AGING WELL!

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

Membership $80 a year per person • 812-376-9241 • www.millracecenter.org

100 MILE MILL RACE CENTER CHALLENGE

Who’s up for a challenge? WE ARE!

Join the staff at Mill Race Center in logging 100 miles of movement this summer. Your movement could come in the form of walking, running, biking, swimming, paddling, hiking, or working out. We have all been cooped up for sometime and need to get moving together. Let’s encourage each other in this movement challenge!

Visit our website to find a 100 Mile Challenge Log Sheet or pick one up at the MRC. Keep track of your miles from May–September. When you have reached 100 miles turn in your log sheet to the MRC business office. Once one log sheet is complete start a new one. All completed log sheets will be entered into a prize drawing.

Winner will receive: a free MRC t-shirt, a free One Year Membership to MRC, and $50 cash. Winner will be drawn on October 1.

SAHAJA MEDITATION

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

Check out SAHAJA Meditation online at www.millracecenter.org

Questions contact Travel Coordinator Edie Smith (812) 376-9241.

Check out our growing list of online classes listed on page 16 & 17.

Visit www.millracecenter.org
Social isolation is a killer. We already knew this, due to the amount of research that has been done on this topic. Long before Covid 19, we knew that isolation significantly increases the risk of dementia and Alzheimer’s disease, and is a key factor in early death. Research also indicates that socialization is the single most important factor in longevity.

This knowledge weighed heavily upon us as we dealt with the lockdown, and the need for physical distancing in response to the pandemic. We knew that it was vital that we do everything that we could to protect the people whom we serve, since many of them comprise the group that is most at risk. We also knew that we would have to balance the need for physical distancing with the danger of social isolation.

We responded to the mandatory lock-down by changing quickly to virtual programming. We learned new video recording and editing skills in order to post program content online. We developed a library of programs within a few weeks. We increased our Meals on Wheels offerings, and developed a plan to reach out to members via phone calls. We re-opened the Center under strict guidelines as soon as we were able.

Even with the efforts to carry on with programming in any way possible, we were faced with sobering statistics. We generally lose, on average, 55 people per year out of our 2,000 member Mill Race Center family. This is not a surprising number given that we typically have over 200 members who are 90 years old or older. We celebrate those lives each year in October. This year we saw a very disturbing trend. October, November and December of 2019 were very typical months. January and February of 2020 were also unremarkable. Then we saw the numbers begin to climb. By June, 52 members were deceased, with 24 of those deaths occurring since the end of March. Very few of these folks were confirmed COVID 19 cases. As of July 20th, we are now at 67 members lost. We are reaching out to other senior centers, as well as the Indiana Commission on Aging, to see if this trend is occurring across the state. Whatever the case, whatever the cause, we need to continue to have a laser-like focus on our mission to maximize opportunities for individuals over age 50 to lead independent, healthy, meaningful, and SOCIAL lives, whatever form that socialization may occur. Thank you for your continued support in these difficult times. Be well.

Dan Mustard
Executive Director

Visit our website for online classes.
www.millracecenter.org

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.

Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Service &amp; Volunteer</td>
<td>4 &amp; 5</td>
</tr>
<tr>
<td>Community Classes</td>
<td>6</td>
</tr>
<tr>
<td>Creative Arts Class</td>
<td>7 &amp; 8</td>
</tr>
<tr>
<td>Dance Page</td>
<td>9</td>
</tr>
<tr>
<td>Movement Classes</td>
<td>10</td>
</tr>
<tr>
<td>Pickleball</td>
<td>11</td>
</tr>
<tr>
<td>Education</td>
<td>12 &amp; 13</td>
</tr>
<tr>
<td>Entertainment &amp; Events</td>
<td>14 &amp; 15</td>
</tr>
<tr>
<td>New Programs &amp; Events</td>
<td>16 &amp; 17</td>
</tr>
<tr>
<td>Ongoing &amp; New Programs</td>
<td>18 &amp; 19</td>
</tr>
<tr>
<td>Travel</td>
<td>20, 21 &amp; 22</td>
</tr>
<tr>
<td>Rentals, Health &amp; Fitness</td>
<td>22 &amp; 23</td>
</tr>
<tr>
<td>New &amp; Ongoing Classes</td>
<td>24</td>
</tr>
<tr>
<td>Games &amp; Cards</td>
<td>25</td>
</tr>
<tr>
<td>Six Dimensions Guide</td>
<td>26</td>
</tr>
<tr>
<td>Daily Calendar</td>
<td>27</td>
</tr>
</tbody>
</table>
Mill Race Center Staff
812-376-9241
Dan Mustard, Executive Director
Liz Barriger, Accounting Clerk, x 207
Debbie Bray, Administrative Assistant, x 222
Samantha Edwards, Resource Edwards, x 208
Dexter Fravel, Lead Bingo Volunteer, x 218
Charlie Harsh, Facilities Assistant, x 216
Roberta Isaacson, Membership, x 204
Brenda Fowler, Van Driver
Jan Meadows, Ambassador Coordinator
Dan Mustard, Executive Director, x 211
Roy Pruett, Facilities Manager, x 225
Edie Smith, Travel Coordinator, x 215
Jane Smith, Program Assistant
Kelly Staley, Program Coordinator, x 209
Shannon Truman, Operations & Programs 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 jackiesantanaphotography.com
Providing much more than a meal!

