




MILL RACE CENTER



January/February 2019 • Issue No. 1

AGING WELL!

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

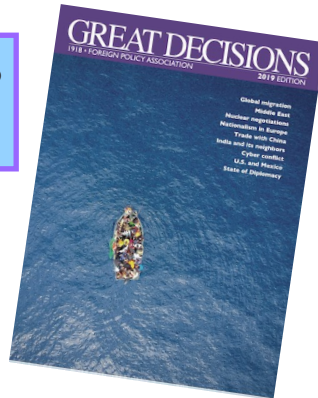
Membership \$80 a year per person • 812-376-9241 • www.millracecenter.org

GREAT DECISIONS

February 28– April 25
6:30-8:00p.m.

GET READY
FOR
GREAT DECISIONS

Back by
Popular
Demand



8 week sessions February 28-April 25
6:30-8:00pm

Registration required with the MRC business office.
(No class the week of Spring Break March 21)

Space is limited

Program held at Mill Race Center

Fee: \$35 members/\$45 non-members

TOPICS for 2019

Migration, U.S. and Mexico, Cyber Security, Trade
with China, Nuclear Diplomacy, Overview of the
Middle East, Rising Populism in Europe, and The
State of the State Department

PREPARE TO DISCUSS THE WORLD.



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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 9:00 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



Country Music Night
Dinner & Dancing with
**The Night Owl
Country Band**
at Mill Race Center

Wednesday, February 27
6:00-8:00pm

Tickets on sale until 2/25 or until sold out.

A fundraiser to support Meals
On Wheels scholarships.

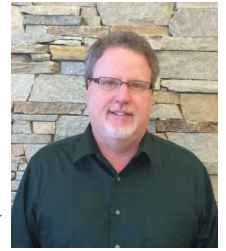


Only
\$10



From Your Executive Director

I was an awkward child. I am a slightly less awkward adult. I grew up in a very rural area of northwestern Michigan, and there weren't many opportunities to socialize. I turned to music as a way to express myself, and I was a dedicated student who applied myself to practicing in order to compensate for my lack of natural ability. I was painfully shy, and I vividly remember the first time that I played my guitar in public. I was fourteen years old, and I was asked to sing and play a song for a church youth group. I was nauseous as I waited for my time in the program. I stood up at the appropriate time, and I stared at my left hand in order to avoid eye contact with the audience. Unfortunately, my guitar strap was in my direct line of sight, and I could clearly see that the strap was visibly moving every time my heart pounded in my chest. I am lucky that I didn't pass out. An interesting thing occurred as a result of that performance; I found the next outing to be much less stressful. As I became more experienced, I became more confident, which started a cycle of better performances which led to more opportunities to play my guitar. That moment of sheer terror, when I opened myself up to the prospect of complete failure, was the first step in what would eventually become a full time career as a guitarist. It was an incredibly valuable life lesson. I wish that I could say that I invented this concept, but it has been around for a long time. The author of the Gospel of Luke writes, "Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you." We are all equipped with assets and resources. The resources may be a particular skill set, or personality traits, or intangible abilities to "read people" and a knack for helping others when they need it most. We all have gifts to varying degrees, and the amazing thing is that they multiply when we use them, especially if we use those assets and resources to help others. It defies the usual laws of the universe. Generally, if you use something, your supply of that "thing" will decrease. Not so with our personal gifts. We reach into our virtual cupboard, give of ourselves, and then afterward we find the space is fuller. When it reaches capacity, the cupboard simply gets bigger. We don't run out. As we enter a new year, I challenge you to explore your personal gifts and give of yourself in a new way. Thumb through the pages of this newsletter, and try something that you have never tried before. Open yourself up to new opportunities, and watch as your personal stockpile of good things begins to overflow.



Dan Mustard
Executive Director

Wine, Cheese, & Chocolate
Fundraising Event
February 9
See page 17 for details

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Have a
NICE
DAY
(pass)



\$10 Day Pass
for Non-
Members

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 only \$80 a year.



**Mill Race Center reserves the right to cancel or move regular scheduled programs for special events.*

Mill Race Center Staff

812-376-9241

Dan Mustard, Executive Director

Liz Barriger, Accounting Clerk, x 207

Leah Boas, Aging Well Coordinator, x 210

Debbie Bray, Administrative Assistant, x 222

Laura DeDomenic, Resource & Philanthropy Director, x 208

Dexter Fravel, Lead Bingo Volunteer, x 218

Jan Hamilton, Facilities

Charlie Harsh, Facilities

Steve Hood, Facility Manager, x 216

Fred Guarnieri, Senior Products Supervisor, x 228

Roberta Isaacson, Membership, x 204

Jim Isaacson, Brenda Fowler, and Roy Hendershot, Van Drivers

Jan Meadows, Ambassador Coordinator

Dan Mustard, Executive Director, x 211

Karen Phelps, Receptionist, x 218

Kate Phillips, Evening Coordinator, x 219

Roy Pruett, Assistant Facilities Manager, x 225

Edie Smith, Travel Coordinator, x 215

Jane Smith, Program Assistant

Kelly Staley, Programming & Development Assistant, x 209

Shannon Truman, Programming & Development Director, x 220

Jeff Voyles, Senior Products, x 228

Courtney Watkins, Aging Well Assistant, x 202



Philanthropic Corner

The new year is here and many of us are examining our goals for 2019. Mill Race center is here for those of us who have goals of wellness, including Aging Well. I would like to suggest we consider how we can help our friend, our family, and others in our community achieve the goal of Aging Well. How can you do this? One way would be to bring encourage your friends and family to participate in programs at Mill Race Center. Another way to promote Aging Well is through financial support. Mill Race Center typically does our annual campaign in the second half of the year, but I would encourage you to think about making your 2019 pledge in January in the form of a monthly pledge. Its easier for you and us to budget when we know of our monthly commitments.

