



November & December 2025 • Issue No. 6

AGING WELL!

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

Membership \$90 a year per person • 812-376-9241 • www.millracecenter.org

The Lasting Impressions Present:

A Veterans Day Parade

USO Musical with Dessert

November 11 at 2:00PM

Registration required, Veterans are Free,
\$5 MRC members/\$10 non-members

100 MILE CHALLENGE



Join Mill Race Center in logging 100 miles of movement **Oct.1-March 31 for our Fall/Winter Challenge.** Your movement could come in the form of walking, running, biking, hiking, swimming, paddling, line dancing, on-line workouts, 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-March 31, 2026.** When you have reached 100 miles turn in your log sheet to the MRC business office. Once one log sheet is complete start a new one. All completed log sheets will be entered into a prize drawing. Medals for 500 miles and prizes given to top millage participants. A drawing will pull overall winner who will receive year MRC membership plus, \$50 cash, and T-shirt.

KEEP MOVING!



The Lasting Impressions Present:

Let It Be Christmas Everywhere

Friday, December 12th at 6:00PM
Sunday, December 14th at 1:00PM
(Doors open 30 minutes prior)

Tickets are \$30
(Includes dinner and show)
Buffet Dinner by: Sadie's Catering

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

Questions call:
Mill Race Center at 812-376-9241 or Donna Browne at 812-376-6612



JOIN NOW

- Innovative Fitness Center
- Class Options For All Skill Levels
- Variety of Fee Structures
- Certified Fitness Trainers
- Silver Sneakers and Silver & Fit
- Beautiful views

See pages 26 & 27
for details.

Bimonthly Publication of Mill Race Center, Inc. • Columbus, IN 47201 • Phone: 812-376-9241 • Fax: 812-379-2841

www.millracecenter.org

Mill Race Center Program Hours: Monday-Thursday, 8 A.M.—7 p.m. and Friday 8 A.M.—5 P.M.

Business Office Hours: Monday-Friday 8:30 A.M. - 5:00 P.M.

Fitness Center Hours: Monday—Thursday, 6:30 A.M. to 7P.M., Friday 6:30 A.M. to 5 P.M. and Saturday 8 A.M. to Noon

Fitness Center (812) 376-5808; Fitness Center is a separate membership, but can be purchased at MRC.



From Your Executive Director

I often do presentations in the community, and I typically start by explaining the terms that are used to describe different generations. These include tags like “GI,” “Silent,” “Baby Boomers,” “Generation X,” “Millennials,” “Gen Z” and now “Gen Alpha.” I accepted the fact that I was born during the baby boom following WW2, but I never felt that I fit the description of a “Boomer.” I was 4 years old when the Beatles played on Ed Sullivan. I was 9 years old during Woodstock. I was too young to be a hippie, or to take part in the civil rights movement, all touchstone experiences for older Boomers. As I dug a little deeper, I found that I wasn’t alone in this perception. I am part of a “cusp generation” that sociologists refer to as “Generation Jones” as in “keeping up with the Joneses”. My peer group was born between 1955 and 1965, the tail end of the baby boom and the beginning of Gen X. I don’t remember a time without space travel. Most households had TV’s when we were born. Cable television became available when we were in high school, and computers and the internet (in its earliest form) were part of my college experience. We learned to drive during the oil embargo and rising gas prices. The economy was in freefall, manufacturing jobs were going overseas. Our early political memories included riots, assassinations, Kent State, Watergate, and the resignation of a president. Even though I am a senior citizen, my childhood and high school experiences were very different than those of my older siblings.



I am now much more aware of stereotypes and labels attached to different generations. The world changes so quickly that it is silly to think that we can define an entire generation with a simple description. I hope that we will all keep our minds open to the wealth of experiences that we all have had, some of them shared, and some of them unique to those who are closer to us in age. Having said that, I still think that being a child in the 60’s was the best.

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.

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 \$90 a year. Those 85 and older are \$35 and those 90 and older are free. We have a six month memberships \$45, and offer a monthly payment option. A day pass is available for \$10 a day. *Fitness Center membership is separate but can be purchased in the Mill Race Center office.*

Mill Race Center & Fitness Center will be closed Nov. 27, 28, Dec. 24, 25, 31, & Jan. 1, 2026

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.

How can I donate and help MRC?
1 of 3 Ways:

Go online at millracecenter.org
Text “millracecenter” To (833)735-8150
Drop off a check or cash to the office.

Mill Race Center Staff

812-376-9241

Debbie Bray, Administrative Assistant, x 222

Amanda Coleman, Travel, x215

Bradley Cox, Administrative Assistant x218

Rebecca Cutsinger, Program Assistant & MOW x 208

Adam Garrett, Facilities Manager, x 225

Charlie Harsh, Facilities Assistant, x 216

Jeff Jones, Van Driver

Dan Mustard, Executive Director, x 211

Shannon Truman, Operations & Programs Director, x 220

Jeff Voyles, Senior Products, x 228

Mill Race Center Board Of Directors:

Stephen Bayer, Cara Bywater, Father Clem Davis, Steve Forster,
Jason Guthrie, Crissy Riley, Josh Shelley, & Robert Weimer



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

See page 17 for Special Class

ASCENT
PHYSICAL THERAPY

A Body in Motion Stays in Motion

Move better, Feel Better

Take back your life

Our newest clinic is at Mill Race Center

call 812-718-5062

www.ascentpt.net



In Partnership With
ASCENT
PHYSICAL THERAPY
A Body in Motion Stays in Motion

Check out all the options with Mill Race Center Fitness on pages 26 & 27. Join today and make your physical wellness a priority.



Home...
today and tomorrow

Over 50 years serving as
Columbus' first choice in
quality senior living.

A Four Seasons maintenance-free residence isn't just the right choice for today.

It's also the right choice for tomorrow.

In coming years, your needs may change... but your residence won't have to at Four Seasons.

Choose Four Seasons' continuing care retirement community today, and you'll find budget friendly pricing and no entrance fees with month-to-month rentals. Then, as years pass, you'll enjoy amenities, activities and on-site healthcare services that meet your changing needs.

Four Seasons

A BHI SENIOR LIVING COMMUNITY

Call today to plan your visit!

812.372.8481

www.fourseasonsretirement.com

1901 Taylor Road, Columbus, IN 47203

A non-profit, faith-based, financially secure community



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Mill Race Center, Columbus, IN

A 4C 01-1448



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 after December 11
Needs sewers and more volunteers.

Make handmade Pal Dolls for hospitalized children and orphanages overseas. You do not need to know how to sew. Leader: Carolyn Jordan
812-374-9630



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



Our little library is located in our lounge. Huge thank you to Ed Niespodziani who built the little library and grey bookshelf, and Greg Harter for purchasing the extra black bookshelf.



Leaving a legacy has never been easier. It would be our privilege to help you include Mill Race Center in your estate plans. Call us at (812) 376-9241 and ask to speak with Dan Mustard.



12 Months of Kindness

Let's work together to help others in our community! We will be collecting items for a different group each month. Items may be turned into the office. Help spread kindness and love to others.



November - Hats & Gloves for BCSC

December - Large print wordsearch or adult coloring books for Silver Oaks Health Campus

January - Cleaning Supplies for Lincoln Central Neighborhood Family Center

Senior Scholars is a unique program offered at Ivy Tech that enables Indiana residents aged 60 and older to take credit courses at Ivy Tech tuition-free. Whether you'd like to earn an associate degree or take a few classes to stay active or learn something new, Ivy Tech can be a great choice for seniors.



VOLUNTEERS WANTED

NEWSLETTER DELIVERY

We need help to delivery our newsletters out into the community. Stop by the office to pick up a stack and let us know where you are taking them. **We greatly appreciate the help!!**

VOLUNTEER



Missing something? Check with the office to see our lost & found.



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.

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 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 Bradley at MRC.

Volunteer for your Vocational Wellness

Bartholomew County Public Library - Winter Reading Challenge begins in January. Visit the library for that information.

Word Puzzles & Challenge Sheets

Word puzzles, 100 Mile Challenges, and reading slips are printed and placed in the wire rack on the puzzle table for you to pick up.



