



AGING WELL!

MILL RACE CENTER

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

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

GREAT DECISIONS



PREPARE TO DISCUSS THE WORLD.

March -May
6:30-8:00pm

Registration required with the MRC business office.
(We will be taking one week off in April.)
Partnered Program with IUPUC

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

TOPICS for 2023

Energy Geopolitics, War Crimes, China and the U.S., Economic Warfare, Politics in Latin America, Global Famine, Iran at a Crossroads, and Climate Migration



Great Decisions is America's largest discussion program on world affairs. Every participant will receive a Great Decisions Briefing Book and have short readings for each week. A speaker will address key points and have question and answer time.

100



MILE CHALLENGE

Fall/Winter Challenge

Join the staff at Mill Race Center in logging 100 miles of movement **beginning Oct. 1**. Your movement could come in the form of walking, running, biking, swimming, paddling, hiking, 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 **Oct. 1, 2022-March 31, 2023**. 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.

KEEP MOVING!

EVENTS

Check out special events listed on page 16 & 17.



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
CRH Fitness Center (812) 376-5808; CRH Fitness Center is a separate membership from MRC.



From Your Executive Director

These Are a Few of My Favorite Things

“Raindrops on roses and whiskers on kittens,
Bright copper kettles and warm woolen mittens,
Brown paper packages tied up with strings,
These are a few of my favorite things.”

As the song from Rodgers and Hammerstein’s “The Sound of Music” suggests, we all have our own favorite things. The staff of Mill Race Center look forward to seeing the responses to our annual surveys, because many of our members share their favorite things about this wonderful facility. (Of course, people usually aren’t shy about sharing the things about which they aren’t as happy, and we use that information for continuous improvement.)



Here are a few of the many positive comments:

- “Mill Race continues to offer very enjoyable, worthwhile services.”
- “MRC and it's people have had such a positive effect on my life. Thank you.”
- “Thank you for being a strong beacon in the community.”
- “I am inspired by how active and vibrant today's senior population are staying as seen at MRC.”
- “The new office staff are wonderful people! They are considerate, friendly, caring. Keep up the good work!!”
- “MRC provides so many wonderful opportunities for mental, physical, social, and spiritual growth and stimulation. Retirement and 'golden years' are better than expected because of MRC and the friendships made here.”
- “After retiring to Columbus almost 7 years ago, MRC has been the most important element of our new life here. It has been the place where we met most of our friends and where we've been able to become part of Columbus.”
- “MRC is my second home! Love all the activities that I do.”
- “It's a great place. Keep up the good work.”
- “It's a wonderful place and we (our city) are very lucky to have Mill Race.”

What are my favorite things? The opportunity to learn from so many great role models for aging well. A dedicated and hard-working staff who never say, “That’s not my job.” The privilege of working in a beautiful facility in a gorgeous location. The list could go on. As we begin the new year, we should take a minute to be grateful for our favorite things.

Dan Mustard
Executive Director

Follow Mill Race Center
on Facebook.



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 Becky will return your call shortly.

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

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

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 \$80 a year. We have a six month memberships, and offer a monthly payment option. A day pass is available for \$10 a day. *CRH Fitness Center membership is separate and purchased with Parks & Rec. Dept.*

Want to Volunteer?



Interested in volunteering?

Become a Meals on Wheels driver, Ambassador, teach a class and share your talents, help clean the MRC vans, be a driver, or help with Bingo.

Mill Race Center Staff

812-376-9241

Debbie Bray, Administrative Assistant, x 222

Linda Clark, Office Assistant, x202

Amanda Coleman, Travel, x215

Rebecca Cutsinger, Receptionist, x 218

Valerie Carmichael, Aging Well Coordinator, x210

Charlie Harsh, Facilities Assistant, x 216

Jeff Jones, Van Driver

Dan Mustard, Executive Director, x 211

Roy Pruett, Facilities Manager, x 225

Tamara Quitko, Accounting Clerk, x207

Shannon Truman, Operations & Programs Director, x 220

Jeff Voyles, Senior Products, x 228



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



Now booking for 2023

Weddings • Reunions • Corporate Events

MillRaceEvents.com

(812)302-3838

Wedding photography courtesy of jackiesantanaphotography.com





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.

Cost: \$6.30 for hot lunch
\$10.50 for Hot lunch and cold sack supper

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



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: Craig Lowery, 812-603-4172

Quarterly Reading Challenge

NEW Quarterly Reading Challenge!

See Page 17 for details!

**Free Little Library
Take a Book Return a Book**



Built & Donated
By: Ed Niespodziani



Volunteer drivers are needed to help with Meals on Wheels.



MEALS on WHEELS

Mill Race Center will provide one-on-one training for new drivers, route sheets with directions, and monthly volunteer calendars. As a volunteer you will need to fill out a volunteer application, carry a valid drivers license, drive a dependable car, and have recycle plastic bags available when delivering. Routes take up to 1 hour to deliver.

Check out Total Brain Health Classes and opportunities on page 19.



Happy Helping Hands

Thursdays - 10:00-11:30am

NOT meeting in Jan. or Feb.

Sewers Needed!!

Make handmade Pal Dolls for hospitalized children and orphanages overseas. You do not need to know how to sew.



**Mill Race Center Store
Located in the office.**

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 Becky Cutsinger at 812-376-9241 if you are needing wheel chair transportation.

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 8:00am and usually finish at 10:30am. Come for an hour or stay the whole morning. We appreciate the help!! Contact MRC at 812-376-9241.

