



National Senior Health & Fitness Day

May 26th



Outdoor Pickleball, Bocce Ball, Corn Hole,
MRC Bike & CRH Fitness Tours All Day

8:30-9:30am	Bodies in Motion
9:45am	Brain Walk in the Park
11:30am-12:30pm	Bodies in Motion
2:00-3:00pm	Drum Circle
4:00-5:30pm	Line Dancing
5:30-8:00pm	Pickleball

**Please register for all programs for planning.*

**SUPER
SATURDAY**

**OPEN
HOUSE**



Saturday, June 26

Session 1: 9:00-10:00am

30 minute refreshment and break

Session 2: 10:30-11:30am

Pick 2 sessions to attend for Free!

See page 16 for details!

100 MILE CHALLENGE



SPRING/SUMMER Challenge

Who's up for a challenge? WE ARE!

Join the staff at Mill Race Center in logging 100 miles of movement **began 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.

Winner will receive: a free MRC t-shirt, a free One Year Membership to MRC, and \$50 cash. Winner will be drawn on September 30, 2021. Medals will be given to all participants for every 500 miles logged.

KEEP MOVING!

From Your Executive Director

I am blessed by the fact that my parents are alive, reasonably healthy, and living in their own home. My sisters and I are working through many of the issues that adult children of aging parents must deal with. My father is 88, and is the stereotypical man's man. He is a farmer by birth, and even though he served in other occupations, he remains to this day a man who is most comfortable in his rural Michigan farming community, surrounded by hills, fields, and forests. He is a natural leader, and served as the Chief of the area's volunteer fire department for 50 years. He is fiercely independent, and has earned the right to be. My mother is 86, an artist, and she devoted her life to her family and to her church. She is also a natural leader, but with more emphasis on diplomacy. We are beginning to see the toll that the years have taken, and it is difficult to determine when we, as children, need to offer assistance, and to determine when those offers need to become more firm and cross the line into insistence. It is a delicate dance that we have to do, as we try to balance their need for independence and self-determination, with our desire to make sure that they are safe.



We certainly aren't unique in our situation. It plays out in families around the world. It will become more common as our oldest seniors live longer than previous generations. Many of them are outliving their own health, and coupled with the unprecedented numbers of older adults, will present challenges to our health care systems. This only emphasizes the need for all of us to focus on the ways that we can Age Well. It has to start sooner, rather than later. Decisions that we make in our 20's, 30's and 40's will often determine how well we will live when we reach our 70's and 80's and beyond. It is never too late to start your own Aging Well program. Look through this newsletter, try some new activities, and start (or continue) your journey in Aging Well. And be good to your kids.

Dan Mustard
Executive Director

How can I donate and help MRC? 1 of 3 Ways:

Go online at millracecenter.org, or
Text "millracecenter" To 77977, or
Drop off a check or cash to the office.

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 \$80 a year. We have a six month memberships, and offer a monthly payment option. CRH Fitness Center membership is separate and purchased with Parks & Rec. Dept.

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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, x208

Charlie Harsh, Facilities Assistant, x 216

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

Harold Yerges, Van Driver



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



Take Your Best Shot! Photo Contest

MRC members show off your talents with your camera or phone camera and enter this new contest.

Five **NEW** categories for entry: Travel, Wildlife/Animals, Nature/Landscape, Architecture, & Hometown Pride. More information in the MRC office. Pictures due by July 19, 2021.



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 Becky Cutsinger at 812-376-9241 if you are needing wheel chair transportation.



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



Visit our website for a variety of online classes.
www.millracecenter.org

Follow us on Facebook.

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.



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

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.



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**
Friday, June 11
9:30am in the classroom



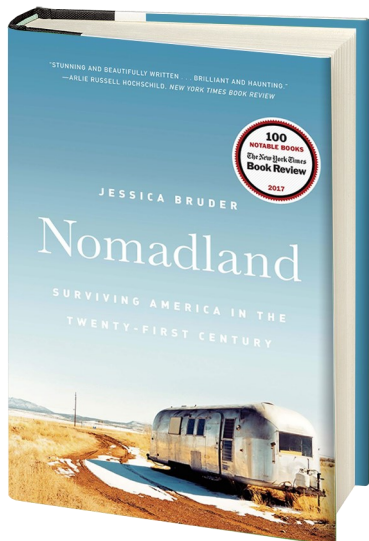
Held with social distancing at 9:30am. Have you recently joined or are you interested in Mill Race Center? We'd like to get to know you better and introduce you to the Center and the variety of programs and events we have planned throughout the year.
Call to register (812) 376-9241.

