



GREAT DECISIONS



PREPARE TO DISCUSS THE WORLD.

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

Held in person at MRC or by Zoom
Fee: \$35 members/\$45 non-members

TOPICS for 2022

**Outer Space, Changing Demographics,
Climate Change, Russia and the U.S.,
Myanmar and ASEAN, Quad Alliance,
Drug Policy in Latin America, Industrial Policy,
& Biden's Agenda**



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.



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.



100 MILE CHALLENGE

The Fall/Winter Challenge ends March 31 and the winner will be announced April 1.

Winner will receive: a free MRC t-shirt, a free One Year Membership to MRC, and \$50 cash. Winner will be drawn on April 1, 2021.

SPRING/SUMMER Challenge

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

Visit our website to find a 100 Mile Challenge Log Sheet or pick one up at the MRC. Keep track of your miles from **April 1-Sept. 30 2021**. When you have reached 100 miles turn in your log sheet to the MRC business office. Once one log sheet is complete start a new one. All completed log sheets will be entered into a prize drawing. Medals for every 500 miles and prizes given to top millage participants. A drawing will pull overall winner for top prize of One Year Membership to MRC, \$50 Cash, and T-shirt.

KEEP MOVING!

**New huge listing
of Day Trips
See page 6**



Daytrips



From Your Executive Director

“Vocational Wellness – 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.” Vocational Wellness is one of the Eight Dimensions of Wellness that we target with our programs here at Mill Race Center. This is an interesting concept because it doesn’t always fit easily with the idea of retirement that is part of the Baby Boomer world view. The idea of leisure retirement is not reality for many people. Older adults are the fastest growing segment of the workforce. Some go back (or continue) to work out of economic necessity. Some choose to work because they feel that they still have much to offer and enjoy the satisfaction of a job well done. Still others enjoy the social aspect of work and understand the dangers of isolation.



A very large group of people continue to work without pay. Some are part of the vast army of volunteers who help this community function. The contribution of this group is often overlooked and undervalued. 31% of Baby Boomers volunteer on a regular basis. In 2018, 63 million Americans served about 8 billion hours to support communities. Voluntary service has a financial value to the economy of \$24.69 per hour, which is equivalent to \$297.5 billion per year. We see volunteers who offer their vital support to many non-profit organizations in Bartholomew County. Mill Race Center has nearly two hundred volunteers. We would not be able to offer many of our services without their contributions.

Nationally, 83% of the care for persons with Alzheimer’s or dementia is delivered by family, friends, and other unpaid caregivers. About one in three of these caregivers is over the age of 65. Many people fail to recognize the importance of this work.

If you are looking for opportunities to contribute your unique gifts, skills, and talents, please contact us or reach out to another not-for-profit agency. If you feel that you aren’t in the best physical condition to return to work, join your friends for some of the fitness activities that we offer. Mill Race Center is the place to find ways to “remain active, involved, and productive.”

Be well.

Dan Mustard
Executive Director

Follow Mill Race Center
on Facebook.



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.

To register for any programs or trips in the newsletter call MRC at **(812)376-9241**. If you get a recording that means we are on the line helping someone else. Press #1 to leave a message and Becky will return your call shortly.

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

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

Mill Race Center Staff

812-376-9241

Debbie Bray, Administrative Assistant, x 222

Linda Clark, Office Assistant,

Rebecca Cutsinger, Receptionist, x 218

Valerie Carmichael, Aging Well Coordinator, x210

Charlie Harsh, Facilities Assistant, x 216

Dan Mustard, Executive Director, x 211

Roy Pruett, Facilities Manager, x 225

Edie Smith, Travel Coordinator, x 215

Jane Smith, Program Assistant

Shannon Truman, Operations & Programs Director, x 220

Jeff Voyles, Senior Products, x 228

Harold Yerges, Van Driver



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



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

Wedding photography courtesy of jackiesantanaphotography.com





Providing much more than a meal!

Nutritious Meal - Nutrition is necessary for health, functionality and the ability to remain independent.

Friendly Visit - For many seniors, the trusted Meals on Wheels volunteer, or staff member who shows up every day with a hot meal and a warm smile is the only person they see or speak with all day.

Safety Check - The safety check that accompanies each meal delivery ensures that, in the case of an emergency or problem, medics will be called and families will be notified.

Cost: \$6.30 for hot lunch
\$10.50 for Hot lunch and cold sack supper

**Call Mill Race Center to register
at (812) 376-9241.**

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



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.

