



# AGING WELL!

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

**33rd ANNUAL**  
**NATIONAL SENIOR HEALTH & FITNESS DAY**  
**2026**  
**WEDNESDAY, MAY 27**  
**FREE & Open to the community**

*"Move a Little... Live a Lot!"*

**8:30AM** Body In Motion Class  
**9:00AM** Yoga  
**9:30AM** Walk In The Park  
**10:00AM** Silver Sneakers Circuit  
**11:00AM** Balance in Motion  
**1:00PM** Concussions and Their Relation to Falls with Krista Evans, ASCENT PT  
**3:00PM** Plant Based Eating Class with Stephen with Purdue Extension  
**3:00PM** Basic Beginner Line Dance special class with Carla Willis-Crase  
**4:00-5:30PM** Line Dancing Beginner/Intermediate  
**5:30-8:00PM** Pickleball

**Cornerstone Caregiving**  
 Will be here providing refreshments.

**Family Chiropractic and Wellness**  
**FREE**  
 Will be here providing Free posture screenings and chiropractic information.

**Concussions & Their Relation to Falls**  
**1:00PM; FREE**

Age-related changes in balance, vision, and reaction time make seniors more vulnerable to both concussion and prolonged recovery. Concussion symptoms often appear as subtle shifts in thinking, balance/stability, or daily function, making early recognition essential to recovery. A focused physical therapy evaluation of vestibular, visual, and cervical (neck) systems helps pinpoint treatable drivers of symptoms.

**Plant Based Eating with Purdue Extension**  
**3:00PM; FREE**

Join Stephen Dishinger from Purdue Extension as he presents the basics of choosing a plant-based diet the pros and cons.

# 100 MILE CHALLENGE

**FREE!**

MILL RACE CENTER

## 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.

**MILL RACE CENTER FITNESS**

**JOIN NOW**

See pages 26 & 27 for details.

**\$29 a month**  
 payment options available

**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

We are partnering this year with Advocates for Children to do a brand-new fundraiser called “**Jackpots for Generations.**” This casino night fundraiser will be held on June 5<sup>th</sup> at the Commons. There are several things about this fundraiser that will be unique for us and will address some of the challenges that we have had when we did fundraisers here in the building. First, having a community partner to share the workload will relieve some of the stress that usually falls on staff, board members, and volunteers of a single organization. Partnering also gives each organization access to a new audience and opportunities to create new relationships. The proceeds from the fundraiser will benefit both Mill Race Center and Advocates for Children, organizations that serve people on opposite ends of the age spectrum. This feels like a good fit for both organizations.



Holding the Casino Night at the Commons will also allow us to reach a larger audience, and to set this special occasion apart from our regular events that we have here at MRC.

I hope that you will help us spread the word about this special evening, and that you will join us on June 5<sup>th</sup> for the first of what we hope will become an annual event. More details can be found in this edition of the newsletter, along with information about all the amazing programs and activities that we have here at the Center. Thank you for your continued support of the important work that we do, and we hope that your support will extend to this new opportunity as we partner with Advocates for Children.

**Dan Mustard**  
Executive Director

Follow Mill Race Center  
on Facebook.



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.*

Mill Race Center & the Fitness Center  
will be closed Fri., July 3 and Sat., July 4  
for Fourth of July.

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.

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

Go online at [millracecenter.org](http://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

**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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Intellectual, Emotional, Financial,  
and Environmental Wellness**

# ASCENT PHYSICAL THERAPY

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Take back your life**

Our newest clinic is at Mill Race Center

call 812-718-5062

[www.ascentpt.net](http://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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## 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.**



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**

June 18 not meeting

**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

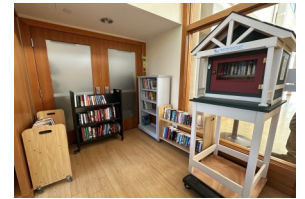


**Golden K Kiwanis is collecting recycled plastic grocery bags for Love Chapel. Donations can be put in the large bin by the coke machine/therapy entrance.**

## 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.



**May - Dog/Cat Toys for Humane Society**  
**June - Hygiene Products for Turning Point**  
**July - School Supplies**

The Lasting Impressions present:

## Spring Into May

**Friday, May 1 at 6PM**

**& Sunday, May 3 at 1PM**

**Information & ticket sales (\$20) 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.



**Coffee & Snack Table**

The coffee & snack table is located in the office. Items are \$.50 each and punch cards are available for \$5.



**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.

**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, May 5 at 3:30PM**

**MRC Welcome Breakfast**

**Friday, June 12  
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**

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.**

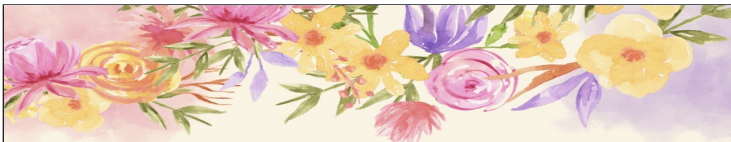


**Mill Race Center Members can now refer a friend and be rewarded for it!**



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.



### Mother's Day Bouquet Making with Griswold Home Care



**Fri., May 8 from 9-10:30AM; Free**

Celebrate Mother's Day and build your own bouquet with Griswold Home Care and Heather Means! Light refreshments and snack will be provided.

### Father's Day Lunch with Griswold Home Care



**Fri., June 19 at 11AM; Free**

Griswold Home Care is hosting a Father's Day lunch at Mill Race Center in the Art Room.

