AGING WELL!

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

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

GREAT DECISIONS

PREPARE TO DISCUSS THE WORLD.

8 week sessions
April 1-May 20
6:30-8:00pm

Registration required with the MRC business office.
Partnered Program with IUPUC
Class will be held through Zoom.
Assistance offered to help you get set-up.
Fee: $25 members/$35 non-members

TOPICS for 2021
Global Supply Chains & US National Security,
The Future of Persian Gulf Security, Brexit: Taking Stock & Looking Ahead, Struggles Over the Melting Arctic,
China’s Role in Africa, The Korean Peninsula, Roles of International Organizations in a Global Pandemic,
and The End of Globalization?

Great Decisions is America’s largest discussion program on world affairs. The program provides background information and policy options for the most critical issues facing America each year. Every participant will receive a Great Decisions Briefing Book and have short readings for each week. A speaker will address key points and have question and answer time. Class held through Zoom.

Who’s up for a challenge? WE ARE!
The Fall/Winter Challenge ends March 31 and the winner will be announced April 1.

Winner will receive: a free MRC t-shirt, a free One Year Membership to MRC, and $50 cash.
Winner will be drawn on April 1, 2021.

SPRING/SUMMER Challenge
Join the staff at Mill Race Center in logging 100 miles of movement beginning April 1.
Your movement could come in the form of walking, running, biking, swimming, paddling, hiking, on-line workout, and other workouts.

Visit our website to find a 100 Mile Challenge Log Sheet or pick one up at the MRC. Keep track of your miles from April 1-Sept. 30 2021. 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.

KEEP MOVING!

Bimonthly Publication of Mill Race Center, Inc. • Columbus, IN 47201 • Phone: 812-376-9241 • Fax: 812-379-2841
www.millracecenter.org
Mill Race Center Program Hours: Monday-Thursday, 8 a.m.—7 p.m. and Friday 8 a.m.—5 p.m.
Business Office Hours: Monday-Friday 8:30 a.m. - 5:00 p.m.
Fitness Center Hours: Monday—Thursday, 6:30 a.m to 7p.m., Friday 6:30 a.m to 5 p.m. and Saturday 8 a.m. to Noon
CRH Fitness Center (812) 376-5808; CRH Fitness Center is a separate membership from MRC.

COLUMBUS REGIONAL HEALTH
United Way
It’s hard to believe that we are now one year into the COVID 19 pandemic. I want to share some insights that I have gleaned from what has actually been one of the most interesting and productive years of my life.

Last March, we closed Mill Race Center due to the pandemic. The staff here quickly responded by changing our service model and offering much of our programming online, increasing our delivered meal services, and doing outreach calls. We were all energized as we looked for ways to address the challenges. At one point Courtney Watkins, our Aging Well Coordinator, looked at me and said “You are the only person I know who is actually thriving in all of this.” We chuckled at the thought, but it also struck me that she was right about the fact that the circumstances had created a burst of creativity that we may not otherwise have experienced.

None of us had any intention of doing any of these things at the beginning of 2020. It required growth and the willingness to stretch ourselves in new ways. People who don’t like to hear themselves or see themselves on camera had to step out of their comfort zones and try something new. As a result of this new approach, the traffic to the Mill Race Center website increased by 700% over 2019.

Shannon Truman, the Operations and Program Director at Mill Race Center, and Kelly Staley, our Program Coordinator, had to rebuild our in-person activities when the Center re-opened in June. Shannon and Kelly, along with facility staff Roy Pruett and Charlie Harsh, developed new protocols to ensure that we were operating in the safest way possible. Very few senior centers in Indiana have provided any form of in-person programming during the pandemic, and I am thankful that Shannon and Kelly worked through the logistics of bringing people back together, even if it is different than that to which we were accustomed.

