



**The Lasting Impressions Present:**

***Come! White Christmas,  
Come!***

***& Meaning of the Advent Candles***

**Fri., December 15 at 6:00pm**

**Sun., December 17 at 1:00pm**

(Doors open 30 minutes prior)

**Tickets are \$25.00**

(Includes dinner and show)

Buffet Dinner by:  
Sadie's Catering

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

## 100 MILE CHALLENGE

**FREE!** **NEW**

Winner will receive: a free MRC t-shirt, a free One Year Membership to MRC, and \$50 cash. Medals will be given to all participants for every 500 miles logged.

### Fall/Winter Challenge

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

Visit our website to find a 100 Mile Challenge Log Sheet or pick one up at the MRC. Keep track of your miles from **Oct. 1 2023-March 31, 2024**. 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.

**KEEP MOVING!**

**The Lasting Impressions Present  
VETERANS DAY SHOW**

***Our Veterans are VIP  
(with USO Show)***

See page 16 for details

***Mingle &  
Jingle*** See page 17  
**Tuesday, December 19th  
at 2:00PM**

# From Your Executive Director

The Atlantic recently published an article by David Brooks titled "How America Got Mean." I have been having similar conversations with my wife, as we share stories about dealing with mean-spirited and short-tempered people on a regular basis. The article addresses two key questions: Why are people so sad, and why are they so angry? Data backs up both observations. Depression and mental health issues are increasing. People have fewer personal connections. There are record numbers of people who are single or have never married. Suicide and overdose rates are on the rise right here in Bartholomew County.



This is not a new trend. According to Brooks, we have been heading in a downward trajectory for decades, as culturally we have neglected the task of educating people in the simple acts of kindness toward one another. We do not spend enough time instructing kids (or adults) in the most basic moral or social skills. Many people have no idea how to make friends, or how to ask for forgiveness, or how to respectfully disagree.

He lists several reasons, but two really resonate with me: the prevalence of social media and the epidemic of isolation. This is especially true since the pandemic when people hunkered down and turned to their smartphones and computers for some sense of connection. Too many of us became accustomed to the anonymity of social media. In the past, we had "Onions and Orchids" in the paper. Now we have whole websites or Facebook pages devoted to scorching someone for the least slight, whether real or imagined.

How do we improve the situation? Start by looking in the mirror. Are you kind? Are you patient with other people? Those of us with life experience should be the role models for younger people. Make new friends, especially with people who don't look like you. Join a new group. There are plenty of opportunities right here at Mill Race Center. Our Random Acts of Kindness group would be a great place to start. Strive to be patient and kind.

Look through this month's newsletter, select some new activities, and pledge to yourself that you will not be the reason that someone would think that Americans have become mean.

**Dan Mustard**  
Executive Director

**Mill Race Center will be closed on November 23 & 24,  
December 25 & 26, & January 1 & 2.**

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 we 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](http://millracecenter.org)  
Text "millracecenter" To (833)735-8150  
Drop off a check or cash to the office.

## Mill Race Center Staff

**812-376-9241**

**Liz Barriger**, Receptionist, x218

**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

**Shannon Truman**, Operations & Programs Director, x 220

**Jeff Voyles**, Senior Products, x 228



**Now booking for 2024**

**Weddings • Reunions • Corporate Events**

**MillRaceEvents.com**

**(812)302-3838**

Wedding photography courtesy of [jackiesantanaphotography.com](http://jackiesantanaphotography.com)



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





## Providing much more than a meal!

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

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

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

**Cost:** \$7.10 for hot lunch  
\$12 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

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

## Free Little Library Bring a book - Take a book



Built & Donated  
By: Ed Niespodziani



**WISE Class  
See Page 14**



**Quarterly  
Reading  
Challenge**



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

**A great way to work on your  
Intellectual Wellness!**

## Notes

Wireless access at MRC requires a password members can obtain. The password may be obtained from the MRC front desk.

