

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

Programming with Mill Race Center & IUPUC

GREAT DECISIONS

Thursday evenings Now-April 25 from 6:30-8pm
America's largest discussion program on world affairs.
Registration required & held at MRC
\$35 members/\$45 non-members

LEAD BY DESIGN: AN INSPIRATIONAL INITIATIVE Thursday, March 7 7:30-10am

FREE, but registration required

A discussion about diversity in the community with a specific focus on how diversity can fuel economic development. Event held at Mill Race Center. Breakfast and panel discussion. Register at the MRC business office.



Columbus Conversations is a new current event program between MRC and IUPUC.

Thursdays, May 23, June 20, July 18, August 15, September 19 & October 17 from 6:30-8:00pm



This will be a similar format to *Great Decisions* and monthly sessions topics are available. \$25 MRC member/\$35 non MRC member and covers all 6 sessions. Call MRC to register.

Topics include: Experiencing Our Town, Long Term Services & Support for Seniors, Landmark Columbus & Exhibit Columbus, Perspectives on the Opioid Crisis, Neuroscience & Early Detection of Autism Spectrum Disorder, and Talking Leaves.



NEW

Special Collette Travel Show
Featuring Tuscany and the Italian Riviera, Exploring Britain and Ireland and Oberammergau 2020!

March 13 at 1:30pm at MRC

Please RSVP to the business office at (812)376-9241



21
MARCH

FREE!



**THE
WORLD DAY
FOR INNER
PEACE**

FREE Sahaja Meditation Class on March 21
See page 17 for details

Reject Film

Tuesday, May 7 at 1:00pm

Join us for the screening of the film "REJECT", followed by a facilitated discussion about the effects of rejection and ostracism, and ways to overcome and prevent violence and tragedy. The documentary film "REJECT" takes an in-depth look at the science of social rejection, with a solution-oriented focus on the roots of bullying behavior and violent behavior against the self or others. This is a film we recommend all to see. Registration required in the business office for seating purposes.



THE SCIENCE OF BELONGING



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

Mill Race Center Program Hours: Monday-Thursday, 8 a.m.—7 p.m. and Friday 8 a.m.—5 p.m.

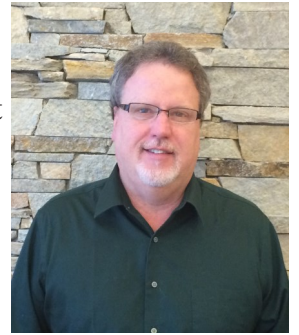
Business Office Hours: Monday-Friday 9:00 a.m. - 5:00 p.m.

Fitness Center Hours: Monday—Thursday, 6:30 a.m. to 7p.m., Friday 6:30 a.m. to 5 p.m. and Saturday 8 a.m. to Noon



From Your Executive Director

The Funding Dilemma. One of the most difficult aspects of working in the not-for-profit realm is the lack of funding for services. It certainly isn't unique to senior services, since any gathering of executives from not-for-profit agencies will quickly turn to the subject of funding and fundraising. There are, however, some unique aspects that we face in the quest for support for Mill Race Center. There are virtually no public funding sources for wellness programming aimed at older adults. Most of the dollars that are available focus on the treatment of chronic conditions, rather than on prevention, even though the most cost effective strategy is to spend a little bit to support healthy lifestyles, rather than to devote more resources for treatment. We continue to advocate at the local, state and federal level for funding for not just this center, but for all of the providers in Indiana who support the efforts of older adults to age well and to maintain their independence. We are fortunate to have strong local support from Columbus Regional Health, the Heritage Fund (the Community Foundation of Bartholomew County), the United Way of Bartholomew County, and several local foundations who believe in the work that we are doing on behalf of area seniors. We will have two important opportunities for you to support Mill Race Center and the Pitman Institute for Aging Well in 2019. We will share more information in the coming months, but for now I would ask that you consider the impact that your support can have on the lives of older adults in Columbus and the surrounding areas, and to plan accordingly. We believe that this community can lead the way in shaping the future of services for older adults.



Dan Mustard
Executive Director



Register by calling the Mill Race Center business office at (812)376-9241.



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

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

Mill Race Center will be closed on Friday, April 19 for Good Friday.

