

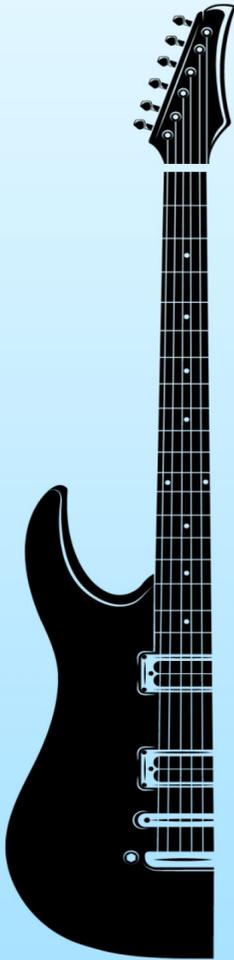


AGING WELL!

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

MILL RACE CENTER



ROCK THE NIGHT AWAY

Dinner & Dance
Wednesday, April 29
6:00-8:30PM
\$20 per ticket

Tickets must be purchased in advance at the Mill Race Center business office.



Enjoy a delicious meal from First Class Catering and great Rock & Roll music by the *Tune-o-matics!* All proceeds will benefit Mill Race Center.

100 MILE CHALLENGE



Fall/Winter Challenge ends March 31.

Spring/Summer Challenge

Join the staff at Mill Race Center in logging 100 miles of movement **beginning April 1**. Your movement could come in the form of walking, running, biking, hiking, swimming, paddling, line dancing, on-line workout, and other workouts.

Visit our website to find a 100 Mile Challenge Log Sheet or pick one up at the MRC. Keep track of your miles from **April 1-Sept. 30**. 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.



See pages 26 & 27 for details.



A Healthier 2026 Starts Here!



From Your Executive Director

Why is it so hard to accept change? We often joke about the stereotype of older adults who don't like change, but the truth is that most people find it hard to try new experiences or adapt to different places or circumstances. Humans are creatures of habit, and we find comfort in routines and familiarity. We have all heard the phrase, "the only thing that is constant is change," so how do we become more flexible in our personal attitudes and our willingness to try new things?



Robyne Hanley-Dafoe Ed.D., writing in *Psychology Today*, states "As humans, we crave routine and predictability. Sometimes, we even hold on to situations that no longer serve us simply because they are familiar. Yet, the reality is that staying within the bounds of what is comfortable does not allow us to reach our full potential." She also points out that "the beautiful thing about being human is our capacity to change and evolve."

How do we tap into our ability to accept change? Here are some helpful tips:

- Cultivate a positive attitude regarding change. If we look at change as an opportunity for growth, we will reprogram our brain in a way that results in less anxiety in new situations.
- Look for new experiences but start small. Sit in a different chair. Introduce yourself to one person. Go to a new restaurant. Watch a different news channel. Replace old habits with new, healthy alternatives. This will help you to become more flexible in your behavior and build some resilience. Try a new class or activity here at Mill Race Center and you will likely also make new friends.
- Focus on the things that you can control. This includes our own attitude toward the things that we can't change. We will never be able to avoid changes (nor should we), but we can control the way that we react to them.

There have been many changes over the years at Mill Race Center, most often in reaction to the ways that we receive funding. One thing that remains constant is our dedication to providing the tools for older adults to live longer and better. I hope that you open yourself to new adventures throughout 2026, and embrace the changes that come your way!

Dan Mustard
Executive Director

Mill Race Center & the Fitness Center will be closed Fri., April 3 for Good Friday. The Fitness Center will be open Sat., April 4.

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

To register for any programs or trips in the newsletter call MRC at (812)376-9241. If you get a recording that means we are on the line helping someone else. Press #1 to leave a message and we will return your call shortly.

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.

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.*

***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

Myla Annis, Fitness Team Leader, x218

Debbie Bray, Administrative Assistant, x 222

Amanda Coleman, Travel, x215

Bradley Cox, Administrative Assistant x218

Rebecca Cutsinger, Program Assistant & MOW x 208

Krystal Nichols, Facilities Assistant, 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**



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**Check out all the options with Mill Race
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and make your physical wellness a priority.**



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Mill Race Center, Columbus, IN

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: \$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 until April 9

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.



March - Paper Towel and Clorox Wipes for Mill Race Center

April - Tooth brushes/tooth paste for LCNFC

May - Dog/cat toys for Humane Society

The Lasting Impressions present:

Spring Into May

Friday, May 1 &

Sunday, May 3

Information & ticket sales in office



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.

Great Brain Boosters

Looking to boost your brain try Table Tennis or Pickleball. Both are like aerobic chess for your brain and work the cerebellum.



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

Daylight Savings Time Spring Forward Sunday, March 8



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, March 3 at 3:30PM

MRC Welcome Breakfast

Friday, April 10 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. **Register in the MRC business office or call (812) 376-9241.**

Sponsored by:

Ascension St. Vincent Senior Renewal Center

Welcome!



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!



Silver Strings Dulcimer Class FREE!

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. The program was created by National Dulcimer Champion Kara Barnard.

