



SENIOREXPO 2023

Discover ways to be healthy & age well!

Friday, August 18th
10am-2pm

Mill Race Center | Columbus IN

Invite your friends that are not members to come
with you and see what a great facility we have!

Vendor booths will be here
for you to shop and review
products and services that can
help you stay active and plan
for a healthy lifestyle.
Don't miss the door prizes!



SPONSORED BY:



Mill Race Center will not have any regular scheduled
programs or activities on August 18, the day of Senior
Expo. Please come enjoy the expo, lunch, and vendors.

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

My parents have been married for 71 years. It is hard to imagine all that they have experienced together over the past seven decades. Most recently, they were both admitted to hospice care on the same day, following an evening together in the critical care wing of a hospital, each with cardiac issues. Both have congestive heart failure and kidney failure, while my mom is also living with dementia. This past year has given my sisters and me a new insight into the support for older adults who are moving from independence to the next stage of their life. Given that my dad and mom are 91 and 89, respectively, they have reached this stage much later in life than many other people. It was not an easy transition by any means. No one is anxious to give up their independence, and like most people, my parents did not want to become a burden. My dad especially struggled with the things that he had left undone. We reassured him that he should focus on the fact that he raised children who could complete those things on his behalf in a way that would make him proud.



I would like for you to consider a few lessons that we have learned:

- Do you have an informal support network? My parents had friends and family who “checked on them” on a regular basis. Without this village of support, they would not have been able to stay on their farm for as long as they did. I live seven hours away from them, so this impressed on me that I needed to pay it forward and help friends in my hometown when they needed the same type of assistance.
- Have a plan for making your home accessible. Anyone can end up with an injury or condition that can limit one’s mobility, at any age. Can you get in and out of your house if you are using a walker or wheelchair? Do you have a bedroom and bathroom on the first floor of your house? If not, you will need to develop an alternative plan. This may be the time to consider downsizing and moving to a home that is accessible and on one level.
- There are several degrees of care between independence and a nursing facility. Have a contingency plan that includes meal prep or delivery, transportation, personal care and hygiene, sleeping arrangements, and other daily living needs, both short-term and long-term. Spraining an ankle can reveal many of the same barriers that a person would encounter if they had a much more serious condition. Do you have a network of friends and family who can help when needed? My parents are now living with my oldest sister. She and her husband modified their home to make it suitable for the care of my parents.
- Review your insurance policy and know what it will or will not cover if you need short-term home health care or rehabilitation services.
- Know the resources that are available in your community. Every community in Indiana is served by an Area Agency on Aging. (Thrive Alliance in Bartholomew County.) They are a good starting point for referrals to services.

Mill Race Center is the perfect place to develop your informal network of friends who can share support and information. We also offer classes and programs that support you in your health and wellness goals so that you can maximize your independence and mobility. Ideally, you will delay the need for services and assistance. It is still wise to have a plan in place.

Dan Mustard
Executive Director

Mill Race Center will be closed on Tuesday, July 4.

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 Lisa 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, Program Assistant & MOW x 208

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

Lisa Scott, Receptionist, x218

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 & 2024
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

**Golden K Kiwanis Fundraiser at Chipotle
Saturday, July 8 from 4-8pm**

Flyers will be located on the puzzle table.
Must present flyer at time of order.

**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.

SENIOREXPO

Mill Race Center will not have any regular scheduled programs or activities on August 18, the day of Senior Expo. Please come enjoy the expo, lunch, and vendors.



Check out special events
listed on page 16 & 17.

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. Interested in becoming a volunteer ambassador feel free to attend a meeting and get plugged in. If you would like to become an ambassador please see Linda in the office or email her at linda@millracecenter.org

Wednesday, July 5 at 9:30AM

Welcome! **MRC Welcome Breakfast** **Fri., August 4** **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

Video Only For Now

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, August 17
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. Please register in the business office if you would like to attend.



MRC Escape Room:

Alice In Wonderland

Monday, August 21

Times set all day

"While you enjoy your tour about Alice In Wonderland the floor collapses and you find yourself in the tale itself. The only way out is to follow the White Rabbit. Your escape has begun! Did you succeed in following the White Rabbit, and have you escaped Wonderland in time?"



Ready for a little adventure? Join us as we host the Second Mill Race Center Escape Room: **Alice In Wonderland** (by Escape Room The Game/Identity Games®).