Love Chapel

Looking for volunteers. We offer a variety of roles at the pantry, with flexible scheduling and opportunities for social interaction while making a real difference in the lives of those we serve. Whether it's helping with food distribution, stocking shelves, or assisting clients, there's a place for everyone.

Ambassador Meeting

Informational ambassador meeting 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 Bradley in the office.

Thursday, November 6 at 3:30PM
Holiday Party December 17 at 3:00PM

Welcome! **MRC Welcome Breakfast**
Friday, December 5
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. Lead by member Alan Patterson. **Call to register (812) 376-9241.**

Follow Mill Race Center on Facebook.



Give the gift of a
Mill Race Center
membership to your friends
this year!

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



Mill Race Center Members can now refer a friend and be rewarded for it!



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.

Board Listening Session

Mon., Nov. 10 at 9AM & Wed., Nov. 12 at 4PM

"We're all ears" listening session. Join members of the Mill Race Center Board of Directors for a listening session. The board will provide updates on prior sessions and welcome your feedback.

**WE'RE
ALL
EARS**

Fun With Plants Group

Nov. 18 & Dec. 16 10AM

We will participate in the plant exchange and then have our meeting. Meeting monthly to discuss all beautiful plants and how to care for them.

Learning and growing all types of plants can be so fulfilling and rewarding. It's even more fun to share with friends...so join the group.



Pharmacist Questions

1st & 3rd Tuesday at 10:00AM

Ask the experts! Do you have questions about your prescriptions or over the counter medications? Would you like to know more about possible interactions and how to take medications safely and more effectively? Join Jeff Parker, Doctor of Pharmacy, and Dr. Jim Moehler on in the Conference Room. Bring your medication list and your questions to these informal conversations.

**NEW
FREE!**

**Ask the
Pharmacist**

Cooking Class

with Chef Shawn from Silver Oaks Health Campus

Thurs., Dec. 4 at 11AM

FREE

Join us for a gourmet cooking class taught by Silver Oaks Chef Shawn Burge. Shawn will be making some dishes and giving you how-to-instructions. **Must register in advance in the MRC business office and there will be limited seats. (Max 40)**

**NEW
FREE!**



Gratitude Windows

During the month of November we hope to cover our display board 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. 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!

Salt Free Seasoning Workshop

Wed., Nov. 19 at 3:00PM

Do you want your food to taste good without having to use high sodium store bought blends? Join us as we learn about the heart healthy benefits of mixing your own salt-free seasoning blends. This Hands-on workshop includes 1 take-home seasoning blend. Register in MRC office. Max: 20

**PURDUE
EXTENSION**

**NEW
FREE!**



DIY Charcuterie Board

Mon., Dec. 15 at 3:30PM

Learn to craft stunning holiday snack boards that impress at any gathering, featuring creative designs and festive ingredients from sweet to savory. This class explores how to build beautiful, balanced boards that cater to various dietary needs, including vegan, gluten-free, and nut-free options. Whether you're going to a family party or a bigger holiday celebration, you'll leave with the skills to wow your guests with both flavor and flair. Register in MRC office. Max: 20

**NEW
FREE!**



CAKEWALK

Cake Walk

Thursday, December 11

3:30PM; FREE - Must register

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.

FREE!



Walking Group

Wednesday at 9:30AM

Through November weather permitting.

Take a walk outside and take steps toward a healthier lifestyle while making friendships along the way. All levels of walking welcome. This is a great way you can add miles to your 100 Mile Challenge and participate in our Fall Fitness Challenge. Every step builds a stronger you!

FREE!

**Let's go for a
walk**



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.

Tuesday Evening

Sewing Group

Every Tuesday evening from 5:00-7:00PM in the art room.

FREE!



Monday Morning Sewing

8:00AM-12:00PM

FREE!

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.



Call today to schedule a visit and complimentary meal!

Life is easier with us.

Parkside Court

Independent Retirement Living
3660 Central Avenue, Columbus, IN

812.378.9795

holidaytouch.com



FINDLEY LAW

ELDER LAW & ESTATE PLANNING

(812) 799-0336

WWW.MFINDLEYLAW.COM

700 Washington St., Suite 205, Columbus, IN 47201

Experienced advice for every stage of life.



LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Steve Naida

snaida@4LPi.com

(800) 950-9952 x8833

JEWELL~PITTMAN
FAMILY Funeral Home, Inc.

Our Family Serving Your Family

812-372-9923

www.jewellrittmannfamily.com



For ad info. call 1-800-950-9952 • www.lpcommunities.com

Mill Race Center, Columbus, IN

B 4C 01-1448

create

Fun *seasonal* craft classes held in the Art Room.
Register in advance for classes in the business office.

Wood Burn Ornaments

Thurs, Nov. 13 at 3:00PM

Cost: \$12 (set of 4)

We enjoyed our wood burned coaster so much we will try our hand at ornaments. Using stencils we will scorch our design onto ornament for a fun twist. Perfect for all skill levels. Don't miss out on the seasonal fun! All supplies included for this project.



Christmas Ornaments

Tues., Nov. 25 at 3:00PM

Cost: \$8 (set of 3)

Make these delightful ornaments from small Jenga blocks. We will make a set of three. If you would like to make more just let us know when you register. All materials are provided.



Wooden Snowman

Tues., Dec. 2 at 3:00PM

Cost: \$12

Our snowman will be the perfect little shelf sitter to decorate with this winter. You will be painting, adding glitter, and picking your own ribbon to match your home. It's always fun to add something new to your home décor. All supplies included.



Snow Welcome Sign

Thurs, Jan. 8 at 3:00PM

Cost: \$15

Create this adorable winter scene wooden door hanger to welcome your guest this winter season. You pick the color you would like to use and add a touch of sparkly glitter if you wish. All supplies included.



Beginner Stamping

Tues., November 25

at 1:00PM; Free

Try your hand at learning the art of stamping. Make whatever project you wish. Learn together create decorative designs. Supplies provided. Register in the office.



Monthly Card Making

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

November - Thanksgiving

Tues., Nov. 18 at 1:00PM

Cost: \$5 (set 4)



December - Christmas

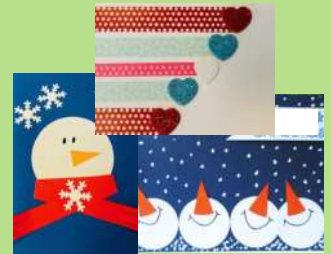
Tues., Dec. 9 at 1:00PM

Cost: \$5 (set of 4)

January - Winter & Valentine's

Tues., Jan. 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.





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.



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.



Follow Mill Race Center on Facebook.





Bodies in Motion

Class meets:

Mon., Wed. & Fri. at 8:30AM

Tues. & Thur. at 2:00-3:00PM (12/4 & 12/18 meeting in Art Room)

FREE for 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 812-371-9616 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



Chair Yoga

Tues. & Thurs. at 11AM

FREE for MRC members

Not meeting Dec. 23 & 30

Increase flexibility and range of motion (ROM) while improving posture and balance. Most movements are chair-based focusing on proper stretches to reduce stress with proper breathing. Leave the class feeling renewed and rejuvenated! Lead by fitness instructor Myla Annis.



Walk 'n' Roll

Tues. & Thurs. at 12PM

FREE for MRC members

Not meeting Nov. 11, Dec. 23 & 30

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 fitness instructor Myla Annis.



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

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 (\$6 per visit)

at Foundation for Youth 405 Hope Ave, Columbus



Senior League Bowling

Tuesdays at 12:30PM

Columbus Bowling Center

Information: Lou Kinman 812-390-9537



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

No Play Dec. 24 & 31



Friday Afternoons - 12:30-3:30PM

No Play Nov. 28

Follow Mill Race Center
on Facebook.



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.



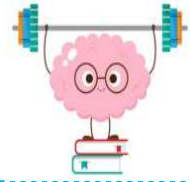
Cracker Barrel

Meet there at 11:00AM
Monday, November 24

Sophea Asian Restaurant

Meet there at 11:00AM
Monday, December 15

Monthly Brain Workouts



See page 19 for details.

