



AGING WELL!

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

Membership \$120 a year per person • 812-376-9241 • www.millracecenter.org

GREAT DECISIONS



PREPARE TO DISCUSS THE WORLD.

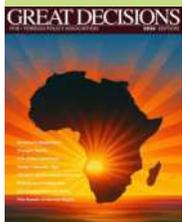
March 5 –April 23
6:30-8:00PM

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 2026

America and the World, Trump Tariffs and the Future of the World Economy, U.S. & China Relations, Ruptured Alliances and the Risk of Nuclear Proliferation, Ukraine and the Future of European Security, Multilateral Institutions in a Changing World Order, U.S. Engagement of Africa, The Future of Human Rights and International Law



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



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 and T-shirt.



JOIN NOW

See pages 26 & 27 for details.

A Healthier 2026 Starts Here!



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

A message from Josh Shelley, President of the Board of Directors

As we enter 2026, we are faced with new challenges in a changing landscape for funding. We have had several shifts in our funding over the past two years, and as an organization, we have had to adapt. The board of directors have worked as a group, and with outside support to plan and to find ways to continue to be sustainable in this new environment. We have cut expenses wherever possible and worked hard to manage our resources in an efficient way. We take our stewardship of this facility seriously, and we will do everything that we can to continue to fulfill our mission of providing cutting-edge, quality programs for older adults.

We have reached the unavoidable decision to increase the membership dues beginning in 2026. This increase will support programming, staffing, and facility upkeep. Dues will be increased to \$120 annually. Those 90 years old and older will continue to receive free memberships. For perspective, your \$10 per month membership will allow you to access all of the amazing programming that you find in this newsletter, to continue to build your social network, and to work toward all of your “Eight Dimensions of Wellness” goals.

Thank you for your understanding as we continue to work toward sustainability. Mill Race Center is a vital part of this community, and we absolutely believe that it is worth the investment.

Josh Shelley
President, Mill Race Center Board of Directors
JShelley@horizonbank.com

Annual Campaign Update

Thank you all for your generous support for our annual Campaign. Although we did not, at the time of this writing, reach the goal that we set (which was higher than the budgeted amount for previous years) we did surpass the amount that we received in 2024. Because of your support, we can continue to provide the amazing variety of programs that you see in this newsletter. As always, we will strive to be good stewards of the resources that we have, while exploring new ways to secure funding for the future.



With sincere gratitude,

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 \$120 a year. We offer a monthly payment option of \$10 per month. Those 90 and older are free. Our six month membership is \$60. A day pass is available for \$10 a day. *Fitness Center membership is separate but can be purchased in the Mill Race Center office.*

Membership fees should not be a barrier to participation at Mill Race Center. If you need assistance with your Mill Race Center membership, please apply for a scholarship in the business office.

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



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



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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: \$11 for Hot lunch
\$15 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 January or February
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.



January - Cleaning Supplies for Lincoln Central Neighborhood Family Center

February - Baby Wipes for Clarity

March - Paper Towel and Clorox Wipes for Mill Race 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.

Tuesday, January 6 at 3:30PM

Welcome! **MRC Welcome Breakfast**
Friday, February 6
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.

Coffee & Snack Table

Our new coffee and snack table is located in the main office, ready to brighten your day. Stop by the coffee table to purchase a fresh cup of coffee or a small snack. It's a quick pick-me-up to start your day. **Please remember that all items must be paid for at the time of pickup.** Every purchase helps cover the cost of stocking the cart so we can continue offering coffee and snacks to our members. Thank you for supporting this service and helping us keep it available for everyone!



NEW

Silver Strings Dulcimer Class

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.

Intermediate 1.5

Thursdays at 10:00AM; FREE

This is a 1.5 class covering the last section of book 1 and half of book 2. You will pick up new things and gain confidence in your playing. It's fun to make music together. This is for those who have taken book 1 class. Come as you are available but please register so Kathy can be in touch. Join instructor Kathy Riesenmey



FREE!