What did the circumstances of 2020 teach you? Did you revive your interest in a past hobby or passion? Did you begin painting again, or learn to play an instrument? Did you pick up photography, or start on a path to fitness? If not, perhaps you should consider it. If you did, I would love to hear your story. Send me an e-mail at dmustard@millracecenter.org, and I will begin to share some of your experiences in future newsletters, and our Facebook page. Let’s continue to make the best of this situation, and focus on thriving, and not just surviving.

From Your Executive Director

Dan Mustard
Executive Director

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

All programs and events listed in the newsletter are for members only unless it is stated otherwise. Call the Business Office at (812) 376-9241 or visit our website to become a Mill Race Center member. Membership is only $80 a year.
Mill Race Center Staff
812-376-9241
Liz Barriger, Accounting Clerk, x 207
Debbie Bray, Administrative Assistant, x 222
Rebecca Cutsinger, Receptionist, x 218
Samantha Edwards, Resource Coordinator, x 208
Charlie Harsh, Facilities Assistant, x 216
Roberta Isaacson, Membership, x 204
Brenda Fowler, Van Driver
Jan Meadows, Ambassador Coordinator, 202
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 2021 & 2022
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. **No Shopping, No Prep, No Mess, and Easy to Prepare!**

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

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

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.

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 wheelchair transportation.

Happy Helping Hands
Thursday mornings each week - 9:00-11:00am (Arts Room) **Sewers Needed!!**

**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.

**Knitters Needed**
In an effort to raise awareness for World AIDS Day, the Granny Connection will be accepting donations of red knit scarves at MRC.

**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.

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**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.

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**MRC Welcome Gathering**
April 9
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.
SENIOR CENTER

**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.

**Schedule an appointment today!**

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**Join us 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.

Watch for start dates to come soon.

Registration is required:
(812)372-6918 Ext 3011

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**Matter of Balance Virtual Class**

Tuesdays & Thursdays
April 27 (4 week class)
FREE
1:00-3:00pm
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
Register at Mill Race Center or call 812-376-9241

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**Nourish Your Brain**
Friday, March 12 at 1:00pm

**Nourish Your Bones and Joints**
Friday, March 26 at 1:00pm

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**Do you have concerns about falling?**

A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

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.

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**Check out Total Brain Health Classes and opportunities on page 19.**

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Mill Race Center is now partnering with a new web based organization called GERISHARE. GERISHARE allows for seniors to connect to classes at their senior center or across the country helping seniors stay socially engaged with others. A senior center without walls. Follow Mill Race Center now on GERISHARE to take classes from home, in person and in real time.

**Soon to offer classes in:**
Monday - Drum Circle at 1:00pm
Tues. & Thurs. - Bodies in Motion at 2:00pm

**Watch for more information to come when it starts.**
Go to www.gerishare.com and click on find classes or type in Mill Race Center classes.

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**Purdue Extension**

Nourish Series By Purdue Extension
Presenter: Harriet Armstrong
Attend either virtually or in person at Mill Race Center. Register at Mill Race Center

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

Lazy Daisy Embroidery Guild
Second Tuesday of each month,
1-3pm in the Art Room or lounge
Open to anyone interested in embroidery. More information: Carol Walp at 812-343-8863. Must Register with MRC to attend. Currently Meeting

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.
Bunny Door Sign
Thurs., March 11 at 3pm
Cost: $12 (1 bunny)
Nothing says welcome spring besides a cute bunny to decorate your door. Join us for this easy painting project to bring some fun color to your door or wall. All supplies included for this project.

Framed Easter Egg
Tues., March 16 at 3pm
Cost: $10
Join us for this easy and unique crafting class. We will make our own adorable colorful Easter egg out of paper straws. You’ll leave with a beautiful framed colorful egg to brighten up your home this spring. All supplies included.

Paint Chip Easter Cards
Thurs., March 25 at 3pm
Cost: $5 (for 6 cards)
We have had fun before with paint chip cards, so let’s try our hand at some adorable Easter cards! The sky is the limit on the designs we can create. All supplies included for this project.