## 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 Linda 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](mailto:linda@millracecenter.org)

**Wednesday, November 8 at 9:30AM**

### Welcome! **MRC Welcome Breakfast** Fri., Dec. 1 **FREE!** 9:30am in the lounge

Register in the office

Have you recently joined or are you interested in learning more about what Mill Race Center has to offer? We'd like to get to know you better and introduce you to the Center and the variety of programs and events we have planned throughout the year. **Call to register (812) 376-9241.**

### Give the gift of a **Mill Race Center**

membership to your friends  
this year!

Stop by the business office or call **(812)376-9241** to make arrangements for your friend or loved one. You can also do a membership online at [www.millracecenter.org](http://www.millracecenter.org).



Follow Mill Race Center  
on Facebook.



**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.

# BLIZZARD BAGS

In an effort to prepare for the inevitable snowy weather, Mill Race Center will be hosting a food/ winter preparedness drive until November 17. Donated items will be used to compile blizzard bags for homebound seniors with Meals on Wheels who are unable to receive a home delivered meal due to inclement weather. Below you will find a list of specific items needed. Bring your items into the office. We are continually grateful for your support.

Examples: individual juice servings, peanut butter, cereal bars, crackers, pretzels, granola bars, protein bars, pudding, canned fruit, canned meat, canned vegetables, canned soups, stews, and ravioli

## Succulent Lover's Group

Nov. 21 & Dec. 19

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.



## Learn to Relax Class

Thursday, Dec. 7

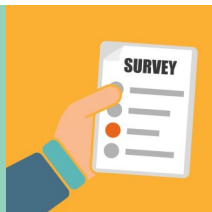
at 11:00am

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.



## End Of Year Surveys

Be sure to fill out the End of Year Survey and return to the office. Additional copies are available in the Business Office.



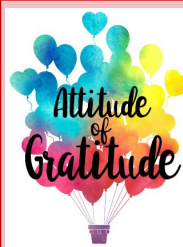
## Kara's Silver Strings Dulcimer Class

Thursday, Nov. 9 -Dec. 21  
(Not meeting Thanksgiving)  
10:30am; **FREE** (Max 10)

Kara's Silver Strings is a user-friendly way to learn to play the dulcimer even if you have never played an instrument before. You don't have to read music, or have any experience playing an instrument to be able to sound great playing. Our lessons provide everything you need, including the dulcimer. Within the first half hour of the first lesson you'll be playing music with your friends. The program was created by National Dulcimer Champion Kara Barnard. Everyone can learn to play music, and it's so much fun! Max: 10 participants for 6 week class so registration is limited.



**DON'T MISS OUT!**



## Gratitude Windows

During the month of November we hope to cover the windows of the classroom with what our members are thankful for in their lives. Post-it notes will be available for you to write what you are grateful for and stick up on the windows. Try keeping a gratitude journal this month and write 3 things daily you are grateful for. Let's all share our attitude of gratitude and be inspired!

## MILL RACE CENTER

ON THE GO



## At All Saints Apartments

November 28 at 2:30 pm

## Fairington Apartments

11/21 Bldg 2301 at 2:00/Bldg 2401 at 3:30pm

12/12 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](mailto:bcutsinger@millracecenter.org)

# Eight Dimensions of Wellness



## Evening Star Quilt Guild

**FREE!**

**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.

## Monday Morning Sewing

**FREE!**

**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.



**FREE!** **NEW**

## 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

**FREE!**

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.

## Standing Wood Turkey

Thurs., Nov. 9 at 3pm

Cost: \$8 (2 turkeys)

These cute little turkeys will be ready for you to paint and decorate. They come in two pieces and are free standing. Roughly 4x6 in size. All supplies included.



NEW

## Christmas Door Sign

Thurs., Nov. 28 at 3:00pm

Cost: \$10

We will paint these beautiful wooden Christmas signs and add little sparkle with some glitter. A festive way to brighten up your door or to give as a gift. All supplies included.



NEW

## Holiday Wine Bottles

Thurs., Nov. 30 at 3:00pm

Cost: \$8 (1 bottle)

Come join us and make a holiday tree or Santa wine bottle with lights for your Winter décor. All supplies included. You may register to make additional bottles.