Pharmacist Questions

**1st & 3rd Tuesday
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**



PURDUE EXTENSION

Register for all Purdue Extension classes in the Mill Race Center business office.

Food Labeling: What's In There Anyway Thurs., Jan. 22 at 11:00AM

"Food Labeling: What's In There Anyway" is a 1 hour program about how to identify primary components of food labels, marketing claims and understanding how to make informed food decisions. Join us to learn how to identify the good and not-so-good things in our food. This class is also great for those living with food-related allergies, sensitivities, and preferences. Must register. Max: 20



NEW FREE!

Steps to a Healthy You Meets each Tues. in February from 12-2:00PM

"Steps to a Healthy You" is a 4-session class series focused on eating a healthy Mediterranean-style eating pattern (a.k.a. eating the Med Way). Sessions focus on the 7 Simple Steps to Eating the Med Way. Each session explores 1-2 simple steps, a mindfulness skill, and features tasting samples of Med Way recipes. A light Med Way meal/recipe demonstration is included in each session. Must register. Max: 15



NEW FREE!

Heart Heathy 101 Thurs. Feb. 12, at 11:00AM

This session is intended for individuals who want to learn more about preventing heart disease by making heart-healthy lifestyle changes. This program will teach participants how to monitor risk factors for heart disease and how to make simple changes to their daily routine that can improve their heart health. Must register. Max: 20



NEW FREE!

Fun With Plants Group

Not meeting in Jan. or Feb.

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.



FREE!

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.



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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.

Snowman Paver

Thurs., Jan. 15 at 3:00PM

Cost: \$8 (set of 2)

You will be making two of these delightful snowmen. Your little snowman can even be used as a door stop or as a gift to a friend. This is an easy project to make and all supplies are included for this project.



Wooden Gnomes

Thurs., Jan. 22 at 3:00PM

Cost: \$12 (make 2)

These seasonal wooden gnomes will brighten up your room at home. You will be painting and embellishing this little gnomes whatever colors you would like. It's always fun to add something new to your home décor. All supplies included.



Cardinal Button

Tues., Feb. 3 at 3:00PM

Cost: \$10

Everyone loves cardinals so we will all enjoy this special button craft.. We will use beautiful shades of red buttons to make our cardinal. All materials are provided.



Suncatchers

Tues, Feb. 17 at 3:00PM

Cost: \$5

This craft will brighten up your house windows this winter. We will color with markers and colored pencils are unique designs to fit in the jar lids. We will use oil and dab on our artwork to make it transparent to make them unique suncatchers. All supplies included.



Beginner Stamping

Tues., March 3

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.

January

Winter & Valentine's

Tues., Jan. 13 at 1:00PM

Cost: \$5 (set of 4)



February

General cards

Tues., Feb. 10 at 1:00PM

Cost: \$5 (set of 4)



March

Spring

Tues., March 10 at 1:00PM

Cost: \$5 (set 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.



Follow Mill Race Center on Facebook.





Bodies in Motion

Class meets:

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

Tues. & Thur. at 2:00-3:00PM (Art Room on 2/12 & 2/26)

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

Feb. 12 meeting in MP3 room only

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 Feb. 12

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



Friday Afternoons - 12:30-3:30PM

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.



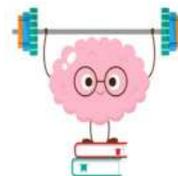
Mother Bears Pizza

Meet there at 11:00AM
Monday, January 26

Upland Pump House

Meet there at 11:00AM
Monday, February 23

Monthly Brain Workouts



See page 19 for details.

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Sound Healing

Thurs., February 5
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**



TED Talks

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



January 13 at 1:00PM

Why Venting Doesn't Help You With Anger by: Jennifer Parlamis

Does venting actually help you cool off, or does it just add fuel to the fire? Social psychologist Jennifer Parlamis busts common myths about anger, showing how curiosity not catharsis can keep you calm. Discover the surprising science behind anger management and four practical tools for building stronger relationships from a researcher who's rethinking Freud, one deep breath at a time.