Spring Gnomes
Thurs., April 8 at 3pm
Cost: $12 (set of 2)
These little gnomes seem to be everywhere right now. We will make our own 2 adorable spring gnomes and embellish them with felt flowers. All supplies included for this project.

Rock Painting
Tues., April 27 at 1:30pm
Cost: $5
Join the rock painting excitement and make your own special painted stones to keep or give away. All supplies included for this project.

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
*Currently meeting
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. Eleanor Schwartzman will be available to teach you how to crochet as part of the Crafty Fingers group. Call MRC to register.
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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<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>
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Couples Dance Club
5:30-7:00pm (MP1) (Not Meeting)
1st & 3rd Wednesday

Drumming Circle Practice
Mondays 1:00-2:00pm
Get your weekly groove on at Mill Race Center with a small group that gathers to drum each week. All members are welcome to attend any practice. 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.
100 MILE CHALLENGE

Bodies in Motion
Class meets:
Mon., Wed. & Fri. at 8:30am* (max 24)
Tues. & Thurs. 2:00-3:00pm *(max 24)
FREE to MRC members
*Must register in advance for classes.
Bodies in Motion is an exercise program designed to help participants reclaim flexibility and the variety of movement and strength that help make living more pleasurable. It is a motivating pain-free physical fitness class for adults. Both men and women find it fun, encouraging, and refreshing for the body and mind, as well as comfortably challenging.

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.

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 are 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!
Eight Dimensions of Wellness

Pickleball net is available for outdoor use on the patio.

- **Wednesday Evenings - 5:30-8:00pm**
- **Friday Afternoons - 12:30-3:00pm**
- **Saturday Mornings - 8:00-11:45am (canceled)**
  (We are not holding Saturday Mornings right now due to Covid-19.)

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

**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!

**Mill Race Center Store**
Located in the office.
Bible Studies

Morning Bible Study
Tuesday mornings 10:30-11:30am
In the Classroom; Free; Must register
Information: Virginia Houser, 812-579-5132
March: Bert Zimmerman, Bible Teacher of much experience
April: Rev. Wes Jones, Flintwood Wesleyan Church

Evening Bible Study
Wednesdays: 3:30-5:30pm
Mayberry Bible Study starting new study in March
Sign up in the business office or call Jan Meadows for information: 812-374-4404
*Currently meeting must register with office.

TED Talks
2nd Tuesday of each month
Meeting at 1:30pm in Classroom
Facilitators: Ed & Terri DeVoe
*Must register with office.

March 9 at 1:30pm
The Political Power of Being a Good Neighbor
By: Michael Tubbs
Michael Tubbs is the youngest mayor in American history to represent a city with more than 100,000 people -- and his policies are sparking national conversations. In this rousing talk, he shares how growing up amid poverty and violence in Stockton, California shaped his bold vision for change and his commitment to govern as a neighbor, not a politician. "When we see someone different from us, they should not reflect our fears, our anxieties, our insecurities," he says. "We should see our common humanity."

April 13 at 1:30pm
My Identity is a Super Power Not an Obstacle
By: America Ferrera
Hollywood needs to stop resisting what the world actually looks like, says actor, director and activist America Ferrera. Tracing the contours of her career, she calls for more authentic representation of different cultures in media -- and a shift in how we tell our stories. "Presence creates possibility," she says. "Who we see thriving in the world teaches us how to see ourselves, how to think about our own value, how to dream about our futures."

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, 812-603-8854, nblizard@comcast.net or Jeff Rauch 812-342-0198
MRC Woodshop

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!

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.
Mini Spa Day
May 7
1:30
Fee: $18
It’s time to treat yourself! We all need to take time to pamper ourselves and why not do it with friends together at Mill Race Center. Each participants will receive their own goodie basket with everything they need for our mini spa day. We will have delightful refreshments and spending the afternoon enjoying the company of others. Watch for more details to come soon.