Beginner Class

Thursdays beginning April 2 at 9:00AM; **FREE**

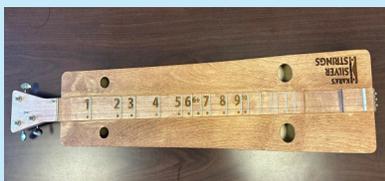
Join our Beginner Dulcimer Class and discover how easy and enjoyable making music can be!

The Appalachian dulcimer is a gentle, sweet-sounding string instrument that rests comfortably on your lap and is simple to learn, no previous musical experience needed. We provide everything you need, including the dulcimer. With easy step-by-step instruction, you'll be playing songs in no time. Everyone can learn to play music and it's so much fun! Join instructor Kathy Riesenmey & Cathy White for this six week class. (Max 10)



Intermediate 1.5 NEW 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. Instructor Kathy Riesenmey



PURDUE EXTENSION

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

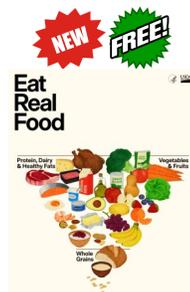
Cooking Under Pressure FREE! Thurs., March 19 at 1:00PM

Cooking Under Pressure is a 1-hour program about Electric Programmable Pressure Cookers (EPPC). Techniques on using the EPPC, food safety and increasing family meal time are a few of the highlights. A demonstration is included. Must register. Max: 20



New Dietary Guidelines Class NEW FREE! Wed., April 22 at 3:00PM

RealFood.gov: New Dietary Guidelines for Americans - The Department of Health & Human Services and the USDA recently updated dietary guidelines. These new guidelines mark the most significant reset of federal nutrition policy in our nation's history. Changes include a new Food Pyramid and a focus on avoiding highly processed foods. Join us as we explore what these changes mean and how we can use them to rethink the way we eat. Please register in the MRC business office.



Beginner Needle Felting NEW FREE! Wed., April 8 at 3:00PM; **Free**

This beginner-friendly class introduces the basics of needle felting taught by Joan Winkle. You'll learn how to shape and sculpt wool using felting needles while creating a simple project to take home. No prior experience is needed, and all materials are provided just bring your curiosity and enjoy trying a new craft. Register in the office.



Fun With Plants Group FREE!

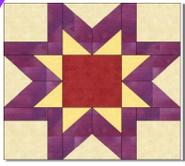
March 17 & April 21 At 10:00AM; **FREE**

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.



Mill Race Center is closed Fri., April 3 for Good Friday.

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

FREE!

Sewing Group

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



Monday Morning Sewing

FREE!

8:00AM-12:00PM

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

01-1448

create

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

Button Canvas

Thurs., March 19 at 3:00PM
Cost: \$10

Let your creativity pop! Create a cheerful canvas using colorful buttons for a one-of-a-kind craft project. All supplies are included for this project.



Carrot Clothespins

Tues., March 24 at 3:00PM
Cost: \$8

Hop into spring by creating your own small carrot craft! This cheerful project makes the perfect Easter decoration. All supplies included.



Gnome Pots

Tues., April 7 at 3:00PM
Cost: \$12 (set of 2)

Create your very own gnome pots in this magical craft class! Add the finishing touch by choosing and planting a sweet little succulent friend. All supplies included including plants.



Flower Door Hanger

Thurs., April 16 at 3:00PM
Cost: \$12

Brighten up your door with this fun and colorful craft! We'll use paint and vibrant paper straws to create a circular door hanger, then fill the straws with artificial flowers for a cheerful finish. All supplies are included.



Beginner Stamping

Tues., March 3 & May 5
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.

March
Spring & Easter Cards
Tues., March 10 at 1:00PM



April
Shaving Cream Cards
Tues., April 14 at 1:00PM

FREE!

May
Flowers
Tues., May 12 at 1:00PM



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.



FREE!





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 (MP 2 & 3) Not meeting 4/29 | Ball Room Dance 5:00-7:00PM (MP1 & 2) | Line Dance Intermediate & Advance 10:00-11:30AM (MP1) <i>(Closed Friday April 3)</i> |

Drumming Circle Practice

Mondays 1:00-2:00PM

Get into the weekly groove at Mill Race Center with our drumming group! We meet each week, and all members are welcome to join any practice.



Ukulele Circle



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

Bring your ukulele and join us for the Ukulele Circle at MRC. We will lead a fun hour-long sing-along/play-along.

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. Sold in office.



Mill Race Center is closed Friday, April 3 for Good Friday.



Bodies in Motion

Class meets:

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

Tues. & Thur. at 2:00-3:00PM (4/28 art room/video)

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 April 28

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 April 28

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

(Art Room on April 28)

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



Pickleball held inside at MRC. Free for members.

An Excellent Brain Game



Wednesday Evenings - 5:45-8:00PM
 Not meeting April 29 due to Rock the Night Away
 Dinner & Dance



Friday Afternoons - 1:30-4:30PM
 Closed on April 4 for Good Friday

Follow Mill Race Center
 on Facebook.