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.



BOOK CLUB

Nomadland

Tuesdays May 25th-
June 8th

9:30am-10:30 Lounge
Books \$15 in business
office

Film screening to follow.

The inspiration for Chloé Zhao's Golden Globe Award-winning film starring Frances McDormand, March and April pick for the PBS Newshour, *New York Times* "Now Read This" Book Club, *New York Times* bestseller.

From the beet fields of North Dakota to the National Forest campgrounds of California to Amazon's CamperForce program in Texas, employers have discovered a new, low-cost labor pool, made up largely of transient older Americans. Finding that social security comes up short, often underwater on mortgages, these invisible casualties of the Great Recession have taken to the road by the tens of thousands in late-model RVs, travel trailers, and vans, forming a growing community of nomads.

On frequently traveled routes between seasonal jobs, Jessica Bruder meets people from all walks of life: a former professor, a McDonald's vice president, a minister, a college administrator, and a motorcycle cop, among many others—including her irrepressible protagonist, a onetime cocktail waitress, Home Depot clerk, and general contractor named Linda May.

Mill Race Center Community Garden

Want to help maintain the Mill Race Center garden? Volunteers are needed to plant, weed, and maintain the garden, and get first access to any vegetables and herbs it produces.

**Friday mornings (9:30am) in
June and July! Meet at the
garden. Come for any
amount of time.**

Call Courtney for more information.



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!

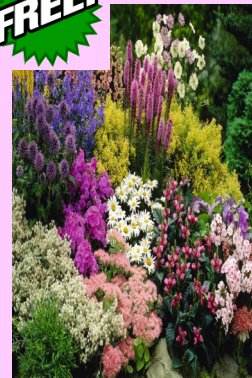
MRC Perennial Share

Wednesday, May 19

9:30am; Free

Patio Weather Permitting
Perennial plant sharing is a fun and frugal way to enhance your garden. Bring some perennials to share for MRC beautification. Meet outside the lounge.

FREE!



Birthday Party

Come and celebrate your birthday at Mill Race Center. There will be birthday cake, ice cream, and entertainment by our own Dan Mustard. It's also a great way to meet people. Reservations required by the day before the party. You may bring one guest. Register in the MRC business office.

Birthday Celebrations

May Birthdays: May 6th at 1:00pm

June Birthdays: June 3rd at 1:00pm

July Birthdays: July 8th at 1:00pm

**Quarterly
Reading
Challenge**

NEW Quarterly
Reading Challenge!

See Page 16 for details!



Evening Star Quilt Guild

**Second Tuesday of each month,
5:00-7:00pm**

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

**Third 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.



Monday Morning Quilting With Friends

8:00am-12:30pm *Group is meeting

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](tel:812-374-6135) or judyk2310@gmail.com for additional information

create

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

Hot Air Balloon Cards

Tues., May 11 at 3pm

Fri., May 14 at 10am

Cost: \$5 (for 6 cards)

Make some fun summer card to send a note to a friend or family member. The sky is the limit on the designs we can create. All supplies included for this project.



Sharpie Craft

Thurs, May 20 at 3pm

Fri., May 21 at 10am

Cost: \$5 (2 projects)

Make 2 unique sharpie mug or plate. Design and color any way you would like. We will back them and make the design permanent. All supplies included.

Popsicle Door Sign

Thurs., May 27 at 3pm

Cost: \$12

Welcome summer this year by making a brightly painted popsicle for 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.



USA Blocks

Tues., June 8 at 3pm

Cost: \$12 (set of 3)

Get ready for the Fourth of July with this cute decorative project. You can select a variety of pretty paper to make your blocks. All supplies included for this project.