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

Mill Race Center Staff

812-376-9241

Dan Mustard, Executive Director

Liz Barriger, Accounting Clerk, x 207

Leah Boas, Aging Well Coordinator, x 210

Debbie Bray, Administrative Assistant, x 222

Laura DeDomenic, Resource & Philanthropy Director, x 208

Dexter Fravel, Lead Bingo Volunteer, x 218

Jan Hamilton, Facilities

Charlie Harsh, Facilities

Steve Hood, Facility Manager, x 216

Fred Guarnieri, Senior Products Supervisor, x 228

Roberta Isaacson, Membership, x 204

Jim Isaacson, Brenda Fowler, and Roy Hendershot, Van Drivers

Jan Meadows, Ambassador Coordinator

Dan Mustard, Executive Director, x 211

Karen Phelps, Receptionist, x 218

Roy Pruett, Assistant Facilities Manager, x 225

Edie Smith, Travel Coordinator, x 215

Jane Smith, Program Assistant

Kelly Staley, Programming & Development Assistant, x 209

Shannon Truman, Programming & Development Director, x 220

Jeff Voyles, Senior Products, x 228

Courtney Watkins, Aging Well Assistant, x 202



Giving at Mill Race Center

Thank you to all our member donors and community members who provide us financial support. Our management and our board make every effort to be good fiscal managers of the revenue that comes into our facility. There are few grants and limited government support for our programs. We rely on the generosity of our members and support of our community to continue to do the work we do. I wanted to let you know how you can give to Mill Race Center. You can write a check to Mill Race Center and either drop it off at the front office or mail to us. You can donate online from our website www.millracecenter.org. You can donate stock by contacting me directly. Thank you for your generosity!



Social Wellness

Enhancing personal relationships, making friends, enjoying the company of others and initiating communication with those around you. Enjoy the company of others!



Providing much more than a meal!

Nutritious Meal - Nutrition is necessary for health, functionality and the ability to remain independent.

Friendly Visit - For many seniors, the trusted Meals on Wheels volunteer, or staff member who shows up every day with a hot meal and a warm smile is the only person they see or speak with all day.

Safety Check - The safety check that accompanies each meal delivery ensures that, in the case of an emergency or problem, medics will be called and families will be notified.

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

Shopping Trip to Walmart

The Mill Race Center van takes seniors grocery shopping to Walmart (Eastside) every Thursday morning. Our van driver can assist with carrying groceries. Minimum of 3 passengers required. A donation of \$1/passenger is appreciated. To schedule a pick up, call Mill Race Center (812-376-9241) by Wednesday

Wheel Chair Medical Transportation

is also provided, if schedules permit and only in Bartholomew County. Requests should be made by calling Mill Race Center at least 1 week in advance. Contact Roberta Isaacson at 812-376-9241 if you are needing wheel chair transportation.

Happy Helping Hands

Thursday mornings each week
8:30-10:30am (Arts Room)

Sewers Needed!!

Sewers needed to do machine stitching. Make handmade Pal Dolls for hospitalized children and orphanages overseas. You do not need to know how to sew. Donations of new, cotton blend fabric needed.

Leader: Willie Fields, 812-525-1553

**VOLUNTEERS
NEEDED!**



Golden K Kiwanis

Each Monday 10:00-11:00am

Visitors are always welcome!

Kiwanis is a global organization of volunteers dedicated to improving the world one child and one community at a time. Their purpose is to improve the quality of life for children and families of the world.

President: Larry Lewis 812-528-1656

**NEW for 2019!! New Mill Race Center
members can join the Golden K Kiwanis
for FREE.**



**Need a gift
idea?**

**Give the gift of
Mill Race Center
Fun Bucks.**

Spends just like cash at MRC!

(Not for use at the fitness center or Bingo)

Can be purchased at the Business Office or at our website under Join/MRC Bucks.



**Interested in being a MRC Clown.
Call Pat Eads at 423-612-0002**

VOLUNTEERS WANTED

NEWSLETTER ASSISTANTS

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

MEALS-ON-WHEELS Volunteer Drivers

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

BINGO CALLERS NEEDED

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

MRC AMBASSADORS

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

Aging Well Guide

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



Volunteers Needed

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

Your Help Needed!

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

Needed:
Deodorant & Toothpaste



Volunteer Luncheon
see page 17



Give the gift of a **Mill Race Center** membership to your friends for the Holidays this year!

Stop by the business office or call **(812)376-9241** to make arrangements for your friend or loved one. You can also do a membership online at www.millracecenter.org.

Welcome! **MRC Welcome Breakfast**
Friday, March 1; 9:30am
Friday, April 5; 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.

Mill Race Center Gear

Purchase your own T-shirt or hat at Mill Race Center. Order at the business office.

Crew Neck T-Shirt
V Neck T-Shirt
Tie Dye T-Shirt



Medicare Central

Medicare Basics Presentation

Wednesday, March 6th at 4:00 p.m.