Register for a time to play in the business office. Be ready to provide the names of your teammates (3-5 members are recommended). If you don't have a team we can put you with a group. Each team will be given 1 hour to "escape."

DON'T MISS OUT!



Succulent Lover's Group

July 18 & August 15

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

July 18 at 2:30 pm

August 22 at 2:30 pm

Fairington Apartments

7/11 Bldg 2301 at 2:00/Bldg 2401 at 3:30pm

8/15 Bldg 2301 at 2:00/Bldg 2401 at 3:30 pm

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 Becky at bcutsinger@millracecenter.org

VOLUNTEERS
NEEDED



See page 19 for details.

Thrive Alliance

Wednesday, August 9

At 1:00pm; Free

Thrive Alliance will lead a class on this date. More information will be coming, but was not available at time of print.



SENIOREXPO

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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.

Celery Painting

Thurs. July 13 at 3:00pm

Cost: \$3 a person

Paint unique whimsy roses using celery. That's right - celery!! Learn how to make your own special cards or gift tags. Easy class with all supplies included.

***Intergenerational class bring your grandchildren**



Bee Honeycomb

Thurs, July 27 at 3pm

Cost: \$10

This is a buzz-worthy craft project to tribute our winged friends. We will paint the honeycomb and add bee decorations to it. All supplies included.



Paint Exploration

Thurs., Aug. 10 at 3pm

Cost: \$8 for 1 canvas

A class to explore thru painting. We will make a canvas painting using blown up rubber gloves to dip into the paint. We will explore this fun technique together. All supplies included.



Watermelon Coasters

Tues., Aug. 29 at 3:00pm

Cost: \$6/set of 4

Enjoy setting your drink down on a beautiful new wooden coaster set. We will paint plus add some sparkle and shine to seal them. All supplies included.



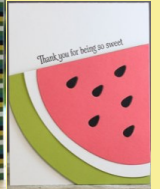
Monthly Card Making

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

July - Variety

Tues., July 11 at 1:00pm

Cost: \$5 (set 4)



August – Get Well

Tues., Aug. 8 at 1:00pm

Cost: \$5 (set of 4)



September - Fall

Tues., Sept. 5 at 1:00pm

Cost: \$5 (set of 4)



Art Class

Wednesdays from 10:00am-12:30pm

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

Beginners: no supplies needed for your first visit. Holly will get you started on a project and advise on needed supplies. **FREE for MRC members.** For more information contact: Holly Melillo at 812-350-8238.



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.



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**Quarterly
Reading
Challenge**

**NEW Quarterly
Reading Challenge!**

See Page 17 for details!



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., August 24

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.

July & August Birthdays

July 20 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.



Intro to Tai Chi Free Class August 31 at 11:00am.

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



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



Saturday Mornings - 8:30-11:30am
Play only on July 22 & Aug. 5 & 12

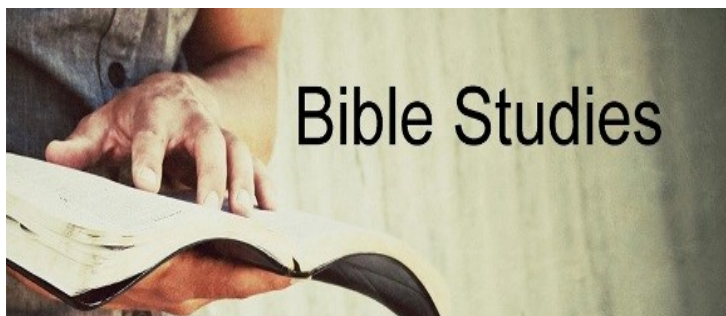
Come Eat Together

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
The Hanger
Wednesday, July 26

Meet there at 11:00am
Hotel Indigo
Tuesday, August 22



Morning Bible Study

Tuesday mornings 10:30-11:30am

In the Classroom; **Free**

Information: Virginia Houser, 812-657-7067

July: Kevin Metz, Retired from Christian Union Church

August: Eric Erkkinen, Retired Chaplain

Wednesday Bible Study

Wednesday 3:30-5:00pm

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 Ruth
(7-week study) Starts June 14th Please sign up in the business office.



