



Fall Fun Walk

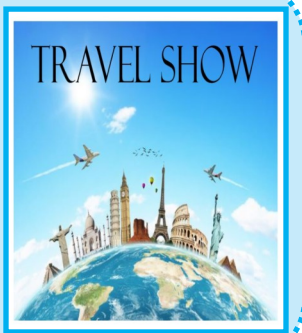
Wednesday, October 20 at 9:30am

You have loved the 100 Mile Challenge so let's continue having fun together for this walk through beautiful Mill Race Park this fall. We will have both long or short course options. This will be untimed and just an enjoyable experience. Social distancing will be followed and masks are required pre and post walk. We will have a few freebies to give away.

Let's keep moving together!

TRAVEL SHOWS ARE BACK!!

Gather information of all the trips to come. See page 19 for all the details.



100 MILE CHALLENGE



Who's up for a challenge? WE ARE!

The Fall/Winter Challenge ends **Sept. 30** and the winner will be announced **Oct. 1**.

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.

Fall/Winter Challenge

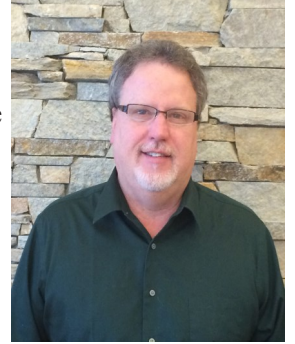
Join the staff at Mill Race Center in logging 100 miles of movement **beginning Oct. 1**. Your movement could come in the form of walking, running, biking, swimming, paddling, hiking, on-line workout, and other workouts.

Visit our website to find a 100 Mile Challenge Log Sheet or pick one up at the MRC. Keep track of your miles from **Oct. 1 2021-March 31, 2022**. When you have reached 100 miles turn in your log sheet to the MRC business office. Once one log sheet is complete start a new one. All completed log sheets will be entered into a prize drawing.

KEEP MOVING!

From Your Executive Director

Older adults drive the local consumer economy. This sounds like a bold statement and may be counterintuitive to many. However, the data shows this to be true. Economists refer to this as the longevity economy. According to a report by Oxford Economics and AARP, “The outsized economic value of the 50-plus year-old group is largely powered by their share of wealth: 83 percent of US household wealth is held by people over 50. Access to credit and assets allows the group to spend more on goods, services and investments than their younger counterparts.” The report goes on to state: “Not only do those in the 50-plus cohort spend more overall than their under 50 counterparts, the 50-plus cohort accounts for a majority of the spending in several categories of goods and services, including: healthcare, nondurable goods, durable goods, utilities, motor vehicles and parts, financial services and household goods.” “Overall, spending by people aged 50 and over in the US in 2015 supported more than 89.4 million jobs and over \$4.7 trillion in labor income. Some 61 percent of all US jobs and 43 percent of labor income was related to spending by the 50-plus cohort.”



- 40% of Bartholomew County residents are 50 and over, the largest segment of the population. Home ownership rates are highest among people 55 and over. The highest percentage (95%) is among those 70 to 74. Older adults are the greatest contributors to personal property taxes.
- Older adults pay nearly half of all Federal taxes, and 56% of state and local taxes.
- 69% of all charitable giving is the product of people who are 55 and over.
- Older Americans are the fastest growing segment of the workforce.

The obvious conclusion is that an investment in the health of older adults is not charity, or a humanitarian act. Senior wellness is a matter of economic development. At this time, there is very little government funding for wellness programs like those offered at Mill Race Center. At the same time, many of our foundation and charitable sources of grants are cutting funding to the agencies that provide services for older adults. This is troubling, given the potential negative impact on the local economy. Now, more than ever, we should be fueling our powerful economic engine, the health of our older adults. It's a wise investment.

Dan Mustard
Executive Director

Follow Mill Race Center
on Facebook.



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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.

Mill Race Center Staff

812-376-9241

Liz Barriger, Accounting Clerk, x 207

Debbie Bray, Administrative Assistant, x 222

Rebecca Cutsinger, Receptionist, x 218

Samantha Edwards, Resource Coordinator, x208

Charlie Harsh, Facilities Assistant, x 216

Dan Mustard, Executive Director, x 211

Roy Pruett, Facilities Manager, x 225

Edie Smith, Travel Coordinator, x 215

Jane Smith, Program Assistant

Shannon Truman, Operations & Programs Director, x 220

Jeff Voyles, Senior Products, x 228

Harold Yerges, Van Driver



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



Now booking for 2022 & 2023
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.**

**Free Little Library
Take a Book Return a Book**



Built & Donated
By: Ed Niespodziani



Follow us on Facebook and visit
our website for a variety of
online classes.
www.millracecenter.org



Golden K Kiwanis

Each Monday 10:00-11:00am

***Group is meeting**

Must register with the business office.

Kiwanis is a global organization of volunteers dedicated to improving the world one child and one community at a time. Their purpose is to improve the quality of life for children and families of the world.

President: Larry Lewis 812-528-1656



**Need A Gift
Idea?**

**Give the gift of
Mill Race Center
Fun Bucks.**

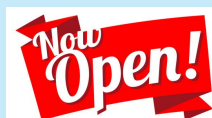
Spends just like cash at MRC!

(Not for use at the fitness center or Bingo)

Can be purchased at the Business Office or at our
website under Join/MRC Bucks.

Wheel Chair Medical Transportation

is also provided, if schedules permit and only in Bartholomew County. Requests should be made by calling Mill Race Center at least 1 week in advance. Contact Becky Cutsinger at 812-376-9241 if you are needing wheel chair transportation.