VOLUNTEERS NEEDED

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.

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 Becky at MRC.

Volunteer to Teach a Class

Share your passion and volunteer to teach a class. It is a great way to work on your vocational and social wellness.

BINGO

Bingo Volunteers

We need volunteers to help with our evening bingo once a quarter.

Pull Tab Tuesday Volunteers

We need volunteers to help with our Pull Tab Tuesday's to sell pull tabs and prepare lunch.

LOST & FOUND

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

Knitters Needed

In an effort to raise awareness for World AIDS Day, the Granny Connection will be accepting donations of **red knit scarves** at MRC.

MRC Vans Detailed

We can always use help making sure our vans that we drive for trips are cleaned inside and out. Interested in volunteering to do that stop by the office.

Ambassador Meetings

Informational ambassador meetings will be held the first week that the each newsletter comes out. A morning and afternoon time are both listed please attend the one that works best for you. Interested in becoming a volunteer ambassador feel free to attend a meeting and get plugged in.

Tuesday, January 3 at 3:00PM

Wednesday, January 4 at 9:30AM

Welcome! MRC Welcome Breakfast
Fri., Feb. 3
9:30am in the lounge

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. **Call to register (812) 376-9241.**

Breakfast sponsored by Griswold Home Care.



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.

Walk 'n' Roll

Wednesday's at 11:00am

We are keeping exercise fun with classic music, easy steps and arm movements! Join the Walk 'n' Roll group each Wednesday as we walk (and let's be honest...sometimes we can't help but dance) to the music. 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!



Succulent Lover's Group

Jan. 17 & Feb.21

at 10:00am

Meeting monthly to discuss these beautiful plants and how to care for them. Learning and growing these little plants can be so fulfilling and rewarding. It's even more fun to share with friends...so join the group. Meets the third Tuesday each month.



Learn to Relax Class February 2nd at 11:00

Join Valerie as we relax our minds and bodies using a variety of relaxation techniques. Registration is not required, just drop in and relax! February will focus on Sound Therapy/Sound Bath: This method of relaxation uses instruments to make deep, resonating vibrations. It can lead to reduced levels of anxiety, tension, and sadness. More dates to come!



Random Acts of Kindness Workday February 9th at 11:00

Mill Race Center would like to participate by working on a project to spread kindness. Our project called "Take a smile, give a smile." Using smile buttons, we will create cards to pass around to local communities. We would like this to be an on-going group to encourage kindness not only in our Center, but in our community.



MILL RACE CENTER

ON THE GO



At All Saints Apartments

Jan. 10 at 2:30 pm

Feb. 21 at 2:30 pm

Fairington Apartments

Jan. 3 Bldg 2301 at 2:00/Bldg 2401 at 3:30pm

Feb. 7 Bldg 2301 at 2:00/Bldg 2401 at 3:30 pm

Mill Race Center will be hosting free activities for the residents of All Saints and Fairington apartments. Mill Race Center members are welcomed guests at All Saints. If you are interested in attending or volunteering to help, please sign up with the Mill Race Center Business Office at 812-376-9241 or email valerie@millracecenter.org

VOLUNTEERS
NEEDED

NEW - Total Brain Health INSPIRE

1.0

TOTAL
BRAIN
HEALTH
INSPIRE

Wednesdays, March 1, 8, 15, 22, & 29 from 9:00-11:00am; Cost \$15

Join Shannon for this whole new class by Dr. Green. Designed by recognized cognitive health and wellness expert Dr. Cynthia Green, the program uses current research to guide a meaningful, transformative examination of our later life experience, with classes that teach us how we can gain more confidence and resilience, have more meaningful ties to friends and our community, and consider the goals we wish to set for the time ahead.

Like all the Total Brain Health courses, this program is grounded in the cognitive fitness science. The TBH Blueprint shows that science and things we can do to stay sharp, vital and independent. The course focuses primarily on the "Spirit" pillar of the blueprint, or the aspects of social and emotional wellness that support better brain vitality, in addition to better well-being and healthy aging. You can feel confident that you are learning all the right things to boost your thinking as well as your overall wellness. Watch for more information to come.



Evening Star Quilt Guild

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

Monday Morning Sewing

8:00am-12:30pm



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



Lazy Daisy Embroidery Guild

Second Tuesday of each month, 1-3pm in Art Room or classroom

Open to anyone interested in embroidery. More information: Carol Walp at 812-343-8863.



Tuesday Evening

Sewing Group

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



create

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

Pair of Penguins

Thurs., Jan. 12 at 3:00pm

Cost: \$10 (set of 2)

We will transform 2x4 cut pieces of wood into adorable decorative penguins for the winter season. All supplies included.



Snowflake Wreath

Tues., Jan. 17 at 3:00pm

Cost: \$12

Make your own unique snowflake wreath to decorate your door or house this winter season. We will use glittered snowflakes and tulle to build this project. All supplies included for this fun hands on project.



Hearts Garland

Thurs., Jan. 26 at 3pm

Cost: \$12

Enjoy making a beautiful yarn heart garland to drape across a door, window, or fireplace. We will build our hearts using reds, shades of pink, and white. All supplies included.



Valentine's Tree

Thurs., Feb. 2 at 3:00pm

Cost: \$12 (2 trees)

Enjoy making a ombre paper heart tree for February. We will use a variety of colored hearts to build our tree and set it on top of a candlestick holder. A fun and whimsical decoration for the month. All supplies included for this fun hands on project.



