



Santa's Retirement Party



NEW

By: The Lasting Impressions

Friday, December 10th at 6:00pm
Saturday, December 11th at 6:00pm
Sunday, December 12th at 1:00pm

Buffet Dinner by: Sadie's Catering
Tickets are \$25.00 each

Tickets are available at Mill Race Center
or from Cast Members.

100 MILE CHALLENGE

FREE!

NEW

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.

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.

NEW



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

From Your Executive Director

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

Follow Mill Race Center
on Facebook.



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

Go online at millracecenter.org, or
Text "millracecenter" To (833)735-8150, or
Drop off a check or cash to the office.

All programs and events listed in the newsletter are for **members only** unless it is stated otherwise. Call the Business Office at (812) 376-9241 or visit our website to become a Mill Race Center member. Membership is \$80 a year. We have a six month memberships, and offer a monthly payment option. CRH Fitness Center membership is separate and purchased with Parks & Rec. Dept.

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Mill Race Center Staff

812-376-9241

Debbie Bray, Administrative Assistant, x 222

Rebecca Cutsinger, Receptionist, x 218

Samantha Edwards, Resource Coordinator, x208

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



**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



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



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.**

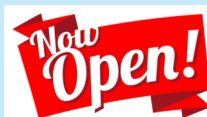
Spends just like cash at MRC!

(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.**

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.

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.



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.

VOLUNTEER



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!

NEW



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.

COLORING



CAFÉ



**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)



Free Doodle Class

**2nd & 4th Tuesday at 3pm
See page 14**

How to DOODLE

**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.



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



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.**

**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.



**Follow Mill Race Center
on Facebook.**



**Find us 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.

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.

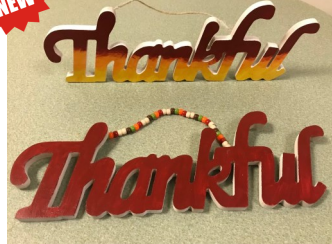
Thankful Sign

Thurs., Nov. 18 at 3:00pm

Cost: \$5

We will paint and embellish this cute wooden thankful sign. An easy project to complete.

NEW



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.

NEW



NEW

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.

NEW DATE!

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.



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.

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!

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.

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, January 27**.
Early bird starting at 4:00PM.



Pull-Tab Tuesdays

First & Third Tuesday of each month in the lounge.
Starts November 16 at 1:00PM

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

DON'T MISS OUT!

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

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

Tia 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.**



Spiritual

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

Senior Volleyball

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

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



Senior Bowling

Tuesdays at 1:00pm

Columbus Bowling Center

Information: Joan Winkle, 812-350-9452

Glenna Phelps, 812-390-9234



Pickleball



FREE!



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



Wednesday Evenings - 5:30-8:00pm



Friday Afternoons - 12:30-1:30pm 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

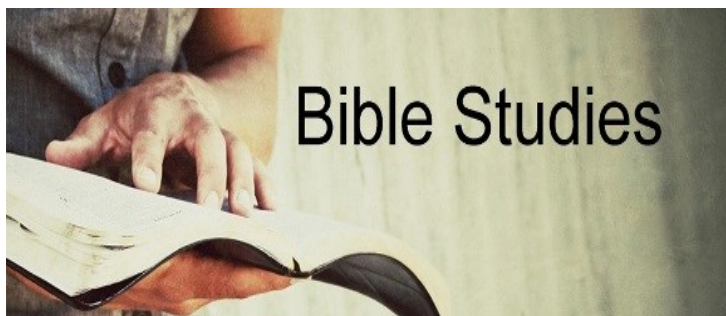
Sophea's Asian Restaurant

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!



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.



Find us 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)

**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



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



**Quarterly
Reading
Challenge**

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



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!

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.



SAHAJA MEDITATION

Every Wednesday at 6:00pm for Beginner

FREE; Held at MRC

FREE!

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



FREE!

Bodies In Motion

Afternoon Class

Tues. & Thurs. at 2:00pm

Call to register



Golden Girls

Fourth Tuesday of each Month at 10:00am

FREE!

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

NEW

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



MILL RACE CENTER

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!

Eight Dimensions of Wellness

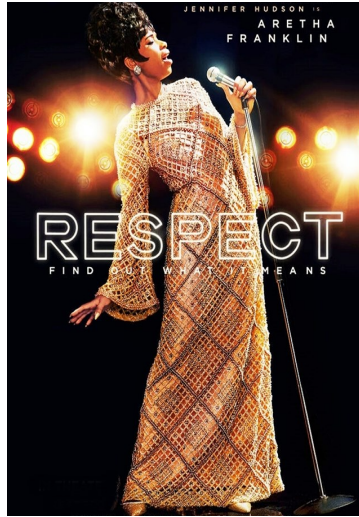
FREE MOVIE SHOWINGS at MRC!

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



November 8
The Starling

PG
13



November 22
Respect

PG
13



December 13
A Boy Called
Christmas

PG



December 27
The Jungle Cruise

PG
13

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

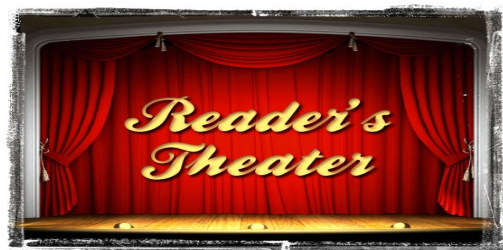
It is also being dedicated to the Memory of Donald Smith, A Navy Veteran. Donald was a 5 year member of The Lasting Impressions who died in March 2021. *The Evening Star Quilt Guild will also be giving away quilts to Veterans. Register for a quilt in the office.*

Veterans are FREE

MRC members: \$5 Non-members \$10
Call the office to make your reservations

AFTERNOON OF LAUGHTER READERS THEATER

FREE!



