

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
(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

- March 11 & 25** 
Movie; 2:00 & 4:30pm
- March 12 & April 9** 
Card Making; 1:00pm
Ted Talks; 1:00pm
Tuesday Tea; 3:00pm
- March 18, April 1, 15, & 29** 
Archie Series; 1:30pm
- March 19 & April 16** 
Succulent Lover's Group; 10:00am
- March 21 & April 18** 
Grocery Bingo; 3:30pm
- March 22 & April 26** 
Monthly Brain Workout; 9:30am
Broadway Movie; 1:00pm
- March 25** 
Thrive - Dementia Virtual Training; 1:30pm
- March 25 & April 24**
Come & Eat; 11:00am
- March 26 & April 23** 
Donuts & Trivia; 9:30am
-  **March 26**
Easter Egg Stuffing; 3pm
- March 26-April 30** 
The Good Life Book Study; 11:00am
- March 27 & April 3** 
Live to 100 Series; 11:00am
- March 28-April 25** 
Kara's Silver Strings Class; 10:30am
- Begins in April**
Walking Group (2 miles); 9:30am 
- April 5** 
Welcome Breakfast; 9:30am
- April 8 & 22** 
Movie; 2:00 & 4:30pm
-  **April 8** 
Solar Eclipse Watch Party; 1:30-4pm
-  **April 10**
Lunch & Laughter; 12pm, \$
- April 16**  
Aging in Place; 1pm
- April 17**  
Hope For Troubled Minds; 3pm
- April 25**  
Sound Healing; 3:00pm
- April 30** 
Volunteer Luncheon; 12pm
- May 2** 
Cake Walk; 3:30pm
- May 13** 
Escape Room; All Day

MRC closed on March 29

Keep log of your miles!

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

