



# MILL RACE CENTER

September/October 2019 • Issue No. 5

# AGING WELL!

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

Membership \$80 a year per person • 812-376-9241 • [www.millracecenter.org](http://www.millracecenter.org)



## Fish Fry & Bluegrass Band to Benefit Meals on Wheels

Wednesday, October 23  
6:00-8:00pm

**\$10 for Fish Fry Dinner Ticket**

Join us for Mahoney's Fish and the Banister Family Bluegrass Band to benefit Meals on Wheels. Get your tickets early and they include dinner and entertainment. Everyone is welcome to attend and enjoy the music. Donations accepted.



Support:



Sponsored by:



### Tech Help with Best Buy

Thurs., Sept. 12 & Oct. 10

11:00am-Noon in the classroom

A new free once a month class to assist you with your technology.

A different topic will be featured each month by the Best Buy staff. A great class to help you ask your questions and build confidence.



At Mill Race Center

## CLUE Game

Beginning Sept. 30 & concludes on October 30.  
See page 17!

## Veterans Day at MRC

The Lasting Impressions Present:  
**A Veterans Day Parade**

USO Musical with Dessert  
November 11 at 2:00pm

Veterans Free,  
\$5 MRC members/\$10 non-members

Reservations Required by 11/8/19



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

[www.millracecenter.org](http://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

**Would you like to hear some good news, for a change?** There are many positive facts about older adults in our community, and across the nation:



- If we looked at the amount of money generated and spent in the U.S.A. by people over 50, it would make up the third largest economy in the world.
- People 50 and older contribute more than \$3 trillion to the US economy, which is half of all consumer spending. Older adults pay nearly half of all Federal taxes, and 56% of state and local taxes.
- Baby Boomers make up 34% of the philanthropic donor base, and account for 70% of all charitable giving!
- People 50 and up have the highest percentage of home ownership (which means the highest percentage of property tax.) 95% of Americans who are age 70 to 75 are home owners.
- Seniors are the largest demographic among voters, especially in primaries and mid-term elections.
- Older Americans will continue to be the fastest growing segment of the workforce through 2024.
- 31% of Baby Boomers volunteer on a regular basis. If they were paid for their service, it would be valued at \$54 billion!
- Nationally, 83% of the care for persons with Alzheimer's or dementia is delivered by family, friends and other unpaid caregivers. (Valued at \$232 billion.) About one in three of these caregivers is 65 or older.

Many people see older adults as a burden, when in fact, seniors are one of our nation's greatest resources. It would be a mistake to underestimate the positive economic and social impact that older adults have on our community. It is important that we do all that we can to ensure that elders have the tools that they need to continue to be the leaders in so many facets of our lives. Our annual campaign will kick off at about the same time that you will receive this newsletter. Your generosity in giving to support the work of Mill Race Center is an investment in the success of our community.

## Dan Mustard Executive Director



### Financial Wellness Workshop

See page 24

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Have a  
**NICE  
DAY**  
(pass)



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

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



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

## Mill Race Center Staff

**812-376-9241**

**Dan Mustard, Executive Director**

**Liz Barriger**, Accounting Clerk, x 207

**Debbie Bray**, Administrative Assistant, x 222

**Dexter Fravel**, Lead Bingo Volunteer, x 218

**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 Coordinator, x 210



**Mill Race Center Members can now refer a friend and be rewarded for it!**

Invite your friends to join Mill Race Center and give them a new referral form. If they join as a new member with the form you get credit for that referral by getting an extra month added to your yearly membership for free.

Tell your friends about Mill Race Center and the Six Dimensions of Wellness.



## 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  
9:00-11:00am (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: Marjorie Betz**

**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



## 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.



## The Granny Connections - Needs Knitters!

In an effort to raise awareness for World AIDS Day, the Granny Connection will be accepting donations of red knit scarves at MRC. Red scarves can be knit in different sizes and patterns.

Yarn is available at MRC, just ask Karen in business office for yarn.

## VOLUNTEERS WANTED

### NEWSLETTER ASSISTANTS

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

### MEALS-ON-WHEELS Volunteer Drivers

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

### BINGO CALLERS NEEDED

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

### MRC AMBASSADORS

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



### Volunteers Needed

Various volunteer opportunities are available at Camp Atterbury. Call 317-991-1073 or visit [www.volunteers.uso.org](http://www.volunteers.uso.org)

### Your Help Needed!

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



Missing something?  
Check with the office to see our lost & found.

### Aging Well Guide

Interested in becoming an Aging Well Guide for Mill Race Center?! Contact Courtney at MRC



Give the gift of a **Mill Race Center** membership to your friends this

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](http://www.millracecenter.org).