Thursday Coffee Hour

July 20 & August 17

10:00-11:00am

Meeting the third Thursday each month in the lounge. Enjoy a cup of coffee and fellowship with other



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TED Talks

2nd Tuesday of each month

Meeting at 1:00pm in Classroom

Facilitators: Ed & Terri DeVoe



July 11 at 1:00pm

How will we survive when the population hits 10 billion.

By 2050, an estimated 10 billion people will live on earth. How are we going to provide everybody with basic needs while also avoiding the worst impacts of climate change? In a talk packed with wit and wisdom, science journalist Charles C. Mann breaks down the proposed solutions and finds that the answers fall into two camps wizards and prophets while offering his own take on the best path to survival.

August 8 at 1:00pm

How data is helping us unravel the mysteries of the brain.

Geneticist Steve McCarroll wants to make an atlas of all the cells in the human body so that we can understand in precise detail how specific genes work, especially in the brain. In this fascinating talk, he shares his team's progress including their invention of "Drop-seq," a technology that allows scientists to analyze individual cells at a scale that was never before possible and describes how this research could lead to new ways of treating mental illnesses like schizophrenia.

Stay for Tuesday Tea after Ted Talks!

Tuesday
Tea
& Lemonade

July 11 & August 8

FREE

2:00-4:00pm

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

July 20 & August 17 *DON'T MISS OUT!*

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.

The Lasting Impressions



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.**

Hard of Hearing Support Group

September 21

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. Lead by Lou Vician. Please sign up in
the business office.

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.

Writing Group

Tuesday, July 25

Tuesday, August 22

10:00AM

Meeting the fourth
Tuesday each month in the
conference room.



Reader's Theater Practice

Wednesdays from 1:00-3:00pm

Not practicing until August 16

Interested in joining the Reader's
Theater group come to their
weekly meetings or call Susie
Blizzard: 812-376-0641.



JOIN THE GROUP!

SENIOREXPO

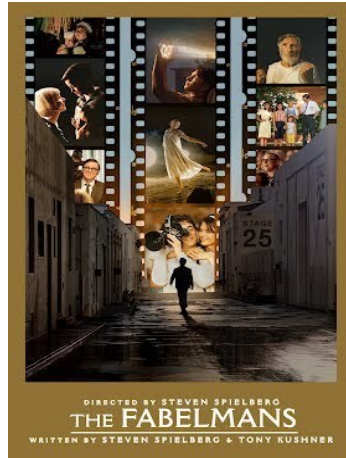
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programs or activities on August 18, the day of Senior
Expo. Please come enjoy the expo, lunch, and vendors.

FREE MOVIE SHOWINGS at MRC!

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



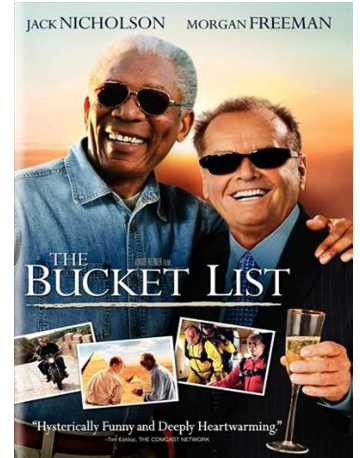
July 10
**Jerry & Marge
Go Large**



July 24
The Fabelmans



August 14
Faraway



August 28
The Bucket List





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!



Friday Night Line Dancing

July 28

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**

NEW FREE!

Donuts & Trivia

Tuesday, July 25 & Aug. 22
9:30am in the lounge

A great time to social engage with others plus enjoy a treat and trivia.

Free

SENIOREXPO

Mill Race Center will not have any regular scheduled programs or activities on August 18, the day of Senior Expo. Please come enjoy the expo, lunch, and vendors.

AARP Smart Driver Course

Thursday, August 24

Noon-4:00pm

\$20 AARP member/\$25 non AARP member

Learn research-based safety strategies to help keep you safe while on the road.

After taking this newly updated course, you may be eligible for a multi-year discount on your car insurance! (Consult your auto insurance agent for details.) Space is limited. Register in the office.



**Pictures due
September 27**

MILL RACE CENTER

PHOTO CONTEST

Five Categories: Travel, Wildlife/Animals, Nature/Landscape, Architecture, & Hometown Pride
Stop by the office for details.

Alice In Wonderland
At Mill Race Center

60 Minute
Time Slots

CAN YOU ESCAPE

NEW

FREE!

