Total Brain Health 1.0
Monday & Wednesday; May 4-June 10
Time: 9:30-10:45am
Class Fee: $20; Max: 20
Come join us as we “get smart” about brain health!
Developed by the leading brain fitness experts at Total Brain Health, the TBH BRAIN HEALTH 1.0 course teaches the many proven ways we can keep our thinking sharp, lower our dementia risk, and promote better cognitive vitality. You will:

- Discover the cutting-edge science behind how our lifestyle may be the best way we can sharper thinking and reducing our risk for memory loss.
- Train with hands-on workouts that give you the chance to try the many ways we can promote our cognitive health -- right in the classroom.

Travel Show
Wednesday, April 15
1:30-3:00pm
Featuring Hawaii, Alaska’s Northern Lights and Magical Christmas Markets for 2021. Join us for a presentation by Collette World Travel right after Lunch & Laughter. Edie Smith will be revealing our Christmas Trip for 2020! Door Prizes, Discounts and Fun! Please RSVP at the business office.

Volunteer Appreciation Luncheon
See page 16
From Your Executive Director

2019 was a very interesting year at Mill Race Center, for a variety of reasons. One that stands out is the number of nonagenarian members that we now have at MRC. (A nonagenarian is a person who is 90 to 99 years old. I had to look it up.) We have seen this number increase over the last few years, and at the end of 2019 the official count was 191 members who are 90 and over. That is roughly 10% of our total membership. Keep in mind that these are not people who are mailing in a membership form from a retirement community in Arizona. They are active, vital, and engaged participants, leaders, and volunteers. You will find them leading classes, working at the front desk, delivering Meals on Wheels, traveling with Edie, singing in the Lasting Impressions, attending Great Decisions, working in the woodshop or working out in the Columbus Regional Health fitness center. They are painters, dancers, crafters, and makers of Pal Dolls. This is a good indicator of the success of our mission, and a larger trend in our society. Not only are people living longer, but they are living well longer. The key to Aging Well is to not only add years to your life, but to maintain one’s health in a way that allows one to be active over the entire life span. If you aspire to join the ranks of the nonagenarians, you will be happy to know that it isn’t all about genetics, diet, or exercise. Those things are all important, but the single most important factor in longevity is socialization. Studies have demonstrated that a person needs to be around other people to be healthy. So even if you are decades away from your 90’s, you can still lay the foundation now for being able to be one of the active nonagenarians here at Mill Race Center.

Dan Mustard

How can I donate and help MRC?
1 of 3 Ways:
Go online at millracecenter.org, or
Text “millracecenter” To 77977. or
Drop off a check or cash to the office.

$10 Day Pass
for Non-Members

Table of Contents

Community Service & Volunteer ........................................ Page 4 & 5
Community Classes .......................................................... Page 6
Creative Arts Class ............................................................... Page 7 & 8
Dance Page ........................................................................ Page 9
Movement Classes ............................................................... Page 10
Pickleball .......................................................................... Page 11
Education ............................................................................ Page 12 & 13
Entertainment & Events ....................................................... Page 14 & 15
New Programs & Events ...................................................... Page 16 & 17
Ongoing & New Programs .................................................... Page 18 & 19
Travel .................................................................................. Page 20, 21 & 22
Rentals, Health & Fitness .................................................... Page 22 & 23
New & Ongoing Classes ...................................................... Page 24
Games & Cards .................................................................... Page 25
Six Dimensions Guide ........................................................ Page 26

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

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 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 Assistant, x 216
Fred Guarnieri, Senior Products Supervisor, x 228
Roberta Isaacson, Membership, x 204
Brenda Fowler, and Roy Hendershot, Van Drivers
Jan Meadows, Ambassador Coordinator
Dan Mustard, Executive Director, x 211
Karen Phelps, Receptionist, x 218
Roy Pruett, 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

Now booking for 2020 & 2021
Weddings • Reunions • Corporate Events
MillRaceEvents.com
(812)302-3838

Wedding photography courtesy of jackiesantana.photography.com
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!!
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. Special Thanks to Treat Sponsor Each Week: Willow Crossing/Columbus Transitional Care

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.

**Vous&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 year!

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

### MRC Welcome Breakfast

- **Friday, March 6; 9:30am**
- **Friday, April 3; 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.

- **Sponsored by:**  
  Willow Crossing/Columbus Transitional Care

### 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 Eight Dimensions of Wellness.

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.
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**
- March 24 — Armchair Travel
- April 21 — Succulent Plant Pot

**Fairington Apartments @ 1:00pm in Building 2301 & 2:30pm in Building 2401**
- March 12 — Armchair Travel Italy
- April 9 — Colorful Wall Canvas

**Villas Apartments @ 2pm**
- March 25 — Seasonal Door Hangers
- April 29 — Succulent Plant Pot

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

---

**French Exit**
Tuesdays, March 24th & 31st
11 am Lounge
Cost: $12 (covers cost of book)
A brilliant and darkly comic novel about a wealthy widow and her adult son who flee New York for Paris in the wake of scandal and financial disintegration.

