AGING WELL!

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

Mill Race Center Program Hours: Monday-Thursday, 8 a.m.—7 p.m. and Friday 8 a.m.—5 p.m.
Business Office Hours: Monday-Friday 8:30 a.m. - 5:00 p.m.
Fitness Center Hours: Monday—Thursday, 6:30 a.m. to 7p.m., Friday 6:30 a.m. to 5 p.m. and Saturday 8 a.m. to Noon
CRH Fitness Center (812) 376-5808; CRH Fitness Center is a separate membership from MRC.

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

UPCOMING EVENTS

July

Cards & Games Back Meeting
Masks required ~ pg. 18

Variety of New Travel Info.
p. 20, 21, & 22

August

Readers Theater Show
Afternoon of Laughter ~ pg. 16

Afternoon for Arts
Collin Matthews ~ pg. 17

October

Afternoon for Arts
Kade Puckett ~ pg. 17

Quarterly Reading Challenge
NEW Quarterly Reading Challenge! See Page 16 for details!

NEW! NEW! NEW!

MILL RACE CENTER

100 MILE CHALLENGE

Who’s up for a challenge? WE ARE!
Join the staff at Mill Race Center in logging 100 miles of movement. 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.

SPRING/SUMMER Challenge

A great way to work on your Intellectual Wellness!

Bimonthly Publication of Mill Race Center, Inc. • Columbus, IN 47201 • Phone: 812-376-9241 • Fax: 812-379-2841
www.millracecenter.org

COLUMBUS REGIONAL HEALTH

United Way

July & August 2021 • Issue No. 4
From Your Executive Director

As Bartholomew County, the state of Indiana, and the nation begin to move past the worst of the COVID 19 pandemic, we would like to take the opportunity to provide information regarding programs and activities here at Mill Race Center. We have consulted with State and local health experts throughout the pandemic, and we have formed and updated policy and procedures based on the best information that we have available at any given time. **Here are the key factors now:**

- The vaccines are experimental, and the CDC is still gathering data on the effectiveness of each. None of the vaccines is 100% effective, and the **current data is unclear whether vaccinated people could still get, and transmit, COVID 19**, although it is likely that symptoms and severity would be minimized.
- We do not have the resources to monitor an individual’s vaccine status. It is not clear if we would even have the legal right to ask about, let alone require, our members to receive vaccinations in order to participate in activities here at Mill Race Center.
- The **virus primarily transmits through air-borne particles**, and is much less likely to live on surfaces than originally feared.

Our Board of Directors, with guidance from the COVID Task Force, approved the following policy. Moving forward, we **will continue to require the use of masks for everyone**. There are multiple reasons for this, based on the best information. We serve the highest risk group, and we feel that the situation warrants that we continue to protect vaccinated and unvaccinated individuals by wearing masks. We are a private organization, we have the responsibility to weigh the information, and make the decision that we feel is in the best interest of our membership.

**We will relax our physical distancing requirements, in certain instances**, which will allow more activities to resume. Some programs, like Bodies in Motion, may have seating that provides for a mixture of physically distanced and closer seating. This will give participants the option to choose the amount of physical space with which they are comfortable, given their own vaccine status and risk tolerance. We will also begin to phase in cards, scrabble, mahjong, and other table games as space and schedule allow. Masks will be required for all table games. There is no firm timetable for this, but we are anxious to bring back as many games as possible. We all look forward to a return to “normal”, but we must do so in the safest manner.

Thank you for your patience and for your continued support!

Dan Mustard  
Executive Director  
Shannon Truman  
Operations & Program Director  
Cindy Rohm  
MRC Board President

**How can I donate and help MRC? 1 of 3 Ways:**
Go online at millracecenter.org, or Text “millracecenter” To (833)735-8150, 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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812-376-9241
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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

**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 wheelchair transportation.

**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.

Spatns 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.

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

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.

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.

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

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.

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, August 6
9:30am in the lounge

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.
Matter of Balance Virtual Class
Tuesdays & Thursdays
(4 week class) Watch for more info.
FREE; 1:00-3:00pm
An award-winning evidence based program designed to manage falls and increase activity. Join us to improve your strength and balance and review your fall risk at home. A guided course with discussion and exercises. Max: 15
Call Mill Race Center if interested 812-376-9241.

