



## GREAT DECISIONS



PREPARE TO DISCUSS THE WORLD.

**Held In Person At MRC**

**March 24-May 26**

**6:30-8:00pm**

Registration required with the MRC business office.

*(We will be taking one week off in April.)*

Partnered Program with IUPUC

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

### TOPICS for 2022

Outer Space, Changing Demographics,  
Climate Change, Russia and the U.S.,  
Myanmar and ASEAN, Quad Alliance,  
Drug Policy in Latin America, Industrial Policy,  
& Biden's Agenda



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



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

[www.millracecenter.org](http://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.



## 100 MILE CHALLENGE



### Fall/Winter Challenge

Join the staff at Mill Race Center in logging 100 miles of movement **beginning Oct. 1**. Your movement could come in the form of walking, running, biking, swimming, paddling, hiking, on-line workout, and other workouts.

Visit our website to find a 100 Mile Challenge Log Sheet or pick one up at the MRC. Keep track of your miles from **Oct. 1 2021-March 31, 2022**. 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.



**Evening BINGO on Thursday, January 27.**  
**Early bird starting at 4:00PM.**

# From Your Executive Director

There are changes coming to the way that we care for older adults in Indiana. I currently serve as the Secretary of the Indiana Commission on Aging which allows me to have a front row seat to the work that is underway at the state level. The staff members of the Division of Aging are working extremely hard to meet the challenge of providing care for seniors, since there are not only historic numbers of older adults among the Baby Boomer generation, but they are also living longer. We simply don't have the infrastructure to provide the care that could be necessary in the next few years.



Let's start with a few facts:

90% of Hoosiers want to live in their homes until they pass away. Only 30% of Hoosiers get this wish.

The annual cost in Indiana for assisted living is \$38,700, a nursing facility is \$115,158 (private room) and \$87,053 (shared). The average annual cost for in-home care is \$49,764.

Medicare doesn't pay for assisted living; 90% of assisted living in Indiana is private pay, so Medicaid is 10% of the total assisted living market in Indiana.

95% of people over age 40 do not have long term care insurance.

The goal of the state is to enable 75% of the individuals who meet level of care for long term services and supports (facility-based care) to instead receive home and community-based services. The intention is to have this in place by January of 2024.

The state took a similar approach to providing services for people with disabilities, as we moved from institutional care to community-based settings. Many Hoosiers with disabilities were able to move into shared homes and received services from trained staff. It allowed folks to live in their community in the least restrictive environment. This could very well be the model for care for older adults.

What can we do individually as we move into this new chapter in Hoosier healthcare? I would suggest that you become more knowledgeable about dementia and Alzheimer's. Educate yourself on ways to interact with and include persons with memory loss into everyday activities. We are a stronger community when we include everyone. Visit <https://www.dementiafriendsindiana.org/> for more information.

Explore your options for long term care insurance. Check out the Indiana Long Term Partnership Program, which is an agency within the Department of Insurance. "The Indiana Long Term Care Insurance Program (ILTCIP) is an innovative partnership between the State of Indiana and private long-term care insurance companies. Indiana has taken the lead in helping residents protect their hard-earned savings from the high cost of long-term care." More information can be found at <https://www.in.gov/iltcp/>

Most importantly, learn how to Age Well. The dimensions of wellness approach that we use at Mill Race Center is a good foundation for healthy aging. The average life expectancy of Hoosiers is 77 years. The average age at which our members pass away is 86, and we have more than 100 active members who are over the age of 90. Join us and explore the many ways that you can live a longer and healthier life.

## Dan Mustard

### Executive Director

Follow Mill Race Center  
on Facebook.



All programs and events listed in the newsletter are for **members only** unless it is stated otherwise. Call the Business Office at (812) 376-9241 or visit our website to become a Mill Race Center member. Membership is \$80 a year. We have a six month memberships, and offer a monthly payment option. CRH Fitness Center membership is separate and purchased with Parks & Rec. Dept.

To register for any programs or trips in the newsletter call MRC at **(812)376-9241**. If you get a recording that means we are on the line helping someone else. Press #1 to leave a message and Becky will return your call shortly.

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

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

## Mill Race Center Staff

**812-376-9241**

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

**Rebecca Cutsinger**, Receptionist, x 218

**Valerie Carmichael**, Aging Well Coordinator, x210

**Charlie Harsh**, Facilities Assistant, x 216

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

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

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

**Jane Smith**, Program Assistant

**Shannon Truman**, Operations & Programs Director, x 220

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

**Harold Yerges**, Van Driver



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



**Now booking for 2022 & 2023**  
**Weddings • Reunions • Corporate Events**  
**MillRaceEvents.com**  
**(812)302-3838**

Wedding photography courtesy of [jackiesantanaphotography.com](http://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.**

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



Built & Donated  
By: Ed Niespodziani



## Happy Helping Hands

**Thursdays - 10:00-11:30am**

**Sewers Needed!!**

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

Leader: Carmine Hudson



## Golden K Kiwanis

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

**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.

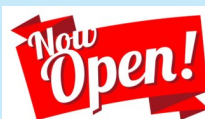
President: Craig Lowery, 812-603-4172

**Quarterly  
Reading  
Challenge**

**NEW Quarterly  
Reading Challenge!**

**See Page 16 for details!**

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



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



## Puzzle Exchange

Need to exchange a puzzle to keep you busy this winter? Stop by the MRC business office. Our puzzle tables are open, but you must wear a mask.



