**AGING WELL!**

**MILL RACE CENTER**

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

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

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**National Senior Health & Fitness Day**

**Wednesday, May 31**

8:30-9:30AM  Body In Motion Class
9:30AM      NEW - Chair Zumba
9:30AM      Brain Health Walk In The Park
11:00AM   Walk’n’ Roll
11:30AM     TOPS meeting
3:00PM   Guest Speaker: Dr. John Winikates
4:00-5:30PM  Line Dancing
5:30-8:00PM  Pickleball

CRH Programs in the Lounge beginning at 9:00AM
Biodex/Balance Testing/Rehab PT Solutions,
Blood Pressure Screen, Audiology, WellConnect,
and Medication Management
Fitness Center Tours All Day

3:00PM Featuring
Dr. John Winikates
Neurologist retired from the CRH Neurology & Sleep Sciences
Practice speaking on brain health with a question and answer time.

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**100 MILE CHALLENGE**

**MILL RACE CENTER**

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. 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.

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**SPRING/SUMMER Challenge**

**MILL RACE CENTER**

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**Keep Moving!**

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**Age Well Challenge**

See page 16

Follow Mill Race Center on Facebook.

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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.

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**Other Partners Participating:**

- Silver Oaks Health Campus
- Griswold
- GreenTree at Westminster
Why Are People Working in the Lawn?

You may have noticed some signs of work happening in the south lawn, as well as flags going into the park and up the hill to our north. Those markers, (and the missing sod) are the first steps in completing “The Plot Project,” one of the four Miller Prize recipients for Exhibit Columbus. This work is part of a design by Chris Marcinkoski and Andy Moddrell, the principal architects for PORT, an architecture firm with offices in Chicago and Philadelphia. The goal of the project is to connect Mill Race Center with the surrounding environment by installing different plots of native grasses, with various plots of wildflowers interspersed. Mill Race Center, when viewed from overhead, is a curved building. The Plot Project continues this arc to the north and to the south with the different plots. There will be a few seating areas mixed in so that people can stroll the installation at their leisure.

When we were approached by Richard McCoy and Laura Garret from Landmark Columbus, the group that oversees Exhibit Columbus, I was struck by their passion for the work that they do, and for their excitement at the prospect of including MRC in this cycle of Exhibit Columbus. As we talked, it became clear that this would be a great way to raise awareness of the activities that happen here at the Center. Many of our members participated in stakeholder meetings with the designers, and in public presentations. This installation is part of a larger vision of connecting Mill Race Park and Mill Race Center to the downtown area. It is gratifying to know that other groups in Columbus recognize the importance of a Center that focuses on the health of older adults, and are willing to partner with us to help focus attention on this remarkable place.

We are so grateful to Mark Jones and Casey Ritz from Parks and Recreation, to Richard and Laura from Landmark Columbus, and to Chis and Andy from PORT for their work on this project. There is a poster in our lobby that gives more details about the project. I invite you to find out more about the project so that you can let others know what is happening here at Mill Race Center.

Dan Mustard
Executive Director

Due to increased credit card fees we now have to charge a 3% customer service charge anytime you use a credit card for any payment. We are sorry for the inconvenience.

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. A day pass is available for $10 a day. CRH Fitness Center membership is separate and purchased with Parks & Rec. Dept.

Mill Race Center will be closed on Monday, May 29 & Tuesday, July 4.

Follow Mill Race Center on Facebook.

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, x202
Amanda Coleman, Travel, x215
Rebecca Cutsinger, Receptionist, x 218
Valerie Carmichael, Aging Well Coordinator, x210
Charlie Harsh, Facilities Assistant, x 216
Jeff Jones, Van Driver
Dan Mustard, Executive Director, x 211
Roy Pruett, Facilities Manager, x 225
Tamara Quitko, Accounting Clerk, x207
Shannon Truman, Operations & Programs Director, x 220
Jeff Voyles, Senior Products, x 228

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

Wedding photography courtesy of jackiesantanaphotography.com

Eight Dimensions of Wellness
Physical, Vocational, Spiritual, Social, Intellectual, Emotional, Financial, and Environmental Wellness
Providing much more than a meal!

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

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

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

**Cost:** $6.30 for hot lunch  
$10.50 for Hot lunch and cold sack supper  
Call Mill Race Center to register at (812) 376-9241.

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.

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: Marjorie Betz

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 17 for details!

Free Little Library  
Take a Book  Return a Book

Built & Donated  
By: Ed Niespodziani

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.

Bartholomew County Assessor’s Office  
**Informational Meetings**  
**Tuesday, May 16**  
**1:00-3:00pm; FREE**  
Visit with your Bartholomew County Assessor, Ginny Whipple, for this information season on property taxes and to get your questions answered. Register in office.
VOLUNTEERS WANTED

NEWSLETTER ASSISTANTS
Needed to help assemble the newsletter for mailing. This is a great way to get connected and meet new people. 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.

