

Membership \$60 a year per person • 812-376-9241 • [www.millracecenter.org](http://www.millracecenter.org)



## Afternoon For Arts *Experience*

Afternoon for the Arts is back and revamped to be truly an amazing Arts Experience with Dessert!

Five dates booked for the year so mark your calendars and register for the series.

**February 24 at 2:00pm**

**People, Paint & Percussion**

*Percussion, dance and a canvas paint experience.*

*Other Dates: April 28, June 23,  
August 25, and October 27*

*Desserts Sponsored by Bob & Helen Haddad*



## GREAT DECISIONS

Returns to Mill Race Center April-May.  
Don't miss out on registering for this amazing class. See page 19 for details.



**IUPUC**

## Amazing Travel opportunities with Mill Race Center.

See page 20-22 for all the exciting details or visit our website [www.millracecenter.org](http://www.millracecenter.org).



# From Your Executive Director

"Cheeseburger, no cheese." I actually saw the phrase on a receipt from a fast food restaurant, along with a brightly colored sticker with the words, "special order." In any other universe, a "cheeseburger, no cheese" would simply be called a hamburger, and it would not require a special order. I thought that it was very amusing at the time, and I have often looked back to that situation as a reminder that processes and programs can become more complicated than they need to be.

We are looking forward to some innovative and exciting programs and events in 2017. We will be holding our third annual conference and expo, launching a new program that will focus on brain health and memory, bringing exciting arts programming to the center, and working with a local educational partner to begin a new research initiative.

All of these exciting developments serve our mission, which is to give our members the opportunity to lead independent, healthy, and meaningful lives. While we are constantly searching for innovative programs and activities, we must also remember that many people want nothing more than to socialize with their friends. There are few things in life that are healthier or more meaningful than friendship and human contact. Cutting edge programs and research opportunities can lead to some really exciting outcomes, but playing cards or bingo with friends, or shooting a game of pool is also an important way to stay healthy and connected with other people.

We are dedicated to finding better ways to serve our membership, and our community, but we will also be careful to not serve a "cheeseburger, no cheese" when someone is simply asking for a hamburger.

Dan Mustard  
Executive Director



## DEVELOPMENT CHALLENGE UPDATE

We have raised \$40,000 of our  
\$50,000 challenge!  
(as of 12/13/16)

A giving form can be  
found on back cover.



**Drum Circle**  
See page 17



**\$5 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 \$60 a year.

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## 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 218**

**Kristy Carothers, Accounts Payable, x 222**

**Dexter Fravel, Lead Bingo Volunteer**

**Steve Hood, Facility Manager, x 216**

**Roberta Isaacson, Membership, x 204**

**Jim Isaacson and Roy Hendershot, Van Drivers**

**Jan Meadows, Ambassador Coordinator**

**Jen Morrells, Development Coordinator, x 206**

**Dan Mustard, Executive Director, x 211**

**Beth Parkhurst, Community Outreach, x 208**

**Karen Phelps, Receptionist, x 219**

**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, Office Manager, x 218**

**Shannon Thalls, Program & Marketing Coordinator, x 220**

**NEW**

## New Membership Option

New for 2017! We will be offering a six month membership option in 2017. We have had many requests for a six month option, both for those who winter (or summer) in other locations, and for those who can more easily manage a smaller amount twice a year, rather than a full membership at one time. The six month membership will be \$40, and a full year membership for 2017 will be \$60. Dues for those 85-89 will be \$35, and our members who are 90 or above will continue to be free. Our membership dues are based on our budgeted expenses for the coming year, with membership dues covering approximately 10% of our expenses. The remainder of our expenses are covered by event fees, donations and fundraisers, our annual conference, grants, and rentals. Our current dues are slightly over half of the regional (Midwest) average for senior center membership dues. Scholarships are available for those who may need assistance with the annual dues.



## Did You Know...

...that you can order Meals on Wheels for whatever days of the week work best for you.

...you can order the hot lunch or a hot lunch and a cold sack supper.

...there is no age restriction for Meals on Wheels.

...Meals on Wheels can meet special diets like low-salt, renal, ADA, etc.

...can be ordered easily by calling Mill Race Center 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. 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)**

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

Leader: Willie Field, 812-525-1553



### Golden K Kiwanis

**Each Monday 10:00-11:00am**

**Visitors are always welcome!**

Serving the children of the world! Changing the world one community and one child at a time.

President: Larry Lewis 812-528-1656



**Need a gift idea?**

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

**Spends just like cash at MRC! Use for...**

The MRC Breakfast Café

Chair Massage & Reflexology

Readers Theater Lunch & Laughter

Arts Programs

Travel

Art Classes

Lunch at Bingo

All paid MRC programs

(Not for use at the fitness center)

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





# Spotlighting Physical Wellness

## 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 9:30am and usually finish at 11:30am. Come for an hour or stay the whole morning. We appreciate the help!! Contact Shannon 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 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 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](mailto:lboas@millracecenter.org)



### Volunteers Needed

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

### Your Help Needed!

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

*Needed:*  
liquid  
bath  
soap



**We Appreciate  
Our Volunteers!**



**Give the gift of a  
Mill Race Center  
membership to your  
friends for 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](http://www.millracecenter.org).