SAHAJA MEDITATION
NEW Four Week Class for Beginners!
COMING LATER THIS SPRING
FREE; Held at MRC
Watch for more information.
The pandemic has been hard on everyone. Learn new ways to care for yourself that you can practice at home. Sahaja Meditation will help reduce stress and increase wellness. Register for this class at MRC. These FREE classes are open to the community so invite a friend!
Questions Contact: Columbusmeditation@gmail.com
Check out SAHAJA Meditation online at www.millracecenter.org

Bodies In Motion Afternoon Class
Tuesday & Thursday at 2:00pm
Call to register

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.

Golden Girls
Fourth Tuesday of each Month at 10:00am
This group is for widows and will offer educational talks, activities or even some entertainment. Call MRC to register at 812-376-9241. Information call Donna Richardson at 812-350-2859.

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.

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.

March 8
The Professor and the Madman

March 22
Young Victoria

April 12
Einstein & Eddington

April 26
The Highwaymen
Sahaja Meditation
With Rahul Kumar

Six Central Needs of Mourning
Grief Help with Walter Glover

Travel Show & Travel Update
With Edie Smith

On-Line Programming Visit www.millracecenter.org

- 5 Music Duets with Herb & Mary Jane Perry
- Special Music with Kade Puckett
- Special Music with Claudi Slabaugh
- Special Music with Collin Matthews

Drum Circles

Other Music
- Birthday Party Music
- Special Holiday Music
On-Line Programming Visit www.millracecenter.org

7 Videos of Cooking - Table for One
With Edie Smith

Bodies in Motion Class

At Home Fitness Class
CRH - Janet Morey

At Home Parkinson’s Fitness
CRH - Janet Morey

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

Cooking Granola Bars
With Harriet Armstrong

Holiday Special
With Readers Theater

Pickleball Introduction and Tutorial

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

The Lasting Impressions
- Veterans Day Show
- Christmas Show
- Valentine’s Special
- Soon Spring Show

www.millracecenter.org

Plus, so much more!
Follow Mill Race Center on Facebook for Monthly photo challenges! We want to see and share your pictures!!

New! Mill Race Center

5 NEW CATEGORIES
- Travel
- Wildlife/Animals
- Nature/Landscape
- Architecture
- Hometown Pride

PICTURES DUE JULY 19, 2021
START TAKING PICTURES NOW!

The BCPL Bookmobile:
March 10 & 24 at 9:30am
April 7 & 21 at 9:30am
May 5 & 19 at 9:30am
Available out front of MRC.

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.

Y C A E T
I O N L P
I N F D E
A A H T N
G B E A O

Intellectual
Seeking stimulating mental activities to expand knowledge and skills. Stretching and challenging the mind with intellectual and creative pursuits. Avoid boredom - be productive!
Friday, March 26  
9:30am; 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 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.

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Total Brain Health 1.0  
Starting April 6-May 7  
Tuesday & Friday  
10:00-11:30am  
Fee: $20 *(includes book)*

Developed by the experts at Total Brain Health, the TBH BRAIN WORKOUT 1.0 course teaches the many different ways we can use our lifestyle to boost cognitive well-being. With highly social, engaging and fun workouts across the pillars of physical, intellectual and socio-emotional well-being, students learn together how things such as dancing, cartooning and de-stressing can boost brainpower.

“At Total Brain Health, we believe that all minds can thrive. The tools we develop help everyone get smarter about their brain health. Our TBH BRAIN WORKOUT courses provides valuable paths across body, mind and spirit everyone can use to build better cognitive fitness and pursue vital, independent lives.”

[Image of Total Brain Health logo]
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:

All trips subject to change due to Corona Virus restrictions. If a trip is cancelled by MRC (or tour provider) refunds will be issued. Insurance is highly recommended. If proof of Covid-19 Vaccine is required you are responsible to provide or cancel within time limitations for refund.

