



GREAT DECISIONS



PREPARE TO DISCUSS THE WORLD.



8 week sessions
April 1-May 20
6:30-8:00pm



Registration required with the MRC business office.
Partnered Program with IUPUC

Class will be held through Zoom.
Assistance offered to help you get set-up.
Fee: \$25 members/\$35 non-members

TOPICS for 2021

COVID-19 Effective/Ineffective Measures
COVID-19 Economic Response, China and Africa,
Korean Peninsula, Persian Gulf Security, Brexit and the
European Union, The fight over the melting Arctic,
The End of Globalization?

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 through Zoom.



100 MILE CHALLENGE



Who's up for a challenge? WE ARE!

Join the staff at Mill Race Center in logging 100 miles of movement this summer. Your movement could come in the form of walking, running, biking, swimming, paddling, hiking, on-line workout, and other workouts. We have all been cooped up for sometime and we need to get moving together as we head into the colder months. Let's encourage each other in this movement challenge!

Visit our website to find a 100 Mile Challenge Log Sheet or pick one up at the MRC. Keep track of your miles from now until March 31, 2021. When you have reached 100 miles turn in your log sheet to the MRC business office. Once one log sheet is complete start a new one. All completed log sheets will be entered into a prize drawing.

Winner will receive: a free MRC t-shirt, a free One Year Membership to MRC, and \$50 cash.
Winner will be drawn on April 1, 2021.

KEEP MOVING!



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

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

Business Office Hours: Monday-Friday 8:30 a.m. - 5:00 p.m.

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

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



From Your Executive Director

Silver Linings

2020 has been a year to remember, or perhaps it would be more honest to say that it has been a year to forget. We have faced so many challenges, as have most not-for-profit agencies. Our situation was certainly complicated by the fact that we serve the population that is perhaps the most at-risk group during this pandemic. In spite of the difficulties, we have had many positive experiences.



Shannon Truman, our Director of Operations and Programs, developed the 100 Mile Challenge that encouraged members to commit to walking, running, or biking 100 miles. The Challenge surpassed our expectations, and members logged a total of 29,000 miles. (For reference, that is more than once around the equator.) We were amazed and inspired by the folks who participated, and now the staff of MRC are participating in our own challenge.

Many of you have seen the video content that we post on Facebook and on our website. At first, our videos were a means to reach out to our members and provide information and connection during the first few weeks of the lockdown. We pieced together a video recording system with equipment that we had on hand. We expanded our content, and included interviews with Dr. Stacie Wenk (Indiana Medical Association), Dr. Cynthia Green (founder of Total Brain Health), Senator Mike Braun, and Jay Phelps, the Bartholomew County Clerk. We developed original programs for crafting, cooking (Table for One with Edie Smith), musical performances, physical fitness, and many other topics. We realized that this was a new source of outreach that we will continue, long after we have re-opened at full capacity. We have several programs in the planning and pre-production stages. The Lasting Impressions are currently working on a video project for Veteran's Day and a holiday program. Reader's Theater participants are developing a virtual holiday program. Herb and Maryjane Perry are scheduled to do another installment of their extremely popular piano duets. I doubt that we would have pursued this level of online programming under any other circumstances, but now we know how important it has become to people who aren't able to physically access the Center. Our online programs can be found on our website, www.millracecenter.org. I would encourage you to check out the programs, and I would also encourage you to look for your own silver linings in this difficult time.

Dan Mustard Executive Director

Visit our website for online classes.
www.millracecenter.org

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

Go online at millracecenter.org,
or

Text "millracecenter" To 77977.
or

Drop off a check or cash to the office.

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

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Mill Race Center Staff

812-376-9241

Liz Barriger, Accounting Clerk, x 207

Debbie Bray, Administrative Assistant, x 222

Rebecca Cutsinger, Receptionist, x 218

Samantha Edwards, Resource Coordinator, x208

Charlie Harsh, Facilities Assistant, x 216

Roberta Isaacson, Membership, x 204

Brenda Fowler, Van Driver

Jan Meadows, Ambassador Coordinator, 202

Dan Mustard, Executive Director, x 211

Roy Pruett, Facilities Manager, x 225

Edie Smith, Travel Coordinator, x 215

Jane Smith, Program Assistant

Kelly Staley, Program Coordinator, x 209

Shannon Truman, Operations & Programs Director, x 220

Jeff Voyles, Senior Products, x 228

Courtney Watkins, Aging Well Coordinator, x 210



Now booking for 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.