**Welcome!** **MRC Welcome Breakfast**  
**Friday, Sept. 6; 9:30am**  
**FREE!** **Friday, Oct. 4; 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.

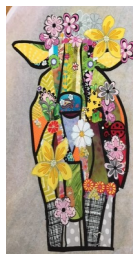
### Fabric Collage

**Tues., Oct. 29**

**9am-6pm (bring your own lunch)**

**\$35 plus material**

Have you ever wanted to make your own piece of art, but don't know how? There will be a full day class on making a "Fabric Collage" and everyone can choose their own design. From a cow to a car we'll make it work. Limited number in class. Watch for more details to come. Class details will be given at time of registration. Instructor: Judy Kiesow



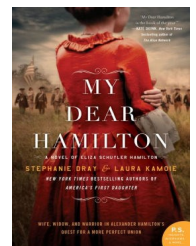
### Shirley Lyster Book Club

**Mondays in October & Nov. 4**

**1:00-3:00pm; Cost: \$25**

**In the conference room at MRC.**

**Register at MRC**



### Social Wellness



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



## Armchair Travel

Come travel with us from the comfort of Mill Race Center!

Pick up your passport when you register for this 3 week series! Collect all 3 stamps and be entered to win a prize! Travel video and snacks will be served!

September 24

2pm

*Ireland*

October 2

2pm

*Italy*

October 7

2pm

*Spain*

## MILL RACE CENTER ON THE GO



Join MRC on the Go at All Saints Community and Fairington Apartments! Mill Race Center will be hosting a variety of classes that are available to all Mill Race Center members and the residents of each complex. Come and have fun with us as we socialize and complete the free projects listed below.

### All Saints Community @ 2:30 pm

- Sept. 3 - Horse Race Game
- Sept. 17 - Armchair Travel
- Oct. 8 - Whimsy Rose Cards/Tags
- Oct. 22 - Armchair Travel

### Fairington Apartments @ 1:00pm in Building 2301 & 2:30pm in Building 2401

- Sept. 12- Fruit Spring Rolls
- Oct. 17 - Pour Art

**Just Friends @ 10am:** September 16 - Magnets  
Sign up at the MRC Business Office at 812-376-9241.

## Medicare Central SHIP Medicare Counseling



Do you have Medicare questions? Do you need help with Medicare Costs? Contact Courtney at (812)376-9241 ext. 210 for assistance. Open Enrollment begins October 15 and closes December 7. Schedule an appointment by November 22!

## BOOK CLUB

with Courtney

### The Unwinding of the Miracle

Tuesdays Oct 8-29

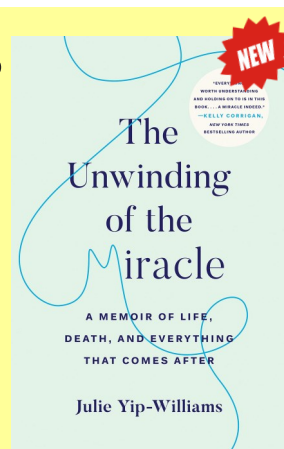
11 am in the lounge

Cost: \$20

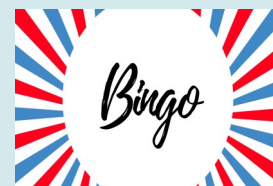
(Covers Cost of Book)

**Coffee and light snack provided.**

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



## Medicare Bingo



October 1st at 10am

New to Medicare? Interested in learning more? Join Courtney and SHIP guest Donna Vincent October 1st at 10am in the art room to learn more about what Medicare covers and what your coverage choices are. Sign up at the MRC business office or call 812-376-9241.



## **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](mailto: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](mailto:judyk2310@gmail.com) for additional information



## Art Class

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

experience required.

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

**FREE for MRC members.**

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

**FREE!**



*create*

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

## Alcohol Ink Coasters

**Sept. 25, at 2:00pm**

**Cost: \$5**

Make your own unique set of 4 coasters in this fun class. We will guide you through each step. All supplies included.



**NEW**

## 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.

**NEW**



## Wine Glass Pumpkins

**October 3 at 2:00pm**

**Cost: \$5 per person**

Join us for this fun class to make wine glass pumpkins. Materials provided.

## Scarecrow Bottle

**October 17 at 2:00 pm**

**Cost: \$8 per person**

Make 2 scarecrow bottles for fall décor. All supplies included.



**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](mailto: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!

## Quilling Club

**Second Friday of every month 10:00am in the Art Room**

Join MRC members and practice the art of quilling together. Work on your own quilling projects in the company of friends. A small box of basic supplies will be available for beginners.