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.

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 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.

Want to Volunteer?
Interested in volunteering? Become a Meals on Wheels driver, an Ambassador, teach a class and share your talents, help clean the MRC vans, or be a driver.

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

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, May 2 at 3:30PM
Wednesday, May 3 at 9:30AM

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 Breakfast
Fri., June 2
9:30am in the lounge

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.

Follow Mill Race Center on Facebook.

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.
Walk ‘n’ Roll
Wednesday’s at 11:00am
No Class June 7 & 14
We are keeping exercise fun with classic music, easy steps and arm movements! Join the Walk ‘n’ Roll group each Wednesday as we walk (and let’s be honest… sometimes we can’t help but dance) to the music. No rhythm is required. The class can be used as a great way to start exercising or can be added to your regular workout routine. Whether it’s the locomotion, the boogie, or the twist, you’re sure to have a good time as you sweat to the beat!

Learn to Relax Class
Thursday, June 1
at 11:00am
Everyone experiences stress, and sometimes that stress can feel overwhelming. In Learn to Relax, we will look for ways to relax our minds and bodies using a variety of relaxation techniques. The goal is to equip members with stress-reducing techniques to help navigate stressful situations. In June, we will explore mindfulness, a type of meditation in which you focus on being aware of what you’re sensing and feeling in the moment. We will plan to take a trip to the patio weather permitting. Please register in the business office if you would like to attend.

Financial Wellness Mini Sessions
Thursday, May 25
at 11:00am
This is a new series to encourage financial wellness. On May 25th, we will be discussing the Consumer Financial Protection Bureau’s topic: Protecting Your Money. Handouts from CFPB will be provided and reviewed during this 30-minute mini session. This is an informative session only. Please sign up in the business office to register.

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

Succulent Lover’s Group
May 16 & June 20
at 10:00am
Meeting monthly to discuss these beautiful plants and how to care for them. Learning and growing these little plants can be so fulfilling and rewarding. It’s even more fun to share with friends…so join the group. Meets the third Tuesday each month.

MILL RACE CENTER
ON THE GO

At All Saints Apartments
May 9 at 2:30 pm
June 20 at 2:30 pm

Fairington Apartments
5/16 Bldg 2301 at 2:00/Bldg 2401 at 3:30pm
6/13 Bldg 2301 at 2:00/Bldg 2401 at 3:30 pm

Vivera Apartments
May 23 at 2:30pm

Mill Race Center will be hosting free activities for the residents of All Saints and Fairington apartments. Mill Race Center members are welcomed guests at All Saints. If you are interested in attending or volunteering to help, please sign up with the Mill Race Center Business Office at 812-376-9241 or email valerie@millracecenter.org.

Help with Budgeting and/or Savings Goals
The Consumer Financial Protection Bureau is a government agency that is “committed to helping people enjoy safer, better financial lives.” They have created the program “Your Money, Your Goals” which includes booklets on paying bills/budgeting and building up a savings. If this is an area in which you need assistance, we are offering appointments to go over these booklets to encourage financial wellness. Please contact Valerie for an appointment by calling the business office or by email valerie@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.

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**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 or judyk2310@gmail.com for additional information.

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**Lazy Daisy Embroidery Guild**

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

Open to anyone interested in embroidery.

More information: Carol Walp at 812-343-8863.

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**Tuesday Evening Sewing Group**

**Every Tuesday evening from 5:00-7:00pm in the art room.**
Ladybug & Bee  
Thurs., June 29 at 3:00pm  
Cost: $8  
Make these adorable summer mini pots of a ladybug and a bee. We will paint mini pots and wooden balls to put them together. They could look great on your table or windowsill. All supplies included for this project.

Canvas Abstract Painting  
Thurs., June 22 at 3pm  
Cost: $8 for 1 canvas  
*Intergenerational class bring your grandchildren  
A class to explore thru painting. Using tape will make an abstract design on a 10x10 canvas and paint your own masterpiece. There will also be a variety of items to add texture to your different painted sections if you wish. A great painting class to bring a grandchild with you to paint together. Just let us know how many canvases you need if you bring your grandchild. All supplies included except the nest.

Monthly Card Making  
May– Flowers  
Tues., May 2 at 1:00pm  
Cost: $5 (set of 4)  
June – Summer  
Tues., June 6 at 1:00pm  
Cost: $5 (set of 4)  
July - Variety  
Tues., July 11 at 1:00pm  
Cost: $5 (set of 4)  
All supplies included or bring your own from home and be inspired by others.

Summer Wreath  
Thurs. June 1 at 3:00pm  
Cost: $12  
Join us for this tulle created wreath with bright summer colors. We will add seed packs, small pots, and bow to finish it off. All supplies included for this project.