*Welcome!* **MRC Welcome Breakfast** NEW  
**Friday, January 6; 9:30am**  
**Friday, February 3; 9:30am**

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.



Come to Mill Race Center and enjoy billiards. Thank you to Art Beck for his generous donation of a new table.

# Knitting with Cathi

Samples of projects on display at Mill Race Center.



## Free Help Session

Monday, January 23; 6:30-7:30pm  
Tuesday, February 21; 10-11am  
Thursday, March 30; 10-11am

## Square of the month!

**January The Slipped Stitch Square**  
(as pictured) ...makes the perfect dishcloth!



**February A Knitted Heart square**  
Tues Feb 7 9:30-11AM

**March "Bobbled" in honor of March Madness!**  
Mon March 20 6-7:30PM

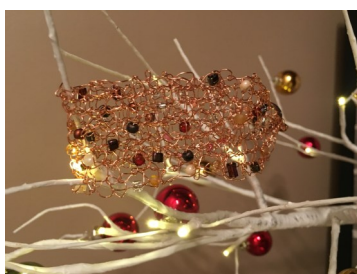
**Class Fee: \$10 members Min 2 students**

Learn a new stitch each month and use these squares to assemble a lap blanket or begin your collection of hand knitted dishcloths. If you have never gifted or even used knitted dishcloths you are in for a real surprise...and possibly will never again use anything else. Join us for the sessions of your choice, or make all 12! Supplies for this class included in the fee EXCEPT for size 7 or 8 knitting needles.

## Knit with WIRE! Add some beads!

Thursday, January 19; 9:00-11:00am

**Class fee: \$20 members (1 session) Min 2 students**



This little bracelet has been a MRC favorite and we are bringing back the class just in time for Valentines Day. Minimal knitting experience required. If you can knit, you can make this. Most will even complete the project by the end of the class. All supplies will be furnished by the instructor. Bring a friend, and join this fun, quick little class. Registration deadline Jan. 16

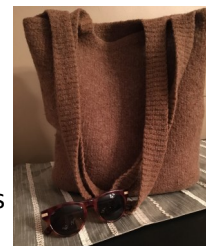


## Felted Bag

Thurs., Jan 26, Feb 2 & 9; 9:30-11am

**Fee: \$35 members (3 sessions) Min 3 students, Max 8.**

If learning to knit is on your bucket list this is the perfect project to learn. It's a great refresher class if your needles have been in hibernation for a few years or more. The best part? You will get to "wash away your imperfections and have a lovely wool bag for all your efforts. Things you will learn: Basic pattern reading, knitting in the round, picking up stitches, and so much more! Pattern is included for this class. Supply list is available at time of registration.



## Log Cabin Blanket

Tuesday, Feb 28; 6:00-8:00pm

**Class fee: \$20 members (1 session) Min 2 students**



Keep warm and toasty while knitting this project. The size is determined by each individual knitter....knit a baby blanket, lap blanket, throw or full size blanket. The bonus here is that you can use up some of your yarn stash OR use

this as an excuse to buy something that catches your eye. It's all garter stitch...so even the newest knitters can follow the pattern. Of course since this is a one session class you aren't expected to finish this project... but when you are ready to bind off join one of the FREE makeup/help sessions and learn the attached i-cord finish.

## Knitted Baby Bunny

Thursday, March 2 and 9; 6:30-8:00pm

**Class fee: \$25 members (includes supplies, EXCEPTION size 6 Double Pointed Needles) Minimum 4 students.**

This little guy is a quick knit and just in time for Easter! It's a lovely little gift or addition to an Easter basket... Or keep it for yourself! All supplies will be furnished for this class, except for size 6 Double Pointed Needles.



# Spotlighting Physical Wellness



## **Evening Star Quilt Guild** **Second Tuesday of each month,** **6:30-8:00pm (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 \$12/year for Mill Race Center Members and \$15/year for Non-members. Part of the dues money is given to support Mill Race Center. The Guild's service project is to make quilts for clients at Turning Point Domestic Violence Shelter. Guild members make 30-40 quilts annually for the children and adults there. More information: Judy Kiesow 812-374-6135, [Judyk2310@gmail.com](mailto: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 [812-603-6472](tel:812-603-6472) or [judyk2310@gmail.com](mailto:judyk2310@gmail.com) for additional information



## ✿ Intergenerational Classes ✿



### Glass Magnets

**Tuesday, February 7 at 3:30pm**

**Fee: \$5 per person**

Easy project to complete

during class time. Make

new creations or some special Valentines Magnets for your friends. This is an intergenerational class so you may register your grandchildren too.



### Wine Cork Wall Strip

**Thursday, February 23 at 3:30pm**

**Fee: \$5 per person**

Easy project to complete during

class time. Made from yard sticks and wine

corks. This is an intergenerational class so you

may register your grandchildren too.



## Crafty Fingers

**Wednesdays from 10:00-11:30am**



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.



