



GREAT DECISIONS



PREPARE TO DISCUSS THE WORLD.

March 7 –April 25
6:30-8:00pm

Registration required with the MRC business office.
(We will be taking one week off in April.)

Partnered Program with IUPUC

Fee: \$35 members/\$45 non-members

TOPICS for 2024

**Mideast Realignment, Climate Technology
and Competition, Science Across Borders,
U.S. - China Trade Rivalry, NATO's Future,
Understanding Indonesia, High Seas Treaty,
Pandemic Preparedness**



Great Decisions is America's largest discussion program on world affairs. Every participant will receive a Great Decisions Briefing Book and have short readings for each week. A speaker will address key points and have question and answer time.



100 MILE CHALLENGE



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, 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 **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!



**VALENTINE'S
Lunch & Concert**

See page 16 for details



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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

I recently reviewed “The Longevity Economy Outlook” for the state of Indiana. This is part of a national report published by AARP. The information contained in the report reinforces my position regarding senior services. People often look at the work of Mill Race Center as a social or human service that falls within the scope of a charitable organization. I contend that senior service, especially health and wellness programming, is an issue of economic development. There are few social programs that have such a significant return on investment.



According to the AARP report, *“Indiana’s 50-plus population creates outsize economic impact and will drive economic growth for the next 30 years. In 2018, the 50-plus population accounted for 35% of Indiana’s population yet contributed 39%—or \$143 billion—of the state’s total GDP. Their activities also supported 1.7 million jobs and generated \$99 billion in wages and salaries. Their contribution to GDP is forecast to reach \$446 billion in 2050—almost 41% of the state’s projected GDP—when people 50-plus will account for 40% of the population. The purchasing power of Indiana’s 50-plus population will generate tax revenue for decades to come. In 2018, the market activities of people 50-plus supported \$10 billion in state and local taxes (36% of Indiana’s total). That figure will more than triple to \$35 billion by 2050.”*

The report goes on to state: *“Beyond their economic contributions, the 50-plus cohort also spends time engaging in vital activities like volunteering and caregiving for children and adults. The 50-plus population in Indiana contributed \$680 million in volunteering activities and \$11.2 billion in unpaid caregiving in 2018, with the average person spending 19 hours on volunteering and over 420 hours on caregiving over the entire year.”* *“People aged 50-plus will continue to play a significant role as part of Indiana’s workforce: by 2030, 50-plus workers in the state are projected to number 1.2 million, representing 33% of the state’s total labor force.”*

These economic benefits can only be realized if older adults remain healthy, active, and independent. So, what then, are the keys to living longer and living better? The list is short, and mostly common sense. Socialize, find something that gives you a sense of purpose, maintain a healthy weight through balanced eating and movement, manage stress, and remove or reduce toxins, such as alcohol, tobacco, sugar, and other harmful substances. You can access activities, or more information about the way to live longer and live better, when you participate in the wide variety of wellness programs at Mill Race Center.

The AARP report concludes with this statement: *“Indiana’s aging population will continue to make economic and social contributions that benefit people of all ages, and the growth of this age group will fuel innovation and new market solutions. Policymakers, business leaders, and elected officials must ensure programs and policies are in place to support and grow this economic engine.”* **I couldn’t agree more.**

Dan Mustard
Executive Director

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

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
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



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



Now booking for 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. Meals provided by Silver Oaks Health Campus

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

Not meeting in Jan. or Feb.

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: Basil Fritsch, 812-603-6160



Golden K Kiwanis is collecting recycled plastic grocery bags for Love Chapel. Donations can be put in the large bin by the coke machine/therapy entrance.

Free Little Library Bring a book - Take a book



Built & Donated
By: Ed Niespodziani



**Quarterly
Reading
Challenge**

NEW

FREE!

**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 at Camp Atterbury USO

Volunteers are needed at the Camp Atterbury USO for various shifts. If you are interested in the rewarding experience of being a part of the USO Camp Atterbury, please contact Justin Kiel, USO Operation Supervisor at 812-521-1281.



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.

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.

Volunteer for your Vocational Wellness

Ambassador Meetings

Informational ambassador meetings will be held the first week that 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, January 10 at 9:30AM

Welcome! MRC Welcome Breakfast **Friday, February 2** **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.



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.