## Wheel Chair Medical Transportation

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



## VOLUNTEERS WANTED

### NEWSLETTER ASSISTANTS

Needed to help assemble the newsletter for mailing. This is a great way to get connected and meet new people. Refreshments provided. We begin at 8:00am and usually finish at 10:30am. Come for an hour or stay the whole morning. We appreciate the help!! Contact MRC at 812-376-9241.



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. Contact Becky at MRC.



### Volunteer to Teach a Class

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



### Bingo Volunteers

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

### Pull Tab Tuesday Volunteers

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

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 Gathering**  
**Feb. 4 at 9:30am**  
**9:30am in the lounge**



Held with social distancing 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.

## GAME TIME

1st & 3rd Thursday  
of each month

3:00pm; **FREE**

Playing games at any age keeps our brain active, and is a great way to social engage with others. We will have a selection each week of a variety of games to choose from to play or bring your favorite. (Including: Sequence, Rummikub, Skip-Bo, Uno, Connect Four, Tenzi, Sorry, Clue, Dominoes, and much more)

**FREE!**

**NEW**



## Beginner Quilting

If interested contact the business office.

\$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. Instructor: Judy Kiesow 374-6135; judyk2310@gmail.com

**NEW**



**Volunteer drivers are needed to help with Meals on Wheels.**

Mill Race Center will

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



**MEALS on WHEELS**



**FREE!**

## Birthday Party

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

**January & February Birthdays**

**January 20 at 12:30pm in MP1**

**FREE!**

**Free Doodle Class**

4th Tuesday at 3pm

See page 14

**How to**  
**DOODLE**

**Now Open!**

Our breakfast cart is now open and serving grab and go items and coffee at the center.

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.

## Matter of Balance In-Person Class

Tuesdays & Thursdays

**March 7-30 (4 week class)**

**FREE**

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

An award-winning evidence based program designed to manage falls and increase activity. Join us to improve your strength and balance and review your fall risk at home. A guided course with discussion and exercises.

Max: 15

**Register at Mill Race Center or call 812-376-9241**



**FREE!**



## Evening Star Quilt Guild

**Second Tuesday of each month,  
5:00-7:00pm**

The Guild is open to anyone interested in quilts and the art of quilting. The meetings offer information and instruction in quilting and quilting techniques given by Guild members and guest presenters. Dues are \$15 a year. Part of the dues money is given to support Mill Race Center.

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

**NEW**



## Lazy Daisy Embroidery Guild

**Third Tuesday of each month,  
1-3pm in the Art Room or lounge**

Open to anyone interested in embroidery. More information: Carol Walp at 812-343-8863. Must Register with MRC to attend.



## 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.

## Pair of Penguins

Thurs., Jan. 13 at 3:00pm

Cost: \$8 (set of 2)

We will transform 2x4 cut pieces of wood into adorable decorative penguins for the winter season. Set them by your door or inside your house to brighten a winter day. All supplies included.



## Daily Calendar

Thurs. Jan. 20 at 3:00pm  
(max 10 people)

Cost: \$12

Make your own daily calendar with the most unique supplies. This is a slightly more challenging craft and may take 2 days to complete. All supplies included.



## Heart Door Hanger

Tues. Feb 1, at 3:00pm

Cost: \$12 (max 10 people)

Join us to make this adorable February door hanger. We will decorate a wooden heart with foam to make a colorful new piece. All supplies included.



## Cherry Blossom Tree

Thursday, Feb. 17 at 3:00pm

Cost: \$5

Learn step by step how to paint a cherry blossom tree on canvas. All supplies included.

## Make & Take Lotion & Hand Scrub

Thursday, Feb. 24 at 3pm

In the Kitchen

Cost: \$12 for all 2 products

Try this class and leave with your own easy to make products and instructions. Take the time to pamper yourself with these great products! All supplies included. Class will meet in the kitchen.



## 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.

Call MRC to register.





## 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.

## Line Dance for Beginners



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

Come and give it a try!

Instructor: Carla Willis

**Free for MRC members, \$5 per class/non-member**

**Sponsored by: Forefront Dermatology**



## 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**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Ball Room Dance</b> 5:00-7:00pm (MP1 & 2)	<b>Ball Room Dance</b> 5:00-7:00pm (MP1 & 2)	<b>Line Dance</b> Beginner 4:00-5:30pm (MP1 & 2)	<b>Ball Room Dance</b> 5:00-7:00pm (MP1 & 2)  <b>No Dance on 1/27                      due to Bingo</b>	<b>Line Dance</b> 10:00-11:30am (MP1 & 2)

## Drumming Circle Practice

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

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



## 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!

**Remember to bring your own water.**

**To slow the spread of Covid-19**







**FREE!**

## Bodies in Motion

Class meets:

**Mon., Wed. & Fri. at 8:30am\* (max 35)**

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

**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 Karen Burbrink at 812-342-4825 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.