Shrink Art Jewelry

Tues., June 22 at 3pm

Thurs., June 24 at 10am

Cost: \$5

Shrink Art is back! Design your own necklace and earrings, color your project, and then watch them shrink! All supplies included for this project.



Follow Mill Race Center
on Facebook.



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.

FREE!



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. Eleanora 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.

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.**



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



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)-374-2963



Monday	Tuesday	Wednesday	Thursday	Friday
Ball Room Dance 5:00-7:00pm (MP1 & 2)	Ball Room Dance 5:00-7:00pm (MP1 & 2)	Line Dance Beginner 4:00-5:30pm (MP1 & 2)	Ball Room Dance 5:00-7:00pm (MP1 & 2)	Line Dance 10:00-11:30am (MP1 & 2)
		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.



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.





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

NEW

***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.

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.



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.



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

Tai Chi/Chi Gung

Offering Two Classes on
Tuesdays & Thursdays



10:00am - Ongoing class for those with some practice in Tai Chi.

Monthly Cost: \$45 members/ \$60 non-members

11:00am - Beginning class

Monthly Cost: \$45 members/ \$60 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 Qigong 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.

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!

Senior Volleyball

**Monday, Wednesday and Friday mornings
from 8:30-10:30am**

at Foundation for Youth 405 Hope Ave, Columbus
Information: Don Ward (812)350-2222



Senior Bowling

Tuesdays at 1:00pm

Columbus Bowling Center

Information: Joan Winkle, 812-350-9452

Glenna Phelps, 812-390-9234



Pickleball



FREE!

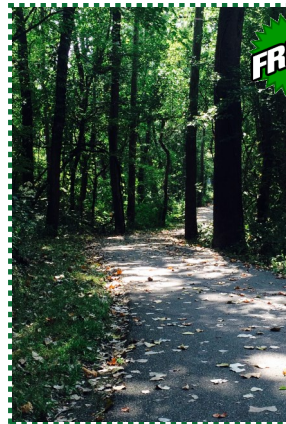
Pickleball held inside at MRC, and a net available for outdoor use on the patio. **Free for members.**



Wednesday Evenings - 5:30-8:00pm



Friday Afternoons - 12:30-3:00pm



FREE!

Walk in the Park

Join us every Wednesday morning (*weather permitting*) at 9:30am in the lobby.

We will head out after Body in Motion class. Staff will attend when schedules allow.

Let's get moving together!

FREE!

Join us on
Wed., May 26, 2021.



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!



Morning Bible Study

Tuesday mornings 10:30-11:30am

In the Classroom; **Free; Must register**

Information: Virginia Houser, 812-579-5132

May: Ed Boston, Radio Ministry

June: John Armstrong, Grace Lutheran Church



Evening Bible Study

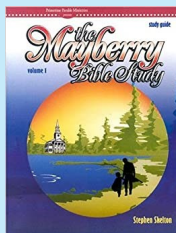
Wednesdays: 3:30-5:30pm

Mayberry Bible Study Volume 3

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.**



May 11 at 1:30pm

How to welcome surprise and mystery into your post pandemic life.

By: Esther Perel

How do you effectively regulate stress? Therapist Esther Perel discusses the importance of creating routines, rituals and boundaries to deal with pandemic-related loss and uncertainty -- both at home and at work -- and offers some practical tools and techniques to help you regain your sense of self.

June 8 at 1:30pm

Thriving Longer: The Future of Aging

By: Dr Mark Allen

Dr. Mark Allen's mission is to create a world where, as we age, our bodies stay young and vibrant. He is a medical doctor, inventor, entrepreneur and business executive, with experience leading organizations from inception to profitable growth to successful exit. Learn how he is making that a reality in this fascinating TED talk.

MILL RACE CENTER

100 MILE CHALLENGE

Join us for the Spring/Summer Challenge!

Let's Keep Moving Together!

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

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.

Contact the office for questions.

Eight Dimensions of Wellness



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.



Reader's Theater

Wednesdays from 1:00-3:00pm

Interested in joining the Reader's Theater group come to their weekly meetings. If you are interested in joining this group let Becky know in the Business Office.



Walk in the Park

Join us every Wednesday morning (weather permitting) at 9:30am meeting in lounge.

