



# AGING WELL!

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

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

## GREAT DECISIONS



### PREPARE TO DISCUSS THE WORLD.

8 week sessions

Thursdays, February 27-April 23

6:30-8:00pm

Registration required with the MRC business office.

(No class the week of Spring Break March 19)

Partnered Program with IUPUC

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

#### TOPICS for 2019

Climate Change, India and Pakistan, The Red Sea Region, Human Trafficking, Northern Triangle, China in Latin America, The Philippines, and Artificial Intelligence

Great Decisions is America's largest discussion program on world affairs. The program provides background information and policy options for the most critical issues facing America each year. Every participant will receive a Great Decisions Briefing Book and have short readings for each week. A speaker will address key points and have question and answer time. Class held at MRC.



Bimonthly Publication of Mill Race Center, Inc. • Columbus, IN 47201 • Phone: 812-376-9241 • Fax: 812-379-2841  
www.millracecenter.org

Mill Race Center Program Hours: Monday-Thursday, 8 a.m.—7 p.m. and Friday 8 a.m.—5 p.m.

Business Office Hours: Monday-Friday 8:00 a.m. - 5:00 p.m.

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



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

Wednesday, March 4

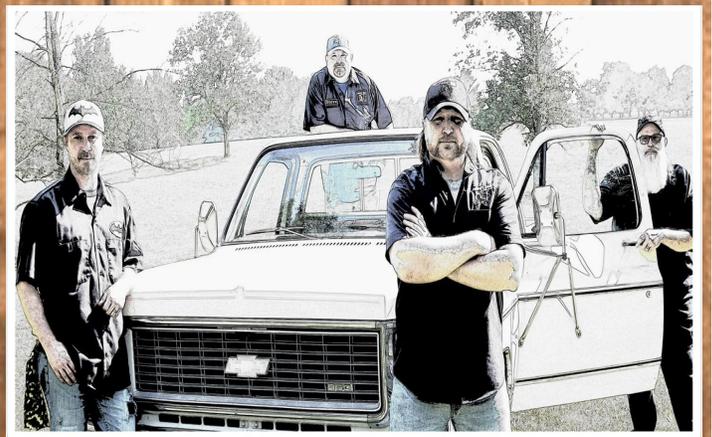
6:00-8:00pm

Tickets on sale until 3/2/20 or until sold out.

A fundraiser to support Meals  
On Wheels scholarships.



MEALS on WHEELS



# From Your Executive Director

"Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it." Hebrews 13:2

Two years ago I received a phone call at Mill Race Center from Lisa, who lives in California. She was part of an organization that was building a new senior center. She called the National Council on Aging, and was told to reach out to us because the folks at NCOA felt that Mill Race Center is a good model for senior centers. We get regular calls and visits from folks who are looking for ways to improve their services for seniors, so I didn't think much of it. I spoke to Lisa for 45 minutes or so, and went back to work. Fast forward two years, and I opened my e-mail to a message that thanked me for being generous with my time and information, and that the new center will be opening soon in Los Angeles. Much of the programming at the new center will be based on what we are doing here at Mill Race Center. What I didn't know at the time was that their center has the backing of Wallis Annenberg (the philanthropist and director of the Annenberg Foundation) and that MRC would receive a grant for programming as a way of saying "Thank you." Lisa, and the people at the Annenberg Foundation, may not have been angels, but this was a blessing just the same. At a time when the demand for services is continually increasing, and funding is harder to find, such an unexpected gift was a very welcome surprise. Those types of gifts are rare, however, and we have been working hard to secure additional ways of supporting our mission. We have been working with SCORE volunteers, the City of Columbus, and United Way to look at different ways of generating revenue in order to reach long-term sustainability. We have greatly expanded our Travel program, we have enhanced our rental business with the launch of The Event Center at Mill Race, and we are striving to increase our income through Senior Products (our rag business.) Your gifts and support are more important than ever, but we also want you to know that we are working hard to find ways to ensure that services for seniors will continue for years to come. I hope that you have a blessed and prosperous new year, and remember to be kind to strangers...



## Dan Mustard Executive Director

### How can I donate and help MRC?

#### 1 of 3 Ways:

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

or

Text "millracecenter" To 77977.

or

Drop off a check or cash to the office.



**\$10 Day Pass  
for  
Non-Members**

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

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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**

**Debbie Bray, Administrative Assistant, x 222**

**Dexter Fravel, Lead Bingo Volunteer, x 218**

**Charlie Harsh, Facilities Assistant**

**Fred Guarnieri, Senior Products Supervisor, x 228**

**Roberta Isaacson, Membership, x 204**

**Brenda Fowler, and Roy Hendershot, Van Drivers**

**Jan Meadows, Ambassador Coordinator**

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

**Karen Phelps, Receptionist, x 218**

**Roy Pruett, Facilities Manager, x 225**

**Edie Smith, Travel Coordinator, x 215**

**Jane Smith, Program Assistant**

**Kelly Staley, Programming & Development Assistant, x 209**

**Shannon Truman, Programming & Development Director, x 220**

**Jeff Voyles, Senior Products, x 228**

**Courtney Watkins, Aging Well Coordinator, x 210**



Now booking for 2020 & 2021  
Weddings • Reunions • Corporate Events  
MillRaceEvents.com  
(812)302-3838

Wedding photography courtesy of jackiesantanaphotography.com





### Providing much more than a meal!

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

**Friendly Visit** - For many seniors, the trusted Meals on Wheels volunteer, or staff member who shows up every day with a hot meal and a warm smile is the only person they see or speak with all day.