February 10 at 1:00PM

What Really Matters At The End Of Life by: BJ Miller

At the end of our lives, what do we most wish for? For many, it's simply comfort, respect, love. BJ Miller is a palliative care physician who thinks deeply about how to create a dignified, graceful end of life for his patients. Take the time to savor this moving talk, which asks big questions about how we think on death and honor life.

Stay for Tuesday Tea after Ted Talks!



Bible Studies

Morning Bible Study

Tuesday mornings 10:30-11:30AM

In the Classroom; **Free**

Information: Virginia Houser, 317-757-9674

January: Not meeting this month

February: Gorden Kelley



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.

Bartholomew County Public Library Class

Tues., Feb. 24 at 12:30PM

Cell Phone Basics; Free

Wonderful new computer classes presented by the Bartholomew County Public Library at MRC. Pick up a flyer with additional details at MRC. **Please register for these great classes in the MRC office.**



Bartholomew
County
Public Library



Tuesday Tea



January 13 & February 10



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

Walking Stick Class Jan. 15 & 16 11:00AM, Woodshop

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 with books and ideas. Register in the office.



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.



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.



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.

NEW YEAR. NEW YOU.
JOIN
the 31-day challenge!

Sign up for a transformative 31-day alcohol-free reset so you can feel your best in the new year! Scan the QR code or visit asapbc.org/dryjanuary to get started FREE.



Scan me 

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Grocery BINGO

January 29

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.



Tech Help With Columbus Chamber Members Tues., Jan. 27

12:30-2PM; **FREE**

Members of the **Columbus Chamber** are generously volunteering their time and expertise to assist participants at Mill Race Center with everyday technology needs. Whether you're looking for help navigating your cell phone, organizing files on your laptop, or learning new features on your iPad, Chamber volunteers will be on hand to guide you. We're grateful for the Chamber members who are sharing their skills to support our community!



WISE Class

(Wellness Initiative for Senior Education)

March 24-April 28

(6 week class); **FREE**

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



Tuesday Trivia

Tues. Jan. 27 & Feb. 24

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. Register in the office.



Reader's Theater Practice

Wednesdays from 1:00-3:00PM

Not meeting until late February

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.



Birthday Party

Thurs. Jan. 29 at 12:30PM

Celebrating January & February birthdays. There will be birthday cake, ice cream, and entertainment by Dan 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**

Starting back up again in March

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/>



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.

Eight Dimensions of Wellness

FREE MOVIE SHOWINGS at MRC!  Popcorn provided

FREE!

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

Celebrate Black History Month



January 12
Train Dreams

PG
13



January 26
Jay Kelly

R



February 9
Fences

PG

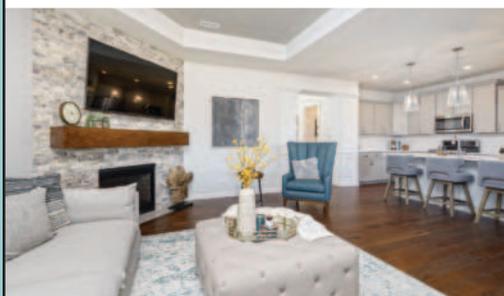


February 23
Sarah's Oil



PG

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



SPECIAL FEATURE



Special Feature Movie The Butler

Mon., Jan. 19 at 1:30PM

In honor of Martin Luther King, Jr. Day join us for a special viewing of the movie *The Butler*. In this inspiring story, a black butler working at the White House serves eight U.S. presidents over the course of three decades, and finds his personal life deeply affected by the sweeping social changes he witnesses from his prestigious job. Popcorn will be served.

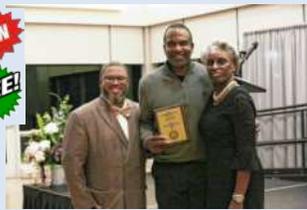


Celebrating Black History Month

Getting to Know the Local NAACP

Wed., Feb. 11 at 4:00PM

Join us to hear about how the oldest civil rights organization, the NAACP, has spent 116 years fighting against racism and discrimination here and in communities across the country. This program is free and open to the community. Invite a friend! Presented by Stephanie Carmer.