**Elderhood**
Tuesdays starting April 28th
11am Lounge
Cost: $18 (covers cost of book)
New York Times Bestseller
As revelatory as Atul Gawande’s Being Mortal, physician and award-winning author Louise Aronson’s Elderhood is an essential, empathetic look at a vital but often disparaged stage of life.

*Snacks and coffee provided for both book clubs.*

---

**Garden Club**
We need your help with the garden!
Whether you have a green thumb or not, volunteer to cultivate the Mill Race Center garden this summer! Supplies will be provided.
Info session March 20th @ 10am in the lounge.
Call Courtney for more info: 812-376-9241 ext 210

---

**Matter of Balance Class**
Tuesdays & Thursdays
April 2-28
1:00-3:00pm
Cost: $10
An award-winning evidence based program designed to manage falls and increase activity. Join us to improve your strength and balance and review your fall risk at home. A guided course with discussion and exercises. Max: 15
**Evening Star Quilt Guild**

*Second Tuesday of each month, 5:00-7:00pm*

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.

---

**Lazy Daisy Embroidery Guild**

*Fourth Thursday of each month, 2-4pm in the Art Room*

Open to anyone interested in embroidery. More information: Carol Walp at 812-343-8863.
Art Class

**FREE**

**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

**FREE**

**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.

Seasonal Magnet Class

**March 18 at 2:00 pm**

Cost: $5 for 8 magnets

Join us for this fun class to make small 1” magnets with colorful designs. Materials provided to make your own fun creations.

Max: 20 Grandchildren welcome to attend.

Spring Chicks

**March 30 at 2:00pm**

Cost: $5 (2 pavers)

This cute spring chick will make a wonderful Easter decoration or a special gift. All supplies included for 2 chicks. Max: 15

Lavender Canvas

**April 8 at 2:00pm**

Cost: $5

Practice your painting skills with this easy canvas class. All supplies included. Max: 15

Scrap Paper Birthday Cards

**April 22 at 2:00pm**

Cost: $5

Make 6 unique and easy birthday cards and envelopes with beautiful paper and stamps. All supplies included. Max: 15

Lyster Book Study

**Beginning in April**

Classes held at MRC

Mondays from 1:00-3:00pm

Book to be announced

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

Sign up in the Business office.
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.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball Room Dance</td>
<td>Ball Room Dance</td>
<td>Line Dance</td>
<td>Ball Room Dance</td>
<td>Line Dance</td>
</tr>
<tr>
<td>5:00-7:00pm (MP2)</td>
<td>5:00-7:00pm (MP2)</td>
<td>Beginner 4:00-5:30pm (MP2)</td>
<td>5:00-7:00pm (MP2)</td>
<td>10:00-11:30am (MP2)</td>
</tr>
</tbody>
</table>

Couples Dance Club
5:30-7:00pm (MP1)
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. All 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-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

High School Senior Project
March 19, 20, & 23
See business office for details, times, and to register. See demo on how to make a pot on the potters wheel and glaze your own project. Free class. Presenter: Jose Medina. Max: 15
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
At Foundation For Youth
Tues., Thurs. & Sat.
from 8:30-10:00am
Purchase swim passes at FFY for $5 per visit or they have special package pricing. Call FFY at: 812-348-4558 for discounted pricing.

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

Chair Massage at MRC
Wednesdays, 9-11am
March: 4 & 18
April: 1 & 15
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.

TOPS Club
Wednesday 11:30am-1:00pm
Take Off Pounds Sensibly
For more information please contact Peggy Davidson at 812-530-9552 or check the TOPS website at www.tops.org.

Senior Swim
At Foundation For Youth
Tues., Thurs. & Sat.
from 8:30-10:00am

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

- **Wednesday Evenings - 5:30-8:00pm**
  - March 4

- **Friday Afternoons - 12:00-3:00pm**
  - April 10 & 24

- **Saturday Mornings - 8:30-11:30am**
  - March 28, and April 11, & 18

**Physical**
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!
**TED Talks**

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

**March 10th**
**Why We Should Embrace Aging as an Adventure.**
**By: Carl Honoré**

We need to feel better about aging in order to age better, says writer and activist Carl Honoré. How? In this spirited talk, Honoré offers a set of simple solutions to combat ageism -- as well as a host of trailblazers and change makers who came into their own later in life, from artists and musicians to physicists and business leaders.