Let's Get Moving Together!

SAHAJA MEDITATION

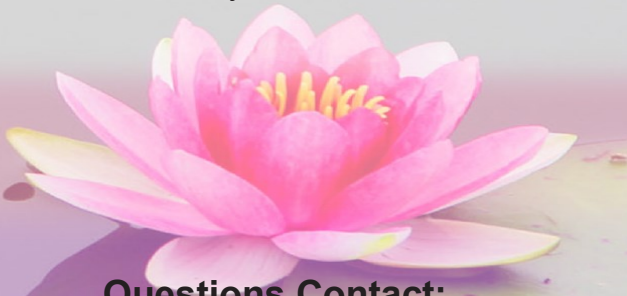
NEW Four Week Class for Beginners!

Returning This Summer

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

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!



Bodies In Motion Afternoon Class

Tuesday & Thursday at 2:00pm

Call to register



FREE!

Indoor Walking

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.

FREE!

The Lasting Impressions



A song, dance and drama performance troupe with Mill Race Center.

***Currently meeting contact Donna Browne if interested.**

Practice: Monday & Friday

12:30-3:30pm (MP1)

Information contact: Donna Browne, (812)376-6612.

Eight Dimensions of Wellness

FREE MOVIE SHOWINGS at MRC!

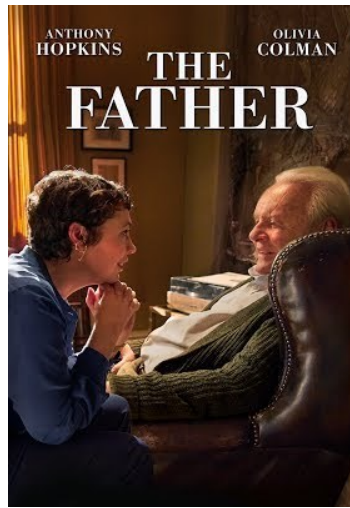
Two Showings now on Mondays at 2:00 & 4:30pm. Bring your own snack and drink.



May 10

News of the World

**PG
13**



May 24

The Father

**PG
13**



June 14

Leave No Trace

PG



June 28

**The African
Queen**

PG

SUPER SATURDAY

OPEN HOUSE

FREE!

Saturday, June 26

Session 1: 9:00-10:00am

30 minute refreshment and break


Session 2: 10:30-11:30am

Pick 2 sessions to attend for Free!

Sessions Offered:

Bodies In Motion

An exercise program designed to help participants reclaim flexibility and movement. It is fun, encouraging, and refreshing for the body and mind.


 **Patrick Haulter** Brown County State Park Interpretive Specialist will be presenting. Topic to be announced soon.

Rock Painting

Join the rock painting excitement and make your own special painted stones to keep or give away.

Drum Circle

Get your groove on and learn the health benefits of drumming for the whole body.

 **Who Gets Grandma's Yellow Pie Plate?** A guide to passing on personal possessions. Planning ahead or making decisions when someone dies. Presented by: Harriet Armstrong

Stop in and visit with Edie Smith with MRC's travel department through the morning. Edie has many exciting trips coming up in 2021, 2022, & 2023!

MRC quilters and woodcarvers will also be here so you can learn more about their meeting times, and how to join their group.

Quarterly Reading Challenge

FREE!

NEW

Join Us!

We want to encourage you to join us for a **NEW** Quarterly Reading Challenge for your Intellectual Wellness!

It will run from **June 1-August 31**. Reading slips will be available at MRC. Fill out the slip and turn it into the office for every book you have read during this summer quarter June 1-August 31.

All completed reading slips will be entered into a prize drawing for a \$50 gift card to Viewpoint Bookstore. Other prizes given to top readers throughout the challenge.

Don't forget the bookmobile comes to MRC twice a month, and we have a MRC Little Library in the lounge. We will feature staff & members favorite books throughout the challenge in our E-Blasts and on our MRC Facebook page.



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.

Beginning in May offering 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.

On-Line Programming Visit www.millracecenter.org



MILL RACE CENTER
ONLINE CLASSES
Available!