## Coloring Café



### Color Shrink Plastic

**Tuesday, January 24**

**Tuesday, February 14 & 28;**

**Sheet Fee: \$2 per sheet**

Color your own masterpiece in our coloring café and then turn it into a wearable necklace to enjoy. Sample on display in business office.



## 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.



# Spotlighting Physical Wellness



## Line Dance for Beginners

**Wednesday, 4:30-6:00pm (MP2)**

Come and give it a try! Instructor: Pat Hoard (812) 372-4905. 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



## Ball Room Dance Classes

**Monday & Thursday 5:00-8:00pm**

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 6:00-8:00pm**

This class is for couples ballroom dancing and to practice new steps (MP2). FREE to MRC members, \$5 per class/non-member Info contact: Karl & Uschi Wolff at (812) 342-9974.



## Clogging

**Monday evenings from 6:30-7:30pm**

If you know how to clog, join Naomi Fleetwood-Pyle.

Fee: (drop in) **\$5 paid to the instructor**. Sign-up not required.

Contact Naomi (812)343-3285.

# Rhythm in Shoes

It's for beginners, too! If there is enough interest a beginners clogging class will be offered at MRC.

Monday	Wednesday	Thursday	Friday
<b>Ball Room Dance</b> 5:00-8:00pm (MP2)	<b>Line Dance</b> Beginner 4:30-6:00pm (MP2)	<b>Ball Room Dance</b> 5:00-8:00pm (MP2)	<b>Line Dance</b> 10:00-11:30am (MP2)
<b>Clogging</b> 6:30-7:30pm (MP3)	<b>Couples Dance Club</b> (MP1) 6:00-8:00pm 1st & 3rd Wednesday		

## Bodies in Motion

**Class meets: Mon., Wed. & Fri. at 8:30 am (MP2)**  
**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.

## Reflexology @ MRC!

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.



If a practitioner finds sensitive areas on your hands or feet, he/she should work them gently. Reflexology should be a pleasant, relaxing experience. Light touch will be just as effective as deep pressure because reflexology works nerves, not muscles.

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 Monday and Tuesday mornings from 8:00-12:00 and Mondays from 4:00-8:00pm. 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.**

*"This is the most relaxed I've been in a long time." ~ client*

## Tai Chi/Chi Gung

**Offering Two Classes on Tuesday & Thursday**



10:00am - Ongoing class for those with some practice in Tai Chi

10:45am - Beginning class

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.

Instructors: Paula Howard - 10:00am  
Todd Wright - Saturday Guardian Kung Fu  
(812)372-7100

Monthly Cost: \$40 members, \$55/non-members

Come and try what millions of people have practiced for health and well being.

## Chair Massage

**Wednesday mornings, 8:00-Noon**  
**January 4 & 18**

**February 1**

Emily Patrick, CMT is a Certified Massage Therapist. The price is \$1 per minute with 10, 15 or 20 (max) minute sessions available.



Chair massage can help relieve physical and emotional stress, lower anxiety, increase circulation, reduce muscle fatigue, pain and tension, headaches and much more. You can sign up on the door outside the meeting room or by calling Emily at (812)344-9716.



## Senior Volleyball

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

at Foundation for Youth 405 Hope Ave, Columbus

Information: Don Ward (812)350-2222

# Spotlighting Physical Wellness



# Pickleball



A new pickleball net is available now for outdoor use on the patio. Free for members.



**Wednesday Evenings - 6:00-8:00pm**



**Friday Afternoons - 12:00-3:00pm (12:00-1:00pm beginners clinic)**

**EXCEPT February 24 due to Afternoon for Arts**



**Saturday Mornings - 8:30-11:30am**





## Random Acts of Kindness Club

3rd Tuesday of each month  
Meeting at 1:00pm; **FREE**

Let's find JOY in the journey together. Spreading kindness here at MRC and out in the community. Let's be the reason someone smiles!



## TED Talks

2nd Tuesday of each month  
Meeting at 1:30pm; **FREE**

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.



We've already discussed Psychology, Global issues, Ecology, Nature programs, Technology, State of the Climate and many others. The presentations come from many national speakers within known areas of expertise. The MRC newsletter will always have the next two months subjects listed. We are also open to ideas for the future talks. Check at the front desk for location of the discussion.

Your TED talk team needs YOU for discussion on Current programs, in depth information, and Group Discussion. We have new subjects monthly. Join us!

**January 10 at 1:30pm**

**Topic: Kio Stark - Why you should talk to strangers**

**February 14 at 1:30pm**

**Topic: Norman Lear - An entertainment icon on living a life of meaning.**

Sign up at MRC Business Office or by calling 812-376-9241. Facilitators: Ed and Terri DeVoe

## 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 Don Collier, 812-341-7476.



## Bible Study

**Tuesday mornings 10:30-11:30am**

In the Classroom; **Free**

Information: Virginia Houser, 812-579-5132

**January: Lt. Allen Sladek, Salvation Army**

**February: Rev. John Marquis, Church of God**

## Wednesday Evening Bible Study

**Next Lesson: Beth Moore - Esther**

**Beginning January 4 at 6:30pm**

Contact Jan Meadows at (812)374-4404

Fee: \$18



**FREE!**

## Understanding Your Grief

**Bereavement Support Group at MRC**  
**Third Thursday of month from 4:00-5:30pm**  
**Open to anyone in the community**  
Facilitated by Walter Glover, Certified Grief Counselor and Jennifer Lowry.