**April 14th**
**The Human Skills We Need in an Unpredictable World.**
**By: Margaret Heffernan**

The more we rely on technology to make us efficient, the fewer skills we have to confront the unexpected, says writer and entrepreneur Margaret Heffernan. She shares why we need less tech and more messy human skills -- imagination, humility, bravery -- to solve problems in business, government and life in an unpredictable age. "We are brave enough to invent things we've never seen before," she says. "We can make any future we choose."

---

**Bible Studies**

**Morning Bible Study**
**Tuesday mornings 10:30-11:30am**
In the Classroom; Free
Information: Virginia Houser, 812-579-5132

**March:** Bert Simmerman, Counselor
**April:** Ed Boston, Radio Minister

**Evening Bible Study**
**Wednesdays: New Time: 5:00-7:00 p.m.**
Sign up in the business office or call Jan Meadows for information: 812-374-4404

---

**Tuesday Tea**
**March 10th**
**April 14th**
**Meeting the second Tuesday each month in the Lounge at 3:00pm. FREE**

Enjoy some delicious tea and fellowship with other members in the lounge once a month. Tea cups and coffee mugs provided or bring your favorite tea cup and share its story with the group.

**SCS Investment Club**
**Monthly, 2nd Friday**
**Meeting April 17 due to Good 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

---

**SAGE Table**
**May 8th**
**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.
MRC Woodshop

**In The Woodshop**

**Free!**

**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**

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

**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

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!
Tech Help with Best Buy
Thursday, March 12
Thursday, April 9
11:00am-Noon; classroom
A free once a month class to assist you with your technology. A great class to help you ask your questions and build confidence. Limited seating so register at the business office at MRC.

Walk in the Park
Begins in April
Join us every Wednesday morning (weather permitting) at 9:30am meeting in lounge. We will head out after Body in Motion class. Staff will attend when schedules allow.

Walk in the Mall
Stay Healthy, Get Active, and Start Walking!
Through the month of March
Members can meet every Monday at the Fair Oaks Mall to walk together. Meeting by the benches in front of the Harlequin Theatre at 10am every Monday. Staff will attend when schedules allow.

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.

AARP Driver Safety Class
Thursday, April 23rd 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.

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

Class will be held on Mondays, May 4-June 8 from 2:30-3:30pm.

Widows Support Group
Fourth Tuesday of each Month at 10:00am
The group will 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.
FREE MOVIE SHOWINGS at MRC!
Two Showings now on Mondays at 2:00pm & 4:30pm.
Free popcorn - Sponsored by Griswold Home Care

March 9
Harriet

March 23
Beautiful Day in the Neighborhood

April 13
Knives Out

April 27
Little Women
Lunch & Laughter Readers Theater

April 15th at Noon
Lunch: $5 members $10 non-members
Make reservations at the MRC business office.
Doors open at 11:45am

Sponsored by:

Volunteers Needed

Easter Egg Stuffing
Tuesday, April 7 at 1:00pm
Art Room at Mill Race Center
The Easter Bunny has to stuff 6,000 Easter Eggs with candy for the Community Easter Egg Hunt at Donner Park. All the eggs and candy will be provided. A great way to volunteer for your Vocational Wellness!

Mill Race Center Volunteer Luncheon
Thursday, April 30th at Noon in MP1 & 2
All Mill Race Center volunteers are invited to join us for a celebratory luncheon in your honor!! Come let us show our appreciation for all that you do for the community. Entertainment will be provided by our very own Dan Mustard. MRC volunteers must RSVP to the business office by Monday, April 27th.

SPEAKER SERIES
Lori Roberts will be portraying “Anna Jackson”
Lori Roberts is an educator, historian, author, and presenter for historical events and workshops. She has taught for twenty-seven years. Currently, Lori teaches United States History at the Middle School level. She presents the persona of Mrs. General Thomas "Stonewall" Jackson (Mary Anna Morrison Jackson).

Sponsored by:

Take Your Best Shot! Photo Contest
MRC members show off your talents with your camera or phone camera and enter this new contest. Five categories for entry: travel, recreation, wildlife, sports, and nature/landscapes. More information coming in the June/July newsletter.

Thursday, April 23 at 11:00am
SPEAKER SERIES
Lori Roberts
will be portraying
“Anna Jackson”
Lori Roberts is an educator, historian, author, and presenter for historical events and workshops. She has taught for twenty-seven years. Currently, Lori teaches United States History at the Middle School level. She presents the persona of Mrs. General Thomas "Stonewall" Jackson (Mary Anna Morrison Jackson).

