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.

Join us for Mingle and Jingle Holiday Gathering see page 17 for more details!

Holiday Bazaar
December 6
9:00-3:00pm
Visit Mill Race Center and shop for some handmade items and homemade goodies. A great way to find a unique gift and support Mill Race Center. Stay for lunch and enjoy some chili that will be for sale.

Fall/Winter Challenge

Bimonthly Publication of Mill Race Center, Inc. • Columbus, IN 47201 • Phone: 812-376-9241 • Fax: 812-379-2841
www.millracecenter.org
Mill Race Center Program Hours: Monday-Thursday, 8 a.m.—7 p.m. and Friday 8 a.m.—5 p.m.
Business Office Hours: Monday-Friday 8:30 a.m. - 5:00 p.m.
Fitness Center Hours: Monday—Thursday, 6:30 a.m. to 7p.m., Friday 6:30 a.m. to 5 p.m. and Saturday 8 a.m. to Noon
CRH Fitness Center (812) 376-5808; CRH Fitness Center is a separate membership from MRC.
Architecture tells our story. Columbus is known for its architecture, and our buildings are a powerful example of the impact that seniors (especially Baby Boomers) have had on our community. When we look at elementary schools in Columbus, we see a wave of building that occurred in the late 1950’s through the early 1970’s. This was driven by the sheer number of children who were part of the Baby Boomer generation, born between 1946 and 1964:

1957 Schmitt Elementary
1960 McDowell Elementary
1961 Northside Middle School
1962 Parkside Elementary
1965 Richards Elementary
1967 Lincoln Elementary
1967 Ivy Tech (older Boomers)
1969 Southside Middle School
1969 Smith Elementary
1970 IUPUC
1972 Mt. Healthy Elementary
1972 Columbus East High School
1973 Columbus North (Renamed)
1973 Fodrea Elementary

As a society, we committed resources to ensure that these children would be healthy and thrive. The Baby Boomers are now between the ages of 57 and 75 and the mission of Mill Race Center is to maximize opportunities for these individuals to lead independent, healthy, and meaningful lives. It is imperative that we continue to devote the necessary resources, personally, individually, and collectively, to empower older adults to participate fully in the life of our community. If you have not yet responded to our annual campaign letter, I would ask that you take the time to make a gift to support this crucial work. You can give online at www.millracecenter.org, or by texting millracecenter to (833) 735-8150. Thank you for all that you do to make Columbus and the surrounding area a welcoming place for older adults.

Dan Mustard
Executive Director

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
Debbie Bray, Administrative Assistant, x 222
Rebecca Cutsinger, Receptionist, x 218
Samantha Edwards, Resource Coordinator, x 208
Charlie Harsh, Facilities Assistant, x 216
Pam Jones, Accounting Clerk, x 207
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

Now booking for 2022 & 2023
Weddings • Reunions • Corporate Events
MillRaceEvents.com
(812)302-3838

Wedding photography courtesy of jackiesantanaphotography.com

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

**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 wheelchair transportation.

**Happy Helping Hands**

**Thursdays - 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.

Leader: Carmine Hudson

**The Granny Connections - Needs Knitters!**

In an effort to raise awareness for World AIDS Day, the Granny Connection will be accepting donations of red knit scarves at MRC. Red scarves can be knit in different sizes and patterns. Yarn is available at MRC, just ask Becky in business office for yarn.

**Built & Donated**

By: Ed Niespodziani

**Mill Race Center Store**

Located in the office.
VOLUNTEERS WANTED

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

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

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.

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.

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

Your Help Needed!
MRC is collecting travel sized items for the USO. Drop items off in the office.

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

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

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

Welcome!
MRC Welcome Gathering
Dec. 3 at 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.
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
November Birthdays: Nov. 4 at 1:00pm
December Birthdays: Dec. 2 at 1:00pm
January Birthdays: Jan. 6 at 1:00pm

Matter of Balance Virtual Class
Tuesdays & Thursdays
Coming in the New Year
An award-winning evidence based program designed to manage falls and increase activity. Call Mill Race Center if interested 812-376-9241.