"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: Shannon at MRC, 812-376-9241 ext. 220

**NEW**

## Grief Workshop & Lunch

**A Post Valentine's Gift For  
Those Who Are Grieving**  
**Understanding the Six Central Needs of Mourning**  
**February 23 at 11:30am-1:30pm**  
**Cost for lunch: \$7.00**

Everyone needs to have this foundational information to assist with moving toward healing. Walter Glover, Certified Grief Counselor and Jennifer Lowry will be presenting information from Dr. Alan D. Wolfelt, Ph.D. Registration required by February 20. Lunch included and held at MRC.



## MRC Woodshop

**Tuesday & Thursday, 1:00-4:00pm**

## 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**

**5:30-8:00pm (CL)**

New participants welcome to attend. For information contact Larry Carter 812-372-1956.





# 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.

## LUNCH & LAUGHTER READERS THEATER

# On Tour

Readers Theater will be On Tour  
during the months of January  
and February.

**Next Show will be April 12, 2017**



## Readers Theater

**Wednesdays - 1:00-3:00pm**

**Not meeting until March**

If you have always enjoyed the stage, or you are interested in giving it a try . . . Come and learn more about this fun and entertaining style of drama that is sweeping the nation and Mill Race Center! New members ALWAYS welcome. FREE to MRC members. Interested in joining Readers Theater?

Contact Shannon Thalls at MRC for more information.  
We are growing and welcome new members.



# Spotlighting Physical Wellness

## **FREE MOVIE SHOWINGS at MRC!**

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

Movies start at **5:30pm**. Free popcorn - Sponsored Griswold Home Care

**FREE!**



January 9  
**Florence Foster  
Jenkins**



January 23  
**Grumpy Old  
Men**



February 13  
**SULLY**



February 27  
**Mouse Hunt**

**NEW**

# creative kitchen

**FREE!**



A fun new series in the MRC Kitchen being featured once a newsletter! Join an expert in the kitchen and learn something new plus free samples. Limited seating due to space so registration is required.

**Thursday, February 9; 11:00am**



**FREE!**

## MRC Line Dancing

Increase your physical wellness by trying line dancing at Mill Race Center. Just show up and dance!

**Wednesday, 4:30-6:00pm**

**Friday, 10:00-11:30pm**

Free for members/\$5 non-members

**DAY PASS (\$5)...** now available for your friends, family and out of town guests. Purchase at the business office.



**FREE!**

## Bodies in Motion

**Class meets: Mon., Wed. & Fri. at 8:30 am (MP2)**

**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.

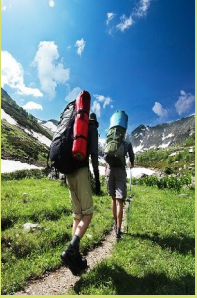


**FREE!**

## MRC Pickleball

Learn about pickleball the paddle sport game for all ages being played at Mill Race Center. See **page 11** for all the details of times being played at Mill Race Center. **Free for Members.** A great way to increase your physical wellness.

# Spotlighting Physical Wellness



## MRC Hiking Group

**NEW hikers always welcome!** No experience necessary! Call Ed Niespodziani at (812)379-4073 or (812) 552-3343 for details and dates to join the fun!

## Upcoming Hikes:

**Monthly hikes at State parks, recreational areas, state forest, etc...**

## Winter Hiking Trip

- Cross Country Skiing in Michigan



## Late Spring - to early Summer

- A 3 week adventure into the American Southwest is being planned. Hiking in the North Rim of the Grand Canyon, Zion, Bryce, Canyonlands, Mesa Verde, and Rocky Mountain National Parks. Included will be stops at historical sites along the way including, Arrow Rock, Missouri, Sand Creek National Battlefield, Bent's Old Fort, Hovenweep National Monument, the Four Corners Monument and Fort Phil Kearny.

- Contact Ed Niespodziani for more information.

**Submit your favorite winter hiking photos to [Shannon@millracecenter.org](mailto:Shannon@millracecenter.org) and we will post them on the Mill Race Center Facebook page.**

**facebook**

## TOPS Club

**Wednesday 11:30am-1:00pm (CR)**

Take Off Pounds Sensibly

For more information please contact Judy Lemley at 812-372-3241 or check the TOPS website at [www.tops.org](http://www.tops.org).

## Senior Swim

**At Foundation For Youth**

**Tuesday, Thursday and Saturdays**

**from 8:30-10:00am.**



Purchase swim passes at FFY for \$5/visit for non-members of FFY. Become a FFY member for \$25/year and receive discounted passes. 30 visits/\$75, or 50 visits/\$100.

For more information call FFY at: 812-348-4558.



## 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.

## Drumming Circle

**Monday, February 6; 1:00pm**

**Free members/\$5 non-members**

Get your groove on and come out and drum with us! Weather permitted we will be on the patio. Limited seating must register to attend. Bring your own drum if you have made one in class.





