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.

Fall Fun Walk
Wednesday, October 14 at 9:30am
You have loved the 100 Mile Challenge so let’s continue having fun together for this walk through beautiful Mill Race Park this fall. We will have different course options for you take short or long. This will be untimed and just an enjoyable experience. Social distancing will be followed and masks are required pre and post walk. We will have a few freebies to give away. Let’s keep moving together!

CLUE Game Online
Beginning October 1 & concludes on October 29. See page 25!
I would like to take this opportunity to welcome Samantha Edwards to the Mill Race Center family. Samantha is our new Resource Coordinator. It may seem like an odd decision to hire a new staff person in the midst of a pandemic, especially one who is tasked with fundraising during an economic downturn. In reality, the decision makes perfect sense given the 60+ year history of this organization. That type of longevity brings with it the sense that time passes, crises will come and go, and through it all, we remain. This isn’t the first time that we have dealt with a community health issue, even if this one is historic in our lifetimes. This isn’t the first time that we have gone through an economic downturn. This isn’t the first time that we have dealt with social unrest, and political rancor. We survived before, and we will survive this time us well. History gives us that kind of perspective. It is one of the benefits of aging: the ability to look back and use our personal and professional experience to guide us through the present. So welcome Samantha. One day she will be able to share the story of how she began her career at Mill Race Center in the middle of a pandemic.

I would like to also address the decision making process that we are using to determine the types of programming that we are offering during this phased re-opening. These are the key principles that we use:

- Physical distancing. We determine the number of participants for each activity based on the square footage of each room, and how that space can be configured to allow for safe physical distancing.
- The use of masks. Even though this has become a hot topic, masks do offer a degree of protection if people use them properly. They do not, however, guarantee that the wearer will not be exposed to the virus through air borne particles.
- Hand washing. Perhaps the most important safeguard, we encourage people to wash their hands frequently, and our partners at Columbus Regional Health have provided touch free sanitizing stations.
- Minimal touching of shared surfaces. Some activities have not been brought back due to the high degree of touching of objects and surfaces. Even though the virus is not as easily transmitted on surfaces as once believed, there is still an element of risk. We clean each room after every activity.
- The risk of isolation is a very real threat. We are conscious of balancing the risk of COVID with the effects of social isolation. We feel that providing opportunities for older adults to maintain healthy interaction in a safe environment is vital to well-being.
Mill Race Center Staff
812-376-9241
Liz Barriger, Accounting Clerk, x 207
Debbie Bray, Administrative Assistant, x 222
Rebecca Cutsinger, Receptionist, x 218
Samantha Edwards, Resource Edwards, x208
Charlie Harsh, Facilities Assistant, x 216
Robert Isaacson, Membership, x 204
Brenda Fowler, Van Driver
Jan Meadows, Ambassador Coordinator, 218
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.

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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

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Golden K Kiwanis
Each Monday 10:00-11:00am
*Group is meeting

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

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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.

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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.

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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**
VOLUNTEERS WANTED

NEWSLETTER ASSISTANTS
Needed to help assemble the newsletter for mailing. This is a great way to get connected and meet new people. Refreshments provided. We begin at 9:00am and usually finish at 11:30am. Come for an hour or stay the whole morning. We appreciate the help!! Contact MRC at 812-376-9241.

MEALS-ON-WHEELS
Volunteer Drivers
Friendly people needed to make someone’s day by delivering a warm meal and a SMILE! Once a week, once a month . . . Or when you are available. Call 812-376-9241.

BINGO CALLERS NEEDED
Tuesday from 1 to 3 pm
Volunteer once a month, or once every so often. Call Dexter for more information at 812-376-9241.

MRC AMBASSADORS
MRC Ambassadors enjoy meeting people and getting to know them. They are helpful to our staff and members in a myriad of ways. From greeting folks as they walk through the door to helping prepare for an upcoming event, they add sunshine to everyone’s day. Jan Meadows, (812) 374-4404 for details.