Weichert

REALTORS®
Home Group
INDEPENDENTLY OWNED & OPERATED

GREG SIMO

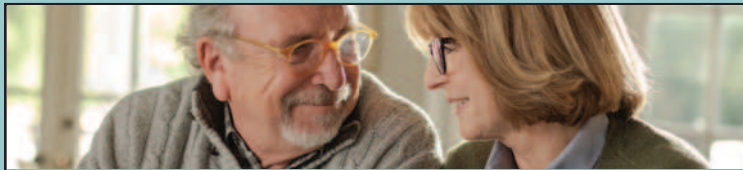
REALTOR® | PROPERTY MANAGER
weichertrealtorshomegroup@gmail.com

812-376-9433

234 California Street
Columbus, IN 47201



Weichertrealtorshomegroup.com



When it's important, we plan for it ahead of time.

Planning and paying for your life celebration in advance will give you and your family valuable peace of mind.

FREE planning guide: DignityMemorial.com

HATHAWAY-MYERS
CHAPEL
COLUMBUS
812-379-4419

MYERS-REED
CHAPEL
COLUMBUS
812-376-3341

Every Detail Remembered® | Dignity®

Barkes, Weaver & Glick

Funeral Homes & Crematory

Columbus' ONLY Locally Owned Funeral Home and Crematory

812-372-251 | 812-342-4467 | www.barkesweaverglick.com

**EYEMART
EXPRESS**

1425 N. National Rd.
Columbus, IN 47201
812-900-4309



SCAN WITH YOUR PHONE
to schedule your next Eye Exam
with Carrie A. Huntington, O.D.



**40% OFF
ENTIRE PURCHASE**



PREME93526595619

Valid in Columbus, IN only. 40% off of the final price. Can be combined with special 2-pair pricing. Cannot be applied to previous purchases, Protection Plus package or insurance benefits. Excludes Ray-Ban and Oakley frames, ready-to-wear glasses, contact lenses and gift cards. Voucher must be presented at checkout to apply discount. Valid doctor's prescription required. Other restrictions apply, see store associates for details. Expires 12/28/2024.

Sound Healing

Thurs., December 11
at 3:00PM; **FREE**

Come experience sound healing with Coleen Fleming. Coleen will use crystal sound bowls, hand drums, and rain/thunder chimes to help relax us. Bring your own yoga mat if you wish otherwise chairs provided. **Registration required, free for members/\$10 non-members**

NEW
FREE!



Make & Take Lotion & Hand Scrub Set

Wed., Dec. 17 at 1:00PM

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, or give them as gifts this season! All supplies included.



Bible Studies

Morning Bible Study

Tuesday mornings 10:30-11:30AM

In the Classroom; **Free**

Information: Virginia Houser, 317-757-9674

November: Kevin Metz

December 2 & 9: Ed Boston

(Will be on break after December 9)

Wednesday Bible Study

Wednesday 3:30-5:00PM

An interactive study on "The Chosen Season 4" with interactive Bible Study volume 4. Purchase book on own. We will watch an episode one week and then do the corresponding lesson together from the book the next week.

FREE!

Follow Mill Race Center
on Facebook.



TED Talks

2nd Tuesday of each month

Meeting at 1:00PM in Classroom

Facilitators: Ed & Terri DeVoe

FREE!

November 18 at 1:00PM

Small Steps Towards A Heart-Healthy Mindset by: Robert Kelly

Heart attacks and strokes, the leading causes for premature death, can be prevented if you prioritize your own health now. This talk tells us how to take our first step today towards a healthier Heart. Dr Robert Kelly is an Intervention Cardiologist and Lifestyle Medicine Physician who has combined these areas to deliver a holistic approach to heart health. His purpose is to prevent heart disease helping people to live a long and happy life.

December 9 at 1:00PM

Why We Need To Know Our Lives Matter by: Jennifer Wallace

It's not enough to do important work we need to know it truly matters, says journalist Jennifer Wallace. Drawing on her research into firefighters, caregivers and more, she shows how simple acts of acknowledgment and connection can fuel our sense of purpose in a world that too often undervalues recognition.

Stay for Tuesday Tea after Ted Talks!

Tuesday

Tea

FREE!



November 18* & December 9

(*note date change)

FREE!

FREE

2:00-4:00PM



Hosted by: Jennie Rauch

Meeting the second Tuesday each month in the lounge. Enjoy some delicious tea or lemonade and fellowship with other members. Tea, mugs, and cookies provided.

Eight Dimensions of Wellness

In an effort to prepare for the inevitable snowy weather, Mill Race Center will be hosting a food/ winter preparedness drive until November 25. 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 grateful for your support.

BLIZZARD BAGS

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.

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.



In The Woodshop Drop-In Woodcarving Class

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.



MRC Woodshop

**Tuesday and Thursday
1:00-4:00PM**

The woodshop is available for MRC members only on Tuesday and Thursday from 1:00-4:00.

FREE!



Drink Less, Be Your Best!

JOIN THE 30-DAY
CHALLENGE!

The holidays present many opportunities for social drinking, but it's important to rethink your wellness this season. As you age, alcohol becomes more dangerous to your health, making mindful drinking and honest self-reflection more crucial than ever. Join us for Dry January this holiday season and start 2026 off the right way!



SCAN THE QR CODE TO
GET STARTED OR VISIT
ASAPBC.ORG

ASAP Rethinking
Wellness

Supporting Your Daily Living Needs

Personal
Care

Part of Our Hospice Family of Services

812-447-7500 | ourhospice.org/personal-care



Scan to
Learn
More

Medicare Advantage Created in Indiana for Hoosiers

It's Tru! MyTru
Advantage

Visit www.MyTruAdvantage.com

Call (833) 213-6731 (TTY: 711)



**YOU CAN
STOP TRACK
TRAGEDIES.**

RAIL CROSSING
2
TRACKS

**STOP
ON RED
SIGNAL**

OLI.ORG

#RAILSAFETYEDUCATION



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Mill Race Center, Columbus, IN

D 4C 01-1448



Grocery BINGO

November 20

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!

LUNCH & LAUGHTER READERS THEATER

December 3 at Noon

**Lunch: \$10 members/
\$15 non-members**

Make reservations at the MRC business office.

Required Registration by Nov 26.

Doors open at 11:45AM



Reader's Theater Practice

Wednesdays from 1:00-3:00PM

Reader's Theater presents shows 4 times a year (Lunch & Laughter) by reading their script without costumes, props, and scenery. Be apart of this fun group helping other laugh and enjoy fellowship with others.

Interested in joining the Reader's Theater group come to their weekly meetings or call Lynne Jessop at 805-746-4344. **Not meeting after the Dec. 3 show.**



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.

SAGE Table

Friday, November 7

11:30AM-1:00PM



sagetable

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., Nov. 4 for meal preparation purposes.

Walking Stick Class

Watch for date coming soon

Be creative and make your own walking stick in this fun class lead by MRC member Pat Dodge. Sticks will be provided or you can bring your own. Pat and helpers will guide you through the process. Examples will be on display. Register in office.



Tuesday Trivia

Tues. Nov. 25 & Dec. 30

9:30AM in the lounge; FREE

There's nothing trivial about trivia.

It exercises the brain and is a great way to make social connections. Join Bradley in the lounge for this fun program.



Birthday Party

Thurs. Nov. 20 at 12:30PM

Celebrating November & December birthdays. There will be birthday cake, ice cream, and entertainment by Dan & Linda Mustard. Reservations required by the day before the party. You may bring one guest. Register in the MRC business office.



Meditation

Every Monday at 5:30PM; FREE

Last class for year is November 24.

Shri Mataji Nirmala Devi a Master of Yoga, humanitarian, twice nominated for Nobel Peace prize founded Sahaja Yoga Meditation in 1970. She showed us that within each person there is a motherly healing spiritual energy awakening of which leads to a state of spontaneous meditation. It is an extraordinary living experience that allows us to achieve a state of complete peace and satisfaction, touch the very essence of our beings, and uncover our very best qualities. Instructed by: Rahul Kumar. Learn more <https://us.sahajayoga.org/>



Eight Dimensions of Wellness

FREE MOVIE SHOWINGS at MRC!  Popcorn provided



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



November 10
Downton Abbey -
The Grand Finale

PG



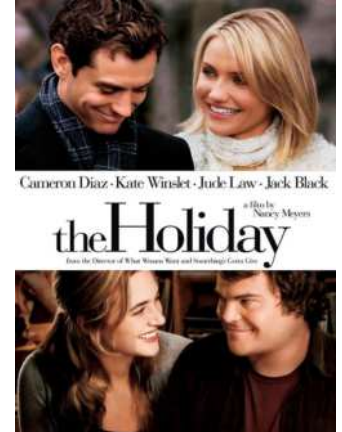
November 24
The Senior

PG



December 8
About My
Father

PG 13



December 22
The Holiday

PG 13

**Your dream of a luxury
active adult neighborhood
is on the horizon.**



Celebrate your independent lifestyle with maintenance-free living in spacious single-family and duplex homes. Featuring open floor plans, high-end finishes, and oversized two-car garages.