Mystery Trip

June 2-7, 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, $1188 single member. Add $100 non-members. Insurance available.

Washington D.C.

AUGUST 19-25, 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, $1094 single member. Add $100 nonmembers.

Savannah, Jekyll Island, Beaufort and more!

September 22-October 2, 2021

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 world’s 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 member, $942 single member. Add $100 for nonmembers. Travel Insured insurance available.

San Antonio, the Alamo and Magnolia Market in Waco!

June 12-20, 2021

From the Alamo- to the Magnolia Markets to 3 Presidential Historical Sites! This trip covers Texas in an unforgettable way. $929 double member, $1169 single 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! Travel Insured insurance is available.
Nova Scotia, Prince Edward Island & Brunswick
July 14-26, 2021 - UNBELIEVABLE PRICING
We may never head this way again. For this price! 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 member, $2389 single. Add $100 for nonmembers. Travel Insured insurance available.
SOLD OUT!! GET ON THE WAITLIST AS CANCELLATIONS CAN HAPPEN!

Chattanooga Choo Choo
October 11-14, 2021
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! $759 double member, $958 single member. This one sold out fast in 2020 so call for Availability! NTA insurance available.

Special Tours with Mayflower and Collette
Call Edie directly for information, brochures and to register for these trips.

June 18, 2021 - Colorado’s Historic Trains with Mayflower Tours
Save $100 each when booked by December 18, 2020. Take six scenic train rides through the beautiful Rocky Mountains visiting 3 national parks!

July 23, 2021 - Montana and Glacier National Park with Mayflower Tours
Save $100 when reserved by January 23, 2021. You won’t need a passport for this trip as you see some of The Northwest’s most beautiful vistas from a Jammer red bus through Glacier National Park. You will see bison and other native animals as you tour the National Bison Range and visit the Blackfleet Indian Reservation. So much nature and adventure packed into this exciting trip!

July 27, 2021 - Canadian Rockies with Glacier National Park with Collette!
I know some of you have Collette credits and loyalty money to spend and there is no better way to see the Northern Rockies from the Canadian side than with our travel partners at Collette. This trip was a huge hit 2 years ago so we are running it again for those who want to see the rugged beauty of the mountains from luxury accommodations!

September 25, 2021 - Yellowstone & Jackson Hole Wyoming
Enjoy free airfare on this trip to Yellowstone and Jackson Hole Wyoming when booked by November 30, 2020 with Mayflower Tours. See Old Faithful & Grand Teton National Park including an authentic ranch BBQ and float trip down the Snake River! 2 full days in Yellowstone & 2 full days in Jackson Hole plus a day in Salt Lake City.

Continued trips on page 22
October 8, 2021 - Eastern Gems of Europe Cruise
Mayflower and Emerald Cruises present a leisurely cruise down the Danube through Bucharest, Transylvania, Romania, Bulgaria, Serbia, Croatia, Hungary and Budapest. Trip includes a 7 night cruise and 2 nights in Bucharest. European Splendor and History await! Luxury accommodations, most meals and sightseeing with choices of activity levels included!

October 12, 2021 South Pacific Wonders with Collette
Tour the best of Australia and New Zealand with an optional extra trip to Fiji! See all of the animals and breathtaking scenery you have always dreamed of in the land down under. Know that you will have the best accommodations, food and experiences on this once in a lifetime adventure.

October 6, 2021 – Shades of Ireland with Collette
Optional 3 night London Pre Tour Extension. Highlights Dublin, Irish Evening, Choices on Tour, Kilkenny Waterford, Blarney Castle, Killarney Jaunting Car Ride, Ring of Kerry, Farm Visit, Limerick, Cliffs of Moher Galway, and Castle Stay

Fabulous Daytrippers!