## Button Ornaments

Tues., Dec. 5 at 3pm

Cost: \$8 (for 3)

Make a tree, angel, or snowman - you pick. We will stack our buttons by form these adorable ornaments. When you register let the office know which 3 ornaments you want to make. All supplies included.



NEW

## Mini Jenga Block Ornaments

Thurs., Dec. 7 at 3:00pm

Cost: \$5 (for 4)

We will use mini Jenga blocks to frame our cute little ornaments. A variety of sayings and designs will be available to pick from for the inside. All materials provided.



NEW

## Monthly Card Making

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

### November - Thanksgiving

Tues., Nov. 14 at 1:00pm

Cost: \$5 (set 4)



### December - Christmas

Tues., Dec. 12 at 1:00pm

Cost: \$5 (set of 4)

### January - Winter

Tues., Jan. 9 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.



FREE!





## Ball Room Dance Classes

**Monday, Tuesday & Thursday 5:00-7:00pm**

Margot Scholz offers 8 week sessions at Mill Race Center on Monday and Thursday evenings. For more information about sessions, call Margot at (812) 342-4156.

## 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**

**FREE!**



## 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.

**FREE!**

**NEW participants always welcomed!**



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

**FREE!**



## Line Dancing

**Ultra Beginner Technique Class**

**Watch for it to begin again after the first of the year.**

Carla Willis-Crase is offering a 6-week class to teach you all the ultra beginner technique for line dancing. The cost will be \$60 due on the first day of class to Carla and cash only please.

**NEW**



For more information call Carla at 812-327-0493.



## 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](http://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](http://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., Nov. 30**

**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.

**November & December Birthdays**

**November 16 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.

## 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 - 5:45-8:00pm**



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

**No Play: 11/10**



**Saturday Mornings - 8:30-11:30am**

**No Play: 12/16**

## 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  
**Wednesday, Nov. 29**  
**Cracker Barrel**

Meet there at 11:00am  
**Monday, Dec. 18**  
**Sopheia Asian Restaurant**

**WISE Class**  
**See Page 14**





## Morning Bible Study

**Tuesday mornings 10:30-11:30am**

In the Classroom; **Free**

Information: Virginia Houser, 812-657-7067

**November:** Dennis Odd

Retired Pastor

**December:** Meeting Dec. 5 & 12 only  
Not meeting again until February 7.

## 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! Not meeting on November 22 or December 27 and January 3.



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



## TED Talks

**2nd Tuesday of each month**  
**Meeting at 1:00pm in Classroom**

Facilitators: Ed & Terri DeVoe



**November 14 at 1:00pm**

**December 12 at 1:00pm**

**Stay for Tuesday Tea after Ted Talks!**



**Nov. 14 & Dec. 12**



Hosted by: Jennie Rauch  
Cookies by: Pat Galdikas



**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.

## ASAP

### Managing the Stress Cycle Workshop

**Thursday, November 16th at 6:00pm**

**Friday, December 8 at 9:30am**

ASAP has partnered with Skye Nicholson of Soul's Truth Coaching to bring an engaging workshop to organizations in Bartholomew County. Through Skye's vast experience as an empowerment coach she leads teams in learning to manage daily stressors, turn from numbing behavior, and engage in activities that truly nourish and fill our cups. Skye is a certified wellness instructor and has been recently featured in *Columbus Magazine* and several international podcasts. Register in office.



**DON'T MISS OUT!**



# Eight Dimensions of Wellness



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



**Quarterly  
Reading  
Challenge**

Quarterly  
Reading Challenge!  
See Page 17 for details!



