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.

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.

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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
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

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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 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.
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!!

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.
Spend 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.

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

Volunteers Needed
Various volunteer opportunities are available at Camp Atterbury. Call 317-991-1073 or visit www.volunteers.uso.org

Your Help Needed!
MRC is collecting travel sized items for the USO. Drop items off in the office.

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

Give the gift of a Mill Race Center membership to your friends this holiday season.
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.

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

MRC Welcome Breakfast
Friday, Sept. 6; 9:30am
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.

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!

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.

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 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!

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.

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.

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.

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.

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.
Ball Room Dance Classes
Monday, Tuesday & Thursday 5:00-7:00pm
Margot Scholz offers 8 week sessions at Mill Race Center on Monday and Thursday evenings. For more information about sessions, call Margot at (812) 342-4156.

Couples Dance Club
1st & 3rd Wednesday each month 5:30-7:00pm
This class is for couples ballroom dancing and to practice new steps. FREE to MRC members, $5 per class/non-member Info contact: Karl & Uschi Wolff at (812) 342-9974.

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

Line Dance for Beginners
Wednesday, 4:00-5:30pm (MP2)
Come and give it a try!
Instructor: Pat Hoard (812) 812-374-2963.
Fee: FREE to MRC members, $5 per class/non-member. No need to sign up in advance, just show up and dance!

Line Dance
Friday mornings 10:00-11:30 (MP2)
Come and dance, new folks always welcome! Free for MRC members, $5 per class/non-member
Instructor: Pat Hoard (812)-374-2963

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.

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.

Chair Massage at MRC
Wednesdays, 9-11am
September 4 & 18
October 2 & 16
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.

Senior Volleyball
Monday, Wednesday and Friday mornings
from 8:30-10:30am
at Foundation for Youth 405 Hope Ave, Columbus
Information: Don Ward (812)350-2222

Physical Wellness
Recognizing the need for regular physical activity, proper diet and nutrition, and personal safety. Discouraging the use of tobacco, drugs, and excessive alcohol consumption. Get moving -- be healthy!

Senior Bowling
Tuesdays at 1:00pm
Columbus Bowling Center
Information: Joan Winkle, 812-350-9452
Glenna Phelps, 812-390-9234
Six Dimensions of Wellness

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

**Columbus Conversations**

**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

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**Programming with Mill Race Center & IUPUC**

**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.

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**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.

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**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.
MRC Woodshop

Tuesday and Thursday
1:00-4:00pm

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

In The Woodshop
Drop-In Woodcarving Class
Wednesdays 10:00am
Open to all levels of ability, beginners encouraged to give it a try! Carving projects with instruction will be offered to get you started. Basic carving tools will be available for use or bring your own. Assistance will be offered to beginners and challenges offered for more experienced carvers. Instructor: Larry Carter
FREE for MRC Members

Hoosier Carvers Club
2nd Monday of each month
3:00-5:00pm (CL)
New participants welcome to attend. For information contact Larry Carter 812-372-1956.

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!
Widows Support Group
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
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.

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.

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

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

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.

Brown County State Park Fall Outing
Friday, October 4
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

- September 9
  The Biggest Little Farm (PG)

- September 23
  Murphy’s Romance (PG)

- October 14
  A Dog’s Journey (PG)

- October 28
  CLUE (PG)
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
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.

11:00-11:45am
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.

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.

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 con-
versation. 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-

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.

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

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

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**Ladies Coffee**
Meets the 3rd Thursday each month at 10:00am in the MRC lounge.  
A wonderful way to meet new people and get acquainted with Mill Race Center. Coffee and snacks provided. **FREE** to members.  

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**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.

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**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**

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**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.
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.

**Six Dimensions of Wellness**

**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

**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.

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

**Thurs., Dec. 12**
*White Christmas*
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
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.
Six Dimensions of Wellness

More 2020 Trips

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.

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-July1, 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!

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.
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.

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)

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.

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

FALL TRAVEL SHOW
Mark your calendar for the Fall Travel Show featuring 2020 bus trips with Mill Race Center and Edie! Wednesday, September, 25 at 10:30am. Please RSVP for seating. Door prizes, refreshments and exciting travel opportunities!

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

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)
**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.

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**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 Ferguson. 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 11th** at 3:00 p.m. – topic: **“Treatments for Lung Disease”**
- **Wednesday October 24th** 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**

**November 1, 2019**

Mill Race Center
900 Lindsey Street, Columbus

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**FREE!**

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)

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**CAREGIVER SUPPORT GROUP**

Are you a caregiver? You’re not alone! Join us for a caregiver café: September 12th & October 10th 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.

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**Joan Pearcy 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.

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**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.
**Six Dimensions of Wellness**

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**Pickleball**

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

---

**BINGO!**

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.