ESCAPE ROOM

See page 6

FOLLOW THE RULES!

All Day Monday, August 21

REGISTER NOW IN OFFICE

Pick your time slot in the office and register your team.

Form a team or have the office pair you with other members. Put your detective hat on and try to escape the MRC room.

CAKEWALK



Cake Walk

Thursday, August 31

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.

Follow Mill Race Center
on Facebook.



WISE (Wellness Initiative for Senior Education)

Aug. 22-Sept. 8 (3 weeks)

Tuesday & Friday

10:00am-Noon; FREE

NEW

FREE!

WISE
Wellness Initiative for Senior Education

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 Dan Mustard. Register in the office.

Quarterly Reading Challenge

FREE!

NEW

Join Us!

June-August
Ends August 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.

ART BAZAAR

Saturday, October 28

10 AM-4PM at Mill Race Center

Join us as Regional artisans, crafters, knitters, woodworkers, gather to show their wares. Food and refreshments, on site.

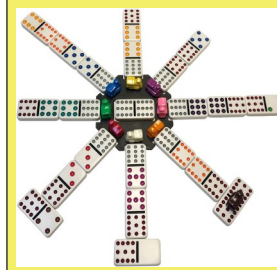
A fundraiser to benefit Mill Race Center.
Contact MRC office for questions or booth space.



The BCPL Bookmobile:

FREE!

July 12 & 26
August 9 & 23
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

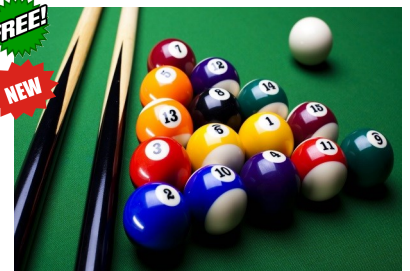


FREE!

OPEN Billiards

Two tables
available during
regular MRC
hours.

We welcome all
skill levels.



FREE!

NEW

BRIDGE

Learn to play Bridge
Every Friday from 1-4pm

Lead by: Elaine Bailey
In the conference room

NEW

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



FREE!



Puzzle Table

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

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 <div> Cards & Games are free for MRC members. Day passes can be purchased for non-members. </div>	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	Dominoes NEW 12:30-4:00pm	Mahjong 12:30-3:30pm Bridge NEW 1:00-4:00pm <div> Senior Expo August 18 No cards/games </div>

Eight Dimensions of Wellness



Fridays, July 28 & August 25
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
July 13
The Further
Adventures of
Ma and Pa Kettle



Thursday
September 21
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!

Summer is in full swing and we just completed our first motorcoach trip to Holland! The pictures were absolutely beautiful-thank you to everyone that participated in the photo contest. Our winner is **Jeff Rauch** with his beautiful photo of tulips all in a row! I will get a \$25 gift card in the mail to you.

Due to low numbers we will have to cancel our Fredericksburg, VA trip. Refunds will be processed and you can pick them up at the office.

Our trips have been filling up quickly and we already have 18 on Iceland! We are going to have so much fun and fingers crossed that we see the Northern Lights. Don't forget that we also have Nova Scotia for 2024.

If you still have the travel bug and want to get out this fall, several members are traveling to see fall foliage or even England-feel free to reach out and we will plan your dream trip! Also- don't forget to join our Mill Race Center Travel group on Facebook.



Amanda Coleman
812-376-9241*215

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 England and Cape Cod with Free Airfare!

Enjoy the tranquil backroads of Vermont, the monumental mansions of Rhode Island, gingerbread cottages of Martha's Vineyard and the history of Boston while taking in the best autumn colors New England had to offer. Multiple dates available, please reach out to Amanda if interested.

*Amanda would be happy to help you plan
your next great adventure!*



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!**

NEW



NEW

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!**



NEW

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 gratitudes, and motorcoach transportation.

NEW DATE!

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 gratitudes, and motorcoach transportation.

NEW



Congratulations

Winning Picture from the Holland, Michigan Trip

Picture by: Jeff Rauch

Jeff receives a \$25 gift card

Daytrips


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.)

Batar in Seymour

Friday, July 21

Friday, August 18

Cost: \$10m/\$15nm lunch on own

Come inside, sit back and enjoy a cool iced tea and delicious lunch in the Geranium Room. 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, 




Indiana Historical Society

Tuesday, July 25

Cost: \$25m/\$35nm plus lunch

We will travel to the Indiana Historical Society which is one of the country's oldest and largest historical societies.