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

Happy Helping Hands

Every Other Thursday - 10:00-11:30am (Arts Room) Sewers Needed!!

Make handmade Pal Dolls for hospitalized children and orphanages overseas. You do not need to know how to sew. Meeting: Sept. 2, 16, 30 & Oct. 14 & 28

Leader: Carmine Hudson



VOLUNTEERS WANTED

NEWSLETTER ASSISTANTS

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



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

MEALS-ON-WHEELS Volunteer Drivers

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

Knitters Needed

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

MRC AMBASSADORS

MRC Ambassadors enjoy meeting people and getting to know them. They are helpful to our staff and members in a myriad of ways. From greeting folks as they walk through the door to helping prepare for an upcoming event, they add sunshine to everyone's day. Contact Becky at MRC.

Aging Well Guide

Interested in becoming an Aging Well Guide for Mill Race Center?! Contact MRC at 376-9241.



Volunteers Needed

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

Your Help Needed!

MRC is collecting travel sized items for the USO. Drop items off in the office.



Give the gift of a
Mill Race Center
membership to your friends
this year!



Stop by the business office or call **(812)376-9241** to make arrangements for your friend or loved one. You can also do a membership online at www.millracecenter.org.

Welcome! **MRC Welcome Gathering**
October 1; 9:30am
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.

DO YOU HAVE **concerns** about falling?



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

Matter of Balance 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.



COLORING CAFÉ

Sept. 21, Oct. 5 & 19

Tuesdays at 10:00AM

Pictures, colored pencils,
and coffee provided

**Volunteer drivers are
needed to help with Meals
on Wheels.** Mill Race Center



MEALS on WHEELS

will provide one-on-one training for new drivers, route sheets with directions, and monthly volunteer calendars. As a volunteer you will need to fill out a volunteer application, carry a valid drivers license, drive a dependable car, and have recycle plastic bags available when delivering. Routes take up to 1 hour to deliver.



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.



Rear Window
October 27
at 1:30pm

Held at Yes Cinema

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



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

September Birthdays: Sept. 2nd at 1:00pm

October Birthdays: Oct. 7 at 1:00pm

November Birthdays: Nov. 4 at 1:00pm

**Follow Mill Race Center
on Facebook.**



Come Eat Together

It's always fun to eat with friends! Meet us there, but **registration required** at the business office so we can make reservations for our group.



Willow Leaves in Hope
Thursday, October 21
Meet there at 11:30am



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.

NEW



Lazy Daisy Embroidery Guild

**Third Tuesday of each month,
1-3pm in the Art Room or lounge**

Open to anyone interested in embroidery. More information: Carol Walp at 812-343-8863. Must Register with MRC to attend.



Monday Morning Quilting With Friends 8:00am-12:30pm

Do you like to sew or quilt? Would you like to learn? Join us each Monday for a mini quilting/sewing day. Bring those projects that need work and join us as we sew and encourage each other to finish projects. Don't know how to sew but have a sewing machine or want to sew by hand? Join us and we will help you. Free to MRC members.

Contact Judy Kiesow at [812-374-6135](tel:812-374-6135) or judyk2310@gmail.com for additional information

create

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



NEW

Painted Paver Owls

Thurs., Sept. 16 at 3:00pm

Cost: \$5 (pair of 2)

These little owls are so cute!
Make your set of adorable
owls to sit inside or outside.
All supplies included for
this project.

Clothes Pin Wreath

Thurs., Sept. 23 at 3:00pm

Cost: \$12

We will use colorful cloths pin
and fall flowers to decorate a
beautiful wreath for your door.
All supplies included for this
project.

NEW



Jenga Pumpkins

Thurs., Sept. 30 at 3:00pm

Cost: \$6 (set of 3)

Make a pair of these adorable little
pumpkins in the style and colors
of your choice. We will paint,
glue, and decorate them in this
one class. Materials provided.

NEW



NEW

Candy Corn Button Picture

Tues., Oct. 5 at 3:00pm

Cost: \$12

A unique craft to try for a fun
fall decoration. A decoration
you can use through Thanks-
giving and pull out each year.
All supplies included for this
project.

Decorative Pumpkin

Thurs., Oct. 21 at 3:00pm

Cost: \$10 (pair of 2)

A fun project with foam
pumpkins and decorative
napkins. Make a matching
pair or make them both
different. Leave your adorable
pumpkins out through
Thanksgiving. All supplies
included for this project.

NEW



Art Class

Wednesdays from

10:00am-12:30pm

***Currently meeting
must register.**

Watercolors, oils,

acrylic, pastels. No previous art
experience required.

Beginners: no supplies needed for
your first visit. Holly will get you
started on a project and advise on

needed supplies. **FREE for MRC members.** For more
information contact: Holly Melillo at 812-342-9650.

FREE!



Crafty Fingers

Wednesdays from 10:00-11:30am

***Currently meeting**

If you knit, crochet, needlepoint, cross stitch, sew or
enjoy another craft project, bring whatever you are
working on and work on it in the company of other
crafters and needle art enthusiasts. Group meets in
the Lounge. For more information, contact Donna
Rueff at 812-343-5540. Eleanor Schwartzman will

be available to teach
you how to crochet
as part of the Crafty
Fingers group. **Call
MRC to register.**

FREE!





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.

Line Dance for Beginners



Wednesday, 4:00-5:30pm (MP2)

Come and give it a try!