Athens Crossing is developed by Four Seasons, the premier life plan community in Columbus. The neighborhood will be anchored by a centrally located clubhouse with an indoor pool, a state-of-the-art fitness center, pickleball courts, walking paths, and a leash-free dog park.



**Call 812-372-8481 or visit
athenscrossing.org for details.**

3505 Athens Way, Columbus, IN 47203



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Mill Race Center, Columbus, IN

E 4C 01-1448

Fall Into Fitness Challenge September-November

NEW

Join the challenge and get your routine set during these 90 days. Challenges are a great way to stay motivated and consistent with your fitness goals. Pick up a Fall Into Fitness challenge sheet in the center and start now. Each month that you have completed at least 12 days of workouts fill out a form in the MRC office and you will be entered into our monthly drawing for a \$20 gift card to Nifty Beat. **Follow us on Facebook and watch for our posted Friday Fitness Tips.**

Annual Photo Contest Pictures due November 14

Five categories to enter and you may enter each category. Stop by the office to pick up all the details. Winners will be voted on and displayed in the hallway for a year.



Categories: Travel, Wildlife/Animals, Nature/Landscape, Architecture, & Hometown Pride.

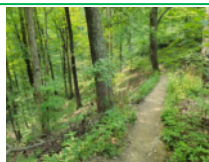
MRC HIKING

Wed., November 19

Muscatatuck County Park Green Trail

Leave MRC at 9:30AM. Wear sturdy shoes, bring hiking stick, water, or snacks. Hike roughly 3 miles. Register in office. Weather permitting. * Must provide own transportation.

NEW FREE!

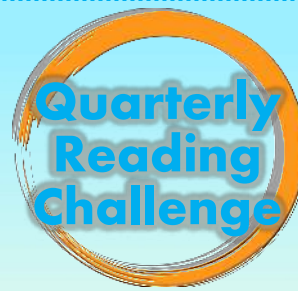


Thrive Alliance Free SHIP Counseling Sessions Friday, November 21 9AM-1PM

Ship is State Health Insurance Assistance Program. Expert counselors from Thrive Alliance will be here at Mill Race Center offering one-on-one SHIP counseling on November 21. Because these are one-on-one sessions, registration is required. **Call 372-6918 to register.** Counselors provide guidance based on your unique situation and can help with: *understanding your choices, how to enroll, plan comparison, coverage and costs, paying for Medicare and prescriptions, & open enrollment.*



NEW FREE!



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. 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 \$50. Other prizes given to top readers throughout the challenge.

BOOK STUDY

The Personal Librarian

Now - November 11 at 11:00AM

NEW



13 Things Mentally Strong People Don't Do

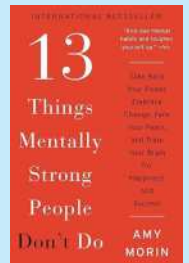
Tues., Nov. 18-Dec. 16

11:00AM

\$10 for book/or purchase on own

Everyone knows that regular exercise and weight training lead to physical strength. But how do we strengthen ourselves mentally for the truly tough times? And what should we do when we face these challenges? Or as psychotherapist Amy Morin asks, what should we avoid when we encounter adversity? Through her years counseling others and her own experiences navigating personal loss, Morin realized it is often the habits we cannot break that are holding us back from true success and happiness. Indulging in self-pity, agonizing over things beyond our control, obsessing over past events, resenting the achievements of others, or expecting immediate positive results holds us back.

NEW



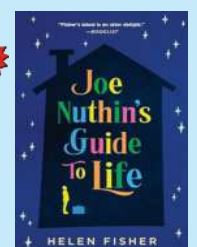
Group Participants Christmas Party
Dec. 16 at 11:00AM; register in the office

Joe Nuthin's Guide to Life

Tues., Jan. 6 at 11:00am

\$16 for book/or purchase on own

NEW



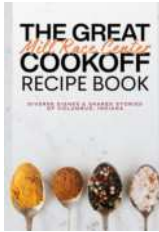
Mill Race Center Recipe Book

Mill Race Center Cookbooks - \$15 each

Pre-sale will begin 11/3

Discover the Flavors of Our Community!

The *Mill Race Center Community Cookbook* is a delicious collection of recipes submitted by Mill Race Center members and friends from across the Columbus community. Each dish celebrates connection, creativity, and the shared joy of good food. Inspired by the **Eight Dimensions of Wellness**, this cookbook reminds us that nourishing our bodies, minds, and relationships all play a part in aging well. From comforting classics to healthy favorites, every recipe tells a story of togetherness and the vibrant spirit of Columbus.





JUKEBOX BINGO

**Tuesday, December 16
3:30PM; FREE**

Instead of numbers we will have song titles and instead of a caller we will have a DJ. Don't miss out on this fun time together! Your foot will be tapping to the upbeat music. This will be casual BINGO playing one card at a time with prizes. **Limited seating (40) so please register for this free event in the office.**

**NEW
FREE!**

History of Mill Race Center

Coming Soon

Did you know that Mill Race Center is the oldest senior center in the state of Indiana? Join us for a fascinating look back at its rich history with former Director Bob Pitman. Bob will share stories from the center's early days, including the pivotal role of its first Director, Burhl Ellis, who was instrumental in launching the new center. If you enjoy local history and memorable stories, you won't want to miss this engaging presentation!



CHRISTMAS CONCERT

FEATURING

Guy Paranaavitana

**Thursday, December 4
at 3:00PM**

Come enjoy a free afternoon concert by Guy Paranaavitana. Cookies will be served. Register in the office by 12/3. For Mill Race Center members.

Mingle & Jingle

FREE!

Thursday, December 18 at 3:00PM

Entertainment featuring Dan & Linda Mustard.
Plus a special staff holiday skit.

Gather together with friends and enjoy delightful holiday music and refreshments.
Register in the Business Office.

100

MILL RACE CENTER

CHALLENGE

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

GREAT DECISIONS 2026

March 5- April 23, 2026

6:30-8:00PM

Register in the office.

Member \$35 and non-member \$45





The BCPL Bookmobile:



**November 12 & 26
December 10
9:30-10:30AM
Available out front of MRC.**

MAH JONGG

Every Mon. & Fri.
12:30-4:30PM



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



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

Lead by: Elaine Bailey
In the lounge



Ping Pong
Tuesday & Thursday
3:00PM; **FREE**



OPEN Billiards

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



Classic
Card Game
Pinochle



Pinochle

Every Tuesday
1:00-4:00PM
In the conference room



Mexican Train Dominoes

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



Let's Play
Every Friday from 1-4PM
MRC has a variety of games you can
choose to play or bring your own.



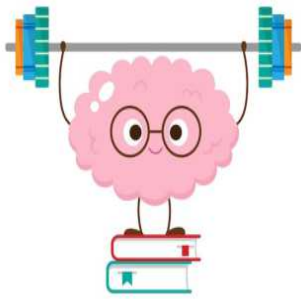
Cards & Games Schedule

Card games should not start early Newsletter lists set time frame.