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**MAHJONG**

Every Monday & Friday

12:30-3:00pm

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

---

**OPEN Billiards**

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

---

**Rummikub**

Every Thursday at 1:00pm

Will teach you how to play!

Classroom

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**Cribbage**

Every Tuesday at 12:00pm

Will teach you how to play!

Classroom

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**Card Schedule**

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

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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.

Current classes that I want to try/attend:

- Physical Wellness:

- Vocational Wellness:

- Spiritual Wellness:

- Social Wellness:

- Intellectual Wellness:

- Emotional Wellness:

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### MRC Daily Activities

**Monday**
- Open Billiards
- Open Jigsaw Puzzle Table
- **8-10** Breakfast ($)  
- 8:30 Body Motion
- 8:00 Quilters
- 10:00 Golden K
- 12:30 Mahjong
- 1:00 Drum Practice
- 12:00 Hand & Foot
- 1:00 Friendship Bridge
- 12:30 Lasting Impressions
- 5-7 Ballroom Dancing

**Tuesday**
- Open Billiards
- Open Jigsaw Puzzle Table
- **8-10** Breakfast ($)  
- 10:00 Tai Chi ($)  
- 10:30 Bible Study
- 12:00 Cribbage
- 1:00 Woodshop
- 1:00 Bingo ($)  
- 5:00 Euchre
- 5-7 Ballroom Dancing

**Wednesday**
- Open Billiards
- Open Jigsaw Puzzle Table
- **8-10** Breakfast ($)  
- **8-Noon** Chair Massage ($)  
- 8:30 Body Motion
- 10:00 Woodcarving Class
- 10:00 Art Class
- 10:00 Crafty Fingers
- 11:30 TOPS
- 12:30 Hand & Foot
- 1:00 Scrabble
- 1:00 Reader’s Theater
- 1:00 Bid Euchre/Pinochle
- 4:00 Beg. Line Dance
- 5:30 Pickleball
- 6:00 Couples Dance
- 5:30 Bible Study
- 5:30-7 Pickleball

**Thursday**
- Open Billiards
- Open Jigsaw Puzzle Table
- **8-10** Breakfast ($)  
- 8:30 Happy Helping Hands
- 9:00 Shopping
- 10:00 Tai Chi ($)  
- 10:00 Ladies Coffee
- 1:00 Duplicate Bridge/Pinochle
- 1:00 Woodshop
- 5-7 Ballroom Dancing

**Friday**
- Open Billiards
- Open Jigsaw Puzzle Table
- **8-10** Breakfast ($)  
- 8:30 Body in Motion
- 10:00 Line Dancing
- 12:30 Mahjong
- 1:00 Euchre
- 1:00 SCS Investment Club(2 Fri)
- 12:30 Lasting Impressions
- 12:30 Pickleball
- 1:00 Senior Scribes
- 4:00 Widowers Support Grp

**Saturday**
- 8:30-11:30 Pickleball

### ACTIVITY HIGHLIGHTS

- **September 5**  
  - Artcraft, 12:45pm  
  - Birthday Party, 1:00pm
- **September 6**  
  - Welcome Breakfast, 9:30am
- **September 9**  
  - Movie, 2:00 & 4:30pm
- **September 10 & October 8**  
  - TED Talks, 1:30pm
- **September 12**  
  - Best Buy Tech Help, 11:00am  
  - Sage Table, 11:30am
- **September 19**  
  - Columbus conversations, 6:30pm
- **September 20**  
  - Joan Pearly Reception, 2:00pm
- **September 23**  
  - Movie, 2:00 & 4:30pm
- **September 24, Oct. 2 & 7**  
  - Armchair Travel, 2:00pm
- **September 25**  
  - Alcohol Ink Coasters, 2:00pm
- **September 26**  
  - MRC Connect, 10:00am
- **September 24, 11, 18 & 25**  
  - Movie, 2:00 & 4:30pm
- **September 29**  
  - AARP Driver Safety Class, 12:00pm  
  - Birthday party, 1:00pm
- **September 30**  
  - Shopping  
  - Happy Helping Hands
- **October 1**  
  - Medicare Bingo, 10:00am
- **October 3**  
  - AARP Driver Safety Class, 12:00pm  
  - Birthday party, 1:00pm
- **October 4**  
  - Welcome breakfast, 9:30am
- **October 9**  
  - Lunch & Laughter, 12:00pm
- **October 10**  
  - Best Buy Tech Help, 11:00am
- **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
- **November 1**  
  - Financial Wellness Workshop, 8:30am

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*Mill Race Center • 900 Lindsey Street • Downtown Columbus*

812-376-9241  
Visit us at www.millracecenter.org

**FREE** activities are available for members.  
Items in **BOLD** have registration fee.  
$ indicates drop-in fee available.

---

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