WE HAVE SEVERAL ONLINE CLASSES TO CHOOSE FROM:

CLASSES INCLUDE:

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

START WATCHING TODAY!

WWW.MILLRACECENTER.ORG

 **Travel Show & Travel Update**
With Edie Smith



 **Six Central Needs of Mourning**
Grief Help with Walter Glover

 **Sahaja Meditation** With Rahul Kumar

 **Drum Circles**

 **Other Music**
Birthday Party Music
Special Holiday Music



 **Special Music**

6 Music Duets Herb & Maryjane Perry
Kade Puckett
Claudi Slabaugh
Collin Matthews



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



 **Cooking Granola Bars**
With Harriet Armstrong

 **The Lasting Impressions**



- Veterans Day Show
- Christmas Show
- Valentine's Special
- Spring Show
- Summer Show

 **Bodies in Motion Class**



 **At Home Fitness Class**
CRH - Janet Morey

 **At Home Parkinson's Fitness**

 **Variety of Craft Classes**



 **History - Humorous Presidents**
With Bob Pitman

 **Pickleball Introduction and Tutorial**

 **Computer Tech Help**



Plus, so much more!

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

FREE!



Mill Race Center PHOTO CONTEST

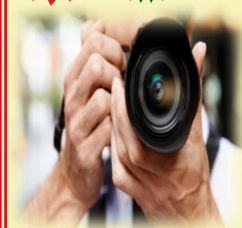
5 NEW CATEGORIES

- Travel
- Wildlife/Animals
- Nature/Landscape
- Architecture
- Hometown Pride

PICTURES DUE
JULY 19, 2021

START TAKING
PICTURES NOW!

NEW FREE!



Follow Mill Race Center on
Facebook for Monthly
photo challenges! We
want to see and share
your pictures!!



Quarterly Reading Challenge

NEW Quarterly
Reading Challenge!
See Page 16 for details!

Free Little Library
Take a Book Return a Book



Built & Donated
By: Ed Niespodziani



FREE!

The BCPL Bookmobile:
May 5 & 19 at 9:30am
June 2, 16 & 30
July 14 & 28
Available out front of MRC.

Intellectual

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

 **TOTAL
BRAIN
HEALTH**
BODY ♦ MIND ♦ SPIRIT
Monthly Workouts

FREE! **NEW**

Fridays, May 28 & June 25

9:30am; Classroom

FREE

We will be using the Total Brain Health Toolbox365 for these monthly workouts. Science shows that building better well-being is perhaps the best ways we can keep our minds strong. The TBHToolbox365 trains in four ways: Body, Mind, Spirit and Social. The TBH Toolbox365 activates neuroplasticity to grow and change our brains. Workout with us each month. Max: 10
Call to register for this free program.



 **YES
CINEMA**
and Conference Center

NEW **FREE!**

Now Showing
For Mill Race Center Members
Free Movie for Members
(Limit to 40 must register in advance)
Just pay for your concessions!
Reserve your ticket by registering at the MRC business office.

 **THE MONEY PIT**

May 19
at 1:30pm
Held at Yes Cinema

*Weather permitting a group will walk to Yes from MRC.
Leaving MRC at 12:40pm.*

TRAVEL WITH MILL RACE CENTER

2021 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 and is refundable up to date of final payment. Brochures are available for each trip. See Mill Race Center Travel department for more information. Insurance is also available on all trips at time of booking.



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, 5 Breakfast and 4 dinners, lodging, activities and admissions and more. **\$899 double, \$1188 single add \$100 nonmembers** travel insurance available. **Seats still available! Call Today!**

San Antonio, the Alamo and Magnolia Market in Waco! June 12-20, 2021

Can we do it all in one trip! Yes! 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 rate, 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! NTA travel insurance available.

Seats available, call today!



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

Sold Out/Now on Waitlist!

Get on the Waitlist today as Cancellations are common.