Ombre Valentine's Trees

MAKE & TAKE

Lotion, Hand Scrub & Bath Salts

Thurs., March 2 at 3pm

Cost: \$12 for all 3 products

Try this class and leave with your own easy to make products and instructions. Take the time to pamper yourself with these great products! All ingredients included, but bring your own containers.



Monthly Card Making

Enjoy card making each month in the company of friends. We will meet on the first Tuesday each month will have a new focus or work on your own creative designs.

January – Snowman

Tues., Jan. 3 at 1:00pm

Cost: \$5 (set of 4)

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



February – Hearts

Tues., Feb. 7 at 1:00pm

Cost: \$5 (set of 4)

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



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.





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.

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!



Line Dance Practice

Second Thursday of each month; 12:00-1:30



Monday	Tuesday	Wednesday	Thursday	Friday
Ball Room Dance 5:00-7:00pm (MP1 & 2)	Ball Room Dance 5:00-7:00pm (MP1 & 2)	Line Dance Beginner 4:00-5:30pm (MP1 & 2)	Ball Room Dance 5:00-7:00pm (MP1 & 2) Line Dance Practice 2nd Thurs. 12-1:30	Line Dance Intermediate & Advance 10:00-11:30am (MP1 & 2)

Drumming Circle Practice

Mondays 1:00-2:00pm

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



Winter Friday Night

Line Dance

See page 17



Walk 'n' Roll

See page 6





Bodies in Motion

Class meets:

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

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

Class not mtg 2/14

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.

TOPS Club

Wednesday 11:30am-1:00pm

Take Off Pounds Sensibly

For more information please contact Karen Burbrink at 812-342-4825 or check the TOPS website at www.tops.org.



Senior Swim

At Foundation For Youth

Purchase swim passes at FFY for \$6 per visit or ask about discounted pricing. Please

check out their website at www.foundationforyouth.com to confirm pool schedule as it varies by week. Call FFY with any questions: 812-348-4558



MILL RACE CENTER

100 MILE CHALLENGE

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



Birthday Party

Once a newsletter we will celebrate birthdays at Mill Race Center. There will be birthday cake, ice cream, and entertainment by our own Dan Mustard. It's also a great way to meet people. Reservations required by the day before the party. You may bring one guest. Register in the MRC business office.

January & February Birthdays

January 19 at 12:30pm

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
(minimum 3 students)

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.

Come try one class for free.

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



Pickleball held inside at MRC, and a net available for outdoor use on the patio. **Free for members.**



Wednesday Evenings - 5:30-8:00pm
Beginners 7:00-8:00pm



Friday Afternoons - 12:30-3:30pm
Beginners 2:30-3:30pm



Except: 2/24
Saturday Mornings - 8:30-11:30am
Except: 1/7 & 2/18

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.



Johnny Carino's
Wednesday, January 18

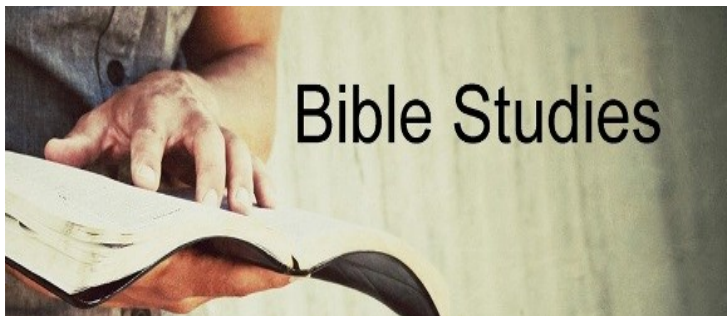
Meet there at 11:00am

Upland Pump House
Monday, February 27

Meet there at 11:00am

Follow Mill Race Center
on Facebook.





Bible Studies

Morning Bible Study

Tuesday mornings 10:30-11:30am

In the Classroom; **Free**

Information: Virginia Houser, 812-603-1684

January: Not Meeting



February: Rev. Gordan Tilley,
Bethel Wesleyan Church

Wednesday Bible Study

Wednesday 3:30-5:00pm

Join us in 2023 as we study the Fruits of the Spirit. Each study will be between 5 and 8 weeks long. Please see the business office for registration/book orders. The first two topics and deadlines are listed below.

1/4/23 – 2/22/23: Love

Cost: \$5

3/1/23 – 4/12/22: Joy

(book order deadline 2/15/23)

Cost: \$5




MILL RACE CENTER

100

MILE CHALLENGE

Keep log of your miles!



Join us for a monthly brain workout.
See page 19 for details.



TED Talks

2nd Tuesday of each month

Meeting at 1:00pm in Classroom

Facilitators: Ed & Terri DeVoe

January - Taking the month off



Try viewing at home one of these great titled Ted Talks:

1. A Rite of Passage For Late Life
2. Why We Should Embrace Aging As An Adventure
3. The Secret To Living Longer May Be Your Social Life
4. The Brain-Changing Effects of Exercise
5. |What Makes a Good Life? Lessons from the Longest Study on Happiness

Feb. 21 at 1:00pm (Note Date Change)

How your emotions change the shape of your heart. By: Sandeep Jauhar

"A record of our emotional life is written on our hearts," says cardiologist and author Sandeep Jauhar. In a stunning talk, he explores the mysterious ways our emotions impact the health of our hearts -- causing them to change shape in response to grief or fear, to literally break in response to emotional heartbreak -- and calls for a shift in how we care for our most vital organ.