Sponsored by:

Easter Egg Stuffing
Tuesday, April 7 at 1:00pm
Art Room at Mill Race Center
The Easter Bunny has to stuff 6,000 Easter Eggs with candy for the Community Easter Egg Hunt at Donner Park. All the eggs and candy will be provided. A great way to volunteer for your Vocational Wellness!

Mill Race Center Volunteer Luncheon
Thursday, April 30th at Noon in MP1 & 2
All Mill Race Center volunteers are invited to join us for a celebratory luncheon in your honor!! Come let us show our appreciation for all that you do for the community. Entertainment will be provided by our very own Dan Mustard. MRC volunteers must RSVP to the business office by Monday, April 27th.

SPEAKER SERIES
Lori Roberts
will be portraying
“Anna Jackson”
Lori Roberts is an educator, historian, author, and presenter for historical events and workshops. She has taught for twenty-seven years. Currently, Lori teaches United States History at the Middle School level. She presents the persona of Mrs. General Thomas "Stonewall" Jackson (Mary Anna Morrison Jackson).

Sponsored by:

Take Your Best Shot! Photo Contest
MRC members show off your talents with your camera or phone camera and enter this new contest. Five categories for entry: travel, recreation, wildlife, sports, and nature/landscapes. More information coming in the June/July newsletter.
Afternoon for Arts

Collin Matthews

Friday, April 24 at 2:00pm

Collin is a violinist who plays music not commonly performed on the violin, realizing there was a need no one in his musical world seemed to be addressing...that the violin is the closest instrument to the human voice and does a splendid job of emulating it. This is his forte. He does Elvis to Ella Fitzgerald. Temptations to Michael Jackson.....He leaves Bach and Mozart to his compatriots! People singing along with him is his favorite thing to see at his performances. He plays an acoustic/electric violin.

$5 for members/$10 for non-members
Includes delicious homemade dessert.

SAHAJA MEDITATION

Beginning February 5, 2020
Guided meditation for beginners!

Meeting at Mill Race Center every Wednesday at 6:00pm

FREE classes that are open to the community.

Questions Contact: Columbusmeditation@gmail.com

March 26 & April 16
11:00am; classroom
FREE

We will be using the Total Brain Health Toolbox365 for these monthly workouts. Science shows that building better well-being is perhaps the best ways we can keep our minds strong. The TBH Toolbox365 trains in four ways: Body, Mind, Spirit and Social. The TBH Toolbox365 activates neuroplasticity to grow and change our brains. Workout with us each month. Max: 20 Call to register for this free program.

See page 26 to learn all about the Eight Dimensions of Wellness.
Birthday Party
Come and celebrate your birthday at Mill Race Center. There will be birthday cake, ice cream, candles to blow out, and entertainment by our own Dan Mustard & MRC Clowns. It’s also a great way to meet people.

Birthday Celebrations
March Birthdays: March 5th at 1:00pm
April Birthdays: April 2nd at 1:00pm
May Birthdays: May 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.

Free Little Library
Take a Book Return a Book
Built & Donated
By: Ed Niespodziani

Environmental
Consider the interactions between your environment, your community, and yourself. Living a lifestyle that is respectful of your surroundings. Live in harmony with the Earth!

Senior Scribes
Through poetry, fiction and memoirs, we are the story tellers. Come join Senior Scribes to tell your stories. We meet 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.

The BCPL bookmobile will be at Mill Race Center from 9:30-10:30am on the dates specified below. Mark your calendar and visit the bookmobile!
March 4th & 18th
April 1st & 15th
Financial

Having a sense of security. Living within your means and learning to manage
money for the short and long term. Be financially responsible and independent!

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

The Queer Games
March 25, 2020
3:30-5:00pm in the Art Room
Presenter: Kip Stevens
This will be an opportunity to learn some simple
vocabulary terms that describe and differentiate
gender identities, sexualities, and romantic
inclinations. This will be done via an educational
presentation that will teach you vocabulary and fun
facts. Afterwards there will be games to play with a
fun educational twist.

Mr. Smith Goes To Washington

Thursday, March 19

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.

The Historic Artcraft Theatre

High School Senior Project

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.

Thursday, March 19

Mr. Smith Goes To Washington

Financial

Having a sense of security. Living within your means and learning to manage
money for the short and long term. Be financially responsible and independent!
TRAVEL WITH MILL RACE CENTER

2020 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.

MYSTERY TRIP!! April 29-May 4 SOLD OUT!!!!

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 SOLD OUT!!!

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.

A Tale of Two Cities, Pittsburgh and Cleveland! September 14-18
Explore the Origins of the Ohio River at the historic Fort in Downtown Pittsburgh, See Frank Lloyd Wright’s Falling Water, Ride the Duquesne Incline for spectacular views! In Cleveland we will have time at the Rock and Roll Hall of Fame and visit Historic Downtown plus much, much more! $849d/$1049s.