Book Study Group with Mental Health Matters

"I'm Not Sick, I Don't Need Help" by Xavier Amador, PhD

Tues., Jan. 27 from 1:30-3PM; **FREE**

Too often, families and professionals face a heartbreaking reality: the person they care about refuses help, denies they are ill, and resists treatment not out of stubbornness, but because of anosognosia, a neurological condition that prevents awareness of their own mental illness. By participating in a book study group, you will be better equipped to understand anosognosia. Books available at Viewpoint Bookstore. Visit the www.mhmbc.org to learn more.



Quarterly Reading Challenge



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 28**. 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.

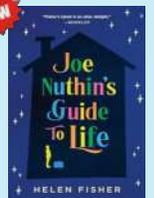
BOOK STUDY

Joe Nuthin's Guide to Life

Tues., Jan. 6– Jan. 13 at 11:00AM

\$16 for book/or purchase on own

Joe-Nathan likes the two parts of his name separate, just like dinner and dessert. Mean Charlie at work sometimes calls him Joe Nuthin. But Joe is far from nothing. Joe is a good friend, good at his job, good at making things and at following rules, and he is learning how to do lots of things by himself.

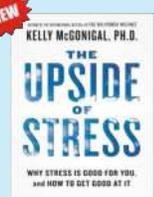


The Upside of Stress

Tues., Jan. 20-Feb. 17 at 11:00AM

\$12 for book/or purchase on own

You hear it all the time: stress causes heart disease; stress causes insomnia; stress is bad for you! But what if changing how you think about stress could make you happier, healthier, and better able to reach your goals? Combining exciting new research on resilience and mindset, Kelly McGonigal, PhD, proves that undergoing stress is not bad for you; it is undergoing stress while believing that stress is bad for you that makes it harmful. In fact, stress has many benefits, from giving us greater focus and energy, to strengthening our personal relationships.

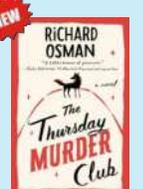


The Thursday Murder Club

Tues., Feb. 24 & March 3 at 11:00AM

\$8 for book/or purchase on own

In a peaceful retirement village, four unlikely friends meet weekly in the Jigsaw Room to discuss unsolved crimes; together they call themselves the Thursday Murder Club.



Mill Race Center Recipe Book
Mill Race Center Cookbooks - \$15 each
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. All profit goes to support Mill Race Center.



Mandolin Orchestra
Thurs., Feb. 26
at 1:30PM; FREE

Mark your calendars now for this delightful performance. The orchestra performs a variety of music from Tin Pan Alley classics that were popular in the late 19th and early 20th centuries to classical and baroque selections, to bluegrass favorites, to pop music. The CMO celebrates the tradition of acoustic, plucked instruments. The prominent instrument is the mandolin, with additional players strumming the mandola, the octave mandolin, the mandocello, the guitar, the harp, and the upright bass. **Register in the office for seating purposes and light refreshments served.**



Valentine's Party
Lunch & Concert
Thurs., February 12
Eat at 12PM
Cost: \$10 member
\$15 for non-member
Concert by Guy Parnavitana
 Register in office by Feb. 4
 Let's celebrate the gift of our friendships with one another.

JUKEBOX BINGO
Tuesday, Feb. 24
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.**

History of Mill Race Center

March date to be announced
 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!



Follow Mill Race Center on Facebook. 



The BCPL Bookmobile:

FREE!

January 7 & 21
February 4 & 18
9:30-10:30AM
Available out front of MRC.



NEW

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

FREE!

OPEN Billiards

FREE!

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



MAH JONGG

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



FREE!

Classic Card Game Pinochle

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

FREE!

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

FREE!



Mexican Train Dominoes

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

FREE!



Bridge
Every Friday from 1-4PM

Lead by: Elaine Bailey
In the lounge

NEW

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

FREE!