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

Free Doodle Class
2nd & 4th Tuesday at 3pm
See page 14

Free! CAFÉ NEW
Second Tuesday each month
at 10:00AM in the Art Room
November 9 & December 14
Coloring is excellent for your brain and will help relax you and generates mindfulness. Pictures, colored pencils, and coffee provided.

GAME TIME
1st & 3rd Thursday of each month
3:00pm; FREE
Playing games at any age keeps our brain active and is a great way to social engage with others. We will have a selection each week of a variety of games to choose from to play or bring your favorite. (Including: Sequence, Rummikub, Skip-Bo, Uno, Connect Four, Tenzi, Sorry, Clue, Dominoes, and much more)

Beginner Quilting
If interested contact the business office.
$50 members/
$60 non-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

Follow Mill Race Center on Facebook.
**Evening Star Quilt Guild**

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

The Guild is open to anyone interested in quilts and the art of quilting. The meetings offer information and instruction in quilting and quilting techniques given by Guild members and guest presenters. Dues are $15 a year. Part of the dues money is given to support Mill Race Center.

More information: Judy Kiesow at 812-374-6135, or Judyk2310@gmail.com.

**Monday Morning Quilting With Friends**

**8:00am-12:30pm**

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.
**Paint Chip Cards**  
Tues., Nov. 30 at 3:00pm  
Cost: $2 (set of 6)  
Make your own unique Christmas cards with paint chips. Always fun to create together.

**Mini Stocking Hats or Garland**  
Thurs., Dec. 2 at 3:00pm  
Cost: $5  
We will make these adorable little mini stocking hats that you can use as ornaments, package decorations, or turn them into cute garland to decorate with for the season.

**Melted Snowmen**  
Fri. Dec. 3 at 1:00pm  
Cost: $5 (set of 3)  
Make a set of 3 happy little melted snowmen ornaments or package decorations. Your little snowmen will light up to brighten your day.

**Holiday Wine Bottles**  
Thurs., Dec. 16 at 3:00pm  
Cost: $8  
Come join us and make a holiday tree or Santa wine bottle with lights for your Winter décor. All supplies included. You may register to make additional bottles.

**Thankful Sign**  
Thurs, Nov. 18 at 3:00pm  
Cost: $5  
We will paint and embellish this cute wooden thankful sign. An easy project to complete.

**Pair of Penguins**  
Thurs., Jan. 13 at 3:00pm  
Cost: $8 (set of 2)  
We will transform 2x4 cut pieces of wood into adorable decorative penguins for the winter season. Set them by door or inside your house to brighten a winter day. All supplies included.

**Art Class**  
**NEW**  
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**  
**NEW**  
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.

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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!

Remember to bring your own water.

To slow the spread of Covid-19
**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.

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**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.

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**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.

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**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

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**Senior Bowling**

Tuesdays at 1:00pm

Columbus Bowling Center

Information: Joan Winkle,812-350-9452

Glenna Phelps, 812-390-9234

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**Tai Chi/Chi Gung**

Offering Two Classes on Tuesdays & Thursdays

Instructor: Paula Howard

10:00am - Ongoing class for those with some practice in Tai Chi. Monthly Cost: $45 members/$60 non-members

11:00am - Beginner Class

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

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 try one class for free. Register in advance in office.

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**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!

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**Exciting News**

**BINGO**

Watch for more information to come on evening BINGO on Thursday, January 27.

Early bird starting at 4:00PM.

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**Pull-Tab Tuesdays**

First & Third Tuesday of each month in the lounge.

Starts November 16 at 1:00PM

Nov. 16, Dec. 7, & Dec. 21

If you enjoy playing pull-tabs games come visit MRC twice a month in the lounge. Our volunteers will be selling Pull-Tabs & refreshments.

---

**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.
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 12/10 & 17)** - 1:30-3:30pm Open Play
- **Saturday Mornings** - 8:30-11:30am  
  **(no play 12/11 & 18)**

**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.

**Cracker Barrel Restaurant**
November 19  
Meet there at 11:00am

**Sophea’s Asian Restaurant**
December 22  
Meet there at 11:00am

**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
November: Roy Hendershot
December: TBA and party

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.

Follow Mill Race Center on Facebook.