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

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

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

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

Give the gift of a Mill Race Center membership to your friends this 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
September 11 & October 2
9:30am in the classroom
Held with social distancing 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.

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

**SHIP Medicare Counseling**
Do you have Medicare questions? Do you need help with Medicare Costs?
Contact Courtney at (812)376-9241 ext. 210 for assistance.

**Open Enrollment begins October 15 and closes December 7th.**

*Schedule an appointment today!*

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**BINGOize®**

Join Shelby from Thrive Alliance and Courtney from Mill Race Center for a fun and interactive virtual program called Bingocize!

Bingocize is an evidence-based program that combines a bingo-like game with exercise and health education. This program has been shown to increase older adults’ functional fitness, health knowledge, and social engagement in a variety of settings.

**EVERY MONDAY & WEDNESDAY VIA ZOOM**

**SEPTEMBER 14TH-OCTOBER 14TH**

1:00PM-2:00PM

**REGISTRATION IS REQUIRED:**
call (812) 372-6918 ext. 3011
**DEADLINE TO REGISTER IS SEPTEMBER 11TH**

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**FALL FUN WALK**

Wednesday, October 14
at 9:30am

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

**Follow Mill Race Center on Facebook.**

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**DO YOU HAVE concerns about falling?**

**A MATTER OF BALANCE**

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

**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 *Not Meeting*

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.

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**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.

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**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. Must Register with MRC to attend.
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.

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

Fall Magnet Class
Sept. 15 at 11:00am
Cost: $5 for 8 magnets
Need something fun and enjoyable to do? Join us for this fun class to make small 1” magnets with colorful designs. Materials provided to make your own fun fall creations.

Fall Felt Wreath
Friday, October 2 at 10:00am
Cost $12
A new felt wreath project to decorate your door this fall. You will select your leaves from a beautiful variety of fall colors. All supplies included.

Painted Acorns
Friday, October 9 at 10:00am
Cost: $2
What a unique and easy project for fall. These colorful acorns will look cute in a little dish or jar. A simple project to complete. All supplies included for this fun class.

Fall Mason Jar Luminary
Tuesday, October 13 at 3:00pm
Cost: $10 (set of 2)
Easy adorable painted fall candle holders. We will use vinyl leaves to make our design. All supplies included even the filler and the candle.
**Eight Dimensions of Wellness**

**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. **Not Meeting Right Now.**

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<thead>
<tr>
<th>Monday</th>
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<td><strong>Ball Room Dance</strong> 5:00-7:00pm (MP1 &amp; 2)</td>
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<td><strong>Line Dance</strong> Beginner 4:00-5:30pm (MP1 &amp; 2)</td>
<td><strong>Ball Room Dance</strong> 5:00-7:00pm (MP1 &amp; 2)</td>
<td><strong>Line Dance</strong> 10:00-11:30am (MP1 &amp; 2)</td>
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<td><strong>Couples Dance Club</strong> 5:30-7:00pm (MP1) (Not Meeting) 1st &amp; 3rd Wednesday</td>
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**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.** Line dance classes are meeting. All must register in advance with business office.

**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) 812-374-2963. Line dance classes are meeting. All must register in advance with business office.

**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.**

**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!

Follow Mill Race Center on Facebook.
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

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. TOPS meeting must register in advance with business office.

Senior Swim
At Foundation For Youth
Tues., Thurs. & Sat. from 8:30-10:00am
Purchase swim passes at FFY for $5 per visit or they have special package pricing. Call FFY at: 812-348-4558 for discounted pricing.

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

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!
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**

*Currently Not Meeting*

- **Saturday Mornings - 8:30-11:30am**

*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
September: Rev. Kevin Metz, Mt. Pleasant Christian Church
October: Rev. Kevin Metz, Mt. Pleasant Christian Church
*Currently meeting must register with office.

Evening Bible Study
Wednesdays: 3:00-5:00pm
Beginning September 9 – 10 week Study
40 Bible Verses for Navigating God’s Promises and Blessings
Sign up in the business office or call Jan Meadows for information: 812-374-4404
*Currently meeting must register with office.