### Veterans Group



**Fri., May 15 & June 19 11:00AM; Free**

This new Veterans group will kick off its first meeting with an introduction to VA benefits presented by Samantha Barringer of Cornerstone Caregiving. Join us to learn more about available services, discover resources you may not be aware of, and find out how to access the support available.

### Red Cross Agency Overview



**Tues., June 23 at 1:00PM FREE**  
Join us for an informative presentation on the American Red Cross, a humanitarian nonprofit founded in 1881. Jim Griffith will provide a general overview of the vital work they do, including disaster relief, blood services, and community support programs. Learn how the Red Cross serves our area and how we can get involved to make a difference.

### Ongoing 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. Instructor Kathy Riesenmeyer



## PURDUE EXTENSION

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

### Pros & Cons of Plant Based Eating



**Wed., May 27 at 3:00PM; Free**  
Join us to learn about the basics of eating a plant-based diet. We will discuss pros, cons, and how you and your family might benefit from choosing a plant-based lifestyle. Part of our National Senior Health & Fitness Day (see front cover).

### Stay Hydrated the Health Way



**Wed., June 10 at 3:00PM; Free**  
Are you trying to hydrate more throughout the day? Join us to learn how to hydrate the healthy way! We will discuss what it means to be hydrated and how to avoid drinks that might not be so helpful in getting us there.

### Air Fryer 101



**Wed., June 24 at 3:00PM; Free**

This program is designed to introduce participants to the safe and effective use of air fryers, with a focus on food safety and healthier cooking methods. We will provide an overview of how air fryers function, proper handling and maintenance, and best practices to ensure food safety. Additionally, participants will explore ways to reduce fat in their cooking while maintaining flavor and texture.

### Fun With Plants Group



**May 19 (Conf. Rm) & June 16 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 Plant Exchange



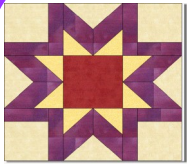
**Tuesday, May 19 at 10AM**



**FREE - members only**

Plants can bring us lots of joy so let's share that joy with other members. Bring your perennials, succulents, or indoor house plants for an exchange. All plants must be brought in a container not a plastic bag. Identify and label each plant. Left over plants will be placed on a "free" table after the exchange. Enjoy the plant exchange and stay for the Fun With Plants Group Meeting. Meeting in the conference room.

# 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 (5/19)**

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.

## USA Patio Bricks

Thurs., May 14 at 3:00PM

Cost: \$8

We will create a patriotic patio bricks that can be stacked to say USA for your garden or outdoor space. All supplies are included for this project.



## Fabric Flower

Thurs., May 28 at 3:00PM

Cost: \$10

We will use mason jar lids and scrap fabric for this no sew flower craft class. Great for summer home décor or a gift. All supplies included.



## Patriotic Door Hanger

Thurs., June 18 at 3:00PM

Cost: \$10

Create this festive patriotic door hanger in time for America's 250 Birthday this July 4. We will add red, white, and blue colorful ribbon to a fun touch. All supplies included including plants.



## Red, White, & Blue Blocks

Tues., June 23 at 3:00PM

Cost: \$12

Create a charming red, white, and blue stacked block craft. We will paint the wooden blocks and the wooden stars before adding twine as a rustic touch. All supplies are included.



## Beginner Stamping

Tues., May 5 & July 7

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.

NEW

May  
Flowers - painting with celery  
Tues., May 12 at 1:00PM



June

Red, White, & Blue Cards  
Tues., June 9 at 1:00PM

FREE!

July

Butterflies  
Tues., July 14 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
<b>Ball Room Dance</b> 5:00-7:00PM (MP1 & 2)	<b>Ball Room Dance</b> 5:00-7:00PM (MP1 & 2)	<b>Line Dance</b> Beginner 4:00-5:30PM (MP 2 & 3) <b>Not meeting 4/29</b>	<b>Ball Room Dance</b> 5:00-7:00PM (MP1 & 2)	<b>Line Dance</b> Intermediate & Advance 10:00-11:30AM (MP1) <i>(Closed Friday July 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.



## Hiking Group

Join us once a month on planned hikes. See page 19 for details. Lead by MRC member Nancy Conner.



**TRAVEL**

## TRAVEL SHOW

**June 4 at 1:30PM - Register in the office**

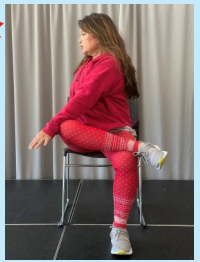




## Chair Yoga

Tues. & Thurs. at 11AM  
**FREE for MRC members**

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.



## Bodies in Motion

Class meets:

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

Tues. & Thur. at 2:00-3:00PM

**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.

## Walk 'n' Roll

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

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.**



## 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](http://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](http://www.foundationforyouth.com) to confirm pool schedule as it varies by week. Call FFY with any questions: 812-348-4558



## 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



MRC INDOOR Pickleball

**FREE!**

Pickleball held inside at MRC. Free for members.

**An Excellent Brain Game!**



**Wednesday Evenings - 5:45-8:00PM**



**Friday Afternoons - 1:30-4:30PM**

**Closed on July 3**

**NEW Veterans Group Meeting**  
See page 6 for details



**VETERANS GROUP**

## 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.



### Willow Leaves

Meet there at 11:00AM  
**Thursday, May 28**

### Olesya's Kitchen

Meet there at 11:00AM  
**Monday, June 22**



## National Senior Health & Fitness Day Wednesday, May 27

Full day of programming planned.  
See front cover for details.