MILL RACE CENTER
100 MILE CHALLENGE
Join us for the Fall/Winter 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

November 9 at 1:30pm
Why Do We Sleep?
By Russell Foster
Russell Foster is a circadian neuroscientist: He studies the sleep cycles of the brain. And he asks: What do we know about sleep? Not a lot, it turns out, for something we do with one-third of our lives. In this talk, Foster shares three popular theories about why we sleep, busts some myths about how much sleep we need at different ages -- and hints at some bold new uses of sleep as a predictor of mental health.

December 14 at 1:30pm
How I made Friends with Reality.
By: Emily Levine
With her signature wit and wisdom, Emily Levine meets her ultimate challenge as a comedian/philosopher: she makes dying funny. In this personal talk, she takes us on her journey to make friends with reality -- and peace with death. Life is an enormous gift, Levine says: "You enrich it as best you can, and then you give it back."

MRC Investment Class
Monthly, 2nd Friday
1:00-3:00pm (Classroom)

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 Blizard at 812-603-8854 or email at nblizard@comcast.net or Jeff Rauch at 812-342-0198.
**Eight Dimensions of Wellness**

**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.

**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!

**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!
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.

JOIN THE GROUP!

SAHAJA MEDITATION
Every Wednesday at 6:00pm for Beginner
FREE; Held at MRC
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

How to DOODLE
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.

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.

Holiday Bazaar
December 6
9:00-3:00pm
Visit Mill Race Center and shop for some handmade items and homemade goodies. A great way to find a unique gift and support Mill Race Center. Stay for lunch and enjoy some chili that will be for sale.

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!

The Lasting Impressions
A song, dance and drama performance troupe with Mill Race Center.
Practice: Monday & Friday
12:30-3:30pm (MP1)
Information contact: Donna Browne, (812)376-6612.

JOIN THE GROUP!
FREE MOVIE SHOWINGS at MRC!
Two Showings now on Mondays at 2:00 & 4:30pm. Bring your own snack and drink.

November 8
The Starling
PG

November 22
Respect
PG

December 13
A Boy Called Christmas
PG

December 27
The Jungle Cruise
PG
VETERANS DAY SHOW
Thursday, November 11
At 2:00PM at Mill Race Center

The Lasting Impressions Present
A TIME TO HONOR
Our Veterans • Our Flag • Our Country • Our God

It is also being dedicated to the Memory of Donald Smith, A Navy Veteran. Donald was a 5 year member of The Lasting Impressions who died in March 2021. The Evening Star Quilt Guild will also be giving away quilts to Veterans. Register for a quilt in the office.

**Veterans are FREE**
MRC members: $5 Non-members $10
Call the office to make your reservations.

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 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 fall quarter Sept. 1-Nov. 30. **Winter quarter starts Dec. 1-Feb. 28.**

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
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.

December 8 at 1:00pm
**FREE**
Must Register for this event.
Limited seating.
Performance only no lunch at this time.
Make reservations by stopping in at the MRC business office or calling 812-376-9241.

Book Club: Where The Crawdads Sing, By: Delia Owens
Tuesdays Nov. 16-Dec. 21 (6 weeks); 11am in the lounge
Cost: $18 (Covers Cost of Book & Snack) ($7 if you have the book)

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!**
**Eight Dimensions of Wellness**

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**Afternoon for Arts**

Rex Starts at 2:00pm

FREE

Cookies & Drinks Served

Limited seating so call to make a reservation.

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**NEW!**

Friday, November 12

**DRIFTWOOD RIVER ANTHOLOGY**

To help celebrate the bicentennials of both Bartholomew County and the city of Columbus, the Bartholomew County Genealogical Society, in cooperation with Mill Race Center, will present DRIFTWOOD RIVER ANTHOLOGY. The live presentation is a result of area educator Shirley A. Lyster’s February 2019 book study and is a local version of Edgar Lee Master’s classic SPOON RIVER ANTHOLOGY.

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**Mingle & Jingle with Lunch**

**DECEMBER 15 at 12:00pm - $10**

Gather together with friends and enjoy a delicious lunch and delightful holiday music. Entertainment featuring Dan & Linda Mustard.

---

**GREAT DECISIONS**

**Back In Person**

March 24-May 26

6:30-8:00pm

Registration required with the MRC business office.