\$9.00 per month – provides 15 hot meals through our meals on wheels program

\$13.00 per month – provides full membership scholarships to 2 low income people

\$42.00 per month – provides a local professor a stipend as a subject matter expert for a program in partnership with IUPUC

\$75.00 per month – you become a member of the 900 Circle



Providing much more than a meal!

Nutritious Meal - Nutrition is necessary for health, functionality and the ability to remain independent.

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.

**Call Mill Race Center to register
at (812) 376-9241.**

Shopping Trip to Walmart

The Mill Race Center van takes seniors grocery shopping to Walmart (Eastside) every Thursday morning. Our van driver can assist with carrying groceries. Minimum of 3 passengers required. A donation of \$1/passenger is appreciated. To schedule a pick up, call Mill Race Center (812-376-9241) the day before.

Wheel Chair Medical Transportation

is also provided, if schedules permit and only in Bartholomew County. Requests should be made by calling Mill Race Center at least 1 week in advance. Contact Roberta Isaacson at 812-376-9241 if you are needing wheel chair transportation.

Happy Helping Hands

Thursday mornings each week
8:30-10:30am (Arts Room)

Sewers Needed!!

Sewers needed to do machine stitching. Make handmade Pal Dolls for hospitalized children and orphanages overseas. You do not need to know how to sew. Donations of new, cotton blend fabric needed.

Leader: Willie Fields, 812-525-1553

**VOLUNTEERS
NEEDED!**



Golden K Kiwanis

Each Monday 10:00-11:00am

Visitors are always welcome!

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: Larry Lewis 812-528-1656

**NEW for 2019 All Mill Race Center members
can join the Golden K Kiwanis for FREE.**



**Need a gift
idea?**

**Give the gift of
Mill Race Center
Fun Bucks.**

Spends just like cash at MRC!

(Not for use at the fitness center or Bingo)

Can be purchased at the Business Office or at our website under Join/MRC Bucks.



**Interested in being a MRC Clown.
Call Pat Eads at 423-612-0002**

VOLUNTEERS WANTED

NEWSLETTER ASSISTANTS

Needed to help assemble the newsletter for mailing. This is a great way to get connected and meet new people. Refreshments provided. We begin at 9:00am and usually finish at 11:30am. Come for an hour or stay the whole morning. We appreciate the help!! Contact MRC at 812-376-9241.

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.

BINGO CALLERS NEEDED

Tuesday from 1 to 3 pm
Volunteer once a month, or once every so often.
Call Dexter for more information at 812-376-9241.

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. Jan Meadows, (812) 374-4404 for details.

Aging Well Guide

Interested in becoming an Aging Well Guide for Mill Race Center?! Contact Leah at MRC or lboas@millracecenter.org



Volunteers Needed

Various volunteer opportunities are available at Camp Atterbury. Contact: Joann Benedetto (224)392-5626.

Your Help Needed!

MRC is collecting travel sized items for the USO. Drop items off in the office.

Needed:
Deodorant & Toothpaste



**We Appreciate
Our Volunteers!**



Give the gift of a
Mill Race Center
membership to your
friends for the
Holidays 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.

Welcome! **MRC Welcome Breakfast**
Friday, Jan. 4; 9:30am
Friday, Feb. 1; 9:30am **FREE!**

Held the first Friday of each month in the lounge at 9:30am. Have you recently joined or are you interested in Mill Race Center? 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. Call to register (812) 376-9241.

Mill Race Center Gear

Purchase your own T-shirt or hat at Mill Race Center. Order at the business office.

Crew Neck T-Shirt
V Neck T-Shirt
Tie Dye T-Shirt



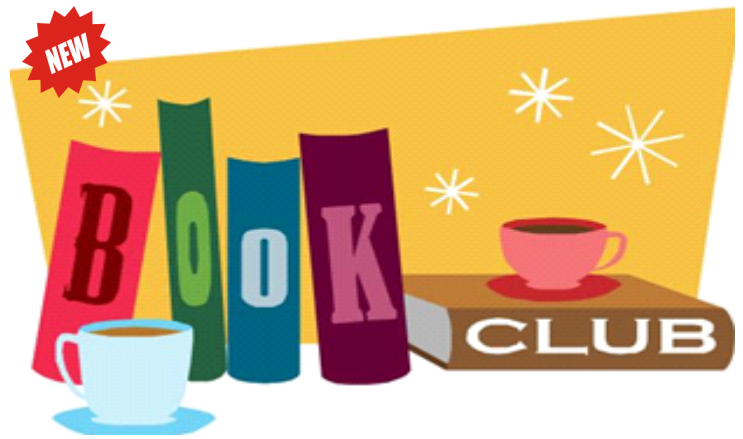
Medicare



Medicare Basics

February 6th at 10:00 am

New to Medicare? Interested in learning more? Join Leah and Kim, SHIP counselors, February 6th at 10:00am to learn more about what Medicare covers and what your coverage choices are. Sign up at the Mill Race Center business office or call 812-376-9241.



With Leah and Courtney

MILL RACE CENTER ON THE GO

Join *MRC on the Go* at All Saints Community on Jan. 8th, Jan. 22nd, Feb. 12th, Feb. 26th. Mill Race Center will be hosting a variety of free classes for the residents of All Saints and Mill Race Center members. Each class will be a different project and will be free to all who attend. Come and have fun with us as we socialize and complete projects.