Happy Helping Hands

Thursdays - 10:00-11:30am

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

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: Craig Lowery, 812-603-4172

**Quarterly
Reading
Challenge**

**NEW Quarterly
Reading Challenge!**

See Page 16 for details!

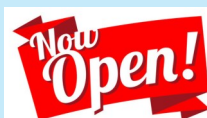
**Free Little Library
Take a Book Return a Book**



Built & Donated
By: Ed Niespodziani



Check out Total Brain
Health Classes and
opportunities on page 19.



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

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.

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 8:00am and usually finish at 10:30am. 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.

MRC Vans Detailed

We can always use help making sure our vans that we drive for trips are cleaned inside and out. Interested in volunteering to do that stop by the office.

Volunteer to Teach a Class

Share your passion and volunteer to teach a class. It is a great way to work on your vocational and social wellness.



Bingo Volunteers

We need volunteers to help with our evening bingo once a quarter.

Pull Tab Tuesday Volunteers

We need volunteers to help with our Pull Tab Tuesday's to sell pull tabs and prepare lunch.

Ambassador Meetings

Informational ambassador meetings will be held the first week that the each newsletter comes out. A morning and afternoon time are both listed please attend the one that works best for you. Interested in becoming a volunteer ambassador feel free to attend a meeting and get plugged in.

Tuesday, March 8 at 3:00PM

Wednesday, March 9 at 9:30AM



Have you recently joined or are you interested in learning more about what Mill Race Center has to offer? 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.**

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**.



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.

Daytrips

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 after final payment
T = Testing may be required

Garfield Park Conservatory Tuesday, March 8

Let's get out of the cold! Garfield Park Conservatory is a tropical oasis in Indy! We will stop for lunch at a fun location then spend the afternoon enjoying the flora and fauna. Leave MRC at 10:30 return at 3:30. \$15m/\$20nm transportation and admission. Lunch on your own. R/MR



Derby Dinner Theater, Kinky Boots Friday, April 1



This musical is for mature audiences and contains mild adult content. Leave Mill Race Center at 4:30pm return at 11:30pm. Includes transportation, buffet dinner, coffee or tea and show. Dessert, adult beverages/sodas and tipping not included. \$68m/\$78 non-members.

Madison, Indiana Daytrip Thursday, April 14

Beautiful charm awaits in this historic town on the Ohio. Stroll the riverfront or shop the many stores and wineries. Leave MRC at 9am return at 4pm. \$20m/\$25/nm transportation. Lunch on your own. (R)



The Willard and Johnson County Museum Tuesday, April 19

Lunch at the historic Willard tavern then time to explore the history of Johnson County at the museum. Leave MRC at 10:30am return approx. 3:30pm. Includes transportation and admission. Lunch on your own. \$15m/\$20nm (R)



Indiana State Museum Wednesday, April 27



Explore Hoosier History in this stunning museum. Lunch available in the Farmers Market Café on site. Check with office for departure times. Admission and transportation included. \$35m/\$40nm (NR/MR)

Lunch at the Kopper Kettle in Morristown Wednesday, May 4

This is always popular! The Special on Wednesdays is the 3 piece fried chicken dinner with all of the fixen's including dessert! Groups must all order the special so only reserve if you are into Amazing fried chicken, tossed salad, mashed potatoes, rolls and green beans! Lunch, beverage, tip and transportation included at \$35m/\$40nm. Other food items may be purchased at a cart at your own expense. (R)



MILL RACE CENTER ON THE GO

NEW

FREE!

**March 15 & April 12 at 2:30PM
At All Saints Apartments**

Interested in volunteering?
Join Valerie with MRC On The Go activities.
Call Valerie at 376-9241 *210.



Volunteer to help stuff eggs for the annual community Easter Egg Hunt. All eggs and candy provided we just need helping hands.

**Tuesday, April 12
9:00AM**



We are looking for an individual to instruct a photography class. If your interested please contact Shannon at MRC at shannon@millracecenter.org.



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 Sewing

8:00am-12:30pm



Do you like to sew or quilt? Would you like to learn? Join us each Monday! 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.



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.



Tuesday Evening Sewing Group

Every Tuesday evening from 5:00-7:00pm in the art room.



NEW



create

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

Shamrock Button

Thurs., March 10 at 3pm
Cost: \$12

Join us for this new unique crafting class. You'll leave with a beautiful framed shamrock creation to brighten up your home this spring. All supplies included.