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!

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 July and August! 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
July Birthdays: July 8th at 1:00pm
August Birthdays: August 5th at 1:00pm
September Birthdays: Sept. 2nd at 1:00pm

Remember to bring your own water.
To slow the spread of Covid-19
**Evening Star Quilt Guild**
*Second Tuesday of each month, 5:00-7:00pm* *Group is meeting*

The Guild is open to anyone interested in quilts and the art of quilting. The meetings offer information and instruction in quilting and quilting techniques given by Guild members and guest presenters. Dues are $15 a year. Part of the dues money is given to support Mill Race Center. More information: Judy Kiesow at 812-374-6135, or judyk2310@gmail.com.

**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.

Christmas in July

Christmas Ornament Making
Every Tuesday morning in July
July 6, 13, 20, & 27
10:30-11:30am
Cost: $2 a class
Enjoy crafting with friends every Tuesday morning in July making unique homemade Christmas Ornaments together. Each week will feature a different ornament. All supplies included for this project.

Canvas Heart Painting
Tues., July 13 at 3pm
Cost: $10
Another unique and easy canvas painting project. Pick from a variety of colors for your special painting. All supplies included for this project.

Mason Jar Door Sign
Tues., July 27 at 3pm
Cost: $12
Brighten up your door this sweet mason jar painting. Be creative with your painting ideas from lemonade to lighten bugs. All supplies included for this project.

Beach Candle Holders
Tues., Aug. 3 at 3pm
Cost: $10 (make 2)
Bring a little of the summer beach adventures to your home with this fun craft project. We will have fun together creating this happy project. All supplies included for this project.

Sun Catchers
Tues., Aug. 10 at 10:30am
Tues., Aug. 24 at 3:00pm
Cost: $2 (set of 3)
We love the sunshine! Make this unique spin on sun catchers to brighten your windows. All supplies included for this project.

Stamp Cards
Thurs, August 2 at 3pm
Cost: $2 (6 cards)
Design your own personalized summer cards to send a note to a friend or family. Supplies included.

Art Class
Wednesdays from 10:00am-12:30pm
*Currently meeting must register.
Watercolors, oils, acrylic, pastels. No previous art experience required. Beginners: no supplies needed for your first visit. Holly will get you started on a project and advise on needed supplies. FREE for MRC members. For more information contact: Holly Melillo at 812-342-9650.

Crafty Fingers
Wednesdays from 10:00-11:30am
*Currently meeting
If you knit, crochet, needlepoint, cross stitch, sew or enjoy another craft project, bring whatever you are working on and work on it in the company of other crafters and needle art enthusiasts. Group meets in the Lounge. For more information, contact Donna Rueff at 812-343-5540. 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. **Looking for more members. Call if interested. Not meeting due to low numbers right now.**

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<tr>
<td><strong>Ball Room Dance</strong> 5:00-7:00pm (MP1 &amp; 2)</td>
<td><strong>Ball Room Dance</strong> 5:00-7:00pm (MP1 &amp; 2)</td>
<td><strong>Line Dance</strong> Beginner 4:00-5:30pm (MP1 &amp; 2) $3 a class members</td>
<td><strong>Ball Room Dance</strong> 5:00-7:00pm (MP1 &amp; 2)</td>
<td><strong>Line Dance</strong> 10:00-11:30am (MP1 &amp; 2)</td>
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<td><strong>Couples Dance Club</strong> 5:30-7:00pm (MP1) (Not Meeting) 1st &amp; 3rd Wednesday</td>
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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!
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 Bowling
Tuesdays at 1:00pm
Columbus Bowling Center
Information: Joan Winkle, 812-350-9452
Glenna Phelps, 812-390-9234

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

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 35)
Tues. & Thur. at 2:00-3:00pm *
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.
Eight Dimensions of Wellness

**Pickleball**

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 - 12:30-1:30pm Beginner (no play Fri., 8/20, & 8/27) - 1:30-3:30pm Open Play**
- **Saturday Mornings - 8:30-11:30am**

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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!**

---

**Puzzle Table**

Available everyday. A great way to socialize with other members. **MUST** wear mask at table.

