




MILL RACE CENTER



January/February 2018 • Issue No. 1

AGING WELL!

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

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



TOTAL BRAIN HEALTH

BODY • MIND • SPIRIT



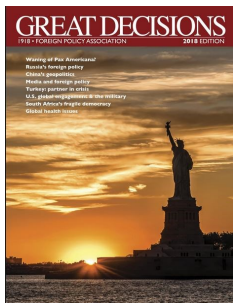
Academy of
Lifelong Learning
at Pitman Institute

**Amazing
Opportunity!
See page 6**

DON'T MISS OUT!

GREAT DECISIONS

Returns to Mill Race Center April-May.
Don't miss out see page 26 for details.



IUPUC

BEAT THE WINTER BLUES



only
\$10

**Dinner & Dancing with
The Reunion Band
at Mill Race Center.**

**Wednesday,
February 21
5:00-7:00pm**

Brought to you by the
Financial Advisors of Columbus

Edward Jones®



New Hours at Mill Race Center

Monday-Thursday 8:00a.m.-7:00p.m.

Friday 8:00a.m.-5:00p.m.

Business office: Monday-Friday 9:00a.m.-5:00p.m.



PLEASE
NOTE

Please check all class and activity
times to note if there is a change
to the schedule.



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 9:00 a.m. - 5:00 p.m.
 Fitness Center Hours: Monday—Thursday, 6:30 a.m. to 7p.m., Friday 6:30 a.m. to 5 p.m. and Saturday 8 a.m. to Noon



From Your Executive Director

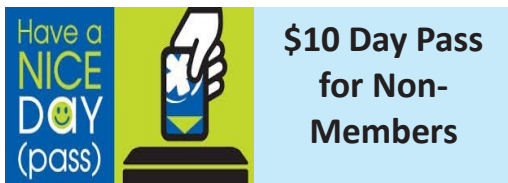
“And the survey says...” We had nearly 500 members complete our annual survey this year, and the information is incredibly valuable. Thanks to everyone who participated. The questions covered a range of topics; from personal health and wellness to more specific topics regarding the programming and facility here at Mill Race Center. Here is a snapshot of the information:

- 46% of the people who responded attend Mill Race Center 2 to 3 times per week
- 52% more often attend in the morning, while 46% are more likely to attend in the afternoon
- 95% drive their own car (which explains why parking was the number one complaint)
- 40% utilize the fitness center
- 90% thought that our fees were reasonable, 8% too high, and 2% too low
- 99% responded that they would recommend Mill Race Center to friends and family
- 83% get information about Mill Race Center from the newsletter
- 51% are married
- People aged 65-74 are the largest age group
- 83% are retired, while 17% are working at least part time

The things that our respondents liked least about Mill Race Center? The parking situation, the bio-swales, (or “snake harbors” as one person described them) and the difficulty in regulating room temperatures. No surprises there. We didn’t have to wait for the survey results to know that those three things would top the list.

Fortunately, the vast majority of the comments were overwhelmingly positive. There was a common theme running through the comments. Here are a few quotes: “[The thing I like best is] to be challenged by my peers who are retired and still intellectually active and vibrant.” “It’s a place I feel proud to show and recommend to others.” “[The thing I like best is] the willingness to accommodate all members.” “It’s a great community building in a great location offering a wide variety of programs.” We couldn’t say it any better.

Dan Mustard
Executive Director



All programs and events listed in the newsletter are for **members only** unless it is stated otherwise. Call the Business Office at (812) 376-9241 or visit our website to become a Mill Race Center member. Membership is only \$80 a year.