**Safety Check** - The safety check that accompanies each meal delivery ensures that, in the case of an emergency or problem, medics will be called and families will be notified.

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

### Shopping Trip to Walmart

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

### Wheel Chair Medical Transportation

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

### Happy Helping Hands Thursday mornings each week 9:00-11:00am (Arts Room)

**Not meeting in January  
Sewers Needed!!**

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: Marjorie Betz**



### Golden K Kiwanis Each Monday 10:00-11:00am Visitors are always welcome!

Kiwanis is a global organization of volunteers dedicated to improving the world one child and one community at a time. Their purpose is to improve the quality of life for children and families of the world.

President: Larry Lewis 812-528-1656



### Need A Gift Idea? Give the gift of Mill Race Center Fun Bucks.

**Spends just like cash at MRC!**  
**(Not for use at the fitness center or Bingo)**  
Can be purchased at the Business Office or at our website under Join/MRC Bucks.

### The Granny Connections Needs Knitters!

In an effort to raise awareness for World AIDS Day, the Granny Connection will be accepting donations of red knit scarves at MRC. Red scarves can be knit in different sizes and patterns.



Yarn is available at MRC, just ask Karen in business office for yarn.

## VOLUNTEERS WANTED

### NEWSLETTER ASSISTANTS

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

### MEALS-ON-WHEELS Volunteer Drivers

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

### BINGO CALLERS NEEDED

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

### MRC AMBASSADORS

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



### Volunteers Needed

Various volunteer opportunities are available at Camp Atterbury. Call 317-991-1073 or visit [www.volunteers.uso.org](http://www.volunteers.uso.org)

### Your Help Needed!

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



### LOST & FOUND

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

### Aging Well Guide

Interested in becoming an Aging Well Guide for Mill Race Center?! Contact Courtney at MRC

Give the gift of a **Mill Race Center** membership to your friends this year!



Stop by the business office or call **(812)376-9241** to make arrangements for your friend or loved one. You can also do a membership online at [www.millracecenter.org](http://www.millracecenter.org).

**Welcome!** **MRC Welcome Breakfast**  
Friday, Jan. 10; 9:30am  
Friday, Feb. 7; 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.

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



Invite your friends to join Mill Race Center and give them a new referral form. If they join as a new member with the form you get credit for that referral by getting an extra month added to your yearly membership for free.

Tell your friends about Mill Race Center and the Eight Dimensions of Wellness.

# MILL RACE CENTER ON THE GO



Join *MRC on the Go* at All Saints Community and Fairington Apartments! Mill Race Center will be hosting a variety of classes that are available to all Mill Race Center members and the residents of each complex. Come and have fun with us as we socialize and complete the free projects listed below.

## All Saints Community @ 2:30 pm

- Jan 7— Armchair Travel
- Jan 21 — Decorative Serving Dishes
- Feb 4— Armchair Travel
- Feb 18— Pour Art

## Fairington Apartments @ 1:00pm in Building 2301 & 2:30pm in Building 2401

- Jan 9 — Decorative Magnets
- Feb 6— Essential Oil Candles

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



## Beginner Pour Art



Thursday, February 20  
2:00pm in the Art Room

Cost: \$10

Have you wanted to try pour art but weren't sure about the supplies needed? Join us for a beginner's class! Two 6"x6" canvases and all supplies needed are included!

## DO YOU HAVE **concerns** about falling?



A MATTER OF  
BALANCE  
MANAGING CONCERNS ABOUT FALLS

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

Classes will be offered in the spring! Check out the March/April newsletter for more info!

## Medicare Central SHIP Medicare Counseling

Do you have Medicare questions? Do you need help with Medicare Costs? Contact Courtney at (812)376-9241 ext. 210 for assistance.



## The Geography of Bliss

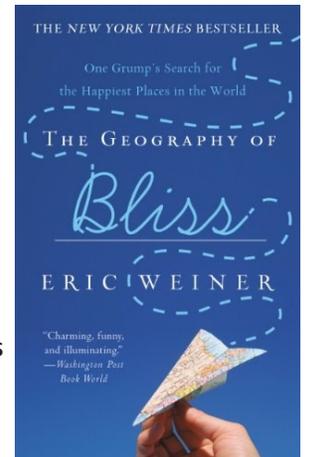


Tuesday, January 21  
11:00am in the lounge

Cost: \$15

Part travel memoir, part humor, and part twisted self-help guide, *The Geography of Bliss* takes the reader across the globe to investigate not what happiness is, but WHERE it is. Pick up your book in the business office.

