Bereavement Group	LO
	(3rd Thurs)	
5:00	Chess Club	AR/LO
5:30	Tai Chi (\$)	MP1
5-8	Ballroom Dancing	MP2

Friday

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

Saturday

8:30-11:30	Pickleball	MP1
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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

Check out exciting programs listed on page 16 & 17

March 3

Birthday Party, 1:00pm **FREE!**

March 14

Movie, 5:30pm

March 8

TED Talks, 1:30pm **FREE!**

March 17

Meet & Greet, 6:00pm

March 28

Movie, 5:30pm **FREE!**

NEW March 29

Share Your Passion Fair, 1:00pm

NEW April 6

Volunteer Fair, 11:00pm

April 7

Birthday Party, 1:00pm **WOW!**
Drum Circle, 3:45pm

April 9

Super Saturday, 10:00-Noon **FREE!**

April 11

Movie, 5:30pm

April 12

TED Talks, 1:30pm **FREE!**

NEW April 13

Lunch & Laughter, 12:00pm

April 15

Meet & Greet, 10:00am **WOW!**
Volunteer Appreciation Day, 2:00pm
Friday Night Live, 7:00pm

NEW April 20

Planetarium Visit, 6:00pm

April 25

Movie, 5:30pm **FREE!**

April 22

Afternoon for Arts, 2:00pm **WOW!**



Find us on:
facebook®

Mill Race Center • 900 Lindsey Street • Downtown Columbus
812-376-9241

Visit us at www.millracecenter.org

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Six Dimensions of Wellness

Vocational Wellness: The vocational dimension recognizes personal satisfaction and enrichment in one's life through work.



**Remain active, involved
and productive!**

Emotional Wellness: recognizing and accepting your feelings. Emotional wellness includes the degree to which you feel positive and enthusiastic about yourself and life. This includes the capacity to manage your feelings and related behaviors, and your ability to cope effectively with stress. Accepting a wide range of feelings in yourself and other is essential to wellness.

Be optimistic in your approach to life!

Physical Wellness: recognizing the need for regular physical activity, proper diet and nutrition and personal safety. Discouraging the use of tobacco, drugs and excessive alcohol consumption.

Get moving...be healthy!

Spiritual Wellness: discovering the meaning and purpose in human existence. Working toward finding peace. Processing past experiences and emotions. Learning to live each day in a way that is consistent with your values and beliefs.

Find meaning in everyday!

Social Wellness: enhancing personal relationships, making friends, enjoying the company of others and initiating communication with those around you.

Enjoy the company of others!

Intellectual Wellness: seeking stimulating mental activities to expand knowledge and skills. Stretching and challenging the mind with intellectual and creative pursuits.

Avoid boredom...be productive.