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

Mill Race Center Staff

812-376-9241

Dan Mustard, Executive Director

Liz Barriger, Accounting Clerk, x 207

Leah Boas, Aging Well Coordinator, x 210

Debbie Bray, Administrative Assistant, x 222

Laura DeDomenic, Resource & Philanthropy Director, x 208

Dexter Fravel, Lead Bingo Volunteer, x 218

Steve Hood, Facility Manager, x 216

Fred Guarnieri, Senior Products Supervisor, x 228

Roberta Isaacson, Membership, x 204

Jim Isaacson and Roy Hendershot, Van Drivers

Jan Meadows, Ambassador Coordinator

Dan Mustard, Executive Director, x 211

Renee Nicholson, Business Office Manager, x 218

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, Programming & Development Assistant, x 209

Shannon Thalls, Programming & Development Director, x 220

Jeff Voyles, Senior Products, x 228



New Membership Information

We will be offering an auto debit option (one year commitment) for those who wish to pay a small monthly amount, rather than a full membership at one time. We will still be offering a six month membership option to be paid twice a year. The full year membership for 2018 will be \$80 or \$7.50 if you use auto debit. A six month membership will be \$45. Dues for those age 85-89 will be \$35, and our members who are age 90 or above will continue to be free. Our goal is for membership dues to cover 10% of our operating costs annually. The remainder of our expenses are covered by event fees, donations and fundraisers, our annual conference, grants, and rentals. Scholarships are available for those who may need assistance with the annual dues. Please see the yellow insert inside this newsletter to sign up for auto debit option, and to become a friend supporting Mill Race Center.



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 orphanages overseas. You do not need to know how to sew. Donations of new, cotton blend fabric needed.

Leader: Willie Fields, 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: James Lowney 812-350-8034



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.



VOLUNTEERS WANTED

NEWSLETTER ASSISTANTS

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

MEALS-ON-WHEELS Volunteer Drivers

Friendly people needed to make someone's day by delivering a warm meal and a **SMILE!** Once a week, once a month . . . Or when you are available. Call 812-376-9241.

BINGO CALLERS NEEDED

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

MRC AMBASSADORS

MRC Ambassadors enjoy meeting people and getting to know them. They are helpful to our staff and members in a myriad of ways. From greeting folks as they walk through the door to helping prepare for an upcoming event, they add sunshine to everyone's day. Jan Meadows, (812) 374-4404 for details.

Aging Well Guide

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



Volunteers Needed

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

Your Help Needed!

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

Needed:
Deodorant & Toothpaste



**We Appreciate
Our Volunteers!**



Watch for more information to come about a visit by

Dr. Cynthia Green
to Mill Race Center.

Welcome! **MRC Welcome Breakfast** **NEW**
Friday, Jan. 5; 9:30am
Friday, Feb. 2; 9:30am **FREE!**

Held the first Friday of each month in the lounge at 9:30am. Have you recently joined or are you interested in Mill Race Center? We'd like to get to know you better and introduce you to the Center and the variety of programs and events we have planned throughout the year. Call to register (812) 376-9241.



Give the gift of a **Mill Race Center** membership to your friends for the 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 Gear

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

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





NEW



**Mondays and Wednesday
from 2:00-4:00 pm**

1st Class Offering:

Beginning January 15th through February 7th

2nd Class Offering:

Beginning February 12th through March 7th

Cost: \$20 (scholarships available upon request)

Dr. Cynthia Green is a clinical psychologist, author, and one of America's foremost experts on brain health. Dr. Green has spent over twenty years developing programs for cognitive wellbeing that are grounded in science, utilize strategies that work, and incorporate evidence based techniques.

Through the Summerville Fellowship at the Pitman Institute for Aging Well, Dr. Green's Total Brain Health Memory program will take place at Mill Race Center. Total Brain Health Memory is a unique program designed to teach participants valuable memory strategies and how to rev up recall. Led by the Summerville Fellow, Total Brain Health Memory will meet for four weeks twice a week and cost \$20, with scholarships available upon request.

If you are interested in joining the Total Brain Health program and would like to receive program updates, please contact the Mill Race Center Business Office at 812-376-9241.

FREE YOUR MIND.

