MILL RACE CENTER

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.

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.

SUPER SATURDAY

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!
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
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
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

**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.

**Take Your Best Shot! Photo Contest**
MRC members show off your talents with your camera or phone camera and enter this new contest.


**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.

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.

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.

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.
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!

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 Chloe 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.

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

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.

Quarterly Reading Challenge
NEW Quarterly Challenge!
See Page 16 for details!
Eight Dimensions of Wellness

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.

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 or judyk2310@gmail.com for additional information.

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.
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.

**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.

**Crafty Fingers**
**Wednesdays from 10:00am-11:30am**
**FREE**
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.

**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.
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.

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<tr>
<th>Monday</th>
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<td>Ball Room Dance 5:00-7:00pm (MP1 &amp; 2)</td>
<td>Ball Room Dance 5:00-7:00pm (MP1 &amp; 2)</td>
<td>Line Dance Beginner 4:00-5:30pm (MP1 &amp; 2)</td>
<td>Ball Room Dance 5:00-7:00pm (MP1 &amp; 2)</td>
<td>Line Dance 10:00-11:30am (MP1 &amp; 2)</td>
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| 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.
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.

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

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.

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.

Tops Club INC.
Take Off Pounds Sensibly

Spiritual
Working toward finding peace. Learning to live each day in a way that is consistent with your values and beliefs. Find meaning in every day!
Pickleball 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**

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**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!**

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**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!
**TED Talks**

*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.

**SCS Investment Club**

*Currently meeting must register with office.*

**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

**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**

*Currently meeting must register with office.

**Mayberry Bible Study Volume 3**

Sign up in the business office or call Jan Meadows for information: 812-374-4404

**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.
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.
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!

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.

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

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  
May 24
The Father  
June 14
Leave No Trace  
June 28
The African Queen
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.

SUPER SATURDAY

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:

 rencontres

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 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.


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

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.
Eight Dimensions of Wellness

On-Line Programming Visit www.millracecenter.org

- **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**
  - CRH - Janet Morey

- **At Home Fitness Class**
  - 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

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- **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

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Mill Race Center (812) 376-9241 • www.millracecenter.org
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 Quarterly Reading Challenge!
See Page 16 for details!

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

Quarterly Reading Challenge

FREE!

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

NEW Quarterly Reading Challenge!

Built & Donated
By: Ed Niespodziani

Free Little Library
Take a Book  Return a Book

Intellectual
Seeking stimulating mental activities to expand knowledge and skills.
Stretching and challenging the mind with intellectual and creative pursuits.
Avoid boredom - be productive!
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.
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
Mill Race Center (812) 376-9241 • www.millracecenter.org

**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](http://www.goCollette.com) or [www.Mayflowercruisesandtours.com](http://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

**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.

**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! Includes transportation, dinner and show. Tips, dessert and adult beverages not included.

**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!!

**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.

**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
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

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
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.

Nourish Series
1:30pm at Mill Race Center classroom
Presented by: Harriet Armstrong
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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 4</td>
<td>Nourish your Eyes</td>
</tr>
<tr>
<td>June 18</td>
<td>Nourish your Muscles</td>
</tr>
<tr>
<td>July 2</td>
<td>Nourish your Digestive System</td>
</tr>
</tbody>
</table>

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

Broadway Series
Call MRC to register for each viewing.

**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**
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.

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!
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.

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

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**Activity Highlights**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>May 1</td>
<td>THE EVENT CENTER Open House, 1:00-4:00pm</td>
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<tr>
<td>May 3</td>
<td>Aerial America: Louisiana, 1:30 &amp; 3:00pm</td>
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<tr>
<td>May 10</td>
<td>Movie: New of the World, 2:00pm &amp; 4:30pm</td>
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<tr>
<td>May 11</td>
<td>Ted Talks, 1:30pm</td>
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<tr>
<td></td>
<td>Hot Air Balloon Cards, 3:00pm</td>
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<tr>
<td>May 13 &amp; 21</td>
<td>Seven Brides for Seven Brothers, 1:00pm</td>
</tr>
<tr>
<td>March 14</td>
<td>Hot Air Balloon Cards, 10:00am</td>
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<tr>
<td>May 17</td>
<td>Movie at Yes Cinema (must register); 1:30pm</td>
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<tr>
<td>May 20</td>
<td>Movie: The Father, 2:00pm &amp; 4:30pm</td>
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<tr>
<td>May 21</td>
<td>Sharpie Craft, 3:00pm</td>
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<tr>
<td>May 24</td>
<td>Aerial America: New Mexico 1:30 &amp; 3:00pm</td>
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<tr>
<td>May 26</td>
<td>National Senior Health &amp; Fitness Day</td>
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<tr>
<td>May 27</td>
<td>Popsicle Door Sign, 3:00pm</td>
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<tr>
<td>May 28</td>
<td>Total Brain Health Workout, 9:30am</td>
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<tr>
<td>June 4, 18 &amp; July 2</td>
<td>Nourish Series with Purdue Extension, 1:30pm</td>
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<tr>
<td>June 7</td>
<td>Aerial America: Michigan, 1:30 &amp; 3:00pm</td>
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<tr>
<td>June 8</td>
<td>Ted Talks, 1:30pm</td>
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<td></td>
<td>USA Blocks, 3:00pm</td>
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<tr>
<td>June 10 &amp; 18</td>
<td>Kiss Me Kate, 1:00pm</td>
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<tr>
<td>June 11</td>
<td>Welcome Gathering, 9:30am</td>
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<tr>
<td>June 14</td>
<td>Movie: Leave No Trace, 2:00pm &amp; 4:30pm</td>
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<tr>
<td>June 22</td>
<td>Shrink Art Jewelry, 3:00pm</td>
</tr>
<tr>
<td>June 24</td>
<td>Shrink Art Jewelry, 10:00am</td>
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<tr>
<td>June 21</td>
<td>Aerial America: Nevada, 1:30 &amp; 3:00pm</td>
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<tr>
<td>June 26</td>
<td>Super Saturday MRC Open House, 9am-Noon</td>
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<tr>
<td>June 28</td>
<td>Movie: The African Queen, 2:00pm &amp; 4:30pm</td>
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</tbody>
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Mill Race Center • 900 Lindsey Street • Downtown Columbus
812-376-9241
Visit us at www.millracecenter.org

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