## Birthday Party

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



## Birthday Celebrations

**January Birthdays: Jan. 5 at 1:00pm**

**February Birthdays: Feb. 2 at 1:00pm**

**March Birthdays: March 2 at 1:00pm**

Reservations required. 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.

## The Handyman Connection

**Retired.....got some time to share?**

**The Handyman Connection**, is looking for volunteers willing to lend a hand with "handyman" projects for families and individuals in need.



Labor provided by volunteers, materials and parts will be purchased by the home owner. The homeowner must be available to help with the project (in whatever capacity they are able) to encourage "buy-in".

Expert handyman skills not required, just a passion for helping others. This is a great way for you to share your skills, learn new skills and make new friends.

To learn more contact Ed Niespodziani 379-4073 (home) or 812-552-3343 (cell), email [kn4073@comcast.net](mailto:kn4073@comcast.net).



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 11, February 8, March 8, April 5 & May 3.**

## We've Got an App for That!

Learn more with 1-on-1 tutoring on applications, or APPS that transform your smart phone or tablet computer into the world's most versatile pocket tools. 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. Email Karen at [karen@millracecenter.org](mailto:karen@millracecenter.org)

# Spotlighting Physical Wellness



New Monthly  
Series at MRC



New monthly classes with Amy Artis, Outreach Services Specialist with the Office of the Indiana Attorney General. Register for these free classes in the business office.

## Scams 101

**Friday, January 13; 10:00am**

Learn the definition of a scam, signs it might be a scam, top scams in Indiana, and how to avoid being a victim of a scam.

## Cyber Safety 101

**Friday, February 10; 10:00am**

Learn how to stay safe, creating strong passwords, phishing, spamming and zombies, sexting, cyber bullying, and what can parents/grandparents do to protect children.

## Unclaimed Property and Question & Answers

**Friday, March 10; 10:00am**



## Great Decisions

Series will begin in April and meet for 8 weeks at Mill Race Center. More details will be out in our next newsletter, but registration is beginning now for this class.

All participants receive a Great Decisions book with pre-readings for each session. Class fee: \$35

Great Decisions is America's largest discussion program on world affairs. The program model involves reading the Great Decisions Briefing Book and attending a weekly lecture and discussion group to discuss the most critical global issues facing America today.

**2017 Topics Include:** EU, Trade, China, Gulf Cooperation Council/Saudi Arabia, Geopolitics of Energy, Latin America, Afghanistan/Pakistan, Nuclear Security.

Classes & Registration held at Mill Race Center.



**IUPUC**

## TRAVEL WITH MILL RACE CENTER

### 2017 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.



#### **New Orleans! March 26-April 1. Only \*\$690**

Includes 6 nights lodging, 6 breakfasts and 4 dinners, Riverboat Cruise, Louisiana Plantation tour, Tour of New Orleans with free time in the French Quarter and much more! Single room rates and non-member rates also available. Sign up by 1/15.

#### **Santa Fe and Albuquerque May 21-29**

\*\$839 includes transportation, lodging, 8 breakfasts and 6 dinners, tour of Santa Fe, Acoma Pueblo, Old Town Albuquerque, Sandia Peak tramway, Sky City and more!



#### **Cape Cod with Martha's Vineyard Plus Plymouth! June 18-24 Only \*\$685**

See Picturesque Provincetown. Visit Lighthouses, Windmills and Charming small coastal towns 6 nights lodging, 6 breakfasts, and 4 dinners, plus guided tour of the historic seaside towns of Hyannis and Sandwich, the "Outer Cape", including Provincetown and Chatham and more!

#### **California Coast with Collette, July 2-10**

Tour includes San Francisco, Monterey, Yosemite, San Simeon, Santa Barbara and Long Beach. See Big Sur, Hearst Castle, Pasadena and LA. Deadline May 2. Travel Show Wednesday, February 8, 11:30-1pm. See brochure for pricing.

#### **Vermont and New Hampshire Luxury Tour, August 20-26**

First Class all the way on this adventure! Everything you could want to see from farms to waterfalls, even a dinner train! Price includes 6 breakfasts, 2 lunches and 6 dinners, tours of Castle in the Clouds, Trapp Family Lodge, Shelbourne Museum, Omni Mount Washington Resort, Cruise on Squam Lake, Aerial Tram ride, deluxe accommodations and motor coach transportation. \$1899 per person double occ. Single and Triple rates available. Custom trip with US Tours. **Deadline April 17, 2017.** Luxury Motor Coach by Nationwide Coaches with \*Mike Skinner, driver by request.

