August Refrigerator Reminder - MRC Daily Activities

All classes/programs must be preregistered for by call the MRC business office at 812-376-9241.

This schedule does not list CRH Fitness Classes.

Monday

Billiards offered everyday by registration

8:00	Quilters (8)	AR
10:00	Golden K Kiwanis	CR
8-12	Woodcarving (8)	CL
8:30	Bodies In Motion Session (20)	MP1&2
1:00	Drum Practice Session (8)	CL
2:00	Movie	AR
2:30	Ukulele Class (16)	MP1&2
5-7:00	Ballroom Dance (pre-registered)	MP1&2

Tuesday

Billiards offered everyday by registration

10:00	Tai Chi* (16)	MP1&2
10:30	Bible Study (10)	AR
10:00	Widows Support Grp (10) (8/25)	CL
1:30	Ted Talks (10) (8/11)	CL
1:30	Aerial America (10) (8/4 & 8/18)	AR
2:00	Bodies In Motion Session (16)	MP1&2
5-7:00	Ballroom Dance (pre-registered)	MP1&2

Wednesday

Billiards offered everyday by registration

8:30	Bodies In Motion Session (20)	MP1&2
9:30	Walk in the Park	Out Front
9:30	Bookmobile (812 & 8/26)	Out Front
10:00	Art Class (10)	AR
11:30	TOPS (8)	CL
2:30	Ukelele Class (8)	CL
3:00	Bible Study (10)	AR
4:00	Beg. Line Dance (16)	MP1&2
5:30	Pickleball (register)	MP2&3
5:30	Couples Dance (8/5 & 8/19)	MP1
6:00	Meditation (10)	AR

Thursday

Billiards offered everyday by registration

10:00	Tai Chi* (16)	MP1&2
1:00	Woodcarving (8)	CL
2:00	Armchair Travel (10) (8/6, 8/13, & 8/20)	AR
2:00	Bodies In Motion Session 5 (16)	MP1&2
5-7:00	Ballroom Dance (pre-registered)	MP1&2

Friday

Billiards offered everyday by registration

8:30	Bodies In Motion Session 6 (20)	MP1&2
10:00	Line Dancing (16)	MP1&2
12:30-3	Pickleball (register)	MP2&3
1:00	SCS Investment Club (8/14) (10)	AR

Keep Logging Your Miles!

AUGUST ACTIVITY HIGHLIGHTS

August 3, 10,17, 24, 31
Movies, 2:00pm & 4:30pm
Beautiful Day, Call of the Wild, I Still Believe, Ford v Ferrari, & The Intern

August 11-September 8
Elderhood Book Club , 11:00am

August 11
Ladybug Paver, 2:00pm

August 14
Milan Day Trip

August 18
Rock Painting, 10:00am

August 21
Total Brain Health Workout, 10:30am

August 24
Hoosier Park Casino Trip

August 25
Heart Painting, 2:00pm

September 10
Derby Dinner Theater Trip

September 1-29
Matter of Balance

Visit our website for a variety of online classes.

Follow us on Facebook.

MILL RACE CENTER
100 MILE CHALLENGE
Keep log of your miles!

Mill Race Center • 900 Lindsey Street • Downtown Columbus
812-376-9241
Visit us at www.millracecenter.org

Have a NICE Day (pass)

The Event Center AT MILL RACE
www.millraceevents.com