MILL RACE CENTER

ON THE GO

At All Saints Apartments

January 23 at 2:00 pm

February 27 23 at 2:00 pm

Fairington Apartments

1/16 Bldg 2301 at 2:00/Bldg 2401 at 3:30pm

2/ 20 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

Matter of Balance Class

April 1-24

Mon. & Wed. 10:00am-Noon
(4 week class)

Cost: \$15

An award-winning evidence based program designed to manage falls and increase activity. Join us to improve your strength and balance and review your fall risk at home. A guided course with discussion and exercises. Max: 10
Call Mill Race Center if interested 812-376-9241.

DO YOU HAVE **Concerns**
about falling?



Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

Kara's Silver Strings Dulcimer Class

Thurs, Jan. 11-Feb. 15

10:30am; **FREE** (Max 9)

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! Participation is for 6 week class so registration is limited.



Sponsored by:

Heritage Fund
The Community Foundation of Bartholomew County



Succulent Lover's Group

Jan. 16 & Feb. 20

at 10:00am

Meeting monthly to discuss these beautiful plants and how to care for them. Learning and growing these little plants can be so fulfilling and rewarding. It's even more fun to share with friends...so join the group. Meets the third Tuesday each month.



High On The Hog - How African American Cuisine Transformed America

Thursdays in February at 11:00am in the classroom; **FREE**

Black food is American food. Chef and writer Stephen Scatterfield traces the delicious, moving throughlines from Africa to Texas in this docuseries. Each episode runs about an hour.



February 1 @ 11AM
Episode 1
Our Roots



February 8 @ 11AM
Episode 2
The Rice Kingdom



February 15 @ 11AM
Episode 3
Our Founding Chefs



February 22 @ 11AM
Episode 4
Freedom

Eight Dimensions of Wellness



Evening Star Quilt Guild



Second Tuesday of each month, 5:00-7:00pm

The Guild is open to anyone interested in quilts and the art of quilting. The meetings offer information and instruction in quilting and quilting techniques given by Guild members and guest presenters. Dues are \$15 a year. Part of the dues money is given to support Mill Race Center.

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.



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.

Snowman Craft

Thurs., Jan. 11 at 3pm

Cost: \$8

These cute little snowman will brighten your day. We will put the base together and decorate the snowman faces. Of course we will add a little sparkle to finish it up. All supplies included.



Button Snowman Frame

Tues., Jan. 16 at 3:00pm

Cost: \$10

We love button crafts. We will assemble and glue our buttons on to make this adorable snowman. We will add some finishing touches like a hat, scarf, and heart. All supplies included.



Valentine Door Sign

Tues., Jan. 30 at 3:00pm

Cost: \$12

Join us to make this adorable February door hanger. We will decorate a wooden heart with a variety of foam hearts to make a colorful new piece. All supplies included.



Valentine Book Stack

Thurs., Feb. 1 at 3:00pm

Cost: \$6 per crate

Make what looks like small a stack of books, but it is really a small wooden crate. We will decorate for it for Valentine's Day by adding some ribbon and heart garnishes. All supplies included.



Make & Take Lotion & Hand Scrub

Tues., Feb. 27 at 3pm

Cost: \$12 for 2 products

Try this class and leave with your own easy to make products and instructions. Take the time to pamper yourself with these great products! All supplies included. Class will meet in the kitchen.



Monthly Card Making

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

January - Winter

Tues., Jan. 9 at 1:00pm

Cost: \$5 (set of 4)



February - Hearts

Tues., Feb. 13 at 1:00pm

Cost: \$5 (set of 4)



March - Spring

Tues., March 12 at 1:00pm

Cost: \$5 (set 4)



Art Class

Wednesdays from 10:00am-12:30pm

FREE!

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

Beginners: no supplies

needed for your first visit. Holly will get you started on a project and advise on needed supplies.

FREE for MRC members.

For more information contact: Holly Melillo at 812-350-8238.





Ball Room Dance Classes

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

Margot Scholz offers 8 week sessions at Mill Race Center on Monday, Tuesday, 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!



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.



Line Dancing

Ultra Beginner Technique Class

Thursday, Jan.18 - Feb. 22

6:30-8:00pm; \$60 cash only

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.



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 Debbie Grounds at 702-513-5183 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
Thursday, January 18
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.

January & February Birthdays

January 25 at 12:30pm

Tai Chi/Qigong

Offering Classes on Tuesday & Thursday

Instructor: Paula Howard



10:00am - Ongoing class for those with some practice in Tai Chi. Monthly Cost: \$50 members/\$65 non-members

11:00am - Yang Style - Part 2 & 3
Monthly Cost: \$40 members/\$55 non-members

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.