\*Snacks and coffee provided\*



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



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

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

Dues are \$15 a year. Part of the dues money is given to support Mill Race Center.

More information: Judy Kiesow at 812-374-6135, or [Judyk2310@gmail.com](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 [812-374-6135](tel:812-374-6135) or [judyk2310@gmail.com](mailto:judyk2310@gmail.com) for additional information

# create

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



## Snowman Paver

January 23 at 2:00pm

Cost: \$5

This adorable snowman will brighten your home this winter season. All supplies included. Max: 15



## 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.



## 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.

## Cork Planter with Succulents

February 6 at 2:00pm

Cost: \$15

We've got a great way to reuse old corks and add some "green" inside your house. You will leave class with a beautiful planter full of amazing small succulents. All supplies included. Max: 15



## Washer Necklaces

February 25 at 2:00pm

Cost: \$7

Make three easy-breezy simple necklaces out of washers. Keep for yourself or give as a gift. All sup-



## Fabric Collage

Tues., January 21

9am-6pm (bring your own lunch)

\$35 plus material

Have you ever wanted to make your own piece of art, but don't know how? There will be a full day class on making a "Fabric Collage" and everyone can choose their own design. From a cow to a car we'll make it work. Limited number in class.

Watch for more details to come. Class details will be given at time of registration. Instructor: Judy Kiesow 374-6135; judyk2310@gmail.com



## Beginner Quilting

Beginning February 18

First & Third Tuesday

Tuesdays, 1:00-4:00pm

\$50 members/

\$60 non-members

Whether you're renewing your love for quilting, or learning all new skills, instructor Judy Kiesow will guide you through the process. Learn rotary cutting techniques, piecing techniques, basic seam pressing and assemble a quilt block. This is an eight week class. Registration and supplies required for class. Class will run for 8 sessions. Register, get class details, and pick up supply list at the business office at Mill Race Center. Judy Kiesow 374-6135; judyk2310@gmail.com





## Line Dance for Beginners

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

Come and give it a try!

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

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



## Line Dance

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

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

Instructor: Pat Hoard (812)-374-2963



## 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.



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

## Drumming Circle Practice

**Mondays 1:00-2:00pm**

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



See page 26 to learn all about the Eight Dimensions of Wellness.



## Bodies in Motion

*DON'T MISS OUT!*

Class meets:

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

**FREE** to MRC members



Bodies in Motion is an exercise program designed to help participants reclaim flexibility and the variety of movement and strength that help make living more pleasurable. It is a motivating pain-free physical fitness class for adults. Both men and women find it fun, encouraging, and refreshing for the body and mind, as well as comfortably challenging.

## TOPS Club

Wednesday 11:30am-1:00pm

Take Off Pounds Sensibly

For more information please contact Peggy Davidson at 812-530-9552 or check the TOPS website at [www.tops.org](http://www.tops.org).



## Senior Swim

At Foundation For Youth

Tues., Thurs. & Sat.

from 8:30-10:00am

Purchase swim passes at FFY for \$5 per visit or they have special package pricing. Call FFY at: 812-348-4558 for discounted pricing.



## Chair Massage at MRC

Wednesdays, 9-11am

January: N/A

February: 5 & 19

March: 4 & 18

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



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

## Tai Chi/Chi Gung

Offering Two Classes on Tuesdays & Thursdays



10:00—11:00 am - Ongoing class for those with some practice in Tai Chi.

Monthly Cost: \$45 members/ \$60 non-members

11:00—11:30 am - Beginning class

Monthly Cost: \$30 members/ \$45 non-members

Instructor: Paula Howard

Todd Wright—Saturdays at Guardian Kung Fu

9:00—10:00 a.m. Call 812-372-7100

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

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

## Spiritual

Working toward finding peace. Learning to live each day in a way that is consistent with your values and beliefs. Find meaning in every day!

## Senior Volleyball

Monday, Wednesday and Friday mornings

from 8:30-10:30am

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



## Senior Bowling

Tuesdays at 1:00pm

Columbus Bowling Center

Information: Joan Winkle, 812-350-9452

Glenna Phelps, 812-390-9234





# Pickleball



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



**Wednesday Evenings - 5:30-7:00pm**



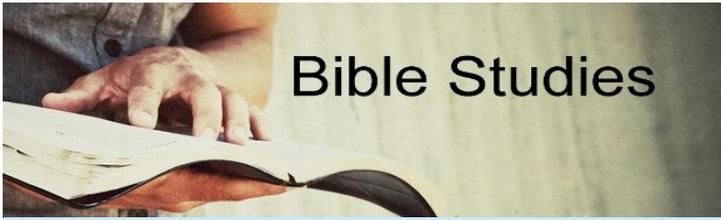
**Friday Afternoons - 12:00-3:00pm**



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

## Physical

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



# Bible Studies

## Morning Bible Study

Tuesday mornings 10:30-11:30am

In the Classroom; **Free**

Information: Virginia Houser, 812-579-5132



January: No Meeting this Month

February: Gordon Tilley, Bethel Wesleyan

## Evening Bible Study

Wednesdays: **New Time:** 5:00-7:00 p.m.