**Bodies In Motion  
Afternoon Class  
Tues. & Thurs. at  
2:00pm**

**FREE!**

**NEW**



## Grocery BINGO

**Nov. 16 & Dec. 21**

**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.

**DON'T MISS OUT!**

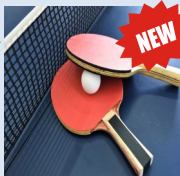
## Ping Pong

**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.

**FREE!**

**NEW**



*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.**

## WISE Class

(Wellness Initiative for Senior Education)

**Coming back first of the year**

**(6 week class)**

**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 Dan Mustard. **Register in the office now in advance.**

**FREE!**

**NEW**



## Setting Goals to Age Well

**January 25<sup>th</sup> at 11:00am**

**FREE!**

It's a new year and a great time to look at how we are aging. Using the **8 Dimensions of Wellness** as a guide, we will review the areas we need to "tune up." Easy methods for goal setting will be shared along with tips to help you keep on track. This class is also a great way to learn about the **8 Dimensions of Wellness** and get yourself plugged into the programs at Mill Race Center. Cheers to a New Year and to turning the invisible into the visible by setting goals and aging well! Register in office



## Reader's Theater Practice

**Wednesdays from 1:00-3:00pm**

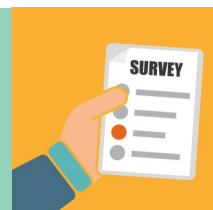
Interested in joining the Reader's Theater group come to their weekly meetings or call Susie Blizzard: 812-376-0641.

**JOIN THE GROUP!**



## End Of Year Surveys

Be sure to fill out the End of Year Survey and return to the office. Additional copies are available in the Business Office.



# Eight Dimensions of Wellness

## **FREE MOVIE SHOWINGS at MRC!**

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



**November 13**  
**The Hill**

**PG**



**November 27**  
**My Big Fat Greek  
Wedding 3**

**PG  
13**



**December 11**  
**A Million  
Miles Away**

**PG**



**December 18**  
**Something  
From Tiffany's**

**PG**



The Lasting Impressions Present  
**VETERANS DAY SHOW**

***Our Veterans are VIP***  
***(with USO Show)***

**Friday, November 10  
at 2:00pm**

Enjoy a delicious dessert and  
a wonderful show!

**Veterans are FREE**  
MRC members: \$5  
Non-members \$10

Make reservations in the office.



**Donuts  
& Trivia**

**Tuesday, Nov. 28 & Dec. 19  
9:30am in the lounge**

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

**Free**



Follow us on Facebook and  
visit our website for a variety  
of online classes.  
[www.millracecenter.org](http://www.millracecenter.org)

## SAGE Table

Friday, November 3

11:30am-1:00pm



An opportunity for LGBTQ and allied people to come together and share a free meal and conversation. SAGE Table is an event held throughout the country to promote a more age-friendly community, and to discuss ways we can strengthen it. Must register in the MRC business office by Tues., Oct. 31 for meal preparation purposes.

## Hands Only CPR Training

Wed., Nov. 15 at 3:30pm

**FREE**



**American  
Red Cross**



It's easy to learn. You can increase the chance of someone surviving a cardiac emergency by taking a FREE American Red Cross 30-minute class. Learn how to deliver lifesaving CPR care without rescue breaths and be prepared. When you immediately provide Hands-Only CPR, you can increase the chance of survival. Register in office.

## Voelz, Reed, & Mount, LLC

knowledge · experience · solutions

### DO YOU HAVE QUESTIONS ABOUT

- ESTATE PLANNING?
- LONG TERM CARE PLANNING?
- MEDICAID QUALIFICATION?
- ESTATE SETTLEMENT?
- VA BENEFITS?
- GUARDIANSHIPS?

### WE'VE GOT ANSWERS!

Join us to hear answers to frequently asked questions and have an opportunity to ask general questions about our various practice areas.



**Mill Race Center**

**November 28th at 11:30a-1p**  
**lunch will be provided**

This event is free, but registration is appreciated. Register in person at the Mill Race Center Office or by calling (812) 376-9241

Check out the new  
dulcimer class offered  
started in November.  
See page 6.

**FREE!** **KARA'S  
SILVER  
STRINGS**



**LUNCH & LAUGHTER**  
READERS THEATER

**NEW**

**Back With Lunch!**



**December 6 at Noon**

**Lunch: \$8 members**  
**\$12 non-members**

Make reservations at the MRC business office. **Required Registration by Dec. 1.**

Doors open at 11:45am

**SPONSORED BY:**



**Quarterly Reading Challenge**

**FREE!**

**NEW**

**Join Us!**

**September-November**  
**December-February**

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

Current challenge will end **November 30**. Next quarter challenge will be **December 1-February 29**. 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.