*"Move a Little...  
Live a Lot!"*

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

**Bartholomew County Public Library Class held at MRC**  
 Pick up a flyer with additional details at MRC. **Please register for these great classes in the MRC office.**



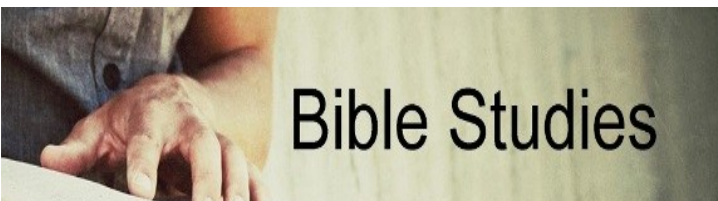
**Tues., May 26 at 12:30PM**  
**Calendar Basics:**  
 Appointments, Reminders, & Repeating Events

**Tues., June 30 at 12:30PM**  
**Staying Organized:**  
 Routines, Tasks, & Weekly Planning

**Sound Healing** **NEW!**  
**FREE!**

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

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



**Morning Bible Study** **FREE!**

**Tuesday mornings 10:30-11:30AM**  
 In the Classroom; **Free**  
 Information: Virginia Houser, 317-757-9674  
**May: Roy Hendershot**  
**June: Dennis Aud**

**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.

**TED TALKS** **TED Talks**  
**2nd Tuesday of each month**  
**Meeting at 1:00PM in Classroom**  
 Facilitators: Ed & Terri DeVoe **FREE!**

**May 12 at 1:00PM**  
**How to live a meaningful life - by: Brian Lowery**  
 What makes for a meaningful life? Social psychologist Brian S. Lowery explores three ideas tied to the experience of meaning and shows why simply pursuing personal achievements isn't the best way to find it.

**June 9 at 1:00PM**  
**How to discover your authentic self at any age - by: Bevy Smith**  
 Bevy Smith shares her journey from a high-powered fashion advertising executive to a fulfilled media personality, urging others to stop settling and embrace "late blooming". She emphasizes that authentic growth involves overcoming fear, comparing yourself to others, and doing the hard work to change your spirit, which leads to a "greater life" later.

**Stay for Tuesday Tea after Ted Talks!**



**May 12 & June 9**

**FREE** **FREE!**  
**2:00-4:00PM**

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.

Hosted by: Jennie Rauch

Follow Mill Race Center on Facebook.

## Beginner Stained Glass May 14 & 15 (both days) 10:00AM-4PM; \$15



A beginner class learning how to cut glass in straight and curved lines, learning to grind, sawder, and how to metal wrap glass to make your own beautiful stained-glass piece. Held in the woodshop and instructed by Pat Dodge. Lots of ideas and patterns to choose from. Limited space (6) and must register in advance in the office.

## 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



**Tuesday and Thursday  
1:00-4:00PM**  
(Not meeting May 14)

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](http://asapbc.org/dryjanuary) to get started FREE.

**ASAP** Rethinking  
Wellness

Scan me



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Scan to  
Learn  
More



**TRAINS ARE  
FASTER AND QUIETER  
THAN YOU THINK.**



OLI.ORG

#RAILSAFETYEDUCATION

**Learn to Play MAH JONGG**  
**Fri., May 1 & June 5**  
**at 12:30PM; FREE**



This is a **FREE** opportunity open to the community to come learn how to play National Mah Jongg. Get your questions answered and learn how to play this great brain game! Mah Jongg is a tile based strategy game offered twice a week at Mill Race Center. Register in the office.

**Grocery BINGO**  
**May 21**



**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.*



**Monday Meditation**



**Every Monday at 5:30PM; FREE**

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/>



**Tuesday Trivia**



**Tues. May 26 & June 30**

**9:30AM in the lounge; FREE**

There's nothing trivial about trivia. It exercises the brain and is a great way to make social connections. Join Bradley in the lounge for this fun program. Register in the office.



**Needle Felting: Lamb**



**Wed., May 20 at 2:00PM; \$20**

In this fun class we will be needle felting an adorable lamb. You'll learn how to shape and sculpt wool using felting needles while creating an adorable project to take home. No prior experience is needed, and all materials are provided. Register in the office. Taught by MRC member Joan Winkle. Max: 15



**Birthday Party**



**Thurs. May 21 at 12:30PM**

Celebrating May & June 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.

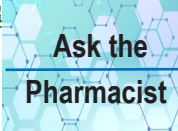


**Pharmacist Questions**



**1st & 3rd Tuesday**  
**10:00AM**

Ask the experts! Do you have questions about your prescriptions or over the counter medications? 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. May 19 meeting in office.



**Tech Help With Columbus Chamber Members**



**Wed., July 29 at 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!



**Reader's Theater Practice**



**Wednesdays from 1:00-3:00PM** - (Not meeting after June 3 until late summer)

Reader's Theater presents shows (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 Terry Maloney (847)337-6081.