Framed Button Flag  
Tues., May 23 at 3pm  
Cost: $12  
Join us for this new framed button flag class. It’s always fun to create with buttons. A framed project you can display for several holidays including the upcoming July 4. All supplies included.

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

Basic Beginner Line Dance
Wednesday, 4:00-5:30pm
Come dance with me - have fun and learn to dance!
Instructor: Carla Willis-Crase
Free for MRC members, $10 non-member

Friday Line Dance
Intermediate & Advanced
Friday mornings 10:00-11:30am
Free for MRC members, $10 non-member
Instructed by Billy & Carla Crase
Billy & Carla are renowned line dance instructors and choreographers.

NEW participants always welcomed!

See page 16 for Friday Night Line Dancing.

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Drumming Circle Practice
Mondays 1:00-2:00pm
Get your weekly groove on at Mill Race Center with a small group that gathers to drum each week. All members are welcome to attend any practice.

WISE (Wellness Initiative for Senior Education)
May 2-19 (3 weeks)
Tuesday & Friday
10:00am-Noon; FREE
WISE is a six-week interactive program that focuses on different aspects of senior wellness. The sessions will include: Understanding changes associated with aging, Ageism, Cultural and generational diversity, Medication and older adults, Substance misuse, and Quality of Life. The program is made possible by a partnership with the Alliance for Substance Abuse Progress. Sessions will be led by Valerie Carmichael and Dan Mustard.
Bodies in Motion
Class meets:
Mon., Wed. & Fri. at 8:30am
Tues. & Thur. at 2:00-3:00pm
FREE to MRC members
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.
Pickleball held inside at MRC, and a net available for outdoor use on the patio. **Free for members.**

**Wednesday Evenings - 5:30-8:00pm**  
Beginners 7:00-8:00pm

**Friday Afternoons - 12:30-3:30pm**  
Beginners 2:30-3:30pm

**Saturday Mornings - 8:30-11:30am**  
Except: all Saturdays in May, June 3 & 10

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**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.

**Meet there at 11:00am**  
**Ruby Tuesday’s**  
**Tuesday, May 23**

**Meet there at 11:00am**  
**Willow Leaves**  
**Thursday, June 22**  
*After lunch tour the Yellow Trail Museum with us that is on the Hope square.*
TED Talks
2nd Tuesday of each month
Meeting at 1:00pm in Classroom
Facilitators: Ed & Terri DeVoe

May 9 at 1:00pm
What a living whale is worth and why the economy should protect nature
How much is one living blue whale worth in the fight against climate change? A lot more than you may think, says financial economist Ralph Chami. He explains the value of bringing the language of dollars and cents to conservation -- and offers his vision of a new economy that would profit off regenerating nature, not extracting from it.

June 13 at 1:00pm
How to discover your “why” in difficult times
In a deeply personal and wide-ranging conversation, leadership expert Simon Sinek shares his own experience caring for his mental health as the world shut down. He discusses why we need to nurture friendships (in both good times and bad), explains why anyone can be a leader -- and reveals the secret to discovering your "why" in life.

Stay for Tuesday Tea after Ted Talks!

Bible Studies
Morning Bible Study
Tuesday mornings 10:30-11:30am
In the Classroom; Free
Information: Virginia Houser, 812-657-7067
May: Roy Hendershot, Walker Chapel
June: John Armstrong, Grace Lutheran Church

Wednesday Bible Study
Wednesday 3:30-5:00pm
No Class June 7th
This group meets each Wednesday at 3:30 pm to study various topics. We choose books of the Bible, sermons, or video series to study and discuss together. Visitors are encouraged try our group and all are welcome to join us!

The book of Hebrews (8-week study) – April through May

NEW The book of Ruth (7-week study) Starts June 14th
Cost $3 to cover printing materials. Please sign up in the business office.

Thursday Coffee Hour
May 18 & June 15
10:00-11:00am
Meeting the third Thursday each month in the lounge. Enjoy a cup of coffee and fellowship with other

Writing Group Call Out Meeting
Tuesday, May 23
At 10:00am in the lounge

Thursday Tea & Lemonade
May 9 & June 13
Meeting the second Tuesday each month in the lounge. Enjoy some delicious tea or lemonade and fellowship with other members. Tea, mugs, and cookies provided.
In The Woodshop
Drop-In Woodcarving Class
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

MRC Woodshop

Tuesday and Thursday 1:00-4:00pm

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

Bodies In Motion Afternoon Class
Tues. & Thurs. at 2:00pm
Walk in the Park
Join MRC staff every Wednesday morning to walk through Mill Race Park.
(weather permitting)
Meeting in lobby at 9:30am

Grocery BINGO
May 18 & June 15
3:30-4:30pm; Art Room
It’s simple - play bingo, win at bingo, and take home groceries as your prize! A variety of food and toiletry items will be placed in grocery bags and given away as prizes. This will be casual BINGO playing one card at a time. The cost of everything seems to be going up so this is a fun way to win some items that can be beneficial. Limited seating (40) so please register for this free event in the office.