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

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

Frozen Meals

MRC has partnered with Chef for Hire to help provide frozen meal options. This frozen food is delicious, high quality, healthy, and convenient! Meals are frozen and do include fresh milk, bread and fruit.

Order each week by Thursday at 4pm to have your meals delivered to Mill Race Center the following Monday by 9am. **No Shopping, No Prep, No Mess, and Easy to Prepare!**

Cost:

5 Meals - \$32.50
7 Meals - \$45.50
10 Meals - \$65.00

NEW



Golden K Kiwanis

Each Monday 10:00-11:00am

***Group is meeting**

Must register with the business office.

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.

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—Not meeting in January

Thursday mornings each week - 9:00-11:00am (Arts Room) 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. **Special Thanks to Treat Sponsor Each Week: Willow Crossing/Columbus Transitional Care**

**VOLUNTEERS
NEEDED!**



Eight Dimensions of Wellness

VOLUNTEERS WANTED

NEWSLETTER ASSISTANTS

Needed to help assemble the newsletter for mailing. This is a great way to get connected and meet new people. Refreshments provided. We begin at 9:00am 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.



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

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.

Knitters Needed

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

MRC 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 Courtney at MRC



Volunteers Needed

Various volunteer opportunities are available at Camp Atterbury. Call 317-991-1073 or visit www.volunteers.uso.org

Your Help Needed!

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



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.

Welcome! **MRC Welcome Gathering**
February 5
9:30am in the classroom



Held with social distancing 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.



**Join us for a fun and interactive
virtual program called Bingocize!**

Bingocize is an evidence-based program that combines a bingo-like game with exercise and health education. This program has been shown to increase older adults' functional fitness, health knowledge, and social engagement in a variety of settings.

**Every Tuesday and Thursday via
Zoom**

**January 26th-April 1st
1-2pm**

**Registration is required:
(812)372-6918 Ext 3011**



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.

Schedule an appointment today!



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS



Matter of Balance is going virtual!
Watch for dates in the March/April newsletter!

Powerful Tools FOR Caregivers

POWERFUL TOOLS FOR CAREGIVERS PROGRAM

January 7TH-February 11TH

VIRTUAL CLASS VIA ZOOM EVERY THURSDAY

Noon-1:30PM or 6:00pm-7:30pm

Program is Free, but registration is required. Call (812) 372-6918 to register.

Deadline to register: January 6, 2021

*If technology is a barrier to attend virtually, please let us know and we will work with you.



Check out Total Brain Health opportunities on page 19.

**Visit our website for a
variety of online classes.**

www.millracecenter.org

f Follow us on Facebook.

Needs Knitters!

The Granny Connections

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 Becky in business office for yarn or call 376-9241.

**VOLUNTEERS
NEEDED**



Monday Morning Quilting With Friends

8:00am-12:30pm (currently meeting must register)

Do you like to sew or quilt? Would you like to learn? Join us each Monday for a mini quilting/sewing day. Bring those projects that need work and join us as we sew and encourage each other to finish projects. Don't know how to sew but have a sewing machine or want to sew by hand? Join us and we will help you. Free to MRC members.

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



Lazy Daisy Embroidery Guild

**Fourth Thursday of each month,
2-4pm in the Art Room;**

Open to anyone interested in embroidery. More information: Carol Walp at 812-343-8863. Must Register with MRC to attend. **Not meeting**

create

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

Snowflake Wreath

Tues., Jan. 12 at 3pm
Cost: \$10

Make your own unique snowflake wreath to decorate your door or house this winter season. All supplies included for this fun hands on project.



Night Time Canvas Painting

Tues., Jan. 26 at 3pm
Cost: \$5 per person

We will be painting our own evening starry night sky. We will guide you through the easy techniques. An enjoyable painting class. All supplies included.

Heart Candle Holders

Tues., Feb. 9 at 3pm
Cost: \$8 set of 2

Enjoy the afternoon with us painting 2 heart candle holders made from wine glasses. We will add some sparkle and ribbon to dress them up even more. Candles included with all supplies.