February 8th - March 8th

Thursdays at 1pm; Free - Group size is limited

(This class will be meeting off-site at All Saints Community; 5400 Yellowwood Ct, Columbus)

Free Your Mind is a group that will meet once a week on Thursdays at 1 p.m. starting on February 8th and ending March 8th. During this group, art will be used to express ourselves and as a way to cope. No prior art experience is required to join this group. For more information contact Calli McNicholas at 812-376-9241 ext. 202 or calli@millracecenter.org. To register contact Mill Race Center Business office at 812-376-9241.

Learn To Relax

FREE!

Stressed? Looking to wind down and relax? If so, then join us on Mondays from January 29th - February 19th at 10:00 am as we relax our minds and bodies using relaxation techniques. Call the MRC Business office to register 812-376-9241.

Class is free to MRC members!

Relax

NEW

One-on-one Counseling and Support

FREE!

Do you feel alone and need someone to talk to? Have you recently experienced a life change and need emotional support? Are you having difficulty managing the stresses of caretaking? Or just need someone to talk to?.

Contact Summerville Fellow Calli McNicholas, Mental Health Graduate Candidate 2018. To schedule an appointment call: 812-376-9241 ext. 202, Monday – Thursdays. Service is provided free of charge.



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

The Guild is open to anyone interested in quilts and the art of quilting. The meetings offer information and instruction in quilting and quilting techniques given by Guild members and guest presenters.

Dues are \$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.



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 for additional information



Art Class

Wednesdays from 10:00am-12:30pm

Watercolors, oils, acrylic, pastels.

No previous art

experience required.

Beginners: no supplies needed for your first visit. Holly will get you started on a project and advise on needed supplies.

FREE for MRC members.

For more information contact: Holly Melillo at 812-342-9650.

FREE!



Crafty Fingers

Wednesdays from 10:00-11:30am

FREE!



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

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



Seasonal Magnet Class

February 1 at 1:30pm

Cost: \$5 for 8 magnets

Join us for this fun class to make small 1" magnets with colorful designs. Materials provided. Make your own fun Valentine creations.

create

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

NEW

Snowman Set

Thursday, January 18

2:00pm; \$10

Make your own little snowman family to decorate your front porch or bring them indoors. All supplies included to make a set of 3 snowman.



Card Making 101

Tuesday, February 20

1:00pm

FREE!

NEW

Learn how to make your own unique cards from our talented members Pat Franklin and Cindy Owen.



NEW

Tuesday, February 27

2:00pm; \$30

Join the Tri-State Artists and learn to paint your own beautiful sunset with trees. All supplies included. Minimum of 10 people to hold the class.





Line Dance for Beginners

Wednesday, 4:00-5:30pm (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, Tuesday & Thursday 5:00-7:00pm

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



Couples Dance Club

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

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



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

Rhythm in Shoes

Clogging

Monday evenings from 6:00-7:00pm

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.

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

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



DON'T MISS OUT!
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.

Reflexology @ MRC!

Thursday evenings from 4:00-7:00pm

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



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 Thursday evenings 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 Tuesdays & Thursdays



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

11:00 am - Beginning class—Cost: \$25

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, 11:00 a.m.

Todd Wright—Saturdays at Guardian Kung Fu from 9:00—10:00 a.m. Call 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

Every 1st & 3rd Wednesday

8:30-10:30am

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



Back by Popular Demand

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 from 8:30-10:30am

at Foundation for Youth 405 Hope Ave, Columbus

Information: Don Ward (812)350-2222



Pickleball



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



Wednesday Evenings - 5:30-7:00pm



Friday Afternoons - 12:00-3:00pm



Saturday Mornings - 8:30-11:30am

EXCEPT January 6

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



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, Jennifer Lowry and Shannon Thalls



"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 or Shannon@millracecenter.org

MRC Woodshop



Tuesday 1:00-4:00pm

The woodshop is available for MRC members only and is open on Tuesdays from 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

5:30-7:00pm (CL)

New participants welcome to attend.

For information contact Larry Carter 812-372-1956.

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.