Instructor:

Free for MRC members, \$5 per class/non-member

Sponsored by: Forefront Dermatology



Line Dance



Friday mornings 10:00-11:30 (MP2)

Come and dance, new folks always welcome!

Free for MRC members, \$5 per class/non-member



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

Drumming Circle Practice

Mondays 1:00-2:00pm

Get your weekly groove on at Mill Race Center with a small group that gathers to drum each week. All members are welcome to attend any practice.



Financial

Having a sense of security. Living within your means and learning to manage money for the short and long term. Be financially responsible and independent!

Follow Mill Race Center on Facebook.





Bodies in Motion

Class meets:

Mon., Wed. & Fri. at 8:30am* (max 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.

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.



Exciting News



Watch for more information to come on evening BINGO on Thursday, September 2 from 4:00-9:00PM.

Tai Chi/Chi Gung

Offering Two Classes on Tuesdays & Thursdays



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

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

11:00am - Beginning class

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

Instructor: Paula Howard

***Tai Chi is currently meeting.
Must register in advance.**

Tai Chi is a low impact, slow moving, graceful Chinese exercise. Tai Chi combined with Qigong involves breathing deeply and slowly with movements that strengthen the body and increase balance.

Come and try one class free to see if you like what millions of people have practiced for health and well being.

Spiritual

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

Senior Volleyball

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

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



Senior Bowling

Tuesdays at 1:00pm

Columbus Bowling Center

Information: Joan Winkle, 812-350-9452

Glenna Phelps, 812-390-9234



Pickleball



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 10/1) - 1:30-3:30pm Open Play



Saturday Mornings - 8:30-11:30am
(no play 9/11, 9/18, 10/9, 10/16, 10/23, & 10/30)



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. *MRC staff will attend when schedules allow.*

Let's get moving together!

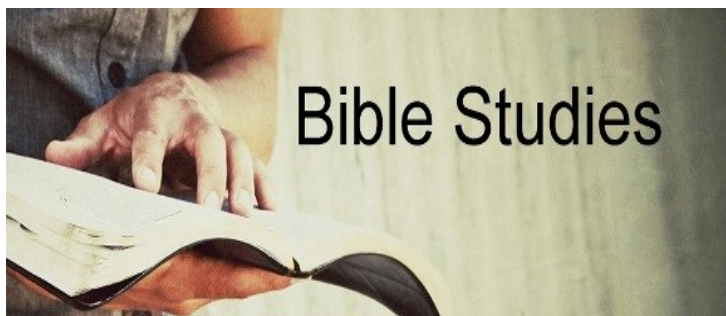


Puzzle Table

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!



Bible Studies

Morning Bible Study

Tuesday mornings 10:30-11:30am

In the Classroom; **Free**

Information: Virginia Houser, 812-579-5132

September: Kevin Metz from Christian Union Church



October: Dennis Aud from Westside Community Church

Evening Bible Study

Wednesdays: 3:30-5:30pm

Beth & Melissa Moore's "Now That Faith Has Come: A Study of Galatians"



Sign up in the business office or call the MRC business office.

MILL RACE CENTER

100

MILE

CHALLENGE

Join us for the
**Spring/Summer
Challenge!**
Let's Keep Moving
Together!

OPEN Billiards

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



TED Talks

2nd Tuesday of each month

Meeting at 1:30pm in Classroom

Facilitators: Ed & Terri DeVoe



September 14 at 1:30pm

3 Rules for a Zero Carbon World

By Nigel Topping

Nigel Topping strengthens collaboration and drives action from investors, businesses, organizations, cities and regions on climate change and coordinates this work with governments and parties to the United Nations Framework Convention on Climate Change (UNFCCC). He works alongside the Chilean High-Level Climate Action Champion, Gonzalo Muñoz.

October 12 at 1:30pm

Why There's No Such Thing As Objective Reality

By Greg Anderson

In the grand scheme of history, modern reality is a bizarre exception when compared to the worlds of ancient, precolonial and Indigenous civilizations, where myths ruled and gods roamed, says historian Greg Anderson. So why do Westerners today think they're right about reality and everybody else is wrong? Anderson tears into the fabric of objective reality to reveal the many universes that lie beyond -- and encourages a healthy reimagining of what other possible ways of being human could look like.

MRC Investment Class



Monthly, 2nd Friday

1:00-3:00pm (Classroom)

MRC

INVESTMENT
Class

Mill Race Center Investment Class now offers members the opportunity to learn about investing in a fun and no-risk way. No investment is needed. We make "mock" investments in the stock market and monitor their progress. We also discuss the economy and stock investing tips. Class is open to all members of Mill Race Center at no charge. Meetings are monthly on the 2nd Friday at 1pm.

For further information contact Norm Blizzard at 812-603-8854 or email at nblizard@comcast.net or Jeff Rauch at 812-342-0198.

Eight Dimensions of Wellness



MRC Woodshop

FREE!

**Tuesday and Thursday
1:00-4:00pm**

**The woodshop is available for MRC members only on
Tuesday and Thursday from 1:00-4:00.**

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

Woodworking Workshop

Watch for more details to come!

This instructional class will be taught in the woodshop with Ed Niespodziani. Ed will guide you through the process and explain it step by step. No experience necessary. Register in the business office.



Reader's Theater Practice

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.

