

Mill Race Center June Schedule

At the time of this newsletter we hope to tentatively open the center sometime in June. When we are able to open for sure we will do a phone call out, E-Blast, and post on our Facebook page to let everyone know. The **ONLY** classes and programs that we would offer in June would be listed on this insert. **These would be the only programs offered for June in order to keep social distancing and limited people in the building.** All programs would be free for members except for those with * beside them.

We know this schedule looks very different than before. It is important that we keep social distancing while we are open. **This is only the June schedule. We require that you register for each class listed. There will be absolutely no drop-in's for any class. The number listed in () by each class is the maximum number allowed to register. All members would be required to wear a mask, and get their temperature taken upon entrance. Please, stay home if you do not feel well or have any symptoms of the Coronavirus.** Hand sanitizer will be available in each room. We can not possibly social distance in the restrooms. Our restrooms will be open and cleaned regularly. We advise you use the restroom before coming to the center. Bring your own water or drink from home, and your own hand weights for Bodies in Motion class. **No need to scan in when you enter, because we have a record of who registered for each class. This will help eliminate a crowd at the front doors.**

*Harriet Armstrong, Health & Human Sciences Educator
with Purdue Extension - Bartholomew County*

Nourish Your Immune System: Our immune system fights to keep us healthy every day. What are you doing to keep your immune system strong & working properly? Register on Eventbrite at <https://bit.ly/3fQhA5K> or call MRC by Wed., June 3 to receive the Zoom link.

Empower Me to Be Clutter Free: Are you bogged down and overwhelmed by the possessions in your life? Do you wish someone would come along and declutter and organize your stuff because you don't have the energy to make all those decisions? Join us for a series of two free one-hour online interactive sessions, **Thurs., June 18th & 25th at 1 PM. Register to receive a Zoom link on Eventbrite at <https://bit.ly/3czenp0> or call MRC.**

Monday Call MRC to register (812)376-9241.

8:00	Quilters (8)	AR
8:30	Bodies In Motion Session 1 (16)	MP1&2
1:00	Drum Practice Session 1 (8)	CL
2:00	Movie (10)	AR
2:00	Bodies In Motion Session 2 (16)	MP1&2
3:00	Drum Practice Session 2 (8)	CL

Tuesday

10:00	Tai Chi* (16)	MP1&2
10:00	Widows Support Grp (10)	AR
1:30	Ted Talks (10) (2nd Tuesday)	AR
2:00	Bodies In Motion Session 3 (16)	MP1&2
3:30	Craft Classes* (10)	AR

(Call for craft that will be featured each week once we open.
All craft classes will be \$5)

Wednesday

8:30	Bodies In Motion Session 4 (16)	MP1&2
10:00	Art Class (10)	AR
11:30	TOPS (16)	MP1&2
4:00	Beg. Line Dance (16)	MP1&2
5:00	Bible Study (10)	AR
6:00	Meditation (16)	MP1&2

Thursday

10:00	Tai Chi* (16)	MP1&2
11:00	Brain Health Workout (10)	AR
1:00	Woodcarving (6)	CL
2:00	Bodies In Motion Session 5 (16)	MP1&2

Friday

8:30	Bodies In Motion Session 6 (16)	MP1&2
10:00	Line Dancing (16)	MP1&2
1:00	SCS Investment Club (2nd Fri) (10)	AR
2:00	Bodies In Motion Session 7 (16)	MP1&2

**The June Travel Show will be online.
For all travel information contact Travel Coordinator,
Edie Smith (812) 376-9241 *215**