#### **Sunny Portugal with Collette, September 12-21**

See Beautiful Lisbon, Obidos, Lagos, Faros, Fatima and so much more. Tour the beautiful seaside resorts of Portugal, considered to be some of the world's best resort destinations. 100<sup>th</sup> anniversary of Fatima in 2017 and also 5 UNESCO world heritage sites included. Travel show on Wednesday, February 8<sup>th</sup> at Mill Race Center from 11:30-1pm. **Deadline to sign up: March 13, 2017**

#### **Maritime Wonders, featuring Nova Scotia, with Collette**

September 27- October 7, 2017. Follow the Coast North to this quaint, unspoiled part of Canada. See lighthouses, fishing villages, cathedrals and much more. Flying into Canada you will need a passport for this adventure! **Deadline March 25!**

#### **Mystic, Foxwoods and The Newport Mansions! October 14-20**

Limited seating on this fabulous trip to Connecticut and Rhode Island. See mansions, seaports and glamorous casinos all in one trip! Includes luxury motor coach transportation, 4 dinners and 6 breakfasts, guided tours, shopping, free time at a resort property and casino action. \$799 double occ. **Deadline August 5.**

See more Travel Information on page 21-22

TRAVEL



# Spotlighting Physical Wellness

## FABULOUS DAY TRIPPERS!

New Day Trips to interesting locations offered every month! First 20 to sign up each month get to go! **Each Day Tripper adventure priced individually based on cost/admission fees, lunch not included unless noted.** All trips leave MRC. Please note if you need transportation to MRC when making your reservation. Also you must note any food or accessibility concerns at time of reservation as not all venues can accommodate special requests. **March 17, 2017. Get your Irish on at our St. Patty's day celebration!**

Lunch included at Nine Irish Brothers after the Indianapolis St. Patricks Day Parade! Parade starts at 11:30am so we will arrive early to get good seats. Lunch will be at 1:30 so we will have snacks and beverages during the parade. Plan on wearing o' the green and having a great time! Chairs provided but bring a warm coat or blanket! \$45 members, \$55 non-members. 9:30-4pm



## SHOWS & SPECIAL EVENTS



**Indianapolis Symphony Orchestra Coffee Series,**  
Leave MRC at 9am return approx. 2pm. \$70 member, \$80 nonmember. Includes ticket and transportation. Already a Season Ticket Holder? Call for transportation only rate!

**Friday January 6<sup>th</sup> Timeless Classics with Maureen McGovern**

**Friday, March 3<sup>rd</sup> An American in Paris Movie with ISO Orchestra**

**Friday, March 31 Sci Fi Spectacular**

### Jersey Boys

**Special Event! Special Price!**



Only 12 tickets available for Sunday, March 5 at Clowes Hall. Leave MRC at 4:30. Dinner on your own on the way, restaurant to be announced at a later date. Great seats and transportation provided. Call now to reserve! \$70 members, \$80 non members.

## MRC LUNCH BUNCH & MORE

### Lunch Bunch

Monthly trips to local joints for food and fellowship. Mondays - 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.*

**Monday, January 30**

**Olive Garden, Greenwood**

**Monday, March 6**

**Cheddars, Greenwood**



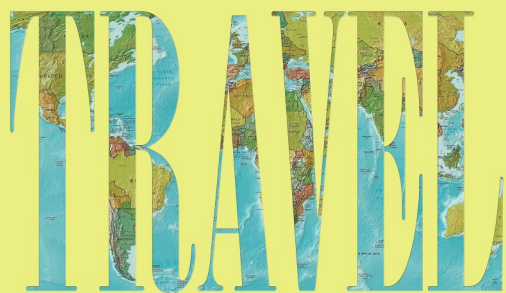
### Lunch and More!

**Monday, February 13, Milk Tooth! Indianapolis, One of the USA's most critically acclaimed restaurants!** \$10 members and \$12 non members for transportation only. Leave MRC at 10:30 return at 3pm.

**Tuesday, March 21, Traders Point Dairy, Zionsville IN,** \$10 members and \$12 non members for transportation only. Leave MRC at 10:30 return at 3pm.



## TRAVEL



### Gettysburg, Washington DC and Williamsburg at Christmas, November 27-December 2 Custom Trip by US Tours

Celebrate a First Class Colonial Christmas as we tour Gettysburg, Williamsburg and Jamestown, Washington DC and Mt Vernon at the Holidays. This **one of a kind** tour includes accommodations at the Gettysburg Hotel, Ford's Theater performance of a Christmas Carol, night time monuments tour, 5 breakfasts, 3 lunches and 4 dinners at spectacular venues. Luxury Motor Coach by Nationwide Coaches with \*Mike Skinner, driver by request. \$1745 double member price, Triple, quad and single rates available. **Deadline March 31 due to advance reservation at fine venues. FAMILIES WELCOME!**



## TRAVEL SHOW

### Wednesday, February 8

### 11:30am in MP1

Lunch Provided

RSVP required

Mill Race Center call 812-376-9241

Call Edie Smith @ 812-376-9241x 215  
[travel@millracecenter.org](mailto:travel@millracecenter.org)  
 for more information



**Physical Wellness:** 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!**

**Social Wellness:** enhancing personal relationships, making friends, enjoying the company of others and initiating communication with those around you.

**Enjoy the company of others!**

**Spiritual Wellness:** discovering the meaning and purpose in human existence. Working toward finding peace. Processing past experiences and emotions. Learning to live each day in a way that is consistent with your values and beliefs.

**Find meaning in everyday!**

**Vocational Wellness:** The vocational dimension recognizes personal satisfaction and enrichment in one's life through work.