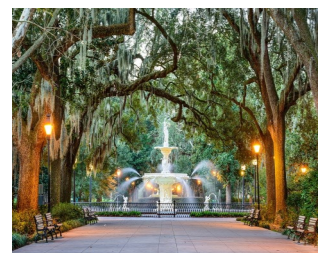
We may never head this way again for this price! Make this the year you see the East Coast! We will travel through Maine to Halifax and explore the Southern Charm awaits as we tour Savannah with trees dripping with Spanish Moss and beautiful fountains in the squares. We will also tour the Mansions of 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, \$942 Single. Add \$100 nonmembers.** Travel insurance available.



Savannah, Jekyll Island, Beaufort and more! September 27-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, \$942 Single. Add \$100 nonmembers. Travel insurance available.



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 \$958 single NTA insurance available.

This one sold out fast in 2020 so call for Availability!



Washington DC Being moved to Spring of 2022

Watch for NEW DATES coming soon!

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, \$1094 single, add \$100 nonmembers.**

Travel insurance available

Watch for our annual Christmas Trip in the next newsletter!

Special Tours with Collette

Call Edie directly for information, brochures and to register for these trips.

Shades of Ireland with Collette

Departing October 6, 2021

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 • Castle Stay. 10 Days • 13 Meals: 8 Breakfasts • 5 Dinners

Per Person Rates: Double \$3,249; Single \$3,949



Reflections of Italy with Collette

Departing November 8, 2021

Highlights....Rome • Colosseum • Assisi • Perugia • Cortona • Florence Chianti Winery & Cooking Class • Venice • Murano Island • Milan • Choices on Tour. 10 Days • 12 Meals: 8 Breakfasts • 1 Lunch • 3 Dinners

Per Person Rates: Double \$3,349; Single \$4,049

Magical Christmas Markets of Austria and Germany with Collette

Departing December 2, 2021

Highlights....Innsbruck • Choice on Tour • Seefeld • Carriage Ride Salzburg • St. Peter's Restaurant Oberammergau • Munich • Christmas Markets.

8 Days • 10 Meals: 6 Breakfasts • 1 Lunch • 3 Dinners

Per Person Rates: Double \$2,499; Single \$2,899



Tropical Costa Rica with Collette

Departing February 14, 2022

Highlights....San Jose • Coffee Plantation • Guanacaste • Monteverde Cloud Forest • Choice on Tour • Arenal Volcano • Lake Arenal Cruise • Cano Negro Refuge • Zarcero

9 Days • 14 Meals: 8 Breakfasts • 6 Dinners

Per Person Rates: Double \$2,349; Single \$2,849

SALE SALE SALE SALE SALE

Special Offers on *ANY* newly booked 2021, 2022 and 2023 Tours with Mayflower or 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

Mayflower Tours Travel Show at Mill Race Center

Thursday, May 20, 3pm-4:30pm.

Must register to attend.

Race in to take advantage of our Special Offers!

Steam Boating on the American Queen, Western Caribbean Cruising, Pacific Coast Highlights, Colorful Canyons and Beautiful Balloons, New England and Canada Autumn Rising and many more to be featured!!



Fabulous Daytrippers!



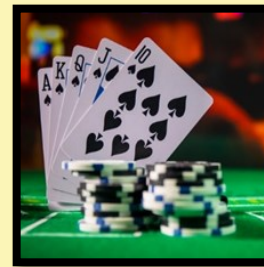
Hillforest House Tour and 3 Course Tea!

Thursday, May 6th, 2021

\$55 members,

\$65 nonmembers

includes transportation, an historic 1800's home tour on the Ohio River plus a delicious 3 course tea.



Bettin' Buddies

Wednesday, May 12th, 2021

\$25 Transportation

Casino Outing to Caesars Southern Indiana for Super Senior Wednesday! Leave MRC at 9am return at 5pm. Players with cards get 3x points and free lunch after 70 points earned. Must Bring State ID Card or Driver's License.

Derby Dinner

Derby Dinner Theater

Dearly Beloved

Thursday, June 24th 2021

\$68 members, \$78 non-members

Leave MRC at 5pm return

around 11:30pm Hilarity, Texas

style! An over-the-top wedding,

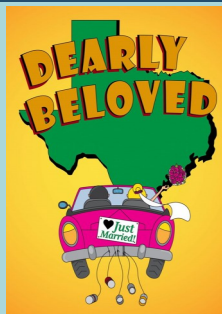
three feuding sisters and a church

full of small-town eccentrics. What could possibly go

wrong? A fast-paced, laugh-a-minute comedy! In-

cludes transportation, dinner and show. Tips, dessert

and adult beverages not included.