We will be doing a video study with Beth Moore beginning January 8th. Cost: \$20 for Study Workbook. Sign up in the business office or call Jan Meadows for information: 812-374-4404

# GREAT DECISIONS

**February 27– April 23**  
**6:30-8:00p.m.**

GET READY  
FOR  
GREAT DECISIONS



**8 week sessions February 27-April 23**  
**6:30-8:00pm**  
Registration required with the MRC business office.  
(No class the week of Spring Break March 19)  
Space is limited  
Program held at Mill Race Center  
**Fee: \$35 members/\$45 non-members**



## TED Talks

2nd Tuesday of each month  
Meeting at 1:30pm in Classroom  
Facilitators: Ed & Terri DeVoe

### January 14

#### Why it's so hard to make healthy decisions

Why do we make poor decisions that we know are bad for our health? In this frank, funny talk, behavioral economist and health policy expert David Asch explains why our behavior is often irrational -- in highly predictable ways and shows how we can harness this irrationality to make better decisions and improve our health care system overall.

### February 11

#### 10 ways to have a better conversation

When your job hinges on how well you talk to people, you learn a lot about how to have conversations -- and that most of us don't converse very well. Celeste Headlee has worked as a radio host for decades, and she knows the ingredients of a great conversation: Honesty, brevity, clarity and a healthy amount of listening. In this insightful talk, she shares 10 useful rules for having better conversations. "Go out, talk to people, listen to people," she says. "And, most importantly, be prepared to be amazed."

## SCS Investment Club

Monthly, 2nd Friday  
1:00-3:00pm (Classroom)



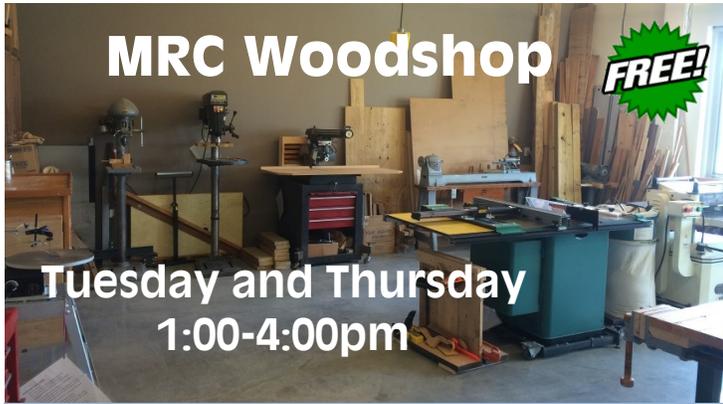
This is a great way for you to stay motivated while you improve your investment knowledge. The Club is a member of Better Investing with a mission to provide a program of sound investment information, education and support that helps create successful lifetime investors. Don't let the words "investment 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 Norm Blizard, 812-812-603-8854, nblizard@comcast.net or Jeff Rauch 812-342-0198

## Intellectual

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



## MRC Woodshop

**FREE!**

**Tuesday and Thursday  
1:00-4:00pm**

**The woodshop is available for MRC members only on  
Tuesday and Thursday from 1:00-4:00.**

### Vocational

Finding personal satisfaction through goal-oriented activities and work.  
Contributing your unique gifts, skills and talents in personally meaningful and rewarding ways. Remain active, involved and productive!

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

Open to all levels of ability, beginners encouraged to give it a try! Carving projects with instruction will be offered to get you started. Basic carving tools will be available for use or bring your own. Assistance will be offered to beginners and challenges offered for more experienced carvers. Instructor: Larry Carter

**FREE for MRC Members**



### Hoosier Carvers Club 2nd Monday of each month 3:00-5:00pm (CL)

New participants welcome to attend.

For information contact Larry Carter 812-372-1956.

## Tech Help with Best Buy

Thursday, January 9th

Thursday, February 13th

11:00am-Noon; classroom

A free once a month class to assist you with your technology.

A great class to help you ask your questions and build confidence. Limited seating so register at the business office at MRC.



## Walk in the Mall

Stay Healthy, Get Active, and Start Walking!

# Indoor Walking

Members can meet every Monday at the Fair Oaks Mall to walk together. Meeting by the benches in front of the Harlequin Theatre at 10am every Monday. Staff will attend when schedules allow.

**Let's get moving together!**



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



## Widows Support Group

Fourth Tuesday of each Month at 10:00am

This is a new group that just started at Mill Race Center for members. This group will offer an opportunity to make new friendships with others who are also widows. The group will try to offer entertainment, educational talks or activities. Group may meet off site from time to time. Interested call MRC (812)376-9241.