# Eight Dimensions of Wellness

**FREE MOVIE SHOWINGS at MRC!**  Popcorn provided

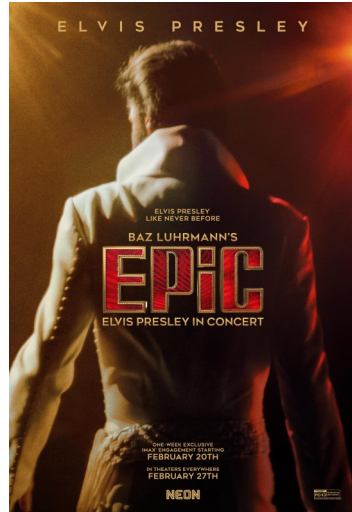


Two Showings now on Mondays at 2:00 & 4:30PM. Bring your own snack and drink.



May 4  
**Green & Gold**

**PG**



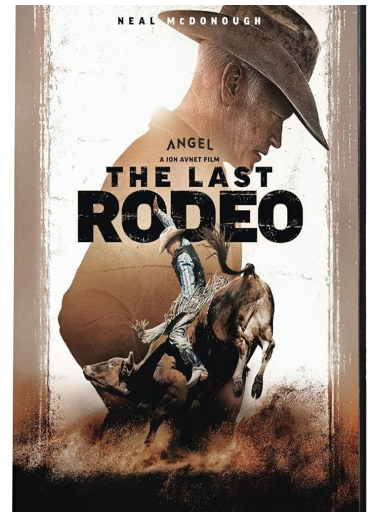
May 18   
**EPIC: Elvis Presley  
in Concert**

**PG**



June 8   
**Solo Mio**

**PG**



June 22  
**The Last Rodeo**

**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



## Hydroponic Greens Fri., May 22 at 10AM FREE

**NEW**  
**FREE!**



Kelly Greens will be explaining hydroponics and their growing system, describing the variety of lettuces and microgreens they are growing, sharing ideas for building your own salad bar with minimal effort, and demonstrating how to order fresh, nutritious Kelly Greens.

## Pickup Kelly Greens at MRC Starting Wed., May 27 Must Pre-Order Online

**NEW**



The Kelly Greens online store opens every Saturday morning at 7AM. Starting Sat., May 23 MRC will be listed as a pickup location for Kelly Greens. Order online at [www.kellygreens.farm](http://www.kellygreens.farm) by Tuesday at midnight (or while inventory is available). During checkout, select Mill Race Center as the pickup location. Orders are delivered to MRC by noon on Wednesdays and can be picked up by visiting the front desk during MRC business hours (Wed. 12PM-5PM, Thurs./Fri. 8:30AM-5PM).

## June Hydration Station

June is hydration month and we want to celebrate the importance of good hydration with our partners at Mill Race Center. Grab a FREE refreshing water at the center on each of the following dates until supplies run out.



**NEW**  
**FREE!**

**Tues., June 2 - Traditions of Columbus**  
**Wed., June 10 - Cornerstone Caregiving**  
**Thurs., June 18 - Willow Crossing**  
**Tues., June 23 - Silver Oaks Health Campus**  
**Fri., June 26 - Comfort Keepers**  
**Mon., June 29 - Griswold Home Health**

## Cooking Class

with Chef Shawn from Silver Oaks Health Campus

**Thurs., June 18 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)*



**FREE!**



## Quarterly Reading Challenge

**FREE!**

**NEW**

**Join Us!**

**March-May  
June-August**

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

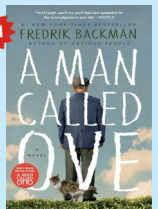
**A Man Called Ove**

**Tues., May 12 & 19 at 11:00AM**

**\$10 for book/or purchase on own**

A Man Called Ove is a bestselling novel by Swedish author Fredrik Backman about a grumpy, widowed man whose solitary life is upended by new neighbors, leading to unexpected friendships and a heartwarming story about love, loss, and community.

**NEW**



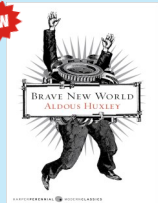
**Classic: Brave New World**

**Tues., May 26 & June 2 at 11:00AM**

**\$8 for book/or purchase on own**

Aldous Huxley's profoundly important classic of world literature, Brave New World is a searching vision of an unequal, technologically-advanced future where humans are genetically bred, socially indoctrinated, and pharmaceutically anesthetized to passively uphold an authoritarian ruling order all at the cost of our freedom, full humanity, and perhaps also our souls.

**NEW**



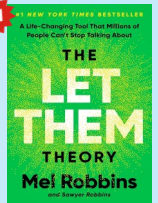
**Let Them Theory**

**Tues., June 9-July 7 at 11:00AM**

**\$16 for book/or purchase on own**

A Life-Changing Tool Millions of People Can't Stop Talking About. What if the key to happiness, success, and love was as simple as two words? If you've ever felt stuck, overwhelmed, or frustrated with where you are, the problem isn't you. The problem is the power you give to other people. Two simple words - Let Them - will set you free.

**NEW**



**Picnic on the Patio**  
**June 1, 15, & 29 at**  
**12:00PM**

**FREE!**



Bring your own lunch and join the staff on the patio for lunch at the picnic tables. A great time for members to get to know the staff and other others better and enjoy the scenery.

**LUNCH & LAUGHTER**  
**READERS THEATER**



**June 10 at Noon**

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

Make reservations at the MRC business office.

**Required Registration by June 3.**

Doors open at 11:45AM

**SAGE Table**

**Friday, June 12**  
**11:30AM-1:00PM**

**FREE!**



An opportunity for LGBTQ and allied people to come together and share a free meal and conversation. SAGE Table is an event held throughout the country to promote a more age-friendly community, and to discuss ways we can strengthen it. Must register in the MRC business office by Tues., June 9 for meal preparation purposes.