Come Eat Together

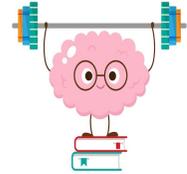
It's always fun to eat with friends! Meet us there, but **registration required** at the business office so we can make reservations for our group.



Mother Bears Pizza
 Meet there at 11:00AM
Monday, March 23

Applebee's
 Meet there at 11:00AM
Monday, April 27

Monthly Brain Workouts



See page 19 for details.

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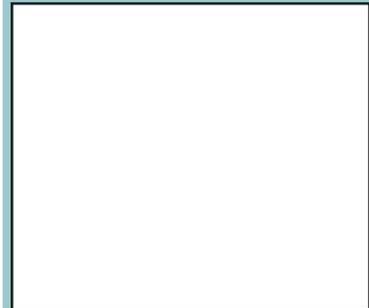
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Sound Healing

Thurs., April 9
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**



Bible Studies

Morning Bible Study

Tuesday mornings 10:30-11:30AM

In the Classroom; **Free**
Information: Virginia Houser, 317-757-9674

March: Monty Stetter

April: Ed Boston

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., March 24 at 12:30PM

Contacts & Communication with apps



Tues., April 7 at 12:30PM

Spring clean your cell phone

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.**



TED Talks

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



March 10 at 1:00PM

The art of reading minds - by: Oz Pearlman

Have you ever wanted to read someone's mind? Mentalist Oz Pearlman is billed as one of the world's greatest mind readers ... and yet, he says he doesn't have any special powers. In this spectacular talk meets psychic-inspired magic show, he demonstrates his skills on a live audience in the TED theater.

April 14 at 1:00PM

Why change is so scary and how to unlock it's potential - by: Maya Shankar

Unexpected change like an accident, an illness or a relationship that suddenly ends is inevitable and disorienting. With a heartfelt and optimistic take on life's curveballs, cognitive scientist Maya Shankar shares how these challenging moments can inspire transformation, offering three questions to ask when facing uncertainty, so you can let go of rigidity and embrace change.

Stay for Tuesday Tea after Ted Talks!

Tuesday

Tea



March 10 & April 14



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.

Follow Mill Race Center on Facebook.



✿ Eight Dimensions of Wellness

Walking Group

FREE!

Let's go for a
walk

Wednesday at 9:30AM

Starting in April

Looking for someone to lead

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

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.



Follow Mill Race Center
on Facebook.



MRC Woodshop

FREE!

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.

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Wellness

Scan me



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Mill Race Center, Columbus, IN

01-1448

Grocery BINGO March 26

3:30-4:30PM; Art Room

It's simple - play bingo, win at bingo, and take home groceries as your prize! Join us for a fun and casual game of BINGO played one card at a time. Winners will receive grocery bags filled with a variety of food and toiletry items. This is a great way to have fun, socialize, and win items that can be truly helpful. Come enjoy the excitement and leave with something useful! Register in the office. Max:40 **Sponsored by: Ascension St. Vincent Senior Renewal Center.**

FREE!



Tech Help With Columbus Chamber Members Wed., April 29 1:00PM; 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!

NEW
FREE!



WISE Class

March 24-April 28

Tuesday from 10:00-12:00PM

(6 week class); FREE

WISE (Wellness Initiative for Senior Education) 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.

FREE!



Tuesday Trivia

Tues. March 31 & April 28
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.

FREE!



Pharmacist Questions

1st & 3rd Tuesday

10:00AM (not meeting 4/21)

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!



Birthday Party

Thurs. March 26 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.

FREE!



Monday 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/>

FREE!



A song, dance and drama performance troupe with Mill Race Center.

Practice: Monday & Friday
12:30-3:30PM (MP1)

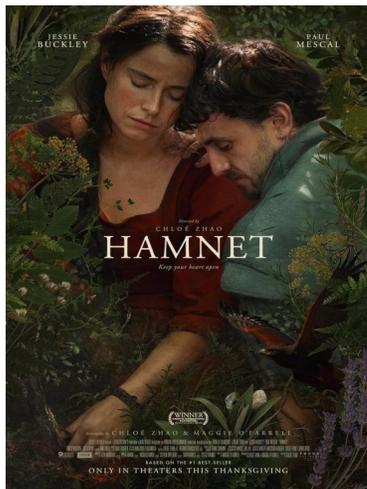
Contact: Donna Browne (812)376-6612 to learn more about this group and how you can join.

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.



March 9
Hamnet

PG 13



March 23 
**Wake Up Dead
Man, Knives Out
Mystery**

PG 13



April 13
**The Last
Rifleman**

PG 13



April 27 
Song Sung Blue

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.4lpi.com

Mill Race Center, Columbus, IN

01-1448

GREAT DECISIONS



March 5 – April 23
6:30-8:00PM

Class held on Thursdays. Registration required with the MRC business office. Partnered Program with IU Columbus
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

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.

History of Mill Race Center

March 12 at 3:00PM; FREE

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! Register in the office.



NEW FREE!