**NEW**

## Exciting News

**BINGO**

**Evening BINGO on Thursday, January 27.**  
Early bird starting at 4:00PM.

**NEW**

## Pull-Tab Tuesdays

**First & Third Tuesday of each month**  
**In the lounge at 1:00PM**

*DON'T MISS OUT!*

If you enjoy playing pull-tabs games come visit MRC twice a month in the lounge. Our volunteers will be selling Pull-Tabs & homemade lunch.

## Tai Chi/Qigong

**Offering Classes on Thursdays in the winter**

Instructor: Paula Howard

**10:00am** - Ongoing class for those with some practice in Tai Chi. Monthly Cost: \$35 members/\$50 non-members

**11:00am** - Beginner Class  
Monthly Cost: \$35 members/\$50 non-members

Tai Chi is a low impact, slow moving, graceful Chinese exercise. Tai Chi combined with Qigong involves breathing deeply and slowly with movements that strengthen the body and increase balance. **Come try one class for free. Register in advance in office.**



## 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



**FREE!**



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



**Wednesday Evenings - 5:30-8:00pm**



**Friday Afternoons - 12:30-1:30pm Beginner  
- 1:30-3:30pm Open Play**



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

### 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.



#### Applebee's

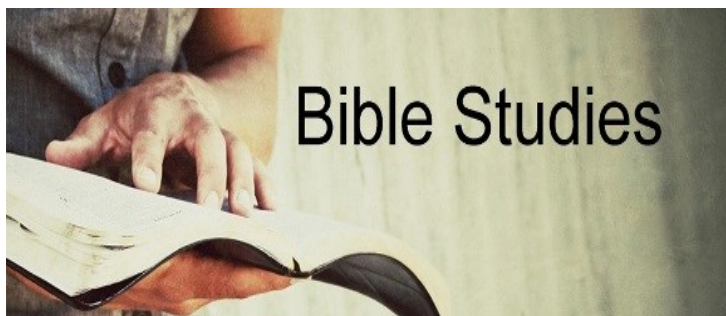
Tuesday, January 25  
Meet there at 11:00am

#### Upland Pump House

Monday, February 21  
Meet there at 11:00am

### 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!



## Morning Bible Study

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

In the Classroom; **Free**

Information: Virginia Houser, 812-579-5132

**January: Not meeting in January**

**February: Gordan Tilley, Bethal Wesleyan**

## Evening Bible Study

**Wednesdays: 3:30-5:30pm**

*Beth & Melissa Moore's "Now That Faith Has Come: A Study of Galatians"*

Sign up in the business office or call the MRC business office.



## TED Talks

**2nd Tuesday of each month**

**Meeting at 1:30pm in Classroom**

Facilitators: Ed & Terri DeVoe



**January 11 at 1:00pm**



**How gratitude Revives Your Brain**

**By: Christina Costa**

When a psychologist who studies well-being ends up with a brain tumor, what happens when she puts her own research into practice? Christina Costa goes beyond the "fight" narrative of cancer or any formidable personal journey to highlight the brain benefits of an empowering alternative to fostering resilience in the face of unexpected challenges: gratitude.

**February 8 at 1:00pm**



**The Rise of Predatory scams and how to prevent them. By: Jane Walsh**

Questionable phone calls, concerning emails, heart-rending stories from a sudden new friend in need of endless financial support: elder abuse can take many forms, says lawyer Jane Walsh. And as technology becomes more sophisticated, susceptibility to tricks and scams will increase no matter a person's age or intellect. Walsh spotlights the rise of this predatory crime, why it goes undetected and how you can protect your loved ones' kindness, dignity and self-respect from being manipulated.

Follow Mill Race Center  
on Facebook.



MILL RACE CENTER

**100  
MILE  
CHALLENGE**

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

## OPEN Billiards

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



## MRC Investment Class



**Monthly, 2nd Friday**

**1:00-3:00pm (Classroom)**

**MRC  
INVESTMENT  
Class**

Mill Race Center Investment Class now offers members the opportunity to learn about investing in a fun and no-risk way. No investment is needed. We make "mock" investments in the stock market and monitor their progress. We also discuss the economy and stock investing tips. Class is open to all members of Mill Race Center at no charge. Meetings are monthly on the 2nd Friday at 1pm.

For further information contact Norm Blizzard at 812-603-8854 or email at [nblizard@comcast.net](mailto:nblizard@comcast.net) or Jeff Rauch at 812-342-0198.

