

# 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. (2nd Tues. of the 2nd month of newsletter)	CR
10:00	Succulent Group (3rd Tues.)	AR
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 (3rd Tues.)	AR
1:30	Ping Pong	MP3
1-4	Pinochle (2nd & 4th Tues.)	CNR
2:00	MRC On the Go (see page 6)	Off Site
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 (2nd Thurs.)	MP2
12:30	Dominoes	MP3
12:30	Birthday Party (once a newsletter)	AR
1:00	Woodshop	CR
1:00	Woodcarving	CR
2:00	Bodies in Motion	MP2
3:00	Craft Classes (see pg. 8)	AR
3:30	Grocery Bingo (see pg. 14)	AR
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 (see pg. 19)	CR
10:00	Line Dancing	MP2
12:30	Mahjong	AR
1:00	Learn Bridge	CNR
1:00	Broadway Series (see pg. 24)	CR
12:30	Lasting Impressions	MP1
12:30-3:30	Pickleball	MP2
7-9	Evening Line Dance (once a month)	MP2


## Saturday

8:30-11:30	Pickleball (check dates on pg. 11)	MP2
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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

- 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](http://www.millracecenter.org)



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