**Nutritious Meal** - Nutrition is necessary for health, functionality and the ability to remain independent.

**Friendly Visit** - For many seniors, the trusted Meals on Wheels volunteer, or staff member who shows up every day with a hot meal and a warm smile is the only person they see or speak with all day.

**Safety Check** - The safety check that accompanies each meal delivery ensures that, in the case of an emergency or problem, medics will be called and families will be notified.

**Cost:**
- $6.30 for hot lunch
- $10.50 for Hot lunch and cold sack supper

**Call Mill Race Center to register**
- at (812) 376-9241.

Frozen Meals
MRC has partnered with Chef for Hire to help provide frozen meal options. This frozen food is delicious, high quality, healthy, and convenient! Meals are frozen and do include fresh milk, bread and fruit.

Order each week by Thursday at 4pm to have your meals delivered to Mill Race Center the following Monday by 9am. **No Shopping, No Prep, No Mess, and Easy to Prepare!**

**Cost:**
- 5 Meals - $32.50
- 7 Meals - $45.50
- 10 Meals - $65.00

Happy Helping Hands
This group is not meeting right now.

**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**
*Meeting beginning in August.*
**Must register with the business office.**
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.

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.
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.

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.

Welcome!
MRC Welcome Gathering
TBA
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.
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 dates and projects to be announced! Call Courtney if interested in attending.

All Saints Community @ 2:30 pm
Fairington Apartments @ 1:00pm in Building 2301 & 2:30pm in Building 2401
Villas Apartments @ 2pm
Mapleview @ 2pm

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

Elderhood
Tuesdays starting August 11
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. (minimum of 5 to run)

Schedule/reading pages
August 11 - pages 1-102
August 18 - pages 103-191
August 25 - pages 192-270
Sept. 1 - pages 271-362
Sept. 8 - pages 363-end

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. Call Courtney for more info 812-376-9241 ext 210

Matter of Balance Class
Tuesdays & Thursdays
September 1-29
9:00-10:30pm
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 *TBD
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 (currently meeting must register)
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; *TBD
Open to anyone interested in embroidery. More information: Carol Walp at 812-343-8863.
Art Class
Wednesdays from 10:00am-12:30pm
*Currently meeting must register.
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
*Not meeting now
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.

Due to Covid-19 all scheduled programs, classes, and events are subject to change, postpone, or cancel. This also applies to regularly scheduled weekly items. Contact the office for questions.

Ladybug Paver
Tues., August 11, at 2:00pm
Cost: $5 set of 2 pavers
What a unique and easy project for summer. These cute little ladybugs will brighten up your yard, garden, or patio. All supplies included for this fun class.

Rock Painting
Tues., August 18 at 10:00am
Cost: $5 (5 rocks)
Come out and bring your creativity and do some rock painting with us!! We will have loads of fun and you will have beautifully decorated rocks to take home with you.

Abstract Heart Painting
Tues., August 25 at 2:00 pm
Cost $5
A fun canvas painting project. We will use a basic layering technique to make our project as abstract or blended as you want. All supplies included.

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

MILL RACE CENTER 100 MILE CHALLENGE
Keep log of your miles!
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. Ball Room dance classes are meeting. Must register in advance with Margo.