FREE!



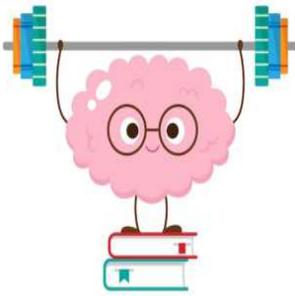
Cards & Games Schedule

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 style="border: 1px solid red; padding: 5px;"> 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)

NEW



Monthly Brain Workouts

Friday, Jan. 30 & Feb. 27

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.**
Max: 22

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*



Thursday, February 19
An American in Paris
(1951)



MILL RACE CENTER
ON THE GO



Vivera

January 13 & February 10 at 2:00PM

Fairington Apartments

January 20 at Bldg 2401 at 2:00PM

February 17 at Bldg 2301 at 2:00PM

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

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TRAVEL WITH MILL RACE CENTER

Hello!

We're grateful for a wonderful year of travel together in 2025, and we're already excited for the adventures ahead in 2026! Our upcoming journeys include the wonders of Africa, the charm of Québec, a scenic bus trip celebrating the "Music of the Mountains," relaxing river cruises, a delightful getaway to Virginia, and an unforgettable rail experience through the heart of Spain. We can't wait to explore the world with you in the year ahead!

Thank you for the amazing experiences,

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



South Africa Safari - April 22-May 4, 2026 (2 seats left)

\$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 29-June 5 2026 - **DATE CHANGE**



\$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!



THE GREAT
COOKOFF
RECIPE BOOK



Purchase this wonderful recipe book in the Mill Race Center office for \$15. All proceeds benefit Mill Race Center.

100
MILE
CHALLENGE
MILL RACE CENTER

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

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 - **JOIN AMANDA IN SPAIN!**

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

**VALENTINE'S
Lunch & Concert**

See page 17 for details

WISE Class
Back again in 2026.
See page 14



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

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



Friend's Diner Fri., January 23

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

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



The Knuckle Sandwich Wed., February 4

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

Enjoy some delicious lunch at this Bargersville relaxing diner. Leave at

10:30AM, return approx. 1:30PM. Max: 12



Arni's in Greenwood Fri., Feb. 20

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

We will have lunch at Arni's restaurant in Greenwood. Arni's is always an enjoyable lunch. Leave 10:30AM, return approx. 1:30PM. Max 12



Flap-Jack's Pancake House Mon., March 2

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

We will travel to Bargersville to have lunch at Flap-Jack's Pancake House. They offer a huge variety great home cooking. Leave 10:15AM, return approx. 1:30PM. Max 12



Derby Dinner Shows



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



The 25th Annual Putnam County Spelling Bee

**Wed., March 25 - Matinee Buffet
\$55 members, \$65non-mem**

An eclectic group of six awkward spelling champions vie for the spelling championship of a lifetime. While candidly disclosing hilarious and touching stories from their home lives, the tweens spell their way through a series of (potentially made-up) words, hoping never to hear the soul-crushing "ding" of the bell that signals a spelling mistake. Six spellers enter; one speller leaves a champion. This wildly funny Broadway Musical is a riotous ride, complete with audience participation! Leave MRC at 10:00AM return approx. 5:30PM. Max: 11



NEW

Walk 'n' Roll

FREE!

**Tues. & Thurs. at 12PM
FREE for MRC members**

See page 10



NEW

Ping Pong

FREE!

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

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

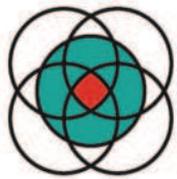
So if you enjoy the great outdoors and communing with Mother Nature, come join our merry group and get ready to explore our world. We look forward to meeting you!

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. For more information, call Jennifer at 812-376-5793.



ThriveAlliance
Enhancing lives. Building communities.

Become a “Grandparent” That Mentors



YOU are important to children!