National Pi Day

Friday, March 13

12:00-1:00PM in the lounge
Come celebrate with us and get a slice a pie for \$1. We will serve pie until we run out.



NEW

Cooking Class

with Chef Shawn from Silver Oaks Health Campus

Thurs., April 2 at 11:00AM; 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)**



Quarterly Reading Challenge

FREE! **NEW**

Join Us!

March-May

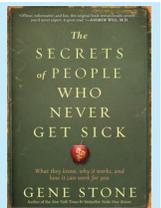
We want to encourage you to join us for a **Quarterly Reading Challenge** for your **Intellectual Wellness!**

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 \$25. Other prizes given to top readers throughout the challenge. Slips turned in by end of May.

BOOK STUDY

The Secret of People Who Never Get Sick
Tues., March 10-17 at 11:00AM
\$12 for book/or purchase on own

In profiles of twenty-five people who never get sick and revealing their secrets and practices, Gene Stone covers the surprising science of personal health. The stories make it real, the research explains why, and the do-it-yourself information shows how to bring each secret into your own life. It's your turn to become a person who never gets sick.



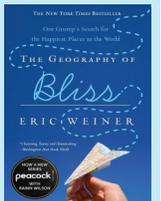
The Keeper of Hidden Books
Tues., March 24-31 at 11:00AM
\$11 for book/or purchase on own

A heartwarming story about the power of books to bring us together, inspired by the true story of the underground library in WWII Warsaw, by the *New York Times* bestselling author of *The Last Bookshop in London*.



The Geography of Bliss
Tues., April 7 – May 5 at 11:00AM
\$15 for book/or purchase on own

Are people in Switzerland happier because it is the most democratic country in the world? Do citizens of Qatar, awash in petrodollars, find joy in all that cash? Is the King of Bhutan a visionary for his initiative to calculate Gross National Happiness? Why is Asheville, North Carolina so damn happy?



In a unique mix of travel, psychology, science and humor, Eric Weiner answers those questions and many others, offering travelers of all moods some interesting new ideas for sunnier destinations and dispositions.

Declutter Class

Thurs., April 2 at 3:00PM; FREE

Do you feel overwhelmed with clutter and struggle finding things when you need them? Have you bought something, only to realize later you already had 3 of them? Join Tricia Thomas with EZ Declutter Solutions to learn how to manage all of the clutter in your home and garage. Tricia will share tips on how to manage your space so it is personalized to your lifestyle and needs to make your life more manageable! Register in the MRC office.



Hearing Health

Tues., April 21

1:00PM; FREE

Join us for an informative session on hearing health hosted by Annie Main, Doctor of Audiology at Hear Again America. Learn about common signs of hearing loss, the latest hearing aid technology, and tips for protecting your hearing. Attendees can also receive a free hearing screening and complimentary hearing aid cleaning. Take this opportunity to have your questions answered and support your overall wellness! Register in the MRC office.



JUKEBOX BINGO

Tuesday, April 23
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.**

Consumer Protection & Scam Prevention

Thurs., April 30

1:00PM; FREE

This educational program is designed to help individuals recognize, avoid, and report fraud. It highlights common tactics used by scammers - such as impersonation, urgency, fear and fake investment or charity appeals while providing practical tools to protect personal and financial information. The presentation often includes real- life examples, warning signs, and guidance on where to report suspicious activity, empowering attendees to stay vigilant and safeguard themselves and their communities. Register in the MRC office.



MRC Volunteer Luncheon

Tuesday, April 28
at 12:30PM, FREE

All Mill Race Center volunteers are invited to join us for a celebratory luncheon in your honor!! Come let us show our appreciation for all that you do for the community. Entertainment will be provided by our very own Dan Mustard. **MRC volunteers must RSVP to the business office by Friday, April 24.**



Kentucky Derby Days

April 30 & May 1

11:30AM; FREE

Celebrate the fun of the Kentucky Derby here at Mill Race Center! Join us for a fun-filled celebration. We'll host our own horse race for everyone to participate in, no riding skills required. Enjoy some special treats, and other Derby spirited activities.



Save the Date

JACKPOT for Generations

Benefiting Advocates for Children and Mill Race Center

June 5, 2026 | 6-9 PM
The Commons

**An evening of chance and charity,
one night, two generations!**



The BCPL Bookmobile:

FREE!

March 4th & 18th
 April 1st, 15th & 29th
 9:30-10:30AM
 Available out front of MRC.



NEW

Table Tennis **FREE!**
 Tuesday & Thursday
 3:00PM; **FREE**
Excellent Brain Game

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

FREE!

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



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

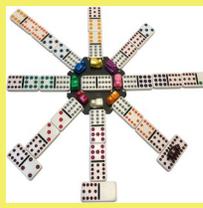
FREE!



Mexican Train Dominoes

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

FREE!



BRIDGE

Bridge
 Every Friday from 1-4PM

Lead by: Elaine Bailey
 In the lounge

NEW

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



FREE!