Wine Bottle Lantern

Tues., Feb. 23 at 3pm
Cost: \$10 set of 2

Come be creative with us and get out of the house for a bit. We will turn old wine bottles into colorful fun lanterns. Each bottle will come with battery operated lights to go inside to make your lantern glow. An enjoyable craft that you can set out year around to enjoy. All supplies included.



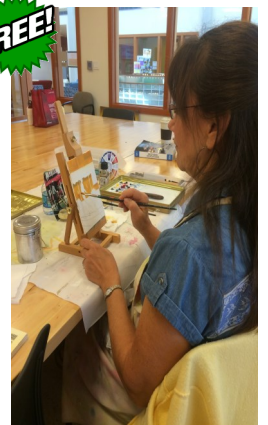
Art Class

Wednesdays from 10:00am-12:30pm

***Currently meeting must register.**

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



***Currently meeting**



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. **Call MRC to register.**

Follow Mill Race Center
on Facebook.





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. **Ball Room dance classes are meeting. Must register in advance with Margo.**

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. **Not Meeting Right Now.**

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. Line dance classes are meeting. All must register in advance with business office.

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 **Line dance classes are meeting. All must register in advance with business office.**



Monday	Tuesday	Wednesday	Thursday	Friday
Ball Room Dance 5:00-7:00pm (MP1 & 2)	Ball Room Dance 5:00-7:00pm (MP1 & 2)	Line Dance Beginner 4:00-5:30pm (MP1 & 2)	Ball Room Dance 5:00-7:00pm (MP1 & 2)	Line Dance 10:00-11:30am (MP1 & 2)
		Couples Dance Club 5:30-7:00pm (MP1) (Not Meeting) 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. **Drum Circle is meeting, must register in advance.**



Financial

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

Follow Mill Race Center on Facebook.





Bodies in Motion

Class meets:

Mon., Wed. & Fri. at 8:30am* (max 20)

Tues. & Thurs. 2:00-3:00pm *(max 20)

FREE to MRC members

***Must register in advance for classes.**

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. **TOPS are meeting must register in advance with business office.**



Senior Swim

At Foundation For Youth

Tues., Thurs. & Sat.

from 8:30-10:00am

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



MILL RACE CENTER
100
MILE CHALLENGE
Keep log of your miles!

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

***Tai Chi is currently meeting.
Must register in advance.**

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 - 5:30-8:00pm



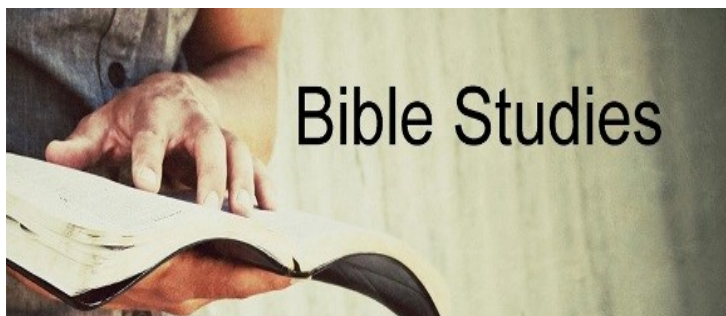
Friday Afternoons - 12:30-3:00pm



Saturday Mornings - 8:00-11:45am (canceled)
(We are not holding Saturday Mornings right now due to Covid-19)

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; Must register**

Information: Virginia Houser, 812-579-5132

January: Not meeting

February: TBA

Evening Bible Study

Wednesdays: 3:00-5:00pm

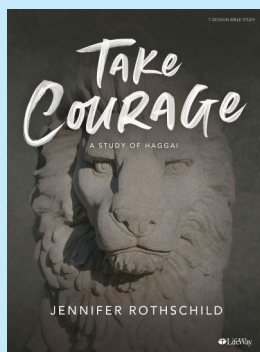
Starting January 6

Jennifer Rothschild's "Take Courage, A Study of Haggai"

Cost: \$14 for book

Sign up in the business office or call Jan Meadows for information: 812-374-4404

***Currently meeting must register with office.**



TED Talks

2nd Tuesday of each month

Meeting at 1:30pm in Classroom

Facilitators: Ed & Terri DeVoe

***Must register with office.**



January 12 at 1:30pm

Why are drug prices so high, investigating the US Patent System

By: Priti Krishtel

Between 2006 and 2016, the number of drug patents granted in the United States doubled -- but not because there was an explosion in invention or innovation. Drug companies have learned how to game the system, accumulating patents not for new medicines but for small changes to existing ones, which allows them to build monopolies, block competition and drive prices up. Health justice lawyer Priti Krishtel sheds light on how we've lost sight of the patent system's original intent -- and offers five reforms for a redesign that would serve the public and save lives.