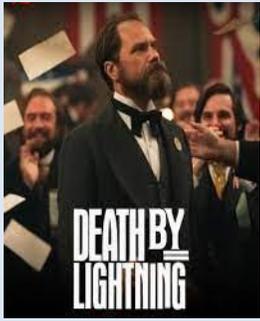
As a concerned “senior citizen” **you** have a unique opportunity to **help the children in your community.**

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





Death By Lightning

A new Netflix miniseries

Presenting the story of James Garfield, who rose from obscurity to become America's 20th President and Charles Guiteau, the man who assassinated him.

Episode 1 & 2

Mon. Feb. 2 at 1:30PM

The Man from Ohio - The 1880 Republican National Convention forever changes the lives of Ohio Congressman James Garfield and Charles Guiteau, who had just been released from prison. (52 min)

Party Faithful - In the run-up to Election Day, Garfield welcomes the nation to his front porch; Guiteau struggles to ingratiate himself with Party leadership. (47 min)

Episode 3 & 4

Mon. Feb. 16 at 1:30PM

Casus Belli - Treachery from within the White House complicates Garfield's attempts to appoint a Cabinet; Guiteau tries everything to secure a Presidential audience. (47 min)

Destiny of the Republic - Conkling goes on the offensive as Garfield challenges the New York political machine; isolated and desperate, Guiteau weighs a history-making decision. (66 min)

Broadway Series

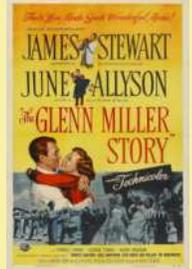


Call MRC to register for each viewing.

The Glenn Miller Story

Fri., Jan. 30 at 1:00PM

(1954) Glenn Miller is a poor trombone player with dreams of fame. Eventually, through years of hard work and determination, he is able to start his own band, and they become one of the most successful groups of the big-band era. With a beautiful wife and one of the biggest songs in America, "Moonlight Serenade," Miller has it all. But at the onset of World War II, Miller enlists, giving up his fame and success to help entertain the troops stationed in Europe.



Carmen Jones

Fri., Feb. 27 at 1:00PM

(1954) The tale of the cigarette-maker Carmen and the Spanish cavalry soldier Don Jose is translated into a modern-day story of a parachute factory worker and a stalwart GI named Joe who is about to go to flying school. Conflict arises when a prize-ring champ captures the heart of Carmen after she has seduced Joe and caused him to go AWOL. Carmen remains a flamboyant flirt and ends up being strangled by the soldier.



Let's Play

**Every Friday
1:00PM; 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)



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

Guest speaker: Representative from Boston Scientific to talk about deep brain stimulation

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

Support group meeting for family members and care partners.

Wed., Feb. 4 from 2:30-4:00PM

Guest speaker: Dr. Ashley Lock, DDS, to speak about concerns of dental hygiene with Parkinson's Disease

Wed., Feb. 18 from 1:30-2:30PM

Support group meeting for family members and care partners.

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.

Volunteer

Make a difference in our community and volunteer to deliver meals on wheels. See page 4.



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

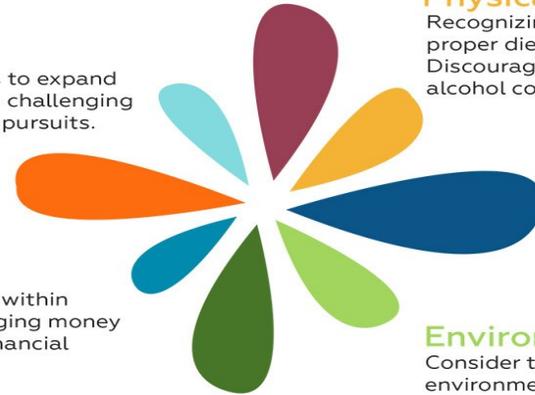
Recognizing the need for regular physical activity, proper diet and nutrition, and personal safety. Discouraging the use of tobacco, drugs, and excessive alcohol consumption. Get moving - be healthy!

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!



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(812) 900-6178
www.TraditionsOfColumbus.com





MILL RACE CENTER

FITNESS

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.

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.