SAHAJA MEDITATION

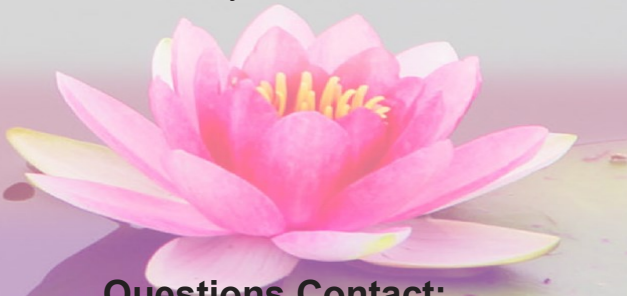
Every Wednesday at 6:00pm for Beginner

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**

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!

Mary Clark Memorial Celebration Friday, September 24 at 3:30pm

Come help celebrate the life of Mary Clark, who started and directed the Silver Tones Choir for nearly 20 years! Refreshments will be served after the one hour performance.

Former students of Mary, who were often recruited for her MRC shows will perform, and former Silver Tones members will sing as well. There will also be opportunities for the audience to join in!

Silver Tones



FREE!

Bodies In Motion Afternoon Class

Tues. & Thurs. at 2:00pm

Call to register



Golden Girls

Fourth Tuesday of each Month at 10:00am

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

FREE!



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

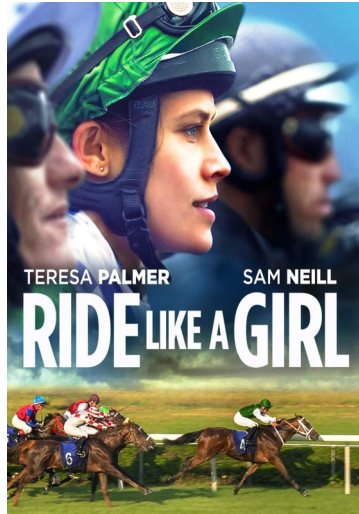
FREE MOVIE SHOWINGS at MRC!

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



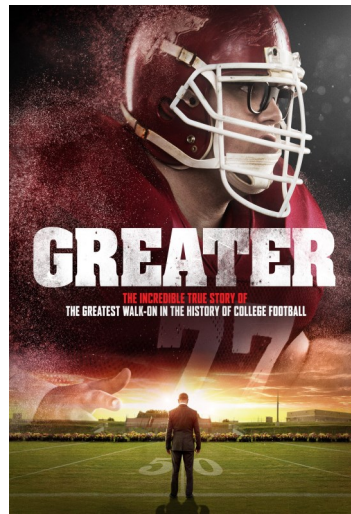
September 13
Queen Bees

PG
13



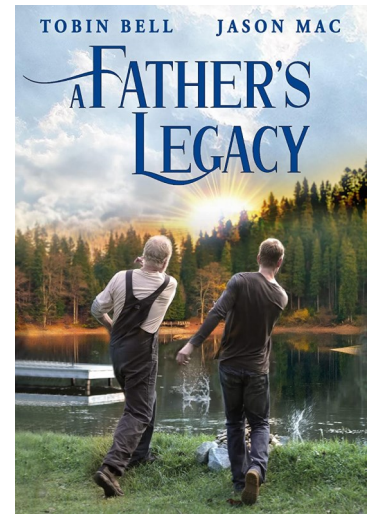
September 27
Ride Like a Girl

PG



October 11
Greater

PG



October 25
A Father's Legacy

PG
13

Picnic in the Park

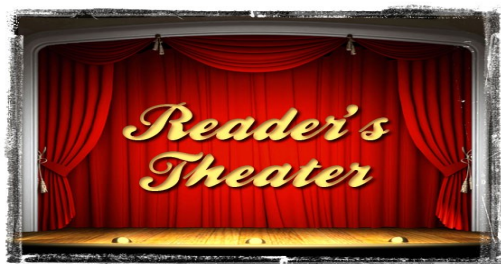
NEW
FREE! We love to socialize together with friends and we need it more than ever now. Join us for an easy going picnic in the park. We will enjoy the fresh outdoors together. Bring your own lunch or anything else you need for the picnic. We will meet at the shelter house in Mill Race Park back by the arbor/river.

Sept. 16 & Oct. 22
Lunch Picnic at 11:30am

Call MRC to register so we
know who is coming.

AFTERNOON OF LAUGHTER READERS THEATER

FREE!



October 13 at 1:00pm
FREE

Must Register for this event.
Limited seating for 40 people.
Performance only no lunch at this time.

Make reservations by stopping in at the MRC
business office or calling 812-376-9241.

Quarterly Reading Challenge

FREE! **NEW**
Join Us!

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

It will run from **September 1-November 30**.
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 Sept. 1-Nov.
30.

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.

SAGE Table
Friday, November 5
11:30am-1:00pm

FREE!



sagetable

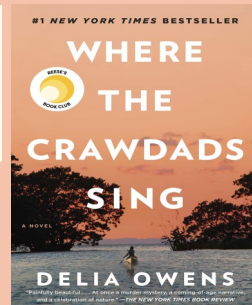
An opportunity for LGBTQ and
allied people to come together
and share a free meal and conversation. SAGE Table
is an event held throughout the country to promote a
more age-friendly community, and to discuss ways we
can strengthen it. Must register in the MRC business
office by Tuesday before the Sage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

Book Club: *Where The Crawdads Sing*, By: Delia Owens
Tuesdays Oct 12-Nov. 16 (6 weeks); 11:00am in the lounge
Cost: \$18 (Covers Cost of Book & Snack) (\$7 if you have the book)

NEW



Where the Crawdads Sing is a mystery, a love story, and a courtroom drama,
but it is primarily about self-reliance, survival, and how isolation affects human behavior.
Coffee and light snack provided. Books and reading schedule are available for pick up at the
business office at time of registration. **A great way to participate in our reading challenge!**





Afternoon for Arts

Shows start at 2:00pm

Cost: \$5

Cookies & Drinks Served

Limited seating so call to make a reservation.