Shrink Art with Grandchildren

Wed., March 16th, at 2:00pm

Fee: \$2 per sheet/ per person

A fun spring break class with your grand children. Make your own unique creation. Ages 5 and up. **All members can take**

this class if interested we will have adult samples too.



Spring Chick Candle Holders

Tues., March 29 at 3:00pm

Cost: \$5 per person

What a unique and easy project for Easter. Each person will make a set of two whimsy chicks. All supplies included for this fun class.



Foam Chick & Bunny

Thurs., April 7 at 3pm

Cost: \$5 for 2

Spring is in the air. We will be transforming a foam block into these adorable spring chick and bunny. Make one of each or two of a kind.



Flower Pop Up Card

Tues., April 26 at 3pm

Cost: \$2

Make a beautiful flower cards that blooms! Brighten someone's day with this colorful creation. We will fold, cut and glue to make beautiful flowers. Will make 2 cards, but more can be made if time allows.



Ceramics Class

Tues., March 8 from 10:00am-1:00pm

Tues., April 5 from 10:00am-Noon

Cost: \$10-\$30 a project

Join MRC member Paula Compton as she leads a new monthly ceramics class. There will be a variety of items all in the same price range to select. Projects will change monthly and so will cost due to size of the pieces. Check with the office on ceramic samples for each month.



Art Class

Wednesdays from 10:00am-12:30pm

Watercolors, oils, acrylic, pastels. No previous art experience required.

Beginners: no supplies needed for your first visit. Holly will get you started on a project and advise on needed supplies. **FREE for MRC members.** For more information contact: Holly Melillo at 812-342-9650.



Crafty Fingers

Wednesdays from 10:00-11:30am

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.





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

FREE!



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

Come and give it a try!

Instructor: Carla Willis

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

Sponsored by: Forefront Dermatology



Line Dance

FREE!



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) No Dance on 4/28 due to Bingo	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.



FREE!

Quarterly Reading Challenge

NEW

FREE!

NEW Quarterly Reading Challenge!
 See Page 16 for details!

A great way to work on your Intellectual Wellness!



FREE!

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

Karen Burbrink at 812-342-4825 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.



FREE!

Birthday Party

Once a newsletter we will celebrate birthdays 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.

March & April Birthdays

March 24 at 12:30pm

MILL RACE CENTER
100
MILE
CHALLENGE

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

Tai Chi/Qigong

Offering Classes on Tuesday & Thursday

Instructor: Paula Howard

10:00am - Ongoing class for those with some practice in Tai Chi. Monthly Cost: \$45 members/\$50 non-members

11:00am - Beginner Class
Monthly Cost: \$45 members/\$60 non-members (minimum 3 students)

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.**

FREE!

April 5 - 11:00AM - Free introduction to Tai Chi for beginners.



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
- 1:30-3:30pm Open Play**



Saturday Mornings - 8:30-11:30am

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.



El Napal (new location on 31)

Monday, March 21
Meet there at 11:00am

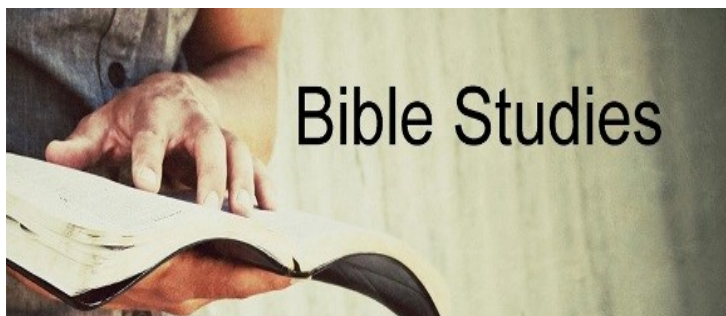
Arni's Restaurant

Thursday, April 14
Meet there at 11:00am



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

www.millracecenter.org



Morning Bible Study

Tuesday mornings 10:30-11:30am

In the Classroom; **Free**

Information: Virginia Houser, 812-579-5132

March: Bert Zimmerman

April: Ed Boston, Radio Ministry

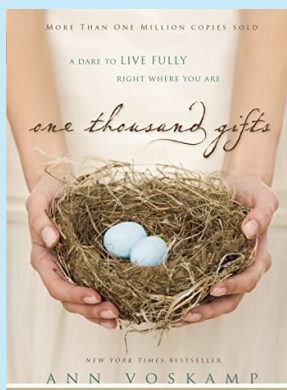


Evening Bible Study

Wednesdays: 3:30-5:30pm

One Thousand Gifts

The study "encourages participants to take on the life-changing discipline of journaling God's gifts – to really look at life and find the good in it. Lead by Valerie Carmichael. Sign up in the business office or call the MRC business office.