Follow Mill Race Center
& Mill Race Center Fitness Facebook.



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.

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
1:30P.M. - Neuro Fitness

*Additional classes will be added
once additional staff are hired.*

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.**





ACTIVATE YOUR WELLNESS TODAY

Start the new year off right by exploring the eight dimensions of wellness

ASAP Rethinking Wellness invites you to start the year with clarity. **Wellness isn't just avoiding illness—it's thriving across eight dimensions of your life:** physical, emotional, social, intellectual, occupational, spiritual, environmental, and financial well-being. Please take a few minutes to fill out the wellness wheel on the back and get started on one action to activate your wellness plan today!



PHYSICAL WELLNESS

Make intentional choices about food/nutrition, exercise, and what's good for your body. This includes getting enough sleep and taking care to monitor your blood pressure, cholesterol and alcohol intake.



SPIRITUAL WELLNESS

Take time to reflect on your values and beliefs through practices that work best for you such as meditation, prayer or quiet time. Setting aside a little time daily can create inner peace.



INTELLECTUAL WELLNESS

Do things to keep your brain active like reading, learning a new skill or attending events in the community to expand your knowledge and interests.



SOCIAL WELLNESS

Surrounding yourself with positive social interaction can keep you from feeling isolated. Find activities that bring you joy! Surround yourself with friends and family that lift your spirits.



FINANCIAL WELLNESS

Take control of your money and learn to budget, save for short and long term plans, understand investment decisions, become informed to reduce your worry.



ENVIRONMENTAL WELLNESS

Enjoy where you live, learn, work and play. Dwell in some green space, declutter your workplace, anything that enriches your setting and creates comfort where you work and live.



EMOTIONAL WELLNESS

Manage your emotions in positive ways. Give yourself time to rest, reflect and engage with healthy relationships, such as friends, family, counselors for the support needed.



OCCUPATIONAL WELLNESS

Find the career option that works best for your season of life and make changes if needed to give yourself satisfaction and work/life balance.