# Eight Dimensions of Wellness



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

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

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

**FREE for MRC Members**



**Quarterly  
Reading  
Challenge**

**NEW Quarterly  
Reading Challenge!**  
See Page 16 for details!





## Reader's Theater Practice

Wednesdays from 1:00-3:00pm (Starting Jan. 26)

Interested in joining the Reader's Theater group come to their weekly meetings. If you are interested in joining this group let Becky know in the Business Office.

**JOIN THE GROUP!**

## How to DOODLE

**NEW** **FREE!**

### Doodling Class

4th Tuesday; at 3:00pm

**Free**

Doodle your stress away! Each week we will learn new doodles and listen to calming sounds while doodling. Class is free, but you will need a sketch book, pencils, pens, or markers. You can join in at any time.



## SAHAJA MEDITATION

Every Wednesday at 6:00pm for Beginner

**FREE!** Held at MRC

The pandemic has been hard on everyone. Learn new ways to care for yourself that you can practice at home. Sahaja Meditation will help reduce stress and increase wellness. Register for this class at MRC. These **FREE** classes are open to the community so invite a friend!

Questions Contact:

[Columbusmeditation@gmail.com](mailto:Columbusmeditation@gmail.com)

Check out SAHAJA Meditation online at

[www.millracecenter.org](http://www.millracecenter.org)



**Columbus  
CONVERSATIONS**

**NEW**

An educational discussion program with Mill Race Center and IUPUC coming back in June.

Follow Mill Race Center  
on Facebook.



Find us on:  
**facebook**

## 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!



**FREE!**

## Bodies In Motion Afternoon Class

**Tues. & Thurs. at 2:00pm**

Call to register



## Golden Girls

Fourth Tuesday of each Month at 10:00am

This group is for widows and will offer educational talks, activities or even some entertainment. Call MRC to register at 812-376-9241. Information call Donna Richardson at 812-350-2859.

**FREE!**

## The Lasting Impressions



MILL RACE CENTER

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

**Practice: Monday & Friday**

**12:30-3:30pm (MP1)**

Information contact: Donna Browne, (812)376-6612.

**JOIN THE GROUP!**

# 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 10  
**The Electric Life  
of Louis Wain**

**PG  
13**



January 24  
**Spencer**

**R**



February 14  
**Being  
The Ricardos**

**R**



February 28  
**A Walk in the  
Woods**

**R**



## Exciting News



### Evening BINGO

**Thursday, January 27**

**Early bird starting at 4:00PM**

**BINGO is Back!** We will have a regular Bingo every quarter this year. Pay outs are larger and we'll have door prizes at each session. Pull Tabs will be on sale at the Bingo Night as well as two Tuesdays a month. Food, snacks and drinks as always will be available to purchase. Game starts at 5:00pm with doors open at 4:00pm so come out and Support Mill Race Center! Please call Mill Race with any questions you may have.



### Pull-Tab Tuesdays

**First & Third Tuesday - In the lounge at 1:00PM**

If you enjoy playing pull-tabs games come visit MRC twice a month in the lounge. Our volunteers will be selling Pull-Tabs and homemade lunch. Lunch is first come first serve until we run out. It is a wonderful chance to visit and socialize with friends.

#### LUNCH MENU

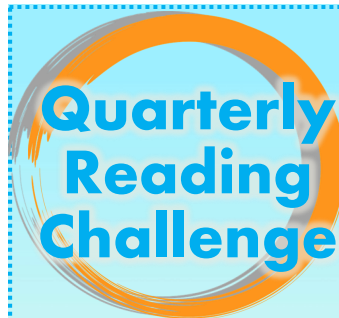
January 4th - Chicken & Noodles

January 18th - Chili

February 7th - Lasagna

February 21st - Vegetable Soup

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



**Join Us!**

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

It will run from **December 1-February 28**. Reading slips will be available at MRC. Fill out the slip and turn it into the office for every book you have read during this fall quarter Dec. 1-Feb. 28. **Spring quarter starts March 1-May 31.**

All completed reading slips will be entered into a prize drawing for a \$50 gift card to Viewpoint Bookstore. Other prizes given to top readers throughout the challenge.

Don't forget the bookmobile comes to MRC twice a month, and we have a MRC Little Library in the lounge. We will feature staff & members favorite books throughout the challenge in our E-Blasts and on our MRC Facebook page.

### AFTERNOON of LAUGHTER READERS THEATER



### Reader's Theater 2022 Dates

April 13

June 8

August 10

October 12

December 7





**NEW**

## Valentine's Day Lunch

Monday, February 14 at 11:30am  
Cost: \$10


Join us at Mill Race Center for a special Valentine's Day Lunch. Let's celebrate together the gift of our friendships with one another. Catered by First Class Catering. Music by Dan Mustard. Register by Feb. 9. Don't miss out!

## Ceramics Class

January - TBD  
February - TBD

Cost: \$5 - \$10 a project

Join MRC member Paula Compton as she leads a new monthly ceramics class. Projects will change monthly and so will cost due to size of the pieces. This is a wonderful opportunity to try something new! Paula is a great teacher and will guide you through the process. Allow at least 2 hours per class. Check with the office on ceramic samples for each month.