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 Blizard at 812-603-8854 or email at nblizard@comcast.net or Jeff Rauch at 812-342-0198.



TED Talks

2nd Tuesday of each month

Meeting at 1:30pm in Classroom

Facilitators: Ed & Terri DeVoe



March 8 at 1:00pm



How To Tame Your Wandering Mind

By: Amishi Jha

Amishi Jha studies how we pay attention: the process by which our brain decides what's important out of the constant stream of information it receives. Both external distractions (like stress) and internal ones (like mind-wandering) diminish our attention's power, Jha says but some simple techniques can boost it. "Pay attention to your attention," Jha says.

April 12 at 1:00pm



How To Revive Your Belief In Democracy

By: Eric Liu

Civic evangelist Eric Liu shares a powerful way to rekindle the spirit of citizenship and the belief that democracy still works. Join him for a trip to "Civic Saturday" and learn more about how making civic engagement a weekly habit can help build communities based on shared values and a path to belonging.

Stay for Tuesday Tea after Ted Talks!



Tuesday Tea



at 3:00pm in the lounge

March 8 & April 12

FREE



Meeting the second Tuesday each month in the lounge. Enjoy some delicious tea and fellowship with other members. Tea and mugs provided.



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



Woodworking Workshop

NEW

NEW ShelfEsteem Class held with Ed Niespodziani first week of April.
See page 17 for details.

**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!

SAHAJA MEDITATION

NEW Learn How to Quiet the Mind and Open the Heart

Thursdays at 6-7:00pm for Beginners

April 7-28 (4 week mediation course)

FREE; Held at MRC

New 4 week class on NEW day of the week. 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



**Columbus
CONVERSATIONS**



An educational discussion program with Mill Race Center and IUPUC coming back in June.



**TOTAL
BRAIN
HEALTH**

Join us for a monthly brain workout. See page 19 for details.

GAME TIME

Every Thursday

1:00pm; 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 game to introduce to others. (Including: Sequence, Rummikub, Skip-Bo, Uno, Connect Four, Tenzi, Sorry, Clue, Dominoes, and much more)



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.



The Lasting Impressions



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

Practice: Monday & Friday

12:30-3:30pm (MP1)

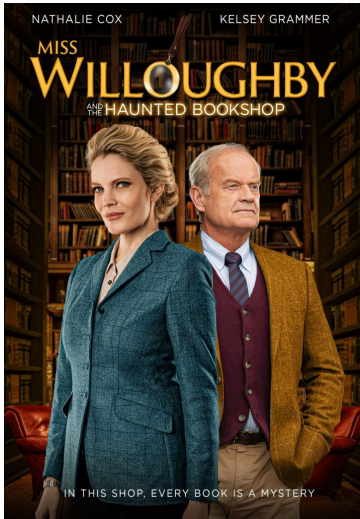
Information contact: Donna Browne, (812)376-6612.

JOIN THE GROUP!

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.



March 14

**Miss Willoughby & the
Haunted Bookshop**

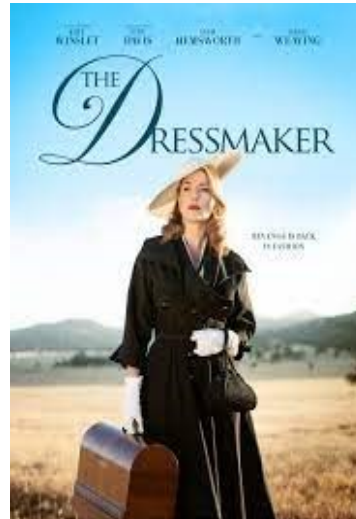
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March 28

**American
Underdog**

PG



April 11

The Dressmaker

R



April 25

**The King's
Daughter**

PG



Exciting News



Evening BINGO

Thursday, April 28

Early bird starting at 4:00PM

BINGO is Back! We will have a regular Bingo every quarter this year. Pay outs are larger and we'll have door prizes at each session. Pull Tabs will be on sale at the Bingo Night as well as two Tuesdays a month. Food, snacks and drinks as always will be available to purchase. Game starts at 5:00pm with doors open at 4:00pm so come out and Support Mill Race Center! Please call Mill Race with any questions you may have.