## 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.



## Widowers Support Group

Second Friday of each Month at 4:00pm

This is a new group starting at Mill Race Center for members. This group will offer an opportunity to make new friendships with others who are also widowers. Leader: John Brooks Questions call (812)376-9241.

**FREE MOVIE SHOWINGS at MRC!**

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

Free popcorn - Sponsored by Griswold Home Care



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



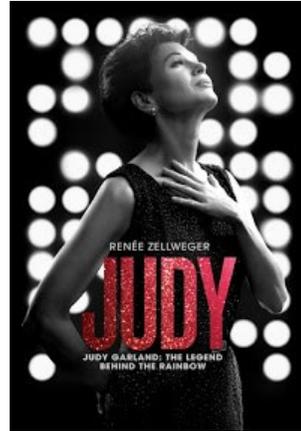
**January 13  
DOWNTON ABBY**

**PG**



**January 27  
RACE**

**PG  
13**



**February 10  
JUDY**

**PG  
13**



**February 24  
MEET ME IN  
ST. LOUIS**

**LUNCH & LAUGHTER  
READERS THEATER**



**Lunch & Laughter 2020 Dates**

April 15  
June 10  
August 12  
October 14  
December 9

Sponsored by:



**Speaker Series 2020 Dates**

March 26, April 23, May 21,  
June 25, July 23, August 20,  
September 24 & October 28  
*With light refreshments served!*

**DON'T MISS OUT!**



**Afternoon for Arts**

**2020 Dates**

**April 24, June 26,  
August 28, & October 23  
at 2:00pm**

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



**Meals on Wheels  
2020 Fundraiser Dinner Dates  
Each from 6:00-8:00pm**

**Country Night**

**March 4 (\*1/6/19)**

Featuring: The Night Owl Country Band

**Sock Hop**

**August 26 (\*7/1/19)**

Featuring: The Reunion Band

**Fish Fry**

**October 21(\*9/1/19)**

Featuring: The Banister Family Bluegrass Band

\*Date tickets go on sale





**TOTAL  
BRAIN  
HEALTH**

**BODY ♦ MIND ♦ SPIRIT**

**Monthly Workouts**

**FREE!**

**NEW**

**Third Thursday Each Month  
January 16 & February 20  
11:00am; classroom**

**FREE**

We will be using the Total Brain Health Toolbox365 for these monthly workouts. Science shows that building better well-being is perhaps the best ways we can keep our minds strong. The TBHToolbox365 trains in four ways: Body, Mind, Spirit and Social. The TBH Toolbox365 activates neuroplasticity to grow and change our brains. Workout with us each month. **Call to register for this free program.**



**NEW**

## SAHAJA MEDITATION

**FREE!**

**Beginning February 5, 2020  
Guided meditation for beginners!**

**Meeting at Mill Race Center every  
Wednesday at 6:00pm**

**FREE classes that are open to the  
community.**

**Questions Contact:  
Columbusmeditation@gmail.com**



**CASINO NIGHT**

**CASINO NIGHT "FUN"RAISER  
JAMES BOND STYLE**

**SAVE THE DATE  
SATURDAY, APRIL 18TH @ 7:00PM**

**ROULETTE | BLACKJACK | CRAPS | AND MORE\***

**NET PROCEEDS BENEFIT  
MILL RACE CENTER PROGRAMS**

\*Casino tables are for entertainment only



## 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 9th at 1:00pm**

**February Birthdays: February 6th at 1:00pm**

**March Birthdays: March 5th 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.



The BCPL bookmobile will be at Mill Race Center from 9:30-10:30am on the dates specified below. Mark your calendar and visit the bookmobile!

**January 8 & 22**  
**February 5 & 19**

## Environmental

Consider the interactions between your environment, your community, and yourself. Living a lifestyle that is respectful of your surroundings. Live in harmony with the Earth!

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



Built & Donated  
By: Ed Niespodziani



## Senior Scribes

Prose or poetry, fact or fiction, dreams or memoirs: If you like to write, come share your efforts with us. Senior Scribes meets the 3rd Friday of every month at 1:00pm. For information contact Karen Lowe at 812-343-5095 or Janice Waltermire at 812-372-1707.



Join Kelly & Shannon on a program trip to the Historic Artcraft Theatre in Franklin, IN for a Free Senior Movie. The preshow begins at 1:30 with a chance to win some great door prizes and movie begins at 2pm. Van leaves at 12:45pm. Fee: \$5 for trip

**Sabrina**  
Thursday,  
February 13



**Tuesday Tea**

January 14  
February 11

Meeting the second Tuesday each month in the Lounge at 3:00pm. **FREE**



Enjoy some delicious tea and fellowship with other members in the lounge once a month. Tea cups and coffee mugs provided or bring your favorite tea cup and share it's story with the group.