**NEW**

## Woodworking Workshop

**NEW**

Watch for more details to come!


This instructional class will be taught in the woodshop with Ed Niespodziani. Ed will guide you through the process and explain it step by step. No experience necessary. Register in the business office.

## Fabric Collage

**NEW**

February 24  
\$55 member  
\$65 non-member

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. From a cow to a car we'll make it work. Limited number in class. Pattern choices: Chicken, Cat, Small Dog, Basset Hound Dog, Elephant, Llama, Cow, & Pig. If you have your own pattern reduce fee by \$10. Lots of fabric will be provided.



Supplies that you need to bring: Sharp scissors, ironing mat & small iron (if you have one), tweezers, any special fabric you wish to use. All participants must meet with Judy before class. Judy will get you started on homework before first class.


Instructor: MRC member Judy Kiesow  
374-6135; judyk2310@gmail.com

## Gourds Glorious Gourds

**NEW**

Watch for more information to come.

This will be a fun class of sharing of ideas and comradery. No stress. Gourds will be provided as well as small saws, paints, and other materials. There will be a small fee for the class. Samples and books will be on display leading up to the class. Class lead by MRC member Pat Dodge.




**NEW**

**FREE!**

## Self Made: Inspired by the Life of Madam C.J. Walker

Each Wednesday in February at 2:00pm in the classroom; FREE

Watch the limited series of this new Netflix original show. An African American washerwoman rises from poverty to build a beauty empire and become the first female self-made millionaire. Based on a true story. Each episode runs about 50 minutes.



**February 2 @ 2PM**  
*Episode 1*  
The Fight of the Century



**February 9 @ 2PM**  
*Episode 2*  
Bootstraps



**February 16 @ 2PM**  
*Episode 3*  
The Walker Girl



**February 23 @ 2PM**  
*Episode 4*  
A Credit to the Race



## The BCPL Bookmobile:



January 12 & 26  
February 9 & 23  
9:00-10:30am  
Available out front of MRC.

## Game Time

1st & 3rd Thursday  
of each month  
3:00pm; **FREE**



## OPEN Billiards

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



## Puzzle Table

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



## MAHJONG

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



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

Follow Mill Race Center  
on Facebook.



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



## Intellectual

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



## Cards & Games Schedule

Masks **MUST** be worn at all times while playing.



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hand &amp; Foot</b> 1:00-4:00pm (Starting at 2:00pm on 2/14/22)  <b>Mahjong</b> 12:30-3:30pm	<b>Euchre</b> 5:00-7:00pm (MP3)	<b>Scrabble</b> 1:00-3:00pm <b>Hand &amp; Foot</b> 12:30-3:30pm <b>For information call</b> Rosemary Sager (812)390-7665	<b>Pinochle</b> 1:00-4:00pm <b>Game Time; 3pm</b> (1 & 3 Thursday)	<b>Mahjong</b> 12:30-3:30pm <b>Euchre</b> 1:00-4:00pm
<div>             Cards &amp; Games are free for MRC members. Day passes can be purchased for non-members.           </div>				



**Fridays, Jan. 21 & Feb. 18**

**9:30am; Classroom**

**FREE**

We will be using the Total Brain Health Toolbox365 for these monthly workouts. Science shows that building better well-being is perhaps the best ways we can keep our minds strong. The TBH Toolbox365 trains in four ways: Body, Mind, Spirit and Social. The TBH Toolbox365 activates neuroplasticity to grow and change our brains. Workout with us each month on the fourth Friday. Max: 10

**Call to register for this free program.**

**DON'T MISS OUT!**



Join Shannon on a program trip to the Historic Artcraft Theatre in Franklin, IN for a Free Senior Movie. The movie begins at 1:30. Van leaves at 12:20pm. (Weather Permitting) *Fee: \$5 for van trip, free movie, popcorn, & drink.*



**Thurs., Feb. 10**  
**Roman Holiday**



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

[www.millracecenter.org](http://www.millracecenter.org)



## TRAVEL WITH MILL RACE CENTER

### 2022 MRC Travel and Tours

\*All prices based on double occupancy, add \$100 for non-members. Single, triple and quad rates are also available for most trips. Small deposit holds your spot and is refundable up to date of final payment. Brochures are available for each trip. See Mill Race Center Travel department for more information. Insurance is also available on all trips at time of booking.