Stay for Tuesday Tea after Ted Talks!



Tuesday

Tea

January 10 & February 21

(Note February Date Change)

FREE



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



Follow us on Facebook and visit our website for a variety of online classes.

www.millracecenter.org



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

***Currently Monday 8am-Noon
& 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. Instructor: Larry Carter

FREE for MRC Members



**Quarterly
Reading
Challenge**

**NEW Quarterly
Reading Challenge!**

See Page 17 for details!

Setting Goals to Age Well January 26th at 11:00

NEW **FREE!**

It's a new year and a great time to look at how we are aging. Using the **8 Dimensions of Wellness** as a guide, we will review the areas we need to "tune up." Easy methods for goal setting will be shared along with tips to help you keep on track. This class is also a great way to learn about the **8 Dimensions of Wellness** and get yourself plugged into the programs at Mill Race Center. Cheers to a New Year and to turning the invisible into the visible by setting goals and aging well!



FREE!

NEW



Grocery BINGO Jan. 19 & Feb. 16

3:30-4:30pm; Art Room

DON'T MISS OUT!

It's simple - play bingo, win at bingo, and take home groceries as your prize! A variety of food and toiletry items will be placed in grocery bags and given away as prizes. This will be casual BINGO playing one card at a time. The cost of everything seems to be going up so this is a fun way to win some items that can be beneficial. Limited seating so please register for this free event in the office.

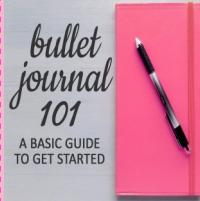


Reader's Theater Practice

Wednesdays from 1:00-3:00pm

Not meeting in January and early February. Interested in joining the Reader's Theater group come to their weekly meetings or call Susie Blizzard: 812-376-0641.

JOIN THE GROUP!



Bullet Journal 101 January 12; 10:00am

FREE! **NEW**

If you have always loved journaling or just want to start, we will dive into bullet journaling together. Bullet journaling is a way to rapidly track and organize your life using a simple bullet system in a notebook. Bring a plain notebook/journal or dotted notebook to practice.

Golden Girls

Fourth Tuesday of each
month at 10:00am
Jan. 24 & Feb. 28



This group is for single women and will offer educational talks, activities or even some entertainment. Information call:
Donna Richardson at 812-350-2859.



Ukulele Circle

FREE! **NEW**

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

Bring your ukulele and join us for the new "ukulele circle" at MRC. We will lead a sing-along/play-along hour of music and fun.

If interested in Ukulele class please let the office know.



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

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

Not meeting in January.

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

JOIN THE GROUP!

If you are interested in participating in a Book Club or Writing Class please let Becky know in the office.

We would like to get both started soon.

NEW



Eight Dimensions of Wellness

FREE MOVIE SHOWINGS at MRC!

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



January 9
**Where the
Crawdads Sing**



January 23
**Glass Onion:
Knives Out 2**



February 13
**Ticket to
Paradise**



February 27
**The Time of
Their Lives**



Zumba Gold
 Classes will be held
 on Thursday's at 5:30
 Begins: January 5th



ZUMBA
 gold

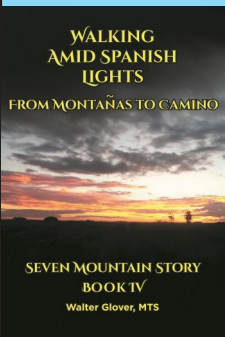
Each class costs \$5
 (members and non-
 members) to be paid at
 the beginning of class and
 will be 30-40 minutes in
 length.

Zumba Gold® is perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba® choreography and focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance! A waiver form is required to participate and can be signed ahead of time.

Please contact Valerie at
valerie@millracecenter.org or 812-376-9241 ext. 210.

MRC is Proud to Present:

**Local Mountaineering Author
 Walter Glover**
Wednesday, January 25 at 2:00pm



Join us at Mill Race Center for the launching of Walter's third book! Walter will give a presentation with breath-taking photographs on his expeditions. His new book is entitled "Walking Amid Spanish Lights - From Montanas to Camino." It is the last adventure story of my month-long trek across the 500 mile long El Camino - The Way of St. James, in Spain, after expeditions to five of the world's tallest mountains. Books will be available for purchase. **Come Be Inspired!**



Thursday Coffee Hour
 January 19 & February 16
 10:00-11:00am



Meeting the third Thursday each month in the lounge. Enjoy a cup of coffee and fellowship with other members. Coffee provided for this free program.



**Valentine's
 Party**



Lunch & Concert
 Monday, February 14
 at 11:30AM
 Cost: \$12

Join us at Mill Race Center for a special Valentine's Day Lunch & Concert. Let's celebrate the gift of our friendships with one another.

Concert by Guy Parnavitana

Register in office by Feb. 9.

NEW *Winter*
**Friday Night
 Line Dancing**
January 27 & February 24
7:00-9:00PM
\$10 cash cover charge



Come line dance at Mill Race Center this winter on Friday nights. Open to the public and all experience levels.

**Instructed by:
 Billy & Carla Crase**

Afternoon for Arts

NEW



Allie Jean
Friday, February 24
2:00PM

Enjoy this live performance by Allie Jean, dessert, and a time to visit with friends.
 \$5 members/\$10 non-members
 Make your reservation in the office.