We will first have lunch at their café and eat together, and then attend an orientation and question and answer session before we do a self-guided tour through the many interesting exhibits. Lots of walking. Leave 9:45am return approx. 4:30pm. 



Derby Dinner Shows

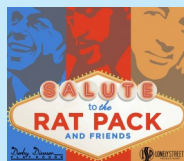
NEW

Salute to the Rat Pack & Friends

Mon., October 16 - Matinee Buffet

\$55 members, \$65non-members

Leave MRC at 10:15am return approx. 5:30pm. Max: 12 R,V



The Accomplish

Wed., October 25 - Matinee Buffet

\$55 members, \$65non-members

Leave MRC at 10:15am return approx. 5:30pm. Max: 12 R,V



Kopper Kettle

Wednesday, August 2

Cost: \$35m/\$40nm

This is always popular. The Special on Wednesdays is the three piece fried chicken dinner with all the fixin's including dessert. Groups must all order the special so only reserve if you are into amazing fried chicken, tossed salad, mashed potatoes, rolls and green beans! Lunch, beverage, tip and transportation included at \$35m/\$40nm. Leave MRC at 10am return approx. 2:30pm. Max: 12 R, V




Museum of Miniature Houses & Other Collections in Carmel

NEW

Friday, August 11

Cost: \$20m/\$30nm plus lunch


First, we will enjoy a delicious lunch at Juniper on Main in Carmel featuring southern coastal fare. Then we will drive a short distance to the museum of miniature dollhouses and scale replicas in a quaint space. There are seven rooms of fine scale miniature and some antique dollhouses. Leave 10am, return approx. 4pm. Max: 20 R, V, 



Indiana Landmarks Center

Tuesday, August 29

Cost: \$20m/\$30nm lunch on own

We will stop for lunch at the Garage Food Hall in Indy. It has been nominated for the #1 food hall in the country in USA Today. The Food Hall features over 20 vendors. Then we will enjoy a tour of the magnificent Indiana Landmarks Center. The historic building was built in 1891 and was restored as the Indiana Landmarks Center in 2011 after a 19M renovation of the three building complex. Lots of walking. Leave 9:45am, return approx. 4pm. Max: 20 R,V, B, 



Four Seasons Family Restaurant

NEW

Wednesday, September 6

Cost: \$10m/\$15nm lunch on own

Four Seasons Family Restaurant in Greenwood. We will have lunch at this family-owned restaurant that uses fresh ingredients, and almost everything is home-made. Breakfast is also served all day if you're a breakfast lover. Leave 10am, return approx. 2pm.

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

There is a 3 week hiking trip planned out west for September. Contact Ed for more information.

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.



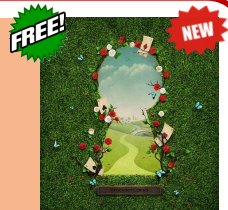
The Better Breathers Club is sponsored by the American Lung Association, and is supported locally by Columbus Regional Health. We offer presentations on informative topics, and include time for questions and discussion. We also offer friendly support to anyone with lung problems. If you have lung problems, 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., Aug. 2 at 3:00pm
Topic: Lung & Organ Transplant. We will have a guest speaker from the Indiana Donor Network.

If you would like more information, please call Jennifer at 812-376-5793.

MRC Escape Room:
Alice In Wonderland
Monday, August 21

Times set all day.
Register in the office.





NEW

FREE!

Brit Box Series: Agatha Christie's Marple

At Bertram's Hotel

Mon. July 17 at 1:30pm

Miss Marple's stay at a glamorous London hotel is interrupted by a wave of criminal activity, including robberies, racketeering, blackmail, death threats, and cold-blooded murder.



Ordeal by Innocence

Mon. July 31 at 1:30pm

Old wounds are reopened for the Argyle family when a man suddenly turns up after being abroad and claims that the black sheep of the family could not have murdered its tyrannical matriarch.



Towards Zero

Mon. Aug. 7 1:30pm

A wealthy woman holds a party at her Devon estate for family and friends. When a solicitor and the hostess herself are both murdered, Miss Marple tries to find a clever killer with a devious plan.