President Benjamin Harrison Day, Wednesday, April 14, 2021
$45 members, $50 nonmembers
President Benjamin Harrison Home Tour, lunch at the Garrison at FT Ben State Park plus Tour of final resting place in Crown Hill Cemetery. Leave MRC at 8:45, return at 4pm. All admission fees and lunch included. Must be able to stand for short periods, climb stairs and walk on uneven ground.

Newfield Gardens and Art Museum, Thursday, April 22, 2021
$35 Members, $40 nonmembers
Warm your bones and lift your spirits at this beautiful, historic gem in Indianapolis. View the acres of blooming gardens as well as the outstanding art in the museum itself. Lunch on your own at the museum café. Leave MRC at 10am Return at 4pm. Admission and Transportation included.

Derby Dinner

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 and return approximately 11pm.

Special Offers on ANY newly booked 2021, 2022 and 2023 Tours with Mayflower and Collette!
SAVE $150 per person if you book by June 1, 2021. This is in addition to any Loyalty $$ or special offers from the tour companies!

Look online at www.goCOllette.com or www.Mayflowercruisesandtours.com
Then call Edie directly for appointment to price and book the dream trip you have been waiting for! Don’t wait as trips are selling out very quickly!
812-345-6744
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

Remember to bring your own water.
To slow the spread of Covid-19

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

THE EVENT CENTER AT MILL RACE
OPEN HOUSE
Saturday, May 1; 1:00-4:00PM.
Stop by and see how beautiful your wedding and reception can be at The Event Center:
ONE DAY ONLY BOOKING SPECIAL!
Armchair Travel

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

New Hampshire
March 15 at 1:30 & 3:00 pm
Discover the sights and stories of New Hampshire, from Concord to White Mountain State Park and beyond.

Maryland & Delaware
March 29 at 1:30 & 3:00 pm
Discover Maryland and Delaware, two small states of great historical significance.

North Carolina
April 5 at 1:30 & 3:00 pm
North Carolina is home to mysteries, giant industries, and coastal beauty.

New York
April 19 at 1:30 & 3:00 pm
Explore New York's amazing beauty, from the roaring Niagara Falls to a city full of abundant architectural heritage and infamous residents.

Broadway Series
Call MRC to register for each viewing.

Newsies
March 18 & 26 at 1:00pm
Newsies The Musical is a musical based on the 1992 musical film Newsies, which in turn was inspired by the real-life Newsboys Strike of 1899 in New York City. The show has music by Alan Menken, lyrics by Jack Feldman, and a book by Harvey Fierstein based on the film's screenplay by Bob Tzudiker and Noni White.

My Fair Lady
April 15 & 23 at 1:00pm
In this beloved musical, pompous phonetics professor Henry Higgins (Rex Harrison) is so sure of his abilities that he takes it upon himself to transform a Cockney working-class girl into someone who can pass for a cultured member of high society. His subject turns out to be the lovely Eliza Doolittle (Audrey Hepburn), who agrees to speech lessons to improve her job prospects. Higgins and Eliza clash, then form an unlikely bond - one that is threatened by an aristocratic suitor.

Get WalkIn’ Program
Want to improve your health...but short on time...and lack motivation? This FREE, email-based walking program has you covered. Sign up, walk, and get email support. To register go to: http://bit.ly/2Z2zGKs by April 1

Elevate
Date March 30, April 6, 13 & 20 at MRC
Fee: $12 per person to cover book
Do you want to enrich the quality of your relationships? This is an interactive couple’s education program that blends practical skills with an understanding of the heart-brain-behavior connection to enhance a healthy relationship. Register at MRC. Taught by Harriet Armstrong. For information email armstrh@purdue.edu

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!

Call to MRC to register.

Mill Race Center (812) 376-9241 • www.millracecenter.org
Now booking for 2021 & 2022
Weddings • Reunions • Corporate Events
MillRaceEvents.com
(812)302-3838

Wedding photography courtesy of Angela Jackson Photography.