**NEW**

**FREE!**





## 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
<b>Ball Room Dance</b> 5:00-7:00pm (MP2)	<b>Ball Room Dance</b> 5:00-7:00pm (MP2)	<b>Line Dance</b> Beginner 4:00-5:30pm (MP2) (Arts Room on Oct. 23)	<b>Ball Room Dance</b> 5:00-7:00pm (MP2)	<b>Line Dance</b> 10:00-11:30am (MP2)
		<b>Couples Dance Club</b> 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.



## 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!



## Bodies in Motion

Class meets:

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

**FREE to MRC members**

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

*DON'T MISS OUT!*



## 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](http://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.



## Chair Massage at MRC

**Wednesdays, 9-11am**

**September 4 & 18**

**October 2 & 16**

**Back by  
Popular  
Demand**

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 Volleyball

**Monday, Wednesday and Friday mornings  
from 8:30-10:30am**

at Foundation for Youth 405 Hope Ave, Columbus  
Information: Don Ward (812)350-2222



## Senior Bowling

**Tuesdays at 1:00pm**

**Columbus Bowling Center**

Information: Joan Winkle, 812-350-9452

Glenna Phelps, 812-390-9234





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



**Wednesday Evenings - 5:30-7:00pm**

**Except October 23**



**Friday Afternoons - 12:00-3:00pm**

**Except September 20 & October 25**



**Saturday Mornings - 8:30-11:30am**

**Except September 21**



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



## Bible Studies

### Morning Bible Study

Tuesday mornings 10:30-11:30am

In the Classroom; **Free**

Information: Virginia Houser, 812-579-5132

**September: Zack Riggs, Ogilville Christian Church**

**October: Bert Zimmerman, Tuesday Bible Study**

### Evening Bible Study

Wednesdays 5:30-7:00pm

Information: Jan Meadows (812)374-4404



## TED Talks

2nd Tuesday of each month  
Meeting at 1:30pm in Classroom  
Facilitators: Ed & Terri DeVoe

September 10 at 1:30pm



### The Secret to Living Longer May Be Your Social Life

The Italian island of Sardinia has more than six times as many centenarians as the mainland and ten times as many as North America. Why? According to psychologist Susan Pinker, it's not a sunny disposition or a low-fat, gluten-free diet that keeps the islanders healthy -- it's their emphasis on close personal relationships and face-to-face interactions.

October 8 at 1:30pm

### The Brain-Changing Effects of Exercise



What's the most transformative thing that you can do for your brain today? Exercise! says neuroscientist Wendy Suzuki. Get inspired to go to the gym as Suzuki discusses the science of how working out boosts your mood and memory -- and protects your brain against neurodegenerative diseases like Alzheimer's.

## Programming with Mill Race Center & IUPUC



**Columbus  
CONVERSATIONS**



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

**Thursdays  
from 6:30-8:00pm**

\$5 member/\$7 non-member per session

### Topics include:

Sept. 19 Neuroscience & Early Detection of Autism Spectrum Disorder

Oct. 17 Local Authors: 25th Anniversary of IUPUC's student literary magazine, *Talking Leaves*

*All classes held at Mill Race Center*



## 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 Norm Blizard, 812-812-603-8854, nblizard@comcast.net or Jeff Rauch 812-342-0198



## Arthritis Foundation Program Walk with Ease



Mon./Wed./Fri. – 10:00 - 11:00 AM  
Sept. 23-Nov. 1 at **Fair Oaks Mall**  
Fee: \$15 includes book

Classes led by instructors from Mill Race Center and Purdue Extension.

Registration limited. To register contact Mill Race Center 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.



**NEW**

**FREE!**

## Walk in the Park

Join us every Wednesday morning (weather permitting) at 9:30am meeting in lounge.

We will head out after Body in Motion class.

**Let's get moving together!**

A song, dance and drama performance troupe with Mill Race Center.



**Practice: Monday & Friday  
12:30-3:30pm (MP1)**

Information contact: Donna Browne, (812)376-6612.  
All MRC members are welcome.



## Grief Workshop & Lunch

***Understanding the Six Central  
Needs of Mourning***

***October 16 at 11:30am-1:30pm***

***Cost: \$5 for lunch***

Everyone needs to have this foundational information to assist with moving toward healing. Walter Glover & Jennifer Lowry, Certified Grief Counselors will be presenting information from Dr. Alan. D. Wolfelt, Ph.D.

*Registration required by October 11.*

*Lunch included and workshop held at MRC.*

## Silver Tones

**NEW**

**Practice at Four Seasons:  
Mondays 4:00-5:00pm  
Begins May 6th**

**FREE!**

New joint partnership with Mill Race Center and Four Seasons Retirement Community. All MRC members and Four Seasons residents are welcome to attend.

Parking accommodations will be available and practice will be held in the Chapel at Four Seasons.

Share your voice with the world!