Beginner classes will be in June & September.

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



Saturday Mornings - 8:30-11:30am

Come Eat Together

It's always fun to eat with friends! Meet us there, but **registration required** at the business office so we can make reservations for our group.



Chicago's Pizza
Meet there at 11:00am
Wednesday, January 31

Upland Pump House
Meet there at 11:00am
Monday, February 26

WISE Class
See Page 14





Bible Studies

Morning Bible Study

Tuesday mornings 10:30-11:30am

In the Classroom; **Free**

Information: Virginia Houser, 812-657-7067

January:

Not meeting again until February 6.



February: Reverend Gordon Tilley

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

Learn to Relax Class Thursday, February 22 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.



**Friday Night
Line Dance**
January 12 & February 9
Coast : \$10

See page 17



TED Talks

2nd Tuesday of each month
Meeting at 1:00pm in Classroom
Facilitators: Ed & Terri DeVoe



January 9 at 1:00pm

Why You Should Stop Setting goals
(Yes really) by: Emmanuel Acho

In athletics, in business, in life, everyone sets goals. But that's not the way to excel, according to former NFL player Emmanuel Acho, now an author and TV sports analyst. Here's what he says to do instead.

February 13 at 1:00pm

Where Good Ideas Come From
by: Steven Johnson

People often credit their ideas to individual "Eureka!" moments. But Steven Johnson shows how history tells a different story. His fascinating tour takes us from the "liquid networks" of London's coffee houses to Charles Darwin's long, slow hunch to today's high-velocity web.

Stay for Tuesday Tea after Ted Talks!

Tuesday

Tea



January 9 & February 13



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.



Hosted by: Jennie Rauch
Cookies by: Pat Galdikas

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

Jan. 25 & Feb. 22

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!



Ukulele Circle

Mondays; 2:00-3:00PM; Free

Bring your ukulele and join us for the new "ukulele circle" at MRC. We will lead a sing-along/play-along hour of music and fun.

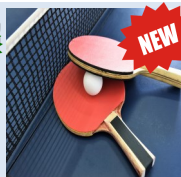
If interested in Ukulele class please let the office know.

FREE! NEW

Ping Pong

Tuesdays 1:30-2:30pm (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)**

Not meeting in January.

Contact: Donna Browne (812)376-6612 to learn more about this group and how you can join.

JOIN THE GROUP!

Setting Goals to Age Well January 25th 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



WISE Class

(Wellness Initiative for Senior Education)

April 4-May 9(6 week class)

10am-Noon

FREE

WISE is a six-week interactive program that focuses on different aspects of senior wellness. The sessions will include: Understanding changes associated with aging, Ageism, Cultural and generational diversity, Medication and older adults, Substance misuse, and Quality of Life. The program is made possible by a partnership with the Alliance for Substance Abuse Progress. Sessions will be led by Dan Mustard. **Register in the office now in advance.**

**FREE!****NEW**

Reader's Theater Practice

Wednesdays from 1:00-3:00pm

Not meeting in January and early February. Interested in joining the Reader's Theater group come to their weekly meetings or call Susie Blizzard: 812-376-0641.

JOIN THE GROUP!

Eight Dimensions of Wellness

FREE MOVIE SHOWINGS at MRC!

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



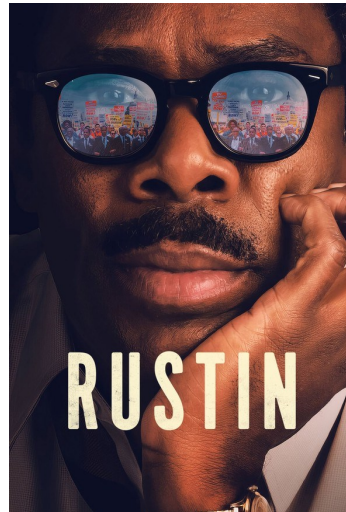
January 8
**Big George
Foreman**

**PG
13**



January 22
NYAD

**PG
13**



February 12
RUSTIN

**PG
13**



February 26
Hidden Figures

PG

BOOK STUDY

The Blue Zone Secrets For Living Longer

Tues., Jan. 30, Feb. 6, 13, & 20

11:00am in the lounge

\$22 for book/or purchase on your own

National Geographic Explorer and best-selling author Dan Buettner has traveled the globe to uncover the best strategies for longevity, which he found in the blue zones: places around the world where higher percentages of people enjoy remarkably long, full lives.