Pull-Tab Tuesdays

First & Third Tuesday - In the lounge at 1:00PM

If you enjoy playing pull-tabs games come visit MRC twice a month in the lounge. Our volunteers will be selling Pull-Tabs and homemade lunch. Lunch is first come first serve until we run out. It is a wonderful chance to visit and socialize with friends.

LUNCH MENU

March 1 - Taco Bake

March 15 - Cheeseburger Soup

April 5 - Ham & White Beans

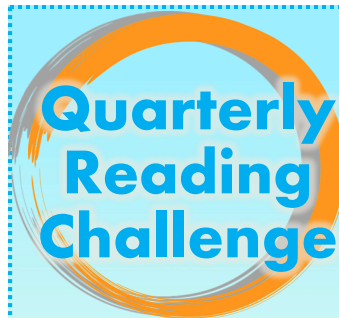
April 19 - Meat Loaf & Mashed Potatoes

Swedish Paper Cutting

Thursday, March 31; 1:00PM

\$5 for class

Make beautiful cards, items for grandchildren, or decorative pictures with this unique style of paper cutting. Class will also include calligraphy by tracing or learning how to do it. All supplies included. Class will be taught by MRC member Pat Dodge.



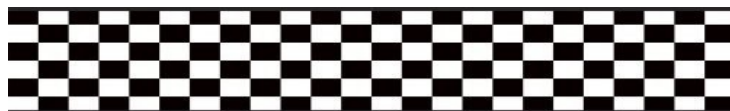
Join Us!

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

It will run from **March 1-May 31**. Reading slips will be available at MRC. Fill out the slip and turn it into the office for every book you have read during this quarter March 1.

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.



The Lasting Impressions

Present:

Off To The Races & Other Places

The Lasting Impressions

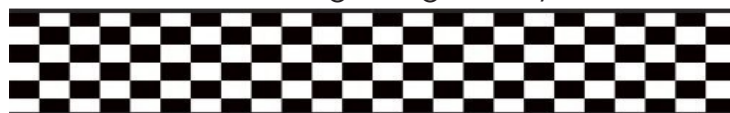


MILL RACE CENTER

Friday, May 20

Sunday, May 22

Tickets sold in the MRC business office beginning in May.



LUNCH & LAUGHTER READERS THEATER

NEW

Back With Lunch!



April 6th at Noon

Lunch: \$8 members

\$12 non-members

Make reservations at the MRC business office. **Required Registration by March 30.**

Doors open at 11:45am

SPONSORED BY:



Walk 'n' Roll **NEW** **FREE!**

Every Wednesday at 11:00am

Starting March 16 (not meeting 4/6)

Join Valerie as she leads a walking class indoors! We will walk in place adding easy steps and arm movements as we listen to fun music. Each class will include themed music from the 50's, 70's, 80's and Country (just to name a few). This class will help get you moving to the beat as you work your entire body. The class will Walk 'n' Roll to 30 minutes of upbeat music followed by 5-10 minutes of cool down time with some stretching. No rhythm is required!



Goals Class **FREE!** **NEW**

Fri., March 25 9:30am

Or Mon., April 5 at 1:30pm

How are you doing with the goals you set in January? Do you need to revisit and refocus? Sometimes all we need is a little encouragement to get us motivated again. Join Valerie as she walks through some basic goal setting techniques and how you can use Mill Race Center to set and reach your goals using the 8 Dimensions of Wellness. We will strive for Progress not Perfection as we re-evaluate where we are and where we'd like to go.

NEW BREAKFAST CLUB

Monday, April 25; 9:30-11AM

Cost: \$8 Registration Required

Join us for a delicious and socially engaging breakfast.

We are partnering with **GreenTree At Westwood**.

Registration required in business office to plan for food.



**GREENTREE
AT WESTWOOD**
By Discovery Senior Living

Woodworking Workshop

ShelfEsteem Class **NEW**

April 4-8

Meeting Friday, April 1 to discuss your project and get materials.

This is a one week instructional class held in the woodshop with Ed Niespodziani focusing on building shelves for a variety of purposes. Ed will guide your through the process and explain it step by step.

Examples will be on display early March. No experience necessary. Register in the business office.

Breathing Room **FREE!** **NEW**

Thursdays, May 5-26

11:00am

Life is busy. Oftentimes we forget to set some time aside to relax. It is estimated that we make 35,000 decisions a day! Some of those decisions are more stressful than others, but at the end of the day, we need to find a way to give our mind and body a break. At the Breathing Room, we will explore ways to relax. Using mindfulness exercises, breathing techniques, reflexology work and the exploration of essential oils we will find All you need to bring with you is a mind and body that's ready to unwind. Join Valerie for this new beneficial class!