**NEW**

#### A Note from the Travel Department:

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



V= must be fully vaccinated and bring proof

MR= masks required to be worn properly when requested

R= refund available up to 3 days before departure

NR= no refunds issued, must use insurance or replacement

I= insurance available, ask when signing up

**T = Testing may be required**

### Mill Race Center Bus Trips with Edie Call today! 812-376-9241

#### Washington DC, April 20-26, 2022 (Only 10 spots left)

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. \$849 double, \$1148 single, add \$100 non-members. Travel insurance available and recommended. (NR/MR/I)



#### NEW Trip! Holland Tulip Festival! May 3-5

**NEW**

Includes lodging, transportation, 2 breakfasts and 2 dinners. A short drive to Michigan will inspire all things Dutch! Windmills, tulips, wooden shoes, parades and much more! This is a fun, short trip with minimal bus time. Great for those new to motor coach travel and flower lovers! **\$499 per person double, \$658 single.** Travel Insurance available and recommended. (NR/MR/I)

#### New Trip! Black Hills of South Dakota! June 2-14

**NEW**

Including Grand Teton and Yellowstone National Parks, Custer State Park, a cruise on the Wisconsin Dells, Crazy Horse, Mt Rushmore, Deadwood, Mt Moriah and so much more! See the great plains of the West and larger than life monuments. Price includes transportation, lodging, 12 breakfasts and 11 dinners, admission to all attractions as listed on brochure, shows and more. \$2259 double add \$899 for single passenger. Travel Insurance available and recommended. (NR/MR/I)



# Eight Dimensions of Wellness



## **Nova Scotia, Prince Edward Island and Brunswick!**

**NEW DATE July 11-23 2022. Unbelievable pricing!**

2019 pricing! 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. Travel Insurance available and recommended. Very popular trip, sign up today! Get on the list at this amazing price! (NR/V/MR/I/T)

## **It's Another Mystery Trip! August 14-19, 2022**

August 14-19, 2022. Includes 5 nights lodging, 5 breakfasts, 1 boxed lunch, 3 dinners, admissions to fascinating and fun adventures, motor coach transportation and more! This trip does include boat rides and some stairs/uneven terrain. \$959 double, \$1278 single. Non-members add \$100. (NR/MR/I)

**NEW**



**NEW**

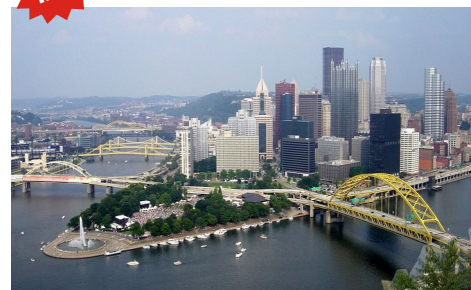
## **Boston, Salem and Cape Ann, September 14-20, 2022**

Join us for an East Coast adventure exploring the historic areas of Boston, including the famous Faneuil Hall and Quincy Market. Walk in the footsteps of our Founding Fathers at Trinity Church, Boston Common, The USS Constitution, JFK Library and more! We will also get a guided tour of beautiful coastal Massachusetts, Salem, Lexington and Concord. \$829 double, \$1158 single. Non-members add \$100. Includes 6 breakfasts, 4 dinners, hotels, tours, motor coach transportation and more! (NR/MR/I) Filling up fast!

## **Trains and Trolley's of Northern Pennsylvania and Pittsburgh!**

October 15-21, 2022. We will travel by motor coach to the Historic Train and Mining region of northern PA. You will get up close to mining cars, electric trolleys, steam engines and even ride the Stourbridge Line Train. Enjoy glassblowing exhibitions, a real miners village, museums and more. Pittsburgh tours include the Duquesne Incline, University of Pittsburgh Tower of Learning, Heinz Memorial Chapel, Falling Water, Flight 93 site, Phipps Botanical Gardens and so much more. \$1098 double, \$1378 single. Add \$100 non-members. (NR/MR/I)

**NEW**



**NEW**

## **Chicago Shopping Excursion!**

November 14-18, 2022. Usher in the Holidays with a "Magnificent" trip to Chicago! We will have several opportunities to shop on the Magnificent Mile as well as Water Tower Place Mall but that's not all we are going to experience! Explore sea creatures at The Shedd Aquarium, lean out over the glass floor at the Observation Deck, if you dare, at the Skydeck, take a scenic cruise along the Chicago River. This trip even includes dinner in Greek Town, OPA! 4 breakfasts, and 4 dinners included plus an evening of Casino fun! All for \$945 per person double, \$1244 single. (NR/MR/I)

**Watch for New Daytrippers starting in March, 2022!**



# Overseas Trips

## Discover British Landscapes September 11-20, 2022

**NEW**

Highlights include Edinburgh Castle, York, Wales, Stratford-upon-Avon and London. If you love all things British and want an adventure seeing Hadrian's Wall, Tudor and Victorian houses, Picturesque villages and stunning landscapes this trip is for you. Extra days are available in Scotland and/or London to make this a complete dream come true. \$3999 per person double includes airfare. See brochure for more details. (V/I/MR/R with I only)

**collette**  
celebrating 100 years of travel together



**NEW**

## Sunny Portugal, November 5-14, 2022

Edie's Favorite! Filled with Breathtaking Scenery, History, Wine and Food, this adventure will take you from the seashore to the big city with loads of stops for wine tasting, local crafts including cork and tiles, an evening of Fado, the local music both haunting and mesmerizing and casual small towns where the locals walk the market and beaches as a daily ritual. If the Caribbean, California and Paris had a love child it would be Portugal! \$3149 per person double until April 29! Includes airfare (V/I/MR/NR without I)