**NEW!** (We will be taking one week off in April.)

Partnered Program with IUPUC

Fee: $35 members/$45 non-members

Great Decisions is America’s largest discussion program on world affairs. Every participant will receive a Great Decisions Briefing Book and have short readings for each week. A speaker will address key points and have question and answer time. Class held in person at MRC.

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**100 MILL MILE CHALLENGE**

**Congratulations!**

**Spring/Summer 500 Miles Medal Winners:**


*1000 Miles (or more) Medal Winners

**3400 Over Miles - Millage Champion**

Drawing Winner - Free MRC membership, T-shirt, and $50
The BCPL Bookmobile:
November 3 & 17
December 1 & 15
Available out front of MRC.

MAHJONG
Every Monday & Friday
12:30-3:00pm
Curious and don’t know how to play?
The group will teach you! Everyone is welcome to attend.

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

Card & Games Schedule

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<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>Hand &amp; Foot</td>
<td>Cribbage</td>
<td>Scrabble</td>
<td>Pinochle</td>
<td>Mahjong</td>
</tr>
<tr>
<td>1:00-4:00pm</td>
<td>(2nd Tues. Only)</td>
<td>1:00-3:00pm</td>
<td>1:00-4:00pm</td>
<td>12:30-3:30pm</td>
</tr>
<tr>
<td>Mahjong</td>
<td>Euchre</td>
<td>Hand &amp; Foot</td>
<td>Game Time; 3pm (1 &amp; 3 Thursday)</td>
<td>Euchre</td>
</tr>
<tr>
<td>12:30-3:30pm</td>
<td>5:00-7:00pm</td>
<td>12:30-3:30pm</td>
<td></td>
<td>1:00-4:00pm</td>
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</tbody>
</table>

For information call
Rosemary Sager
(812)390-7665

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.

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

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

Game Time
1st & 3rd Thursday of each month
3:00pm; FREE

Masks MUST be worn at all times while playing.

Cards & Games are free for MRC members. Day passes can be purchased for non-members.
Fridays, Nov. 19 & Dec. 17  
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.

Join Shannon on a program trip to the Historic Artcraft Theatre in Franklin, IN for a Free Senior Movie. The movie begins at 1:30. Van leaves at 12:20pm. Fee: $5 for van trip, free movie, popcorn, & drink.

Thurs., Dec. 9  
It’s A Wonderful Life

Follow us on Facebook and visit our website for a variety of online classes.  
www.millracecenter.org
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:
NEW!! Each trip, including daytrips, will have a code(s) at the end of the description. Please pay close attention as these are part of safe travels during these ever changing times. These requirements are fluid and may change at any time. This is out of the hands of Mill Race Center and you accept the risks by signing up for a trip. Municipalities and venues may change their requirements at any time and Mill Race Center will try their best to accommodate but cannot guarantee refunds or modifications if you are not vaccinated. Insurance is highly recommended where available.

V= must be fully vaccinated and bring proof
MR= masks required to be worn properly when requested
R= refund available up to 3 days before departure
NR= no refunds issued, must use insurance or replacement
I= insurance available, ask when signing up

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

The Christmas Trip is here! Space Still Available!
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 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 hotels, transportation, 4 breakfasts, 2 dinners. (NR/MR/I)

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. (NR/MR/I)

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. (NR/MR/I)
**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 Mo- riah 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 for single passenger. Travel Insurance available and recommended. (NR/MR/I)

**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! Get on the list at this amazing price! (NR/V/MR/I)

**It’s Another Mystery Trip! August 14-19, 2022**
August 14-19, 2022. 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. (NR/MR/I)

**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 Faneull 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! (NR/MR/I)

**Travel Shows are back!!**
**Thursday, November 18 11:00am; Free**
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.

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

**Hollywood Casino**
Wed., Nov., 10
Leave MRC at 9am return at 4pm. Must bring State ID Card or Driver’s License. Call 812-376-9241 to reserve your spot! (R)
**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.