Pardon me Boys, is that the Chattanooga Choo Choo we are going on in October? Yes! Yes! Three exciting train rides are included in this adventurous trip to Tennessee. We will also be going to Famous Ruby Falls, Rock City and taking a Southern Belle dinner cruise! Includes bus transportation, all rides and accommodations plus most meals! October 12-15, $759d/$958s.
International Travel with Mill Race Center

1st Travel to Rome, Florence and Venice. The romantic Italy with art, architecture and history. Enjoy delightful food, wines and vistas as you tour the Coliseum, see Michelangelo’s David and the leaning Tower of Pisa. Explore the Vatican on an optional side trip or spend time in the catacombs of Rome. **October 22-29, 2020. $4049 double/$4849 single by April 23.**

2nd Discover Southern Italy and Sicily featuring the Amalfi Coast. Magnificent Vesuvius and Pompeii await as you explore the hidden treasures of Palermo, Sorrento and the southern half of this fabulous country. Set out for one of the worlds most important archaeological sites in the stunning Valley of the Temples, a UNESCO world heritage site. History, natural beauty and unspoiled vistas await you on this unforgettable journey. **October 31-November 11, 2020. $3949 double/$4449 single**

Combine these two trips for the Italian trip of your dreams! You will save $$$ on airfare and more with a combo. Call Edie to see the savings.

Day Trips

**Let’s go back to 1954!**
**Milan, Indiana**
**Friday, March 20**
$30 members
$40 non-members
10am-4:30pm
The site of the famous basketball game featured in the movie Hoosiers. Museum admission and transportation included. Lunch at Reservation Restaurant on your own.

**Historic Corydon**
**Tuesday, April 14**
$36 members/
$46 non-members
8am -5pm.
We will enjoy a guided walking tour of historic buildings including Governor Hendricks’ house, the State Capitol building that served from 1816-1825 and several other notable properties from Indiana’s first State Capitol! Includes transportation and tours. Lunch at the Beaver Street Tap Room not included. This trip includes a lot of walking sometimes on uneven or non-paved areas. Wear comfortable shoes and wear layers as the weather may be variable.

**Derby Dinner Theater presents Anything Goes!**
**Thursday, May 7th**
$65 per member,
$75 nonmember
4:30pm-11pm approx.
Anything Goes is a 1934 musical with music and lyrics by Cole Porter. The story concerns madcap antics aboard an ocean liner bound from New York to London. includes transportation, show and dinner. Only 20 seats available so reserve yours today!

**St. Margaret’s Guild Show Home**
**Wednesday, May 6**
$40 member
$45 nonmember.
10am-3pm. Tour the 2020 St. Margaret’s Guild Show Home, Fox Hill. Built in 1929 this 10,000 sq ft home is full of surprises and decorating delights. Lunch available on site.. Transportation and admission included.
More Day Trips

** Indy Art Museum**
*Tuesday, May 12*
$38 members  
$48 nonmembers  
10am - 4pm.
Enjoy the flowers and art displays at the Indianapolis Art Museum! Welcome Springtime with stunning blooming arrays and explore the museum. Admission and Transportation included. Lunch on your own.

**Derby Dinner Theater**
Proudly presents The Glenn Miller Orchestra!  
*Monday, June 8th*
$68 members  
$78 nonmembers
If you missed this last year you will want to reserve your seat for this toe tapping, patriotic and outstanding musical journey to the 1940’s! You will know every song and marvel at the talent keeping Glenn Miller’s memory and achievements alive today. Learn his fascinating story as the band entertains and you enjoy a delicious dinner. Do Not Miss This One! 4:30pm-11pm. approx.

**Bardstown Civil War Museum**
*Wednesday, May 13*
$42 members  
$50 nonmembers
Includes free time in Bardstown, KY. Enjoy admission to the 4th largest complex of Civil War Museums in the nation. Explore the Women’s Civil War, General Moore and Civil War buildings in this fascinating display of memorabilia and history. Lunch on your own in Bardstown. Admission to the museum and transportation included.

**Indianapolis Indians Day Game!**
*Wednesday, June 10*
$35 member  
$40 nonmember
12pm-5pm. Come enjoy a relaxing day at Victory Field! Admission with shady box seats and transport included.

**Indianapolis Symphony Coffee Pops Series**  
*Next Dates:*
*April 3rd, 24th and June 12th*
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.

Casino Daytrips!
All casino trips leave MRC at 9am and return by 5pm. $20 members, $25 nonmembers transportation only. Dates are based on best value for Seniors but no guarantee of specials or free play are implied by MRC or it’s employees. Please play responsibly.