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.

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 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

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*

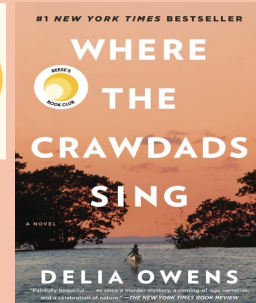
Tuesdays Nov. 16-Dec. 21 (6 weeks); 11am in the lounge

Cost: \$18 (Covers Cost of Book & Snack) (\$7 if you have the book)

**NEW
DATE!**

**book
club**

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

Starts at 2:00pm
FREE



Cookies & Drinks Served

Limited seating so call to make a reservation.

NEW

Friday, November 12

FREE!

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.

GREAT DECISIONS

Back In Person

March 24-May 26

6:30-8:00pm

Registration required with the MRC business office.

(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.



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.

**STOP BY THE MRC BUSINESS OFFICE
TO RESERVE YOUR SEAT.**



100 MILE CHALLENGE
MILL RACE CENTER

Congratulations!

Spring/Summer 500 Miles Medal Winners:

Sonnie Brock, Jan Bunner, **John Bunner***, Pam Calvin, Candace Carr, **Jamie Champlin****, **Mike Champlin***, Linda Chui, Kathryn Clark, **Clifford Cressey***, Barb Donathen, **Al Ford***, **Jeanne Ford***, **Susie Johnson***, Nancy Kacedan, Bill Krieg, John McNab, Donna Miller, **Chris Price***, Donna Richardson, Greg Scherschel, Peggy Scherschel, Dennis Taylor, Nancy Taylor, Karyl Tormaehlen, **Marcia Whisman**, & Barb Willis.

***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!



Game Time

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



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



Intellectual

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



Cards & Games Schedule

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



Monday	Tuesday	Wednesday	Thursday	Friday
Hand & Foot 1:00-4:00pm Mahjong 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 Game Time; 3pm (1 & 3 Thursday)	Mahjong 12:30-3:30pm Euchre 1:00-4:00pm
<div> Cards & Games are free for MRC members. Day passes can be purchased for non-members. </div>				



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 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!



The Historic
ARTCRAFT
Theatre



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.



NEW

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

NEW

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

NEW

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 for single passenger. Travel Insurance available and recommended. (NR/MR/I)



DON'T MISS OUT!



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)

NEW



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! (NR/MR/I)

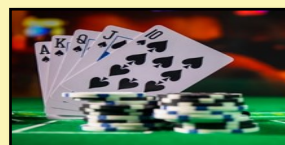
Travel Shows are back!!

Thursday, November 18

11:00am; Free

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!

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.

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)

Gray's Cafeteria

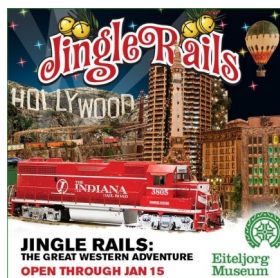
Wednesday, November 17

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

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)



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)



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)



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 hand-made toys and gifts. \$20 transportation only. Leave MRC at 11am return at 5pm. (R)

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.

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. Call or email Ed for more details about the hiking group!

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



Social

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

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 Percy Senior Citizen
of the Year!*

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

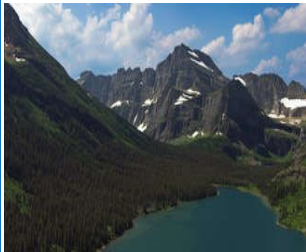


Armchair Travel Aerial America

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.

Call to MRC to register.

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



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!**

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.

PURDUE EXTENSION

NEW **FREE!**

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**



NEW **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.



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 is available on
 Saturdays in 2022 & 2023 for
 weddings and receptions. Help us
 spread the word about this beautiful
 space for weddings and receptions.



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.

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
12:30	Mahjong	LO
12:30	Lasting Impressions	MP1
1:00	Hand & Foot	MP2
1:00	Drum Practice	CR
1:30&3	Aerial America	AR
	(see pg. 24)	
2:00	Movies (2 & 4 Fri.)	AR
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 Grp	AR
	(4th 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	AR
	(3rd Tues.)	
1:30	Ted Talks (2nd Tues.)	CR
2:00	Body in Motion	MP2
3:00	How to Doodle	AR
	(2nd & 4th Tues.)	
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	MP1
	(1st Thurs.)	
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	CL
	(see pg. 19)	
10:00	Line Dancing	MP2
12:30	Mahjong	AR
1:00	Euchre	MP2
1:00	SCS Investment Class	CL
	(2nd Fri.)	
1:00	Broadway Series	CL
	(3rd Fri.)	
12:30	Lasting Impressions	MP1
12:30-3:30	Pickleball	MP2

Saturday


8:30-11:30	Pickleball	MP2
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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


November 4

Birthday Party, 1:00pm 


November

SAGE Table, 11:00am 


November 8

The Starling Movie, 2:00 & 4:30pm 


November 9

TED Talks, 1:30pm 

November 18

Travel Show, 11:00am 


November 11

 Veterans Show, 2:00pm

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 Bazaar, 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

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

Visit us at www.millracecenter.org.





Mill Race Center
900 Lindsey St.
Columbus, In 47201

PRESORTED STANDARD
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CURRENT RESIDENT OR