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**Uptown Café in Indianapolis**  
**Friday, November 12**

A quaint café offering homemade breakfast and lunch menu. Even the catsup and mustard are made from scratch! Disclaimer: Owned and operated by Edie’s family. Leave MRC at 10:30 return at 2pm. $10 transportation only. (R)

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**Gray’s Cafeteria**  
**Wednesday, November 17**

Lunch on your own at this traditional and popular cafeteria. Leave MRC at 10:30am return at 2pm. $10m/ $12nm (R)

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**Shapiro’s and Jingle Rails!**  
**Wednesday, December 8th**

Leave MRC at 10am return at 4pm. $20 includes transportation and admission to the amazing Jingle Rails exhibit at the Eiteljorg museum in Indianapolis. Lunch is on your own at Shapiro’s Delicatessen. An annual favorite! (R/MR)

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**ISO Yuletide Celebration**  
**Featuring Sandy Patty!**  
**Friday, December 10**

Enjoy this Holiday show with all your favorite songs and traditions including the Dancing Santas! Leave MRC at 10:45am return at 5pm $90 per person member/ $100 non-member includes, van transportation and show ticket. Stop at Cheddars Scratch Kitchen in Greenwood for lunch on your own before the show! Must reserve by November 15 to get main floor seating. After Nov 15 best seating available or price may change. (NR/V/MR)

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**Transportation to the Indianapolis Symphony Coffee Pops Series!**  
**(V/R/MR)**

**Fridays: 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! Please pre-register for bus seating accommodation.

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**Derby Dinner**

**Derby Dinner Theater Proudly Presents: A Christmas Story!**  
**Thursday, December 16**

A Christmas Story! The classic holiday story about a boy and his quest for a bb gun from Santa. Thursday, December 16th 10:30-4:30. $69 members, $79 nonmembers includes lunch, show and transportation. Adult beverages, dessert and tipping not included. (NR/MR)

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**Carmel Christkindle Market!**  
**Friday, December 17 & Wednesday December 22**

Voted the best German Style Holiday market in the USA. Join us for a day of hot cocoa, ice skating, delicious food, mulled wine and beer and the sights and scents of the season. Stalls feature traditional handmade toys and gifts. $20 transportation only. Leave MRC at 11am return at 5pm. (R)
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. Call or email Ed for more details about the hiking group!

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

Christmas Music with The Perry’s
Tues. Dec. 14 at 12:30pm
Free
Get in the holiday spirit with some wonderful Christmas music with Herb & Maryjane Perry and join in on a sing along too.

Congratulations to Donna Richardson for being selected the 2021 Joan Pearcy Senior Citizen of the Year!

Thank you Donna for all you do for our community and Mill Race Center!

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

**Armchair Travel**

**Aerial America**

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

**Arizona**

Nov. 15 at 1:30 & 3:00 pm
Explore Arizona’s remarkable history and its awe-inspiring landscapes, spectacular sunsets, and infamous gunfights.

**Montana**

Nov. 29 at 1:30 & 3:00 pm
Montana: Big skies, big adventure, and big spirits.

**Ohio**

Dec. 20 at 1:30 & 3:00 pm
Take flight over the Buckeye State and witness centuries of American history etched in its soil.

**Broadway Series**

Call MRC to register for each viewing.

**Take Me Out to the Ball Game**

Nov. 19 & 24 at 1:00pm (1949) Despite being key players for the Wolves, baseball players Dennis Ryan (Frank Sinatra) and Eddie O’Brien (Gene Kelly) harbor a passion for vaudeville. When a local gambler (Edward Arnold) puts a lot of money on the Wolves to lose a big game, he tries to win the bet by offering Eddie the lead role in a newly produced show.

**An American in Paris**

Dec. 17 & 22 at 1:00pm (1951) Jerry Mulligan (Gene Kelly) is an American ex-GI who stays in post-war Paris to become a painter, and falls for the gamine charms of Lise Bouvier (Leslie Caron). However, his paintings come to the attention of Milo Roberts, a rich American heiress, who is interested in more than just art.

**Food Labeling: What’s in there, anyway?**

Monday, December 13 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.

**Fall Prevention Class**

Tuesday, November 30
11:00AM; FREE
Many older adults experience concerns about falling and limit their activity. Join Shelby Eggers to learn ways to prevent falls and participate in light exercise to help improve your strength and balance.