Director: Mary Clark, (812)342-9324



## Widows Support Group

**FREE!**

**Fourth Tuesday of each Month at 10:00am**

The group will try to offer entertainment, educational talks or activities. Group may meet off site from time to time. Call MRC (812)376-9241.



## Widowers Support Group

**FREE!**

**Second Friday of each Month at 4:00pm**

This group will offer an opportunity to make new friendships with others who are also widowers. Leader: John Brooks. Questions call (812)376-9241.

## Brown County State Park Fall Outing

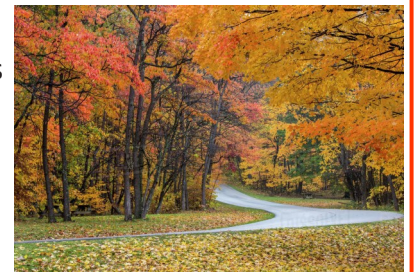
**Friday, October 4**

**NEW**

Leave at 10:30am return between 2:30-3pm

Cost: \$5 for trip/Meal at the lodge

Visit beautiful Brown County State Park and see the gorgeous colors of fall, enjoy a delicious meal at the lodge and a special program at the Nature Center. Will be walking on this trip.



During this program we will pay homage to the pollinators, taste their bounty, and learn all about what Brown County State Park is doing to insure these creatures continue their mission for years to come. We will make a cup of tea using native plants, while learning about pollinators, then end our program with a journey outside to see them on the job!

## **FREE MOVIE SHOWINGS at MRC!**

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

Free popcorn - Sponsored by Griswold Home Care

**FREE!**

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



**September 9**  
**The Biggest  
Little Farm**

**PG**



**September 23**  
**Murphy's  
Romance**

**PG  
13**



**October 14**  
**A Dogs Journey**

**PG**



**October 28**  
**CLUE**

**PG**



## Afternoon for Arts

**Kade Puckett**

**Friday, October 25 at 2:00pm**

**\$5 for members/\$10 for non-members**



Kade Puckett, AKA Pickin' Puckett, is a songwriter and a fingerstyle guitarist with 30 years of experience playing music. A third-generation picker with a dedicated love of music, his musical mastery allows for the innovative meeting of sound and emotion. Spontaneous, magical, laughable, and honest, his live performance is both engaging and entertaining. Puckett also holds the 2013 Indiana Fingerstyle Contest title. His musical repertoire includes jazz, rock, country, blues, and funk.

**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](http://www.MyUHCagent.com/ruth.hoffman)



UnitedHealthcare

**MRC**  
**CON**  
**Nect**

*DON'T MISS OUT!*

**FREE!**

**September 26 from 10am-12pm**

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

**10:00-10:45am**

**NEW FREE!**

**Betty Gray**

**Portraying Dale Evans**

Dale Evans life story is one of great inspiration. Although she was Hollywood's Queen of the West and a household name, her life was filled with many heartaches. Her first child was born mongoloid and two more of her children died tragically. You will be both moved and touched by the faith of this woman.



**Invite a Friend to  
MRC Connect!**

**11:00-11:45am**

**NEW FREE!**

**Neuropathy 101**

**Melanie Hart, PT, Senior Physical  
Therapist with CRH**

This presentation will focus on the latest research and treatment options for those with neuropathy. Join us for an educational session followed by a question and answer period.



**Sponsored by:**

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

knowledge • experience • solutions

## LUNCH & LAUGHTER READERS THEATER



**October 9 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, September 12 &  
Friday, November 8  
11:30am-1:00pm



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



The Mill Race Center version of the classic detective game. Get your thinking cap on and participate in this fun game and work on your *Intellectual Wellness*.

**The game will begin on Mon., Sept. 30.** All final guesses will be due Wednesday, October 30 the chosen winner will be selected on Thursday, October 31

**Object:** Mr. Boddy apparently the victim of foul play is found in one of the rooms at Mill Race Center. Suspects bio's will be posted in MRC. To win, you must determine the answers to these three questions: Who done it? In what room did it occur? And with what weapon?

**Clues:** Clues will be given each Monday through our weekly E-Blast (give the business office your email to be added to the list) and posted in the center. Detective note sheets can be picked up at Mill Race Center to keep track of your clues. Extra bonus clues will be given out through the weeks of the game so stay tuned.

**Prizes:** Free One year membership to MRC and CRH Fitness Center, \$50 gift certificate towards a bus trip with travel, \$100 off an international trip with Collette, \$10 off a day trip, plus a MRC T-shirt.

**Guess:** Turn in your confidential guess by Wednesday, October 30 by 5:00pm. If multiple individuals guess correctly they will be placed into a drawing and one winner will be selected.