Indianapolis Indians

Baseball at Beautiful

Victory Field

Wednesday, June 30,

\$40 members

\$50 nonmembers

includes ticket and

transportation

Leave MRC at 11:30am

return at 5:30pm



Eight Dimensions of Wellness



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!



Mill Race Center Store
Located in the office.

SAGE Table

Friday, June 4

11:30am-1:00pm

An opportunity for LGBTQ and allied people to come together and share a free meal and conversation. SAGE Table is an event held throughout the country to promote a more age-friendly community, and to discuss ways we can strengthen it. Must register in the MRC business office by Wed., June 2 for meal preparation purposes.



Our breakfast cart is now open and serving grab and go items and coffee at the center.



Armchair Travel Aerial America

NEW

FREE!

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

Louisiana

May 3 at 1:30 & 3:00 pm
Visit Louisiana, the state where the Big Muddy comes to an end and the Big Easy comes to life.



New Mexico

May 17 at 1:30 & 3:00 pm
See what brought Billy the Kid, the makers of the atomic bomb and perhaps even visitors from far away galaxies to New Mexico.



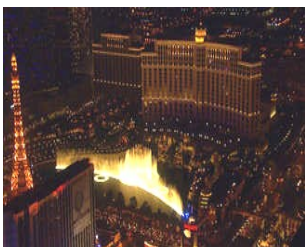
Michigan

June 7 at 1:30 & 3:00 pm
Discover Michigan's diverse history and its visionaries who built empires, started unions, and helped win a World War.



Nevada

June 21 at 1:30 & 3:00 pm
Discover the highs and lows of Nevada's history, and the booms and busts that have defined it.



Call to MRC to register.

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!

Broadway Series

Call MRC to register for each viewing.

NEW

FREE!

Seven Brides for Seven Brothers

May 13 & 21 at 1:00pm

During the 1850s, Milly, a pretty young cook, marries Adam, a grizzled woodsman, after a brief courtship. When the two return to Adam's farm, Milly is shocked to meet his six ill-mannered brothers, all of whom live in his cabin. She promptly begins teaching the brothers proper behavior, and most importantly, how to court a woman. But after the brothers kidnap six local girls during a town barn-raising, a group of indignant villagers tries to track them down.



Kiss Me Kate

FREE!

NEW

June 10 & 18 at 1:00pm

Divorced Broadway stars Fred Graham and Lilli Vanessi agree to star in a musical adaptation of William Shakespeare's "Taming of the Shrew" alongside rising young actors Lois Lane and Bill Calhoun. Backstage complications pile up due to a romantic misunderstanding between Fred and the soon-to-be-remarried Lilli, while Bill's gambling debts cause a pair of lunkheaded mobsters to become part of the show.



Nourish Series

PURDUE EXTENSION

1:30pm at Mill Race Center classroom

Presented by: Harriet Armstrong

FREE!

This Nourish series of programs will address the needs we all have to live a healthy life. Excellent information presented in a clear way for you.

June 4

Nourish your Eyes

June 18

Nourish your Muscles

July 2

Nourish your Digestive System

Register for these free programs at Mill Race Center. Must register in advance and can attend in person at MRC or attend by Zoom.



Now booking for 2021 & 2022
Weddings • Reunions • Corporate Events
MillRaceEvents.com
(812)302-3838

Wedding photography courtesy of jackiesantanaphotography.com & 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.



Resource Coordinator

Thank you to everyone that has signed up to support MRC through Kroger Community Rewards and Amazon Smiles! Your support has already made an impact on the Center and our programs. I am now available to set up appointments to get members and families signed up with Kroger Rewards. These appointments should only take 15 minutes at most. **To sign up please call Samantha at 812-376-9241 ext 208 or send an email to sedwards@millracecenter.org.** Thank you for all you do to support Mill Race Center!



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.



amazonsmile

You shop. Amazon gives.

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!