**All Who Wander Hiking Group**

So if you enjoy the great outdoors and communing with Mother Nature, come join our merry group and get ready to explore our world. We look forward to meeting you!  
Contact Ed Niespodziani at [kn4073@comcast.net](mailto:kn4073@comcast.net)



# TRAVEL WITH MILL RACE CENTER

## 2020 MRC Travel and Tours

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



**Washington DC! March 26-April 1 SOLD OUT!!**



### MYSTERY TRIP!! April 29-May 4

This one is full of surprises! We will be ENTERTAINED! AWED! INSPIRED! Believe it when we say you have not been there/done that! Join Edie for a trip so exciting that you will talk about this one for a long time after we return. Includes motor coach transportation, 4 Breakfast and 4 dinners, lodging, activities and admissions and more. **\$899 double member price.** Add \$100 nonmembers. Pricing available for single and triple rooms.

### San Antonio, the Alamo and Magnolia Market in Waco! May 16-24

Can we do it all in one trip! Yes! From the Alamo- to the Magnolia Markets- to 3 Presidential Historical Sites! This trip covers Texas in an unforgettable way. **\$929 double member,** add \$100 for non members. Includes 8 nights hotel, motor coach transportation, 8 breakfasts and 6 dinners, riverboat cruise of San Antonio and much, much more!

Pricing available for single and triple rooms.



### Savannah, Jekyll Island, Beaufort and more! June 15-20

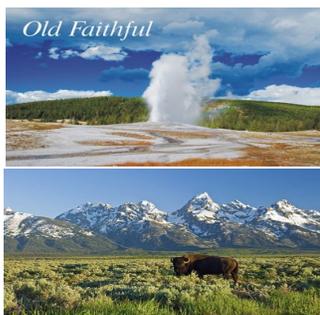
Southern Charm Awaits as we tour Savannah with its trees dripping with Spanish Moss and beautiful fountains in the squares. We will also tour the Mansions of Yesteryear on Jekyll Island, eat the worlds best shrimp on St. Simon's Island and see the Queen of the Carolina Sea Island, Beaufort. We will also have time at Parris Island, training ground for many of our Marines and more. This trip is a must for lovers of all things Southern Coastal. **\$725 double member.** Add \$100 nonmembers. Pricing available for single and triple.



### Nova Scotia, Prince Edward Island and Brunswick! July 15-27, 2020.

Make this the year you see the East Coast! We will travel through Maine to Halifax and explore the beautiful vistas of Peggy's Cove, Hopewell Rocks, the Bay of Fundy and so much more. You must have a passport for this trip!

**\$1665 double occupancy member price, \$2389 single.**



**New! Out West National Parks Tour with PML Travel.** See Old Faithful and stay in Yellowstone National Park. Visit Cody Wyoming and experience the Rodeo. Walk the streets of Jackson Hole, Wyoming and step back in time to the Old West.

**August 6-12, \$2849.** Flights, touring, hotels and 11 meals included. Deposits and insurance handled differently than other trips, see Edie for details.

## More 2020 Trips

### Branson and the Ozarks! August 17-21

Join us on this fun show trip and exploration of the Ozark Mountains. We will see 6 shows including a Showboat dinner cruise, Tour the College of the Ozarks, take a tram ride through a nature park, visit a craft village, have free time at Branson Landing and see the world's largest toy museum! This trip includes lodging, motor coach transportation, all show tickets, 4 dinners & 4 breakfasts.

**\$799 double member pricing.** Add \$100 for nonmembers. Single & triple rates available.



### A Tale of Two Cities, Pittsburgh and Cleveland!

Explore the Origins of the Ohio River at the historic Fort in Downtown Pittsburgh, See Frank Lloyd Wright's Falling Water, Ride the Duquesne Incline for spectacular views! In Cleveland we will have time at the Rock and Roll Hall of Fame and visit Historic Downtown plus much, much more! **September 14-18 \$849d/\$1049s.**



### Pardon me Boys, is that the Chattanooga Choo Choo we are going on in October? Yes!

**Yes!** Three exciting train rides are included in this adventurous trip to Tennessee. We will also be going to Famous Ruby Falls, Rock City and taking a Southern Belle dinner cruise! Includes bus transportation, all rides and accommodations plus most meals!

**October 12-15, \$759d/\$958s.**



All trips involve some walking, stairs and many have boat cruises. If you have concerns about accessibility, please contact Edie personally to discuss potential accommodation. \$75 refundable deposit holds your spot with final payment due 2 months before trip departure. Insurance is available and recommended for each trip.

More information and flyers available at the MRC office.

## International Travel with Mill Race Center

### New! Spectacular South Africa! August 6-19

Featuring two open air safari rides, Johannesburg, Soweto, Kruger National Park Cape Town and many more breathtaking locations. Includes transportation, lodging, 12 breakfasts, 5 lunches and 7 dinners plus wine tasting, drum lessons and many more exciting, once in a lifetime experiences. **\$6049 per person doubles if booked by January 31, 2020.** Optional Dubai and Victoria Falls extensions available.