Sponsored by: 


Quarterly Reading Challenge

FREE! **NEW**
Join Us!

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

Current challenge will end **February 28**. Next quarter challenge will be **March-May**. 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 a \$50 gift card to Viewpoint Bookstore. Other prizes given to top readers throughout the challenge.

NEW **FREE!**




IUPUC and Mill Race Center are proud to continue **Columbus Conversations**. Columbus Conversations is a new series of public forums focusing on current events of special interest to the Columbus community, and held at Mill Race Center in the art room and will be free and open to the public.

Thursday, January 26
from 6:30-8:00PM; Free
 What Has the Pandemic Taught Us About Education, Communication, and the Economy?

Thursday, February 16
from 6:30-8:00PM; Free
 The African-American Experience in Columbus

Matter of Balance Class
Tuesday & Friday 10:00am-Noon
(4 week class) March 7-31
Cost: \$15

DO YOU HAVE concerns about falling?



A MATTER OF BALANCE
 MANAGING CONCERNING HOURLY

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

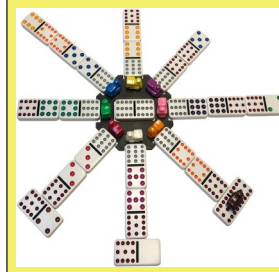
An award-winning evidence based program designed to manage falls and increase activity. Join us to improve your strength and balance and review your fall risk at home. A guided course with discussion and exercises. Max: 12
Call Mill Race Center if interested 812-376-9241.



The BCPL Bookmobile:

FREE!

January 4 & 18
February 1 & 15
9:00-10:30am
Available out front of MRC.



Mexican Train Dominoes

NEW FREE!

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



NEW FREE!

Pinochle

2nd & 4th Tuesday
1:00-4:00pm
In the conference room

MAHJONG

Every Mon. & Fri.
12:30-3:00pm



FREE!

OPEN Billiards

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

NEW FREE!



BRIDGE

Learn to play Bridge
Every Friday from 1-4pm
Starting in January
Lead by: Elaine Bailey
In the conference room

NEW



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

FREE!



Puzzle Table

FREE!

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

Follow Mill Race Center on Facebook.



FREE!



Cards & Games Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
Mahjong 12:30-3:30pm Hand & Foot 1:00-4:00pm	Pinochle NEW 1-4pm (2 & 4 Tuesday) Euchre 4:30-7:00pm (MP3)	Scrabble 1:00-3:00pm Hand & Foot 12:30-3:30pm For information call Rosemary Sager (812)390-7665 (NO cards on Jan. 25)	Dominoes NEW 12:30-4:00pm	Mahjong 12:30-3:30pm Bridge (begins Jan.) 1:00-4:00pm
Cards & Games are free for MRC members. Day passes can be purchased for non-members.				

  **TOTAL BRAIN HEALTH**
BODY ♦ MIND ♦ SPIRIT 
Monthly Workouts

Fridays, Jan. 20 & February 17
9:30am; Classroom
FREE

We will be using the Total Brain Health Toolbox365 for these monthly workouts. Science shows that building better well-being is perhaps the best ways we can keep our minds strong. The TBH Toolbox365 trains in four ways: Body, Mind, Spirit and Social. The TBH Toolbox365 activates neuroplasticity to grow and change our brains. **Call to register for this free program.**

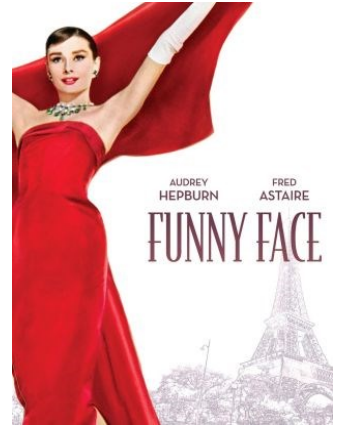


NEW

The Historic
ARTCRAFT
Theatre

Join Shannon 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.**

Thurs.,
February 9
Funny Face



Follow us on Facebook and visit our website for a variety of online classes.
www.millracecenter.org

TRAVEL WITH MILL RACE CENTER

2022 MRC Travel and Tours

*All prices based on double occupancy, add \$100 for non-members. Single, triple and quad rates are also available for most trips. Small deposit holds your spot and is refundable up to date of final payment. 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.



NEW **A Note from the Travel Department:**
NEW!! Each trip, including daytrips, will have a code(s) at the end of the description. Please pay close attention as these are part of safe travels during these ever changing times. These requirements are fluid and may change at any time. This is out of the hands of Mill Race Center and you accept the risks by signing up for a trip. Municipalities and venues may change their requirements at any time and Mill Race Center will try their best to accommodate but cannot guarantee refunds or modifications if you are not vaccinated. **Insurance is highly recommended where available.**

V= must be fully vaccinated and bring proof
MR= masks required to be worn properly when requested
R= refund available up to 3 days before departure
NR= no refunds issued after final payment, must use insurance or replacement
I= insurance available, ask when signing up
T = Testing may be required

Hi, I'm Amanda Coleman! My love for travel began as a child when I started to learn about other people and cultures. It was in that time that I became determined to see as much of the world as possible.

After being in the travel industry for tour operators for a decade and working through COVID-19, I decided that I want to partner with clients to fulfill their bucket list dreams. Personally, I have traveled to over 30 countries and I hope that number just continues to grow. I can't wait to share my hands on knowledge to plan your trip of a lifetime.