**CHRISTMAS CONCERT**

FEATURING

**Guy Paronavitana**

**Thursday, December 14**  
**at 3:00PM**

Come enjoy a free afternoon concert by Guy Paronavitana. Cookies will be served. Register in the office by 12/12.

**FREE!**

**NEW**

Sponsored by:



**Mingle & Jingle**

**Tuesday, December 19th**  
**at 2:00PM; FREE**

**FREE!**

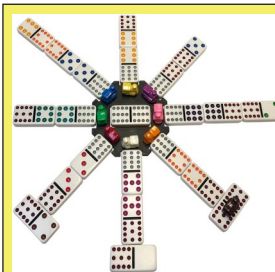
Entertainment featuring our own **Dan & Linda Mustard**. Gather together with friends and enjoy delightful holiday music and refreshments. Sign-up in the Business Office.



## The BCPL Bookmobile:

**FREE!**

November 1 & 15  
December 6 & 20  
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

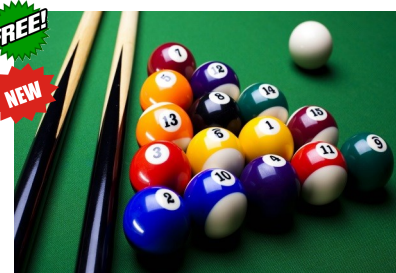
Every Mon. & Fri.  
12:30-3:30pm



**FREE!**

## OPEN Billiards

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



**FREE!**

**NEW**



**NEW**

**Bridge**  
Every Friday from 1-4pm

Lead by: Elaine Bailey  
In the conference room

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

**FREE!**



## Puzzle Table

**FREE!**

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

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
<b>Mahjong</b> 12:30-3:30pm  <b>Hand &amp; Foot</b> 12:30-4:00pm  <div> Cards &amp; Games are free for MRC members. Day passes can be purchased for non-members. </div>	<b>Pinochle</b> <b>NEW</b> 1-4pm (2 & 4 Tuesday)  <b>Euchre</b> 4:30-7:00pm (MP3)	<b>Scrabble</b> 1:00-3:00pm  <b>Hand &amp; Foot</b> 12:30-3:30pm For information call Rosemary Sager (812)390-7665 <b>(No cards on 12/6)</b>	<b>Dominoes</b> <b>NEW</b> 12:30-4:00pm	<b>Mahjong</b> 12:30-3:30pm  <b>Bridge</b> <b>NEW</b> 1:00-4:00pm



**Fridays, November 17 & December 15  
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.**

**DON'T MISS OUT!**



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, December 7**  
***It's A Wonderful Life (1946)***



## 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 All!

We are quickly approaching the end of the year and travel for 2024 is filling up! We are currently sold out for our Iceland trip with a waitlist. If you are looking at booking any of the fly to trips for next year, please do so sooner than later so that you don't miss a trip that you are looking forward to going on.

We have 2 motorcoach trips for next year-please pick up a reservation form for each one in the office and you can place your \$75 deposit at that time. I am excited for all of the upcoming trips and adventures that we will take next year. Please do not hesitate to reach out with questions during regular business hours throughout the week and emails at any time.

Amanda Coleman  
812-376-9241\*215



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

**This trip is full and if interested you can call Amanda and be put on a waiting list.**

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!**

## Trips

### **Pacific Northwest and California** NEW **September 1-8, 2024**

From the wilds of Mount St. Helens to the shadow of giants in the Redwoods, fall under the spell of the Pacific Northwest and California. Travel along Oregon's beautiful coast, making stops at, Yaguina Head Lighthouse, Newport, Bandon and Coos Bay. Explore Oregon's wilderness on a Rogue River cruise. Visit Redwood National Park's Avenue of the Giants. Cross the Golden Gate Bridge and discover the "City by the Bay," San Francisco. Twin rate is \$4149 and single is \$5049 per person. Pricing includes roundtrip airfare from Indianapolis.