If you are interested in attending, please sign up with the Mill Race Center Business Office at 812-376-9241.

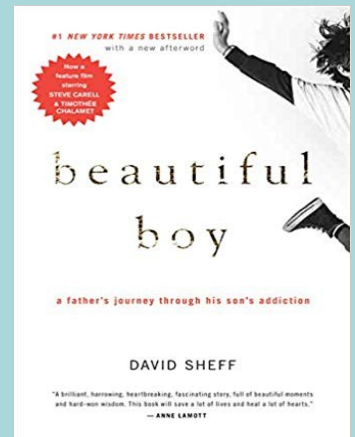


Mill Race Center is only closed if there is a City Weather Emergency. Most classes are lead by volunteers and they are asked to call MRC if they can't make it in to teach.

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

Beautiful Boy: A Father's Journey Through His Son's Addiction

Cost: \$10.00



“Beautiful Boy is a fiercely candid memoir that brings immediacy to the emotional rollercoaster of loving a child who seems beyond help.”

Every other beginning Thursday January 31st, meeting in the lounge, 11am.

Join Leah and Courtney through February and March for our book club! Every two weeks we will be discussing several chapters and in April, Mill Race Center will be showing the newly released movie adaptation of the book.

Please register before January 25th at the Mill Race Center Business Office. Books and reading schedule are available for pick up at Mill Race Center Business Office at time of registration.



Evening Star Quilt Guild **Second Tuesday of each month,** **5:00-7:00pm (AR)**

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.

More information: Judy Kiesow at 812-374-6135, or Judyk2310@gmail.com.



Monday Morning Quilting With Friends **8:00am-12:30pm**

Do you like to sew or quilt? Would you like to learn? Join us each Monday for a mini quilting/sewing day. 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.

Contact Judy Kiesow at [812-374-6135](tel:812-374-6135) or judyk2310@gmail.com for additional information



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 812-342-9650.

FREE!



create

Join Kelly & Shannon for these fun *Seasonal* craft classes in the Art Room. Register for classes in the business office.

NEW



Winter Snowman Pair

Wed., January 16 at 2:00pm

Cost: \$10 per person

What a unique and easy project for winter. Each person will make a set of two snowmen. All supplies included.

Crafty Fingers

Wednesdays from 10:00-11:30am

FREE!



If you knit, crochet, needlepoint, cross stitch, sew or enjoy another craft project, bring whatever you are working on and work on it in the company of other

crafters and needle art enthusiasts. Group meets in the Lounge. For more information, contact Donna Rueff at 812-343-5540. Eleanora Schwartzman will be available to teach you how to crochet as part of the Crafty Fingers group.

Seasonal Magnet Class

Wed., February 6 at 2:00pm

Cost: \$5 per person

Join us for this fun class to make small 1" magnets with colorful designs. Materials provided.



Shrink Art Earrings

NEW

Wed., February 20 at 2:00pm

Cost: \$2 per person



Shrink art is somewhat magical! Join us for this fun new class and leave class wearing your beautiful homemade dangle earrings. We will shrink this project before you leave in the kitchen and add fishhook earring backs. All supplies included. Max: 12 people

English Paper Piecing Club

2nd Wednesday of every month at 10:00 a.m.

Join MRC member Judy Kiesow to learn how to make your own English Paper Piecing. Contact Judy Kiesow at [812-374-6135](tel:812-374-6135) or judyk2310@gmail.com for additional information





Ball Room Dance Classes

Monday, Tuesday & Thursday 5:00-7:00pm

Margot Scholz offers 8 week sessions at Mill Race Center on Monday and Thursday evenings. For more information about sessions, call Margot at (812) 342-4156.



Couples Dance Club

1st & 3rd Wednesday each month 5:30-7:00pm

This class is for couples ballroom dancing and to practice new steps. FREE to MRC members, \$5 per class/non-member Info contact: Karl & Uschi Wolff at (812) 342-9974.

Line Dance for Beginners

Wednesday, 4:00-5:30pm (MP2)

Come and give it a try!

Instructor: Pat Hoard (812) 812-374-2963.

Fee: FREE to MRC members, \$5 per class/non-members. No need to sign up in advance, just show up and dance!



Line Dance

Friday mornings 10:00-11:30 (MP2)

Come and dance, new folks always welcome! Free for MRC members, \$5 per class/non-member

Instructor: Pat Hoard (812)-374-2963



Monday	Tuesday	Wednesday	Thursday	Friday
Ball Room Dance 5:00-7:00pm (MP2)	Ball Room Dance 5:00-7:00pm (MP2)	Line Dance Beginner 4:00-5:30pm (MP2) <i>Moved to Art Room on 2/27</i>	Ball Room Dance 5:00-7:00pm (MP2)	Line Dance 10:00-11:30am (MP2)
		Couples Dance Club 5:30-7:00pm (AR) 1st & 3rd Wednesday		

Drumming Circle Practice



Mondays 1:00-2:00pm

Get your weekly groove on at Mill Race Center with a small group that gathers to drum each week. Members are welcome to attend any practice.



Mill Race Center is looking for one or two people to serve as lead bingo volunteers.

If interested contact Dan Mustard
dmustard@millracecenter.org



Bodies in Motion

Class meets:

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

FREE to 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.

DON'T MISS OUT!



Reflexology @ MRC!

Thursday evenings from 3:00-7:00pm

Reflexology is a healing art based on the premise that there are reflex areas in the feet and hands that correspond to all of the glands, organs, and parts of the body.