Friday, October 1
Kade
Puckett

Kade Puckett, AKA Pickin' Puckett, is a songwriter and a fingerstyle guitarist with 30 years of experience playing music. A third-generation picker with a dedicated love of music, his musical mastery allows for the innovative meeting of sound and emotion. Spontaneous, magical, laughable, and honest, his live performance is both engaging and entertaining. Puckett also holds the 2013 Indiana Fingerstyle Contest title. His musical repertoire includes jazz, rock, country, blues, and funk.

Beginner Quilting

If interested contact the business office.

\$50 members/

\$60non-members

Whether you're renewing your love for quilting, or

learning all new skills, instructor Judy Kiesow will guide you through the process. Learn rotary cutting techniques, piecing techniques, basic seam pressing and assemble a quilt block. This is an eight week class. Registration and supplies required for class.

Class will run for 8 sessions. Register, get class details, and pick up supply list at the business office at Mill Race Center. Instructor: Judy Kiesow 374-6135; judyk2310@gmail.com



How to DOODLE

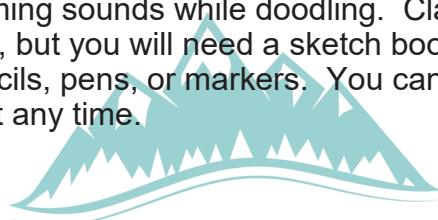
NEW **FREE!**

Doodling Class

2nd & 4th Tuesday; at 3:00pm

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.



The Lasting Impressions

Veterans Day Program

November 11

Watch for more information to come.





The BCPL Bookmobile:

FREE!

**September 8 & 22
October 6 & 20**

Available out front of MRC.

Quarterly Reading Challenge

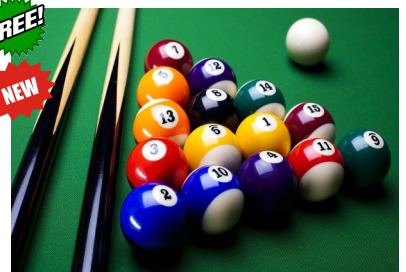
NEW Quarterly Reading Challenge!
See Page 16 for details!

Intellectual

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

OPEN Billiards

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



FREE!
NEW



Puzzle Table

Available everyday. A great way to socialize with other members.

FREE!

**Wednesday afternoons
from 1:00-3:00pm
New players welcome!**

FREE!



Cribbage

2nd Tuesday at 12:00pm
Will teach you how to play.
Classroom

NEW

FREE!

FREE!



Cards & Games Schedule

Masks **MUST** be worn at all times while playing.



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| Hand & Foot 1:00-4:00pm Mahjong NEW 12:30-3:30pm | Cribbage (2nd Tues. Only) 12:00pm Euchre 5:00-7:00pm (MP3) | Scrabble 1:00-3:00pm Hand & Foot 12:30-3:30pm For information call Rosemary Sager (812)390-7665 | Pinochle 1:00-4:00pm <div> Cards & Games are free for MRC members. Day passes can be purchased for non-members. </div> | Mahjong 12:30-3:30pm Euchre 1:00-4:00pm |

Eight Dimensions of Wellness



Fridays, Sept. 24 & Oct. 29

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 on the fourth Friday. Max: 10

Call to register for this free program.

DON'T MISS OUT!



Travel Shows are back!!

Wednesday, September 15 at

10am. Collette Travel Show

featuring 2022 trips: Greece Island Hopper, Pacific Wonders of New Zealand and Australia, Sunny

Portugal, Spain, British Landscapes and Alaska Northern Lights. Join us for an informative live presentation. Brochures for each trip will be available and a presentation of Greece Island Hopper, Alaska Northern Lights, British Landscapes, and a preview of South Pacific Wonders will be shown. Please RSVP!



Wednesday, October 6 at 10am, Mayflower Tours

travel show featuring 2022 American Steamboat Cruise, Panama and New England and Canada Autumn Cruising. 2023 trips will be discussed and options for USA and International travel. RSVP for seating!

Thursday, November 18 at 11am, Join us for Edie's Bus Trip Travel Show! Get excited about upcoming bus trips across the USA! These trips fill up quickly so RSVP to hold your place for this informative and fun session! Be the first to see the entire lineup for 2022 and ideas for 2023.

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. At this time Mill Race Center is not requiring proof of Covid-19 vaccination but individual countries, transportation and States may have different mandates. Insurance is highly recommended in the event you personally need to cancel.



Mill Race Center Bus Trips with Edie Call today! 812-376-9241



The Christmas Trip is here!

Lancaster Christmas, Featuring Sight and Sound Theater: Queen Esther

November 28-December 2, 2021

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 Amish-land, 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 hotels, 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.



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.



Eight Dimensions of Wellness



Nova Scotia, Prince Edward Island and Brunswick!

NEW DATE July 11-23 2022. Unbelievable pricing!

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!

It's Another Mystery Trip! August 14-19, 2022

NEW

Includes 5 nights lodging, 5 breakfasts, 1 boxed lunch, 3 dinners, admissions to fascinating and fun adventures, motor coach transportation and more! This trip does include boat rides and some stairs/uneven terrain. \$959 double, \$1278 single. Nonmembers add \$100.