February 9 at 1:30pm

Why we get mad and why it is healthy

By: Ryan Martin

Anger researcher Ryan Martin draws from a career studying what makes people mad to explain some of the cognitive processes behind anger -- and why a healthy dose of it can actually be useful. "Your anger exists in you ... because it offered your ancestors, both human and nonhuman, an evolutionary advantage," he says. "[It's] a powerful and healthy force in your life."

SCS Investment Club



Monthly, 2nd Friday

1:00-3:00pm (Classroom)

***Investment Club is still meeting please contact the leaders listed below if interested.**

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.

OPEN Billiards

Tables are available to use by calling the center to reserve your time slot. Will be required to clean when done.



Currently Not Meeting

Due to Covid-19 all scheduled cards, mahjong, bingo, puzzle table, scrabble, and cribbage are not meeting at this time.

Contact the office for questions.



The woodshop is available for MRC members only on Tuesday and Thursday from 1:00-4:00.
Register in advance by calling the office.

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

***Currently Monday 8am-Noon
& Thursday 1:00-4:00pm**

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

FREE for MRC Members



Hoosier Carvers Club

2nd Monday of each month

3:00-5:00pm (CL) *Currently not meeting

New participants welcome to attend.

For information contact Larry Carter 812-372-1956.

DON'T MISS OUT!
NEXT STEP CLASS
 Wednesdays, Jan. 20-Feb. 24
 at 2:30pm

**NEXT STEP
 UKULELE CLASS**
INSTRUCTOR DAN MUSTARD

NOW THAT YOU HAVE LEARNED THE
 BASICS ABOUT THE UKULELE YOU
 CAN TAKE THE NEXT STEP CLASS
 AND LEARN EVEN MORE!!
 CLASS IS 1 HOUR EACH WEEK.

\$60
 CLASS & KIT

Kit includes Ukulele, case,
 toner, and picks. Register in
 the Business Office.
\$20 if you have a Ukulele.
MAX: 15

Made with PosterMyWall.com

FREE!



Bodies In Motion Afternoon Class
 Tuesday & Thursday at 2:00pm
 Call to register

FREE!



Indoor Walking

Walk in the Mall
 Stay Healthy, Get Active,
 and Start Walking!
***Currently open for 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.

FREE!



Golden Girls
 Fourth Tuesday of each Month at
 10:00am in Art Room
 This is a widow's support group and will
 offer entertainment, educational talks or
 activities. Call MRC (812)376-9241.

The Lasting Impressions



MILL RACE CENTER

A song, dance and
 drama performance
 troupe with Mill
 Race Center.
***Currently meeting con-
 tact Donna Browne if
 interested.**

Practice: Monday & Friday
12:30-3:30pm (MP1)
 Information contact: Donna Browne, (812)376-6612.

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!

Eight Dimensions of Wellness

FREE MOVIE SHOWINGS at MRC!

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



January 11

**Just Getting
Started**

**PG
13**



January 25

**Ladies in
Lavender**

**PG
13**



February 8

**Peanut Butter
Falcon**

**PG
13**



February 22

Midway

**PG
13**



MILL RACE CENTER

ONLINE CLASSES Available!

WE HAVE SEVERAL ONLINE CLASSES TO CHOOSE FROM:

CLASSES INCLUDE:

- CRAFTS YOU CAN DO AT HOME
- FITNESS CLASSES
- EDUCATIONAL AND MORE!!

START WATCHING TODAY!

WWW.MILLRACECENTER.ORG



Birthday Party Music
with Dan Mustard

Bodies in Motion Class



Cooking Granola Bars
With Harriet Armstrong

6 Videos of Cooking - Table for One

With Edie Smith



Craft Classes

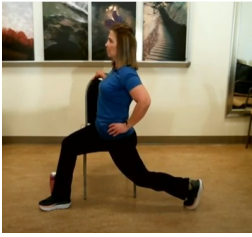
Glitter Bottles, Suncatchers, Greeting Cards, Paint Pour, T-Shirt Tote Bag, Paper Tube Crafts, Dog Chew Toys, Handmade Self-Care Products, and Homemade Face Masks.