---

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

*Must register with office.
July 13 at 1:30pm
How your memory works and why forgetting is totally ok
By: Lisa Genova
Have you ever misplaced something you were just holding? Completely blanked on a famous actor's name? Walked into a room and immediately forgot why? Neuroscientist Lisa Genova digs into two types of memory failures we regularly experience and reassures us that forgetting is totally normal. Stay tuned for a conversation with TED science curator David Biello, where Genova describes the difference between common moments of forgetting and possible signs of Alzheimer's, debunks a widespread myth about brain capacity and shares what you can do to keep your brain healthy and your memory sharp.

August 10 at 1:30pm
How to discover your why in difficult times
By: Simon Sinek
What has the coronavirus pandemic taught us about ourselves and our relationships? In a deeply personal and wide-ranging conversation, leadership expert Simon Sinek shares his own experience caring for his mental health as the world shut down. He discusses why we need to nurture friendships (in both good times and bad), explains why anyone can be a leader and reveals the secret to discovering your "why" in life.

Morning Bible Study
Tuesday mornings 10:30-11:30am
In the Classroom; Free; Must register
Information: Virginia Houser, 812-579-5132
July: Rev. Bill Bailey
August: TBA

Evening Bible Study
Wednesdays: 3:30-5:30pm
July: Mayberry Bible Study Volume 4
August - Beth & Melissa Moore’s “Now That Faith Has Come: A Study of Galatians”

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

*Currently meeting must register with office.

SCS Investment Club
Monthly, 2nd Friday
1:00-3:00pm (Classroom)
*Investment Club is still meeting
This is a great way for you to stay motivated while you improve your investment knowledge. The Club is a member of Better Investing with a mission to provide a program of sound investment information, education and support that helps create successful lifetime investors. Don’t let the words “investment club” scare you.

The SCS Investment Club currently has space for new partners. The Club is limited to 20 partners. Partners must be MRC members. An initial investment of $100.00 plus a monthly investment of $25.00 is required.

Educational presentations are made each month so members can learn how to buy and sell stocks.
Contact Norm Blizard, 812-603-8854, nblizard@comcast.net or Jeff Rauch 812-342-0198
MRC Woodshop

Tuesday and Thursday
1:00-4:00pm

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

Vocational
Finding personal satisfaction through goal-oriented activities and work. Contributing your unique gifts, skills and talents in personally meaningful and rewarding ways. Remain active, involved and productive!

In The Woodshop
Drop-In Woodcarving Class
*Currently Monday 8am-Noon & Thursday 1:00-4:00pm
Open to all levels of ability, beginners encouraged to give it a try! Carving projects with instruction will be offered to get you started. Basic carving tools will be available for use or bring your own. Assistance will be offered to beginners and challenges offered for more experienced carvers. Instructor: Larry Carter
FREE for MRC Members

NEW Quarterly Reading Challenge!
See Page 16 for details!
**SAHAJA MEDITATION**

Every Wednesday at 6:00pm for Beginner
7:00pm for Advanced
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

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**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!

---

**Walk in the Mall**

*Currently open for walking*

Members can meet every Monday at the Fair Oaks Mall to walk together. Meeting by the benches in front of the Harlequin Theatre at 10am every Monday. Staff will attend when schedules allow.

---

**Golden Girls**

**Fourth Tuesday of each Month at 10:00am**

This group is for widows and will offer educational talks, activities or even some entertainment. Call MRC to register at 812-376-9241. Information call Donna Richardson at 812-350-2859.

---

**The Lasting Impressions**

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

*Currently meeting contact Donna Browne if interested.*

**Practice: Monday & Friday**

12:30-3:30pm (MP1)

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

---

**Emotional**

Have a positive attitude, and the ability to recognize and share a wide range of feelings with others. This includes your ability to cope effectively with stress. Be optimistic in your approach to life!
FREE MOVIE SHOWINGS at MRC!
Two Showings now on Mondays at 2:00 & 4:30pm. Bring your own snack and drink.

July 12
The Dig
PG 13

July 26
Nomadland
R

August 9
An Inspector Calls
PG

August 23
Blue Miracle
PG
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.