**Free Will Donation**

**Ice Cream Sundae SOCIAL**

**Thursday, June 25**  
**at 1:00PM in Art**

Accepting donations for toppings

**Fundraiser for Member Scholarships**

**MILL RACE CENTER**

**Advocates for Children**



**JUNE 5, 2026 | 6-9 PM**  
**THE COMMONS**

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

**PURCHASE TICKETS**  
[millracecenter.org/jackpot](http://millracecenter.org/jackpot)

**ALL YOUR FAVORITE GAMES**  
**POKER - BLACKJACK - ROULETTE - CRAPS**

Proceeds support advocacy for children and wellness programming for seniors.

**THANKS TO OUR SPONSORS:**



CASINO TABLES ARE FOR ENTERTAINMENT PURPOSES ONLY AND ARE FREE AND OPEN TO THE PUBLIC.

**JUKEBOX BINGO**

**NEW FREE!**

**Thursday, June 25**  
**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.**



## The BCPL Bookmobile:

**FREE!**

**May 13 & 27  
June 10 & 24  
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!**



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

**FREE!**



### Classic Card Game Pinochle

**FREE!**

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



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



**FREE!**

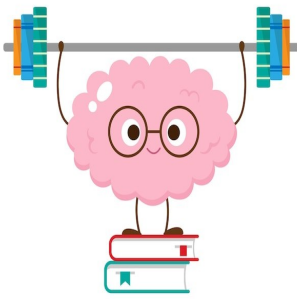


## Cards & Games Schedule

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



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mah Jongg</b> 12:30-4:00PM  <b>Hand &amp; Foot</b> 12:30-4:00PM  <div style="border: 1px solid black; padding: 5px;">           Cards &amp; Games are free for MRC members. Day passes can be purchased for non-members.         </div>	<b>Pinochle</b> 1-4PM  <b>Euchre</b> 4:00-7:00PM (MP3)	<b>Scrabble</b> 1:00-3:00PM  <b>Hand &amp; Foot</b> 12:30-4:00PM For information call Rosemary Sager (812)390-7665 <b>(Not meeting June 10)</b>	<b>Dominoes</b> 12:30-4:00PM	<b>Mah Jongg</b> 12:30-4:30PM  <b>Bridge</b> 1:00-4:00PM  <b>Let's Play Games</b> 1:00PM (see pg. 24) <b>NEW!</b>



## Monthly Brain Workouts

**Friday, May 29 & June 26**

**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!**

## HIKING Group

**Leave MRC at time listed.**

We may have to carpool due to numbers. Wear sturdy shoes, bring hiking stick, water, or snacks. Hike 2-3 miles. Register in office.



**May 20 (9:30AM) - Meltzer**

Woods is one of Indiana's last remaining fragments of old growth forest. "Old growth" means the land has trees more than 150 years old and has been left as forest for a century or more. Trail is 1.2 miles and we can do twice. Located in Shelby County

**June 10 (9:30AM; \$10) - TC Steele** hiking trails located in Brown County. There are 5 trails totaling 3 miles with each trail about a 1/2 mile. We will also walk through the Selma Steele's gardens. If you want to skip any trail you can rest on a bench in the gardens.

Join the Challenge!  
Let's Keep Moving Together!

Keep track of your miles  
while you travel.



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## TRAVEL WITH MILL RACE CENTER

Hello Everyone!

Planning ahead for 2027 travel is one of the most exciting ways to give yourself something wonderful to look forward to. I'm thrilled to help you explore relaxing cruises, guided tours, and thoughtfully paced adventures designed with comfort and enjoyment in mind. Don't let not having a roommate hold you back from a trip as we have plenty of travelers that join with their own room or that are looking for a roommate. Booking early not only secures the best availability and value, but also gives you plenty of time to anticipate the journey, connect with fellow travelers, and prepare for unforgettable experiences. Whether you're dreaming of scenic coastlines, charming small towns, or once-in-a-lifetime destinations, 2027 is the perfect opportunity to turn those travel dreams into reality — and I can't wait to help you every step of the way.



Amanda Coleman—812-376-9241\*215 or [travel@millracecenter.org](mailto:travel@millracecenter.org)

# TRAVEL

**TRAVEL SHOW - Thursday, June 4 at 1:30PM**

Join Amanda for this Summer Travel Show and learn all about upcoming trips.

**NEW FREE!**

### **Iceland - August 12-18, 2026 - ON SALE WITH AIR \$4494 UNTIL 5/31**

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 5/31**

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.



### **2026 Bus Trip**

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

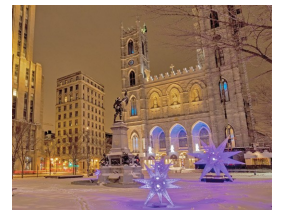
Featuring four live shows, the Biltmore Estate, and the Smokies. Four nights in Pigeon Forge at the heart of the Smokies; visit the Titanic Museum, ride the Ober Gatlinburg Aerial Tramway, Hatfield & McCoy Dinner & Show tour of Great Smokey Mountains National Park, Pirates Voyage Dinner & Show, visit 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.

**NEW**



### **Montreal Christmas Markets. December 2-6, 2026**

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.



## Trips

**New Orleans Pre-Mardi Gras -February 2, 2027: 6 DAYS • 8 MEALS** Experience the excitement and energy of New Orleans during Mardi Gras season. See parades, enjoy Creole cooking and visit Louisiana’s plantation country. Pricing is \$3374 per person double occupancy with air from IND.