SCS Investment Club
Monthly, 2nd Friday
1:00-3:00pm (Classroom)
*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
*Must register with office.

September 15 at 1:30pm
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."

October 13 at 1:30pm
Older People Are Happier
By: Laura Carstensen
In the 20th century we added an unprecedented number of years to our lifespans, but is the quality of life as good? Surprisingly, yes! Psychologist Laura Carstensen shows research that demonstrates that as people get older they become happier, more content, and have a more positive outlook on the world.

OPEN Billiards
Tables are available to use by calling the center to reserve your time slot. Will be required to clean when done.

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.

Contact Nblizzard@comcast.net or Jeff Rauch 812-342-0198

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

MRC Woodshop
Free!
Tuesday and Thursday
1:00-4:00pm
The woodshop is available for MRC members only on Tuesday and Thursday from 1:00-4:00. Register in advance by calling the office.

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!
**Class option 1 - Beginner**
Mondays, Sept. 14-Oct. 19 at 2:30pm - **FULL**
Mondays, Oct. 26-Nov. 30 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)

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**NEW**

**UKULELE CLASS**

**INSTRUCTOR DAN MUSTARD**

**NEW**

**BEGINNER**

**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.

Kit includes Ukulele, case, toner, and picks. Register in the business office. $20 if already have Ukulele. Max: 15

* Class dates are tentative and could change.

---

**Walk in the Park**
**Group is meeting.**
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!

---

**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.

---

**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.

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**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.

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**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!
FREE MOVIE SHOWINGS at MRC!
Two Showings now on Mondays at 2:00 & 4:30pm. Bring your own snack and drink.

**Inspiring Movies**
- **September 14**
  - Chariots of Fire
  - PG

**Mystery Movies**
- **September 28**
  - Secretariat
  - PG

- **October 12**
  - The Ghost of Mr. Chicken
  - PG

- **October 26**
  - Death on the Nile
  - PG
On-Line Programming Visit www.millracecenter.org

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

**Birthday Party Music**
with Dan Mustard

**Bodies in Motion Class**

**Cooking Granola Bars**
With Harriet Armstrong

**5 Videos of Cooking**
- *Table for One*
  With Edie Smith

**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.

**Drumming for Brain Health**

**Drum Circle**
At Home Parkinson’s Fitness
CRH - Janet Morey

Six Central Needs of Mourning
Grief Help with Walter Glover

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

Interview with Senator Mike Braun

Interview with Dr. Cynthia Green

Special Music with Collin Matthews

Special Music with Kade Puckett

Special Music with Claudi Slabaugh

Travel Show
With Edie Smith

Pickleball Introduction and Tutorial

Watch for additional online classes to be added including more cooking classes, craft classes, and The Lasting Impressions Veterans Day Show!
The BCPL Bookmobile
September 9 & 23 at 9:30am
October 14 & 28 at 9:30am
Available out front of MRC.

What Does Mill Race Center Mean To You?

We would love to hear from you in your own words what Mill Race Center means to you. Please submit your thoughts in 500 words or less to the MRC business office or by email to Shannon@millracecenter.org

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

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

Remember to bring your own water.

To slow the spread of Covid-19

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.
Friday, October 23
10:00am; 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 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: 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

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.

Branson at Christmas Time!
November 30-December 4, 2020 $799 per person, double includes 4 nights lodging at the Carriage House Inn, 4 breakfasts and 4 dinners, 7 spectacular shows, tour of the College of the Ozarks, Historic Downtown Branson, Grand Village Shops, Branson Mill Craft Village and more! Shows include Clay Coopers Country Express, The Haygoods, Pierce Arrow, The Brett Family, Six and Shows on the Branson Belle and The Uptown Café. Insurance available through NTA. Call to reserve this wonderful Holiday Trip today!
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 breakfast 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.