Monday	Tuesday	Wednesday	Thursday	Friday
Mah Jongg 12:30-4:00PM Hand & Foot 12:30-4:00PM <div> Cards & Games are free for MRC members. Day passes can be purchased for non-members. </div>	Pinochle 1-4PM Euchre 4:00-7:00PM (MP3)	Scrabble 1:00-3:00PM Hand & Foot 12:30-3:30PM For information call Rosemary Sager (812)390-7665	Dominoes 12:30-4:00PM	Mah Jongg 12:30-4:30PM Bridge 1:00-4:00PM Let's Play Games 1:00PM (see pg. 24)





Monthly Brain Workouts

Friday, Nov. 21 & Dec. 19

9:30AM; Classroom



FREE (please register)

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 for seating and room purposes.**

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. Register in MRC office.**



Thursday, December 11
It's A Wonderful Life
(1946)



MILL RACE CENTER
ON THE GO



Vivera

November 4 at 2:00PM

Fairington Apartments

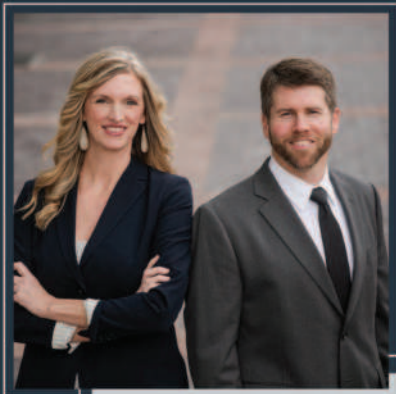
November 18 at Bldg 2301 at 2:00PM

No On The Go in December

Sign up with the Mill Race Center Business Office at 812-376-9241 or bcutsinger@millracecenter.org

Voelz, Reed, & Mount, LLC

knowledge · experience · solutions



Estate & Elder Law Attorneys

Lora R. Mount
Owner & Partner

Blake C. Reed
Owner & Partner

When planning your financial or health affairs, preparing for the possibility of long-term care, or grieving the loss of a loved one, our friendly, knowledgeable staff of attorneys and legal assistants are here to help.

2751 Brentwood Drive | Columbus, IN 47203
(812) 372-1303 | www.voelzlaw.com

WE'RE HIRING!

AD SALES EXECUTIVES

**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4ipi.com or
www.4ipi.com/careers

Choose the Medicare experience you can trust



Theresa Blacketer
Licensed Sales Agent
317-586-8662, TTY 711



Y0066_P2366025_C

TRAVEL WITH MILL RACE CENTER

Hello!

I hope you're all doing well and have had wonderful adventures in 2025! This year, some of our members have traveled as far as 8,600 miles to New Zealand, 4,300 miles to Paris, and 1,556 miles to Yellowstone—what an incredible year for travel! I had such a great time exploring Yellowstone and the Tetons with many of you, and I'm really looking forward to our upcoming journey to Africa in April. If you have any ideas or suggestions for future trips, I'd love to hear them!

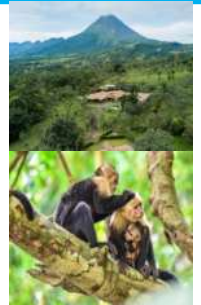
Thank you for the amazing experiences,

Amanda Coleman—812-376-9241*215 or travel@millracecenter.org



Costa Rica - February 6-25, 2026

\$4,599 per person double occupancy per person with air from Indianapolis. 8 DAYS • 14 MEALS Rainforests, volcanoes, rivers, beaches, national parks, lush scenery, amazing wildlife and of course plenty of hospitality from the local “Ticos” all await on this fantastic journey. Visit coffee and cacao plantations and sample these local specialties; cruise down a river and be immersed in the sights and sounds of native monkeys, birds and other wildlife; walk over hanging bridges amidst tropical foliage; splash in a waterfall...experience it all as you discover the beauty, magic and “Pura Vida” of Costa Rica.



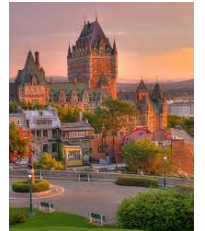
South Africa Safari - April 22-May 4, 2026

\$9,904 per person double occupancy per person with air from Indianapolis. 13 DAYS • 23 MEALS Amazing safari adventures await on a private reserve and in Chobe National Park. In Zimbabwe, stand in awe at nature's supreme masterpiece Victoria Falls. Meet elephants and their local caretakers while visiting a sanctuary for these beautiful animals. Sample local vintages during wine-tastings in the wine-country area of South Africa. Discover Cape Town's history and beauty. All of these experiences are yours on this exceptional journey through three African countries.



Charms of Quebec May 22-May29 2026

\$5,099 per person double occupancy with roundtrip air fare from Indianapolis. 8 DAYS 10 MEALS. Discover the charms of the Canadian province of Quebec, encountering its people and a blend of traditions old and new as you journey through the natural beauty and enchanting cities of the region. In Montreal, take in the sights on a panoramic tour, bask in the views from atop Mount Royal, and explore the city's vibrant, modern scene. Visit the Charlevoix region of Quebec, known for its natural beauty, farms, fresh local food and exciting cuisine, and stay at Fairmont Le Manoir Richelieu, a serene and historic castle-like hotel. Explore Quebec City's history and romantic ambiance. Set out for adventures, from a whale-watching expedition by Zodiac boat to seeing Montmorency Falls, as well as exploring the heritage of Quebec through engaging encounters with the region's traditional arts and agriculture. From the buzz of Montreal and romance of Quebec City to the farms of Charlevoix, embrace Quebec at its best.



Jewels of the Rhine and Golden Pass Rail Journey - June 7-19, 2026 **FREE AIR!!**

Prices vary based on cabin. **FREE AIR!!** 13 DAYS • 25 MEALS Begin your vacation with four nights in spectacularly situated Lausanne, Switzerland to discover the surrounding beauty and nearby sites. A highlight is sure to be the rail journey through the Swiss Alps aboard the Golden Pass as you travel from Montreaux to Gstaad. Embark the cruise vessel in Basel and enjoy all the scenic beauty this cruise offers while traveling along the romantic Rhine River through four countries. Colorful, picturesque towns line the shores, castles sit atop the vineyard-covered hills, and new sights await around every bend. Explore the charming towns and bustling cities on included shore excursions throughout the cruise. This cruise and the unique rail journey are sure to provide you with a memorable trip for years to come!



Trips

Virginia: June 17-21, 2026 - Sail250 Virginia and America's 250th Anniversary

5 Days • 8 Meals Join us in Norfolk, Virginia, for Sail250® Virginia, a grand maritime celebration marking the 250th anniversary of the United States. Explore the Norfolk Botanical Garden, take a narrated cruise through Hampton Harbor and experience the “Parade of Sail,” where tall ships and military vessels sail in a breathtaking display.



Yellowstone, Grand Tetons, and Mount Rushmore - September 9-18, 2026;

\$4,974 per person double occupancy per person with air from Indianapolis. Come explore Yellowstone National Park and witness its natural wonders like Old Faithful. See the Grand Teton Mountains and be amazed at the majestic Mount Rushmore in the heart of the Black Hills. Tour historic mining towns and take a leisurely float trip on the scenic Snake River.



Spain: October 13-21, 2026

Splendors of Spain- Travel by Train! Double Occupancy \$5854 with airfare from IND

9 Days • 11 MEALS History and beauty await your discovery on this journey showcasing the highlights of Madrid, Valencia and Barcelona. From the Royal Palace and lively central squares of Madrid to the UNESCO World Heritage Sites in Ávila and Valencia. Relax as you travel between cities by high-speed trains. Spectacular scenery welcomes you to Montserrat in the Catalonia Mountains for an unforgettable viewing of the Black Madonna in the Abbey. Explore the underground cellars in the winery where the tradition of Cava began and sample Spain’s renowned sparkling wine. Seeing Gaudí’s masterpieces, Sagrada Familia and Park Güell in Barcelona, leave you with treasured memories of your time in Spain.



2026 Bus Trip

September 27-October 4, 2026 – Music of the Mountains

Featuring four live shows, the Biltmore Estate, and the Smokies. Four nights in Pigeon Forge at the heart of the Smokies; visit the Titanic Museum, ride the Ober Gatlinburg Aerial Tramway, Hatfield & McCoy Dinner & Show tour of Great Smokey Mountains National Park, Pirates Voyage Dinner & Show, visit the Biltmore Estate, and Country Tonight Theatre Show. Travel to Nashville, TN for two nights, tour A.J. Bush’s Museum & General Store, guided tour of “Music City” including the historic Ryman Auditorium, and reserved seats at the Grand Ole Opry.



Mill Race Center travelers at Yellowstone National Park

Join the Challenge!
Let's Keep Moving Together!