**Rules:** Set of participation rules will also be at Mill Race Center.

**Remember to keep your clues a secret!**

Clue #1 will be posted  
on the classroom windows  
& in our weekly E-blast on  
Monday, September 30.





## 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

**September Birthdays: September 5th at 1:00pm**

**October Birthdays: October 3rd at 1:00pm**

**November Birthdays: November 7th 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.



## 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!

## Woodshop Workshop

**October 21-25**

**Class fee: \$10**

This instructional class to make your bench will be taught in the woodshop with Ed Niespodziani. Ed will guide you through the process and explain it step by step. No experience necessary. Projects can be picked from what will be on display by the office. Register in the business office. Class will go shopping for their wood and purchase that on their own.



*DON'T MISS OUT!*



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!

**September 4 & 18**

**October 16 & 30**

**November 13 & December 11**

## Free Little Library Take a Book Return a Book



Built & Donated  
By: Ed Niespodziani



## 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.

# Six Dimensions of Wellness

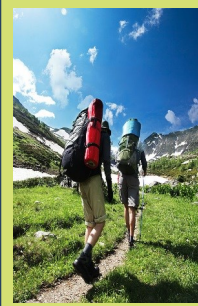


Join Kelly & Shannon on a program trip to the Historic Artcraft Theatre in Franklin, IN for a Free Senior Movie. The preshow begins at 1:30 with a chance to win some great door prizes and movie begins at 2pm. Van leaves at 12:45pm. Fee: \$5 for trip



**Thurs., Sept. 5**  
***The Treasure of the Sierra Madre***

**Thurs., Dec. 12**  
***White Christmas***



## All Who Wander Hiking Group

So if you enjoy the great outdoors and communing with Mother Nature, come join our merry group and get ready to explore our world. We look forward to meeting you!

Contact Ed Niespodziani at [kn4073@comcast.net](mailto:kn4073@comcast.net)



## Konbit Lasante pou Limonad, Inc. Sept. 17 at 1pm in Art Room; FREE

Beth Parkhurst, and other members of the local organization Konbit Lasante pou Limonad, Inc., will share experiences from their recent trip to Limonade, Haiti to provide on-site community health clinics.

In addition, you will learn more about some additional learning opportunities, planned for this Fall, including a community book read of the novel "Mountains Beyond Mountains" by Tracey Kidder, and Art for Aids organization's screening of the film "Bending the Arc" in December at the Columbus Learning Center.



## TRAVEL WITH MILL RACE CENTER

### 2018 MRC Travel and Tours

\*All prices based on double occupancy, add \$100 for non-members. Single, triple and quad rates are also 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.



#### **Charlotte and Asheville Southern Christmas November 11-16 ( note date change!)**

Includes 2 nights in Asheville, 2 nights in Charlotte, motor coach transportation, 5 breakfasts, 4 dinners, visit to the Billy Graham Library, Tour of Asheville, Candlelight tour of Biltmore House, Blue Ridge Mountain Opry, Southern Christmas Show, The Real Christmas Story Show and much more! \$1099 double/\$1448 single. **This one is filling up fast!**

## 2020 Trips Are Here!

**Reserve early to hold your place and avoid the dreaded wait list on your favorite destinations!**

#### **Washington DC! March 26-April 1**

We are aiming for prime Cherry Blossom Time! Guided Tours of the Monuments and Memorials including WWII, Vietnam Veterans, Lincoln, Smithsonian, Capitol Hill and MLK, Jr sites. Both day and night tours, plus Arlington Cemetery, The NEW Museum of the Bible, Mount Vernon and more. Includes accommodations, transportation by motor coach, 6 breakfasts and 4 dinners plus admissions and guides. \$809 double member price. Pricing available for single and triple rooms.



#### **MYSTERY TRIP!! April 29-May 4**

Mystery  
Trip

This one is full of surprises! We will be ENTERTAINED! AWED! INSPIRED! Believe it when we say you have not been there/done that! Join Edie for a trip so exciting that you will talk about this one for a long time after we return. Includes motor coach transportation, 4 Breakfast and 4 dinners, lodging, activities and admissions and more. \$899 double member price. Add \$100 nonmembers. Pricing available for single and triple rooms.

#### **San Antonio, the Alamo and Magnolia Market in Waco! May 16-24**

Can we do it all in one trip! Yes! From the Alamo- to the Magnolia Markets- to 3 Presidential Historical Sites! This trip covers Texas in an unforgettable way. \$929 double member, add \$100 for non members. Includes 8 nights hotel, motor coach transportation, 8 breakfasts and 6 dinners riverboat cruise of San Antonio and much, much more! Pricing available for single and triple rooms.