A song, dance and drama performance troupe with Mill Race Center.
Practice: Monday & Friday 12:30-3:30pm (MP1)
Contact: Donna Browne (812) 376-6612 to learn more about this group and how you can join.

JOIN THE GROUP!

Ukulele Circle
Mondays; 2:00-3:00PM; Free
Bring your ukulele and join us for the new “ukulele circle” at MRC. We will lead a sing-along/play-along hour of music and fun.

If interested in Ukulele class please let the office know.

Zumba Gold
No Class June 8 & 15
Thursday’s at 5:30
Each class costs $5
Zumba Gold® is perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba® choreography and focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance! Each class costs $5 and is open to members and non-members. Classes will be 30-40 minutes in length. A waiver form is required to participate and can be signed ahead of time. Please contact Valerie at valerie@millracecenter.org or 812-376-9241.

Ping Pong
Tuesdays 1:30-3:00pm (MP3)
Ping Pong is an excellent brain game! Get cognitive stimulation, exercise, and social engage with others. The table with paddles and balls will be set up for you to enjoy.

National Senior Health & Fitness Day
Wednesday, May 31
DON’T MISS OUT!

8:30-9:30AM
Body In Motion Class

9:30AM
NEW - Chair Zumba

9:30AM
Brain Health Walk In The Park

11:00AM
Walk’n’ Roll

11:30AM
TOPS meeting

3:00PM
Guest Speaker: Dr. John Winikates

4:00-5:30PM
Line Dancing

5:30-8:00PM
Pickleball

Reader’s Theater
Practice
Wednesdays from 1:00-3:00pm
Interested in joining the Reader’s Theater group come to their weekly meetings or call Susie Blizzard: 812-376-0641.

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

May 8
80 For Brady
PG

May 22
On A Wing And A Prayer
PG

June 12
The Whale
R

June 26
All Saints
PG
Eight Dimensions of Wellness Challenge
May 1st through July 31st

Calling all Mill Race Center members! This summer we will be challenging you to Age Well by competing in the “Eight Dimensions of Wellness Challenge.” The goal is to introduce you to healthy opportunities and lifestyle habits as well as encourage you to maintain the habits already in place. The reward is that you will see improvement in your Physical, Social, Vocational, Financial, Emotional, Environmental, Intellectual, and Spiritual self and…. there will be a chance to win a prize! Pick up your packet beginning April 24th in the business office. The challenge is to complete 40 activities included in the packet by July 31st. Once completed, return the completion slip to the office. Here’s to a little healthy competition!

The Lasting Impressions Present:

Thank You For The Music!

Friday, May 5 at 6:00PM
Sunday, May 7 at 1:00PM
Tickets: $25
Includes Buffet Dinner & Show
Catered by: Sadies Catering
Purchase Tickets in the office.

Donuts & Trivia

Tuesday, May 30 & June 27
9:30am in the lounge
A great time to social engage with others plus enjoy a treat and trivia.

Wednesday, May 31

DON’T MISS OUT!

Online Banking
Tuesday, May 23
11:00am; Free
Understand how useful and beneficial online banking can be at protecting your money. Morgan Wiseman a Financial Wellness Advisor from First Financial Bank will lead this free class and will also give you an opportunity to ask questions.

Friday Night Line Dancing

May 26 & June 30
7:00-9:00PM
$10 cash cover charge
Open to the public and all experience levels. Billy and Carla will be teaching dances throughout the night.

Instructed by: Billy & Carla Crase
Eight Dimensions of Wellness

**Hard of Hearing Support Group**
**May 18 & June 15**  
**Held at 11:00am**
This is a new program that is designed to be a peer support group for those feeling socially isolated because of their hearing loss. Group meetings will be both social and educational, providing an opportunity for members to meet and discuss common problems, learn about solutions, and make new friends. We will work together to develop and practice communication strategies to use in everyday life. Please sign up in the business office and reach out to Valerie with any questions.

**SAGE Table**
**Friday, June 2**  
**11:30am-1:00pm**
An opportunity for LGBTQ and allied people to come together and share a free meal and conversation. SAGE Table is an event held throughout the country to promote a more age-friendly community, and to discuss ways we can strengthen it. Must register in the MRC business office by Tues., May 30 for meal preparation purposes.

**ColumBUS 101**
**Travel Training**
**Thursday, June 22**  
**10:00am; Free**
Curious on how to navigate the ColumBUS system? Come to this 101 presentation from City Transit and learn all about their five fixed routes, call-a-bus, travel training and more. Have a question the ColumBUS staff will be happy to help you!

**CAKE WALK**
**Cake Walk**
**Thursday, June 29**  
**3:30pm; Free**
Cake Walks are always fun! We will have fun music and walk in a circle (with chairs) when the music stops a number will be drawn. The winner will get to select from our dessert table. This will be a fun social event.