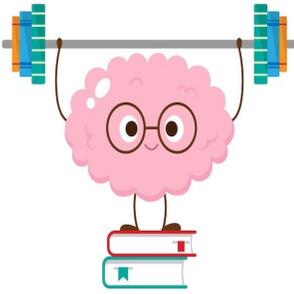
Cards & Games Schedule

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 | Pinochle 1-4PM Euchre 4:00-7:00PM (MP3) | Scrabble 1:00-3:00PM Hand & Foot 12:30-4:00PM 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! |

Cards & Games are free for MRC members. Day passes can be purchased for non-members.



Monthly Brain Workouts

Friday, March 27 & April 24

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 MRC office.**



Thursday, April 2

Movie not selected at time of printing for our newsletter.

MILL RACE CENTER

ON THE GO



Vivera

March 10 & April 14 at 2:00PM

Fairington Apartments

March 17 at Bldg 2401 at 2:00PM

April 21 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!

There are several offers coming out for this fall make sure you check out the "Spain by Train" trip as it has a great savings of \$200 off per person! Our Montreal Christmas markets also has \$100 off per person. Montreal is one of my favorite cities! Make sure to keep an eye out in April- a group of us will be on an African safari! Stay tuned for plenty of pictures.

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



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.



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.



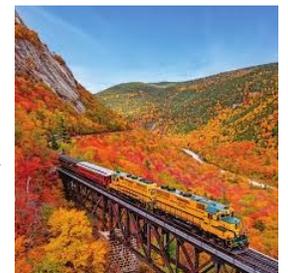
Iceland - August 12-18, 2026 - **ON SALE WITH AIR \$4494 UNTIL 4/1**

Iceland is a unique destination that offers pristine nature boasting geysers, geothermal pools, waterfalls and wildlife, breathtaking landscapes and vibrant culture deeply rooted in ancient heritage. Soak in the remarkable Blue Lagoon. Discover black sand beaches and rugged coastlines. Explore the cosmopolitan capital of Reykjavik with its old town center and famous church. Spend five nights discovering this amazing land of fire and ice.



New England Rails and Sails - 9/30-10/8 - **FREE AIR UNTIL 4/1**

Tour New England by rail and sail during autumn's splendor by taking three exciting rail excursions and three fun-filled New England cruises. Also, travel the beautiful Kancamagus Highway through the White Mountains and spend two nights at Foxwoods Resort and Casino. As you tour New England by train, its wonderful amazing natural beauty will delight your senses. Destinations include Portland and Plymouth.



Trips

Spain: October 13-21, 2026 - Join Amanda in Spain! Save \$200 off per person until 4/15
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.



Montreal Christmas Markets. December 2-6, 2026

Save \$100 off per person until 4/15

Come experience Montreal's quaint Christmas Markets in this vibrant and exciting city. Visit three Christmas Markets and the Farmer's Market along with Notre-Dame Basilica's amazing AURA Experience, a four-act multimedia display.



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.



2027 New Trips

Yachting Gems of the Aegean Sea

April 16, 2027

Set sail on Emerald's "Yachting Gems of the Aegean Sea", an intimate voyage where timeless beauty meets modern luxury. Discover hidden coves, sun-kissed islands, and ancient wonders as you cruise effortlessly aboard a boutique yacht designed for indulgence and adventure. With curated excursions, exquisite dining, and personalized service, every moment becomes a sparkling gem in your journey through the Aegean. This ship only holds 100 people! **Call or email Amanda for details.**



Scandinavia

September 15-24, 2027

The remarkable cities of Stockholm, Oslo, Bergen and Copenhagen will come alive filled with history, the Viking legends, Hans Christian Andersen and The Little Mermaid. From vibrant Stockholm, Sweden and it's wonderful mix of old and new to the colorful waterfront of Bergen. From the cobbled streets of Copenhagen, Denmark to the thriving capital of Oslo, Norway. Add the unbelievable natural beauty of the Scandinavian countries and you'll have the holiday of a lifetime. **Call or email Amanda for details.**



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

Flap-Jack's Pancake House Monday, March 2

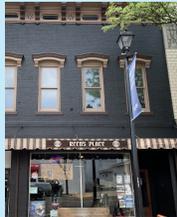
Cost: \$10m/\$15nm lunch on own

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



Reed's Place: Steak & Chop Shoppe Wednesday, March 18

Cost: \$10m/\$15nm plus lunch We will have lunch at Reed's Place in Seymour. They have a nice lunch menu to choose from with delicious food. Leave 10:15AM, return approx. 1:30PM. Max 12



Buca Di Beppo Restaurant Monday, April 6

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

Join us for a delicious lunch at Buca Di Beppo in Greenwood. They have a lunch special lunch combo menu. Leave at 10:30AM, return approx. 1:30PM. Max: 12



IU Biology Greenhouse Tour & Lunch

Wednesday, April 15
Cost: \$10m/\$15nm plus lunch

We will have a guided tour of the amazing IU Biology Greenhouse. Afterwards a stop for lunch at Cloverleaf South. Leave 9:45AM, return approx. 3:30PM. Max 12



Follow Mill Race Center
on Facebook.