New to Medicare? Interested in learning more? Join Leah and Kim, SHIP counselors, learn more about what Medicare covers and what your coverage choices are.

SHIP Medicare Counseling

Do you have Medicare questions? Want to meet one-on-one with a SHIP Counselor! SHIP Counselors provide free, unbiased, and confidential Medicare counseling.

Need Help with Medicare Costs?

If you make less than \$1900 per month (single) and are on Medicare, then you might qualify for assistance with prescription drugs and expenses for medical care through the Medicare Savings Program & Extra Help. **Call Leah at (812) 376-9241 ext. 210 for assistance.**

Total Brain Health

Memory Level 2

April 29th-May 22nd

Mon. & Wed. 3:00-4:30pm

Cost: \$20

(scholarships available upon request)

Please come join us for this unique next-level memory training program designed to rev up recall and boost memory using valuable, easy-to-learn memory strategies. The TBH Memory 2.0 training classes are for MRC members and community members interested in boosting daily thinking and long-term brain vitality. Registration required. Prior to participating in Total Brain Health Memory Level 2, it is advised that individuals first participate in Total Brain Health Memory Level 1.



Mill Race Center Garden Club

Got a green thumb? Not really? Either way, we would love to have you! Meet outside at the garden at 1:00pm each day below.



Wednesday, March 20 - Winter Clean Up & Garden Planning

Wednesday, April 24 - Garden Prep & Planting

The Radium Girls

The Dark Story of America's Shining Women

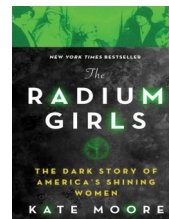
Wednesdays, March 27, April 10 & 17

3:00-4:00pm in the lounge

Register by March 20th

Cost: \$20 (Covers Cost of Book)

"The incredible true story of the women who fought America's Undark danger".



"Written with a sparkling voice and breakneck pace, *The Radium Girls* fully illuminates the inspiring young women exposed to the "wonder" substance of radium, and their awe-inspiring strength in the face of almost impossible circumstances. Their courage and tenacity led to life-changing regulations... and ultimately saved hundreds of thousands of lives..."

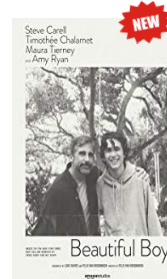
Books and reading schedule are available for pick up at the business office at time of registration.

Beautiful Boy Movie Screening

Thursday, April 11th at 5 pm

Based on the best-selling pair of memoirs from father and son David and Nic Sheff, *Beautiful Boy* chronicles the heartbreaking and inspiring experience of survival, relapse, and recovery in a family coping with addiction over many years.

Registration required.



MILL RACE CENTER ON THE GO

Join *MRC on the Go* at All Saints Community and Fairington Apartments! MRC will be hosting a variety of classes that are available to all MRC members and the residents of each complex. Each class will be a different project and will be free to all who attend. Come and have fun with us as we socialize and complete the projects listed below. Registration required in MRC business office & class descriptions.

**All Saints Community at 2:30 pm
on Tuesdays, March 12, 26 and April 9 & 23**

**Fairington Apartments on Thursdays, March 7
& April 4 at 1pm in Building 2301 & 2:30pm in
Building 2401**



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

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

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

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



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

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

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



Art Class

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

Experience required.

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

FREE for MRC members.

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

FREE!



Crafty Fingers

Wednesdays from 10:00-11:30am

FREE!



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

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

English Paper Piecing Club 2nd Wednesday of every month at 10:00 a.m.

Join MRC member Judy Kiesow to learn how to make your own English Paper Piecing. Contact Judy Kiesow at [812-374-6135](tel:812-374-6135) or judyk2310@gmail.com for additional information



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!

create

Fun *seasonal* craft classes held in the Art Room. Register for classes in the business office.

Shrink Art with Grandchildren

NEW



Wed., March 20 at 1:30pm

Cost: \$2 per sheet/per person

A fun spring break class with your grandchildren. Make your own unique creation. Ages 5 and up.

Spring Chick Candle Holders

NEW



Wed., March 27, at 2:00pm

Cost: \$5 per person

What a unique and easy project for Easter. Each person will make a set of two whimsy chicks. All supplies included for this fun class.

Spring/Easter Sign

NEW

Wed. April 2, at 2:00pm

Cost: \$12 per person

Join us to make this fun and versatile sign for Easter/Spring. We will make one sign that is reversible and has Happy Easter on one side and Welcome Spring on the other. It will be a great addition to your spring décor. All supplies included.