Drumming for Brain Health



Drum Circle



At Home Fitness Class
CRH - Janet Morey

At Home Parkinson's Fitness
CRH - Janet Morey



Six Central Needs of Mourning
Grief Help with Walter Glover

History - Humorous Presidents

With Bob Pitman

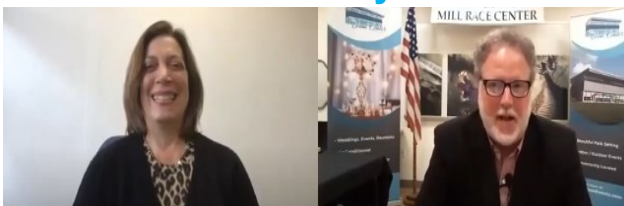
- Abraham Lincoln
- John F. Kennedy
- Ronald Reagan
- Franklin D. Roosevelt



Interview with Senator Mike Braun



Interview with Dr. Cynthia Green



Pickleball Introduction and Tutorial



Sahaja Meditation
With Rahul Kumar

Special Music with Collin Matthews



Special Music with Kade Puckett



Special Music with Claudi Slabaugh



3 Music Duets with Herb & Mary Jane Perry



Travel Show & Travel Update
With Edie Smith



www.millracecenter.org



FREE!

The BCPL Bookmobile
January 13 & 27 at 9:30am
February 10 & 24 at 9:30am
Available out front of MRC.

R	O	U	M	P
F	N	D	A	O
S	E	H	N	C
H	T	T	L	K
G	U	A	E	R

How many words can you make? The letters must connect in any direction. Write down the words you can find. You can even create your own letter box and keep challenging your brain.

What Does Mill Race Center Mean To You? **NEW**

We would love to hear from you in your own words what Mill Race Center means to you. Please submit your thoughts in 500 words or less to the MRC business office or by email to Shannon@millracecenter.org

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



Intellectual

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

Remember to bring
your own water.

To slow the spread of Covid-19



Eight Dimensions of Wellness



**Friday, February 12
9:30am; Art Room
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. Max: 10
Call to register for this free program.



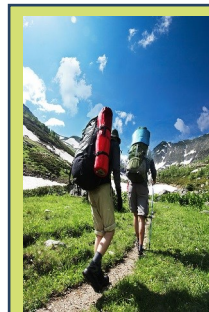
Total Brain Health



TOTAL BRAIN HEALTH

Classes coming this spring.

Dr. Cynthia Green is a clinical psychologist, author, and one of America's foremost experts on brain health. 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.



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



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! Brochures are available for each trip. See Mill Race Center Travel department for more information.



A Note from the Travel Department:

All trips subject to change due to Corona Virus restrictions. If a trip is cancelled by MRC (or tour provider) refunds will be issued. Insurance is highly recommended. If proof of Covid-19 Vaccine is required you are responsible to provide or cancel within time limitations for refund.



Mystery Trip

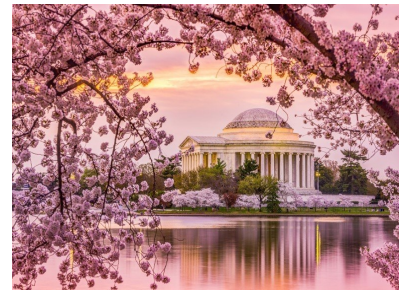
April 14-19, 2021

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, \$1188 single member.** Add \$100 non-members. Insurance available.

Washington D.C.

April 29-May 5, 2021

Springtime in Our Nation's Capital. Guided Tours of the Monuments and Memorials including WWII, Vietnam Veterans, Lincoln, Smithsonian, Capitol Hill and MLK, Jr sites. Both day and night tours, plus Arlington Cemetery, The NEW Museum of the Bible, Mount Vernon and more. Includes accommodations, transportation by motor coach, 6 breakfasts and 4 dinners plus admissions and guides. **\$809 double member, \$1094 single member.** Add \$100 nonmembers.