Leslie Dyar, a certified reflexologist who received her training at I.U.P.U.I., is available for 30 and 60 minute sessions at the MRC on Thursday evenings from 3:00-7:00pm. All sessions are by appointment.

Prices are as follows:

30 minute session: \$20 for MRC members, \$25 for non-members. 60 minute session: \$40 for MRC members, \$50 for non-members. **To schedule your 30 or 60 minute session, call Leslie at: (317) 507-3224. Payment at session. Cash and checks only.**

Random Acts of Kindness Club



No January Meeting

February 19

Meeting at 1:00pm; FREE

Let's find JOY in the journey together.



Tai Chi/Chi Gung

Offering Two Classes on Tuesdays & Thursdays



10:00—11:00 am - Ongoing class for those with some practice in Tai Chi.
Monthly Cost: \$45 members/ \$60 non-members

11:00—11:30 am - Beginning class
Monthly Cost: \$25 members/ \$40 non-members
Instructor: Paula Howard

Todd Wright—Saturdays at Guardian Kung Fu
9:00—10:00 a.m. Call 812-372-7100

Tai Chi is a low impact, slow moving, graceful Chinese exercise. Tai Chi combined with Chi Gung involves breathing deeply and slowly with movements that strengthen the body and increase balance.

Come and try one class free to see if you like what millions of people have practiced for health and well being.

Chair Massage



Chair massage will be taking a break until mid February 2019.

Emily Patrick, CMT is a Certified Massage Therapist is still taking appointments for Saturdays at Balance Massage Studio.

Call Emily (812)344-9716 for more information.

Senior Volleyball

Monday, Wednesday and Friday mornings from 8:30-10:30am

at Foundation for Youth 405 Hope Ave, Columbus
Information: Don Ward (812)350-2222



Senior Bowling

Tuesdays at 1:00pm

Columbus Bowling Center

Information: Joan Winkle, 812-350-9452

Glenna Phelps, 812-390-9234





Pickleball net is available for outdoor use on the patio. Free for members.



Wednesday Evenings - 5:30-7:00pm

Except February 27



Friday Afternoons - 12:00-3:00pm



Saturday Mornings - 8:30-11:30am

Except January 19 & February 9



**Mill Race Center reserves the right to cancel or move regular scheduled programs for special events.*

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.

In The Woodshop Drop-In Woodcarving Class Wednesdays 10:00am

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. Instructor: Larry Carter

FREE for MRC Members

Hoosier Carvers Club

2nd Monday of each month

3:00-5:00pm (CL)

New participants welcome to attend.

For information contact Larry Carter 812-372-1956.



Understanding Your Grief

Bereavement Support Group at MRC

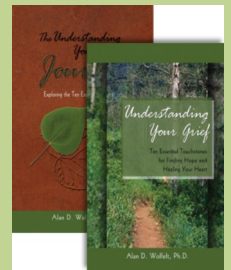
Third Thursday of month from 4:00-5:30pm

Open to anyone in the community

Not meeting January & February 2019

Facilitated by: Walter Glover, Certified Grief Counselor, and Jennifer Lowry

FREE!



"Grief, often the most profound form of sorrow, demands the support and compassion of our fellow human beings. Since the beginning of time, people have come together in times of grief to help one another" Alan D. Wolfelt, Ph.D.

This group is open to anyone who is grieving the loss of a spouse/partner, child, parent, sibling, loved one or friend. The group is FREE and open to the community, MRC membership is not required. Participants' books and journals generously provided by The Teegarden Foundation.

If you are interested in participating please join us!

Contact: MRC, 812-376-9241 **Not meeting January & February 2019**



Morning Bible Study

Tuesday mornings 10:30-11:30am

In the Classroom; **Free**

Information: Virginia Houser, 812-579-5132

January: Wes Jones
Flintwood Wesleyan Church

February: Rev. Langdon
Retired from Little Blue River

Evening Bible Study

Wednesdays 5:30-7:00pm

Beginning a Reverend Tony Evans video study in late January.

Information: Jan Meadows (812)374-4404



TED Talks



2nd Tuesday of each month

Meeting at 1:30pm

When you miss a TED talk program and discussion, you miss group discussion, wide ranging information and a chance to challenge your views on the world we live in.



Your TED talk team needs YOU for discussion on Current programs, in depth information, and Group Discussion. We have new subjects monthly. Call the MRC to register. Facilitators: Ed and Terri DeVoe

January 8; 1:30pm:

Topic: The Brain Changing Benefits of Exercise.

By: Wendy Suzuki

February 12; 1:30pm:

Topic: Want a Happier Life? Be More Compassionate.

By: Stephen Trzeciak

SCS Investment Club

Monthly, 2nd Friday

1:00-3:00pm (Classroom)

This is a great way for you to stay motivated while you improve your investment knowledge. The Club is a member of Better Investing with a mission to provide a program of sound investment information, education and support that helps create successful lifetime investors. Don't let the words "investment club" scare you.

The SCS Investment Club currently has space for new partners. The Club is limited to 20 partners. Partners must be MRC members. An initial investment of \$100.00 plus a monthly investment of \$25.00 is required.

Educational presentations are made each month so members can learn how to buy and sell stocks. Contact Ted Anderson, 812-342-2663 or Norm Blizard, 812-812-603-8854, nblizard@comcast.net



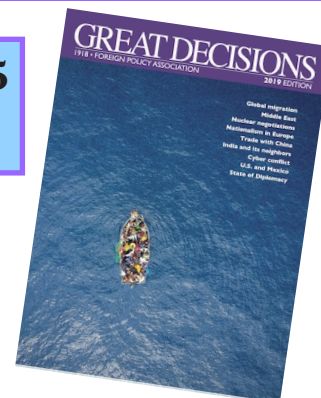
GREAT DECISIONS

February 28– April 25
6:30-8:00p.m.