Quilling 101

Friday, April 5 at 10am

Cost: \$5

Start your quilling adventure with this easy class for beginner quilling. Learn some tips and start on some easy spring projects. Class includes: many pre-cut paper strips, a quilling tool, blank card and glue. Class will meet again same time for free to practice and continue learning on April 12.

NEW





Ball Room Dance Classes

Monday, Tuesday & Thursday 5:00-7:00pm

Margot Scholz offers 8 week sessions at Mill Race Center on Monday and Thursday evenings. For more information about sessions, call Margot at (812) 342-4156.



Couples Dance Club

1st & 3rd Wednesday each month 5:30-7:00pm



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

Line Dance for Beginners



Wednesday, 4:00-5:30pm (MP2)

Come and give it a try!

Instructor: Pat Hoard (812) 812-374-2963.

Fee: FREE to MRC members, \$5 per class/non-members. No need to sign up in advance, just show up and dance!



Line Dance



Friday mornings 10:00-11:30 (MP2)

Come and dance, new folks always welcome! Free for MRC members, \$5 per class/non-member

Instructor: Pat Hoard (812)-374-2963



Monday	Tuesday	Wednesday	Thursday	Friday
Ball Room Dance 5:00-7:00pm (MP2)	Ball Room Dance 5:00-7:00pm (MP2)	Line Dance Beginner 4:00-5:30pm (MP2)	Ball Room Dance 5:00-7:00pm (MP2)	Line Dance 10:00-11:30am (MP2) <i>(moved to Art Room on 3/8)</i>
		Couples Dance Club 5:30-7:00pm (AR) 1st & 3rd Wednesday		

Drumming Circle Practice



Mondays 1:00-2:00pm

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



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

If interested contact Dan Mustard
dmustard@millracecenter.org



Bodies in Motion

DON'T MISS OUT!

Class meets:

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

FREE to MRC members

FREE!

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.

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.



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



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!

Chair Massage

Wednesdays, 9-11am

March 6 & 20

April 3 & 17

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.

**Back by
Popular
Demand**

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: \$30 members/ \$45 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.

Senior Bowling

Tuesdays at 1:00pm

Columbus Bowling Center

Information: Joan Winkle, 812-350-9452

Glenna Phelps, 812-390-9234





Pickleball net is available for outdoor use on the patio. Free for members.



Wednesday Evenings - 5:30-7:00pm

Except March 6



Friday Afternoons - 12:00-3:00pm

Except April 19 & 26



Saturday Mornings - 8:30-11:30am

Except April 20



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



Morning Bible Study



Tuesday mornings 10:30-11:30am

In the Classroom; **Free**

Information: Virginia Houser, 812-579-5132

March: Ed Boston , Podcast Ministry

April: Rev. John Marquis of Central Heights
Church of God

Evening Bible Study

Wednesdays 5:30-7:00pm

Dr. Tony Evans video series

"Watch Your Mouth"

Four sessions beginning March 20th

Information: Jan Meadows (812)374-4404

TED Talks Senior/Aging Issues



2nd Tuesday of each month

Meeting at 1:30pm

March 12th & April 9th

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 Senior/Aging Issues, in depth information, and Group Discussion. We have new subjects monthly.

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

Norm Blizard, 812-812-603-8854,



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 every day!

Readers Theater Group

Wednesdays - 1:00-3:00pm

If you have always enjoyed the stage, or you are interested in giving it a try . . . Come and learn more about this fun and entertaining style of drama that is sweeping the nation and Mill Race Center! New members are ALWAYS welcome. Interested in joining Readers Theater? Contact Kelly Staley at MRC for more details. We are growing and welcome new members.



See front cover for details on this exciting
NEW program. To register call MRC
business office at (812)376-9241.



The woodshop is available for MRC members only on Tuesday and Thursday from 1:00-4:00.

Vocational Wellness

Finding personal satisfaction through goal-oriented activities and work. Contributing your unique gifts, skills and talents in personally meaningful and rewarding ways. Remain active, involved and productive!

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.



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

COME TO THE FAIR

Friday, May 17 at 6:00pm
Saturday, May 18 at 6:00pm
Sunday, May 19 at 1:00pm

The Lasting Impressions
MILL RACE CENTER

Tickets: \$20 Includes
Buffet, Dinner & Show
Catering by Sadie

Ticket Purchase & Show Held at
Mill Race Center • 900 Lindsey Street • Columbus, IN
812/376-9241 or (812)376-6612

The Lasting Impressions is a song, dance and drama performance troupe with Mill Race Center. All MRC members welcome. **Practice: Monday & Friday from 12:30-3:30pm (MP1)** Information contact: Donna Browne, (812)376-6612.