NEW

Boston, Salem and Cape Ann, September 14-20, 2022

Join us for an East Coast adventure exploring the historic areas of Boston, including the famous Faneuil Hall and Quincy Market. Walk in the footsteps of our Founding Fathers at Trinity Church, Boston Common, The USS Constitution, JFK Library and more! We will also get a guided tour of beautiful coastal Massachusetts, Salem, Lexington and Concord. \$829 double, \$1158 single. Nonmembers add \$100. Includes 6 breakfasts, 4 dinners, hotels, tours, motor coach transportation and more!

Special Tours with Collette

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



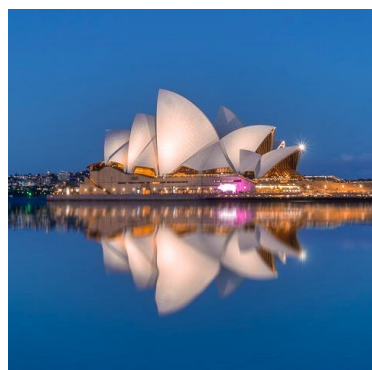
Collette & Mill Race Center present: Greece Island Hopper

11 Days • 13 Meals: 9 Breakfasts, 4 Dinners HIGHLIGHTS... Athens, Taverna Dinner Show, Acropolis, The Parthenon, Mykonos, Santorini Island Tour, Ancient Akrotiri, Oia Village, Wine Tasting and more! Only \$4999d/\$5999s if signed up by November 21, 2021. Go to link for full brochure! <https://gateway.gocollette.com/link/1073773>



Mill Race Center and Collette present... Discover British Landscapes with Optional 3-Night Paris Post Tour Extension September 11 – 20, 2022

10 Days • 12 Meals: 8 Breakfasts, 4 Dinners HIGHLIGHTS... Edinburgh Castle, Choices on Tour, York, Chester, Llangollen, Wales, Stratford-upon-Avon, Oxford, London and more! \$3799d/\$4399s. Sign up by March 10, 2021. Go to link for full brochure: <https://gateway.gocollette.com/link/1073781>



Mill Race Center and Collette present... South Pacific Wonders with Optional 3-Night Fiji Post Extension October 5-19, 2022

15 Days • 22 Meals: 12 Breakfasts, 3 Lunches, 7 Dinners HIGHLIGHTS... Christchurch, Queenstown, Milford Sound, Merino Sheep Farm, Choice on Tour, Cairns, Great Barrier Reef, Sydney Opera House and so much more! A trip of a lifetime for \$7449d/\$8549s if signed up by April 5, 2021. Check this link for full brochure: <https://gateway.gocollette.com/link/1073777>



Other trips available, Call Edie with your dream destination for dates and pricing!

Fabulous Daytrippers!



Bettin' Buddies

New! Lower Transportation Rate! Only \$20

Rising Star
Mon., Sept. 13

Hollywood Casino
Wed., Nov., 10

Leave MRC at 9am return at 5pm.
Must bring State ID Card or Driver's License.
Call 812-376-9241 to reserve your spot!

Hike & Picnic at Versailles State Park NEW

Thursday, September 16

Hike and Picnic at Versailles State Park with Connie Kelley. Leave MRC at 10am return at 2:30pm. Bring a sack lunch and beverages. Connie will share her knowledge of the history of the shelters, ruins and park as you hike the paths and eat lunch in the park. \$12 per person.



Gasthof Village & Restaurant

Thursday, September 23



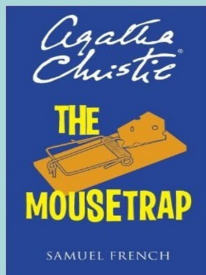
Join us for an Amish experience! Authentic Amish restaurant and gift shops. Thursday, September 23. Leave MRC at 9am return at 5pm. Lunch and shopping on your own. \$25 members/ \$35 non- members.

Derby Dinner

Derby Dinner Theater Proudly Presents: Agatha Christies Mousetrap!

Thursday, October 28

Dinner and a mystery! What could make for a more delightful evening? Another hit from the undisputed queen of mystery, Agatha Christie! This superb thriller will keep you guessing until the dramatic end. A treat for any mystery-lover! Enjoy a delicious buffet dinner and entertainment. Adult beverages, tipping and dessert not included. \$65 member \$75 non-member includes show, dinner and transportation. Leave MRC at 4:30pm return at 11pm.



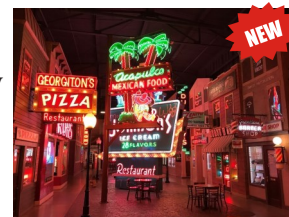
Fabulous Daytrippers!

Mill Race Center Travel is actively seeking volunteer drivers for our Day Trippers. No special license required. Day and/or evening trips. Please contact Edie directly with any questions. 812-345-6744.

Finlay Market & American Sign Museum

Wednesday, October 20

Finlay Market and American Sign Museum, Cincinnati. Enjoy lunch on your own and the famous Finlay Market, one of America's oldest continuously operating city markets. Afterward wander the nostalgic halls of the American Sign Museum viewing hundreds of neon and promotional signs in a charming village setting. Keep a sharp eye out for a sign from Columbus! \$35 per member/\$45 non-member includes admission to the museum and transportation. Leave MRC at 9am return at 4pm.