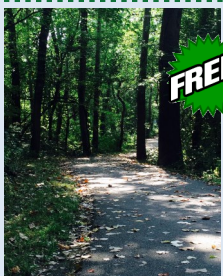


FREE!

Walk in the Park

Begins April 13

Join us every Wednesday morning (weather permitting) at 9:30am meeting in lobby. Staff will attend when schedules allow.





The BCPL Bookmobile:



March 9 & 23
April 6 & 20
9:00-10:30am
Available out front of MRC.

Game Time
Every Thursday
of each month
1:00pm; **FREE**



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



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!



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



Tuesday, April 28
Early bird starts at 4:00PM

Follow Mill Race Center
on Facebook.



Cards & Games Schedule

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



Monday	Tuesday	Wednesday	Thursday	Friday
Hand & Foot 1:00-4:00pm (Starting at 2:00pm on 2/14/22) Mahjong NEW 12:30-3:30pm	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 NEW Game Time; 1:30pm	Mahjong 12:30-3:30pm Euchre 1:00-4:00pm
Cards & Games are free for MRC members. Day passes can be purchased for non-members.				

Eight Dimensions of Wellness



Fridays, March 18 & April 22

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. **Call to register for this free program.**

DON'T MISS OUT!



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



Thurs., March 24
HOOSIERS

Want to Volunteer?



Interested in volunteering?

Become a Meals on Wheels driver, Ambassador, teach a class and share your talents, help clean the MRC vans, be a driver, or help with Bingo.

TRAVEL WITH MILL RACE CENTER

2022 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 after final payment, must use insurance or replacement

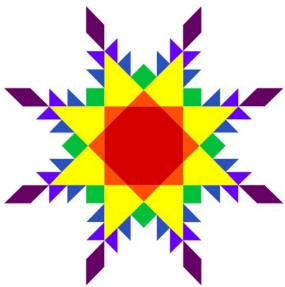
I= insurance available, ask when signing up

T = Testing may be required

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

Washington DC, April 20-26, 2022 (Only 8 spots left)

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 non-members. Travel insurance available and recommended. (NR/MR/I)



New Trip! May 23-25

Quilters and Fabric Fanatics, join me on a trip to Paducah, Kentucky! We will explore the National Quilt Museum with the largest collection of quilts in the world. We will also spend time at Hancock's of Paducah, a fabric lovers' heaven! Included in this trip: 2 breakfasts, accommodations at Drury Inn, 2 Kickback dinners, a visit to a collectable car museum, shops, fun and even a bit of gaming fun at Harrah's if you like! Quilting groups welcome! Double \$399/Single \$538. (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)





NEW

New Trip! Beautiful Vermont! July 10-16, 2022

Spectacular scenery awaits in the Hills of Vermont! Visit country stores, a 200 year-old maple syrup farm, Ben and Jerry's for a sweet treat and more. We will be stopping at a cider mill, taking a dinner cruise and seeing a unique outdoor museum full of antiquities and curiosities. A refreshing tour of Vermont in the summer. Price includes; motorcoach transportation, lodging, 6 breakfasts and 4 dinners plus admissions to listed sites. \$899 double/\$1258 single. (NR/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. Non-members add \$100. (NR/MR/I)

NEW



NEW

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

Filling Up Fast! 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. Non-members add \$100. Includes 6 breakfasts, 4 dinners, hotels, tours, motor coach transportation and more! Vaccines are required by the City of Boston. (V/NR/MR/I)

NEW TRIP! September 25-30, The Outer Banks of North Carolina!

Enjoy our beach front hotel as we explore the coastal area that inspired the Wright Brothers, movies such as Night's at Rodanthe and many a pirate movie! This trip includes lighthouses, wild horse tour, Kitty Hawk, maritime museums and a free day to enjoy the beach! Includes transportation, beach front hotel, 5 breakfasts, 3 dinners and much more for \$899 per person double/\$1198 single. (NR/I/MR)

NEW



NEW

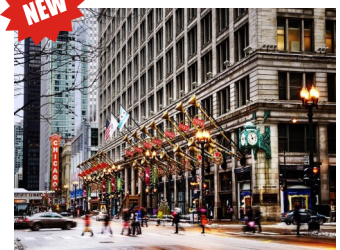
Trains and Trolley's of Northern Pennsylvania and Pittsburgh!