Are you interested in psychology, fast moving information, economics, nature, and other timely subjects in a discussion format? Ted Talk is for you. We select from over 2500 presentations and 100 categories for our monthly group, keeping it lively and informative. No pressure, the conversation flows and we give you the subject ahead of time if you wish to review the material.

We've had talks on money to original thinkers to life lessons to being a citizen of the world. Don't miss out. Our sessions are the 2nd Tuesday of the month at 1:30 in the afternoon. We'll even help you find the Ted Talks site for additional study.

We'll look for you there.

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

January 9th at 1:30pm

By: Ted Halstead

Topic: A climate solution where all sides win

February 13th at 1:30pm

By: Eric Haseltine

Topic: What will be the next big scientific breakthrough



DAY PASS (\$10)... now available for your friends, family and out of town guests. Purchase at the business office.

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 Studies

Morning Bible Study

Tuesday mornings 10:30-11:30am

In the Classroom; Free

Information: Virginia Houser, 812-579-5132

January: Not Meeting

February: TBA



Evening Bible Study

Wednesdays 5:30-7:00pm



Gospel of Mark - God's Word For You

A free evening study open to the community. Information: Jan Meadows (812)374-4404



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 11, 2018



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 Kelly Staley at MRC for more information.
We are growing and welcome new members.

FREE MOVIE SHOWINGS at MRC!

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

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

Free popcorn - Sponsored by Griswold Home Care



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



January 8

**The Mountain
Between Us**



January 22

Groundhog Day



February 12

**Goodbye
Christopher Robin**



February 26

**Little Miss
Sunshine**



Drumming Circle Practice **FREE!**

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 **FREE!**

Monday, February 6; 1:00pm

Free members/\$10 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.



MRC CON Nect

Event formerly known as
Super Saturday

DON'T MISS OUT!



January 25 from 10am-12pm

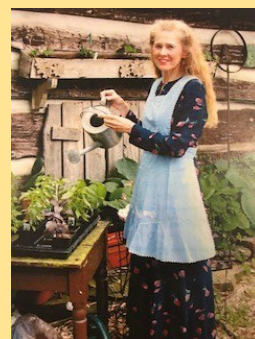
CONNECT at Mill Race Center by learning, engaging and exploring at this new free program. **A FREE program open to the public!** Attend both sessions offered or pick and choose.

10:00-10:45am

Every Apron Tells A Story

Debra Slone

Take a nostalgic and historic walk through several decades and learn how to date an apron and understand how social and economic events as well as fashion played a role in apron styles and use. Over 100 aprons will be displayed, representing styles from the late 1800's through 1970.



11:00-11:45am

Learn to Relax

Leah Boaz & Calli McNicholas

Relax



Stressed? Looking to wind down and relax? Learn the importance of taking time for yourself and relaxing the body. Taking time and unwinding is an important part of maintaining good health. Deep relaxation has many other potential benefits as well - it can decrease blood pressure, relieve pain, and improve your immune and cardiovascular systems. Learn the basics from Leah & Calli.

creative
kitchen



NEW

Join Chef Gethin Thomas from Henry Social Club in the kitchen and learn something new and try free samples. Limited seating due to space so registration is required and will be checked in class.

Thursday, February 8, 11:00 am

Non-members must purchase a day pass



**MALL
WALKERS**

Get active,
have fun and
meet new
people

Join Us

NEW

MRC Mall Walkers

**Mondays & Wednesdays at FairOaks Mall
Beginning January 3 at 10:00am**

FREE!

MRC Line Dancing



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

Wednesday, 4:00-5:30pm

Friday, 10:00-11:30am

Free for members/Day Pass needed for non-members



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.



MRC Pickleball

FREE!

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.



Birthday Party

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

Birthday Celebrations

January Birthdays: January 4 at 1:00pm

February Birthdays: February 1 at 1:00pm

March Birthdays: March 1 at 1:00pm



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

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

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



Ladies Coffee

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

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



January 25 at 4:00-5:00pm

That's right folks! It's game time! Join us for some early evening gaming. We will be playing Pictionary & Heads Up for our first game night. We will bring the snacks, you bring the laughs! Call the MRC Business Office to Register at 812-376-9241. We want to make sure we have enough players!