In *The Blue Zones Secrets for Living Longer*, Buettner returns to Sardinia, Italy; Ikaria, Greece; Okinawa, Japan; Costa Rica's Nicoya Peninsula; and Loma Linda, California to check in on the super-agers living in the blue zones and interprets the not-so-secret sauce of purpose, faith, community, down-time, natural movement, and plant-based eating that has powered as many as 10 additional years of healthy living in these regions. And Buettner reveals an all new blue zone the first man-made blue zone yet explored.

Register in the office. Handout will be given with weekly reading plan when you register. Let's dive in and discuss this book together!



Live To 100: Secrets of the Blue Zone

Travel around the world with author Dan Buettner to discover five unique communities where people live extraordinarily long and vibrant lives. See page 24 for details.

Drum Healing

Thursday, February 22

1:00pm; FREE

Come experience Drum healing with master drummer and healer Tracy Price no experience needed and all drums and instruments will be provided. Learn to channel your inner drummer and healer in this fun hands on class! Class will last roughly one hour. Registration required.



Walk 'n' Roll

Tuesday's at 3:00pm

We are keeping exercise fun with classic music, easy steps and arm movements! 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! **Lead by CRH instructor Myla Annis. Starting Jan. 9.**



NEW *Winter*
**Friday Night
Line Dancing**

**January 12 & February 9
7:00-9:00PM
\$10 cash cover charge**



Come line dance at Mill Race Center this winter on Friday nights. Open to the public and all experience levels.

**Instructed by:
Billy & Carla Crase**

**Quarterly
Reading
Challenge**

FREE!

NEW

Join Us!

December-February

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

Current challenge will end **February 29**. Next quarter challenge will be **March 1-May 31**. Reading slips will be available at MRC. Fill out the slip and turn it into the office for every book you have read during 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.

MILL RACE CENTER

**100
MILE
CHALLENGE**

**Join us for the
Fall/Winter
Challenge!**

**Dementia Virtual
Reality Training with
Thrive Alliance**

**Wednesday, February 7
1:30-3:30pm; Free**

FREE!

NEW



Come experience The Virtual Dementia Tour. This tour alters participants' physical and sensory abilities using sensor tools. This tour offers hope by providing practical ways to provide insight and support of a love one that is living with dementia. Register with Thrive Alliance - Sue Lamborn 812-314-2764. Max: 8.

This is AMAZING training don't miss out!

**Donuts
& Trivia**

**Tuesday, Jan. 23 & Feb. 27
9:30am in the lounge**

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

Free

FREE!

NEW

CAKEWALK



Cake Walk

**Thursday, Feb. 29
3:30pm; Free**

NEW

FREE!

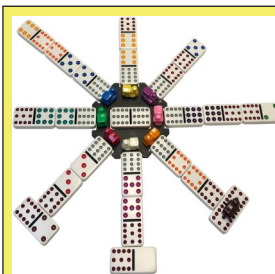
Cake Walks are always fun! We will have fun music and walk in a circle (with chairs) when the music stops a number will be drawn. The winner will get to select from our dessert table. This will be a fun social event. Must register in the office.



The BCPL Bookmobile:



January 10 & 24
February 14 & 28
9:30-10:30am
Available out front of MRC.



Mexican Train Dominoes

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



Pinochle

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



MAHJONG

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



Bridge
Every Friday from 1-4pm

Lead by: Elaine Bailey
In the conference room

OPEN Billiards

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



Puzzle Table

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



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



Follow Mill Race Center
on Facebook.

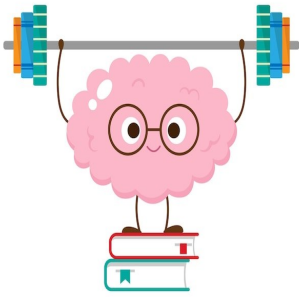


Cards & Games Schedule

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 (Canceled on 2/14)	Dominoes NEW 12:30-4:00pm	Mahjong 12:30-3:30pm Bridge NEW 1:00-4:00pm



Monthly Brain Workouts

**Friday, January 26 & February 23
9:30am; Classroom**

FREE



Taking time to focus on your brain health is very important. Just as our bodies require care and exercise so do our brains. We will work together monthly doing workouts for our brain to improve attention, brain speed, focus, memory, and cognitive function. We will laugh and have fun together, plus work against the clock to sharpen our brain skills. Register in the office.