**LUNCH & LAUGHTER READERS THEATER**
**June 14 at Noon**  
**Lunch: $8 members**  
**$12 non-members**
Make reservations at the MRC business office. Required Registration by June 9. Doors open at 11:45am

**SPONSORED BY:**
White River Dental

**Quarterly Reading Challenge**
**March-May**
Ends May 31

We want to encourage you to join us for a Quarterly Reading Challenge for your Intellectual Wellness!
Next quarter challenge will be June-August and will end August 31. Reading slips will be available at MRC. Fill out the slip and turn it into the office for every book you have read during the quarter. 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.

Follow Mill Race Center on Facebook.
**The BCPL Bookmobile:**

May 3, 17, & 31
June 14 & 28
9:30-10:30am
Available out front of MRC.

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**MAHJONG**

Every Mon. & Fri.
12:30-3:30pm

**Pinochle**

2nd & 4th Tuesday
1:00-4:00pm
In the conference room

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**Mexican Train Dominoes**

Every Thursday
12:30-4:00pm; FREE

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**DOMINOES**

Every Thursday
12:30-4:00pm; FREE

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**Learn to play Bridge**

Every Friday from 1-4pm

Lead by: Elaine Bailey
In the conference room

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**OPEN Billiards**

Two tables available during regular MRC hours.
We welcome all skill levels.

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**Puzzle Table**

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

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**Follow Mill Race Center on Facebook.**

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**Cards & Games Schedule**

Card games should not start early. Newsletter lists set time frame.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>Mahjong</td>
<td>Hand &amp; Foot</td>
<td>Scrabble</td>
<td>Dominoes</td>
<td>Mahjong</td>
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<td>12:30-3:30pm</td>
<td>12:30-4:00pm</td>
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<td>Euchre</td>
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<td>4:30-7:00pm (MP3)</td>
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**For information call**
Rosemary Sager
(812)390-7665
(NO cards on June 14)

**New players welcome!**

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**New players welcome!**
Fridays, May 19 & June 23
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. Call to register for this free program.

Join MRC 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.

Thursday
May 4
Arsenic and Old Lace

Thursday
July 13
Movie not yet announced at time of printing. We are taking sign-ups.
Hello Everyone!

Travel is busy and many of you are going on adventures soon whether it is Holland, Michigan or Alaska. There are still some spots on the Scotland so do not wait! Our bus trips are doing well with Ohio booked over halfway already and Tamara is so excited to join you on the Holland, Michigan trip.

It was so fun to see you all at the travel show! I can’t wait for many of you to join me on the Iceland and Nova Scotia trip. They have both been on my bucket list for years.

I have added a private Facebook page for MRC members. Request to follow on the MRC Facebook page and I will add you to the group. I will be posting information and giving out reminders for all trips on this private group page.

As always, please let me know if you have any travel questions or if I can help in any way. I can’t wait to see the world with you!

Amanda Coleman

Alaska - August 1-13, 2023
13 days and 28 meals. Enjoy this beautiful trip with a mix of land and sea! Spend two nights in Fairbanks, “The Golden Heart City” and enjoy a narrated cruise aboard the Riverboat Discovery to Old Chena Village. Enjoy an Alaska Salmonbake dinner and see the Golden Heart Review. Ride the Alaska Railroad from Fairbanks to Denali National Park and spend one night at Denali National Park. Experience an exciting seven-day Inside Passage cruise aboard Holland America’s Nieuw Amsterdam!

Lakes & Majestic Mountain Adventures - October 3-12, 2023
Amanda would be happy to help you plan your next great adventure!

Splendid Scotland - October 7-15, 2023
Get a chance to see all that Scotland has to offer on this amazing trip! Learn about the 5 whisky regions, take a look around the famous lake to look for Nessie, and stand in awe of the Scottish crown jewels. This trip also has 10 meals included and a dinner show in Edinburgh filled with traditional dancing. Tour includes roundtrip transportation to the Indianapolis airport, air fare from Indianapolis. $4449 per person double occupancy.

Request to follow the new private group Mill Race Center Travel on Facebook to get all the latest trip information and updates from Amanda. Links to find it will be on our Mill Race Center Facebook page.
**Trips**

**Iceland Land of Fire and Ice - March 6-12, 2024**

Iceland is a unique destination that offers pristine nature, boasting geysers, geothermal pools, waterfalls and wildlife, breathtaking landscapes and vibrant culture deeply rooted in ancient heritage. Spend five nights in Iceland while exploring this amazing land of fire and ice. This is a special Northern Lights’ Departure with discounted airfare. $3149 per person double occupancy.