Keep track of your miles
while you travel.

100 MILE RACE CENTER
MILE CHALLENGE



Walk 'n' Roll



Tues. & Thurs. at 12PM

FREE for MRC members

See page 10

Daytrips

NEW

All day trips have reservations or tickets purchased. Do not meet MRC there and expect to sit with our group. Our seats are for registered members. Do not call day trip locations representing MRC.

R - refund available up to 3 days before departure



Lots of walking, standing, or stairs

T.C. Steele Museum & Rafters Friday, November 7

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

We will first take a guided tour of the TC Steele home and then do self-guided tours of the formal garden and site grounds. Afterwards, we will travel to Nashville and enjoy lunch at Rafters Restaurant. Leave MRC at 9:20AM return approx. 2:30PM. Max: 12



Cake Bake Shop Monday, November 24

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



Scottish Rite Cathedral Tour & Lunch at Rathskeller Wednesday, December 10

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

We will first take a guided tour of the beautiful Scottish Rite Cathedral. We will learn the history and development of this Indianapolis premier tourist attraction. Next we will go for lunch at the amazing German restaurant Rathskeller. Lots of walking and stairs on this trip. Leave MRC at 8:40AM return approx. 3:00PM. Max: 11



Jingle Rails at Eiteljorg Museum Monday, December 15

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

We will first have lunch at the Eiteljorg Museum Café. Next visit the Jingle Rails Great Western Adventure wonderland model train exhibit. The museum also includes native American exhibits. Leave 10AM return approx. 4:00PM. Max: 12



Hard Truth Hills Big Woods

Wed., January 7

Cost: \$10m/\$15nm plus lunch

Enjoy this short trip to Nashville for some delicious food. Leave at 10:30AM, return approx. 1:30PM. Max: 12



Derby Dinner Shows

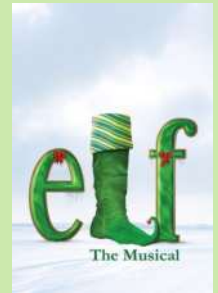


ELF

Wed., Dec. 17 - Matinee Buffet

\$55 members, \$65non-mem

If you enjoyed the 2003 movie starring Will Farrell, you will love this musical adaptation with added songs and holiday production numbers! ELF is the hilarious tale of Buddy, a young orphan who mistakenly crawls into Santa's bag of gifts and is transported to the North Pole. Buddy is raised unaware that he is actually a human, until his enormous size causes him to face the truth. With Santa's permission, Buddy embarks on a journey to New York City to find his birth father and discover his true identity. Faced with the harsh reality that his father is on the naughty list, Buddy is determined to win over his new family and help New York remember the true meaning of Christmas. Leave MRC at 10:00AM return approx. 5:30PM. Max: 11



Bunco Squad

Wed., February 4 - Matinee Buffet

\$55 members, \$65non-mem

The Bunco Squad is back! It is August, and Suzie's turn to host. She thinks she is hosting a normal bunco night, but with this bunch, normal is never . . . well . . . normal. Join the ladies you fell in love with for another laugh-filled and heart-felt evening of FUN. Written by Derby Dinner's very own, Jim Hesselman, this comedy is a slice of life with characters we all can recognize from our own neighborhoods. With a scoop of sass, a dollop of drama, a heap of heart, and loads of laughs, you will leave smiling ear to ear and ready to reconnect. Bunco "newbies" WELCOME! Leave MRC at 10:00AM return approx. 5:30PM. Max: 11



Mill Race Center is only closed if there is a City Weather Emergency. Most classes are led by volunteers and they are asked to call MRC if they can't make it in to teach.



We advise calling MRC at (812) 376-9241 or check our Facebook page for cancellations of classes.

Eight Dimensions of Wellness

Mill Race Center is only closed if there is a City Weather Emergency. Most classes are led by volunteers and they are asked to call MRC if they can't make it in to teach.

We advise calling MRC at (812) 376-9241 or check our Facebook page for cancellations of classes.



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.



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



The Better Breathers Club

The Better Breathers Club is sponsored by the American Lung Association, and is supported locally by Columbus Regional Health and meetings held at MRC. 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.



Dec. 10 at 3PM: Lung Cancer

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



ThriveAlliance
Enhancing lives. Building communities.

**Become a
“Grandparent”
That Mentors**



YOU are important to children!

As a concerned “senior citizen” **you** have a unique opportunity to **help the children in your community.**

With programs in Brown, Bartholomew, Decatur, Jackson and Jennings Counties, **you can provide the support that children need** now and in the future.

To learn how to get involved, contact
us: By Phone: 866-644-6407 or
Online at Thrive-Alliance.org/Contact

An  **AmeriCorps** Seniors Grantee

FREE!

SPECIAL FEATURES

NEW

From Food To Freedom Mon., Nov. 17 at 1:30PM

A project of the nonprofit PlantPure Communities, *From Food to Freedom* tells the story of a live-in immersion program in Greensboro, NC with six participants (and two spouses) diagnosed with type 2 diabetes.



Eating For Tomorrow Mon., Dec. 1 at 1:30PM

"Eating For Tomorrow" is here to open our eyes to the true impact of our food choices on the planet. Narrated by Kate Winslet, this powerful documentary delves deep into how our diets affect the environment, from deforestation to ocean pollution.



Let's Play

Every Friday
1:00PM; Free

NEW FREE!



Explore the world of games together! It's a great way to stay mentally sharp, enjoy social interaction, add a dose of friendly competition, and laughter. Choose from a variety of games that Mill Race Center has or bring your own for group to play.

(Rummikub, Rack-O, Qwirkle, Sorry, Sequence, Uno, Skipbo, OuiSi, or Clue)



Holiday Features



December 15 at 1:00PM
The Bishop's Wife
(1947)



CHRISTMAS IN CONNECTICUT



December 29 at 1:00PM
Christmas In Connecticut
(1945)

Broadway Series

FREE!

Call MRC to register for each viewing.

How To Catch A Thief

Fri., Nov. 21 at 1:00PM

(1955) Notorious cat burglar John Robie has long since retired to tend vineyards on the French Riviera. When a series of robberies is committed in his style, John must clear his name. Armed with a list of people who own the most expensive jewels currently in the area, John begins following the first owner, young Francie. When her jewels are stolen, Francie suspects John, destroying their tentative romance. John goes on the lam to catch the thief and clear his own name.



Roberta

Fri., Dec. 19 at 1:00PM

(1935) John Kent, visiting Paris with his bandleader friend, Huck Haines, suddenly inherits his aunt's fashionable dress shop in the city. Although clueless about the fashion world, John and Huck get help from designer Stephanie and the fiery Countess Scharwenka, whom Huck recognizes as his small-town sweetheart, Lizzie. But when John's snooty ex, Sophie, shows up, he must reconsider his new feelings for Stephanie.



Parkinson Support Group Meetings at Mill Race Center

Parkinson's Support Group

For more information call Harriet Armstrong 812-603-2470 or MRC 376-9241.

Wed., Nov. 5 from 2:30-4:00PM

Guest speaker: Amanda Sands a speech therapist

Wed., Nov. 19 from 1:30-2:30PM

Wed., Dec. 3 from 2:30-4:00PM

Topic: To be determined

Wed., Dec. 17 from 1:30-2:30PM

Wed., Jan. 7 from 2:30-4:00PM

Wed., Jan. 21 from 1:30-2:30PM

NEW FREE!

Mill Race Center

Joan Percy Senior Citizen of the Year Nominations Accepted Now

Forms are available at center and also on our website at

www.millracecenter.org

Nominations due by November 26



Eight Dimensions of Wellness

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!

Intellectual

Seeking stimulating mental activities to expand knowledge and skills. Stretching and challenging the mind with intellectual and creative pursuits. Avoid boredom - be productive!

Financial

Having a sense of security. Living within your means and learning to managing money for the short and long term. Be financial responsible and independent!

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!