The BCPL bookmobile will be at Mill Race Center once a month on a Wednesday from 9:30-10:30am.

Mark your calendar and visit the bookmobile!

January 10 & 24, February 7 & 21

March 7 & 21

We've Got an App for That!

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



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

Senior Scribes

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

Barbra Heavner, 812-344-2644

Janice Waltermire, 812-372-1707

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.



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...

More information coming in the September/October newsletter.



TRAVEL WITH MILL RACE CENTER

2018 MRC Travel and Tours

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



2018 Motor Coach trips!

Myrtle Beach Show trip!

Sunday, April 8-Saturday, April 14

\$759 shared/ \$939 private. Six nights including 4 in Myrtle Beach area, 10 meals; 6 breakfasts and 4 dinners, three evening shows, 1 matinee show, cruise on Charleston Harbor, fabulous Brookgreen Gardens, Broadway at the Beach, free time in Charlestown SC and much more!



Branson

Monday, May 21-Friday, May 25

\$649 double/769 single. Four nights lodging, 8 meals, 4 breakfasts 4 dinners, 7 shows! Three morning, Three evening and a River Boat Show Cruise! Free time in downtown Branson, Samson at the Sight and Sound Theater! Branson Landing and more.

Mt Rushmore and The Badlands of South Dakota

Saturday, June 2 - Sunday, June 10

Double Rate \$909, Single \$1208. Includes 8 nights lodging, 4 in South Dakota, 14 meals, 8 breakfasts and 6 dinners, tour of Wildlife loop and Custer State Park, Mt Rushmore National Memorial, Deadwood, Crazy Horse Monument, Badlands National Park, Wall Drugs and much more!



Garden of the Gods, Colorado Springs and Royal Gorge

Saturday, June 23-Sunday July 1

\$1009 double rate, \$1444 private room Includes 8 nights lodging, Luxury Motor Coach, US Air Force Academy, Manitou Springs 6 dinners and 8 breakfasts and much more. Now taking reservations! Add \$75 nonmember.

TRAVEL

More Trips posted at Mill Race Center and online at millracecenter.org

**Call Edie Smith @ 812-376-9241x 215
or travel@millracecenter.org for more information**

FABULOUS DAY TRIPPERS!

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



**YOU ALREADY KNOW
YOU'RE GONNA LOVE IT!**



Thursday, March 15. Join us on a memorable adventure as we travel by luxury motor coach to the Derby Dinner Theater for their production of ABBA's smash hit. Leave MRC at 4:30pm return at 11pm.

\$75 members, \$85 nonmembers includes dinner, show, transportation and loads of fun! Please register by February 1 as only 40 seats available.

Prizes for best 70's disco outfit and games on the bus.

Dessert and Adult beverages extra.



**Sunday, February 11, 1pm
SHEN YUN!**

Old National Center, Indianapolis. \$130 member, \$150 nonmember. Includes tickets and transportation. Only 11 seats at this price. Reserve by January 12. *Tickets are nonrefundable. Leave MRC at 10am with stop for lunch on the way(not included in price).

Return to MRC approx.5pm

812-376-9241 or travel@millracecenter.org

SPECIAL EVENTS



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, February 12: Cheddars, Greenwood

Tuesday, March 6: Cheesecake Factory, Greenwood

Lunch & More

\$10 members/\$12 non members for transportation only. Leave MRC at 10:30am return at 3:30pm

Tuesday, February 20

MYSTERY LUNCH AND MORE!! Bring your curiosity and lunch money!

Monday, March 19,

Garfield Conservatory and Santorini's for lunch.