*Amanda plans to go on this trip!*

**Nova Scotia and Canada’s Maritimes  July 12-20, 2024**

Welcome to Canada’s Maritimes. Home to the world’s highest tides, breathtaking beaches and forests, historic harbors and the freshest seafood, these delightful provinces will give you memories that last a lifetime. Featuring Cape Breton, New Brunswick, and Prince Edward Island. Pricing includes round trip airfare. $4,249 per person double occupancy. *Amanda plans to go on this trip!*

**Fredericksburg, VA – The Washington Family Tour**

5 Days/4 Nights – August 2023

$839 Per Person Double Occupancy

Package includes lodging, 4 breakfasts, 2 dinners, a Broadway show at the Riverside Center of Performing Arts, as well as visits to George Washington’s Ferry Farm, Hugh Mercer Apothecary Shop, Rising Sun Tavern, Mary Washington Home, and Kenmore Plantation. Also includes a souvenir gift, luggage handling, taxes & meal gratitude's, and motorcoach transportation.

**Ohio’s Amish Country**

3 Days/2 Nights – September 12-14, 2023

$599 Per Person Double Occupancy

Package includes lodging, 2 breakfasts, 2 dinners including a traditional Family Style Dinner, as well as a live theatrical production at the Ohio Star Theater, a Musical Comedy Variety Show at the Amish Country Theater; visits to Lehman’s General Store & Old Fashioned Hardware, Yoder’s Amish Home Tour, Schoolhouse & Buggy Ride, Warther Museum & Gardens, and Breitenbach Wine Cellars. Also includes a souvenir gift, luggage handling, taxes & meal gratitude's, and motorcoach transportation.

**Nashville, TN – Featuring 3 Fabulous Shows**

4 Days/3 Nights – October 2023

$899 Per Person Double Occupancy

Package includes lodging, 3 breakfasts, 3 dinners including the Nashville Nightlife Dinner Theatre; two additional performances at the Grand Ole Opry & Troubadour Theater, a guided tour of Nashville including a stop at the Parthenon and American Pickers; Country Music Hall of Fame, a self-guided tour of Ryman Auditorium, and RCA Studio B Tour. Also includes a souvenir gift, luggage handling, taxes & meal gratitude's, and motorcoach transportation.
Day Trip registration is done through the business office. Call Becky or Linda at 376-9241 to reserve your spot.

NEW Coding To Help With Day Trips
R - refund available up to 3 days before departure
V - 12 passenger van
B - 8 passenger bus with lift
(= The vehicle we take will depend on the amount of drivers we have for a day. If we only have 1 driver we will take the van.)

Lots of walking, standing, or stairs
Wheelchair or walker accessibility
(= Only the bus can accommodate wheelchairs. Some tours we do are historic buildings without access.)

Culbertson Mansion
Friday, May 17
Cost: $30m/$40nm lunch on own
The three-story, Second Empire mansion encompasses more than 20,000 square feet and contains 25 rooms. Built by brothers William and James Banes, it was one of the most striking homes on Main Street. Lunch at A Nice Restaurant before. Leave MRC at 9:45am return approx. 4:00pm. Max: 12 R, V, stairs.

Batar in Seymour
Friday, May 19
Friday, June 16
Cost: $10m/$15nm lunch on own
Come inside, sit back and enjoy a cool iced tea and delicious lunch in the Geranium Room. Satisfy your appetite with our luncheon menu offering freshly made hot and cold sandwiches, home-made soups, chicken wraps, and a variety of more. You will love the homemade desserts and fresh coffee and tea. We will have small group reservations for several months to accommodate our numbers. Leave MRC at 10:20am return approx. 1:30pm. Max: 7 R, B.

Garfield Park Conservatory
& Sunken Garden
Tuesday, June 6
Cost: $20m/$30nm plus lunch
First stop will be lunch at the Main Street Grille in Greenwood. Next we will enjoy a guided tour and program with an education specialist from the park. We will see amazing exotic flowers and bursts of color this June. Leave MRC at 10:15am return approx. 4:00pm. Max: 12 R, V,

Tibetan Mongolian Buddhist Center
Monday, June 19
Cost: $15m/$25nm plus lunch
We will stop and eat at Mr. Hibachi Buffet to start our trip. Then head over for a guided tour of the Tibetan Center. A great way to learn about other cultures and ask questions. Dedicated to the people of Tibet, this Cultural Center, located on 90 acres just south of town, offers a relaxing and peaceful setting for meditation and reflection. The Tibetan Chortens here (2) are the only ones in the nation. Some free time after our tour to enjoy the park like grounds or visit the gift shop. Leave MRC at 10:15am return approx. 4:00pm. Max: 20 R, V, B

Crimson Oak Restaurant & Pub
Wednesday, May 24
Cost: $10m/$15nm lunch on own
Enjoy lunch at Crimson Oak in North Vernon. Leave MRC at 10:15am return approx. 1:30pm. Max: 12 R, V

Court Street Café
Downtown Franklin
Friday, July 7
Cost: $10m/$15nm lunch on own
We will travel up the road to enjoy lunch at Court Street Café in beautiful Downtown Franklin. Leave MRC at 10:15am return approx. 1:30pm. Max: 12 R, V

Derby Dinner Shows
Derby Dinner Theater
Glen Miller Orchestra
Monday, June 5 (Matinee & Dessert Only)
$40 members, $50 non-members
Leave MRC at 1:40 return approx. 6:30pm. Max: 12 R, V
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!

