AGING WELL!

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

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

Programing 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.

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.

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

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

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

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!
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 wheelchair transportation.

Happy Helping Hands
Thursday mornings each week
8:30-10:30am (Arts Room)
Sewers 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.
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.

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.

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.

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

Volunteer Luncheon see page 17

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

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.

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
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.

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**The Radium Girls**

The Dark Story of America’s Shining Women

**Wednesday, 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.

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**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.

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**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**

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**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 or judyk2310@gmail.com for additional information.
Art Class

Wednesdays from 10:00am-12:30pm
Watercolors, oils, acrylic, pastels. No previous art experience required.
Beginners: no supplies needed for your first visit. Holly will get you started on a project and advise on needed supplies.
FREE for MRC members.
For more information contact: Holly Melillo at 812-342-9650.

Crafty Fingers

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

English Paper Piecing Club

2nd Wednesday of every month at 10:00 a.m.
Join MRC member Judy Kiesow to learn how to make your own English Paper Piecing.
Contact Judy Kiesow at 812-374-6135 or judyk2310@gmail.com for additional information.

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

Shrink Art with Grandchildren

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

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

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.
Six Dimensions of Wellness

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

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Drumming Circle Practice
Mondays 1:00-2:00pm
Get your weekly groove on at Mill Race Center with a small group that gathers to drum each week. Members are welcome to attend any practice.

Mill Race Center is looking for one or two people to serve as lead bingo volunteers. If interested contact Dan Mustard dmustard@millracecenter.org
Bodies in Motion
Class meets:  
Mon., Wed. & Fri. at 8:30am  
FREE to MRC members
Bodies in Motion is an exercise program designed to help participants reclaim flexibility and the variety of movement and strength that help make living more pleasurable. It is a motivating pain-free physical fitness class for adults. Both men and women find it fun, encouraging, and refreshing for the body and mind, as well as comfortably challenging.

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

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.

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.

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!

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.*
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

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

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.

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,
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

MRC Woodshop

Tuesday and Thursday
1:00-4:00pm

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

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!

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.
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

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.

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.

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

March 11
The Wife
R

March 25
Hoosiers
PG

April 8
Green Book
PG

April 22
The Thrill of it All!
G
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

CONNeCT at Mill Race Center by learning, engaging and exploring at this new free program open to the public.

March 28 from 10am-12pm

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
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.

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.

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

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.

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!
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.

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.

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.

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

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.
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.

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 812-376-9241 x 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.

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**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!

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**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!

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**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.

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**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.

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**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.

Six Dimensions of Wellness

Physical Wellness: Get moving...be healthy!
Social Wellness: Enjoy the company of others!
Spiritual Wellness: Find meaning in everyday!
Vocational Wellness: Remain active, involved and productive!
Intellectual Wellness: Avoid boredom...be productive.
Emotional Wellness: Be optimistic in your approach to life!

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

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.

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
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

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.

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.

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.
Six Dimensions of Wellness

Pickleball
FREE!
Offered Wednesday, Friday and Saturday.
See page 11 for details.

MAHJONG
Every Monday & Friday
1:00-3:00pm
Curious and don’t know how to play?
The group will teach you! Everyone is welcome to attend.

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

Card Schedule

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<th>Monday</th>
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<tr>
<td>Friendship Bridge</td>
<td>Euchre</td>
<td>Hand &amp; Foot Beginner</td>
<td>Duplicate Bridge</td>
<td>Euchre</td>
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<td>1:00-4:00pm</td>
<td>5:00-7:00pm</td>
<td>Rosemary Sager</td>
<td>1:00-4:00pm (MP2)</td>
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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.

Euchre
1:00-4:00pm
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.

Every Tuesday
Noon to 4pm

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

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

Open Bookings
Available every day.

Mill Race Center (812) 376-9241 • www.millracecenter.org
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:** _________________________________________________________

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<th>My Aging Well Schedule!</th>
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### Monday
- Open Billiards: BL
- Open Jig Saw Puzzle Table: LOB
- **8-10** Breakfast ($) NOB
- 8:30 Body Motion: MP2
- 9:00 Golden K Board: C NR
- 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 ($) NOB
- 8:30 Senior Swim*: FFY
- **10:00** Tai Chi ($) 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 ($) NOB
- **8-11** Jig Saw Puzzle Table: MP2
- 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
- **5:30** Bible Study: CR
- **5:30-7** Pickleball: MP2

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

### Friday
- Open Billiards: BL
- Open Jig Saw Puzzle Table: LOB
- **8-10** Breakfast ($) NOB
- 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): FFY
- 12:30 Lasting Impressions: MP1
- 12:30 Pickleball: MP2
- 1:00 Senior Scribes: AR
- **12:30** Senior Swim*: FFY
- **8:30-11:30** Pickleball: MP2

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

### ACTIVITY HIGHLIGHTS
- March 1: Welcome Breakfast, 9:30am
- March 7: Lead by Design Breakfast Program, 7:30am
- March 11: Movie, 2:00 & 4:30pm
- March 12: Ted Talks, 1:30pm
- March 13: Widowers Support Group, 10:00am
- March 20: Chair Massage, 9:00am
- March 21: World Inner Peace Day, 5:30pm
- March 22: Movie, 2-4:30pm
- March 23: 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
- April 5: Welcome Breakfast, 9:30am
- April 8: Movie, 2:00 & 4:30pm
- April 9: Movie, 2:00 & 4:30pm
- April 10: Lunch & Laughter, 12:00pm
- April 11: Beautiful Boy Movie Screening, 5:00pm
- April 22: Movie, 2-4:30pm
- April 23: Widows Support Group, 10:00am
- April 24: Volunteer Luncheon, 12:00pm
- April 26: Afternoon for Arts, 2:00pm

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

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**Mill Race Center will be closed on Friday, April 19 for Good Friday.**
CURRENT RESIDENT OR