#### **Savannah, Jekyll Island, Beaufort and more! June 15-20**

Southern Charm Awaits as we tour Savannah with it's trees dripping with Spanish Moss and beautiful fountains in the squares. We will also tour the Mansions of Yesteryear on Jekyll Island, eat the worlds best shrimp on St. Simon's Island and see the Queen of the Carolina Sea Island, Beaufort. We will also have time at Parris Island, training ground for many of our Marines and more. This trip is a must for lovers of all things Southern Coastal. \$725 double members. Add \$100 nonmembers. Pricing available for single and triple rooms.

## More 2020 Trips



### **Nova Scotia, Prince Edward Island and Brunswick! July 15-27, 2020.**

Make this the year you see the East Coast! We will travel through Maine to Halifax and explore the beautiful vistas of Peggy's Cove, Hopewell Rocks, the Bay of Fundy and so much more. You must have a passport for this trip!  
\$1665 double occupancy member price, \$2389 single.

### **Branson and the Ozarks! August 17-21**

Join us on this fun show trip and exploration of the Ozark Mountains. We will see 6 shows including a Showboat dinner cruise, Tour the College of the Ozarks, take a tram ride through a nature park, visit a craft village, have free time at Branson Landing and see the world's largest toy museum! This trip includes lodging, motor coach transportation, all show tickets, 4 dinners & 4 breakfasts. \$799 double member pricing. Add \$100 for nonmembers. Single & triple rates available.



### **Coming for Fall 2020!**

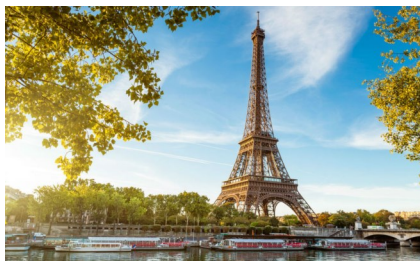
**Pittsburgh and Cleveland September 14-18 and Chattanooga Choo Choo! October 12-15.** Watch for more information in the newsletter or online at [millracecenter.org](http://millracecenter.org).

All trips involve some walking, stairs and many have boat cruises. If you have concerns about accessibility, please contact Edie personally to discuss potential accommodation. \$75 refundable deposit holds your spot with final payment due 2 months before trip departure. Insurance is available and recommended for each trip. More information and flyers available at the MRC office.

## International Travel with Mill Race Center

### **New! Treasures of Europe Discovery, April 16-27**

Explore London, Paris, Rome, Venice, Florence and Lucerne! Enjoy free time in each city to revisit memorable sites or make new discoveries! Guided tours, express train, dinner in the Eiffel Tower and much more included! Reserve by October 10.



**La Belle Seine, Rivercruise through France, featuring Paris and Normandy**  
June 23-July 1, 2020. Reserve by October 17 to assure deck choice and availability. Includes transportation from Columbus to Indy, airfare to Paris, all meals once aboard ship, transfers baggage handling. Add a day or two in Paris before or after your trip for the best experience!

## Day Trips

**Conner Prairie Daytrip,  
Friday, September 27,  
\$48m/\$55nm**

**9am-5pm**

includes transportation,  
lunch and admission!

Tethered Hot Air Balloon

rides available for just \$10 more!

Balloon ride must be booked at time of  
reservation. Reserve by September 17.



**Hound of the Baskervilles!**

**Thursday, October 3, \$59m/\$69nm**

leave MRC @10:30am return at 4pm. A

comedic mystery ala Sherlock Holmes

by the author of Lend me a Tenor!

Derby Dinner Playhouse Matinee.

Includes lunch, transportation and show.



**Glass Blowing!**

**Making Pumpkins**

Two Sessions available

**Wednesday, October 9**

or

**Wednesday, October 16**

**9am-2pm, \$80**

Join us for this hands on creative class in  
Indianapolis. You will be making your own glass  
pumpkin with an instructors help. Sign up early as  
these sessions fill quickly! Lunch in Indy at a fun  
diner. \$80 includes transportation, pumpkin,  
instruction and lunch! (12 max in each session)



**Brown County Studio Tour &**

**Hard Truth Hills Restaurant**

**Tuesday, October 22, 9am-4pm**

**\$18m/\$20nm**

includes admission to TC Steele State

Historic Site with guided tour, 3 working artist studios  
& transportation.



**INDIANAPOLIS SYMPHONY ORCHESTRA**

Indianapolis Symphony Coffee Pops Series transportation.  
Once again we will be offering transportation to the Friday  
morning series for season ticket holders. \$20 per trip trans-  
portation only. Leave from Mill Race Center at 9:15am re-  
turn approx. 1:30pm. Call Edie if you wish to purchase  
tickets to individual shows on October 4 and November 1.