Widows Support Group

Fourth Tuesday of each Month at 10:00am
March 26 & April 23

This is a new group that just started at Mill Race Center for members. This group will offer an opportunity to make new friendships with others who are also widows. The group will try to offer entertainment, educational talks or activities. See flyers in MRC for details about each month. If you plan to attend call MRC (812)376-9241 to let us know for planning purposes.



Widowers Support Group

Second Tuesday of each Month at 10:00am
March 12 & April 9

This is a new group starting at Mill Race Center for members. This group will offer an opportunity to make new friendships with others who are also widowers. If you plan to attend call MRC (812)376-9241 to let us know for planning purposes.



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 others is essential to wellness. Be optimistic in your approach to life!

FREE MOVIE SHOWINGS at MRC!

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

Two Showings now at 2:00pm & 4:30pm.

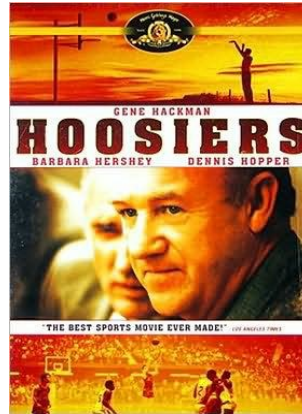
Free popcorn - Sponsored by Griswold Home Care



**Two Showings
2:00 & 4:30pm
Start Time**



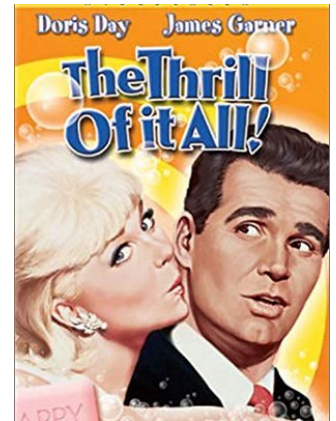
**March 11
The Wife**



**March 25
Hoosiers**

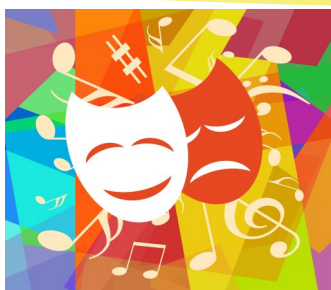


**April 8
Green Book**



**April 22
The Thrill
of it All!**





Afternoon for Arts Larry Boggs and Sean Baker



**Friday,
April 26th at 2:00pm**
**\$5 for members/\$10 for
non-members**

Larry Boggs and Sean Baker are back again for an Afternoon for the Arts. Join them for a relaxed afternoon enjoying the greatest music from the American experience. Harken back to the songs of Sinatra, Tony Bennett, Dean Martin with songs like, 'Fly Me to the Moon', 'Cheek to Cheek', 'Bye Bye Blackbird' and more from the music that makes us smile and feel better. Music that brings us thoughts of a warm fire on a cold night, the smile of a friend on a lonely day, the smell of walking into a safe space after a day of commotion. Music that reminds us of a simpler life in days gone by. Larry and Sean bring simple songs to life with a new approach.

ARE YOU ELIGIBLE FOR A NEW MEDICARE PLAN?

Let's talk.



Ruth Hoffman, Licensed Sales Representative
317-775-9319, TTY 711 www.MyUHCagent.com/ruth.hoffman



MRC CON Nect

DON'T MISS OUT!



March 28 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

Endangered Today, Extinct Tomorrow

**By: Patrick Haulter, Brown County
State Park Interpretive Naturalist III**

A presentation on the Endangered Species Act. What it means to be a species of special concern or to be listed on the Endangered Species List. I will go through several endangered species of plants and animals living here in Brown County. I will be bring specimens of yellowwoods trees and even bring a LIVE Rattlesnake to show off! Don't worry, the snake will stay in its locked enclosure for the entire visit.



11:00-11:45am

SEPSIS - Let us explain it in simple terms!

**Presented by Chris Newkirk, BSN, RN, CCM, Clinical
Quality Advisor**

Everyone is using the word, but does anyone really understand what sepsis is? Join our clinical staff for an in depth look at what it is, the best ways to prevent it, how to quickly identify it and seek treatment immediately. There are also many ways to support those that are recovering from sepsis also.

Sponsored by:

Voelz, Reed, & Mount, LLC

knowledge • experience • solutions

LUNCH & LAUGHTER READERS THEATER



April 10th at Noon

Lunch: \$5 members

\$10 non-members

Make reservations at the MRC business office.