Physical

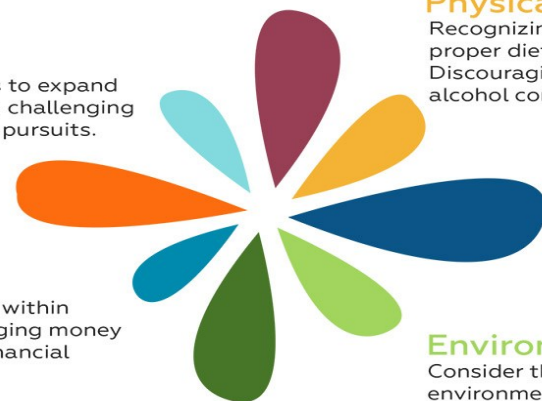
Recognizing the need for regular physical activity, proper diet and nutrition, and personal safety. Discouraging the use of tobacco, drugs, and excessive alcohol consumption. Get moving - be healthy!

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!



Stay Warm, Stay Active, Stay Social!

We've got the comfort, activities, dining, and more to help you stay warm and cozy this winter. Call (812) 900-6178 to schedule a visit today!



4300 W. Goeller Boulevard
Columbus, IN 47201
(812) 900-6178
www.TraditionsOfColumbus.com





THE FITNESS CENTER AT MILL RACE CENTER

Located in Mill Race Center, 900 Lindsey St.
Columbus, IN 47201. Mill Race Center is a community
facility for active adults located in beautiful Mill Race
Park.

INNOVATIVE FITNESS CENTER

The Fitness Center includes an innovative Fitness
Facility with age-friendly cardio and strength
equipment designed to make your workout more
effective, safe, and fun. Health/Fitness Assessments
including body composition measurements, BMI,
BMR, and VO2 Max calculations are available to all
members.

CLASS OPTIONS FOR ALL SKILL LEVELS

The facility is a Silver Sneakers, Silver & Fit and Renew
Active approved facility. Our fitness staff works with
members to develop a personal fitness plan on the
easy to use weight training and cardio equipment. A
wide variety of Group Fitness Exercises classes are
offered for all levels of participation.

VARIETY OF FEE STRUCTURES

The Fitness Center offers day/guest passes, monthly
memberships and annual memberships. Stop by or
call 812-376-8808 to schedule a tour. Staff trainers are
available by appointment for new members for
equipment orientation and program design.

\$7/DAY/GUEST PASS

Per single visit

\$29/MONTHLY MEMBERSHIP

Per month (automatic monthly withdrawal for 12
months with contract) includes unlimited use of The
Fitness Center and all Fitness Center classes.

\$39/MONTHLY MEMBERSHIP

Per month (automatic monthly withdrawal until
canceled, no annual contract) includes unlimited use
of the Fitness Center and all Fitness Center classes.

The Fitness Center will be Closed 11/27 & 11/28 (Open 11/29)
Closed 12/24, 12/25, & 12/31, and 1/1, 2026

REGISTRATION

Register at the Mill Race Center Business Office
900 Lindsey St., Columbus, IN 47201
812-376-9241
millracecenter.org

Mill Race Center Business Office is open 8:30A.M.-5:00P.M.

HOURS

Monday-Thursday
6:30A.M.-7P.M.

Friday
6:30A.M.-5P.M.

Saturday
8A.M.-12P.M.

Sunday - Closed



CLASS DESCRIPTIONS

All Fitness Classes are held at Mill Race Center,
900 Lindsey St, Columbus

Levels of Intensity: 1 - Beginner with a chair 2 - Beginner 3 - Intermediate 4 - Advanced

BALANCE IN MOTION (1, 2) Class is designed to improve your balance by strengthening your feet, ankles, and legs, improve your coordination, and train your core strength. This class will help improve posture while enhancing reaction and focus.

CARDIO & OSTEO (2,3) This class helps improve your cardiovascular and bone health using low impact aerobic and strength training, traditional floor aerobics, free weights, and resistance equipment. Great to reduce the risk of osteoporosis, osteopenia and osteoarthritis.

***PILATES (3,4)** A mind-body class which focuses on increasing core strength, elongating muscles and improve postural awareness. You will leave this class feeling stretched, strong, and energized for the rest of the day! Please bring your own personal mat and must be able to get on/off the floor.

CARDIO PUMP (2,3, 4) A low impact aerobic class, with full body movement patterns to increase your heart rate combined with a total body weight training to increase strength and core awareness.

YOGA (2,3, 4) Combines the traditional flow of yoga postures with the "I Am Ageless NOW" program to help expand body awareness, improve flexibility, and blood flow of your muscles. Our instructor is certified in this award winning program.

SILVER SNEAKERS CIRCUIT (2, 3) This is a fun class using low-impact standing choreography alternated with standing upper body work with hand-held weights, elastic tubing, and Silver Sneakers Balls.

SILVER SNEAKERS YOGA (2,3,4) Move through seated and standing yoga poses to increase flexibility, balance, and range of motion. A chair is used to meet a variety of fitness levels.

NEURO FITNESS (1, 2) A group fitness class that challenges the brain and the body to improve health and fitness. This class is suitable for members with progressive neurological conditions including Parkinson's, Multiple Sclerosis, and stroke.

Pilates Strong (2,3, 4) A combination of core, upper and lower body training inspired by Pilates moves with modifications for an injuries or restrictions. The addition of lightweight resistance challenges the stability of the core for an effective workout.

Fitness Center Classes will be canceled on Nov. 27, Nov.28, and Dec. 22-Jan. 2, 2026.

MONDAY

9A.M. - Yoga
10A.M. - Silver Sneakers
Circuit
11A.M. - Balance In Motion
1:30P.M. - Neuro Fitness

TUESDAY

8A.M. - Cardio & Osteo
9A.M. - Pilates*
10A.M. - Silver Sneakers Yoga

WEDNESDAY

9A.M. - Yoga
10A.M. - Silver Sneakers
Circuit
11A.M. - Balance In Motion
1:30P.M. - Neuro Fitness

THURSDAY

8A.M. - Cardio & Osteo
9A.M. - Pilates*
10A.M. - Silver Sneakers
Yoga

FRIDAY

7A.M. - Yoga
8A.M. - Pilates Strong
9A.M. - Cardio Pump
10A.M. - Silver Sneakers
Circuit
11A.M. - Balance In Motion

*Please note that you must bring your own yoga mat to all classes marked accordingly.



ASAP Rethinking
Wellness

Start 2026 off right

This year, ASAP's Rethinking Wellness initiative invites you to pause and reset with the **Dry January Challenge**. For 30 days, give your body and mind a break from alcohol. Many participants report:

- **Better sleep** and deeper rest
- **Improved mood** and reduced anxiety
- **Weight loss** and more energy
- **Clearer focus** and stronger self-control

Think of it as a chance to start 2026 with a stronger foundation—for your health, your family, and your future. Scan the QR code or go to asapbc.org/dry-january-initiative to get started.



Did you know?

- **As we age, our bodies process alcohol differently.**

This means that even if you drink the same amount as someone younger, you may experience a higher blood alcohol concentration for a longer period. It's important to be mindful of this change and adjust your drinking habits accordingly.

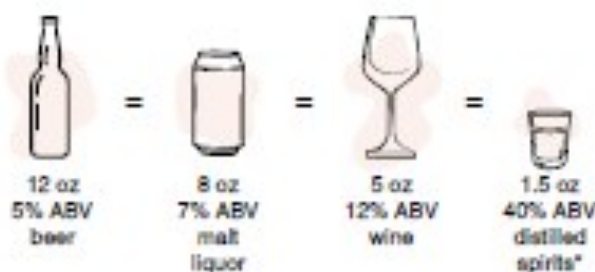
- **Alcohol makes bad feelings worse.**

Drinking disrupts brain chemistry—especially neurotransmitters like serotonin and dopamine—that regulate mood. While it may give a temporary sense of relief, alcohol is a depressant, so it intensifies sadness, anxiety, or anger once its effects wear off. Over time, this cycle can heighten emotional distress.

- **There are powerful + healthy ways to feel better.**

Try moving your body—like walking, dancing, or stretching—to naturally boost your mood and reduce stress. Another powerful option is connecting with supportive people through a quick call, text, or meetup.

What is considered a “drink”?



Are you drinking excessively?

This chart from the CDC can tell you.



Binge drinking = 4 or more drinks per sitting

Heavy drinking = 8 or more drinks per week



Binge drinking = 5 or more drinks per sitting

Heavy drinking = 15 or more drinks per week

*80 Proof | Source: cdc.gov/drinkingbyyourbest/excessivedrinking.html



Don't lose your holiday cheer.