## Lunch & More

**Transportation only  
\$10members, \$12 non members**

**Tuesday, September 17,**

Midland Art and Antique Market, Easley Winery and  
Rathskeller Restaurant 10:30-4:30pm

**Monday, October 14,**

Holiday Park and Illinois Food Emporium Picnic  
(weather permitting)

## Casino Daytrips!



**Rising Star  
Monday, Sept. 23**

**Hoosier Park  
Monday, October 28**

\$25 transportation (not handicap accessible)  
Leave MRC at 9am-5pm

## 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.



### Taku

**Thursday., September 19**

Meet there at 11:00am

### Texas Roadhouse

**Fri., October 18**

Meet there at 11:00am

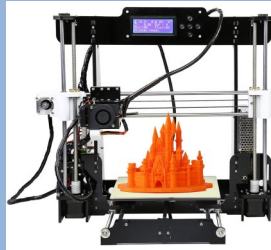
Doors open at 11am

## 3-D PRINTER CLASS

**November 12, 14 & 19**

**5:30-9:30pm**

Have you ever wanted to have your own 3-D Printer? Now is your chance! Each participant will receive their own kit and will assemble it together in class and receive full instruction on how to use it. Cost is based on number of participants. The class will be at MRC in the Senior Products area with instructor Tobi Fergusen. Register at business office.



## The Better Breathers Club / Chronic Lung Disease Support Group

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



The Better Breathers Club is a support group for adults with lung disease like COPD, pulmonary fibrosis or lung cancer. Led by a Respiratory Therapists, these meetings provide an opportunity to learn ways to better cope with lung problems while getting the support of others who share similar experiences. Club membership is FREE and no registration is required.

### Upcoming meetings:

**Wednesday September 11<sup>th</sup> at 3:00 p.m. – topic:**  
**“Treatments for Lung Disease”**

**Wednesday October 24<sup>th</sup> at 3:00 p.m. – topic:**  
**“More Common in People with COPD: Sleep Apnea, Gastric Reflux & Lung Cancer”**

All meetings last about one hour. Light refreshments will be available. We hope you will join us.

For more information call Jennifer at 812-376-5793.

# Financial Wellness Workshop

## Facing Senior Challenges

**FREE!**

**November 1, 2019**  
**Mill Race Center**  
**900 Lindsey Street, Columbus**



**8:30 a.m.** - Light refreshments and registration  
**9:00 a.m.** - Welcome – Dan Mustard, Mill Race Center  
**9:05 a.m.** - Senior Fraud Awareness and Prevention –  
 (State of Indiana)  
**10:00 a.m.** - Busting Legal and Financial Myths -  
 Blake Reed, Attorney at Law, Voelz, Reed & Mount, LLC  
**11:00 a.m.** - Understanding Medicaid and Medicare – Leah Boas, CRH  
**12:00 – 1:00 p.m.** - Lunch with keynote  
**1:10 - 2:30 p.m.** - Raising Grandchildren (Panel Discussion)



Stop in at MRC  
 October 2nd & 23rd for  
 free popcorn to help us  
 celebrate National  
 Popcorn Month

### CAREGIVER SUPPORT GROUP

Are you a caregiver? You're not alone! Join us for a caregiver café: September 12<sup>th</sup> & October 10<sup>th</sup> at 2:00, in the Mill Race Center Conference Room. Care for your loved one provided at Just Friends. Call to register: 362-6415

### JUST FRIENDS NOW HIRING

Just Friends Adult Day Service is looking for a flexible part time driver for 15-20 hours a week. Weekends and holidays off. The successful candidate will have excellent interpersonal skills and a heart for older adults with challenges. This position requires pushing and pulling up to 50 lbs. Drivers transport Participants to and from the Center using low floor minivans owned and operated by Just Friends. Send resume or fill out application at Just Friends inside Mill Race Center. Training provided. No special license required. EOE.



### Joan Percy Award Winner Reception



*Senior Citizen of the Year*  
**Friday, September 20**  
**2:00pm in the Lounge**

*The winner will be announced and lite refreshments will be offered.*

### AARP Driver Safety Class

**October 3 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.**



**Driver Safety**

## 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  
12:30-3:00pm

**FREE!**



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

**OPEN Billiards**

**FREE!**

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

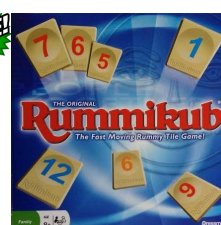


**NEW**

**Rummikub**

Every Thursday at 1:00pm  
Will teach you how to play!  
Classroom

**FREE!**



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

**FREE!**



**Cribbage**

Every Tuesday at 12:00pm  
Will teach you how to play.  
Classroom

**NEW**

**FREE!**

*MRC members may play for free non-members need to purchase a day pass.*



**FREE!**



## Card Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Friendship Bridge</b> 1:00-4:00pm <b>Beginner Bridge Lessons</b> Interested call Claire (812)342-9983	<b>Cribbage</b> 12:00pm  <b>Euchre</b> 5:00-7:00pm	<b>Hand &amp; Foot</b> 12:30-3:30pm <b>For information call</b> Rosemary Sager (812)390-7665	<b>Duplicate Bridge</b> 1:00-4:00pm  <b>Pinochle</b> 1:00-4:00pm	<b>Euchre</b> 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 Courtney at (812)376-9241 ext. 210 or [courtney@millracecenter.org](mailto:courtney@millracecenter.org).**



