



AGING WELL!

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

Membership \$55 a year per person • 812-376-9241 • www.millracecenter.org

Seek2016

AGING WELL. LET'S DO IT!

**Mark your calendars
for September 10 and 11th.**

**TWO FUN-FILLED DAYS
PLANNED WITH OUR SENIORS
IN MIND**

Saturday is a FREE Expo with over 30 vendors and demonstrations every hour.

Sunday is a ticketed event.
Two national speakers, Joan Moran & Cynthia Green, PhD, will share their expertise.

**There is no such thing as
anti-aging, but you can
learn to Age Well!
Explore with us at Seek2016.**

**See page 16 for information on
www.millracecenter.org**



Discover the World



**Six Fridays beginning July 15-August 19
10:30am-12:00pm**

Travel the world right here at Mill Race Center with our friends from the Cummins Affinity Groups. **This will defiantly boost your brain and your Intellectual Wellness!** Grab a MRC passport and don't miss this!!!

See Page 16!!



CLUE Game

**Beginning Monday, July 18 and concluding
on Friday, August 22.**

See page 17!

From Your Executive Team

The term “full house” describes a poker hand, and is also the title of an 80’s sitcom. It also describes the situation at Mill Race Center on many days. It is exciting to see the level of activity here, but it can also provide challenges for scheduling, parking, and the use of our space.

We constantly evaluate the use of our space, and try to utilize the available areas to meet the needs of our members. A recent example is the change that occurred in our computer lab. We had monitored the utilization for several months, and with the exception of AARP tax assistance, the space seldom had more than one or two people at any given time. The truth is that many people have moved away from using desktop computers and have switched to laptops, iPads, and smart phones. We recognized that there are still folks who live in areas where the internet isn’t readily available, or they just need quick access to a computer, but we felt that it was not good stewardship of our resources to have a room the size of the lab go unused for much of the day. We initially tried to make the space available as an extra conference room that could be used when no one was in the lab, but that proved to be problematic. The best solution was to move two of the computers into the lounge so that they can be accessed by members, while we converted the former lab into a dedicated classroom and conference room that will give us much more flexibility. We are also seeking funding for additional laptops and/or iPads that can be checked out and used in the building.

We continue to try to find creative ways to best utilize this beautiful facility, and to meet the needs of our members. Let us know how we are doing, and have a wonderful summer.



**Like Ice Cream?
See page 12!**

Notes

**Wireless Access at MRC
Requires a Password
members can obtain. The
password may be obtained
from the MRC front desk.**

Have a
NICE
DAY
(pass)



**\$5 Day Pass for
Non-Members**

All programs and events listed in the newsletter are for **members only** unless it is stated otherwise. Call the Business Office at (812) 376-9241 or visit our website to become a Mill Race Center member. Membership is only \$55 a year.

Table of Contents

Community Service & Volunteer	Page 4 & 5
Meals on Wheels, Golden K Kiwanis, PAL dolls, Volunteer Opportunities	
Creative Arts.....	Page 6, 7 & 8
Knitting Classes , Crafting Classes, Art Classes, Coloring Café	
Dance Page.....	Page 9
Movement Classes.....	Page 10
Bodies in Motion, Tai Chi, Volleyball, Reflexology, Chair Massage	
Pickleball	Page 11
Education.....	Page 12 & 13
Random Acts of Kindness, Ted Talks, Investment Club, Bible Study, Special Days, Understanding Your Grief, & Woodshop Classes	
Entertainment & Events	Page 14 & 15
Afternoon for Arts, Purdue Extension Classes, Movies	
New Programs.....	Page 16 & 17
Music Programs/Creative Arts	Page 18 & 19
Readers Theater, Silver Tones, Lasting Impressions, Piano Lessons	
Travel.....	Page 20, 21 & 22
Health & Fitness	Page 22 & 23
Tops, Hiking Group, Diabetes Classes, Matter of Balance, Better Breathers	
Social & Authors.....	Page 24
Senior Scribes, Birthday Party, Singles Group, Ladies Coffee	
Games & Cards.....	Page 25
Unique Opportunities.....	Page 26
Daily Calendar	Page 27

Mill Race Center Staff

812-376-9241

Executive Team:

Cindy Chodan, Paula Herlitz & Dan Mustard

Liz Barriger, Accounting Clerk, x 207

Leah Boas, Comprehensive Wellness Program Coordinator, x 210

Debra Bray, Administrative Assistant, x 299

Kristy Carothers, Accounts Payable, x 222

Cindy Chodan, Program & Membership Director, x 209

Dexter Fravel, Lead Bingo Volunteer

Paula Herlitz, Development, x 206

Steve Hood, Facility Manager, x 216

Roberta Issacson, Membership, x 219

Jim Issacson and Roy Hendershot, Van Drivers

Jan Meadows, Ambassador Coordinator, x 299

Dan Mustard, Operations Director, x 211

Karen Phelps, Receptionist, x 219

Kate Phillips, Evening Coordinator, x 219

Roy Pruett, Assistant Facilities Manager, x 225

Edie Smith, Travel Coordinator, x 215

Jane Smith, Program Assistant

Kelly Staley, Administrative Assistant, x 218

Shannon Thalls, Member Services Manager, x 220

The Handyman Connection

We need YOU!