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

The Better Breathers Club
Sponsored by Columbus Regional Hospital and the American Lung Association held at MRC.

The Better Breathers Club is sponsored by the American Lung Association, and is supported locally by Columbus Regional Health. We offer presentations on informative topics, and include time for questions and discussion. We also offer friendly support to anyone with lung problems. If you have lung problems, or know someone who does, you are welcomed to attend. Meetings are free, no registration is required and friends and family are encouraged to attend.

Our next meeting will be on Wed., June 14 at 3:00pm
Topic: How Your Stomach Can Affect Your Lungs, and Vice Versa

If you would like to be added to our mailing list, or would like more information, please call Jennifer at 812-376-5793. We hope to see you there!

MEALS-ON-WHEELS
Volunteer Drivers Needed
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.

Quarterly Reading Challenge
NEW Quarterly Reading Challenge!
See Page 17 for details!
Broadway Series
Call MRC to register for each viewing.

A Damsel in Distress
Fri., May 19 at 1:00pm
(1937) The staff at Tottney Castle are taking bets on whom the young lady of the manor, Alyce Marshmorton, will wed. When she meets American song-and-dance man Jerry Halliday, footman Albert schemes to make the mismatched pair fall in love so he'll win the bet.

Sweet Charity
Fri., June 23 at 1:00pm
(1969) Charity Hope Valentine always tries to look on the bright side of life, despite working in a rundown dance hall and contending with a seemingly endless run of bad dates. Determined to find love, Charity falls for suave actor Vittorio Vidal, but their romance is all too brief. However, when Charity finds herself stuck in an elevator with the reserved Oscar Lindquist, it turns out that she may have finally met her match.

Quarterly Reading Challenge
NEW Quarterly Reading Challenge!
See Page 17 for details!

By the Pricking of My Thumbs
Mon. June 19 1:30pm
Miss Marple joins forces with Tommy and Tuppence Beresford to find the murderer of Tommy’s Aunt Ada.

The Sittaford Mystery
Mon. July 3 at 1:30pm
The death of the presumptive future Prime Minister is predicted during a séance in a snowbound country hotel, and he is found stabbed to death in his room the next morning.

Alzheimer’s Community Forum
Tuesday, May 2
2:30-4:00pm at Mill Race Center
Attend this Community Forum to share your experience with Alzheimer’s disease and discuss how the Association can best serve your community. Together, we can help enhance care and support resources for those facing the disease.
Eight Dimensions of Wellness

Mill Race Center (812) 376-9241 • www.millracecenter.org

Mill Race Center is available on Saturdays for weddings and receptions. Help us spread the word about this beautiful space for weddings and receptions.

Now booking for 2023 & 2024
Weddings • Reunions • Corporate Events
MillRaceEvents.com
(812)302-3838

Wedding photography courtesy of jackiesantanaphotography.com & Angela Jackson Photography.

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.

MILL RACE CENTER
100 MILE CHALLENGE
Keep log of your miles!

Visit our website for a variety of online classes.
Follow us on Facebook.
www.millracecenter.org
Aging Well
Did you know that Mill Race Center can assist in setting personal goals to improve overall wellness? Using the Eight Dimensions of Wellness as a guide, our Aging Well Coordinator can walk you through the goal setting process. Please reach out to Valerie by calling 812-376-9241 ext. 210 or by emailing at valerie@millracecenter.org for an appointment.