2020 Casino Trips
Horseshow Casino, Southern Indiana
Wednesday, September 23
All casino trips leave MRC at 9am and return by 5pm. $20 members, $25 non-members transportation only. No guarantee of specials or free play are implied by MRC or it’s employees. Please play responsibly. Seating is very limited, call to reserve your spot on the bus!

Symphony at MRC
Please mark the calendar as we present our first Symphoney at MRC! We will use the Art room to show youtube video of pops symphony. Dan Mustard also has some performance dvds we can use. (Keeping these to 1 hour or less.)

MRC Coffee Pops Series
10:00-11:30am
Friday, September 18
Friday, October 16
Friday, November 6
Cost: $5 includes a symphony performance and refreshments. We will be observing social distancing while enjoying a lively pops performance. Limit 16 participants. Must register for this fun musical event by call the business office at 376-9241.
Fabulous Daytrippers!

**Derby Dinner Theater**

**CLUE, The Musical!**

**Thurs., October 8**

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.

You played it while quarantined, now see it live on stage! Based on the popular board game, this fun-filled musical brings the world’s best-known suspects to life and invites the audience to help solve the mystery: who killed Mr. Body, in what room, and with what weapon. With comic antics, witty lyrics, and a captivating score, you are invited to the mystery mansion for a quaint dinner party where murder is on the menu!

**Derby Dinner Theater**

**World Renowned Glenn Miller Orchestra**

**Monday, June 7th, 2021**

$68 members, $78 non-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- approx.11pm.

**Lunch & More**

Daytrip to the Johnson Co Museum and Lunch on your own at The Willard in Franklin $10m/$12 nm transportation. Limit 6!

**Wednesday September 16th**

Leave MRC at 11am - 4pm
Mill Race Center Seeks Joan Pearcy Senior Citizen of the Year Nominations

The purposes of the award, given annually since 1957, are:

- To recognize an outstanding senior citizen for his or her service to the community;
- To encourage continued achievement and service from the senior community; and
- To reinforce with the public the contributions that senior citizens make to community life.

Forms and listing of all winners are available at MRC and also on our website at www.millracecenter.org. Deadline to submit forms: October 16, 2020.

**Winners from last 10 years:**
Peggy Wampler, Wilna Braun, Ted Unrue, Bob Calderone, Kay Shanks, Chuck VanNatta, Carolyn Lickerman, Lynn Bigley, Eillen Yost, & Tom Pickett
**Armchair Travel**

**Aerial America**

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

**Hawaii**

Sept. 21 at 1:30 pm
From Molokai to Maui, discover the stunning landscapes of Hawaii’s eight major islands without ever touching the ground.

**Tennessee**

October 5 at 1:30 pm
Enjoy scenic views of Tennessee, from battlefields where hundreds died to Beale Street where musical legends were born.

**Connecticut**

October 19 at 1:30 pm
From sleeping giants to Captain Kidd’s buried treasure, Connecticut isn’t as quaint as you think.

Call to MRC to register.

**Hamilton**

September 24 & October 15 at 1:00pm
“Hamilton” is the story of America then, told by America now. Featuring a score that blends hip-hop, jazz, R&B and Broadway, “Hamilton” has taken the story of American founding father Alexander Hamilton and created a revolutionary moment in theatre—a musical that has had a profound impact on culture, politics, and education. Filmed at The Richard Rodgers Theatre on Broadway in June of 2016, the film transports its audience into the world of the Broadway show in a uniquely intimate way. Call to MRC to register for this viewing.

**Money Smart for Older Adults**

Wednesday, September 2, 9, & 16 from 1:30-2:30pm
Held at MRC or online through Zoom

Presented by Harriet Armstrong, Health & Human Sciences Educator, Purdue Extension

This series will address these following concerns:

- Financial exploitation has been called “the crime of the 21st century”
- This epidemic is under the radar. The cases tend to be very complex and can be difficult to investigate and prosecute.
- Elders who lose their life savings usually have little or no opportunity to regain what they have lost.