GET READY
FOR

GREAT DECISIONS

**Back by
Popular
Demand**



8 week sessions February 28-April 25
6:30-8:00pm

Registration required with the MRC business office.
(No class the week of Spring Break March 21)

Space is limited

Program held at Mill Race Center

Fee: \$35 members/\$45 non-members



Silver Tones

Join the Silver Tones of Mill Race Center
We welcome new MRC members!

Practice: Mondays 5:00-6:00pm (MP 1)

Share your voice with the world!

Director: Mary Clark, (812)342-9324

The Lasting Impressions



MILL RACE CENTER

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

All MRC members welcome.

Practice: Monday & Friday

12:30-3:30pm (MP1)

Not meeting during the month of January.

Information contact:

Donna Browne, (812)376-6612.



FREE!

Widows Support Group

NEW

Fourth Tuesday of each Month

10:00am in the Art Room unless noted of a change

January 22 at 10:00am

Harriet Armstrong will be speaking
on meal planning.

February 26 at 11:00am

Soup for lunch and conversation to get to know
each other.

This is a new group starting at Mill Race Center for members. This group will offer an opportunity to make new friendships with other who are also widows. The group will try to offer entertainment, educational talks or activities. If you plan to attend call MRC (812)376-9241 to let us know for planning purposes.



Widowers Support Group

MRC is seeking volunteers to lead a widowers support group. If you are interested please tell the MRC business office.

FREE MOVIE SHOWINGS at MRC!

2nd Monday Newly Released Movie/4th Monday a Classic Movie

Two Showings now at 2:00pm & 4:30pm.

Free popcorn - Sponsored by Griswold Home Care

FREE!

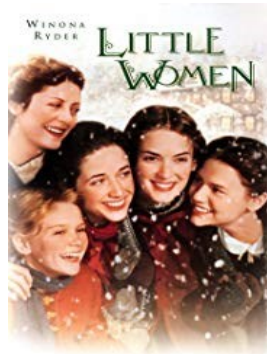
**Two Showings
2:00 & 4:30pm
Start Time**



January 14

Christopher Robin

PG



January 28

Little Women

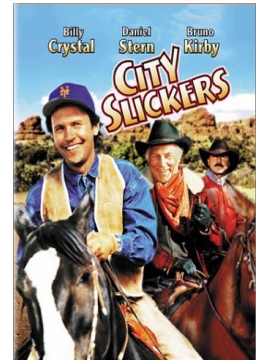
PG



February 11

First Man

PG 13



February 25

City Slickers

PG 13



Afternoon for Arts

2019 Dates

**April 26, June 28,
August 30, & October 25
at 2:00pm**

\$5 for members/\$10 for non-members



2019 Dates

**January 24, March 28, May 23, July 25,
September 26 & November 21**

DON'T MISS OUT!



DON'T MISS OUT!



January 24 from 10am-12pm

CONNECT at Mill Race Center by learning, engaging and exploring at this new free program open to the public.

10:00-10:45am



Bob Pitman, US Presidents

Bob will be sharing his love for history and knowledge about the US Presidents.

Bob was the former Executive Director of Mill Race Center for 29 years.



11:00-11:45am



Charlotte Battin

Underground Railroad

Watch this spellbinding performance of Charlotte portraying a Quaker women and her perspective of the Underground Railroad. Charlotte will convey such emotion and information while covering historical elements of this period.



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knowledge • experience • solutions

LUNCH & LAUGHTER READERS THEATER



LUNCH & LAUGHTER 2019 DATES

APRIL 10

JUNE 12

AUGUST 14

OCTOBER 9

DECEMBER 11

Sponsored by:



Wine, Cheese & Chocolate

Save the Date



*A fundraiser to benefit Mill Race Center
Saturday, February 9 at 6:00pm
Tickets: \$35 per person*

Come taste the night away with your friends at Mill Race Center at our 2019 A taste of Wine, Cheese, and Chocolate at Mill Race Center. Tickets on sale now in the office.

With an array of wines, dozens of cheeses, and more bites of chocolate than you can imagine your taste buds will be in for a treat.

Whether a girl's night out, a date with your sweetie or an excuse to raise a glass with friends – A Taste of Wine, Cheese and Chocolate at Mill Race Center is the place to have fun while making a huge difference for older adults in our community.

Sponsored by:



MEALS on WHEELS Meals on Wheels 2019 Fundraiser Dinner Dates Each from 6:00-8:00pm

February 27 (*1/2/19)

Featuring: The Night Owl Country Band

SOCK HOP

June 26 (*5/1/19)

Featuring: The Reunion Band

October 23 (*9/3/19)

Featuring: The Banister Family Bluegrass Band



*Date tickets go on sale



Birthday Party

Come and celebrate your birthday at Mill Race Center. There will be birthday cake, ice cream, candles to blow out, and entertainment by our own Dan Mustard & MRC Clowns. It's also a great way to meet people.

Birthday Celebrations

January Birthdays: January 3 at 1:00pm

February Birthdays: February 7 at 1:00pm

March Birthdays: March 7 at 1:00pm



Reservations required by the day prior to the party. You are welcome to bring a friend.

Space is limited. **FREE** to MRC members and their guest!

Sign up at the MRC Business Office or call 812-376-9241.



Ladies Coffee

Meets the 3rd Thursday each month at 10:00am in the MRC lounge.