Savannah, Jekyll Island, Beaufort and more! May 17-22, 2021

Southern Charm awaits as we tour Savannah with trees dripping with Spanish Moss and beautiful fountains in the squares. We will also tour the Mansions of Yesteryear on Jekyll Island, eat the world's 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, \$942 single member.** Add \$100 for nonmembers. Travel Insured insurance available.

San Antonio, the Alamo and Magnolia Market in Waco!

June 12-20, 2021

From the Alamo- to the Magnolia Markets to 3 Presidential Historical Sites! This trip covers Texas in an unforgettable way. **\$929 double member, \$1169 single 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! Travel Insured insurance is available.



Nova Scotia, Prince Edward Island & Brunswick

July 14-26, 2021 - UNBELIEVABLE PRICING

We may never head this way again. For this price! 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 member, \$2389 single.** Add \$100 for nonmembers. Travel Insured insurance available.

Chattanooga Choo Choo

October 11-14, 2021

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! **\$759 double member, \$958 single member.** This one sold out fast in 2020 so call for Availability! NTA insurance available.



Special Tours with Mayflower and Collette
Call Edie directly for information, brochures and to register for these trips.

June 18, 2021 - Colorado's Historic Trains with Mayflower Tours

Save \$100 each when booked by December 18, 2020. Take six scenic train rides through the beautiful Rocky Mountains visiting 3 national parks!



July 23, 2021 - Montana and Glacier National Park with Mayflower Tours

Save \$100 when reserved by January 23, 2021. You won't need a passport for this trip as you see some of The Northwest's most beautiful vistas from a Jammer red bus through Glacier National Park. You will see bison and other native animals as you tour the National Bison Range and visit the Blackfeet Indian Reservation. So much nature and adventure packed into this exciting trip!

Continued trips on page 22

July 27, 2021 - Canadian Rockies with Glacier National Park with Collette!

I know some of you have Collette credits and loyalty money to spend and there is no better way to see the Northern Rockies from the Canadian side than with our travel partners at Collette. This trip was a huge hit 2 years ago so we are running it again for those who want to see the rugged beauty of the mountains from luxury accommodations!



September 25, 2021 - Yellowstone & Jackson Hole Wyoming

Enjoy free airfare on this trip to Yellowstone and Jackson Hole Wyoming when booked by November 30, 2020 with Mayflower Tours. See Old Faithful and Grand Teton National Park including an authentic ranch BBQ and float trip down the Snake River! 2 full days in Yellowstone and 2 full days in Jackson Hole plus a day in Salt Lake City.



October 8, 2021 - Eastern Gems of Europe Cruise

Mayflower and Emerald Cruises present a leisurely cruise down the Danube through Bucharest, Transylvania, Romania, Bulgaria, Serbia, Croatia, Hungary and Budapest. Trip includes a 7 night cruise and 2 nights in Bucharest. European Splendor and History await! Luxury accommodations, most meals and sightseeing with choices of activity levels included!



October 12, 2021 South Pacific Wonders with Collette

Tour the best of Australia and New Zealand with an optional extra trip to Fiji! See all of the animals and breathtaking scenery you have always dreamed of in the land down under. Know that you will have the best accommodations, food and experiences on this once in a lifetime adventure.



October 16, 2021- Irish Splendor with Collette

This was so popular in 2020 but sadly was cancelled due to the Covid-19 pandemic. Stay in a real castle, sample Guinness beer and Jameson Whiskey, kiss the Blarney Stone and much more on this epic trip to Ireland.



Questions contact Travel Coordinator,
Edie Smith (812) 376-9241.

Derby Dinner

Derby Dinner Theater World Renowned Glenn Miller Orchestra

Monday, June 7th, 2021

\$68 members, \$78 non-members

If you missed this last year you will want to reserve your seat for this toe tapping, patriotic and outstanding musical journey to the 1940's! You will know every song and marvel at the talent keeping Glenn Miller's memory and achievements live today. Learn his fascinating story as the band entertains and you enjoy a delicious dinner. Leave MRC at 4:30pm and return approximately 11pm.





FREE!

SAHAJA MEDITATION

Guided meditation for beginners!

Meeting at MRC every Wednesday at 6:00pm
FREE classes are open to the community.