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, February 15
*Seven Brides for
Seven Brothers (1954)*



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!

Happy New Year! As we look forward to our travel plans for 2024, I want to say thank you for all of the adventures you had in 2023. We had members go all over including Australia, Portugal, Costa Rica, Scotland, Switzerland, Sedona, the Pacific Northwest and throughout the midwest with our bus trips. Travel is booming and it is important not to wait when booking if there is a destination that you really want to go to.

For 2024- we have over 35 members going to Iceland with me! I cannot wait for this once in a lifetime adventure with all of you. Sign ups have been coming in for Nova Scotia, Greece, the Pacific Northwest and more. Exploring the world has always been a passion of mine- even the places we are not very familiar with which leads me to let you know about the first trip in 2025: JAPAN. I want everyone to have plenty of time to think about this trip and if you want more information please let me know.

Make sure that you join our Mill Race Center Travel facebook group, check out my website blog for tips on Iceland and follow me on Instagram @coleman_luxury_travel.

Let's make 2024 our most adventurous yet!

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!**



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!**

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.



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.

The BUNCO Squad

Wed., February 7 - Matinee Buffet
\$55 members, \$65 non-members

Is it a competitive dice game? Or is it a chance for eight women to get together once a month to eat, drink, laugh, cry, and solve the problems of the world? A brand-new comedy written by Jim Hesselman! Leave MRC at 10:15am return approx. 5:30pm. Max: 11 R,V,



Sweeney Todd

Wed., March 13 - Matinee Buffet
\$55 members, \$65 non-members

A witty and infamous tale of love, murder and revenge set against the backdrop of 19th century London. This thrilling and award-winning musical has shocked, awed, and delighted audiences across the world! Leave MRC at 10:15am return approx. 5:30pm. Max: 11 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.)

Friend's Diner in Whiteland

Tues., Jan. 8 (FULL)

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

Ruby Tuesday's Restaurant, Camp Atterbury Museum and Tour of Camp Atterbury USO

Wednesday, January 17

We will go to Ruby Tuesday for lunch and then visit the Welcome Center/Indoor Camp Atterbury Museum which depicts the early history of Camp Atterbury through the present time with many interesting displays. We will then drive to the USO on base and take a tour of the impressive facility which includes a movie theater, full kitchen, and lots of various entertainment options for service members. ***Please be sure to bring your driver's license ID to be able to go through the brief process of getting clearance to enter onto the base.*** Leave MRC at 10:40am return approx. 3:30pm.



Larrison's Diner Monday, January 29

Come and join us for lunch at this historic diner in Seymour featuring fantastic homemade fries, old style hamburgers, sandwiches, soups and plate lunch specials. Leave MRC AT 10:20 am return approx. 1:30pm. Max: 11



Grateful Grub

Friday, February 16

We will have lunch at this popular restaurant in North Vernon which features a variety of great menu items plus homemade desserts. Leave MRC at 10:20am return approx. 1:30pm. Max: 12



Stories Restaurant

Wednesday, February 28

We will travel to Stories Restaurant in Greensburg near the famous courthouse tree. The restaurant is known for its delicious home cooked food and homemade pies. Leave MRC at 10:15am return approx. 1:30pm. Max: 11




Rafters

Friday, March 8

Come and join us for wonderful food and a great atmosphere at Rafters at the Seasons Lodge in Nashville. Leave MRC at 10:30am return at approx. 1:30pm. Max: 12



The Play That Goes Wrong Thursday, April 4; FREE

Monty Python meets Noises Off in this slapstick farce! Welcome to opening night of The Murder at Haversham Manor, where things are quickly going from bad to utterly disastrous. With an unconscious leading lady, a corpse that can't play dead, and actors who trip over everything (including their lines), it's comic gold that is sure to bring down the house. Tickets provided by and show held at Constellation Stage & Screen in Bloomington. Leave MRC at 5:45pm and return approx. 10:30pm. Max: 11, V, 



100 MILL RACE CENTER
MILE CHALLENGE

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

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.

Not meeting until March

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!

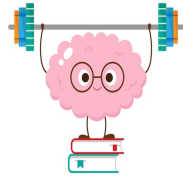
All Who Wander Hiking Group

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



Monthly
Brain
Workouts



See page 19 for details.