**Lunch & More**
Transportation only  
*$10 members, $12 non members*
**Tuesday, March 17:**
ST PATRICKS DAY in INDY!  
Join Edie for the Parade and lunch at Nine Irish Brothers after. Leave MRC at 9:30 return at 3. Bring lawn chair and blanket as March is notoriously chilly!

**Monday, April 6th**
Stories, Greensburg and The Last Supper Museum  
Leave MRC 10:30 and return at 3:30
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.

Tuesday, March 17
Meet there at 11:00am
Arnī’s

Monday, April 27
Meet there at 11:00am
Ruby Tuesdays

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

The Better Breathers Club / Chronic Lung Disease Support Group
Sponsored by Columbus Regional Hospital & the American Lung Association held at MRC
Do you have lung disease, or know someone who does? If so, you are welcomed to attend the Better Breathers Club meetings, beginning again in March. The BBC is sponsored by the American Lung Association, and is supported locally by Columbus Regional Health. We offer presentations on informative topics, and include time for questions and discussion. We also offer friendly support to anyone with lung problems. Meetings are free, no registration is required and friends and family are encouraged to attend.

Our first two meetings will be on:
Wednesday, March 18th at 3:00pm
Wednesday, April 29th at 3:00pm

The Better Breathers Club has been meeting at Mill Race Center classroom since 2012. Flyers about the upcoming season will be mailed soon. If you would like to be added to our mailing list, or would like more information, please call Jennifer at 812-376-5793.
Now booking for 2020 & 2021
Weddings • Reunions • Corporate Events
MillRaceEvents.com
(812)302-3838

Wedding photography courtesy of Angela Jackson Photography.

10 WARNING SIGNS OF ALZHEIMER’S

An education program presented by the Alzheimer’s Association®

WHAT TO WATCH FOR IN YOURSELF AND OTHERS.
Alzheimer’s causes changes in memory, thinking, and behavior that are not normal aging.
- The difference between normal aging and Alzheimer’s.
- Common warning signs.
- The importance of early detection and benefits of diagnosis.
- Next steps and expectations for the diagnostic process.
- Alzheimer’s Association resources.

Tuesday, March 24
1 - 2 p.m.
Mill Race Center
900 Lindsey Street
Columbus, IN 47201

Registration is encouraged.
Call 800.272.3900.
Visit als.org/CRF to explore additional education programs in your area.

Powerful Tools for Caregivers Training

MARCH 3RD-APRIL 7TH
DINNER 5:00PM | CLASS 5:30PM-7:00PM
PARKVIEW CHURCH OF THE NAZARENE
1750 STATE ROAD 46 NASHVILLE, IN 47448

Trainers: Leah Boss, Shelby Eggers, and Christina Rajamoneyam
Help At Home, LLC will provide care for loved ones during the six-week program.
Registration is required. Call (812) 372-6918
Deadline to register: Monday, March 2, 2020

Alzheimer’s Community Forum
Alzheimer’s disease, dementia and memory loss

Thursday, April 2 | 5 p.m. -6:30 p.m.
Mill Race Center - Art Room
900 Lindsey Street | Columbus, IN 47201

Hear a brief overview on Alzheimer’s, dementia and memory loss. Bring a friend who has been affected by the disease. Share your thoughts about how we can help people in your community.

Light refreshments and snacks will be provided. Please bring registration confirmation to event.

Space is limited! Register today to secure your spot.
Call 800.272.3900 or visit bit.ly/39leEKi or alz.org/crf.

Alzheimer’s Association
Greater Indiana Chapter

Alzheimer's Association
Pickleball

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

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.

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

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

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

Card Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friendship Bridge 1:00-4:00pm</td>
<td>Cribbage 12:00pm</td>
<td>Hand &amp; Foot 12:30-3:30pm For information call Rosemary Sager (812)390-7665</td>
<td>Duplicate Bridge 1:00-4:00pm</td>
<td>Euchre 1:00-4:00pm</td>
</tr>
<tr>
<td>Beginner Bridge Lessons Interested call Claire (812)342-9983</td>
<td>Euchre 5:00-7:00pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hand &amp; Foot 12:00-4:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

Mill Race Center (812) 376-9241 • www.millracecenter.org
Aging Well+ is a six-month participant driven comprehensive wellness program that focuses on enhancing participants’ quality of life. Aging Well+ is designed for adults 50+, who experience at least one ongoing health challenge, and need financial assistance accessing wellness programming. Aging Well+ participants create their own health action plan specific to their personal goals, and work to improve their overall wellness. For more information or to apply, contact Courtney at (812)376-9241 ext. 210 or courtney@millracecenter.org.