A wonderful way to meet new people and get acquainted with Mill Race Center. Coffee and snacks provided. Free to members.



Thursday, Feb. 21; 4:00-5:00pm

That's right folks! Its game time! Join us for some early evening gaming.

We will bring the snacks, you bring the laughs! Call the MRC Business Office to Register at 812-376-9241. We want to make sure we have enough players!



The BCPL bookmobile will be at Mill Race Center once a month on a Wednesday from 9:30-10:30am. Mark your calendar and visit the bookmobile!

January 9 & 23

February 6 & 20

March 6 & 20

We've Got an App for That!

Tutor, and MRC member, **Steve Franklin** will teach you all about the different APPS and how to use them. Steve loves to share his passion.



To schedule an appointment with a tutor, please stop by the front desk and Karen can assist you.

Senior Scribes

3rd Friday of each month from 1:00-3:00pm

Barbra Heavner, 812-344-2644

Janice Waltermire, 812-372-1707



Thursday, February 7

Movie: Casablanca

Join Kelly & Shannon on a program trip to the Historic Artcraft Theatre for a Free Movie. The preshow begins at 1:30 with a chance to win some great door prizes and movie begins at 2pm. Van leaves at 12:40pm. Fee: \$5 for trip



** Weather Permitting*



All Who Wonder Hiking Group

It has been an adventurous and fun filled year for our "All Who Wander " hiking group. We started the year by hiking portions of the Ice Age Trail in Wisconsin in April. In July we traveled to the Allegheny National Forest in Pennsylvania and then explored the "Smokies" in

November. In addition we have our monthly hikes all over Indiana. In 2019 our adventures start with our quest to continue our effort to hike more of the Ice Age Trail. In the summer we are heading to the Pacific Northwest to explore the northern Cascades in Washington. Our monthly hike will take us to our Indiana state parks and some fascinating trails throughout the state.

So if you enjoy the great outdoors and communing with Mother Nature, come join our merry group and get ready to explore our world. Contact Ed Niespodziani at kn473@comcast.net. We look forward to meeting you.



TRAVEL WITH MILL RACE CENTER

2018 MRC Travel and Tours

*All prices based on double occupancy, add \$75 for non-members, single, triple and quad rates available for most trips. Small deposit holds your spot on trip and is refundable up to date of final payment. Book early to avoid disappointment! Brochures are available for each trip. See Mill Race Center Travel department for more information. Insurance is also available on all trips at time of booking.



Grand Canyon, Las Vegas and the Hoover Dam

April 25-May 6, 2019.

11 nights lodging, 7 dinners and 8 breakfasts, Rte 66 museum, Coors Brewing Co. Tour, Petrified Forest and Valley of Fire National Parks, Will Rogers Hall of Fame and much, much more! \$1290 double occupancy.



The Outer Banks of North Carolina

May 19-24, 2019

5 nights lodging, 5 breakfasts and 3 dinners, Wild Horse Tour, Sightseeing Cruise, Wright Brothers Memorial, Bodie Island and Cape Hatteras Lighthouses and much more! \$959 double occupancy.

Niagara Falls and Toronto

June 3-7, 2019

Enjoy 4 nights lodging, 4 breakfasts and 4 dinners on this lovely trip to Canada. You must have a passport to travel north to see beautiful Niagara Falls, Niagara on the Lake and Tour Toronto, including the magnificent Casa Loma. Flowers, historic sights and even a cruise on the Hornblower included! \$619 double occupancy.



Ride the Rails! West Virginia.

June 24-27, 2019

Join us for 2 exciting train rides through the wilderness of West Virginia. Includes 3 nights lodging, 3 breakfasts, 1 lunch and 3 dinners plus an evening of entertainment. A fun and quick adventure for train lovers! \$739 per person double occupancy.

Mill Race Center and Collette Present: Exploring Britain and Ireland! **featuring Scotland, Wales, England and Ireland. October 4-18, 2019.**

This is the one you have been waiting for! All of Great Britain and Ireland as can only be done by Collette. Includes luxury accommodations, Ferry, Bus and Air transportation, an Irish cooking class, Stonehenge, Killarney National Park and much more. **Special Travel Show at MRC, Thursday, September 20, 1pm-2:30pm. Please RSVP.**



FABULOUS DAY TRIPPERS!

Each Day Tripper adventure priced individually based on cost/admission fees, meals not included unless noted. Also you must note any food or accessibility concerns at time of reservation as not all venues can accommodate special requests.

Are You in the Mood?

The Glen Miller Orchestra!

**Monday, April 8,
4:30-10:30**



\$75 per person members, \$85 nonmembers
Includes motor coach transportation
(based on 40 participants), dinner and show!
This will sell out so reserve soon!

Canadian Rail Adventure, Featuring the Calgary Stampede!



Join our hosts, John and Geneva Foster on this epic adventure! 9 days round trip from Columbus! Includes airfare, lodging. 13 meals and all admissions plus Alberta and Vancouver sightseeing tours.

July 13-21, 2019. Deadline to reserve space is January 6, Hurry!!

Call Today for a Brochure or get one at MRC.

**Tuscany and the
Italian Riviera
September 27-October 4,
2019**



Join our hosts, Rex and Kathy Baumgart on this breathtaking tour of Historic and Romantic Italy featuring Florence, Siena, Lucca, Pisa and the Italian Riviera. Wine tasting, pasta and art will fill your senses as you tour these magnificent cities! Relax as your expert guides show you the best of Tuscany on this trip that includes transportation from Columbus, IN, airfare, all lodging and tours, 10 meals and memories to last a lifetime!