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. Couple Dance classes are meeting. Must register in advance with Uschi Wolff.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ball Room Dance</strong></td>
<td><strong>Ball Room Dance</strong></td>
<td><strong>Line Dance</strong></td>
<td><strong>Ball Room Dance</strong></td>
<td><strong>Line Dance</strong></td>
</tr>
<tr>
<td>5:00-7:00pm (MP1 &amp; 2)</td>
<td>5:00-7:00pm (MP1 &amp; 2)</td>
<td>Beginner 4:00-5:30pm (MP1 &amp; 2)</td>
<td>5:00-7:00pm (MP1 &amp; 2)</td>
<td>10:00-11:30am (MP1 &amp; 2)</td>
</tr>
<tr>
<td><strong>Couples Dance Club</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30-7:00pm (MP1)</td>
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<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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. Drum Circle is meeting, must register in advance.

Visit our website for a variety of online classes.
Follow us on Facebook.
www.millracecenter.org
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

*Tai Chi is currently meeting. Must register in advance.

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

Senior Bowling
Tuesdays at 1:00pm
Columbus Bowling Center
Information: Joan Winkle, 812-350-9452
Glenna Phelps, 812-390-9234
Pickleball net is available for outdoor use on the patio. Free for members.

- **Wednesday Evenings - 5:30-8:00pm**
- **Friday Afternoons - 12:30-3:00pm**
- **Saturday Mornings - 8:30-11:30am**

*Not meeting yet*

*Currently only offering Wednesday evening play from 5:30-8:00pm, and Friday from 12:30-3:00pm. No play on Saturday. Please call MRC to register.*

**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!
**Bible Studies**

**Morning Bible Study**

Tuesday mornings 10:30-11:30am
In the Classroom; Free
Information: Virginia Houser, 812-579-5132
August: Speaker to be determined.
*Currently meeting must register with office.*

**Evening Bible Study**

Wednesdays: 3:00-5:00pm only during August
Sign up in the business office or call Jan Meadows for information: 812-374-4404
*Currently meeting must register with office.*

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**TED Talks**

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

August 11
How We Can Protect the Truth in the Age of Misinformation
By: Sinan Aral
Fake news can sway elections, tank economies and sow discord in everyday life. Data scientist Sinan Aral demystifies how and why it spreads so quickly -- citing one of the largest studies on misinformation -- and identifies five strategies to help us unweave the tangled web between true and false.

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**SCS Investment Club**

Monthly, 2nd Friday
1:00-3:00pm (Classroom)
*Investment Club is still meeting please contact the leaders listed below if interested.*

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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How many words can you make? The letters must connect in any direction. Write down the words you can find. You can even create your own letter box and keep challenging your brain. Can you find 40?

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Eight Dimensions of Wellness

MRC Woodshop

**FREE**

Tuesday and Thursday
1:00-4:00pm

*Currently Not Open*

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

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!

In The Woodshop

**Drop-In Woodcarving Class**

*Currently Monday 8am-Noon & Thursday 1:00-4:00pm*

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) *Currently not meeting.*

New participants welcome to attend.

For information contact Larry Carter 812-372-1956.
Tech Help with Best Buy
Date to be announced
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.

Class option 1 - Beginner
Mondays, Sept. 14-Oct. 19 at 2:30pm
(maximum 8 people)

Class option 2 - Next Step
Wednesdays, Sept. 14-Oct. 19 at 2:30pm
(Must have completed first class. Maximum 10 people)

Beginner Ukulele Class
Instructor Dan Mustard
Learn all the basics about the Ukulele in this 6 week class.
Class is 1 hour each week.

$60 Class & Kit
Held at MRC and classes last one hour.

The Lasting Impressions
A song, dance and drama performance troupe with Mill Race Center.
*Currently not meeting contact Donna Browne if interested.
Practice: Monday & Friday
12:30-3:30pm (MP1)
Information contact: Donna Browne, (812)376-6612.

Walk in the Mall
Stay Healthy, Get Active, and Start Walking!
*Currently open for walking
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.

Walk in the Park
Begins in August
Join us every Wednesday morning (weather permitting) at 9:30am meeting in lobby.
We will head out after Body in Motion class. Staff will attend when schedules allow.
Let’s get moving together!