Miss Marple: Nemesis

Mon. Aug. 21 at 1:30pm

Miss Marple and her nephew, novelist Raymond West, embark on a coach tour of historic English houses with an eclectic group of characters at the behest of a late friend who had knowledge of an unsolved murder.



Broadway Series

Call MRC to register for each viewing.

FREE!

Broadway Melody of 1940

Fri., July 28 at 1:00pm

(1940) In New York City, the dance team of Johnny Brett and King Shaw are at the bottom of the heap, and barely scraping by in dance halls. When a producer, Bob Casey, catches sight of Brett's moves, he wants to cast him as the dance partner of the Broadway star Clare Bennett.



Brigadoon

Fri., August 25 at 1:00pm

(1954) Tommy Albright and Jeff Douglas, two American pals on a Scottish hunting trip, get lost in the woods and come upon the magical village of Brigadoon. Rising out of the Scottish mist only once every 100 years, and only for one day, Brigadoon is an enchanted place where life is simpler and easier, untouched by the worries of the modern world.



alzheimer's association®

Understanding Alzheimer's & Dementia Thursday, August 31

10:00-11:00am at Mill Race Center

Learn basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.

FREE! NEW

MyTruAdvantage Medicare 101

August 22 at 1:00pm; Free

Come join us for afternoon snacks and learn more about the ABCs (and don't forget the Ds) of Medicare with



Kristi Petro from MyTruAdvantage: Indiana's Medicare Advantage plan. MyTruAdvantage partners with community-focused doctors and hospitals right here in Indiana to provide each unique individual member with locally based competitive benefits expected from a Medicare Advantage plan. MyTruAdvantage is Medicare Advantage that just makes sense



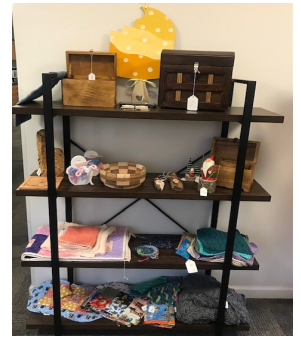
Now booking for 2023 & 2024
Weddings • Reunions • Corporate Events
MillRaceEvents.com
(812)302-3838

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.



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!

**Mill Race Center Seeks
Joan Percy Senior Citizen of
the Year Nominations**

Forms are available at MRC and also on our website at www.millracecenter.org. Due by September 1, 2023



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 staff can walk you through the goal setting process. Please reach out to Becky or Shannon by calling 812-376-9241 or by emailing at becky@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	Writing Group	CNR
	(4th 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 (video)	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

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
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(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


ACTIVITY HIGHLIGHTS

 **Now- July 31**
8 Dimensions Challenge 


July 4

CLOSED for Independence Day

July 3, 17 & 31, Aug. 7 & 21

Agatha Christie's Marple, 1:30pm 

July 10 & 24


Movie, 2:00 & 4:30pm 

July 11 & August 8

Ted Talks, 1:00pm 

Tuesday Tea, 3:00pm

July 18 & August 15

Succulent Lover's Group, 10:00am 


July 20

Coffee Hour, 10:00am 

Birthday Party, 12:30pm

Grocery Bingo, 3:30pm

July 25 & August 22

Donuts & Trivia, 9:30am  

July 26 & August 22

Come & Eat, 11am

July 28 & August 25

Total Brain Health, 9:30am 

Broadway Movie, 1:00pm

July 28

Friday Night Line Dance (\$10), 7pm 


August 4

Welcome Breakfast; 9:30am 

August 9

Thrive Alliance Program, 1:00pm  

August 14 & 28

Movie, 2:00 & 4:30pm 

August 17

Coffee Hour, 10:00am 

Learn to Relax, 11:00am

Grocery Bingo, 3:30pm

August 18

SENIOREXPO

10am-2pm

No MRC Programs Today

August 21

Escape Room, all day  

August 22-Sept. 8

WISE Training, 10:00am  

August 24

AARP Smart Driver Course, 12pm 

August 31

Alzheimer's Association Class, 10am

Intro to Tai Chi, 11:00am 

Cake Walk, 3:30pm

Sept. 4

CLOSED for Labor Day

Follow Mill Race Center
on Facebook.



Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

Visit us at www.millracecenter.org.





Mill Race Center
900 Lindsey St.
Columbus, In 47201

PRESORTED STANDARD
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