Current classes that I want to try/attend:

**Physical Wellness:**  
____________________________________________  
____________________________________________

**Spiritual Wellness:**  
____________________________________________  
____________________________________________

**Environmental Wellness:**  
____________________________________________  
____________________________________________

**Social Wellness:**  
____________________________________________  
____________________________________________

**Financial Wellness:**  
____________________________________________  
____________________________________________

**Intellectual Wellness:**  
____________________________________________  
____________________________________________

**Emotional Wellness:**  
____________________________________________  
____________________________________________

**Vocational Wellness:**  
____________________________________________  
____________________________________________

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

**Spiritual**  
Working toward finding peace. Learning to live each day in a way that is consistent with your values and beliefs. Find meaning in every day!

**Environmental**  
Consider the interactions between your environment, your community, and yourself. Living a lifestyle that is respectful of your surroundings. Live in harmony with the Earth!

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

**Financial**  
Having a sense of security. Living within your means and learning to manage money for the short and long term. Be financially responsible and independent!

**Intellectual**  
Seeking stimulating mental activities to expand knowledge and skills. Stretching and challenging the mind with intellectual and creative pursuits. Avoid boredom - be productive!

**Emotional**  
Have a positive attitude, and the ability to recognize and share a wide range of feelings with others. This includes your ability to cope effectively with stress. Be optimistic in your approach to life!

**Vocational**  
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!
<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Open Billiards</td>
<td>BL</td>
</tr>
<tr>
<td></td>
<td>Open Jig Saw Puzzle Table</td>
<td>LOB</td>
</tr>
<tr>
<td></td>
<td>8-10 Breakfast ($)</td>
<td>LOB</td>
</tr>
<tr>
<td></td>
<td>8:30 Body Motion</td>
<td>MP2</td>
</tr>
<tr>
<td></td>
<td>8:00 Quilters</td>
<td>AR</td>
</tr>
<tr>
<td></td>
<td>10:00 Golden K</td>
<td>MP2</td>
</tr>
<tr>
<td></td>
<td>12:30 Mahjong</td>
<td>AR</td>
</tr>
<tr>
<td></td>
<td>1:00 Drum Practice</td>
<td>CR</td>
</tr>
<tr>
<td></td>
<td>12:00 Hand &amp; Foot</td>
<td>MP2</td>
</tr>
<tr>
<td></td>
<td>1:00 Friendship Bridge</td>
<td>MP2</td>
</tr>
<tr>
<td></td>
<td>12:30 Lasting Impressions</td>
<td>MP1</td>
</tr>
<tr>
<td></td>
<td>5-7 Ballroom Dancing</td>
<td>MP2</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Open Billiards</td>
<td>BL</td>
</tr>
<tr>
<td></td>
<td>Open Jig Saw Puzzle Table</td>
<td>LOB</td>
</tr>
<tr>
<td></td>
<td>8-10 Breakfast ($)</td>
<td>LOB</td>
</tr>
<tr>
<td></td>
<td>10:00 Tai Chi ($)</td>
<td>MP1</td>
</tr>
<tr>
<td></td>
<td>10:30 Bible Study</td>
<td>CR</td>
</tr>
<tr>
<td></td>
<td>12:00 Cribbage</td>
<td>CR</td>
</tr>
<tr>
<td></td>
<td>1:00 Woodshop</td>
<td>WS</td>
</tr>
<tr>
<td></td>
<td>1:00 Bingo ($)</td>
<td>MP2</td>
</tr>
<tr>
<td></td>
<td>3:00 Tuesday Tea (3rd Tues)</td>
<td>LO</td>
</tr>
<tr>
<td></td>
<td>5:00 Euchre</td>
<td>AR</td>
</tr>
<tr>
<td></td>
<td>5-7 Ballroom Dancing</td>
<td>MP2</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Open Billiards</td>
<td>BL</td>
</tr>
<tr>
<td></td>
<td>Open Jig Saw Puzzle Table</td>
<td>LOB</td>
</tr>
<tr>
<td></td>
<td>8-10 Breakfast ($)</td>
<td>LOB</td>
</tr>
<tr>
<td></td>
<td>8-Noon Chair Massage ($)</td>
<td>LOB</td>
</tr>
<tr>
<td></td>
<td>8:30 Body Motion</td>
<td>MP2</td>
</tr>
<tr>
<td></td>
<td>10:00 Woodcarving Class</td>
<td>WS</td>
</tr>
<tr>
<td></td>
<td>10:00 Art Class</td>
<td>AR</td>
</tr>
<tr>
<td></td>
<td>10:00 Crafty Fingers</td>
<td>LO</td>
</tr>
<tr>
<td></td>
<td>11:30 TOPS</td>
<td>CR</td>
</tr>
<tr>
<td></td>
<td>12:30 Hand &amp; Foot</td>
<td>MP2</td>
</tr>
<tr>
<td></td>
<td>1:00 Scrabble</td>
<td>AR</td>
</tr>
<tr>
<td></td>
<td>1:00 Reader’s Theater</td>
<td>CR</td>
</tr>
<tr>
<td></td>
<td>1:00 Bid Euchre/Pinochle</td>
<td>LO</td>
</tr>
<tr>
<td></td>
<td>4:00 Beg. Line Dance</td>
<td>MP2</td>
</tr>
<tr>
<td></td>
<td>6:00 Couples Dance (1st &amp; 3rd Wed)</td>
<td>MP1</td>
</tr>
<tr>
<td></td>
<td>6:00 Meditation</td>
<td>AR</td>
</tr>
<tr>
<td></td>
<td>5:00 Bible Study</td>
<td>CR</td>
</tr>
<tr>
<td></td>
<td>5:30-8 Pickleball</td>
<td>MP2</td>
</tr>
<tr>
<td>Thursday</td>
<td>Open Billiards</td>
<td>BL</td>
</tr>
<tr>
<td></td>
<td>Open Jig Saw Puzzle Table</td>
<td>LOB</td>
</tr>
<tr>
<td></td>
<td>8-10 Breakfast ($)</td>
<td>LOB</td>
</tr>
<tr>
<td></td>
<td>8:30 Happy Helping Hands</td>
<td>AR</td>
</tr>
<tr>
<td></td>
<td>9:00 Shopping</td>
<td>See Pg. 4</td>
</tr>
<tr>
<td></td>
<td>10:00 Tai Chi ($)</td>
<td>MP1</td>
</tr>
<tr>
<td></td>
<td>10:00 Ladies Coffee</td>
<td>LO</td>
</tr>
<tr>
<td></td>
<td>11:00 Brain Health Workout</td>
<td>CR</td>
</tr>
<tr>
<td></td>
<td>12:30 Mahjong</td>
<td>AR</td>
</tr>
<tr>
<td></td>
<td>1:00 Euchre</td>
<td>MP2</td>
</tr>
<tr>
<td></td>
<td>1:00 SCS Investment Club (2 Fri)</td>
<td>MP1</td>
</tr>
<tr>
<td></td>
<td>12:30 Lasting Impressions</td>
<td>MP1</td>
</tr>
<tr>
<td></td>
<td>12:30 Duplicate Bridge/Pinochle</td>
<td>MP2</td>
</tr>
<tr>
<td></td>
<td>1:00 Woodshop</td>
<td>WS</td>
</tr>
<tr>
<td></td>
<td>5-7 Ballroom Dancing</td>
<td>MP2</td>
</tr>
<tr>
<td>Saturday</td>
<td>8:30-11:30 Pickleball</td>
<td>MP2</td>
</tr>
</tbody>
</table>