Questions Contact:
Columbusmeditation@gmail.com

Check out SAHAJA Meditation online
at www.millracecenter.org

Social

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

Dining with Diabetes Virtual Class begins Jan. 26

PURDUE EXTENSION
Dining
with Diabetes

If you have questions about food choices and how to prepare healthy meals without cutting taste, consider joining us for the next session of Dining with Diabetes. This program consists of four sessions and a follow-up session. Past Dining with Diabetes participants have said, "Get the word out about this program. This is a must for people with diabetes," and "Being able to see how easily food can be prepared and then getting the recipes was great." The cost for registration is **\$15** which will cover the cost of materials which will be sent to you prior to the class series. There is an **"early bird" special of \$10 if you register by Jan. 8th**. For more information, contact Harriet Armstrong at armstrh@purdue.edu or call 812.379.1665. The registration form will be on Purdue Extension – Bartholomew County website. After registering a **Zoom link and materials will be sent.**

Armchair Travel Aerial America

NEW

FREE!

Take off on a thrilling flight across Beautiful America from the comfort of Mill Race Center!

South Carolina

Jan. 18 at 1:30 & 3:00 pm
Take flight on a journey that showcases South Carolina's rich and diverse history.



Massachusetts

Feb. 1 at 1:30 & 3:00 pm
Take a flight over Massachusetts, the birthplace of revolutionaries, spanning hundreds of years and just as many spectacular sights.



Georgia

Feb. 15 at 1:30 & 3:00 pm
This aerial tour of Georgia, the Empire State of the South, offers a view you've never seen before.



Washington

March 1 at 1:30 & 3:00 pm
Experience all sides of Washington State, from thousands of feet in the air.

Call to MRC to register.

Visit our website for a variety of online classes.

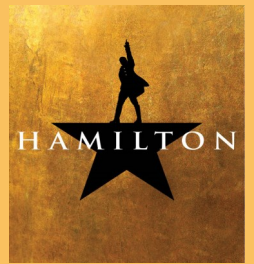
www.millracecenter.org

Follow us on Facebook.

Hamilton

Jan. 22 & Feb. 19 at 1:00pm

"Hamilton" is the story of America then, told by America now. Featuring a score that blends hip-hop, jazz, R&B and Broadway, "Hamilton" has taken the story of American founding father Alexander Hamilton and created a revolutionary moment in theatre.. **Call MRC to register for this viewing.**



Armchair Travel Aerial Britain

NEW

FREE!

When you take flight over Britain, you encounter more than picturesque landscapes, historical monuments,

Southern England

Jan. 21 at 1:30 & 3:00 pm
Experience the region that gave us Shakespeare, Churchill, and Banksy, from epic heights.



Northern England

Jan. 28 at 1:30 & 3:00 pm
A flight over Northern England's legendary forests, dramatic moors, and mythic past.

Wales

Feb. 4 at 1:30 & 3:00 pm
Discover Wales' picturesque landscapes, historical monuments, and fascinating people, from above.



Scotland

Feb. 11 at 1:30 & 3:00 pm
A world of legendary kings, undersea monsters, and epic grandeur, presented from exhilarating heights.



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

Wedding photography courtesy of Angela Jackson Photography.

Mill Race Center still has available Saturdays in 2021 for weddings and receptions. Help us spread the word that 2021 dates are available especially for weddings or receptions that had to be rescheduled due to Covid-19.



Resource Coordinator

Thank you again for all of the support of the 2020 Annual Campaign! It was a very unusual year to say the least, but we pulled through together. The 2020 Annual Campaign was able to provide great support for our Meals on Wheels program as well as the re – opening of Mill Race Center following CDC guidelines. We are incredibly thankful for every gift we received. Stay tuned for more fundraising updates for 2021. I look forward to an exciting new year! Thank you. If you have yet to donate and would like to support Mill Race Center, you can do so by texting **millracecenter** to **77977** or drop by the office with a check. I am so thankful for all of the support we have received. Be on the lookout for some fundraising updates and announcements in the coming months. Stay safe everyone!



Go to Kroger.com. Sign in with your email and password you signed up your card with. (There should be links if you have forgotten a password/email). Once signed in, scroll to the very bottom of the home page and find Kroger Community Rewards – this will be under “Community”. On the next page, Click the link in section **2. Link you Card to an organization.** Search Mill Race Center and click ENROLL.



amazonsmile
 You shop. Amazon gives.