I will have some office hours each week, but you can always reach me by email at travel@millracecenter.org or by calling my direct line at 812-376-9241 *215. I look forward to working meeting everyone and getting to know you all personally.

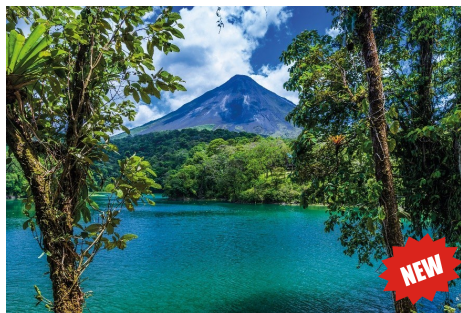


Don't Miss the January Travel Show!!

Tuesday, January 17
11:00AM

Amanda will be sharing about several of the bus trips planned for the year. Be sure to register in the office for this **FREE** travel show. Light refreshments served.

Trips



Costa Rica, March 13-21, 2023

Escape the end of Winter on this Tropical adventure. You will experience the beauty of nature as you enjoy warm breezes and mountainous terrain. Exotic birds, flowers and animals await as you explore the jungle and beaches of this stunning eco-diverse country. Includes transportation from Columbus, resort accommodations, lake cruise, 8 breakfasts and 6 dinners, touring, canoe ride and so much more. Combine this with Alaska's Northern lights and save \$150 per person! \$2548 double pp. (V/I/MR/NR unless I)

Sedona's Red Rocks & The Grand Canyon **April 23-April 28, 2023**



Experience the breathtaking beauty of the southwest, take a ride on two of Arizona's scenic railways, take in the awe-inspiring Grand Canyon, visit old mining towns and explore Montezuma Castle National Monument. Enjoy this leisurely paced trip with only 2 hotels within walking distance to explore the town during free time. Tour includes roundtrip transportation to the Indianapolis airport, air fare from Indianapolis and 8 meals. \$3049 per person double occupancy.



Lakes & Majestic Mountain Adventures **August 31-September 9, 2023**



Relax in the tranquil surroundings of Lake Como and discover the charms of Bellagio and Como on this 9-day tour. Experience a scenic rail journey on the Bernina Express. Sit back and relax as you experience the journey of a lifetime along this single-track railway through the magnificent Alps. Browse in the shops and boutiques and dine on local specialties for lunch while surrounded by beautiful scenery. Tour includes roundtrip transportation to the Indianapolis airport, air fare from Indianapolis and 12 meals. \$4999 per person double occupancy.

Splendid Scotland **October 7-15, 2023**



Get a chance to see all that Scotland has to offer on this amazing trip! Learn about the 5 whisky regions, take a look around the famous lake to look for Nessie, and stand in awe of the Scottish crown jewels. This trip also has 10 meals included and a dinner show in Edinburgh filled with traditional dancing. Tour includes roundtrip transportation to the Indianapolis airport, air fare from Indianapolis. \$4449 per person double occupancy.



Setting Goals to Age Well
January 26th at 11:00 - See Page 14



Follow Mill Race Center
on Facebook.



Daytrips

Day Trip registration is done through the business office. Call Becky or Linda at 376-9241 to reserve your spot.

All day trips are weather permitting for January and February. If trip is canceled a refund will be given.

NEW Coding To Help With Day Trips

R - refund available up to 3 days before departure

V - 12 passenger van

B - 8 passenger bus with lift

(The vehicle we take will depend on the amount of drivers we have for a day. If we only have 1 driver we will take the van.)



Lots of walking, standing, or stairs



Wheelchair or walker accessibility

(Only the bus can accommodate wheelchairs. Some tours we do are historic buildings without access.)

Cheddar's in Greenwood

Mon., Jan. 9

Cost: \$10m/\$15nm

We will travel up to Greenwood to enjoy lunch at Cheddar's. Leave MRC at 10:15am/return approx. 1:30pm. Max: 12 R,V



Golden Corral, Greenwood

Tues, Jan. 24

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

Let's have lunch at Golden Corral in Greenwood. Leave MRC at 10:15am return approx. 1:30pm. Max: 20 R, V, B,



Newk's Eatery, Greenwood

Fri., Feb. 10

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

Let's have lunch at Newk's Eatery in Greenwood. Leave MRC at 10:15am return approx. 1:30pm. Max: 12 R, V



Brown County Inn, Nashville

Wed., Feb. 22

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

Let's have lunch at Brown County Inn in Nashville. Leave MRC at 10:30am return approx. 1:30pm. Max: 20 R, V, B,



Heritage Quilt Show, Bloomington

Fri., March 3

Cost: \$20m/\$25nm lunch on own

Explore the Indiana Heritage Quilt Show held in Bloomington. Enjoy viewing all the beautiful quilts, check out vendors, see featured artist, and special show exhibits. Find lunch on your own in the convention center or nearby. Leave MRC at 8:15am return approx. 5:00pm. Max: 12 R, V,



Gray's Cafeteria

Wed., March 8 - Max: 12 R,V

Wed., April 19 - Max: 20 R,V, B,

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

Let's have lunch at a classic café! Wednesday is free piece of pie day with entrée purchase! Leave MRC at 10am return approx. 1:30pm.