Wilstem Ranch in Paoli

Monday, October 25



Pet an Elephant? Hug a Giraffe? Why not? Let's go to Wilstem Ranch in Paoli to see the animals up close in a whole new way. We will enjoy a small group encounter with elephants then, after lunch, we will

pet Giraffes and get a selfie to show our friends. An amazing day full of one of a kind experiences! \$85 members, \$95 non -members. Includes transportation and encounters. Lunch on your own in the area. Leave MRC at 9am return at 4pm.

Transportation to the Indianapolis Symphony Coffee Pops Series!

Fridays: Sept 17, Oct 22, Jan 21, 2022, Feb 11, March 18, April 29 and June 3



Transportation cost \$20 per person per concert. Let us do the driving and parking so you can enjoy the music!

Eight Dimensions of Wellness



All Who Wander Hiking Group

So if you enjoy the great outdoors and communing with Mother Nature, come join our merry group and get ready to explore our world. We look forward to meeting you!

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.

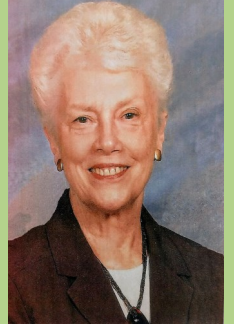
Contact Ed Niespodziani at
812-552-3343 or
kn4073@comcast.net



Mill Race Center Store
Located in the office.

Mill Race Center Seeks Joan Pearcy Senior Citizen of the Year Award Ceremony

Friday, September 17
More information to come.



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

NEW

FREE!

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

Kansas

Sept. 20 at 1:30 & 3:00 pm

Enjoy this soaring tour through Kansas, the Sunflower State.



Alabama

Oct. 4 at 1:30 & 3:00 pm

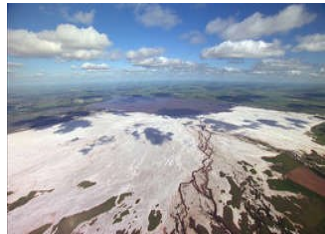
Buckle up and "Roll Tide" as we journey over diverse landscapes and historical landmarks, that collectively tell the tale of Sweet Home Alabama.



Oklahoma

Oct. 18 at 1:30 & 3:00 pm.

This flight over Oklahoma is the home of famous "Okies" Will Rogers, Brad Pitt, and Geronimo.



Call to MRC to register.

alzheimer's association®

Alzheimer's Community Forum

Alzheimer's disease, dementia, and memory loss

October 14 from 2:00-3:00pm at Mill Race Center

We want to hear from you! Do you have personal experience? What is needed in our community?

Registration & masks required. Space limited.

Call MRC 376-9241 to register.

Environmental

Consider the interactions between your environment, your community, and yourself. Living a lifestyle that is respectful of your surroundings. Live in harmony with the Earth!

Broadway Series

Call MRC to register for each viewing.

NEW FREE!

Top Hat

Sept. 17 & 21 at 1:00pm

Top Hat, 1935

Starring: Fred Astaire and Ginger Rogers

Often considered the duo's best dancing film, the movie with a score by Irving Berlin follows a woman who mistakenly thinks her best friend's husband is in love with her.



Swing Time

Oct. 15 & 19 at 1:00pm

Swing Time, 1936

Starring: Fred Astaire, Ginger Rogers, Victor Moore

A dancer tries to make it big to prove he's worthy of his fiancée.

PURDUE EXTENSION

NEW FREE!

Food Labeling: What's in there, anyway?

September 20 at 3:00PM at MRC

Food packages have a lot to say. Are they worth listing to?

- Identify primary components of food labeling
- Interpret and understand marketing label claims
- Understand how to make informed food decisions.

Train Your Brain: Nutrition, Neurotics, and Notable Ways to Keep Your Brain Healthy

October 14 at 3:00PM at MRC

Participants will learn that through adopting multiple healthy lifestyle choices, including a healthy diet, not smoking, regular exercise, cognitive stimulation, and social interactions, may decrease their risks of cognitive decline and dementia.



Now booking for 2022 & 2023
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 2022 for weddings and receptions. Help us spread the word about this beautiful space for weddings and receptions.



Resource Coordinator **Samantha Edwards**



Our annual campaign is quickly approaching! Be on the lookout for our annual letter. This past year definitely brought times of hardship for organizations throughout the community. We hope that you will consider supporting Mill Race Center as we continue to fight through this pandemic! Please see Samantha if you have any questions about how you can help MRC this fall.

A special thank you to our newest community partners **GreenTree at Westwood Independent Living** and **White River Dental**. We are so thankful for our partners support this year. You can find more information about these companies in our lobby.

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



amazonsmile
You shop. Amazon gives.

Support Mill Race Center through Amazon Smiles! With back to school time looking a lot different this year, now more than ever people are choosing online shopping to get their must haves. This is an excellent way to support our members at MRC at no extra cost to you. Simply visit **smile.amazon.com**, login as you would normally, select Mill Race Center as your donation of choice and start shopping. It's that simple! Now when you shop a portion of your purchases will be donated back to Mill Race Center. **Remember to always login through smile.amazon.com** and Mill Race Center will be rewarded when you shop! If you have any questions or concerns please call Samantha Edwards, Philanthropy Coordinator. Thanks so much!

Aging Well+ is a six-month participant driven comprehensive wellness program that focuses on enhancing participants' quality of life. Aging Well + is designed for adults 50+, who experience at least one ongoing health challenge, and need financial assistance accessing wellness programming. Aging Well+ participants create their own health action plan specific to their personal goals, and work to improve their overall wellness. **For more information or to apply, contact Courtney at (812)376-9241 ext. 210 or courtney@millracecenter.org.**



Current classes that I want to try/attend:

Physical Wellness:

Spiritual Wellness:

Environmental Wellness:

Social Wellness:

Financial Wellness:

Intellectual Wellness:

Emotional Wellness:

Vocational Wellness:

Physical

Recognizing the need for regular physical activity, proper diet and nutrition, and personal safety. Discouraging the use of tobacco, drugs, and excessive alcohol consumption. Get moving - be healthy!