Refrigerator Reminder - MRC Daily Activities



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

This schedule does not list CRH Fitness Classes.

Monday

Billiards offered everyday by registration

8:00	Quilters (8)	AR
10:00	Golden K Kiwanis	CR
8-12	Woodcarving (8)	CL
8:30	Bodies In Motion (20)	MP1&2
1:00	Drum Practice Session (8)	CL
2:00	Movie (see page 15 & 24)	AR
4:30	Movie (see page 15 & 24)	AR
5-7:00	Ballroom Dance (pre-registered)	MP1&2

Tuesday

Billiards offered everyday by registration

10:00	Tai Chi* (16)	MP1&2
10:30	Bible Study (10) (See page 12)	AR
10:00	Widows Support Grp (10) (4th Tues.)	CL
1:30	Ted Talks (10) (2nd Tuesday)	CL
2:00	Bodies In Motion (20)	MP1&2
5-7:00	Ballroom Dance (pre-registered)	MP1&2

Wednesday

Billiards offered everyday by registration

8:30	Bodies In Motion (20)	MP1&2
9:30	Walk in the Park (weather permitting)	Out Front
9:30	Bookmobile (1/13, 1/27, 2/10, 2/24)	Out Front
10:00	Art Class (10)	AR
10:00	Crafty Fingers	LO
11:30	TOPS (8)	CL
3:00	Bible Study (10)	AR
4:00	Beg. Line Dance (16)	MP1&2
5:30	Pickleball (register)	MP2&3
6:00	Meditation (10) FREE	AR

Thursday

Billiards offered everyday by registration

10:00	Tai Chi* (16)	MP1&2
12:00	Advanced Pickleball	MP1&2
1:00	Woodcarving (8)	CL
2:00	Bodies In Motion (20)	MP1&2
5-7:00	Ballroom Dance (pre-registered)	MP1&2

Friday

Billiards offered everyday by registration

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

Activity Highlights

May 1	THE EVENT CENTER Open House, 1:00-4:00pm	FREE!
May 3	Aerial America: Louisiana, 1:30 & 3:00pm	FREE!
May 10	Movie: New of the World, 2:00pm & 4:30pm	FREE!
May 11	Ted Talks, 1:30pm	
	Hot Air Balloon Cards, 3:00pm	NEW
May 13 & 21	Seven Brides for Seven Brothers, 1:00pm	FREE!
March 14	Hot Air Balloon Cards, 10:00am	NEW
May 17	Aerial America: New Mexico 1:30 & 3:00pm	FREE!
May 19	Movie at Yes Cinema (must register); 1:30pm	NEW
May 20	Sharpie Craft, 3:00pm	
May 21	Sharpie Craft, 3:00pm	
May 24	Movie: The Father, 2:00pm & 4:30pm	FREE!
May 26	National Senior Health & Fitness Day	FREE!
May 27	Popsicle Door Sign, 3:00pm	NEW
May 28	Total Brain Health Workout, 9:30am	FREE!
June 4, 18 & July 2	Nourish Series with Purdue Extension, 1:30pm	FREE!
June 7	Aerial America: Michigan, 1:30 & 3:00pm	FREE!
June 8	Ted Talks, 1:30pm	
	USA Blocks, 3:00pm	NEW
June 10 & 18	Kiss Me Kate, 1:00pm	FREE!
June 11	Welcome Gathering, 9:30am	FREE!
June 14	Movie: Leave No Trace, 2:00pm & 4:30pm	FREE!
June 22	Shrink Art Jewelry, 3:00pm	
June 24	Shrink Art Jewelry, 10:00am	
June 21	Aerial America: Nevada, 1:30 & 3:00pm	FREE!
June 26	Super Saturday MRC Open House, 9am-Noon	FREE!
June 28	Movie: The African Queen, 2:00pm & 4:30pm	FREE!

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

Visit us at www.millracecenter.org



Mill Race Center will be closed on Monday, July 5, 2021.



Mill Race Center
900 Lindsey St.
Columbus, In 47201

PRESORTED STANDARD
U.S. POSTAGE PAID
COLUMBUS, IN 47201
PERMIT #59

CURRENT RESIDENT OR