**Remain active, involved and productive!**

**Intellectual Wellness:** seeking stimulating mental activities to expand knowledge and skills. Stretching and challenging the mind with intellectual and creative pursuits.

**Avoid boredom...be productive.**

**Emotional Wellness:** recognizing and accepting your feelings. Emotional wellness includes the degree to which you feel positive and enthusiastic about yourself and life. This includes the capacity to manage your feelings and related behaviors, and your ability to cope effectively with stress. Accepting a wide range of feelings in yourself and others is essential to wellness.

**Be optimistic in your approach to life!**

# Spotlighting Physical Wellness



## Comprehensive Health Screen

**February 16 from 8:00-10:00am (MP2)**

*All tests are FREE except the Hemoglobin.*

**Cholesterol Test (fasting - this test \$5 cash\*)**

**Balance test, stress screen, advanced directives,  
hearing test, B/P, Height/Weight, BMI, Eye Pressure,  
Pharmacist Consult, Dietician Consult,**

**Glucose test (fast), COPD risk screen, Inhaler  
techniques, and obstructive sleep apnea screen.**

**(\*Test fees paid directly to public health nurse)**

**Registration is required.** Sign up at MRC Business  
Office or call 812-376-9241.

## Better Breathers

**Wednesday, March 15 at 3:00pm**



The Better Breathers Club support group will not meet during the months of January and February 2017. We will look forward to seeing each other again in March of 2017, and we will send a meeting notice and schedule before our first meeting. If you would like to be added to our mailing list, or if you come to the meetings and have an idea for a topic you would like to discuss next year, please call Jennifer at 812-376-5793. Until then, have a happy and healthy New Year.

Better Breathers Clubs are supported by the American Lung Association, and the meetings are designed to help members increase quality of life and prevent illness. We also function as a support group, offering understanding and comradery to people who are challenged by lung problems.

Information contact Jennifer at 812-376-5793



## Mill Race Center Gear



### Mill Race Center Gear

Purchase your own T-shirt or hat at Mill Race Center. Items ordered by the 15th of the month will be returned by the 1st of the next month. Order at the business office.

## Senior Scribes

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

Barbra Heavner, 812-344-2644  
Janice Waltermire, 812-372-1707



**Active Living Everyday Class**  
**Monday & Wednesday**  
**beginning Feb. 13 (6 weeks)**  
**1:00-3:00pm**

Helping individuals make positive changes to improve their health and well being. Improvements made in physical activity and cardio respiratory fitness.

### Future Classes

**Matter of Balance - Coming in July**

**Walk With Ease - Coming in September**

## MILL RACE CENTER R E N T A L S



Consider beautiful Mill Race Center for wedding rentals, class reunions, or other large gatherings. 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.

**Saturday/Sunday Rental:** Full day (8 hours), full Multipurpose Room rental is \$1200. See the rental policy packet for additional and/or individual room availability and rates.

Visit our website [www.millracecenter.org](http://www.millracecenter.org) and for all the details about renting Mill Race Center. You will find the rental policies, the rental application and frequently asked questions.



# Spotlighting Physical Wellness

## Pickleball

**FREE!**



Offered Wednesday, Friday and Saturday mornings.  
See page 11 for details.



**Every Tuesday  
Noon to 4pm**

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

Packets: \$15 or \$18; includes 2 coverall games. Extra coverall games are \$1 to play and 80% of the total take if you win!

**NEW** New day of week

**MAHJONG**  
Every Monday  
1:00-3:00pm



## OPEN Billiards

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



## Columbus Chess Club

Every Thursday evening  
5:00-8:00pm (AR)  
New players welcome!

Wednesday afternoons  
from 1:00-3:00pm in (AR)  
New players welcome!



## Ping Pong

It is considered a "Brain Sport" by enhancing motor, strategy and long-term memory functions.

**COME & PLAY:**

**PING PONG is back!**

**Tuesday 1:00-3:00pm (MP1)**



## Card Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Friendship Bridge</b> 1:00-4:00pm <b>Beginner Bridge Lessons</b> Interested call Claire (812)342-9983	<b>Euchre</b> 5:30-7:30pm Chair: Ed Love (812)-371-6291	<b>Hand &amp; Foot Beginner</b> Rosemary Sager (812)390-7665 12:45-4:00pm	<b>Duplicate Bridge</b> 1:00-4:00pm (MP2)	<b>Euchre</b> 1:00-4:00pm Chair: Ed Love (812)-371-6291
			<b>Pinochle</b> 1:00-4:00pm	

All classes listed below are held at Mill Race Center. You can register for these classes by calling (812)376-9241 or stopping by the business office. Classes taught by Harriet Armstrong, Health & Human Sciences Educator.

**PURDUE**  
**EXTENSION**



**Thursdays, Jan. 19, 26, Feb. 2, and 9; 2:00-4:00pm**

**Cost: \$20 individual fee; \$30 couple fee for those sharing materials**

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.

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

Why Learn to Use Health Insurance?