**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!**



**Gems of Eastern Europe (Emerald) - June 6 – 19, 2027: FREE AIR 14 DAYS • 27 MEALS** Five countries, all unique in their own way, line the Danube on its journey towards the furthest reaches of Eastern Europe, and exciting activities await your participation in the various ports of call. Visit a Puszta Horse Farm in Kalocsa, Hungary, for a performance showcasing the riding skills of the Magyar cowboys and enjoy lunch in the home of a local Croatian family. Take a guided tour of Belgrade before attending a Serbian folklore show onboard your ship. Discover the Paleolithic archaeological site of Lepinski Vir, sample local Bulgarian wines at a vineyard estate, and see the highlights of Bucharest. Your adventure also includes a three-night stay in Transylvania and a visit to Bran (Dracula’s) Castle. The Gems of Eastern Europe await on this 14-day holiday. Pricing varies based on Cabin.



**Scandinavia - July 21-July 30, 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. Double Occupancy \$5824 with airfare from IND.**



**Black Hills to Badlands - August 10 – 15, 2027: 6 DAYS • 9 MEALS** Explore the wild wonders of South Dakota with a Black Hills & Badlands tour! Witness the grandeur of Mount Rushmore, delve into the otherworldly rock formations of Badlands National Park, and discover hidden gems like historic Deadwood or the 1880 Train. Tours offer expert guides, transportation between sights, and the chance to truly experience the Black Hills’ unique blend of history, nature, and adventure. Pricing is \$3774 per person double occupancy with air from IND.



**Trains and Canyons of the West - September 9, 2027: 8 DAYS • 13 MEALS** The beauty and grandeur of the nation’s National Parks come into view on this exciting vacation to the west. Explore three National Parks and ride two exciting and historic railroads. From the massive sandstone walls of Canyonlands and the intricately carved towering monoliths of Arches to the amazing Spruce Tree Cliff Anasazi Dwellings at Mesa Verde, you will enjoy every moment. Pricing is \$4574 per person double occupancy with air from IND.



**Best of Ireland - October 13, 2027: 13 DAYS • 16 MEALS** From the bustling capital of Dublin to quaint seaside villages to historic Northern Ireland, you’ll see it all on this Mayflower holiday featuring Irish history, music, dance, cuisine, scenery and architecture. This ‘best of’ tour lets you experience 6,000 years of history spread across the dales, valleys, cliffs and castles of Dublin, Killarney, Co Mayo, and Northern Ireland including Blarney Castle. Pricing is \$6615 per person with roundtrip air fare from IND.



# 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

## The Willard and Johnson County Museum

**Thursday, May 7 (stairs) (Full)**

**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.



## Falls of the Ohio Museum & Orange Clover Kitchen Restaurant

**Tuesday, May 26**

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

The state park features an intriguing Interpretive Center focusing on the history of the Falls. After our tour we had to Orange Clover Kitchen for lunch. Leave 8:20AM, return approx. 3:30PM. Max 11



## Maine Street Grille & Garfield Park Conservatory

**Tues., June 9**

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

Lunch stop first at Maine Street Grille and then off to the Garfield Park Conservatory for a guided tour. Leave at 10:15AM, return approx. 3:30PM. Max: 11



## Lunch & Tour of Tibetan Mongolian Buddhist Cultural Center

**Friday, June 19**

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

We will start the day with a guided tour of the Tibetan Cultural Center. Beautiful grounds with over 90 acres a relaxing and peaceful setting. You will have an opportunity to ask questions and walk around. Lunch stop at Mr. Hibachi Buffet that afternoon. Leave 9:15AM, return approx. 3:00PM. Max 12



## Stream Cliff Herb Farm Restaurant

**Wednesday, June 24**

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

Enjoy a beautiful setting and a delicious lunch. Leave at 10:15AM, return approx. 1:30PM. Max: 11



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Find us on: **facebook**

## Derby Dinner Shows

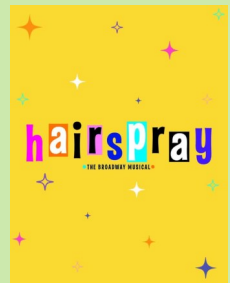


### Hairspray

**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



### Calendar Girls

**Wed., June 17 - Matinee Buffet**

**\$60 members, \$75non-mem**

A warm, funny tale of friendship and bravery, this comedy follows a group of Women’s Institute members who pose for a cheeky nude calendar to raise money after a personal loss. Their bold idea becomes a national sensation, testing loyalties and transforming their small village. Inspired by a true story! Leave MRC at 10:00AM return approx. 5:30PM. Max: 11



**100 MILE CHALLENGE**  
MILL RACE CENTER

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

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, July 16**  
*Wizard of Oz*  
 (1939)



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.



**MILL RACE CENTER**  
 ON THE GO



**Vivera**

May 5 & June 9 at 2:00PM

**Fairington Apartments**

May 12 at Bldg 2301 at 2:00PM

June 16 at Bldg 2401 at 2:00PM

Sign up with the Mill Race Center Business Office at 812-376-9241 or [bcutsinger@millracecenter.org](mailto:bcutsinger@millracecenter.org)

**The Better Breathers Club**

Wednesday, May 13th at 3:00PM

Topic: Talk to the Doctor. Meet Dr. Grace Wang, the newest physician at the Lung Institute in CRH. Bring your questions about all things lung disease.