Doors open at 11:45am

Sponsored by:



SAGE Table
Thursday, May 16
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 Tues., May 14 for meal preparation purposes.

Mill Race Center will host:

The World Day for Inner Peace

Wednesday, March 21 from 5:30-7pm; FREE

FREE Sahaja Meditation Class Learn how to de-stress, maintain inner balance, state of inner peace and joy through this meditation technique.



21
MARCH

**THE
WORLD DAY
FOR INNER
PEACE**



MRC Volunteer Luncheon Wednesday, April 24th at Noon

All Mill Race Center volunteers are invited to join us for a celebratory luncheon in your honor!! Come let us show our appreciation for all that you do for the community. Entertainment will be provided by our very own Dan Mustard. MRC volunteers **must RSVP** to the business office by Monday, April 22nd.



Easter Egg Stuffing

Tuesday, April 16 at 9:00am

Art Room at Mill Race Center

The Easter Bunny has to stuff 6,000 Easter Eggs with candy for the Community Easter Egg Hunt at Donner Park. All the eggs and candy will be provided. A great way to volunteer for your **Vocational Wellness!**

Take Your Best Shot!

Photo Contest



MRC members show off your talents with your camera or phone camera and enter this new contest. Winners will have their pictures framed and hung in the building. Five categories for entry: travel, recreation, wildlife, sports, and nature/landscapes. Contest rules are located in the business office and all participants must be MRC members. Grab your camera's and get clicking! Deadline for submissions is July 3, 2019.





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

March Birthdays: March 7 at 1:00pm

April Birthdays: April 4 at 1:00pm

May Birthdays: May 2 at 1:00pm



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

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

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



Ladies Coffee

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

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



The BCPL bookmobile will be at Mill Race Center from 9:30-10:30am on the dates specified below. Mark your calendar and visit the bookmobile!

March 6 & 20

April 3 & 17

May 1 & 15

Free Little Library
Take a Book Return a Book



Built & Donated
By: Ed Niespodziani



Random Acts of Kindness Club

April 16th at 1:00pm
Working on a spring project.

Let's find JOY in the journey together.



We've Got an App for That!

MRC member, **Steve Franklin** will teach you all about the different APPS and how to use them on your phone or tablet. Steve loves to share his passion.

To schedule an appointment with Steve call 812-579-5840 between 2:00-4:00 pm.



Senior Scribes

Prose or poetry, fact or fiction, dreams or memoirs: If you like to write, come share your efforts with us. Senior Scribes meets the 3rd Friday of every month at 1:00pm. For information contact Karen Lowe at 812-343-5095 or Janice Waltermire at 812-372-1707.



Thursday, April 4th

Movie: *Rear Window*

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
12:45pm. Fee: \$5 for trip



All Who Wonder Hiking Group

It has been an adventurous and fun filled year for our "All Who Wander " hiking group. We started the year by hiking portions of the Ice Age Trail in Wisconsin in April. In July we traveled to the Allegheny National Forest in Pennsylvania and then explored the "Smokies" in

November. In addition we have our

monthly hikes all over Indiana. In 2019 our adventures start with our quest to continue our effort to hike more of the Ice Age Trail. In the summer we are heading to the Pacific Northwest to explore the northern Cascades in Washington. Our monthly hike will take us to our Indiana state parks and some fascinating trails throughout the state.

So if you enjoy the great outdoors and communing with Mother Nature, come join our merry group and get ready to explore our world. Contact Ed Niespodziani at kn4073@comcast.net. We look forward to meeting you.



TRAVEL WITH MILL RACE CENTER

2018 MRC Travel and Tours

*All prices based on double occupancy, add \$80 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 **SOLD OUT!!!!***

Atlantic City, New York City and Philadelphia! August 17-23, 2019

Casino action, Historic Sites and City Tours all included. Stay at an Oceanfront Casino Resort with access to the famous Boardwalk. Free time to see the sites, try your luck or hit the outlet mall nearby.



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.

TRAVEL

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

**Join us for Edie's
Spring Travel Show
featuring Motor Coach
trips for 2019**



Wednesday, April 17 10:30-12
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.

The Glen Miller Orchestra! **Monday, April 8,** **4:30-10:30**



\$75 per person members, \$85 nonmembers
Includes motor coach transportation
(based on 40 participants), dinner and show!
This will sell out so reserve soon!

Glass Class with Matt Kenyon!

Friday, April 19, 9am-2pm from MRC

\$60 members, \$70 nonmembers.