Spiritual

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

Environmental

Consider the interactions between your environment, your community, and yourself. Living a lifestyle that is respectful of your surroundings. Live in harmony with the Earth!

Social

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

Financial

Having a sense of security. Living within your means and learning to manage money for the short and long term. Be financially responsible and independent!

Intellectual

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

Emotional

Have a positive attitude, and the ability to recognize and share a wide range of feelings with others. This includes your ability to cope effectively with stress. Be optimistic in your approach to life!

Vocational

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

Refrigerator Reminder - MRC Daily Activities

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 |
| | Movies (2 & 4 Fri.) | AR |
| 12:30 | Mahjong | LO |
| 12:30 | Lasting Impressions | MP1 |
| 1:00 | Drum Practice | CR |
| 1:00 | Friendship Bridge | MP2 |
| 5-7 | Ballroom Dancing | MP2 |

Tuesday

| | | |
|-------|---------------------------------|-----|
| Open | Billiards | BL |
| Open | Jig Saw Puzzle Table | LOB |
| 8-10 | Breakfast (\$) | LOB |
| 10:00 | Tai Chi (\$) | MP1 |
| | Widows Support Grp (4th Tues.) | AR |
| | Coloring Café (1st & 3rd Tues.) | |
| 10:30 | Bible Study | CR |
| 12:00 | Cribbage (2nd Tues.) | CR |
| 1:00 | Woodshop | WS |
| 1:00 | Wii Games | LO |
| 1-3 | Embroidery Guild (3rd Tues.) | AR |
| 1:30 | Ted Talks (2nd Tues.) | CR |
| 2:00 | Body in Motion | MP2 |
| 3:00 | How to Doodle (2nd & 4th Tues.) | AR |
| 5:00 | Euchre | MP3 |
| 5-7 | Quilt Guild (2 Tues.) | AR |
| 5-7 | 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/Pinocle | 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 (1st Thurs.) | MP1 |
| 1:00 | Duplicate Bridge/Pinocle | MP2 |
| 1:00 | Woodshop | WS |
| 1:00 | Woodcarving | CL |
| 2:00 | Body in Motion | AR |
| 5-7 | Ballroom Dancing | MP2 |

Friday

| | | |
|------------|----------------------------------|-----|
| Open | Billiards | BL |
| Open | Jig Saw Puzzle Table | LOB |
| 8:30 | Body in Motion | MP2 |
| 9:30 | Total Brain Workout (4th Friday) | CL |
| 10:00 | Line Dancing | MP2 |
| 12:30 | Mahjong | AR |
| 1:00 | Euchre | MP2 |
| 1:00 | SCS Investment Club (2nd Fri.) | CL |
| 1:00 | Broadway Series (3rd Fri.) | CL |
| 12:30 | Lasting Impressions | MP1 |
| 12:30-3:30 | Pickleball | MP2 |

Saturday


| | | |
|------------|------------|-----|
| 8:30-11:30 | Pickleball | MP2 |
|------------|------------|-----|


| | |
|--------------------------------------|-------------------------|
| AR | Art Room |
| CNR | Conference Room |
| CR | Classroom |
| FC | Fitness Center |
| LO | Lounge |
| LOB | Lobby |
| MP1 | Multipurpose Room One |
| MP2 | Multipurpose Room Two |
| MP3 | Multipurpose Room Three |
| MR | Meeting Room |
| SP | Senior Products |
| WS | Woodshop |
| FFY | Foundation For Youth |
| Items in BOLD have registration fee. | |
| \$ indicates drop-in fee available. | |



www.millraceevents.com
(812)302-3838


ACTIVITY HIGHLIGHTS


Sept. 6 - Closed For Labor Day


September 2
Birthday Party, 1:00pm 

September 8 & 22
Bookmobile, 9:30am 

September 13
Movie, 2:00 & 4:30pm 


September 14
Cribbage, 12pm 
TED Talks, 1:30pm

September 15
Travel Show, 10:00am 


September 16
Lunch Picnic, 11:30am 


September 24
Total Brain Health Workouts, 9:30am 

 **September 24**
Mary Clark Celebration, 3:30pm

September 27
Movie, 2:00 & 4:30pm 

October 1
Afternoon for Arts, 2:00pm 


October 6 & 20
Bookmobile, 9:30am 

October 6
Travel Show, 10:00am 

October 7
Birthday Party, 1:00pm 

October 11
Movie, 2:00 & 4:30pm 

October 12
Book Club Begins, 11:00am 


Cribbage, 12pm 
TED Talks, 1:30pm

 **October 13**
Readers Theater Show, 1:00pm

October 21
Come Eat Together; 11:30am 

October 22
Lunch Picnic, 11:30am 

October 25
Movie, 2:00 & 4:30pm 

October 27
YES Movie, 12:45pm 

October 29
Total Brain Health Workouts, 9:30am 

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

Visit us at www.millracecenter.org.



www.millracecenter.org
 Follow us on Facebook.



Mill Race Center
900 Lindsey St.
Columbus, In 47201

PRESORTED STANDARD
U.S. POSTAGE PAID
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CURRENT RESIDENT OR