Walking Stick Class
Thurs., Aug. 19 & 26
1:00-4:00pm, Woodshop
Class Fee: $5
Be creative and make your own walking stick in this fun class! Sticks will be provided or you can bring your own. Examples will be on display with books and ideas. Pat Dodge and Larry Carter will be there to guide you through the class. (Limit 6 people)

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

Follow us on Facebook.
Eight Dimensions of Wellness

Afternoon for Arts
Shows start at 2:00pm
Cost: $5
Cookies & Drinks Served
Limited seating so call to make a reservation.

Fabric Collage
Saturday, August 14
9am-6pm (bring your own snacks & lunch)
$35 member plus material
$45 non-member plus material
Have you ever wanted to make your own piece of art, but don’t know how?
There will be a full day class on making a “Fabric Collage” and everyone can choose their own design.
From a cow to a car we’ll make it work. Limited number in class. Watch for more details to come. Class details will be given at time of registration. Instructor: Judy Kiesow
374-6135; judyk2310@gmail.com

How to
DOODLE
NEW FREE!

Doodling Class
Coming in August
Free
Doodle your stress away! Each week we will learn new doodles and listen to calming sounds while doodling. Class is free, but you will need a sketch book, pencils, pens, or markers. You can join in at any time.

Wii Games
Starting in August
Tuesdays at 1:00pm
Free
Video games aren’t just for kids. Join us for a variety of Wii Games in the lounge every Tuesday. Playing Wii Games is a great way to stay active, exercise your brain, and social engage with others. The Mill Race Center staff with join you in the fun so don’t miss out!
Try something new on Tuesdays!

Friday, August 27
Collin Matthews

Friday, October 1
Kade Puckett

Mill Race Center (812) 376-9241 • www.millracecenter.org
The BCPL Bookmobile:
FREE!

July 14 & 28
August 11 & 25
Available out front of MRC.

NEW Quarterly Reading Challenge!
See Page 16 for details!

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

Cards & Games Schedule
Masks MUST be worn at all times while playing.

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<tbody>
<tr>
<td>Friendship Bridge</td>
<td>Cribbage (2nd Tues. Only)</td>
<td>Scrabble</td>
<td>Duplicate Bridge</td>
<td>Mahjong</td>
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<td>Beginner Bridge Lessons</td>
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<td>Interested call Claire</td>
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<td>(812)342-9983</td>
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For information call Rosemary Sager (812)390-7665

Cards & Games are free for MRC members. Day passes can be purchased for non-members.
Fridays, July 30 & August 27
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 TBH Toolbox365 trains in four ways: Body, Mind, Spirit and Social. The TBH Toolbox365 activates neuroplasticity to grow and change our brains. Workout with us each month on the fourth Friday. Max: 10
Call to register for this free program.

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.

August 25
at 1:30pm
Held at Yes Cinema
Weather permitting a group will walk to Yes from MRC. Leaving MRC at 12:40pm.
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.

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!

The Christmas Trip is here!
Join Us for Holiday Lights and Delights as we travel by luxury motor coach to Lancaster, Pennsylvania. Downhome country cooking and simple pleasures await as we tour Amishland, USA with stops at Kitchen Kettle Village, an Amish bake shop and craft farm. This trip features the AMAZING Sight and Sound Theater production: Queen Esther and a trip to Longwood Gardens decorated for the Holidays. We end our tour with a stop at Hershey to stock up on holiday treats! $699 per person double, $899 single includes transportation, 4 breakfasts, 2 dinners.

Washington DC
April 20-26, 2022
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. $849 double, $1148 single, add $100 nonmembers. Travel insurance available and recommended.
Eight Dimensions of Wellness

NEW Trip! Holland Tulip Festival!  
May 3-5
includes lodging, transportation, 2 breakfasts and 2 dinners. A short drive to Michigan will inspire all things Dutch! Windmills, tulips, wooden shoes, parades and much more! This is a fun, short trip with minimal bus time. Great for those new to motor coach travel and flower lovers! $499 per person double, $658 single. Travel Insurance available and recommended.