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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## Our Great National Parks

SPECIAL FEATURE

NEW FREE!

A five part Netflix documentary series narrated by Barack Obama. Highlights stunning natural wonders, wildlife, and national parks across five continents. (55 min. each)

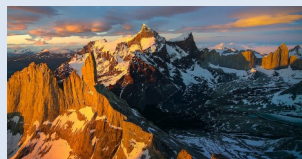
**A World of Wonder**  
Mon. May 11 at 1:30PM

**Chilean Patagonia**  
Mon. June 1 at 1:30PM

**Tsaco, Kenya**  
Mon. June 15 at 1:30PM

**Monterey Bay National Marine Sanctuary, USA**  
Mon. June 29 at 1:30PM

**Gunung Leuser, Indonesia**  
Mon. July 6 at 1:30PM



## Walking Group

FREE!

Let's go for a **walk**

Wednesday at 9:30AM

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! Weather permitting.

## Let's Play

NEW FREE!

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)

## Broadway/Classic Series

FREE!

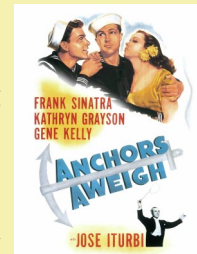
Call MRC to register for each viewing.

### Anchors Aweigh

Fri., May 29 at 1:00PM

(1945) Joe and Clarence are two young Navy sailors on leave in glitzy Los Angeles. The two men at first plan to use their layover as an opportunity to relax, but they soon find themselves in a complicated web of comic secrets.

Both men find themselves falling for the wannabe singer, setting off a series of misadventures that unfold in comedy and song.



### Summer Stock

Fri., June 26 at 1:00PM

(1950) While her actress sister, Abigail, roams with a stock theater company, country girl Jane stays home in rural Connecticut tending the family farm. Jane sees red when Abigail returns unannounced, stock company in tow, with plans to convert the family's barn into a venue for the troupe's musical revue. But after Abigail's beau, Joe, sells his car to buy Jane a new tractor, the farm girl softens and even gets bitten by the performing bug herself.



## 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., May 6 from 2:30-4:00PM**

Choose to Move Walk; refreshments provided

**Wed., May 20 from 12:00-1:00PM (New Time)**

Support group meeting for family/care partners.

**Wed., June 3 from 1:30-3:00PM (New Time)**

Talking About Parkinson's

**Wed., June 17 from 12:00-1:00PM**

Support group meeting for family care partners.

### Choose To Move Walk

The Indiana Parkinson Foundation is hosting a **Choose To Move Walk** 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

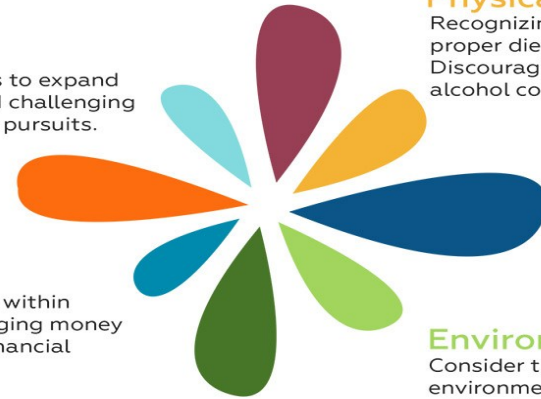
Recognizing the need for regular physical activity, proper diet and nutrition, and personal safety. Discouraging the use of tobacco, drugs, and excessive alcohol consumption. Get moving - be healthy!

## 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

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## 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.

### Mill Race Fitness Center Staff:

Myla Annis, Pam Clark, Cydnee Coppert, Pat Harding,  
Carrie Riley, Jayne Rogan, & Susan Smith

## REGISTRATION

Register at the Mill Race Center Business Office  
900 Lindsey St., Columbus, IN 47201  
812-376-9241  
[millracecenter.org](http://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 Fri., July 3 & Sat., July 4 for Fourth of July.**



# 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

## TUESDAY

8A.M. - Cardio & Osteo  
9A.M. - Pilates\*  
10A.M. - Silver Sneakers Yoga  
12:00P.M. - Neuro Fitness

## WEDNESDAY

9A.M. - Yoga  
10A.M. - Silver Sneakers Circuit  
11A.M. - Balance In Motion  
12PM - Rock Steady Boxing

## THURSDAY

8A.M. - Cardio & Osteo  
9A.M. - Pilates\*  
10A.M. - Silver Sneakers  
Yoga  
12:00P.M. - Neuro Fitness

## 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

### Mill Race Fitness Center Instructors:

Myla Annis, Amy Allen, Jana Bartels,  
Katia Hatter, Sheryl Nulph, & Diane Smith



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



# CHECK IN WITH YOUR MENTAL HEALTH

## Where are you on the continuum?

**Mental wellness isn't something you either have or you don't. It exists on a continuum** — and all of us move along it throughout our lives. Where you fall at any given time depends on a mix of biology, genetics, and life circumstances. And it can shift with every new stage of life — which means checking in with yourself matters *now* just as much as it ever has.