MRC LUNCH BUNCH & MORE



*Lunch &
More*

Monthly trips to local joints for food and fellowship.
10:30am-1:30pm \$5m/\$7nm transportation only.
*Let us know if you need transportation to and from
the center or if you need wheelchair/walker
accommodation.*

**Mill Race Center does not offer lunch bunch or lunch
and more during winter months for your safety and
comfort. Please check the March 2019 newsletter for
upcoming events!*



Check out **Come Eat Together**
on page 23 for meeting at local restaurants.

NEW trip for 2019!!

**NEW! Atlantic City, New York City
and Philadelphia!**



August 17-23, 2019

Casino action, Historic Sites and City Tours all included. Stay at an Oceanfront Casino Resort with access to the famous Boardwalk. Free time to see the sites, try your luck or hit the outlet mall nearby.

TRAVEL



Collette Travel Show!!

Mark your calendars for a Collette Travel Show on
February 7, 2019 at 6:30pm

Please RSVP to the business office.



Your travel with Mill Race Center benefits local seniors in our community. Please consider booking all of your travel with the Mill Race Center Travel Department. Call Edie for an appointment to discuss your next adventure!

Contact: Edie Smith 812-376-9241x 215
or travel@millracecenter.org



Physical Wellness: Get moving...be healthy!

Social Wellness: Enjoy the company of others!

Spiritual Wellness: Find meaning in everyday!

Vocational Wellness:
Remain active, involved and productive!

Intellectual Wellness:
Avoid boredom...be productive.

Emotional Wellness:
Be optimistic in your approach to life!

TOPS Club

Wednesday 11:30am-1:00pm

Take Off Pounds Sensibly

For more information please contact
Judy Sullivan at 812-375-1214 or
check the TOPS website at
www.tops.org.



Senior Swim

At Foundation For Youth

Tues., Thurs. & Sat.

from 8:30-10:00am



Purchase swim passes at FFY for \$5 per visit or they have special package pricing.

Call FFY at: 812-348-4558 for discounted pricing.

MILL RACE CENTER

R E N T A L S



Mill Race Center is located at the north end of Mill Race Park, a beautiful national award-winning park in southern Indiana. Our 4,000 square foot Multipurpose Room and Terraces feature attractive views of a fountain in a nearby lake as well as the park. The multipurpose room has a capacity of 350 Theatre Style, and 225 Banquet Style. A caterer's warming kitchen opens into the Multipurpose Room and is available to any licensed and properly insured caterer. You will find the rental policies, the rental application and frequently asked questions listed on our website.

Visit our website www.millracecenter.org
for all the details about renting
Mill Race Center.

Six Dimensions of Wellness

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.



McAlister's
January 16 at 10:45am



Chicago's Pizza
February 21 at 11:00am

The Better Breathers Club

Sponsored by Columbus Regional Hospital and the American Lung Association




The Better Breathers Club is a support group for adults with lung disease like COPD, pulmonary fibrosis or lung cancer. Led by a Respiratory Therapist & Registered Nurse, these meetings provide an opportunity to learn ways to better cope with lung problems while getting the support of others who share similar experiences. Club membership is FREE and no registration is required.

Better Breathers Club is taking its annual winter break, and we will begin meeting again in March 2019.

Watch the next newsletter for information on our spring meeting, or you can call Jennifer at 812-376-5793.

We wish you all a healthy and safe winter.

CAREGIVER SUPPORT GROUP

Every 2nd Thursday of the Month; Cost: Free 

Meets every 2nd Thursday of the month and is open to anyone caring for an adult. Care for loved ones is provided by Just Friends Adult Day Services. RSVP to Jayme: 812-372-6415. **Not meeting in December.**

Light Dinner served at 5:30pm
Caregiver Presentation 6:00pm
Loved Ones Activities 6:00pm



hope

Family Support & Hope Group

Now Meeting Quarterly
Meeting: January 31 at 5:30pm

A support group for families who have a loved one who is addicted to opioids and is open to Mill Race Center members and Columbus Regional Hospital employees. The group will provide education; sharing of information and support to help members best handle their situation.

Addiction to opioids can begin innocently. Addiction does not discriminate. It can happen to anyone. Family members of those struggling with addiction sometimes feel isolated and discouraged. Addiction is a disease that changes the brain and seriously affects the users and their families. The Family Support & Hope Group will provide an emotionally safe and non-judgmental place where family members will support each other and provide hope for the future. Facilitators are Leah Boas and Shannon Truman of Mill Race Center and Ray Morris of Columbus Regional Health. Please call Mill Race Center at 812-376-9241 to register to attend.

Free Little Library Take a Book Return a Book

Built & Donated
By: Ed Niespodxiani



PURDUE
EXTENSION

• DO YOU HAVE DIABETES?
• WANT TO MAKE THE BEST CHOICES
FOR YOUR HEALTH?
WE CAN HELP...

Dining with Diabetes



Nutrition and physical activity are keys to managing your type 2 diabetes, but where do you start? The *Dining with Diabetes* program can help! Designed especially for people with type 2 diabetes, their family members, or anyone who wants to learn more about healthy eating, this program will help you learn the skills needed to promote good health. Dining with Diabetes is taught by trained and caring educators. The program includes:

- planning meals and snacks with delicious and healthy recipes
- reading food labels
- using a variety of sweeteners
- the difference between various types of fat
- using seasoning to replace salt
- ideas for being more active
- the role of fiber in the diet
- setting personal goals to manage your diabetes

(Mondays) Jan. 28, &
Feb. 4, 11, 18, 2019
1:30-3:30 pm - Mill Race Center or
6-8 pm - Barth. Co. Public Library

Register by Wed., Jan. 23, 2019 at
Mill Race Center or Purdue Extension

Pickleball

FREE!