New Trip! Black Hills of South Dakota!  
June 2-14.
Including Grand Teton and Yellowstone National Parks, Custer State Park, a cruise on the Wisconsin Dells, Crazy Horse, Mt Rushmore, Deadwood, Mt Moriah and so much more! See the great plains of the West and larger than life monuments. Price includes transportation, lodging, 12 breakfasts and 11 dinners, admission to all attractions as listed on brochure, shows and more. $2259 double add $899 single. Travel Insurance available and recommended.

Nova Scotia, Prince Edward Island and Brunswick!  
NEW DATE July 11-23 2022. Unbelievable 2019 pricing!
We will travel through Maine to Halifax and explore the beautiful vistas of Peggy’s Cove, Hopewell Rocks, the Bay of Fundy and so much more. You must have a passport for this trip! $1665 double occupancy member price, $2389 single. Travel Insurance available and recommended. Very popular trip, sign up today!

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
Fabulous Daytrippers!

**Bettin’ Buddies**
New! Lower Transportation Rate! Only $20

**Belle Terra**  
Wed., July 21st  
Leave MRC at 9am return at 4pm. Must bring State ID Card or Driver’s License. Call 812-376-9241 to reserve your spot!

**Rising Star**  
Mon., Sept. 13

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**Salem, Indiana**  
Friday, July 9th
Visit the Stevens Museum featuring history from the settling of Indiana and the Civil War including the Train Depot and Pioneer Village. Then off to lunch at Christies on the Square followed by free time to explore the quaint small town and it shops. $29 members, $39 non-members. Leave MRC at 9am return at 3:30. Includes transportation and admission to all 3 museum areas.

**Grissom Air Museum**  
Wednesday, August 11
While you are at the museum, sit in an F-4 Phantom, H1-Huey Helicopter, Bomb Loader, F-16 Static Display, and more. Check out the history of the military base that started in 1954 as the Bunker Hill Air Force Base. Then head outside to 24 military aircraft which served from WW II thru Today! Lunch is on your own at McClure’s Orchard. Plan on bringing home fresh apples, baked goodies and more from their store and café! Leave MRC at 8am, return at 4:30pm $40 members, $50 non-members

**Steamboat Supper**  
Thursday, July 29
Come aboard for a hearty and delicious meal while you enjoy the sights and sounds of the river on the Mary M. Miller! Louisville Original, Bristol Catering, brings you their very best, while we show you the town from an all-new perspective—out on the water. Coffee, lemonade and water are included. Soft drinks and alcoholic beverages are available for an additional cost. This is a two-hour excursion. Leave MRC at 4:30 pm return 10:30pm. $65 mem. $75 non-members.

**Kopper Kettle Restaurant!**  
Wednesday, August 18  
10:30-2:00pm
Lunch on your own at the fabulous Kopper Kettle! Famous for their Fried Chicken with all the fixen’s! Other lunch items available. Transportation $10 per person.

**Bardstown Civil War Museum and Town**  
Thursday, August 26
Visit the fourth-largest Civil War Museum in the United States. View exhibits featuring a myriad of artifacts from both the Union and the Confederacy. Lunch on your own with free time in downtown Bardstown. $45 members, $55 nonmembers admission and transportation. Leave MRC 8am return at 4:30pm

**Lake Monroe**  
Wed., September 1st
Spend the day on the lake with Edie! Includes transportation, boat with slide and restroom, snacks, picnic lunch and drinks. Bring sunscreen, sunglasses, hat, towel, small flotation devices allowed and a sense of fun! Please wear swimsuit under clothing as changing areas are not available. Swimming not required if you want to just enjoy the ride! Limit 20 persons on a 35 passenger boat with lifejackets provided. Uneven surfaces, waves and splashing may occur. Waivers will be required. $65 members, $75 non-members.

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**Derby Dinner**

**Derby Dinner Theater Grease**  
Thursday, July 15th 2021
$68 members, $78 non-members  
Leave MRC at 5pm return around 11:30pm Dust off your leather jackets, pull on your bobby socks and take a trip back to 1959! Relive the magic, music, and romance of this wildly popular musical. “Grease” is the word…again! Includes transportation, dinner and show. Tips, dessert and adult beverages not included.

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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!