Indianapolis Symphony Pops Coffee Series

March 23, April 20 & May 18



We will once again be offering transportation for Mill Race Center Members and their guests to the ISO Pops Coffee Series on March 23, April 20 and May 18, 2018. Bus leaves MRC at 9am and returns at approx. 1:30pm. \$20 per person. Let us drop you at the door and pick you up with no parking hassles or fees! Registration required no later than 2 weeks before each concert and is limited to 12 passengers. **Tickets are on your own, call Edie if you need assistance with ticketing.**

TRAVEL



Collette Travel Show

Wednesday, January 24. 10:30-12:00

Featuring Spectacular Scandinavia, Germany's Romantic Road and America's National Parks.

Please RSVP by January 19. Now taking deposits! Do not miss out on specials and discounts for these amazing trips.

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

Call Edie Smith @ 812-376-9241x 215 or travel@millracecenter.org for more information

TRAVEL



**TAKE OFF POUNDS
SENSIBLY**

TOPS Club

Wednesday 11:30am-1:00pm

Take Off Pounds Sensibly

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

Senior Swim

At Foundation For Youth

Tues., Thurs. & Sat.

from 8:30-10:00am



Purchase swim passes at FFY for \$5/visit for non-members of FFY. Become a FFY member for \$25/year and receive discounted passes. 30 visits/\$75, or 50 visits/\$100. Call FFY at: 812-348-4558.

MILL RACE CENTER R E N T A L S



Visit our website 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.



Cash Flow Budget: 
Getting through the Month
January 16th at 1:30; Free

When it comes to money timing matters.

If timing of your income doesn't match the timing of your expenses and you haven't planned for it, you'll come up short.

Join us on January 16th at 1:30pm to learn more about cash flow budgets and getting through the month. This class will be led by Harriet Armstrong, Health and Human Services Educator at Purdue Extension.

To register for the class, contact Mill Race Center Business Office at 812-376-9241 ext. 210.

Better Breathers

If you've never heard of Better Breathers, it is a support group sponsored by The American Lung Association, and meetings are conducted with the help of Columbus Regional Hospital. We welcome anyone with lung problems of any kind, including COPD, interstitial lung disease, asthma and lung cancer. Family and friends are also welcome. The meetings are free and no registration is required. The purpose of the group is to provide opportunity for people to learn how to stay healthier and happier with lung disease in a supportive and welcoming environment.



2018 Meeting Schedule:

March 21, May 2, June 13, July 25,
September 12, October 24 and December 5.

If you would like more information, or would like to be added to our mailing list, please call Jennifer at 812-376-5793. Information contact Jennifer at 812-376-5793

Dining with Diabetes

Wednesday, Jan. 17, 24, 31, and Feb. 7

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!

Presenter:

Harriet Armstrong, Health & Human Services



CAREGIVER SUPPORT GROUP

Every 2nd Thursday of the Month; Cost: Free
Mill Race Center- Just Friends Entrance



Meets every 2nd Thursday of the month and is open to anyone caring for an adult. Care for loved ones is provided by Just Friends Adult Day Services. RSVP to Jayme: 812-372-6415.

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



**Wednesdays Feb. 15, 22 &
March 1, 8**

Time: 2:00 - 3:00 PM

Cost: \$8 per person



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.

Lesson 1: know your risks; Lesson 2: know your numbers
Lesson 3: know your cooking; Lesson 4: taking action

This program is four 1-hour lessons taught by Harriet Armstrong, Health & Human Sciences Educator. Register by February 12, 2018 by calling the Mill Race Center Business Office at (812)376-9241.

Medicare Basics

February 6 at 3:00 pm



New to Medicare? Interested in learning more?
Join Leah and Kim, SHIP counselors, on February 6th at 3:00pm to learn more about what Medicare covers and what your coverage choices are. Sign up at the Mill Race Center business office or call 812-376-9241.

SHIP Counseling

Do you have Medicare questions? Ask our resident SHIP Counselors! SHIP Counselors provide free unbiased Medicare information. Contact Leah at (812)376-9241 ext. 210 or lboas@millracecenter.org.