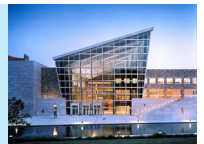


Indiana State Museum

Wed., March 22

Cost: \$25m/\$30nm lunch on own

The museum houses exhibits on the science, art, culture, and history of Indiana from prehistoric times to the present day. Lunch on your own at the café. Leave MRC at 9:00am return approx. 5:00pm. Max: 12 R,V,



Derby Dinner Shows

Derby Dinner Theater

Grumpy Old Men The Musical
Wednesday, February 1 (Matinee)



\$65 members, \$75non-members

A laugh-out-loud story of friendship, love and romance in a fresh new musical! Based on the 1993 film, this stage adaptation captures the lovably crotchety characters through twinkling humor and the depiction of a small town that feels like home to everyone. Contains adult humor. Leave MRC at

10:30am return approx. 4:30- 5:00pm. Max: 12 R,V



Eight Dimensions of Wellness

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 812-376-9241.



The Better Breathers Club

Sponsored by Columbus Regional Hospital and the American Lung Association held at MRC.

We offer presentations on informative topics, and include time for questions and discussion. We also offer friendly support to anyone with lung problems. If you have lung problems, or know someone who does, you are welcomed to attend. Meetings are free, no registration is required and friends and family are encouraged to attend.



Our next meeting will be on Wed., March 15 at 3:00

The Better Breathers Club will meet in the Mill Race Center art room. For more information, please call Jennifer at 812-376-5793.

All Who Wander Hiking Group

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



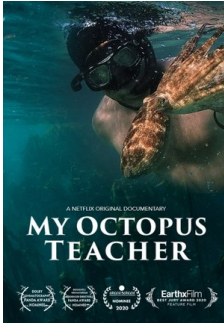
Contact Ed Niespodziani at 812-552-3343 or kn4073@comcast.net

Quarterly Reading Challenge

NEW Quarterly Reading Challenge!
See Page 17 for details!

NEW FREE!

Special Documentaries



My Octopus Teacher

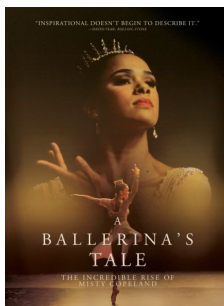
Mon. Jan. 16 at 1:30pm

A filmmaker begins diving in a kelp forest off the coast of South Africa, and meets a female octopus who casts a spell on him. Won Academy Award for Best Documentary

Becoming

Mon. Feb. 6 at 1:30pm

Join former first lady Michelle Obama in an intimate documentary looking at her life, hopes and connection with others as she tours with "Becoming."



A Ballerina's Tale

Mon. Feb. 20 1:30pm

Following a prodigious rise, Misty Copeland becomes the first African-American woman to occupy the position of principal dancer in the American Ballet Theatre.

Valentine's Party Lunch & Concert

**February 14
at 11:30AM; \$12**

Let's celebrate the gift of friendship with one another. Register in office.

**Special Guest Singer:
Guy Paranavitana**

Broadway Series

NEW FREE!

Call MRC to register for each viewing.

The Belle of New York

Fri., Jan. 20 at 1:00pm

(1952) The playboy lifestyle of Charlie dismays his wealthy aunt. After he meets charity worker Angela, Charlie genuinely falls in love with her, so much so that he actually floats in the air. When Charlie skips his own wedding to another woman, his aunt demands that he change his ways. Dedicated to winning over Angela, Charlie cleans up his act and even gets a job as a driver to impress her causing her to float, too.



BYE BYE BIRDIE

Bye Bye Birdie

Fri., Feb. 17 at 1:00pm

(1963) When the draft selects rock star Conrad Birdie, his fans are devastated, but none more than struggling songwriter Albert Peterson, whose song Birdie was just about to record. Albert's longtime girlfriend, Rosie, pushes Albert to write a new tune that Birdie will perform on television to a fan selected in a contest. The scheme works, with young Ohio teenager Kim McAfee declared the winner, but no one has counted on the jealous wrath of her boyfriend.



PURDUE EXTENSION

Be Clutter Free

FREE! NEW!

Tues., Jan. 10, 17, & 24 from 1:00-2:00PM; Free
Are you bogged down and overwhelmed by the possessions in your life? Getting rid of clutter is a physical and emotional task. Let's see you will need the right frame of mind, markers, tape, trash bags, boxes, organizer units, and energy. Dealing with your own clutter may seem like an overwhelming task but in the end creating order in your living space will bring some order to your emotional struggle over what to do with things. Decluttering is a good thing. Presented by: Harriet Armstrong.

Be Heart Smart

Wed., Feb. 1, 8, 15, & 22

3:00-4:00PM; Cost: \$3

The Be Heart Smart program is for anyone who wants to reduce their risk for heart disease. Learn how to monitor your risk/factors for heart disease and make simple changes to your daily routine that will improve your heart health. This program is four 1-hour lessons taught by Harriet Armstrong.





Now booking for 2023

Weddings • Reunions • Corporate Events

MillRaceEvents.com

(812)302-3838

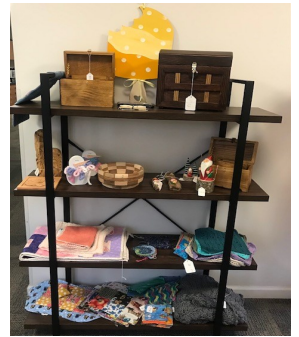
Wedding photography courtesy of jackiesantanaphotography.com & Angela Jackson Photography.

Mill Race Center is available on Saturdays in 2023 for weddings and receptions. Help us spread the word about this beautiful space for weddings and receptions.