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!
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<thead>
<tr>
<th>Monday</th>
<th>Thursday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>Open Billiards BL</td>
<td>Open Billiards BL</td>
<td>8:30-11:30 Pickleball MP2</td>
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<tr>
<td>Open Jig Saw Puzzle Table LOB</td>
<td>Open Jig Saw Puzzle Table LOB</td>
<td>(check dates on pg. 11)</td>
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<tr>
<td>8:30 Bodies in Motion MP2</td>
<td>10:00 Tai Chi ($) MP1</td>
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<tr>
<td>8:00 Quilters &amp; Sewing AR</td>
<td>10:00 Coffee Hour (3rd Thurs.) LO</td>
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<tr>
<td>8:12 Woodcarving LO CR</td>
<td>12:00 Line Dance Practice MP2</td>
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<tr>
<td>10:00 Golden K CR</td>
<td>(2nd Thurs.)</td>
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<tr>
<td>12:30 Mahjong LO</td>
<td>12:30 Dominoes MP3</td>
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<tr>
<td>12:30 Lasting Impressions MP1</td>
<td>12:30 Birthday Party AR</td>
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<td>12:30 Hand &amp; Foot MP2</td>
<td>(once a newsletter)</td>
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<tr>
<td>1:00 Drum Practice CR</td>
<td>1:00 Woodshop CR</td>
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<tr>
<td>1:30 Brit Box Series AR</td>
<td>1:00 Woodcarving CR</td>
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<tr>
<td>2:00 Movies (see pg. 15) AR</td>
<td>2:00 Bodies in Motion MP2</td>
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<tr>
<td>2:30 Ukulele Class CR</td>
<td>3:00 Craft Classes AR</td>
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<tr>
<td>5-7 Ballroom Dancing MP2</td>
<td>(see pg. 8)</td>
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<tr>
<td>Tuesday</td>
<td>Friday</td>
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<td>Open Billiards BL</td>
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<td>Open Jig Saw Puzzle Table LOB</td>
<td>Open Jig Saw Puzzle Table LOB</td>
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<tr>
<td>10:00 Suceulent Group AR</td>
<td>8:30 Bodies in Motion MP2</td>
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<tr>
<td>(3rd Tues.)</td>
<td>9:30 Total Brain Workout CR</td>
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<tr>
<td>10:00 Tai Chi ($) MP1</td>
<td>(see pg. 19)</td>
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<tr>
<td>10:30 Bible Study CR</td>
<td>10:00 Line Dancing MP2</td>
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<td>1:00 Card Making (1st Tues.) AR</td>
<td>12:30 Mahjong AR</td>
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<tr>
<td>1:30 Woodshop WS</td>
<td>1:00 Learn Bridge CR</td>
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<tr>
<td>1:00 Ted Talks (2nd Tues.) CR</td>
<td>1:00 Broadway Series CR</td>
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<tr>
<td>1-3 Embroidery Guild AR</td>
<td>12:30 Total Brain Health, 9:30am Broadway Movie, 1:00pm</td>
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<td>(3rd Tues.)</td>
<td>(3rd Fri.)</td>
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<tr>
<td>1:30-3 Ping Pong MP3</td>
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<td>1-4 Pinochle CNR</td>
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<td>2:00 MRC On the Go Off Site (see page 6)</td>
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<td>2:00 Bodies in Motion MP2</td>
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<td>3:00 Tea (2nd Tues.) LO</td>
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<td>4:30 Euchre MP3</td>
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<tr>
<td>5-7 Evening Sewing (pg. 7) AR</td>
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<td>5-7 Quilt Guild (2nd Tues.) AR</td>
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<td>5-7 Ballroom Dancing MP2</td>
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<td>Wednesday</td>
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<td>8:30 Bodies in Motion MP2</td>
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<td>9:30 Bookmobile (pg. 18) Out Front</td>
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<td>9:30 Walk in the Park LOB</td>
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<td>10:00 Art Class AR</td>
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<td>11:00 Walk’n Roll MP2</td>
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<td>11:30 TOPS CR</td>
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<td>12:30 Hand &amp; Foot MP2</td>
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<td>1:00 Scrabble LO</td>
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<td>1:00 Reader’s Theater CR</td>
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<td>3:30 Bible Study CR</td>
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<td>4:00 Beg. Line Dance MP2</td>
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<tr>
<td>5:30-8 Pickleball MP2</td>
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May 1 – July 31

- 8 Dimensions Challenge
- May 1, 15, June 5, 19, July 3
- Agatha Christie’s Marple, 1:30pm
- May 5 & 7
- The Lasting Impressions Spring Show

May 8 & 22
- Movie, 2:00 & 4:30pm

May 9 & June 13
- Ted Talks, 1:00pm
- Tuesday Tea, 3:00pm

May 16 & June 20
- Succulent Lover’s Group, 10:00am

May 18 & June 15
- Hard of Hearing Group, 11:00am

May 18
- Coffee Hour, 10:00am
- Birthday Party, 12:30pm
- Grocery Bingo, 3:30pm

May 19 & June 23
- Total Brain Health, 9:30am
- Broadway Movie, 1:00pm

May 23 & June 22
- Come & Eat, 11am

May 23
- Online Banking Class, 11:00am

May 29
- CLOSED for Memorial Day

May 30 & June 27
- Donuts & Tricia, 9:30am

May 31
- National Senior Health & Fitness Day

June 1
- Learn to Relax; 11:00am

June 2
- Welcome Breakfast; 9:30am
- Sage Table, 11:30am

June 12 & 26
- Movie, 2:00 & 4:30pm

June 14
- Lunch & Laughter, 12:00pm

June 15
- Coffee Hour, 10:00am
- Grocery Bingo, 3:30pm

June 22
- ColumBUS 101 Class, 10am
- Random Acts of Kindness, 11am

June 29
- Cake Walk, 3:30pm

July 4
- CLOSED for Impedence Day

Follow Mill Race Center on Facebook.
CURRENT RESIDENT OR