### Wonders of China and the Yangtze River, September 4-19, 2020

Walk the breathtaking Great Wall, Explore Old Town Shanghai and take a relaxing cruise up the Yangtze River on this 16 day excursion to exotic China. The Forbidden City, Panda Research Base, Shanghai Acrobatics Show, a rickshaw ride and great cuisine including a traditional tea ceremony! **Incredible Price of \$5149d/\$6549s** includes round trip transportation from Columbus IN, 14 breakfasts, all accommodations and admissions, 12 lunches and 9 dinners. **Book by February 27** to get these great rates!



## Day Trips



**Friday, March 20, 2020**

\$30 members/\$40 non-members

Let's go back to 1954! Milan, Indiana and the site of the famous basketball game featured in the movie Hoosiers. Museum admission and transportation included. Lunch at Reservation Restaurant on your own. Leave MRC at 10am return at 4:30pm.

### Lunch & More

**Transportation only  
\$10members, \$12 non members**

**Tuesday, March 17:**

**ST PATRICKS DAY in INDY!**

Join Edie for the Parade and lunch at Nine Irish Brothers after. Leave MRC at 9:30 return at 3. Bring lawn chair and blanket as March is notoriously chilly!



**Monday, April 6<sup>th</sup>  
Stories, Greensburg and  
The Last Supper Museum**

Leave MRC 10:30 and return at 3:30pm

### Emotional

Have a positive attitude, and the ability to recognize and share a wide range of feelings with others. This includes your ability to cope effectively with stress. Be optimistic in your approach to life!



**Tuesday, April 14, 2020**

\$36 members/\$46 non-members

Leave MRC at 8am return at 5pm.

We will enjoy a guided walking tour of historic buildings including Governor Hendricks' house, the State Capitol building that served from 1816-1825 and several other notable properties from Indiana's first State Capitol! Includes transportation and tours. Lunch at the Beaver Street Tap Room not included.

This trip includes a lot of walking sometimes on uneven or non-paved areas. Wear comfortable shoes and wear layers as the weather may be variable.



Indianapolis Symphony Coffee Pops Series transportation. Once again we will be offering transportation to the Friday morning series for season ticket holders. \$20 per trip transportation only. Leave from Mill Race Center at 9:15am return approx. 1:30pm. Call Edie if you wish to purchase tickets to individual shows.

**Next Dates:**

**March 6<sup>th</sup> and April 24<sup>th</sup>**

# Six Dimensions of Wellness

## Come Eat Together

It's always fun to eat with friends! Meet us there, but **registration required** at the business office so we can make reservations for our group.



**January 29**

Meet there at 11:00am

*Applebee's*

**February 24**

Meet there at 11:00am

*Riviera Maya*

Walk with us in the  
Mall before we eat.  
See page 14

## Social

Enhancing personal relationships, making friends, enjoying the company of others and initiating communication with those around you. Enjoy the company of others!

## Financial

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

### **The Better Breathers Club / Chronic Lung Disease Support Group**

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



**Not Meeting again till March  
18, 2020**

The Better Breathers Club is a support group for adults with lung disease like COPD, pulmonary fibrosis or lung cancer. Led by a Respiratory Therapist, these meetings provide an opportunity to learn ways to better cope with lung problems while getting the support of others who share similar experiences. Club membership is FREE and no registration is required. For more information call Jennifer at 812-376-5793.

**PURDUE**  
EXTENSION

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

*Dining*  
with Diabetes



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

- planning meals and snacks with delicious and healthy recipes
- reading food labels
- using a variety of sweeteners
- 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

(Thursdays) Jan.30, Feb. 6, 13 & 20  
1:30-3:30pm at Mill Race Center  
6:00-8:00pm at Barth Co. Public Library

**Cost: \$20.00**  
Register at Mill Race Center  
or Purdue Extension

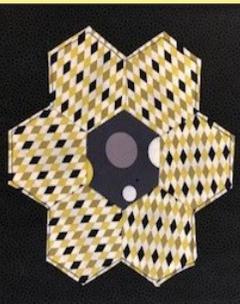


Mill Race Center is only closed if there is a City Weather Emergency. Most classes are lead by volunteers and they are asked to call MRC if they can't make it in to teach. We advise calling MRC at (812) 376-9241 or check our Facebook page for cancellations of classes.



Now booking for 2020 & 2021  
Weddings • Reunions • Corporate Events  
MillRaceEvents.com  
(812)302-3838

Wedding photography courtesy of Angela Jackson Photography.