The hiking group plans to do another portion of the 2000 mile long Ice Age Trail in Wisconsin in October. Watch for the TBD dates.

Contact Ed Niespodziani at 812-552-3343 or kn4073@comcast.net

Mill Race Center Store
Located in the office.

Mill Race Center Seeks Joan Pearcy Senior Citizen of the Year Nominations
Forms are available at MRC and also on our website at www.millracecenter.org

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

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!

Colorado
July 19 at 1:30 & 3:00 pm
Colorado is a state with a history, marked by war, a gold rush and legendary bank robberies. Through it all, Colorado remains a feast for the eyes.

Mississippi
August 2 at 1:30 & 3:00 pm
Take flight on this journey over Mississippi, a land of hospitality, beauty, and complexity.

Pennsylvania
August 16 at 1:30 & 3:00 pm
Whether you prefer cheese steak or chocolate, Andy Warhol or Rocky Balboa, this aerial tour of Pennsylvania has something for everyone!

Florida
August 30 at 1:30 & 3:00 pm
Soar over the metropolis of Miami and the spring break mecca: Panama City. This is a first-class Floridian vacation and you have a window seat!

Be Heart Smart
Tuesday, August 10, 17, 24, & 31
1:30-2:30pm held at Mill Race Center
Cost: $5 - register at MRC
The Be Heart Smart program is for anyone who wants to reduce their risk for heart disease. Learn how to monitor your risk factors for heart disease and make simple changes to your daily routine that will improve your heart health. This program is four 1-hour lessons taught by Harriet Armstrong, Health & Human Sciences Educator

 Broadway Series
Call MRC to register for each viewing.

Into the Woods
July 16 at 1:00 pm
As the result of the curse of a once-beautiful witch, a baker and his wife are childless. Three days before the rise of a blue moon, they venture into the forest to find the ingredients that will reverse the spell and restore the witch's beauty: a milk-white cow, hair as yellow as corn, a blood-red cape, and a slipper of gold. During their journey, they meet Cinderella, Little Red Riding Hood, Rapunzel and Jack, each one on a quest to fulfill a wish.

Jersey Boys
August 27 at 1:00 pm
In the 1960s, four scrappy young men from New Jersey -- Frankie Valli, Bob Gaudio Nick Massi and Tommy DeVito -- have the magic sound that propels them from singing under streetlights to singing in spotlights. With songs like "Sherry," "Big Girls Don't Cry" and "Walk Like a Man," the quartet finds itself at the top of the charts. However, personal and professional problems threaten to tear the group apart.

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!
Eight Dimensions of Wellness

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 2022 dates are available especially for weddings or receptions that had to be rescheduled due to Covid-19.

Resource Coordinator
Samantha Edwards

We have received a new text number for Pushpay. If you were utilizing our text service to make donations this will change for you! To make a donation you will now text millracecenter to (833)-735-8150. Wireless carriers no longer support short codes for donations. If you make donations via check this will all stay the same. If you have any questions or concerns please contact Samantha in the office.

I am still setting up appointments to register our members with AmazonSmiles and Kroger Rewards. If you would like to make an appointment to set up a donation to MRC at no extra cost please contact Samantha in the office. You may also see one of our volunteers at the front desk for assistance.

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!
### Monday
- Open Billiards (BL)
- Open Jig Saw Puzzle Table (LOB)
- 8:10 Breakfast ($)(LOB)
- 8:30 Body in Motion (MP2)
- 8:00 Quilters (AR)
- 8:12 Woodcarving (LO)
- 10:00 Golden K (MP2)
- 12:00 Hand & Foot (MP2)
- 12:30 Lasting Impressions (MP1)
- 1:00 Drum Practice (CR)
- 1:00 Friendship Bridge (MP2)
- 5:00-7:00 Ballroom Dancing (MP2)

### Tuesday
- Open Billiards (BL)
- Open Jig Saw Puzzle Table (LOB)
- 8:10 Breakfast ($)(LOB)
- 10:00 Tai Chi ($) (MP1)
- 10:30 Bible Study (CR)
- 12:00 Cribbage (2nd Tues.) (CR)
- 1:00 Woodshop (WS)
- 1:00 Wii Games (LO)
- 1:30 Embroidery Guild (AR)
- 1:30 Ted Talks (2nd Tues.) (CR)
- 2:00 Body in Motion (MP2)
- 5:00 Euchre (MP3)
- 5:00 Quilt Guild (2 Tues.) (AR)
- 5:00-7:00 Ballroom Dancing (MP2)