Golden Girls
Fourth Tuesday of each Month at 10:00am in Art Room
This is a widow’s support group and will offer entertainment, educational talks or activities. 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!

Showings will be for the month of August. Check room location when you arrive.
Two Showings now on Mondays at 2:00pm. Free popcorn - Sponsored by Griswold Home Care

August 3
Beautiful Day in the Neighborhood  
August 10
Call of the Wild  
August 17
I Still Believe  
August 24
Ford v Ferrari
On-Line Programming Visit www.millracecenter.org

START WATCHING TODAY!

WE HAVE SEVERAL ONLINE CLASSES TO CHOOSE FROM:

- CRAFTS YOU CAN DO AT HOME
- FITNESS CLASSES
- EDUCATIONAL AND MORE!!

WWW.MILLRACECENTER.ORG

Birthday Party Music
with Dan Mustard

Cooking - Table for One
With Edie Smith

Cooking Granola Bars
With Harriet Armstrong

Craft Classes
Glitter Bottles, Suncatchers, Greeting Cards, Paint Pour, T-Shirt Tote Bag, Paper Tube Crafts, Dog Chew Toys, Handmade Self-Care Products, and Homemade Face Masks.

Bodies in Motion Class

Drum Circle

Drumming for Brain Health
On-Line Programming Visit www.millracecenter.org

At Home Fitness Class
CRH - Janet Morey

Sahaja Meditation
With Rahul Kumar

Special Music with Collin Matthews

Six Central Needs of Mourning
Grief Help with Walter Glover

Special Music with Kade Puckett

History - Humorous Presidents
With Bob Pitman
- Abraham Lincoln
- John F. Kennedy
- Ronald Reagan
- Franklin D. Roosevelt

Special Music with Claudi Slabaugh

Interview with Senator Mike Braun

Special Music with Herb & Mary Jane Perry

Interview with Dr. Cynthia Green

Travel Show
With Edie Smith

Watch for additional online classes to be added frequently.
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
August Birthday Party: Cancelled
September Birthday Party: Cancelled

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.

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!

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

The BCPL Bookmobile
August 12 & 26 at 9:30am
Available out front of MRC.

Follow Mill Race Center on Facebook.
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

Friday, August 21
10:30am; Art Room
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 TBHToolbox365 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: 10
Call to register for this free program.
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.

A Note from the Travel Department:
As you are well aware, trips and travel have been upended by the Corona Virus pandemic. I am staying in touch with our marvelous suppliers; Collette, Diamond and White Star, and they have been amazing to work with on rescheduling where possible and refunding when not. That being said, we hope to travel again soon! We do not have a clear idea of how this will look but rest assured I will take every precaution to ensure you are safe while on the road with us. Buses will be cleaned and not crowded. Hotels will follow local protocol as will the restaurants, sites and shows we visit. We will be using sanitation and best practices at all times. We want to enjoy life so we will be getting out there as soon as possible. Feel confident putting a deposit on a future trip knowing that we will deliver when possible or cancel and issue refunds when not. Insurance is always available when health is a concern so be sure to ask when signing up. Most of all, I miss you and am looking forward to the day we can have new adventures together again. - Edie

Savannah, Jekyll Island, Beaufort and more!
September 28-October 3, 2020
Southern Charm awaits as we tour Savannah with 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 non-members. Pricing available for single and triple rooms.

Chattanooga Choo Choo
October 12-15, 2020
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! $759d/$958s.

San Antonio, the Alamo and Magnolia Market in Waco!
NEW DATE - October 24-November 1, 2020
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.
Mystery Trip  
April 14-19, 2021  
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 breakfasts and 4 dinners, lodging, activities and admissions and more. $899 double member price. Add $100 nonmembers. Pricing available for single and triple rooms. Insurance available, add $75 to cost of trip.

Washington D.C.  
April 29-May 5, 2021  
Springtime in Our Nation’s Capital. 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. Add $100 nonmembers. Pricing available for single and triple rooms.

Nova Scotia, Prince Edward Island & Brunswick  
July 14-26, 2021 - Unbelievable Pricing!  
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.

Hawaiian Adventure featuring Oahu, Kauai and Maui  
February 4-13, 2021  
Look forward to warmth and beauty in the next year with this fantastic trip by Collette. Stay 2 nights on the big Island before flying to your next amazing resort, each more beautiful than the last for 3 nights each. Includes all airfare, luxury accommodations, tours, a luau and visit to the USS Arizona memorial.