**collette**  
celebrating 100 years of travel together

## South Pacific Wonders October 5-19, 2022

**NEW**

This is the one some of you have been saving for your whole life! Australia and New Zealand! Includes Christchurch, Queenstown and Milford Sound. NZ. You will begin this awe-inspiring tour in the land made famous in the Lord of the Ring's Film Trilogy. View some of the most dazzling vistas on this earth. Play with Koala's and kangaroos plus other of the islands unique species at a wildlife preserve. Tour ancient forests and snowcapped mountains then head off to Australia to see the iconic Sydney Opera House, the Great Barrier Reef, a Crocodile nature cruise and so much more. The rich history of Australia will be showcased as you see modern cities but also visit a native indigenous tribe to see how life has changed for them through the ages. \$7449 per person double if signed up by March 31. Includes airfare (V/I/MR/R with I only)



**collette**  
celebrating 100 years of travel together

## Travel Shows are back!!

### Collette Travel Show

Thursday, March 31

11:00am; Free

**collette**  
celebrating 100 years of travel together



Thursday, March 31, 11am. Explore upcoming travels with Collette showcasing Fall 2022 trips: South Pacific Wonders, Sunny Portugal, British Landscapes and Alaska Northern Lights for February 2023. Please RSVP for this fun and informative Travel Presentation.

## Transportation to the Indianapolis Symphony Coffee Pops Series!

(V/R/MR)

**Fridays: Jan 21, 2022, Feb 11, March 18, April 29 and June 3**

Transportation cost \$20 per person per concert.

Let us do the driving and parking so you can enjoy the music! If you need help getting a ticket(s), call us!

**Please pre-register for bus seating accommodation.**

\*Time subject to change due to refreshment service resuming and/or performance runtime. Advance registration requested so we can keep you informed of any changes.







## 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!

The hiking group plans to do another portion of the 2000 mile long Ice Age Trail. Call or email Ed for more details about the hiking group!

Contact Ed Niespodziani at  
812-552-3343 or  
[kn4073@comcast.net](mailto:kn4073@comcast.net)



## 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 Starts Jan. 25 Tuesdays at 10:00AM

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. It will run four weeks in a row on Tuesdays at 10:00am. This class is virtual, but you may use Zoom at MRC in the conference room during class times. Cost is \$40 per person or \$65 for a couple.

## Food Labeling: What's in there, anyway? Tues., Feb. 15 at 1:30PM at MRC

Food packages have a lot to say. Are they worth listing to?

- Identify primary components of food labeling
- Interpret and understand marketing label claims
- Understand how to make informed food decisions.



**PURDUE EXTENSION**

## Armchair Travel Aerial America

**NEW**

**FREE!**

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

### Minnesota

Jan. 17 at 1:30 & 3:00 pm

Soar over Minnesota, where the mighty Mississippi begins and the blue Midwestern sky never ends.



### West Virginia

Jan. 31 at 1:30 & 3:00 pm

West Virginia's Appalachian peaks, deep valleys, small towns and more.

### Texas

Feb. 7 at 1:30 & 3:00 pm.

From humble beginnings to boastful proclamations, see why "everything's bigger" in Texas.



### Idaho

Feb. 21 at 1:30 & 3:00 pm.

Soar over Idaho and explore this state's most unexpected sites, from Hell's Canyon to breathtaking waterfalls.

**Call to MRC to register.**

### 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!

## Broadway Series

Call MRC to register for each viewing.

**NEW** **FREE!**

### Follow the Fleet

Jan. 21 at 1:00pm

(1936) Starring: Fred Astaire, Ginger Rogers, Randolph Scott

A sailor wants to reunite with his former girlfriend and dance partner.



### You'll Never Get Rich

Feb. 18 at 1:00pm

(1941) Starring: Fred Astaire, Rita Hayworth, John Hubbard

A Broadway producer gets caught cheating on his wife when she finds him buying a gift for his mistress. The producer tells her he's buying it on behalf of his friend—but to prove it the mistress and the friend have to go on their own date.



## Health & Wellness Goals Class

Tuesday, January 12

1:30pm; **FREE**



Welcome to 2022! It is time

to think about goal setting. Join Shelby

Eggers, Wellness and Community

Health Education Manager at Thrive Alliance to talk about ways to set measurable, health and wellness goals for the new year.

**NEW** **FREE!**

## Powerful Tools for Caregivers Program

A virtual class via **Zoom** every Wednesday.

Jan. 19, 26, Feb. 2, 9, 16, & 23 from 3-4:00pm

**Free; Must register**

**FREE!**

This is an educational series designed to provide you with the tools you need to take care of yourself. For those who are long-distance caregivers, caregivers to individuals with disabilities, grandparents raising children, caregivers of older adults, and those living with dementia. Call Thrive at 812-372-6918 to register.