Offered Wednesday, Friday and Saturday.

See page 11 for details.



**Every Tuesday
Noon to 4pm**

Early Bird games start at 12:30pm. Food Available

Packets: \$20 or \$23; includes 2 coverall games. Extra coverall games are available for \$1 each.

MAHJONG
Every Monday & Friday
1:00-3:00pm



Curious and don't know how to play?
The group will teach you! Everyone is welcome to attend.

OPEN Billiards

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



Puzzle Table

Available everyday. A great way to socialize with other members.

FREE!

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



Cribbage

Second Tuesday each month at 12:00 in the conference room.

NEW



Card Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
Friendship Bridge 1:00-4:00pm Beginner Bridge Lessons Interested call Claire (812)342-9983	Euchre 5:00-7:00pm	Hand & Foot Beginner Rosemary Sager (812)390-7665 12:30-3:30pm	Duplicate Bridge 1:00-4:00pm (MP2)	Euchre 1:00-4:00pm
			Pinochle 1:00-4:00pm	

For more information or to apply, contact Leah Boas at (812)376-9241 ext. 210 or lboas@millracecenter.org.



Current classes that I want to try/attend:

- | My Aging Well Schedule! | | |
|-------------------------|----------------|------------------|
| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> |
| <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> |

✿ Refrigerator Reminder - MRC Daily Activities ✿

Monday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8:30	Body Motion	MP2
9:00	Golden K Board	CNR
8:00	Quilters	AR
10:00	Golden K	MP2
1:00	Mahjong	AR
1:00	Drum Practice	CR
1:00	Hand & Foot	MP2
1:00	Friendship Bridge	MP2
12:30	Lasting Impressions	MP1
5:00	Silver Tones	MP1
5-7	Ballroom Dancing	MP2

Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8:30	Senior Swim*	FFY
10:00	Tai Chi (\$)	MP1
10:30	Bible Study	CR
1:00	Woodshop	WS
1:00	Bingo (\$)	MP2
5:00	Euchre	AR
5-7	Ballroom Dancing	MP2

Wednesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8-Noon	Chair Massage (\$)	LOB
8:30	Volleyball	FFY
8:30	Body Motion	MP2
10:00	Woodcarving Class	WS
10:00	Art Class	AR
10:00	Crafty Fingers	LO
11:30	TOPS	CR
12:30	Hand & Foot	MP2
1:00	Scrabble	AR
1:00	Reader's Theater	CR
1:00	Bid Euchre/Pinochle	LO
4:00	Beg. Line Dance	MP2
5:30	Pickleball	MP2
6:00	Couples Dance	AR
	(1st & 3rd Wed)	
5:30	Bible Study	CR
5:30-7	Pickleball	MP2

Thursday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8:30	Happy Helping Hands	AR
9:00	Shopping	See Pg. 4
9:00	Senior Swim*	FFY
10:00	Tai Chi (\$)	MP1
10:00	Ladies Coffee	LO
	(3rd Thurs)	
1:00	Duplicate Bridge/Pinochle	MP2
1:00	Woodshop	WS
4:00	Bereavement Group	LO
	(3rd Thurs)	
4:00	Reflexology	CNR
5-7	Ballroom Dancing	MP2

Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Body in Motion	MP2
8:30	Volleyball	FFY
10:00	Line Dancing	MP2
1:00	Mahjong	AR
1:00	Euchre	MP2
1:00	SCS Investment Club(2 Fri)	
12:30	Lasting Impressions	MP1
12-3:00	Pickleball	MP2
1:00	Senior Scribes	AR
	(3rd Fri)	

Saturday

8:30	Senior Swim*	FFY
8:30-11:30	Pickleball	MP2

AR	Art Room
CL	Computer Lab
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
*	Senior Swim passes at FFY

Items in **BOLD** have registration fee.
\$ indicates drop-in fee available.

ACTIVITY HIGHLIGHTS

January 3

Birthday Party, 1:00pm **FREE!**

January 4

Welcome Breakfast, 9:30am **FREE!**

January 8

Ted Talks, 1:30pm **FREE!**

January 14

Movie, 2:00 & 4:30pm **FREE!**

January 16

Snowman Craft Class, 2:00pm **NEW**

January 28

Movie, 2:00 & 4:30pm

January 24

MRC Connect, 10:00am **FREE!**

February 1

Welcome Breakfast, 9:30am

February 6

Medicare Class, 10:00am **FREE!**

February 7

Birthday Party, 1:00pm

February 11

Movie, 2:00 & 4:30pm **FREE!**

February 25

Movie, 2:00 & 4:30pm **FREE!**

February 9

Wine & Cheese Event, 6:00pm **NEW**

February 12

Ted Talks, 1:30pm **FREE!**

February 20

Shrink Art Earrings, 1:30pm **NEW**

February 27

Dinner & Night Owl Country Band, 6:00pm

February 28

Great Decisions, 6:30pm **DON'T MISS OUT!**



Mill Race Center is only closed if there is a City Weather Emergency. Most classes are lead by volunteers and they are asked to call MRC if they can't make it in to teach. We advise calling MRC at (812) 376-9241 or check our Facebook page for cancellations of classes.

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

Visit us at www.millracecenter.org





Mill Race Center
900 Lindsey St.
Columbus, In 47201

PRESORTED STANDARD
U.S. POSTAGE PAID
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PERMIT #59

CURRENT RESIDENT OR