Join us for an exciting morning making a blown glass flower! You are the artist as Matt guides you through the hot glass process. Please wear closed toe shoes. We will stop for lunch on the way back to MRC. Perfect for Mothers Day!



St. Margaret's Guild Designer Show House

Tuesday, April 23

9am-3pm from MRC

\$38 members, \$48 non members
(includes admission and transportation)

Please register before April 10.

Limited to 12



Join us for this annual event that benefits Eskenazi Hospital. This years featured home is The Centennial Estate, a brick and timbered Tudor Revival home at 4160 Washington Boulevard built in 1919. Lunch is on your own at Maggie's Café, a pop up catered affair on the property, featuring reasonably priced lovely box lunches and desserts.



Goat Milk Stuff!

Tuesday, April 16

9am-3pm from MRC

\$45 member, \$55 nonmember.

If you have not seen the farm in Scottsburg then you have missed out on the GOAT (greatest of all time)! Actually it is the cutest of all time as we will visit with this amazing family and their goat herd. The entire family is involved with the husbandry, manufacture and lifestyle of all things goat. We will enjoy a tour, lunch and even come home with a souvenir from the extensive collection of goat milk products. Tour, transportation, lunch and gift.

Sunwatch and Fort Ancient, Ohio

Wednesday, May 15 8:30am-5:30pm



Experience the archeological excavation of these Native American sites and explore the museums and recreated villages. Picnic Lunch, motor coach transportation from MRC and all admissions included.

\$75 member/ \$85 nonmember

TRAVEL

Tuscany and the Italian Riviera

September 27-October 4, 2019

Join our hosts, Rex and Kathy Baumgart on this breathtaking tour of Historic and Romantic Italy featuring Florence, Siena, Lucca, Pisa and the Italian Riviera. Wine tasting, pasta and art will fill your senses as you tour these magnificent cities! Relax as your expert guides show you the best of Tuscany on this trip that includes transportation from Columbus, IN, airfare, all lodging and tours, 10 meals and memories to last a lifetime!



Exploring Britain and Ireland!

featuring Scotland, Wales, England and Ireland.

October 4-18, 2019

This is the one you have been waiting for! All of Great Britain and Ireland as can only be done by Collette. Includes luxury accommodations', Ferry, Bus and Air transportation, an Irish cooking class, Stonehenge, Killarney National Park, and much more.



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!**

MILL RACE CENTER R E N T A L S



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

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.

Six Dimensions of Wellness

Come Eat Together

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.



Willow Leaves of Hope

On the Square in Hope, IN
Meet there at 11:00am
Wed., March 27



Camila's Mexican Restaurant

Meet there at 11:00am
Tues., April 30



The Better Breathers Club

Sponsored by Columbus Regional Hospital and the American Lung Association held at MRC




Do you have lung disease, or think you might? Do you have a friend or loved one with lung disease? If so, please join us for the Better Breathers Club meetings this year. We offer presentations on informative topics, and include time for questions and discussion. We also offer friendly support to anyone with lung problems. Meetings are free, no registration is required and friends and family are encouraged to attend.

**Our first 2019 meeting:
March 20th at 3:00 in the classroom**

We will have a variety of topics this year designed to help people live happier and healthier with lung disease.

Flyers about the 2019 Better Breathers Club meetings will be mailed out soon. If you would like to be added to our mailing list, or if you would like more information about the club, please call Jennifer at 812-376-5793. We hope to see you soon.

CAREGIVER SUPPORT GROUP

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

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



Call 2-1-1 to schedule your 2019 VITA/AARP Tax Appointment. United Way offers free income tax filings for qualified Bartholomew County residents each year through the VITA/AARP Volunteer Tax Assistance programs. Over the past three years, the VITA/AARP Volunteer Tax Assistance programs have served thousands of people in Bartholomew County and saved taxpayers over \$200,000 in fees.



STRENGTHENING Families PROGRAM
FOR PARENTS AND YOUTH 10-14

ALL FAMILIES HAVE STRENGTHS. THIS FREE PROGRAM WILL HELP YOUR FAMILY

BECOME EVEN STRONGER!

Tuesdays, March 26, April 2, 9, 16, 23, 30 & May 7
5:30-8:00pm (Meal & Child Care Included)
Bartholomew County Extension Office.
To register call 812-379-1665.

AARP Driver Safety Class

Thursday, April 4th from 12-4pm

\$15 AARP Member
\$20 Non AARP members

Class will cover:

Current rules of the road
Defensive driving techniques,
operate your vehicle safely, effects of medications on driving, and new technologies used in cars.


Register at MRC business office.