**Activity Highlights**

- **March 4**
  - Night Owl Country Band, 6pm

- **March 5**
  - Birthday Party, 1pm

- **March 6**
  - Welcome Breakfast, 9:30am

- **March 9**
  - Movie, 2:00 & 4:30pm

- **March 10 & April 14**
  - TED Talks, 1:30pm
  - Tuesday Tea, 3:00pm

- **March 12**
  - Best Buy Tech Help, 11:00am

- **March 17**
  - Meet & Eat, 11:00am

- **March 19**
  - Artcraft Theatre, 12:45pm

- **March 23**
  - Movie, 2:00 & 4:30pm

- **March 26 & April 16**
  - Total Brain Health Workouts, 11:00am

- **April 2—28**
  - Matter of Balance, 1:00pm

- **April 2**
  - Birthday party, 1:00pm

- **April 3**
  - Welcome breakfast, 9:30am

- **April 9**
  - Best Buy Tech Help, 11:00am

- **April 13**
  - Movie, 2:00 & 4:30pm

- **April 14**
  - Ted Talk, 1:30pm
  - Tuesday Tea, 3:00pm

- **April 15**
  - Lunch & Laughter, 12:00pm
  - Travel Show, 1:30pm

- **April 18**
  - CASINO ROYALE NIGHT, 6:00pm

- **April 23**
  - MRC Connect, 11:00am

- **April 24**
  - Afternoon for Arts, 2:00pm

- **April 27**
  - Meet & Eat, 11:00am
  - Movie, 2:00 & 4:30pm

- **April 30**
  - Volunteer Luncheon, 12pm

---

**Mill Race Center will be closed on Friday, April 10 for Good Friday.**