The Willard and Johnson County Museum Tuesday, May 5

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

Lunch at the historic Willard tavern then time to explore the history of Johnson County at the museum. Leave MRC at 10:30AM return approx. 3:30PM. Includes transportation and admission.



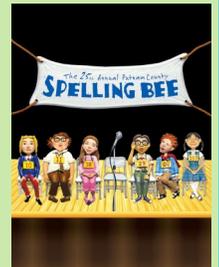
Derby Dinner Shows



The 25th Annual Putnam County Spelling Bee

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

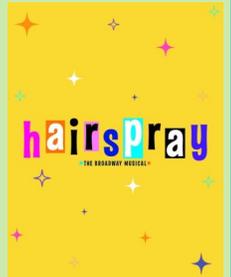
An eclectic group of six awkward spelling champions vie for the spelling championship of a lifetime. While candidly disclosing hilarious and touching stories from their home lives, the tweens spell their way through a series of (potentially made-up) words, hoping never to hear the soul-crushing "ding" 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



Hairspray

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

"You Can't Stop The Beat" of this Broadway Musical Comedy! Take a trip back to 1962 with Tracy Turnblad, a big girl with even bigger hair, as she sets out to dance her way onto the popular Cory Collins show. Along the way she tries to bring about integration on the show and win the heart of the boy of her dreams. This award-winning musical phenomenon is filled with laughter, romance, and is a joyous tribute to the 60's. Leave MRC at 10:00AM return approx. 5:30PM. Max: 11



NEW

Walk 'n' Roll

Tues. & Thurs. at 12PM

FREE for MRC members

See page 10

FREE!

Violet & Louis Calli Nature Preserve Hike

Hike for the day (2 miles) will be led by MRC member Nancy Conner. The trail begins with a pleasant stroll in the forest. It then follows the course of a spring fed stream. In the spring portion of the trail is emblazoned with thousands of Virginia bluebells in full bloom.



Watch for announcement of date of hike to be in future E-blast to go with the timing when bluebells are blooming. **Register in the office and you will get a call when scheduled.**

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



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.



The Better Breathers Club

Wednesday, March 25th at 3:00PM

Topic: Oxygen therapy and Traveling with Oxygen. Scott Smith from Lincare will be the lead speaker.

The Better Breathers Club is sponsored by the American Lung Association, and is supported locally by CRH and meetings held at MRC. They offer presentations on informative topics, and include time for questions and discussion. We also offer friendly support to anyone with lung problems. Meetings are free, no registration. Information, call Jennifer at 812-376-5793.



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Seven Dials

SPECIAL FEATURE

FREE!

A new Netflix miniseries
In 1925, a country house party prank turns deadly; Lady Eileen "Bundle" Brent investigates the chilling murder plot; others assist in solving the country house mystery that changes Bundle's life.

Episode 1

Mon. March 30 at 1:30PM

Bundle of Love - A lavish party at the Caterham estate results in sore heads the next day and one guest not waking up at all. Grief pushes Bundle to search for answers (52 min)



Episode 2

Mon. April 6 at 1:30PM

Battle Commences - Bundle's desperate search for the killer takes her from London's seedy underbelly to a country house gathering which could change the course of history. (53 min)



Episode 3

Mon. April 20 at 1:30PM

The Finger Points - After the police catch an intruder and Battle finds two bullets, Bundle makes a shocking discovery. Can she finally uncover the mastermind behind it all? (56 min)



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)

NEW FREE!



Book Study Group with Mental Health Matters

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

Wed., March 11 from 3:30-5:00PM; FREE
(this is the new rescheduled date from Jan.)

By participating in a book study group, you will be better equipped to understand anosognosia. Books available at Viewpoint. Visit the www.mhmbc.org to learn more.



Broadway/Classic Series

FREE!

Call MRC to register for each view-

It's Always Fair Weather

Fri., March 27 at 1:00PM

(1955) After returning from World War II, three soldiers share a drink in a New York City bar. Together, they agree to return to the same location in 10 years. When the appointed date arrives, the three men reunite -- only to discover that none of them has achieved his goals. However, when program coordinator Jackie Leighton catches wind of their meeting, she thinks it would make great television, and arranges to televise the event.



You Were Never Lovelier

Fri., April 24 at 1:00PM

(1942) Bob Davis, an American dancer in Buenos Aires, Argentina, finds himself desperate for work after losing all his money. He takes a gig at a wedding, hoping to impress the bride's father, Eduardo Acuña, a local club owner who has decreed that his daughters must marry in order of age. Eduardo eventually agrees to allow Bob to perform at his club, but only under the condition that he play suitor to his second-oldest daughter, the beautiful Maria.



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.

NEW FREE!

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

Guest speaker: Dr. David Purger, Neurological Surgery

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

Support group meeting for family/care partners.

Wed., April 1 from 2:30-4:00PM

Guest speaker: Boston Scientific, deep brain stimulation

Wed., April 15 from 1:30-2:30PM

Support group meeting for family care partners.