- Be healthy enough to work
- Access preventive services while containing costs.
- Prevent and manage chronic illness
- Improve health of adults and children
- Avoid financial pitfalls

SMART USE HEALTH INSURANCE

STUDENT OF THE MARYLAND EXTENSION

**SMART USE Helps You Manage Your Health & Money**  
**Free class: Tues., Jan. 17, 2:00pm at Mill Race Center**



Are you using your health insurance to its full potential? Do you know what your insurance will cover? Can you easily access your information?

PURDUE  
EXTENSION



**Tues., Feb. 14, 21, 28 & March 7**

**1:00-2:00pm; Cost: \$5**

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. Registration until 2/10/17.



**REJECT FILM - The Science of Belonging**  
**Thurs., March 30; 10:00am**



Rejection occurs throughout life. It can also be referred to as ostracism. What does it look like? What are its affects?

Ostracism is a topic we may not think about, but unfortunately it is something which all of us have experienced. How does it affect our behavior, our work/school performance, or our interpersonal relations? We will be watching the film "Reject" and discussing its content. Please watch this trailer - <http://rejectfilm.com/>. Research done by Kip Williams of Purdue is featured in this documentary.



# Refrigerator Reminder - MRC Daily Activities

## Monday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
<b>8-10</b>	<b>Breakfast (\$)</b>	<b>LOB</b>
<b>8-N</b>	<b>Reflexology (\$)</b>	<b>MR</b>
8:30	Body Motion	MP2
9:00	Golden K Board	CNR
8:00	Quilters	AR
10:00	Golden K	MP2
1:00	Drum Practice	CR
1:00	Hand & Foot	MP2
1:00	Friendship Bridge	MP2
12:30	Lasting Impressions	MP1
<b>4-8</b>	<b>Reflexology (\$)</b>	<b>MR</b>
5:00	Silver Tones	MP1
<b>5-8</b>	<b>Ballroom Dancing</b>	<b>MP2</b>
<b>6:30</b>	<b>Clogging</b>	<b>MP3</b>

## Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
<b>8-10</b>	<b>Breakfast (\$)</b>	<b>LOB</b>
<b>8-N</b>	<b>Reflexology (\$)</b>	<b>MR</b>
8:30	Senior Swim*	FFY
<b>10:00</b>	<b>Tai Chi (\$)</b>	<b>MP1</b>
10:30	Bible Study	CR
1:00	Woodshop	WS
<b>1:00</b>	<b>Bingo (\$)</b>	<b>MP2</b>
5:30	Euchre	AR

## Wednesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
<b>8-10</b>	<b>Breakfast (\$)</b>	<b>LOB</b>
<b>8-Noon</b>	<b>Chair Massage (\$)</b>	<b>LOB</b>
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
12:45	Hand & Foot	MP2
1:00	Scrabble	AR
1:00	Reader's Theater	CR
1:00	Bid Euchre/Pinochle	LO
4:30	Beg. Line Dance	MP2
5:30	Singles Group	LO
	(2nd Wed)	
6-8:00	Pickleball	MP2
6:00	Couples Dance	MP1
	(1st & 3rd Wed)	
6:30	Bible Study	CR

## Thursday

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

## Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	<b>Breakfast (\$)</b>	<b>LOB</b>
8:30	Body in Motion	MP2
8:30	Volleyball	FFY
10:00	Line Dancing	MP2
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 <b>BOLD</b> have registration fee.	
\$ indicates drop-in fee available.	

## ACTIVITY HIGHLIGHTS


### January 5

Birthday Party, 1:00pm 

### January 6

Welcome Breakfast, 9:30am 

### January 9

Movie, 5:30pm 

### January 10

TED Talks, 1:30pm


### January 17

Random Acts of Kindness, 1:30pm

### January 19

Understanding Your Grief, 4:00pm

### January 23

Movie, 5:30pm 


### February 2

Birthday Party, 1:00pm 

### February 3

Welcome Breakfast, 9:30am 


### February 6

Drum Circle, 6:30pm 

### February 9

 Creative Kitchen, 11:00am 

### February 13

Movie, 5:30pm 

### February 14

TED Talks, 1:30pm

### February 16

Understanding Your Grief, 4:00pm 


### February 21

Random Acts of Kindness, 1:30pm


### February 23

 Grief Workshop with Lunch, 11:30pm


### February 24

 Afternoon for Arts, 2:00pm

### February 27

Movie, 5:30pm 

### Physical Wellness

 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!

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

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



Find us on:  
**facebook®**



Mill Race Center  
900 Lindsey St.  
Columbus, In 47201

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U.S. POSTAGE PAID  
COLUMBUS, IN 47201  
PERMIT #59

CURRENT RESIDENT OR



**Note your  
Membership  
renewal date in  
corner of  
address label.**



**Support Mill Race Center**



Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_

Email \_\_\_\_\_

I (we) pledge a total of \$ \_\_\_\_\_ to be paid: \_\_\_ now \_\_\_ monthly \_\_\_ quarterly \_\_\_ annually

Payment Form: \_\_\_ cash \_\_\_ check \_\_\_ credit card

Credit Card Type: \_\_\_ Master Card \_\_\_ Visa \_\_\_ Discover

Credit Card #: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ Authorization Code: \_\_\_\_\_

Cardholder Name \_\_\_\_\_ Signature \_\_\_\_\_



*Thank You*