Live To 100: Secrets of the Blue Zone

Travel around the world with author Dan Buettner to discover five unique communities where people live extraordinarily long and vibrant lives.

NEW Each episode is about 50 minutes. **FREE!**

The Journey Begins

Mon. Jan. 15 at 1:30pm

Buettner travels to Okinawa, Japan, where the island's oldest residents still share a serene way of life motivated by a sense of purpose, or *ikigai*.



An Unexpected Discovery

Mon. Jan. 29 at 1:30pm

From the mountain villages of Sardinia to a sunny suburb of California, Buettner explores what has contributed to these communities' amazing lifespans.



The End of Blue Zones?

Mon. Feb. 5 at 1:30pm

People in two very different Blue Zones — the Greek island Ikaria and Costa Rica's Nicoya Peninsula — thrive thanks to their unique diets and traditions.



The Future of Longevity

Mon. Feb. 19 at 1:30pm

Buettner visits Singapore, then shares his discoveries in the United States to find out if we can create new Blue Zones in a rapidly changing world.



Don't Miss The Blue Zone Book Study
See page 16

Broadway Series

Call MRC to register for each viewing.



CAREFREE

Fri., Jan. 26 at 1:00pm

(1938) When a marriage-shy girl falls in love with her psychoanalyst, the result is one of the wittiest, most enjoyable of all the Fred Astaire- Ginger Rogers classics! Add great dance numbers, Rogers' deft comic timing, and a score by the legendary Irving Berlin, and you have a true film treasure.



GiGi

Fri., Feb. 23 at 1:00pm

(1958) The story of an illegitimate waif in late 1800s Paris who reluctantly becomes a courtesan and mistress of a young, handsome and wealthy heir.



alzheimer's association®

Healthy Living For Your Brain & Body Wednesday, February 14

9:30am at Mill Race Center; Free



Today, more than 6 million Americans are living with Alzheimer's and over 11 million are their unpaid caregivers an escalating health crisis that affects many in our community. Join us for a brief informative program to learn about the disease and its impact. We will share resources and answer questions. Along with ways you can join the fight against Alzheimer's and all other dementia.

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 mp Pruitt@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
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!

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
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	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	Walk'n'Roll	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
6:30	Ultra Begin. Line Dance	AR

Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
9:30	Monthly 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
(see pg. 24)		
12:30	Lasting Impressions	MP1
12:30-3:30	Pickleball	MP2
7-9	Evening Line Dance	MP2
(once a month)		

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

Jan. 11 -Feb. 15

Kara's Silver Strings Class; 10:30am 

Jan. 15 & 29 & Feb. 5 & 19

Live to 100 Series; 1:30pm 

Jan. 18 -Feb. 22

Ultra Beginner Line Dance Class; 6:30pm

Jan. 12

Evening Line Dancing; 7-9pm; \$ 

Jan. 8 & 22

Movie; 2:00 & 4:30pm 

Jan. 9 & Feb. 13

Card Making; 1:00pm

Ted Talks; 1:00pm

Tuesday Tea; 3:00pm 


Jan. 25

Birthday Party; 12:30pm 

Jan. 25 & Feb. 22


Grocery Bingo; 3:30pm 

Jan. 26 & Feb. 23

Monthly Brain Workout; 9:30am 

Broadway Movie; 1:00pm


Jan. 16 & Feb. 20

Succulent Lover's Group; 10:00am 

Jan. 23

Donuts & Trivia; 9:30am 

Jan.. 30 & Feb. 6, 13, & 20

Blue Zones Book Study; 11:00am 

Jan.. 31 & Feb. 26

Come & Eat; 11:00am

Feb. 1, 8, 15, & 22

High on the Hog; 11:00am 

Feb. 2

Welcome Breakfast; 9:30am 

Feb. 7

Thrive - Dementia Virtual Training; 9:30am 


Feb. 9


Evening Line Dancing; 7-9pm; \$ 

Feb. 12 & 26

Movie; 2:00 & 4:30pm 

Feb. 14

Alzheimer's Association Class; 9:30am 

Valentine's Concert with Guy; 11:30am 

Feb. 22

Drum Healing; 1:00pm 

Feb. 27

Donuts & Trivia; 9:30am 

Feb. 29

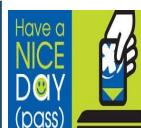
Cake Walk; 3:30pm 

Keep log of your miles!

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

Visit us at www.millracecenter.org.



Follow Mill Race Center
on Facebook.





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Columbus, In 47201

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