Alaska’s Northern Lights  
March 13-19, 2021  
The Northern Lights will dance across your memories for years to come on this unique adventure. Includes a glacier cruise, train ride through valleys full of wildlife, an unforgettable dog sled ride and those magnificent Northern Lights every evening. A must do trip for any lover of nature, the outdoors and native culture and wildlife. Deadline August 6th.
2020 Casino Trips

Hoosier Park - Monday, August 24

All casino trips leave MRC at 9am and return by 5pm. $20 members, $25 non-members 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.

Fabulous Daytrippers!

Let’s go back to 1954!
Milan, Indiana
Friday, August 14, 2020
$30 members/$40 non-members
Leave MRC at 10am return at 4:30pm
The site of the famous basketball game featured in the movie Hoosiers. Museum admission and transportation included. Lunch on own at a restaurant nearby.

Derby Dinner Theater
The Buddy Holly Story
Thurs., Sept. 10th, 2020
Leave MRC at 5:00 return approx. 11:30pm
$68 member/$78 non-member includes plated dinner, transportation, and great seats for the show!
*adult beverages, tip and dessert not included
Experience the sensational musical about the bespectacled, 1950’s rock n’ roll icon. This non-stop entertaining rock show recounts Buddy Holly’s 18-month, meteoric rise to fame and the indelible impact he left on the industry after his untimely death at the age of 22. Performances include over 20 of his greatest hits like “That’ll Be the Day”, “It’s So Easy to Fall in Love”, “Peggy Sue”, “La Bamba” and “Chantilly Lace”

Derby Dinner Theater
World Renowned Glenn Miller Orchestra
Monday, June 7th, 2021
$68 members, $78non-members
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 Millers memory and achievements live today. Learn his fascinating story as the band entertains and you enjoy a delicious dinner. Leave MRC at 4:30pm return at approx.11pm.

Mill Race Center still has available Saturdays in 2020 for weddings and receptions. Help us spread the word that 2020 dates are available especially for weddings or receptions that had to be rescheduled due to Covid-19.
Remember to bring your own water.

To slow the spread of Covid-19

Currently we will not offer our breakfast cart or coffee at the center. Please bring your own snack or drink.

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? 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.

Meeting dates not set at time of publication. Call Jennifer at 812-376-5793 for more information.

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.
**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!

- **August 6**
  - 2pm
  - **Berlin**

- **August 13**
  - 2pm
  - **The Alps**

- **August 20**
  - 2pm
  - **Switzerland**

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**Take Your Best Shot! Photo Contest**

MRC members show off your talents with your camera and enter this fun contest. Five categories for entry: travel, recreation, wildlife, sports, and nature/landscapes. Forms found in office and on website. One entry per person per category. May submit online by emailing information and picture to Shannon@millracecenter.org. **Pictures accepted until July 31st.**

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**Armchair Travel**

Aerial America

Take off on a thrilling flight across beautiful America from the comfort of Mill Race Center!

- **California**
  - August 4 at 1:30 pm
  - Soar over California's wine country, scenic coastlines, and more.

- **Virginia**
  - August 18 at 1:30 pm
  - Virginia proudly celebrates its past without losing its sense of fun and history.

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**The Event Center**

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MillRaceEvents.com

(812)302-3838

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2020 Dates Still Available
**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**  
Tables are available to use by calling the center to reserve your time slot. Will be required to clean when done.

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

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

**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.

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

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

Location of meeting rooms may change due to Covid-19.

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Due to Covid-19 all scheduled cards, mahjong, bingo, puzzle table, scrabble, and cribbage are not meeting at this time.

The billiard area is open, but members are required to register with the office before they come.

Contact the office for questions.

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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.