Choose To Move Race

The Indiana Parkinson Foundation is hosting a **Choose To Move Race** in person on May 6 or you can participate in the virtual option. You can participate in this race and log your miles for the 100 Mile Challenge. **Watch for more information to come for a walk schedule with our Parkinson's Support Group with Mill Race Center.**



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

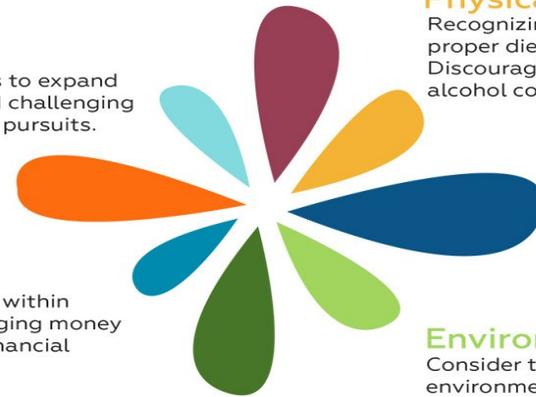
Recognizing the need for regular physical activity, proper diet and nutrition, and personal safety. Discouraging the use of tobacco, drugs, and excessive alcohol consumption. Get moving - be healthy!

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!

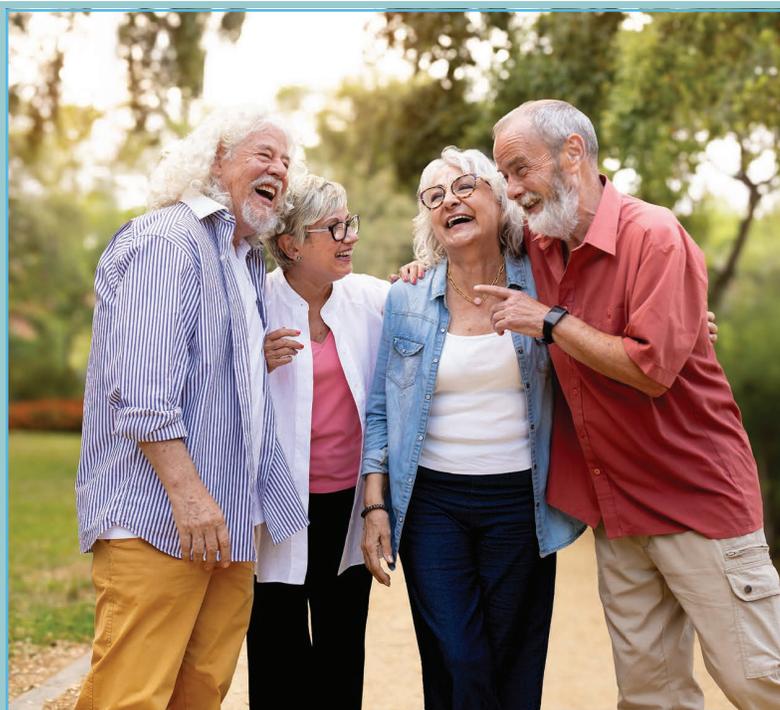
Environmental

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!



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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

**Mill Race Center & the Fitness Center will be closed Friday, April 3.
The Fitness Center will be open Saturday, April 4.**



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.

Rock Steady Boxing (1,2) Is a circuit-style, non-contact boxing class designed to help individuals fight back against Parkinson's disease. A Parkinson's diagnoses is required to participate.

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
12PM - Rock Steady Boxing
1:30P.M. - Neuro Fitness

TUESDAY

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

WEDNESDAY

9A.M. - Yoga
12PM - Rock Steady Boxing
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
12PM - Rock Steady Boxing

(Closed Friday April 3, 2026)

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



ASAP

Alliance for Substance Abuse Progress

STANDING UP AGAINST STIGMA

EMBRACING A CHANGE IN ATTITUDE

asapbc.org



asapbartholomewcounty



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Open: 8am - 4:30pm



STANDING UP AGAINST STIGMA

VOICES OF HOPE.
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COMPASSION

CREATING A STIGMA-FREE COMMUNITY STARTS WITH YOU.

Here's how you can make a difference.

- Seek to understand stigma and its effects
- Speak up to empower yourself and those who are experiencing stigma around you
- Treat others with dignity
- Choose words that reflect understanding
- Think about the whole person

Learn more at mhmbc.org
or scan the QR code



DID YOU KNOW?

Stigma is a negative force that prevents people from seeking help for mental health and substance use challenges. It's built on harmful stereotypes and judgments that create barriers to understanding and support. This can lead to self-imposed isolation as individuals withdraw to avoid judgement or protect themselves from potential harm.

HOW STIGMA & ISOLATION ARE CONNECTED

Stigma can create isolation and keep you from reaching out for help.

Isolation reinforces stigma, preventing you from getting help.

STIGMA CAN TAKE MANY DIFFERENT FORMS

Stigma involves negative attitudes, beliefs, or stereotypes directed toward groups of people with certain characteristics, conditions, or behaviors. It can be **societal** (e.g., discrimination against people with mental illness and substance use disorder), **internalized** (when individuals accept negative beliefs about themselves), or **structural** (embedded in laws or policies).