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The Alzheimer’s Association is looking for individuals to share their thoughts, knowledge and experience around Alzheimer’s and dementia and need the community’s help to ensure we are providing the right resources for the public and families. Feel free to reach directly to Reilly Huelsmann, Program Manager, Alzheimer’s Association, Greater Indiana Chapter, 317-587-2207, rhuelsmann@alz.org

**Environmenta**

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!
Resource Coordinator
Samantha Edwards

Thank you so much to everyone who has given to our annual campaign! We are so thankful for our dedicated members and donors. This year we are fighting to raise money for scholarships to increase our reach in the Columbus community. We have the tools to fight the effects of COVID-19 and hope to continue to do so for all seniors in Bartholomew county. You can still help us by donating online or stopping by the business office. Thank you!

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.

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!

Mill Race Center is available on Saturdays in 2022 & 2023 for weddings and receptions. Help us spread the word about this beautiful space for weddings and receptions.
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!
## 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
- **12:30 Mahjong** LO
- **12:30 Lasting Impressions** MP1
- **1:00 Hand & Foot** (see pg. 24)
- **1:00 Drum Practice** CR
- **1:30 & 3 Aerial America** AR
- **2:00 Movies (2 & 4 Fri.)** (see pg. 24)
- **5-7 Ballroom Dancing** MP2

### Tuesday
- **Open Billiards** BL
- **Open Jig Saw Puzzle Table** LOB
- **8-10 Breakfast ($)** LOB
- **10:00 Tai Chi ($)** MP1
- **Coloring Café (2nd Tues.)** AR
- **Widows Support Group (4th Tues.)** AR
- **10:30 Bible Study** CR
- **12:00 Cribbage (2nd Tues.)** CR
- **1:00 Woodshop** WS
- **1:00 Wii Games** LO
- **1:30 Embroidery Guild (3rd Tues.)** AR
- **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 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** LO
- **1:00 Reader’s Theater** CR
- **1:00 Bid Euchre** 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 Woodshop** WS
- **1:00 Woodcarving** CL
- **2:00 Body in Motion** AR
- **3:00 Game Time (pg. 18)** LO
- **3:00 Craft Classes (pg. 8)** 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 (see pg. 19)** CL
- **10:00 Line Dancing** MP2
- **12:30 Mahjong** AR
- **1:00 Euchre** MP2
- **1:00 SCS Investment Class (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

### ACTIVITY HIGHLIGHTS
- **November 4**
  - Birthday Party, 1:00pm
- **November 7**
  - SAGE Table, 11:00am
- **November 8**
  - The Starling Movie, 2:00 & 4:30pm
- **November 9**
  - TED Talks, 1:30pm
- **November 12**
  - Travel Show, 11:00am
- **November 12**
  - Afternoon for Arts, 2:00pm
- **November 16**
  - Pull Tabs, 1:00pm
- **November 19**
  - Total Brain Health Workouts, 9:30am
  - Come Eat Together, 11:00am
  - Broadway Movie, 1:00pm
- **November 22**
  - Respect Movie, 2:00 & 4:30pm
- **November 24**
  - Broadway Movie, 1:00pm

### MRC Closed Nov. 25 & 26

- **December 2**
  - Birthday Party, 1:00pm
- **December 6**
  - Holiday Bazzaar, 9am-3pm
- **December 8**
  - Readers Theater Show, 1:00pm
- **December 9**
  - Artcraft Theater Movie, 12:20pm
- **December 10, 11, & 12**
  - Lasting Impressions Show
- **December 13**
  - Christmas Movie, 2:00 & 4:30pm
- **December 14**
  - Music with The Perry’s, 12:30pm
  - TED Talks, 1:30pm
- **December 15**
  - Mingle & Jingle, 12:00pm
- **December 17**
  - Total Brain Health Workouts, 9:30am
  - Broadway Movie, 1:00pm
- **December 22**
  - Come Eat Together, 11:30am
  - Broadway Movie, 1:00pm
- **December 27**
  - Jungle Cruise Movie, 2:00 & 4:30pm

**MRC Closed Dec. 23, 24, 30 & 31**
CURRENT RESIDENT OR