### 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!

### Social Wellness



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

### 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!

### 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!

### 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!

### 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!

### Current classes that I want to try/attend:

- Physical Wellness:**

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- Vocational Wellness:**

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- Spiritual Wellness:**

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- Social Wellness:**

---

- Intellectual Wellness:**

---

- Emotional Wellness:**

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### 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
<b>8-10</b>	<b>Breakfast (\$)</b>	<b>LOB</b>
8:30	Body Motion	MP2
8:00	Quilters	AR
10:00	Golden K	MP2
12:30	Mahjong	AR
1:00	Drum Practice	CR
12:00	Hand & Foot	MP2
1:00	Friendship Bridge	MP2
12:30	Lasting Impressions	MP1
<b>5-7</b>	<b>Ballroom Dancing</b>	<b>MP2</b>

## Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
<b>8-10</b>	<b>Breakfast (\$)</b>	<b>LOB</b>
<b>10:00</b>	<b>Tai Chi (\$)</b>	<b>MP1</b>
	Widows Support Grp (4th Fri)	AR
10:30	Bible Study	CR
12:00	Cribbage	CR
1:00	Woodshop	WS
<b>1:00</b>	<b>Bingo (\$)</b>	<b>MP2</b>
5:00	Euchre	AR
<b>5-7</b>	<b>Ballroom Dancing</b>	<b>MP2</b>

## Wednesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
<b>8-10</b>	<b>Breakfast (\$)</b>	<b>LOB</b>
<b>8-Noon</b>	<b>Chair Massage (\$)</b>	<b>LOB</b>
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 (1st & 3rd Wed)	AR
5:30	Bible Study	CR
5:30-7	Pickleball	MP2

## Thursday

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

## Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Body in Motion	MP2
10:00	Line Dancing	MP2
	Quilling Club (3rd Fri)	AR
12:30	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 (3rd Fri)	AR
4:00	Widowers Support Grp (2nd Fri)	AR

## Saturday

8:30-11:30	Pickleball	MP2
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AR	Art Room
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

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

## ACTIVITY HIGHLIGHTS

### September 5

Artcraft, 12:45pm  
Birthday Party, 1:00pm

### September 6

Welcome Breakfast, 9:30am **FREE!**

### September 9

Movie, 2:00 & 4:30pm **FREE!**

### September 10 & October 8

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

### September 12

Best Buy Tech Help, 11:00am **FREE!**  
Sage Table, 11:30am

### September 19

Columbus conversations, 6:30pm

### September 20

Joan Percy Reception, 2:00pm **FREE!**

### September 23

Movie, 2:00 & 4:30pm **FREE!**

### September 24, Oct. 2 & 7

Armchair Travel, 2:00pm **FREE!**

### September 25

Alcohol Ink Coasters, 2:00pm

### September 26

MRC Connect, 10:00am **FREE!**

### September 4,11,18 & 25

October 2,9,16,23, & 30 **FREE!**

Walk in the Park, 9:30am

### October 1

Medicare Bingo, 10:00am **FREE!**

### October 3

AARP Driver Safety Class, 12:00pm  
Birthday party, 1:00pm  
Wine Glass Pumpkins, 2:00pm

### October 4

Welcome breakfast, 9:30am **FREE!**

### October 9

Lunch & Laughter, 12:00pm

### October 10

Best Buy Tech Help, 11:00am **FREE!**

### October 14

Movie, 2:00 & 4:30pm

### October 16

Grief Workshop, 11:30-1:30pm

### October 17

Columbus Conversations, 6:30pm

### October 19

Scarecrow Bottle, 2:00pm

### October 23

Fish Fry, 6:00pm

### October 25

Afternoon for Arts, 2:00pm

### October 28

Movie, 2:00 & 4:30pm **FREE!**

### November 1

Financial Wellness Workshop, 8:30am **FREE!**

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

Visit us at [www.millracecenter.org](http://www.millracecenter.org)



Mill Race Center will be closed on  
Monday, September 2nd in  
observance of Labor Day



Mill Race Center  
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Columbus, In 47201

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