Mill Race Center still has available Saturdays in 2021 for weddings and receptions. Help us spread the word that 2021 dates are available especially for weddings or receptions that had to be rescheduled due to Covid-19.

How can I donate and help MRC?
Go online at millracecenter.org, stop by the office, or Text "millracecenter" To 77977.

Go to Kroger.com. Sign in with your email and password you signed up your card with. (There should be links if you have forgotten a password/email). Once signed in, scroll to the very bottom of the home page and find Kroger Community Rewards – this will be under “Community”. On the next page, Click the link in section 2. Link you Card to an organization. Search Mill Race Center and click ENROLL.

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, 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!
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!
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)
- 10:00 Golden K Kiwanis
- 8-12 Woodcarving (8)
- 8:30 Bodies In Motion (20)
- 1:00 Drum Practice Session (8)
- 2:00 Movie (see page 15 & 24)
- 4:30 Movie (see page 15 & 24)
- 5-7:00 Ballroom Dance (pre-registered)

### Tuesday

**Billiards offered everyday by registration**

- 10:00 Tai Chi* (16)
- 10:30 Bible Study (10) (See page 12)
- 10:00 Widows Support Grp (10) (4th Tues.)
- 1:30 Ted Talks (10) (2nd Tuesday)
- 2:00 Bodies In Motion (20)
- 5-7:00 Ballroom Dance (pre-registered)

### Wednesday

**Billiards offered everyday by registration**

- 8:30 Bodies In Motion (20)
- 9:30 Walk in the Park (weather permitting)
- 9:30 Bookmobile (1/13, 1/27, 2/10, 2/24)
- 10:00 Art Class (10)
- 10:00 Crafty Fingers
- 11:30 TOPS (8)
- 3:00 Bible Study (10)
- 4:00 Beg. Line Dance (16)
- 5:30 Pickleball (register)
- 6:00 Meditation (10) FREE

### Thursday

**Billiards offered everyday by registration**

- 10:00 Tai Chi* (16)
- 12:00 Advanced Pickleball
- 1:00 Woodcarving (8)
- 2:00 Bodies In Motion (20)
- 5-7:00 Ballroom Dance (pre-registered)

### Friday

**Billiards offered everyday by registration**

- 8:30 Bodies In Motion (20)
- 10:00 Line Dancing (16)
- 12:30-3 Pickleball (register)
- 1:00 SCS Investment Club (2nd Fri.) (10)

**Activity Highlights**

- March 8: Movie: The Professor & the Madman, 2:00pm & 4:30pm
- March 9: Ted Talks, 1:30pm
- March 11: Bunny Door Sign, 3:00pm
- March 15: Aerial America: New Hampshire, 1:30 & 3:00pm
- March 16: Framed Easter Egg, 3:00pm
- March 18 & 26: Newies, 1:00pm
- March 22: Movie: Young Victoria, 2:00pm & 4:30pm
- March 25: Paint Chip Easter Card, 3:00pm
- March 26: Total Brain Health Workout, 9:30am
- March 29: Aerial America: Maryland & Delaware 1:30 & 3:00pm
- April 5: Aerial America: North Carolina, 1:30 & 3:00pm
- April 6-May 7: Total Brain Health 1.0, 10:00-11:30am
- April 8: Spring Gnomes, 3:00pm
- April 9: Welcome Gathering, 9:30am
- April 10: Movie: Einstein & Eddington, 2:00pm & 4:30pm
- April 13: Ted Talks, 1:30pm
- April 15 & 23: My Fair Lady, 1:00pm
- April 19: Aerial America: New York, 1:30 & 3:00pm
- April 26: Movie: The Highwaymen, 2:00pm & 4:30pm
- April 27: Rock Painting, 1:30pm
- May 1: THE EVENT CENTER Open House, 1:00-4:00pm

Mill Race Center will be closed on Friday, April 2, 2021.

Visit us at www.millracecenter.org

Follow us on Facebook.