MRC STORE

Be sure to check out the amazing products our members are making and that are for sale in the MRC store in the business office.



How can I donate and help MRC?

1 of 3 Ways:

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

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.



amazonsmile

You shop. Amazon gives.

Support Mill Race Center through Amazon Smiles! With back to school time looking a lot different this year, now more than ever people are choosing online shopping to get their must haves. This is an excellent way to support our members at MRC at no extra cost to you. Simply visit smile.amazon.com, login as you would normally, select Mill Race Center as your donation of choice and start shopping. It's that simple! Now when you shop a portion of your purchases will be donated back to Mill Race Center. **Remember to always login through smile.amazon.com** and Mill Race Center will be rewarded when you shop! Thanks so much!

Aging Well+ is a six-month participant driven comprehensive wellness program that focuses on enhancing participants' quality of life. Aging Well + is designed for adults 50+, who experience at least one ongoing health challenge, and need financial assistance accessing wellness programming. Aging Well+ participants create their own health action plan specific to their personal goals, and work to improve their overall wellness. **For more information or to apply, contact Valerie at (812)376-9241 ext. 210 or valerie@millracecenter.org.**



Current classes that I want to try/attend:

Physical Wellness:

Spiritual Wellness:

Environmental Wellness:

Social Wellness:

Financial Wellness:

Intellectual Wellness:

Emotional Wellness:

Vocational Wellness:

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!

Financial

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

Intellectual

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

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!

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!

Refrigerator Reminder - MRC Daily Activities

Monday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
8:00	Quilters & Sewing	AR
8-12	Woodcarving	LO
10:00	Golden K	CR
12:30	Mahjong	LO
12:30	Lasting Impressions	MP1
1:00	Hand & Foot	MP2
1:00	Drum Practice	CR
1:30	Armchair Travel (see pg. 24)	AR
2:00	Movies (see pg. 15)	AR
2:30	Ukulele Class	CR
5-7	Ballroom Dancing	MP2

Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
10:00	Succulent Group (3rd Tues.)	AR
Widows	Support Grp (4th Tues)	AR
10:00	Tai Chi (\$)	MP1
10:30	Bible Study	CR
1:00	Card Making (1st Tues.)	AR
1:00	Woodshop	WS
1:00	Ted Talks (2nd Tues.)	CR
1-3	Embroidery Guild (2nd Tues.)	AR
1-4	Pinochle (2nd & 4th Tues.)	CNR
2:00	MRC On the Go (see page 6)	Off Site
2:00	Bodies in Motion	MP2
3:00	Tea (2nd Tues.)	LO
5:00	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
10:00	Art Class	AR
11:00	Walk'n'Roll	MP2
11:30	TOPS	CR
12:30	Hand & Foot	MP2
1:00	Scrabble	LO
1:00	Reader's Theater	CR
3:30	Bible Study	CR
4:00	Beg. Line Dance	MP2
5:30-8	Pickleball	MP2

Thursday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
10:00	Tai Chi (\$)	MP1
10:00	Coffee Hour (3rd Thurs.)	LO
12:00	Line Dance (2nd Thurs.)	MP2
12:30	Dominoes	MP3
1:00	Birthday Party (once a newsletter)	MP1
1:00	Woodshop	CR
1:00	Woodcarving	CR
2:00	Bodies in Motion	MP2
3:00	Craft Classes (see pg. 8)	AR
3:30	Grocery Bingo (see pg. 14)	AR
6-7	Meditation	CR
5-7	Ballroom Dancing	MP2
5:30	Zumba Gold (\$)	MP3

Friday

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

Saturday

8:30-11:30	Pickleball	MP2
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(check dates on pg. 11)

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.

ACTIVITY HIGHLIGHTS

January 5

Zumba Gold, 5:30pm (\$) **NEW**

January 9 & 23

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

January 10

Tuesday Tea, 3:00pm **FREE!**

January 16 & February 6 & 20

Documentaries, 1:30pm **FREE!**

January 17

Bus Trips Travel Show, 11:00am **NEW FREE!**

January 17 & February 21

Succulent Lover's Group, 10:00am **FREE!**

January 18 & February 27

Come & Eat, 11am

January 19

Coffee Hour, 10:00am **FREE!**

Birthday Party, 12:30pm

Grocery Bingo, 3:30pm

January 20

Total Brain Health, 9:30am **FREE!**

Broadway Movie, 1:00pm

January 25

Walter Glover Speaking, 2:00pm **NEW FREE!**

January 26

Setting Goals Class, 11:00am **NEW**

Columbus Conversations. 6:30pm **FREE!**

January 27

Friday Night Line Dance (\$), 7:00pm **NEW**

February 2

Learn to Relax Class, 11:00am **NEW FREE!**

February 3

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

February 9

Random Acts of Kindness Class, 11:00am

Artcraft Theater, 12:20pm

February 13 & 27

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

February 14

Valentine's Party, 11:30am **NEW**

February 16

Coffee Hour, 10:00am **FREE!**

Grocery Bingo, 3:30pm

Columbus Conversations. 6:30pm

February 17

Total Brain Health, 9:30am **FREE!**

Broadway Movie, 1:00pm **FREE!**

February 21

TED Talks, 1:00pm **FREE!**

Tuesday Tea, 3:00pm **FREE!**

February 24

Afternoon for Arts, 2:00pm **NEW**

Evening Line Dance, 7:00pm

Follow Mill Race Center
on Facebook.



www.millraceevents.com
(812)302-3838

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

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