**MENTALLY WELL**  
*Feeling positive and balanced*

**MENTAL DISTRESS**  
*Stress response*

**MENTAL HEALTH PROBLEM**  
*Interfering with everyday life*

**MENTAL HEALTH CRISIS**  
*Extreme or intense negative feelings*

**If you notice any of these symptoms interfering with your daily life, it may be time to talk to someone. Are you experiencing...**

- Difficulty sleeping
- Changes in appetite
- Trouble concentrating
- Sleeping too much
- Changes in mood
- Changes in energy
- Persistent sadness
- Increased irritability
- Feeling withdrawn



### FREE RESOURCE: CREDIBLEMIND

CredibleMind is a free, easy-to-use online resource with trusted tools to support your mental health at every stage of life. Visit [MHMBC.CredibleMind.com](https://MHMBC.CredibleMind.com) to learn more.

## MAY IS WOMEN'S MENTAL HEALTH MONTH

**Did you know? 28% of women 65+ report anxiety or depression—compared to 20% in men of the same age.** Hormonal shifts, caregiving responsibilities, and chronic stress all play a role—and among women 65+, these challenges become even more pronounced. Check in on your female friends and loved ones, and join us in raising awareness this May for women's mental health.



## JUNE IS MEN'S MENTAL HEALTH MONTH

Did you know? **Men are 4x more likely to die by suicide than women.** Societal pressure to “tough it out” keeps many from seeking help when they need it—but staying silent carries a devastating cost. Check in on your male friends and loved ones, and join us in raising awareness this June for men’s mental health.



### STAY SOCIAL, STAY WELL

The results are in: **people need people.**

Harvard researchers at the T.H. Chan School of Public Health agree that **social connection helps people live longer, healthier lives.** Being socially disconnected is linked to higher risk of heart disease, stroke, anxiety, depression, and dementia. Social connection plays a vital role in preventing mental health problems at every age.

### THIS WEEK, TRY ONE THING

Loneliness and social isolation increase the risk of premature death by 28% and 29%, respectively (National Institutes of Health). Those aren’t small numbers. And they tell us something important: **staying connected isn’t just nice to have. It’s essential** — and it doesn’t have to be complicated.

♥ Spend time with a supportive friend

🌱 Volunteer in your community

👤 Sign up for a class at Mill Race

☕ Invite a new friend out for coffee

♣️ Start or join a game night

👟 Join or start a walking club



**Your mental health matters — and help is always available.** Whether you’re checking in with yourself or reaching out to someone you care about, every small step counts. Explore free resources at [MHMBC.CredibleMind.com](https://MHMBC.CredibleMind.com).

## How can I donate and help MRC?

### 1 of 3 Ways:

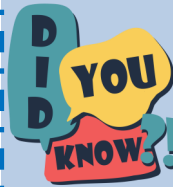
Go online at [millracecenter.org](http://millracecenter.org)  
Text "millracecenter" To (833)735-8150  
Drop off a check or cash to the office.

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!**

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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	Mah Jongg	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
12:30-4	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
3:00	Craft Classes (pg. 8)	AR
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
1:00	Reader's Theater (pg. 14)	CR
1:30	Parkinson Support Group (see page 24 for all dates/times)	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	Welcome Breakfast (pg. 5)	LO
9:30	Monthly Brain Workout (pg. 19)	CR
10:00	Line Dancing	MP1
11:00	Veterans Group (pg. 6)	CR
12:30	Mah Jongg	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 July 3 & 4 for Fourth of July.**

## ACTIVITY HIGHLIGHTS

**May 1**  
Lasting Impressions Show (\$); 6PM

**May 3**  
Lasting Impressions Show (\$); 1PM

**May 4 & 18**  
Movie; 2:00 & 4:30PM **FREE!**

**May 6**  
Choose to Move Walk; 2:30PM

**May 11, June 1, 15, & 29**  
Special Feature; 1:30PM **FREE!**

**May 12 & June 9**  
Card Making; 1PM **FREE!**  
Ted Talks; 1PM  
Tuesday Tea; 3PM

**May 20**  
Hiking; 9:30AM **NEW**  
Needle Felting (\$); 2PM

**May 21**  
Birthday Party; 12:30PM **FREE!**  
Grocery Bingo; 3:30PM

**May 22**  
Hydroponic Greens; 10AM **FREE!** **NEW**

**May 26 & June 30**  
Library Phone Class; 12:30PM **FREE!**

**May 26 & June 30**  
Tuesday Trivia; 9:30AM **FREE!**

**May 27**  
**National Senior Health & Fitness Day** **FREE!**

**May 28 & June 22**  
Come & Eat; 11AM

**May 29 & June 26**  
Monthly Brain Workout; 9:30AM **FREE!**  
Broadway Movie; 1PM

**June 4**  
Travel Show; 1:30PM **FREE!**

**June 5**  
Jackpot for Generations; 6-9PM at the Commons **NEW**

**June 8 & 22**  
Movie; 2:00 & 4:30PM **FREE!**

**June 10**  
Hiking; 9:30AM **NEW**  
Lunch & Laughter; 12PM  
Stay Hydrated the Health Way; Purdue Ext; 3PM

**June 11**  
Sound Healing; 3PM **FREE!**

**June 12**  
Welcome Breakfast; 9:30AM **FREE!**  
Sage Table; 11:30AM

**June 18**  
Silver Oaks Cooking Class; 11AM **FREE!**

**June 23**  
Red Cross Agency Overview; 1:00PM **FREE!**

**June 24**  
Air Fryer 101; Purdue Ext.; 3PM **NEW**

**June 25**  
Ice Cream Social; 1PM **FREE!**  
Jukebox Bingo; 3:30PM

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812-376-9241

Visit us at [www.millracecenter.org](http://www.millracecenter.org).





## 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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# EXPERT HEART CARE



Welcome  
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Cardiology