Aging Well+

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 Leah Boas at (812)376-9241 ext. 210 or lboas@millracecenter.org.

Pickleball



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

NEW MAHJONG

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



OPEN Billiards

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



Columbus Chess Club

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

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

Family Support & Hope Group



January 25; 5:30-7:00pm

A group for families who have a loved one who is addicted to opioids will hold its first meeting on January 25 from 5:30 to 7pm at Mill Race Center. The support group is open to Mill Race Center members and Columbus Regional Hospital employees. The group will provide education; sharing of information and support to help members best handle their situation.

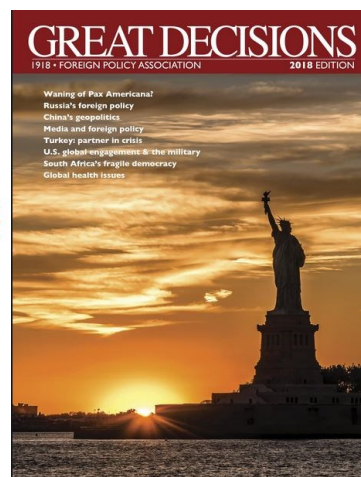
Addiction to opioids can begin innocently. Addiction does not discriminate. It can happen to anyone. Family members of those struggling with addiction sometimes feel isolated and discouraged. Addiction is a disease that changes the brain and seriously affects the users and their families. The Family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

hope

Have a
NICE
DAY
(pass)



DAY PASS (\$10)... now available for
your friends, family and out of town
guests. Purchase at the business office.



Great Decisions Tuesdays, April 3-May 22

Series will begin in April and meet in the evenings 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.

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.

2018 Topics Include:

Waning of Pax Americana?, Russia's Foreign Policy, China's Geopolitics, Media and Foreign Policy, Turkey: Partner in Crisis, U.S. Global Engagement & the Military, South Africa's Fragile Democracy, and Global Health Issues.

Class fee: \$35

Classes & Registration held at Mill Race Center.



FULFILLING the PROMISE

✿ Refrigerator Reminder - MRC Daily Activities ✿

Monday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8:30	Body Motion	MP2
9:00	Golden K Board	CNR
8:00	Quilters	AR
10:00	Golden K	MP2
1:00	Drum Practice	CR
1:00	Hand & Foot	MP2
1:00	Friendship Bridge	MP2
12:30	Lasting Impressions	MP1
5:00	Silver Tones	MP1
5-7	Ballroom Dancing	MP2
6:00	Clogging	MP3

Tuesday

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

Wednesday

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

Thursday

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

Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
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 **BOLD** have registration fee.
\$ indicates drop-in fee available.

ACTIVITY HIGHLIGHTS


January 4

Birthday Party, 1:00pm

January 5

Welcome Breakfast, 9:30am

January 8

Movie, 2:00 & 4:30 pm 

January 9


TED Talks, 1:30pm

January 18

Snowman Set, 2:00 pm


Bereavement, 4:00 pm

January 22

Movie, 2:00 & 4:30 pm 

January 25

MRC Connect, 10:00 am

Game Night, 4:00 pm 

February 1

Birthday Party, 1:00pm

Seasonal Magnet Class, 1:30 pm


February 2

Welcome Breakfast, 9:30am

February 6

Drum Circle, 1:00 pm


February 8

Creative Kitchen, 11:00 am 

February 12

Movie, 2:00 & 4:30 pm


February 13

TED Talks, 1:30pm 

February 15

Bereavement Group, 4:00pm

February 20


Card Making 101, 1:00 pm 




February 21

Beat The Blues, 5:30 pm 

February 26

Movie, 2:00 & 4:30pm 

February 27

Tri-State Art Class, 2:00 pm 

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

Visit us at www.millracecenter.org



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



Mill Race Center
900 Lindsey St.
Columbus, In 47201

PRESORTED STANDARD
U.S. POSTAGE PAID
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CURRENT RESIDENT OR



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