We're here to help. Discover tools to manage stress, build resilience, and strengthen relationships at mhmbc.crediblemind.com



Assess Your Needs: Take advantage of free, confidential mental health assessments to better understand your unique needs.



Nationwide Resources: Tap into a network of national organizations focused on mental health and well-being during the holidays.



Connect to Local Support: Find therapists, support groups, and community resources in Bartholomew County.



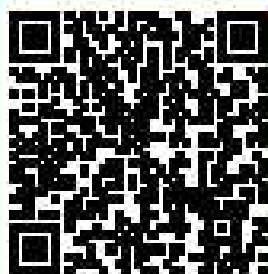
Confidential Guarantee: CredibleMind anonymizes data and does not share personal information with third parties.



Conquer Stress & Anxiety: Explore a wealth of free articles, videos, and podcasts on topics like holiday burnout, stress, loneliness, and much more.



Remember: it's okay to not be okay! The holidays are stressful for everyone. Set boundaries, be kind to yourself, and seek help if you think you need it.



SCAN THE QR CODE TO START FEELING BETTER

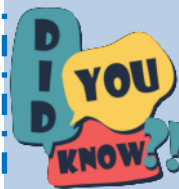
mhmbc.crediblemind.com
crisis line: 988

[mhmbartholomew](https://www.facebook.com/mhmbartholomew)
 [mhmbartholomew](https://www.instagram.com/mhmbartholomew)

**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
100
MILE CHALLENGE
Keep log of your miles!



#1 - To get steps in walk out our front doors and turn right, follow the sidewalk, and walk around the backside of our building. Turn right on sidewalk past Just Friends back to our front doors it is **.24 miles**.

#2 - Do all of #1 but instead of turning by Just Friends keep walking. Walk the entire way including all around where the buses park and head back to our front doors is **.39 miles**. Sidewalks the entire time.

#3 - If you do #1 and do all of #2 it is **.63 miles**.

Keep track of your miles and participate in the 100 Mile Challenge! Happy walking!



KEEP MOVING!

Follow Mill Race Center
on Facebook.



Residential • Commercial • Interior • Exterior
Pressure Washing
www.bruceottepainting.com
2085 W. Lewis Place, Columbus, IN 47201

Storage Solutions For Every Need...
Large or Small, Personal or Business,
Short or Long Term

739 Repp Court, Columbus

Call Julie
Your Local Storage Solution Expert!



812-379-2878



Contact us about our
Family Caregiver
Support Program

866-644-6407
www.thrive-alliance.org

**Get Medicare plan help
from Indiana licensed
sales agents**

Tom Leix
Sales Director
1-855-290-8658, TTY 711
myuhcagent.com

© 2025 United HealthCare
Services, Inc. All Rights
Reserved. SPRJ86059
Y0066_250422_C



IF YOU LIVE ALONE

MDMedAlert!™
At HOME and AWAY!

STARTING AT
\$19⁹⁵ /mo.

✓ Ambulance ✓ Police ✓ Family

"STAY SAFE in the
HOME YOU LOVE!" ✓ GPS & Fall Alert

CALL NOW!



800.809.3570

md-medalert.com



Making Every Moment Count



812-314-8083



ourhospice.org



Scan to
Learn More



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Mill Race Center, Columbus, IN

I 4C 01-1448

Refrigerator Reminder - MRC Daily Activities

Monday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
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 Circle Practice	CR
1:00	Special Feature (pg. 22)	AR
2:00	Movies (pg. 15)	AR
2:00	Ukulele Class	CR
5-7	Ballroom Dancing	MP2
5:30	Meditation (pg. 16)	CR

Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
10:00	Ask a Pharmacist (1st & 3rd Tues. pg. 6)	CNR
10:00	Fun with Plants Group (3rd Tues.)	AR
10:00	Tai Chi (\$)	MP1
10:30	Bible Study	CR
11:00	Book Study	LO
11:00	Chair Yoga	MP3
12:00	Walk'n'Roll	MP3
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
1-4	Pinochle	CNR
2:00	MRC On the Go	Off Site
2:00	Bodies in Motion	MP2
2-4	Tea (2nd Tues.)	LO
4:00	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	Walking (pg. 6)	LOB
10:00	Art Class	AR
11:30	TOPS	CR
12:30	Hand & Foot	MP2
1:00	Scrabble	LO
1:00	Reader's Theater (pg. 12)	CR
2:30	Parkinson Support Group (see page 24)	AR
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
11:00	Chair Yoga	MP3
12:00	Walk'n'Roll	MP3
12:30	Dominoes	MP3
12:30	Birthday Party (pg. 14)	AR
1:00	Woodshop	CR
1:00	Woodcarving	CR
2:00	Bodies in Motion	MP2
3:00	Craft Classes (pg. 8)	AR
3:30	Grocery/Jukebox Bingo (pg. 14 & 17)	AR
5-7	Ballroom Dancing	MP2

Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
9:30	Monthly Brain Workout (pg. 19)	CR
10:00	Line Dancing	MP2
12:30	Mahjong	AR
1:00	Bridge	LO
1:00	Broadway Series (pg. 24)	CR
12:30	Lasting Impressions	MP1
12:30-3:30	Pickleball	MP2

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.	

**Some classes may not meet during certain weeks in December. For specific dates, refer to the full class listings on the inside pages of the newsletter. If no date changes are mentioned, the class will be held as scheduled.*

Mill Race Center & Fitness Center will be closed Nov. 27, 28, Dec. 24, 25, 31, & Jan. 1, 2026

ACTIVITY HIGHLIGHTS

Nov. 4, 18 & Dec. 2, 16

Ask a Pharmacist at 10:00AM



Nov. 7

SAGE Table; 11:30PM



Nov. 10 & 24

Movie; 2:00 & 4:30PM



Nov. 11

Veterans Day; 2:00PM



Nov. 18 & Dec. 9

Card Making; 1:00PM

Ted Talks; 1:00PM

Tuesday Tea; 3:00PM



Nov. 17 & Dec. 1

Special Feature; 1:30PM



Nov. 18 & Dec. 16

Fun With Plants Group; 10:00AM



Nov. 19

Hiking; 9:30AM



Nov. 19 (3PM) & Dec. 15 (3:30PM)

Purdue Extension Class



Nov. 20

Birthday Party; 12:30PM

Grocery Bingo; 3:30PM



Nov. 21 & Dec. 19

Thrive SHIP Counseling; 9AM

Monthly Brain Workout; 9:30AM

Broadway Movie; 1:00PM



Nov. 24 & Dec. 15

Come & Eat; 11:00AM



Nov. 25 & Dec. 30

Tuesday Trivia; 9:30AM



Dec. 3

Lunch & Laughter; 12:00PM;\$

Dec. 4

Christmas Concert; 3:00PM



Dec. 5

Welcome Breakfast; 9:30AM



Dec. 8, 15, 22, & 29

Movie; 2:00 & 4:30PM



Dec. 11

Cooking Class at 11:00AM

Arts & Crafts; 12:20PM

Sound Healing; 3:00PM

Cake Walk; 3:30PM



The Lasting Impressions
Let It Be Christmas ~ Everywhere
Fri., December 12 at 6:00PM
Sun., December 14 at 1:00PM

Dec. 16

Jukebox Bingo; 3:30PM



Dec. 17

Lotion & Hand Scrub Class; 1:00PM

Dec. 18

Mingle & Jingle; 3:00PM



Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

Visit us at www.millracecenter.org.





In Partnership With
ASCENT
PHYSICAL THERAPY
A Body in Motion Starts in Motion

JOIN NOW

- Innovative Fitness Center
- Class Options For All Skill Levels
- Variety of Fee Structures
- Certified Fitness Trainers
- Silver Sneakers and Silver & Fit
- Beautiful views

Mill Race Center
900 Lindsey St.
Columbus, IN 47201

812-376-9241
MILLRACECENTER.ORG



\$29 a month
payment options
available



Columbus Regional Health becomes Cleveland Clinic Connected member

Learn more at crh.org/cc



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Mill Race Center, Columbus, IN

J 4C 01-1448