### **Greece - October 16-24, 2024** NEW

Visit the ancient Parthenon with a local guide and enjoy a city tour of Athens. Learn the art of olive oil tasting on Mykonos and enjoy a free day on Santorini for relaxation or independent exploration. Twin rate is \$4449 and single is \$5248 per person. Pricing includes roundtrip airfare from Indianapolis.

## 2024 Bus Trips

### **Ark Encounter & Creation Museum** **April 30-May 2, 2024**

Travel back in time to meet Noah and his seven family members! Walk through three decks of the massive ark, featuring incredible craftsmanship and beautifully fabricated teaching exhibits. Venture through biblical history stunning exhibit, botanical gardens, a planetarium and more at the Creation Museum. View Cincinnati's skyline as you glide smoothly on the mighty Ohio. Dine on delicious German fare in traditionally-decorated rooms at the Hofbrauhaus. Enrichment for the mind, body and soul is waiting in Kentucky and Ohio. \$689 per person double occupancy



### **Christmas at The Biltmore House** NEW **December 2-5, 2024**

Take a step back in time for an elegant 1895 Christmas! Illuminated with candles and soft lights, the Biltmore House appears as it did Christmas Eve 1895, when it was officially opened by George Vanderbilt. View the home by candlelight, then return in daylight to tour Antler Hill Village and massive grounds of the estate.



**100 MILE CHALLENGE**  
MILL RACE CENTER

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

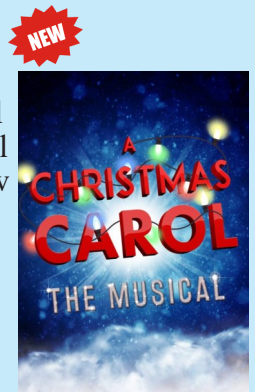
## Derby Dinner Shows



**Derby Dinner Shows are a part of day trips. Register in office. These are separate from the travel department and all registration is done in the office.**

### **A Christmas Carol**

**Wed., Dec. 13 - Matinee Buffet**  
**\$55 members, \$65 non-members**  
This spectacular Broadway musical adaptation of Charles Dickens' well-known story breathes fantastic new life into the classic tale. A lavish and thrilling musical that is perfect for the holiday season! Leave MRC at 10:15am return approx. 5:30pm. Max: 12 R,V



# 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.)

## Hot Glass Workshop

**Fri., Nov. 3**

**Tues., Nov. 21**

**Cost: \$65m/\$75 nm**

Our instructor will guide us through studio basics and safety and demonstrate what we will be making. We will gather our molten glass, pick our colors, and sculpt it into our own beautiful creation. **Must wear closed toe shoes and cotton based clothing.** We will be at the studio from 1:30-3:30. Leave MRC at 12:30 and return approx. 5:00pm. Max: 7, V



## Gray Brothers Cafeteria

**Wed., Nov. 8**

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

Join us for a wonderful lunch at this old-fashioned cafeteria. Wednesday is also free piece of pie day. Leave 10am, return approx. 1:30pm. Max 12,



## Ann's Restaurant & Candy Store

**Mon., Nov. 13**

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

We will have lunch at this very popular restaurant in Franklin that serves home cooked meals and breakfast all day. After lunch, we will stop by the Hoosier Cupboard Candy Store which features a large variety of candy, snacks and hand dipped ice cream. Leave MRC at 10:20am return approx. 2:00pm. Max: 12, V



## Sassafrass Lunch & Tea Room

**Fri., Nov. 17**

**Cost: \$10m/\$20nm plus lunch**

Come join us for a delicious lunch, and choose from a wide variety of specialty teas at this charming restaurant which also includes a gift shop. Leave 10am, return approx. 2pm Max: 12, V