Now booking for 2022 & 2023  
Weddings • Reunions • Corporate Events  
MillRaceEvents.com  
(812)302-3838

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

Mill Race Center is available on  
Saturdays in 2022 & 2023 for  
weddings and receptions. Help us  
spread the word about this beautiful  
space for weddings and receptions.



Thank you so much to everyone who has given to our annual campaign in 2021! We are so thankful for our dedicated members and donors. You can still help us by donating or stopping by the business office. Thank you!

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

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

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



**amazon**smile  
You shop. Amazon gives.

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



Aging Well+ is a six-month participant driven comprehensive wellness program that focuses on enhancing participants' quality of life. Aging Well + is designed for adults 50+, who experience at least one ongoing health challenge, and need financial assistance accessing wellness programming. Aging Well+ participants create their own health action plan specific to their personal goals, and work to improve their overall wellness. **For more information or to apply, contact 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 manage money for the short and long term. Be financially responsible and independent!

### Intellectual

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

### Emotional

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

### Vocational

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

# Refrigerator Reminder - MRC Daily Activities

## Monday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8:30	Body in Motion	MP2
8:00	Quilters	AR
8-12	Woodcarving	LO
10:00	Golden K	MP2
12:30	Mahjong	LO
12:30	Lasting Impressions	MP1
1:00	Hand & Foot	MP2
1:00	Drum Practice	CR
1:30&3	Aerial America	AR
	(see pg. 24)	
2:00	Movies (2 & 4 Fri.)	AR
5-7	Ballroom Dancing	MP2

## Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
10:00	Tai Chi (\$)	MP1
	Coloring Café (2nd Tues.)	AR
	Widows Support Grp	AR
	(4th Tues.)	
10:30	Bible Study	CR
12:00	Cribbage (2nd Tues.)	CR
1:00	Woodshop	WS
1:00	Wii Games	LO
1-3	Embroidery Guild	AR
	(3rd Tues.)	
1:00	Ted Talks (2nd Tues.)	CR
2:00	Body in Motion	MP2
3:00	How to Doodle	AR
	(4th Tues.)	
5:00	Euchre	MP3
5-7	Quilt Guild (2 Tues.)	AR
5-7	Ballroom Dancing	MP2

## Wednesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8:30	Body in Motion	MP2
9:30	Bookmobile (pg. 18)	Out Front
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	LO
1:00	Reader's Theater	CR
1:00	Bid Euchre	LO
3:00	Bible Study	AR
4:00	Beg. Line Dance	MP2
5:30	Pickleball	MP2
6:00	Meditation	AR

## 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
1:00	Birthday Party	MP1
	(1st Thurs.)	
1:00	Woodshop	WS
1:00	Woodcarving	CL
2:00	Body in Motion	AR
3:00	Game Time (pg. 18)	LO
3:00	Craft Classes (pg. 8)	AR
5-7	Ballroom Dancing	MP2

## Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Body in Motion	MP2
9:30	Total Brain Workout	CL
	(3rd Fri.)	
10:00	Line Dancing	MP2
12:30	Mahjong	AR
1:00	Euchre	MP2
1:00	SCS Investment Class	CL
	(2nd Fri.)	
1:00	Broadway Series	CL
	(3rd Fri.)	
12:30	Lasting Impressions	MP1
12:30-3:30	Pickleball	MP2

## 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.


  
**www.millraceevents.com**  
**(812)302-3838**

## ACTIVITY HIGHLIGHTS


### January 4

Pull Tabs & lunch, 1:00pm 


### January 10

Movie, 2:00 & 4:30pm 


### January 11

TED Talks, 1:00pm 


### January 12

Health & Wellness Goals Class, 1:30pm 


### January 12 & 26

Bookmobile, 9:00am 


### January 17, & 31

Aerial America, 1:30 & 3:00pm 


### January 18

Ceramics Class, 8:00am   
Pull Tab & Lunch, 1:00pm

### January 20

Birthday Party, 1:00pm 

### January 21

Total Brain Health, 9:30am   
Broadway Movie, 1:00pm

### January 24

Movie, 2:00 & 4:30pm 


### February 21

Come Eat Together; 11:30am

### January 27

BINGO, 4:00pm 


### February 2, 9, 16, & 23

Self-Made Showing, 2:00pm 


### February 7, & 21

Aerial America, 1:30 & 3:00pm 

### February 8

TED Talks, 1:00pm 


### February 9 & 23

Bookmobile, 9:00am 


### February 10

Artcraft Theater Movie, 12:20pm


### February 14

Valentine's Lunch, 11:30am   
Movie, 2:00 & 4:30pm

### February 15

Ceramics Class, 1:00pm   
Food Labeling Class, 1:30pm

### February 18

Total Brain Health, 9:30am   
Broadway Movie, 1:00pm


### February 21

Come Eat Together; 11:30am

### February 24

Fabric Collage Class, all day

### February 28

Movie, 2:00 & 4:30pm 

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

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





Mill Race Center  
900 Lindsey St.  
Columbus, In 47201

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