October 15-21, 2022. We will travel by motor coach to the Historic Train and Mining region of northern PA. You will get up close to mining cars, electric trolleys, steam engines and even ride the Stourbridge Line Train. Enjoy glassblowing exhibitions, a real miners village, museums and more. Pittsburgh tours include the Duquesne Incline, University of Pittsburgh Tower of Learning, Heinz Memorial Chapel, Falling Water, Flight 93 site, Phipps Botanical Gardens and so much more. \$1098 double, \$1378 single. Add \$100 non-members. (NR/MR/I)

Chicago Shopping Excursion!

November 14-18, 2022. Usher in the Holidays with a "Magnificent" trip to Chicago! We will have several opportunities to shop on the Magnificent Mile as well as Water Tower Place Mall but that's not all we are going to experience! Explore sea creatures at The Shedd Aquarium, lean out over the glass floor at the Observation Deck, if you dare, at the Skydeck, take a scenic cruise along the Chicago River. This trip even includes dinner in Greek Town, OPA! 4 breakfasts, and 4 dinners included plus an evening of Casino fun! All for \$945 per person double, \$1244 single. Vaccines are required by the City of Chicago. (V/NR/MR/I)

NEW



Overseas Trips

Discover British Landscapes September 11-20, 2022

NEW

Highlights include Edinburgh Castle, York, Wales, Stratford-upon-Avon and London. If you love all things British and want an adventure seeing Hadrian's Wall, Tudor and Victorian houses, Picturesque villages and stunning landscapes this trip is for you. Extra days are available in Scotland and/or London to make this a complete dream come true. \$3999 per person double includes airfare. See brochure for more details. (V/I/MR/R with I only)

collette
celebrating 100 years of travel together



NEW

Sunny Portugal, November 5-14, 2022

Edie's Favorite! Filled with Breathtaking Scenery, History, Wine and Food, this adventure will take you from the seashore to the big city with loads of stops for wine tasting, local crafts including cork and tiles, an evening of Fado, the local music both haunting and mesmerizing and casual small towns where the locals walk the market and beaches as a daily ritual. If the Caribbean, California and Paris had a love child it would be Portugal! \$3149 per person double until April 29! Includes airfare (V/I/MR/NR without I)

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South Pacific Wonders October 5-19, 2022

NEW

This is the one some of you have been saving for your whole life! Australia and New Zealand! Includes Christchurch, Queenstown and Milford Sound. NZ. You will begin this awe-inspiring tour in the land made famous in the Lord of the Ring's Film Trilogy. View some of the most dazzling vistas on this earth. Play with Koala's and kangaroos plus other of the islands unique species at a wildlife preserve. Tour ancient forests and snowcapped mountains then head off to Australia to see the iconic Sydney Opera House, the Great Barrier Reef, a Crocodile nature cruise and so much more. The rich history of Australia will be showcased as you see modern cities but also visit a native indigenous tribe to see how life has changed for them through the ages. \$7449 per person double if signed up by March 31. Includes airfare (V/I/MR/R with I only)



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Travel Shows are back!!

Collette Travel Show!

Tuesday, March 29

11:00am; Free

Tuesday, March 29, 11am. Explore upcoming travels with Collette showcasing Fall 2022 trips: South Pacific Wonders, Sunny Portugal, British Landscapes and Alaska Northern Lights for February 2023. Please RSVP for this fun and informative Travel Presentation.

FREE!

collette
celebrating 100 years of travel together



Day Trips found on page 6.

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!

Monthly day hikes March thru December.

April or May - A 5 /6 day trip to Land Between the Lakes in Kentucky

Late August/Early September - A 2/3 week trip to the Ice Age Trail and the Apostle Islands in Wisconsin, the Painted Rocks and south shore of Lake Superior, Mackinaw Bridge and Island in Michigan.

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



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

Fridays: 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! If you need help getting a ticket(s), call us!

Please pre-register for bus seating accommodation.

*Time subject to change due to refreshment service resuming and/or performance runtime. Advance registration requested so we can keep you informed of any changes.



MRC Photo Contest
Pictures due by end of July
[5 categories](#)

Travel, Wildlife/Animals, Nature/Landscape,
Architecture, and Hometown Pride

Armchair Travel Aerial America

NEW

FREE!

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

Kentucky

March 7 at 1:30 & 3:00 pm

With its rich history and breathtaking beauty, Kentucky is a stunning, hard-won paradise, best viewed from high above.