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

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



Current classes that I want to try/attend:

Physical Wellness:

Spiritual Wellness:

Environmental Wellness:

Social Wellness:

Financial Wellness:

Intellectual Wellness:

Emotional Wellness:

Vocational Wellness:

Physical

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

Spiritual

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

Environmental

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

Social

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

Financial

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

Intellectual

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

Emotional

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

Vocational

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



Refrigerator Reminder - MRC Daily Activities



All classes/programs must be preregistered for by call the MRC business office at 812-376-9241.

This schedule does not list CRH Fitness Classes.

Monday

Billiards offered everyday by registration

8:00	Quilters (8)	AR
10:00	Golden K Kiwanis	CR
8-12	Woodcarving (8)	CL
8:30	Bodies In Motion (20)	MP1&2
1:00	Drum Practice Session (8)	CL
2:00	Movie (see page 15 & 24)	AR
4:30	Movie (see page 15 & 24)	AR
5-7:00	Ballroom Dance (pre-registered)	MP1&2

Tuesday

Billiards offered everyday by registration

10:00	Tai Chi* (16)	MP1&2
10:30	Bible Study (10) (See page 12)	AR
10:00	Widows Support Grp (10) (4th Tues.)	CL
1:30	Ted Talks (10) (2nd Tuesday)	CL
2:00	Bodies In Motion (20)	MP1&2
5-7:00	Ballroom Dance (pre-registered)	MP1&2

Wednesday

Billiards offered everyday by registration

8:30	Bodies In Motion (20)	MP1&2
9:30	Walk in the Park (weather permitting)	Out Front
9:30	Bookmobile (1/13, 1/27, 2/10, 2/24)	Out Front
10:00	Art Class (10)	AR
10:00	Crafty Fingers	LO
11:30	TOPS (8)	CL
3:00	Bible Study (10)	AR
4:00	Beg. Line Dance (16)	MP1&2
5:30	Pickleball (register)	MP2&3
6:00	Meditation (10) FREE	AR

Thursday

Billiards offered everyday by registration

10:00	Tai Chi* (16)	MP1&2
12:00	Advanced Pickleball	MP1&2
1:00	Woodcarving (8)	CL
2:00	Bodies In Motion (20)	MP1&2
5-7:00	Ballroom Dance (pre-registered)	MP1&2

Friday

Billiards offered everyday by registration

8:30	Bodies In Motion (20)	MP1&2
10:00	Line Dancing (16)	MP1&2
12:30-3	Pickleball (register)	MP2&3
1:00	SCS Investment Club (2nd Fri.) (10)	AR

Activity Highlights

January 11

Movie: Just Getting Started, 2:00pm & 4:30pm

January 12

Ted Talks, 1:30pm

Snowflake Wreath 3:00pm

January 18

Aerial America: South Carolina, 1:30 & 3:00pm

January 21

Armchair Travel: Southern England, 1:30 & 3:00pm

January 22

Hamilton, 1:00pm

January 25

Movie: Ladies in Lavender, 2:00pm & 4:30pm

January 26

Night Time Canvas Painting,, 9:30am

January 28

Armchair Travel: Northern England, 1:30 & 3:00pm

February 1

Aerial America: Massachusetts 1:30 & 3:00pm

February 4

Armchair Travel: Wales, 1:30 & 3:00pm

February 5

Welcome Gathering, 9:30am

February 8

Movie: Peanut Butter Falcon, 2:00pm & 4:30pm

February 9

Ted Talks, 1:30pm

Heart Candle Holders, 3:00pm

February 11

Armchair Travel: Scotland, 1:30 & 3:00pm

February 12

Total Brain Health Workout, 9:30am

February 15

Aerial America: Georgia, 1:30 & 3:00pm

February 19

Hamilton, 1:00pm

February 22

Movie: Midway, 2:00pm & 4:30pm

February 23

Wine Bottle Lantern, 3:00pm

March 1

Aerial America: Washington, 1:30 & 3:00pm

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

Visit us at www.millracecenter.org



www.millracecenter.org

Follow us on Facebook.



Mill Race Center
900 Lindsey St.
Columbus, In 47201

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