**English Paper Piecing Club**  
2nd Wednesday of every month  
at 10:00 a.m.

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

## Pickleball

**FREE!**



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



**Every Tuesday  
Noon to 4pm**

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

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

**MAHJONG**  
Every Monday & Friday  
12:30-3:00pm



**FREE!**

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

## OPEN Billiards

**FREE!**

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



## Puzzle Table

**FREE!**

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



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

**FREE!**



## Cribbage

**Every Tuesday at 12:00pm**

Will teach you how to play. Classroom

**NEW**

**FREE!**

*MRC members may play for free non-members need to purchase a day pass.*



**FREE!**



## 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>Cribbage</b> 12:00pm  <b>Euchre</b> 5:00-7:00pm	<b>Hand &amp; Foot</b> 12:30-3:30pm <b>For information call</b> Rosemary Sager (812)390-7665	<b>Duplicate Bridge</b> 1:00-4:00pm	<b>Euchre</b> 1:00-4:00pm
<b>Hand &amp; Foot</b> 12:00-4:00			<b>Pinochle</b> 1:00-4:00pm	

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 Courtney at (812)376-9241 ext. 210 or [courtney@millracecenter.org](mailto:courtney@millracecenter.org).**



**Current classes that I want to try/attend:**

**Physical Wellness:**

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**Spiritual Wellness:**

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**Environmental Wellness:**

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**Social Wellness:**

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**Financial Wellness:**

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**Intellectual Wellness:**

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**Emotional Wellness:**

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**Vocational Wellness:**

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**Physical**

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

**Spiritual**

Working toward finding peace. Learning to live each day in a way that is consistent with your values and beliefs. Find meaning in every day!

**Environmental**

Consider the interactions between your environment, your community, and yourself. Living a lifestyle that is respectful of your surroundings. Live in harmony with the Earth!

**Social**

Enhancing personal relationships, making friends, enjoying the company of others and initiating communication with those around you. Enjoy the company of others!

**Financial**

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

**Intellectual**

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

**Emotional**

Have a positive attitude, and the ability to recognize and share a wide range of feelings with others. This includes your ability to cope effectively with stress. Be optimistic in your approach to life!

**Vocational**

Finding personal satisfaction through goal-oriented activities and work. Contributing your unique gifts, skills and talents in personally meaningful and rewarding ways. Remain active, involved and productive!

# ❁ Refrigerator Reminder - MRC Daily Activities ❁

## Monday

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

## Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
10:00	Tai Chi (\$)	MP1
	Widows Support Grp (4th Fri)	AR
10:30	Bible Study	CR
12:00	Cribbage	CR
1:00	Woodshop	WS
1:00	Bingo (\$)	MP2
3:00	Tuesday Tea (3rd Tues)	LO
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	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 (1st & 3rd Wed)	MP1
6:00	Meditation	AR
5:00	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
10:00	Tai Chi (\$)	MP1
10:00	Ladies Coffee (3rd Thurs)	LO
11:00	Brain Health Workout (3rd Thurs)	CR
1:00	Duplicate Bridge/Pinochle	MP2
1:00	Woodshop	WS
5-7	Ballroom Dancing	MP2

## Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Body in Motion	MP2
10:00	Line Dancing	MP2
	Quilling Club (3rd Fri)	AR
12:30	Mahjong	AR
1:00	Euchre	MP2
1:00	SCS Investment Club(2 Fri)	
12:30	Lasting Impressions	MP1
12-3:00	Pickleball	MP2
1:00	Senior Scribes (3rd Fri)	AR
4:00	Widowers Support Grp (2nd Fri)	AR

## Saturday

8:30-11:30	Pickleball	MP2
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AR	Art Room
CNR	Conference Room
CR	Classroom
FC	Fitness Center
LO	Lounge
LOB	Lobby
MP1	Multipurpose Room One
MP2	Multipurpose Room Two
MP3	Multipurpose Room Three
MR	Meeting Room
SP	Senior Products
WS	Woodshop
FFY	Foundation For Youth

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

## ACTIVITY HIGHLIGHTS

### January 9

Best Buy Tech Help, 11:00am **FREE!**  
Birthday Party, 1:00pm

### January 10

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

### January 13

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

### January 14 & February 11

TED Talks, 1:30pm **FREE!**  
Tuesday Tea, 3:00pm

### January 16 & February 20

Total Brain Health Workouts, 11:00am

### January 21

Fabric Collage Class, 9-6 **NEW**

### January 23

Snowman Paver, 2:00pm **NEW**

### January 27

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

### January 29

Meet & Eat, 11:00am

### January 30 & February 6, 13 & 20

Dining With Diabetes, 1:30-3:30pm

**NEW** February 5, 12, 19, & 26 **FREE!**  
Meditation, 6:00pm

### February 6

Birthday party, 1:00pm  
Cork Planter with Succulents, 2:00pm

### February 7

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

### February 10

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

### February 13

Best Buy Tech Help, 11:00am  
Artcraft Theatre Trip, 12:45pm

### February 20

Beginner Pour Art, 2:00pm **NEW**

### February 24

Meet & Eat, 11:00am  
Movie, 2:00 & 4:30pm

### February 25

Washer Necklace, 2:00pm **NEW**

**February 27—April 23, Thursdays**  
Great Decisions, 6:30-8pm

  
www.millraceevents.com

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

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





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Columbus, In 47201

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