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!
**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

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00</td>
<td>Quilters (8)</td>
<td>AR</td>
</tr>
<tr>
<td>10:00</td>
<td>Golden K Kiwanis</td>
<td>CR</td>
</tr>
<tr>
<td>8-12</td>
<td>Woodcarving (8)</td>
<td>CL</td>
</tr>
<tr>
<td>8:30</td>
<td>Bodies In Motion Session (20)</td>
<td>MP1&amp;2</td>
</tr>
<tr>
<td>1:00</td>
<td>Drum Practice Session (8)</td>
<td>CL</td>
</tr>
<tr>
<td>2:00</td>
<td>Movie</td>
<td>AR</td>
</tr>
<tr>
<td>2:30</td>
<td>Ukulele Class (16)</td>
<td>MP1&amp;2</td>
</tr>
<tr>
<td>5-7:00</td>
<td>Ballroom Dance (pre-registered)</td>
<td>MP1&amp;2</td>
</tr>
</tbody>
</table>

### Tuesday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00</td>
<td>Tai Chi* (16)</td>
<td>MP1&amp;2</td>
</tr>
<tr>
<td>10:30</td>
<td>Bible Study (10)</td>
<td>AR</td>
</tr>
<tr>
<td>10:00</td>
<td>Widows Support Grp (10) (8/25)</td>
<td>CL</td>
</tr>
<tr>
<td>1:30</td>
<td>Ted Talks (10) (8/11)</td>
<td>CL</td>
</tr>
<tr>
<td>1:30</td>
<td>Aerial America (10) (8/4 &amp; 8/18)</td>
<td>AR</td>
</tr>
<tr>
<td>2:00</td>
<td>Bodies In Motion Session (16)</td>
<td>MP1&amp;2</td>
</tr>
<tr>
<td>5-7:00</td>
<td>Ballroom Dance (pre-registered)</td>
<td>MP1&amp;2</td>
</tr>
</tbody>
</table>

### Wednesday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30</td>
<td>Bodies In Motion Session (20)</td>
<td>MP1&amp;2</td>
</tr>
<tr>
<td>9:30</td>
<td>Walk in the Park</td>
<td>Out Front</td>
</tr>
<tr>
<td>9:30</td>
<td>Bookmobile (812 &amp; 8/26)</td>
<td>Out Front</td>
</tr>
<tr>
<td>10:00</td>
<td>Art Class (10)</td>
<td>AR</td>
</tr>
<tr>
<td>11:30</td>
<td>TOPS (8)</td>
<td>CL</td>
</tr>
<tr>
<td>2:30</td>
<td>Ukelele Class (8)</td>
<td>CL</td>
</tr>
<tr>
<td>3:00</td>
<td>Bible Study (10)</td>
<td>AR</td>
</tr>
<tr>
<td>4:00</td>
<td>Beg. Line Dance (16)</td>
<td>MP1&amp;2</td>
</tr>
<tr>
<td>5:30</td>
<td>Pickleball (register)</td>
<td>MP2&amp;3</td>
</tr>
<tr>
<td>5:30</td>
<td>Couples Dance (8/5 &amp; 8/19)</td>
<td>MP1</td>
</tr>
<tr>
<td>6:00</td>
<td>Meditation (10)</td>
<td>AR</td>
</tr>
</tbody>
</table>

### Thursday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</tr>
</thead>
<tbody>
<tr>
<td>10:00</td>
<td>Tai Chi* (16)</td>
<td>MP1&amp;2</td>
</tr>
<tr>
<td>1:00</td>
<td>Woodcarving (8)</td>
<td>CL</td>
</tr>
<tr>
<td>2:00</td>
<td>Armchair Travel (10) (8/6, 8/13, &amp; 8/20)</td>
<td>AR</td>
</tr>
<tr>
<td>2:00</td>
<td>Bodies In Motion Session 5 (16)</td>
<td>MP1&amp;2</td>
</tr>
<tr>
<td>5-7:00</td>
<td>Ballroom Dance (pre-registered)</td>
<td>MP1&amp;2</td>
</tr>
</tbody>
</table>

### Friday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30</td>
<td>Bodies In Motion Session 6 (20)</td>
<td>MP1&amp;2</td>
</tr>
<tr>
<td>10:00</td>
<td>Line Dancing (16)</td>
<td>MP1&amp;2</td>
</tr>
<tr>
<td>12:30-3</td>
<td>Pickleball (register)</td>
<td>MP2&amp;3</td>
</tr>
<tr>
<td>1:00</td>
<td>SCS Investment Club (8/14) (10)</td>
<td>AR</td>
</tr>
</tbody>
</table>

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**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

**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

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CURRENT RESIDENT OR