

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.



Other Partners Participating:



100 MILE CHALLENGE



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**. 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!



Age Well Challenge
See page 16

Follow Mill Race Center
on Facebook.



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.



From Your Executive Director

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

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

**Follow Mill Race Center
on Facebook.**



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.

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.

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.

***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



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



Now booking for 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: 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.

VOLUNTEERS NEEDED

MEALS-ON-WHEELS

Volunteer Drivers

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

MRC AMBASSADORS

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

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.



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

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.

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

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.



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!

NEW



Invite your friends to join Mill Race Center and give them a new referral form. If they join as a new member with the form you get credit for that referral by getting an extra month added to your yearly membership for free.

Tell your friends about Mill Race Center and the Eight Dimensions of Wellness.

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

VOLUNTEERS NEEDED

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.

Eight Dimensions of Wellness



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.



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.



Tuesday Evening Sewing Group

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



create

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

Framed Button Flag

NEW

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.



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.

NEW



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 canvas's you need if your bring your grandchild. All supplies included except the nest.

NEW



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.



NEW

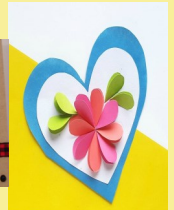
Monthly Card Making

All supplies included or bring your own from home and be inspired by others.

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 4)

NEW DATE!

Art Class

**Wednesdays from
10:00am-12:30pm**

FREE!

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 812-350-8238.



**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.

Monday	Tuesday	Wednesday	Thursday	Friday
Ball Room Dance 5:00-7:00pm (MP1 & 2)	Ball Room Dance 5:00-7:00pm (MP1 & 2)	Line Dance Beginner 4:00-5:30pm (MP1 & 2)	Ball Room Dance 5:00-7:00pm (MP1 & 2)	Line Dance Intermediate & Advance 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.



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.

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

Purchase swim passes at FFY for \$6 per visit or ask about discounted pricing. Please check out their website at www.foundationforyouth.com to confirm pool schedule as it varies by week. Call FFY with any questions: 812-348-4558



Random Acts of Kindness Club Thurs., June 22

11:00am

Every day is an opportunity to be kind. Please join us as we work on a kindness project and discuss ways we can continue to show kindness in our community. We hope to inspire and encourage each other as we share ideas, work together on projects, and challenge each other to light up the world around us. Please sign up in the business office if you would like to attend and bring ideas to share with the group.



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.

May & June Birthdays

May 25 at 12:30pm

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: \$50 members/\$65 non-members

11:00am - Beginner Class
Monthly Cost: \$40 members/\$55 non-members (minimum 3 students)

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



Come try one class for free.

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

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

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

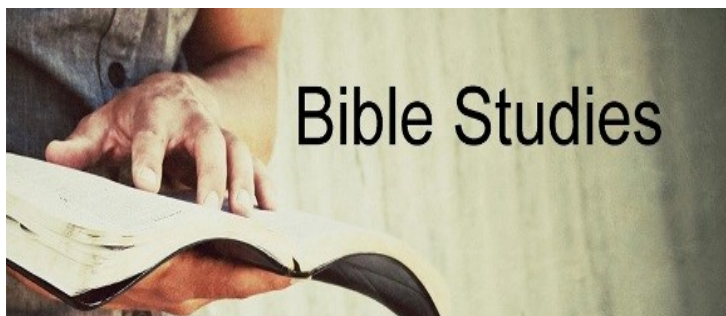
Tuesday, May 23

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.*



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



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!

Tuesday
Tea
& Lemonade
May 9 & June 13

FREE

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.

Eight Dimensions of Wellness

MILL RACE CENTER

100
MILE CHALLENGE

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



MRC Woodshop

FREE!

Tuesday and Thursday
1:00-4:00pm

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

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



FREE!

Bodies In Motion Afternoon Class

Tues. & Thurs. at
2:00pm



FREE!

Walk in the Park

Join MRC staff every Wednesday morning to walk through Mill Race Park.

(weather permitting)

Meeting in lobby at 9:30am

FREE!

NEW



Grocery BINGO May 18 & June 15

3:30-4:30pm; Art Room

DON'T MISS OUT!

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.

Zumba Gold

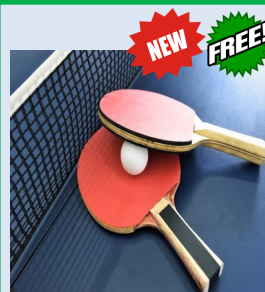
No Class June 8 & 15

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.

NEW

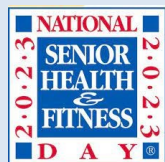


NEW FREE!

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!

FREE!

8:30-9:30AM

9:30AM

9:30AM

11:00AM

11:30AM

3:00PM

4:00-5:30PM

5:30-8:00PM

Body In Motion Class

NEW - Chair Zumba

Brain Health Walk In The Park

Walk'n' Roll

TOPS meeting

Guest Speaker: Dr. John Winikates

Line Dancing

Pickleball



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

Ukulele Circle

FREE! NEW

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.