ASAP Rethinking Wellness
Embracing wellness for lasting impact against substance misuse

Funding for Rethinking Wellness initiatives has been provided by SAMHSA

ASAP

Alliance for Substance Abuse Progress

STANDING UP AGAINST STIGMA

CHANGING THE CONVERSATION AROUND ADDICTION

asapbc.org



asapbartholomewcounty



asapbartholomew

(812) 418-8705

Open: 8am - 4:30pm



SCAN HERE



YOU CAN MAKE A DIFFERENCE

Start the conversation. Talk to friends and family about addiction as a medical condition, not a character flaw.

Support those in recovery. Encourage loved ones, attend support groups, and educate yourself.

Share resources. Help those in need find treatment options and support services.

JOIN THE MOVEMENT



Scan the QR code above or visit MHMBC.org.



Follow ASAP on Facebook for updates, resources, and community discussions.



Explore more resources at SeeBeyondTheAddiction.org.

SEE THE PERSON, NOT THE ADDICTION

Many people living with substance use disorder (SUD) face stigma—negative labels and unfair treatment—that can prevent them from seeking help. **Addiction is not a moral failing; it is a disease that affects brain function and behavior.** Just like diabetes or heart disease, it requires medical care, support, and understanding.

WHY LANGUAGE MATTERS

By changing our language, we help create a community where people feel safe seeking treatment and support. Let's shift to more respectful, person-centered language:

Instead of "addict/junkie/druggie" say...

"Person with substance use disorder"

Instead of "drug habit" say...

"Substance use disorder (SUD)"

Instead of "ex-addict" say...

"Person living in recovery"

Instead of "drug offender" say...

"Person arrested for a drug violation"

Instead of "medication is a crutch" say...

"Medication is a treatment tool"

Instead of "stayed clean" say...

"Maintained recovery, substance-free"

Instead of "clean" say...

"Negative drug screen"

ASAP Rethinking Wellness

Embracing wellness for lasting impact against substance misuse

ASAP's Rethinking Wellness initiative is 100% funded by SAMHSA.

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

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 | LO |
| 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. 14) | 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 |
| 3:00 | Table Tennis | MP2 |
| 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. 13) | LOB |
| 10:00 | Art Class | AR |
| 11:30 | TOPS | CR |
| 12:30 | Hand & Foot | MP1 |
| 1:00 | Scrabble | LO |
| 2:30 | Parkinson Support Group (see page 24) | AR |
| 3:00 | Craft Classes (pg. 8) | 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 | LO |
| 12:30 | Birthday Party (pg. 14) | AR |
| 1:00 | Woodshop | WS |
| 1:00 | Woodcarving | CR |
| 2:00 | Bodies in Motion | MP2 |
| 3:00 | Table Tennis | MP3 |
| 3:00 | Craft Classes (pg. 8) | AR |
| 3:30 | Grocery/Jukebox Bingo (see descriptions) | 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 | MP1 |
| 12:30 | Mahjong | AR |
| 1:00 | Bridge | LO |
| 1:00 | Broadway/Cassic Series (pg. 24) | CR |
| 12:30 | Lasting Impressions | MP1 |
| 1:30-4:30 | 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. | |

**For specific dates and details, refer to the full class listings on the inside pages of the newsletter.*

100 MILL RACE CENTER CHALLENGE **Keep log of your miles!**

Mill Race Center & Fitness Center are closed Friday, April 3 for Good Friday.

ACTIVITY HIGHLIGHTS

March 4 & 18

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



March 5-April 23

Great Decisions; 6:30PM

March 9 & 23

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

March 10 & April 14

Card Making; 1PM **FREE!**

Ted Talks; 1PM

Tuesday Tea; 3PM

March 12

History of MRC program; 3PM **FREE!**



March 13

Pi Day; 12PM

March 19

Cooking Under Pressure; Purdue Ext. 1PM **NEW**



March 23 & April 27

Come & Eat; 11AM

March 24 & April 7

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

March 24-April 28

WISE Class; 10AM **NEW**

March 26

Birthday Party; 12:30PM **FREE!**

Grocery Bingo; 3:30PM

March 27 & April 24

Monthly Brain Workout; 9:30AM **FREE!**

Broadway Movie; 1PM

March 30, April 6 & April 20

Special Feature; 1:30PM **NEW**

March 31 & April 28

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

April 1, 15, & 29

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

April 2

Silver Oaks Cooking Class; 11AM **FREE!**

Artcraft; 12:20PM

Declutter Class; 3PM **NEW**

April 9

Sound Healing; 3PM **FREE!**

April 10

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

April 13 & 27

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

April 21

Hearing Health Program; 1PM **NEW** **FREE!**

April 22

Dietary Guidelines Class; Purdue Ext.; 3PM **FREE!**

April 23

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

April 28

Volunteer Luncheon at 12:30PM **FREE!**

April 29

Col. Chamber Tech Help Class; 1:00PM

Rock the Night Away; 6PM

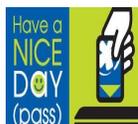
April 30

Consumer Protection/Scam Prev. at 1PM **NEW**

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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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