AARP

Driver Safety

hope

Family Support & Hope Group

Now Meeting Quarterly 
Meeting: April 25 at 5:30pm

A support group for families who have a loved one who is addicted to opioids and is open to Mill Race Center members and Columbus Regional Hospital employees. The group will provide education; sharing of information and support to help members best handle their situation.

Addiction to opioids can begin innocently. Addiction does not discriminate. It can happen to anyone. Family members of those struggling with addiction sometimes feel isolated and discouraged. Addiction is a disease that changes the brain and seriously affects the users and their families. The Family Support & Hope Group will provide an emotionally safe and non-judgmental place where family members will support each other and provide hope for the future. Facilitators are Leah Boas and Shannon Truman of Mill Race Center and Ray Morris of Columbus Regional Health. Please call Mill Race Center at 812-376-9241 to register to attend.



Grandbuddies, an intergenerational program that brings together adults aged 50+ with children ages 8-12 for the purpose of promoting a healthy lifestyle, will be back this summer! If you are interested in possibly volunteering to be a Grandbuddy, keep an eye out for more information to come in the next newsletter. For questions or to register contact Courtney or Leah at 812-376-9241.

Lyster Book Study

Beginning in April
Classes held at Mill Race Center
Mondays from 1:00-3:00pm
Book to be announced



Join Shirley Lyster on a reading and learning adventure. Sign up for some fun and collegiality. (a big word for more fun and friendship!!)
Sign up in the Business office.

Pickleball

FREE!



Offered Wednesday, Friday and Saturday.

See page 11 for details.



**Every Tuesday
Noon to 4pm**

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

Packets: \$20 or \$23; includes 2 coverall games. Extra coverall games are available for \$1 each.

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



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

OPEN Billiards

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



Puzzle Table

Available everyday. A great way to socialize with other members.

FREE!

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



Cribbage

Second Tuesday each month at 12:00 in the conference room.

NEW



Card Schedule



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

Aging Well+ is a six-month participant driven comprehensive wellness program that focuses on enhancing participants' quality of life. Aging Well + is designed for adults 50+, who experience at least one ongoing health challenge, and need financial assistance accessing wellness programming. Aging Well+ participants create their own health action plan specific to their personal goals, and work to improve their overall wellness.

For more information or to apply, contact Leah Boas at (812)376-9241 ext. 210 or lboas@millracecenter.org.



Aging Well!

Six Dimensions of Wellness: How They Fit ME!

Current classes that I want to try/attend:

• **Physical Wellness:** _____

• **Vocational Wellness:** _____

• **Spiritual Wellness:** _____

• **Social Wellness:** _____

• **Intellectual Wellness:** _____

• **Emotional Wellness:** _____

My Aging Well Schedule!

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>

✿ Refrigerator Reminder - MRC Daily Activities ✿

Monday

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

Tuesday

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

Wednesday

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

Thursday

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

Friday

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

Saturday

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

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

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

ACTIVITY HIGHLIGHTS

March 1

Welcome Breakfast, 9:30am



March 7

Lead by Design Breakfast Program, 7:30am
Birthday Party, 1:00pm

March 11

Movie, 2:00 & 4:30pm



March 12

Ted Talks, 1:30pm



March 13

Widowers Support Group, 10:00am
Travel Show, 10:30am

March 20

Chair Massage, 9:00am
Garden Club Meeting, 1:00pm
Shrink Art Class, 1:30pm

March 21

World Inner Peace Day, 5:30pm



March 25

Movie, 2:00 & 4:30pm



March 26

Widows Support Group, 10:00am



March 27

Spring Chick Candle Holder, 2:00pm

March 28

MRC Connect, 10:00am



April 2

Spring/Easter Sign, 2:00pm



April 4

AARP class, 12:00pm
Birthday Party, 1:00pm
Travel Show, 10:30am

April 5

Welcome Breakfast, 9:30am
Quilling 101 class, 1:30pm

April 8

Movie, 2:00 & 4:30pm



April 9

Widowers Support Group, 10:00am
Ted Talks, 1:30pm



April 10

Lunch & Laughter, 12:00pm



April 11

Beautiful Boy Movie Screening, 5:00pm

April 22

Movie, 2:00 & 4:30pm



April 23

Widows Support Group, 10:00am



April 24

Volunteer Luncheon, 12:00pm



April 26

Afternoon for Arts, 2:00pm

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

Visit us at www.millracecenter.org



Mill Race Center will be closed on Friday, April 19 for Good Friday.



Mill Race Center
900 Lindsey St.
Columbus, In 47201

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

CURRENT RESIDENT OR