Reader's Theater Practice

Wednesdays from 1:00-3:00pm

Interested in joining the Reader's

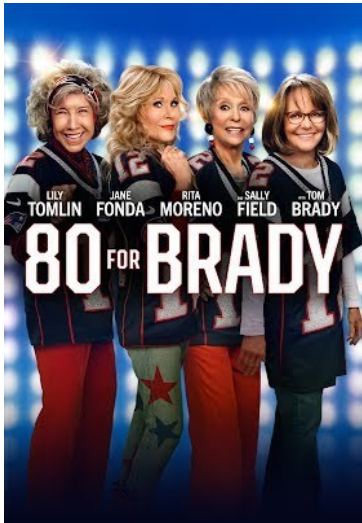
Theater group come to their weekly meetings or call Susie Blizzard: 812-376-0641.



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
13



May 22

**On A Wing And
A Prayer**

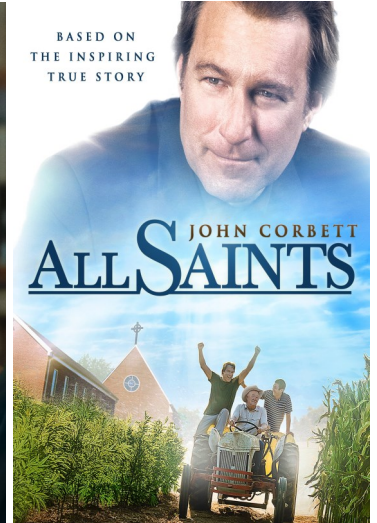
PG



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

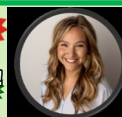
Buffet Dinner & Show

Catered by: Sadies Catering

Purchase Tickets in the office.

Online Banking

Tuesday, May 23
11:00am; Free



FIRST
first financial bank

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.

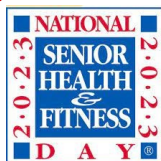
NEW
FREE!

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.

Free



Wednesday, May 31



DON'T MISS OUT!



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

NEW **FREE!**



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

FREE!



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.

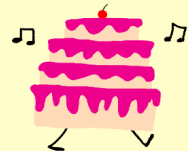
ColumBUS 101 Travel Training Thursday, June 22 10:00am; Free

NEW **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

NEW **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

NEW

Back With Lunch!



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:



Quarterly Reading Challenge

FREE!

NEW

Join Us!
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.

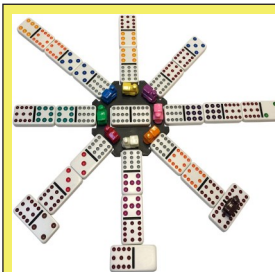




The BCPL Bookmobile:

FREE!

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



Mexican Train Dominoes

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

FREE!



Pinochle

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

FREE!

MAHJONG

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



FREE!



NEW

Learn to play Bridge
Every Friday from 1-4pm

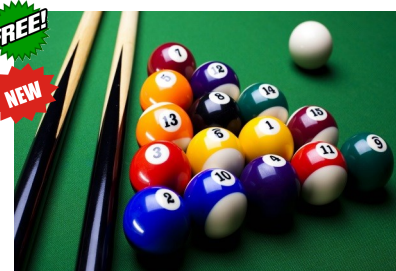
Lead by: Elaine Bailey
In the conference room

OPEN Billiards

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

FREE!

NEW



Puzzle Table

FREE!

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



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

FREE!



Follow Mill Race Center
on Facebook.



FREE!



Cards & Games Schedule

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



Monday	Tuesday	Wednesday	Thursday	Friday
Mahjong 12:30-3:30pm Hand & Foot 12:30-4:00pm	Pinochle NEW 1-4pm (2 & 4 Tuesday) Euchre 4:30-7:00pm (MP3)	Scrabble 1:00-3:00pm Hand & Foot 12:30-3:30pm For information call Rosemary Sager (812)390-7665 (NO cards on June 14)	Dominoes NEW 12:30-4:00pm	Mahjong 12:30-3:30pm Bridge NEW 1:00-4:00pm
Cards & Games are free for MRC members. Day passes can be purchased for non-members.				

Eight Dimensions of Wellness



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.**



The Historic
ARTCRAFT
Theatre

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.*

TRAVEL WITH MILL RACE CENTER

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.



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.



NEW



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

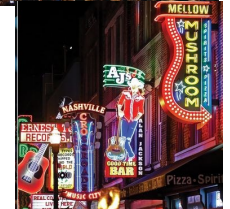
Package includes lodging, 2 breakfasts, 2 dinners including a traditional Family Style Dinner, as well as a live theatrical production at the Ohio Star Theater, a Musical Comedy Variety Show at the Amish Country Theater; visits to Lehman's General Store & Old Fashioned Hardware, Yoder's Amish Home Tour, 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.



Daytrips

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 Baner, 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, homemade 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,



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



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,



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, \$50non-members

Leave MRC at 1:40 return approx. 6:30pm. Max: 12 R,V

NEW

Eight Dimensions of Wellness

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.



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!