MY WELLNESS WHEEL

SPIRITUAL WELLNESS

Recognizing the need for physical activity, diet, sleep and nutrition



INTELLECTUAL WELLNESS

Recognizing creative ways to expand knowledge + skills



PHYSICAL WELLNESS

Recognizing the need for physical activity, diet, sleep and nutrition



SOCIAL WELLNESS

Developing a sense of connection



FINANCIAL WELLNESS

Recognizing the need for physical activity, diet, sleep and nutrition



ENVIRONMENTAL WELLNESS

Good health by occupying, stimulating environments that support well-being



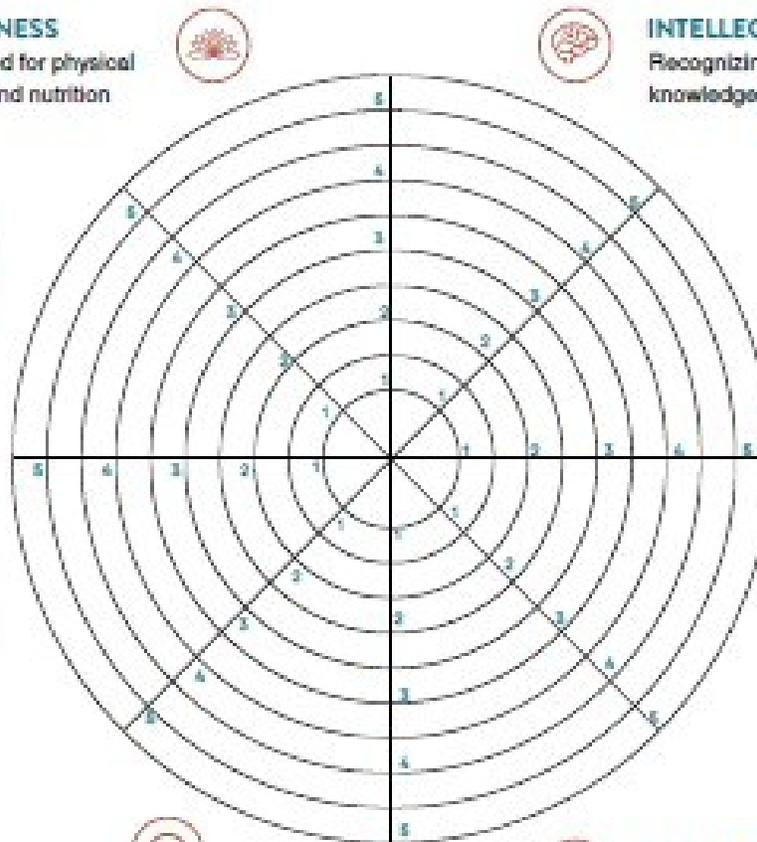
EMOTIONAL WELLNESS

Recognizing the need for physical activity, diet, sleep and nutrition



OCCUPATIONAL WELLNESS

Personal satisfaction and enrichment derived from one's work



INSTRUCTIONS: Grab some markers, crayons, or a pen and fill in each section of the wheel to rate your level of happiness! The scale is 1-5, with 1 being your lowest level of happiness and 5 being your highest level of happiness. Once you've filled out the wheel, use the space below to identify which dimensions of wellness you want to prioritize in 2028 and how you plan to do it!

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.



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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 (pg. 16)	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	Dulcimer (pg. 6)	CR
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 the winter. 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.*

Keep log of your miles!

ACTIVITY HIGHLIGHTS

Jan. 7 & 21

Bookmobile; 9:30AM **FREE!**

Jan. 12 & 26

Movie; 2:00 & 4:30PM **FREE!**

Jan. 13 & Feb. 10

Card Making; 1:00PM
Ted Talks; 1:00PM **FREE!**
Tuesday Tea; 3:00PM **FREE!**

Jan. 15 & 16

Walking Stick Class; 11:00AM **NEW**

Jan. 19 & Feb. 2 & 16

Special Feature; 1:30PM **FREE!**

Jan. 22

Food Labeling; Purdue Extension; 11AM **NEW**

Jan. 29

Birthday Party; 12:30PM **FREE!**
Grocery Bingo; 3:30PM

Jan. 30 & Feb. 27

Monthly Brain Workout; 9:30AM **FREE!**
Broadway Movie; 1:00PM



Jan. 26 & Feb. 23

Come & Eat; 11:00AM

Jan. 27 & Feb. 24

Tuesday Trivia; 9:30AM **FREE!**

Jan. 27

Col. Chamber Tech Help Class; 12:30PM
Mental Health Matters Book Study; 1:30PM **NEW**

Feb. 3, 10, 17, & 24

Steps to Healthy You; Purdue Extension; 12PM **NEW**

Feb. 4 & 18

Bookmobile; 9:30AM **FREE!**

Feb. 5

Sound Healing; 3:00PM **FREE!**

Feb. 6

Welcome Breakfast; 9:30AM **FREE!**

Feb. 9 & 23

Movie; 2:00 & 4:30PM **FREE!**

Feb. 11

Local Black History Program; 4PM **NEW FREE!**

Feb. 12

Heart Healthy 101; Purdue Extension; 11AM **NEW**
Valentine's Lunch & Program; 12:00PM;\$



Feb. 19

Artcraft; 12:20PM

Feb. 24

Jukebox Bingo; 3:30PM **FREE!**

Feb. 24

Library Cell Phone Class; 12:30PM **FREE!**



Feb. 26

Mandolin Orchestra at 1:30PM **FREE!**



March 5

Great Decisions; 6:30PM

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Visit us at www.millracecenter.org.



Follow Mill Race Center on Facebook.





JOIN NOW

Mill Race Center Fitness is an innovative Fitness Facility with age-friendly cardio and strength equipment designed to make your workout more effective, safe, and fun. There are certified trainers on staff to develop personal fitness plans and leading a variety of group exercises classes offered for all levels. Mill Race Center Fitness is a Silver Sneakers and Silver & Fit approved facility.

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