## Jingle Rails at Eiteljorg Museum

**Mon., Nov. 27**

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

We will first have lunch at the Eiteljorg Museum Café. Then we'll get into the holiday spirit at the Jingle Rails Great Western Adventure wonderland model train exhibit located in the museum. The nine model trains wind through downtown Indy and then travel through the national parks of the American West and other legendary sites. The museum also includes native American exhibits. Leave 10am return approx. 4:00pm. Max: 12, R, V



## Indiana Festival of Trees

**At time of print tickets not yet available. Watch for E-blast.**

**Cost: \$24m/\$34nm**

We will travel to see a winter wonderland at the 10th annual Indiana Festival of Trees held at the Indiana Historical Society. There will be 75 elaborately decorated trees on display representing individuals, families, and organizations from Indiana. We will not be having a lunch stop. Please eat before you come or stop at the café once we arrive. Max: 12 R, V



## Cake Bake Shop

**Mon., Dec. 11**

**Cost: \$15m/\$25nm plus lunch/dessert**

Join us for lunch at this elegant café and bakery in Carmel. It will be beautifully decorated for Christmas. Be sure to save room for a scrumptious dessert. After lunch walk to a few close shops nearby. Leave 9:35am, return approx. 3:30pm. Max: 7, V



## Crimson Oak Restaurant & Pub

**Wed., Dec. 20**

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

Come and join us for lunch at Crimson Oak Restaurant and pub in North Vernon. The restaurant has a charming atmosphere and a delicious menu. Leave 10:15am, return approx. 1:30pm. Max 12, V

*Crimson Oak*  
RESTAURANT & PUB

## Friend's Diner in Whiteland

**Tues., Jan. 8**

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

We will have lunch at Friend's Diner in Whiteland, a favorite restaurant with great home cooking. Leave 10:15am, return approx. 1:30pm. Max 12, V

# 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 Becky at 812-376-9241.



## 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.

**Wed., November 22 at 3:00pm**

**Topic: Year End Wrap Up & COPD Awareness Month**

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!



**See page 19 for details.**

## 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](mailto:kn4073@comcast.net)





NEW

## Brit Box Series: *Alan Carr's Adventures with Agatha Christie* **FREE!**

Life-long Agatha Christie fanboy Alan Carr embarks on a personal Great British adventure inspired by his literary heroine. Each episode is about 50 minutes.

### Episode 1 - Agatha

**Mon. Nov. 6 at 1:30pm**

Alan begins by uncovering the clues behind the greatest crime writer of all time on Burgh Island and at Greenway House. He investigates what really happened in her much publicized disappearance.



### Episode 2 - Miss Marple

**Mon. Nov. 20 at 1:30pm**

In London and Devon, Alan goes on the trail to get to know the real Miss Marple and finds out what inspired Agatha to create the famous silver-haired sleuth.



### Episode 3 - Hercule Poirot

**Mon. Dec. 4 at 1:30pm**

Alan's journey to discover his literary hero comes to an end, as he investigates the inimitable detective Hercule Poirot. In London, Alan is joined by Judge Robert Rinder, as they take part in the immersive production of 'Witness for the Prosecution'.



## Broadway Series

Call MRC to register for each viewing.

**FREE!**

### Chitty Chitty Bang Bang

**Fri., Nov. 17 at 1:00pm**

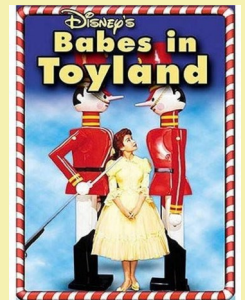
(1968) While truant from school, young siblings Jeremy and Jemima meet the beautiful Truly Scrumptious, who falls for their widowed father, Caractacus Potts, and his various oddball inventions, including the family's noisy rebuilt car, Chitty Chitty Bang Bang. One day at the beach, Caractacus tells Truly and the children a fanciful fable about the villainous Baron Bomburst and his evil designs on the Potts family car.



### Babes In Toyland

**Fri., Dec. 15 at 1:00pm**

(1961) Mary Contrary is set to marry Tom Piper when he is kidnapped by Roderigo and Gonzorgo, two goons working for the evil Barnaby. Barnaby wants to marry Mary for her inheritance. Tom and Mary encounter the odd Toymaker, who becomes a pawn in Barnaby's new scheme.