Awareness is the first step. Planning ahead for financial wellbeing and the possibility of diminished financial capacity is critical. Reporting and early intervention are vital to preventing loss and recovering loss when possible. This will be a three part series. A resource guide book is available either online or at Mill Race Center to use with the class. Call MRC to register.
The Mill Race Center version of the classic detective game. **This year the game will be virtual on our website starting October 1.** All final guesses will be due Thursday, October 29. The chosen winner will be selected on Friday, October 30.

**Object:** Mr. Boddy, apparently the victim of foul play, is found in one of the rooms at Mill Race Center. Suspects bio’s will be posted on our website. To win, you must determine the answers to these three questions: Who done it? In what room did it occur? And with what weapon?

**Clues:** Clues will be given each Monday through our weekly E-Blast (give the business office your email to be added to the list) and posted on our website. Detective note sheets can be picked up at Mill Race Center or printed off at home to keep track of your clues.

**Prizes:** Free One year membership to MRC, CRH Fitness Center, $30, and a free MRC t-shirt.

**Guess:** Turn in your confidential guess by Thursday, October 29 by 5:00pm.

**Rules:** Set of participation rules will also be online and at Mill Race Center.

Visit [www.millracecenter.org](http://www.millracecenter.org) to play!

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**Resource Coordinator**

My name is Samantha Edwards. I am the new Resource Coordinator here at Mill Race Center. I handle all things development and fundraising. I am new to the Columbus area. I grew up in Brazil, Indiana. As a recent grad from Indiana State University with a Bachelor’s Degree in Communication and Public Relations, I am passionate about philanthropy and fundraising. I spent the majority of my time in college being very involved in a number of programs such as Dance Marathon benefitting Riley Hospital for Children. This allowed me to become very educated in the fundraising and non-profit management fields.

Be on the lookout for our annual campaign letter coming in September. If you have any questions or you’d like to speak with me and set up an appointment my email is sedward@millracecenter.org and my extension is 208.

I am very excited to take on this new journey. I look forward to meeting everyone in person, with distance of course!

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Support Mill Race Center through Amazon Smiles! With back to school time looking a lot different this year, now more than ever people are choosing online shopping to get their must haves. This is an excellent way to support our members at MRC at no extra cost to you. Simply visit [smile.amazon.com](http://smile.amazon.com), login as you would normally, select Mill Race Center as your donation of choice and start shopping. It’s that simple! Now when you shop a portion of your purchases will be donated back to Mill Race Center. **Remember to always login through smile.amazon.com** and Mill Race Center will be rewarded when you shop! If you have any questions or concerns please call Samantha Edwards, Philanthropy Coordinator. Thanks so much for your support of MRC!
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!
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>Room</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 (see page 15 &amp; 24)</td>
<td>AR</td>
</tr>
<tr>
<td>2:30</td>
<td>Ukulele Class (8)</td>
<td>MP1&amp;2</td>
</tr>
<tr>
<td>4:00</td>
<td>Movie (see page 15 &amp; 24)</td>
<td>AR</td>
</tr>
<tr>
<td>5-7:00</td>
<td>Ballroom Dance (pre-registered)</td>
<td>MP1&amp;2</td>
</tr>
</tbody>
</table>

**Activity Highlights**

- **September 1-29:** Matter of Balance
- **September 11 & October 2:** Welcome Gathering, 9:30am
- **Sept. 14 & 28, Oct. 12 & 26:** Movies, 2:00pm & 4:30pm
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- **September 15 & October 13:** Ted Talks, 1:30pm
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- **September 24 & October 15:** Hamilton, 1:00pm

**Tuesday**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Room</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) (2nd Tuesday)</td>
<td>CL</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>
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</tbody>
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**Wednesday**

<table>
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<th>Time</th>
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</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>6:00</td>
<td>Meditation (10)</td>
<td>FREE</td>
</tr>
</tbody>
</table>

**Thursday**

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<tbody>
<tr>
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<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>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>Room</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 (2nd Fri.) (10)</td>
<td>AR</td>
</tr>
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</table>

**Keep Logging Your Miles!**

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**Keep Log of your miles!**
CURRENT RESIDENT OR