### Wednesday
- Open Billiards (BL)
- Open Jig Saw Puzzle Table (LOB)
- 8:10 Breakfast ($)(LOB)
- 8:30 Body in Motion (MP2)
- 9:30 Walk in the Park Out Front
- 9:30 Bookmobile (pg. 18) Out Front
- 10:00 Woodcarving Class (WS)
- 10:00 Art Class (AR)
- 10:00 Crafty Fingers (LO)
- 11:30 TOPS (CR)
- 12:30 Hand & Foot (MP2)
- 1:00 Scrabble (AR)
- 1:00 Reader’s Theater (CR)
- 1:00 Bid Euchre/Pinochle (LO)
- 3:00 Bible Study (AR)
- 4:00 Beg. Line Dance ($) (MP2)
- 5:30 Pickleball (MP2)
- 6:00 Meditation (AR)

### Thursday
- Open Billiards (BL)
- Open Jig Saw Puzzle Table (LOB)
- 8:10 Breakfast ($) (LOB)
- 8:30 Happy Helping Hands (AR)
- 9:00 Shopping (See Pg. 4)
- 10:00 Tai Chi ($) (MP1)
- 1:00 Birthday Party (MP1)
- 1:00 Duplicate Bridge/Pinochle (MP2)
- 1:00 Woodshop (WS)
- 1:00 Woodcarving (CL)
- 2:00 Body in Motion (AR)
- 5:00-7:00 Ballroom Dancing (MP2)

### Friday
- Open Billiards (BL)
- Open Jig Saw Puzzle Table (LOB)
- 8:30 Body in Motion (MP2)
- 9:30 Total Brain Workout (CL)
- 10:00 Line Dancing (MP2)
- 12:30 Mahjong (AR)
- 1:00 Euchre (MP2)
- 1:00 SCS Investment Club (CL)
- 1:00 Broadway Series (CL)
- 12:30 Lasting Impressions (MP1)
- 12:30-3:30 Pickleball (MP2)

### Saturday
- 8:30-11:30 Pickleball (MP2)

### Activity Highlights

- **July 5 - Closed For Fourth of July**
- **July 6, 13, 20, & 27**
- **Christmas Crafts, 10:30am**
- **July 7, 14, 21, & 28**
- **Meditation, 6:00pm**
- **July 8 & August 5**
- **Birthday Party, 1:00pm**
- **July 12**
- **Movie, 2:00 & 4:30pm**
- **July 13**
- **Cribbage, 12pm**
- **TED Talks, 1:30pm**
- **Canvas Heart Painting, 3:00pm**
- **July 14, 28 & August 11, 25**
- **Bookmobile, 9:30am**
- **July 26**
- **Movie, 2:00 & 4:30pm**
- **July 27**
- **Mason Jar Door Sign 3:00pm**
- **July 29 & August 26**
- **Breakfast Picnic, 9:00am**
- **July 30 & August 27**
- **Total Brain Health Workouts, 9:30am**
- **August 3**
- **Beach Candle Holder, 3:00pm**
- **August 4, 11, 18, & 25**
- **Meditation, 6:00pm**
- **August 5**
- **Birthday Party, 1:00pm**
- **August 9**
- **Movie, 2:00 & 4:30pm**
- **August 10**
- **Cribbage, 12pm**
- **TED Talks, 1:30pm**
- **August 10, 17, 24, & 31**
- **Be Heart Smart, 1:30pm**
- **August 12**
- **Readers Theater Show, 1:00pm**
- **August 14**
- **Fabric Collage Class, 9-6**
- **August 23**
- **Movie, 2:00 & 4:30pm**
- **August 25**
- **YES Movie, 12:45pm**
- **August 27**
- **Afternoon for Arts, 2:00pm**

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**Follow us on Facebook.**
CURRENT RESIDENT OR