## alzheimer's association®

### Healthy Living For Your Brain & Body Wednesday, December 13

**9:30am at Mill Race Center; Free**

**FREE!**

**NEW**

Learn about the latest research and get insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Use hands-on tools to help incorporate these recommendations into a plan for healthy aging.

*The Alzheimer's Association's free 24/7 Helpline (800-272-3900), staffed by master's-level clinicians and specialists, provides confidential support and information to all those affected in over 200 languages.*

Alzheimer's Association is looking for Volunteer Community Educators are volunteer public speakers who provide Alzheimer's Association education programs to community audiences.

If you are interested contact Me-Me Pruitt  
at [mpruitt@alz.org](mailto:mpruitt@alz.org)



Now booking for 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](http://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!

**Quarterly Reading Challenge**

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

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## 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](mailto:becky@millracecenter.org) for an appointment.



### Current classes that I want to try/attend:

#### Physical Wellness:

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#### Spiritual Wellness:

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#### Environmental Wellness:

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#### Social Wellness:

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#### Financial Wellness:

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#### Intellectual Wellness:

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#### Emotional Wellness:

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#### Vocational Wellness:

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### 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
9:30	Alzheimer's Assoc.	CR
(2nd Tues. of the 2nd month of newsletter)		
10:00	Succulent Group	AR
(3rd Tues.)		
10:00	Tai Chi (\$)	MP1
10:30	Bible Study	CR
1:00	Card Making (2nd 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
5:45-8	Pickleball	MP2

## Thursday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
10:00	Tai Chi (\$)	MP1
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
------------	------------	-----

(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](http://www.millraceevents.com)  
 (812)302-3838



## ACTIVITY HIGHLIGHTS

**Nov. 3**

SAGE Table; 11:30pm 

**Nov. 6, 20 & Dec. 4**

Brit Box Series; 1:30pm 


 **Nov. 9-Dec. 21 Thursdays** 

Kara's Silver Strings Class; 10:30am 


 **Nov. 10**

Veterans Day Program; 2:00pm 

**Nov. 13 & 27**

Movie; 2:00 & 4:30pm 

**Nov. 14 & Dec. 12**


Ted Talks; 1:00pm 

Tuesday Tea; 3:00pm


**Nov. 15**

Hands Only CPR Training; 3:30pm 

**Nov. 16 & Dec. 21**

Grocery Bingo; 3:30pm 

**Nov. 17 & Dec. 15**


Total Brain Health; 9:30am 

Broadway Movie; 1:00pm

**Nov. 21 & Dec. 19**


Succulent Lover's Group; 10:00am 

**Nov. 28**

Donuts & Trivia; 9:30am 

Voelz, Reed, & Mount Program; 11:30am 

**Nov. 30**

Birthday Party; 12:30pm 

**Nov. 29 & Dec. 18**

Come & Eat; 11am


**Dec. 1**

Welcome Breakfast; 9:30am 


 **Dec. 6**

Lunch & Laughter; 12:00pm

**Dec. 7**

Learn to Relax; 11:00am 


**Dec. 11 & 18**

Movie; 2:00 & 4:30pm 

**Dec. 13**


Alzheimer's Association Class; 9:30am 

 **Dec. 14**

Christmas Concert with Guy; 3:30pm 

**The Lasting Impressions**  
**Come! White Christmas, Come!**  
**Fri., December 15 at 6:00pm**  
**Sun., December 17 at 1:00pm**

**Dec. 19**

Donuts & Trivia; 9:30am 

Mingle & Jingle; 2:00pm 

Follow Mill Race Center  
on Facebook.



Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

Visit us at [www.millracecenter.org](http://www.millracecenter.org).



Mill Race Center will be closed on  
11/23 & 24, 12/25 & 26, & 1/1 & 2.



Mill Race Center  
900 Lindsey St.  
Columbus, In 47201

PRESORTED STANDARD  
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CURRENT RESIDENT OR