Utah

March 21 at 1:30 & 3:00 pm
From the unearthly pinnacles of Arches National Park to the blinding white terrain of Bonneville Salt Flats, Utah has an alien beauty that you must see to believe.

The Dakotas

April 4 at 1:30 & 3:00 pm.
This lofty journey over North Dakota highlights the Roughrider State's grand beauty.



Wyoming

April 18 at 1:30 & 3:00 pm.
Soar over Wyoming and explore the fertile landscapes that first lured men like Jim Bridger out West in search of furs and game.

Call to MRC to register.

Broadway Series

Call MRC to register for each viewing.

NEW **FREE!**

On The Town

March 25 at 1:00pm

(1949) Three sailors find adventure (and love) in New York during their 24-hour shore leave. Don't miss songs like "New York New York" and Ann Miller's unbelievable tap number in "Prehistoric Man."



Easter Parade

April 22 at 1:00pm

(1948) When Don Hewes' (Fred Astaire) dancing partner goes solo, and Don declares that he can make the next dancer he sees a superstar. As he trains the inexperienced Hannah (Judy Garland), sparks fly.

PURDUE EXTENSION

Get WalkIn' Program

FREE!

Starts April 4; FREE

Want to improve your health...but short on time...and lack motivation? This **FREE**, email-based walking program has you covered. Sign up, walk, and get email support. To register go to: <https://bit.ly/35s2Fhhby> March 31. **Need help to register stop in the office and ask Becky!**

What's In Your Bag?

FREE! **NEW**

Tuesday, April 12; 1:30PM

Identity theft can happen to anyone, but there are some precautions you can take to reduce your risk. This interactive program will make you aware of how much personal information you carry with you every day, provide ways to help prevent or decrease your risk of having your identity stolen, and teach you the steps to take if your identity has been stolen. Register at MRC and class held at MRC.



FREE!

NEW

Walk 'n' Roll
See page 17



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.



MRC Store

Be sure to check out the amazing products our members are making and that are for sale in the MRC store in the business office.



How can I donate and help MRC?

1 of 3 Ways:

Go online at millracecenter.org
Text "millracecenter" To (833)735-8150
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.

amazon smile

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! 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 (4th Tues.)	AR
10:30	Bible Study	CR
12:00	Cribbage (2nd Tues.)	CR
1:00	Woodshop	WS
1:00	Wii Games	LO
1-3	Embroidery Guild (3rd Tues.)	AR
1:00	Ted Talks (2nd Tues.)	CR
2:00	Body in Motion	MP2
3:00	How to Doodle (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

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 (once a newsletter)	MP1
1:00	Woodshop	WS
1:00	Woodcarving	CL
2:00	Body in Motion	AR
3:00	Game Time	LO
3:00	Craft Classes (pg. 8)	AR
5-7	Ballroom Dancing	MP2
6-7	Meditation (p. 14)	AR

Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Body in Motion	MP2
9:30	Total Brain Workout (3rd Fri.)	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
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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.	




ACTIVITY HIGHLIGHTS


March 1

New Reading Challenge Starts
Lunch & Pull Tabs, 12:00pm


March 8

TED Talks, 1:00pm 
Tea, 3:00pm

March 7 & 21

Aerial America, 1:30 & 3:00pm 

March 8

Ceramics Class, 10:00am 


March 14

Movie, 2:00 & 4:30pm 

March 15

Lunch & Pull Tabs, 12:00pm

March 18

Total Brain Health, 9:30am 
Broadway Movie, 1:00pm

March 21

Come Eat Together; 11:30am

March 24

Birthday Party, 12:30pm
Arctcraft Theater Movie, 12:20pm
Great Decisions Starts, 6:30pm


March 28

Movie, 2:00 & 4:30pm 


April 1

New 100 Mile Challenge Starts 

April 4 & 18

Aerial America, 1:30 & 3:00pm 


April 5

Ceramics Class, 10:00am 
Free Tai Chi Class, 11:00am
Lunch & Pull Tabs, 12:00pm


April 6

Reader's Theater Lunch & Show, 12:00pm
Meditation Class Starts, 6:00pm

April 11 & 25

Movie, 2:00 & 4:30pm 

April 12

Easter Egg Stuffing, 9:00am 
TED Talks, 1:00pm
Tea, 3:00pm


April 14

Come Eat Together; 11:30am

April 15

Mill Race Center Closed for Good Friday


April 22

Total Brain Health, 9:30am 
Broadway Movie, 1:00pm

April 25

Breakfast Club, 9:30am 

April 28

BINGO, 4:00pm 

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

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