Quarterly Reading Challenge

NEW Quarterly Reading Challenge!

See Page 17 for details!



NEW

FREE!

Brit Box Series: Agatha Christie's Marple

Sleeping Murder

Mon. May 15 at 1:30pm

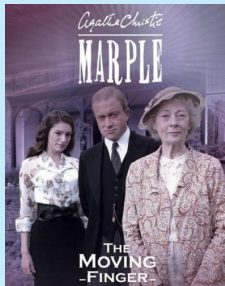
Gwenda Halliday, a wealthy young Englishwoman recently emigrated from India, intuitively buys a seaside manor house, where she re-experiences a murder.



The Moving Finger

Mon. June 5 at 1:30pm

Troubled war veteran Jerry Burton and his sister Joanna rent a cottage in a seemingly tranquil English village which is plagued by a spate of poison pen letters... and murder.



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.



Broadway Series

Call MRC to register for each viewing.

FREE!

A Damsel in Distress

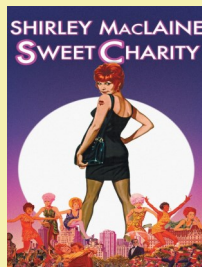
Fri., May 19 at 1:00pm

(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!

Friday Night Line Dance

NEW

See page 16

Open to the community!

alzheimer's association®

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.



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

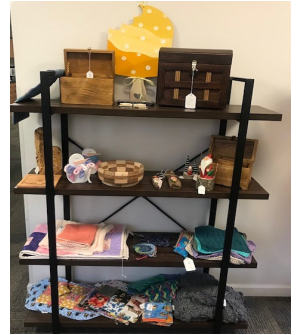
Wedding photography courtesy of jackiesantanaphotography.com & Angela Jackson Photography.

Mill Race Center is available on
Saturdays 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 your 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!

Refrigerator Reminder - MRC Daily Activities

Monday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
8:00	Quilters & Sewing	AR
8-12	Woodcarving	LO
10:00	Golden K	CR
12:30	Mahjong	LO
12:30	Lasting Impressions	MP1
12:30	Hand & Foot	MP2
1:00	Drum Practice	CR
1:30	Brit Box Series	AR
2:00	Movies (see pg. 15)	AR
2:30	Ukulele Class	CR
5-7	Ballroom Dancing	MP2

Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
10:00	Succulent Group	AR
	(3rd Tues.)	
10:00	Tai Chi (\$)	MP1
10:30	Bible Study	CR
1:00	Card Making (1st Tues.)	AR
1:00	Woodshop	WS
1:00	Ted Talks (2nd Tues.)	CR
1-3	Embroidery Guild	AR
	(3rd Tues.)	
1:30-3	Ping Pong	MP3
1-4	Pinochle	CNR
	(2nd & 4th Tues.)	
2:00	MRC On the Go	Off Site
	(see page 6)	
2:00	Bodies in Motion	MP2
3:00	Tea (2nd Tues.)	LO
4:30	Euchre	MP3
5-7	Evening Sewing (pg. 7)	AR
5-7	Quilt Guild (2nd Tues.)	AR
5-7	Ballroom Dancing	MP2

Wednesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
9:30	Bookmobile (pg. 18)	Out Front
9:30	Walk in the Park	LOB
10:00	Art Class	AR
11:00	Walk'n'Roll	MP2
11:30	TOPS	CR
12:30	Hand & Foot	MP2
1:00	Scrabble	LO
1:00	Reader's Theater	CR
3:30	Bible Study	CR
4:00	Beg. Line Dance	MP2
5:30-8	Pickleball	MP2

Thursday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
10:00	Tai Chi (\$)	MP1
10:00	Coffee Hour (3rd Thurs.)	LO
12:00	Line Dance Practice	MP2
	(2nd Thurs.)	
12:30	Dominoes	MP3
12:30	Birthday Party	AR
	(once a newsletter)	
1:00	Woodshop	CR
1:00	Woodcarving	CR
2:00	Bodies in Motion	MP2
3:00	Craft Classes	AR
	(see pg. 8)	
3:30	Grocery Bingo	AR
	(see pg. 14)	
5-7	Ballroom Dancing	MP2
5:30	Zumba Gold (\$)	MP3

Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
9:30	Total Brain Workout	CR
	(see pg. 19)	
10:00	Line Dancing	MP2
12:30	Mahjong	AR
1:00	Learn Bridge	CNR
1:00	Broadway Series	CR
	(3rd Fri.)	
12:30	Lasting Impressions	MP1
12:30-3:30	Pickleball	MP2

Saturday

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

(check dates on pg. 11)

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



www.millraceevents.com
(812)302-3838

Follow Mill Race Center
on Facebook.



Mill Race Center • 900 Lindsey Street • Downtown Columbus
812-376-9241
Visit us at www.millracecenter.org.



ACTIVITY HIGHLIGHTS



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 26 & June 30

Friday Night Line Dance (\$), 7:00pm



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 Impendence Day



Mill Race Center
900 Lindsey St.
Columbus, In 47201

PRESORTED STANDARD
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