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

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

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

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

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



Did You Know...

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

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

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

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

...can be ordered easily by calling Mill Race Center at (812) 376-9241.

Shopping Trip to Walmart

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

Wheel Chair Medical Transportation

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



Golden K Kiwanis

Each Monday 10:00-11:00am
Visitors are always welcome!

Serving the children of the world!

Changing the world one community and one child at a time. President: Larry Lewis 812-528-1656

***Scholarship Winner Katie Prall and her parents**



Need a gift idea?

Give the gift of Mill Race Center Fun Bucks.

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

The MRC Breakfast Café
Chair Massage & Reflexology
Readers Theater Lunch & Laughter
Afternoon for Arts
Friday Night Live
Travel
Art Classes

All paid MRC programs
(Not for use at the fitness center)
Can be purchased at the Business Office or at our website under Join/MRC Bucks.

Happy Helping Hands

**Thursday mornings each week
8:30-10:30am (Arts Room)**

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

Leader: Willie Field, 812-525-1553



Spotlighting Intellectual Wellness

VOLUNTEERS WANTED

NEWSLETTER ASSISTANTS

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

MEALS-ON-WHEELS Volunteer Drivers

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



MRC AMBASSADORS

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

Community Ambassadors

To assist with hanging posters and delivering newsletters throughout the community.

BINGO CALLERS NEEDED

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



Your Help Needed!

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



**We Appreciate
Our Volunteers!**



**Give the gift of a
Mill Race Center
membership to your
friends for their
birthday 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.



MRC Meet & Greet

July 21 at 6:00pm (Art Room)

August 19 at 10:00am (Art Room)

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. The session will last about an hour. Call and reserve your seat; (812) 376-9241.



MAHJONG

Are you interested in learning how to play? Members of the Columbus Chinese Association will be our instructors. Please sign-up in the business office if you are interested. Classes will be held on Wednesdays from 1:00-3:00pm, but a start date is yet to be determined. You will be notified when the group is ready to begin.



Knitting with Cathi

Samples of projects on display at Mill Race Center.



Knit Boot Camp 101

Monday evening July 25 6:30-8:00pm

Min 3 students

Class fee: Members \$20 Learn beyond the basics.

If you know the knit stitch, we call you a knitter...If you want to increase your understanding of the craft, this is designed for you!

This is a hands on class and with plenty of time for questions from you. Here are a few of the things you will learn: "reading your knitting", learn to correct simple mistakes (no more starting over from the beginning), adding a new ball of yarn or change colors – the right way to pick up dropped stitches, weave your ends, knitting a swatch and how to find the correct gauge. Also some basic info on substituting yarn that the pattern suggests. What will work, what won't. Supplies needed: Size 7 knitting needles, Crochet hook (sizes G or H)

Knit Boot Camp 201

Friday afternoon July 29 2:00-4:30pm

Min 3 students

Class fee: Members \$25

This session is designed to give knitters the tools they need to finish a knitting project.

If you are intimidated by words like, "seam pieces together", "check gauge", "reverse shaping", "using the Kitchner Stitch", and "block your knitting", sign up for this class!



Granny Connections Needs You To Help Knit Scarves! Knit scarves can be dropped off at MRC. MRC has free red yarn if needed.



Beaded Cuff Bracelet

**Friday, July 8, 2:00-5:00pm
(1 session)**

Min 4 students

Class fee: \$20 members/\$30 non-members

Back by request, is this stylish bracelet knitted on (yes, you guessed it) wire! If you can knit, you can do this! Impress your friends with this knitted masterpiece! But beware! You will have requests to knit one (or more) for family and friends. Even better, bring a buddy and let them learn to knit one for themselves!

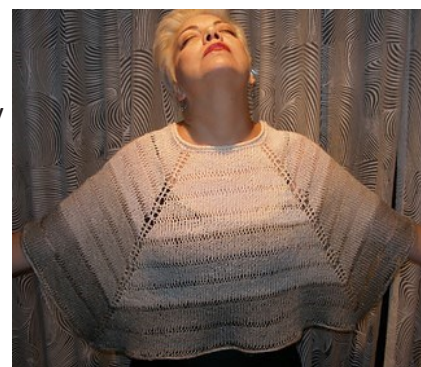
It's a Poncholette!

Monday evenings August 15 and 22 6:30-8:00pm

Min 3 and Max 7 students

Class fee: \$35 members

This is such a great fashionable piece, it looks great on all body shapes and it so simple to knit. Knitted from the top down, it is the perfect layering garment for early fall. I met the designer for this pattern a few years ago and I can't wait to share it with you. The possibilities are endless and I suspect you will knit more than just one, I have (and I want a closet full of these)!



A supply list will be provided at registration or kits will be available for purchase. Kit prices will range from \$50-\$70, if you choose.

Spotlighting Intellectual Wellness



Evening Star Quilt Guild **Second Tuesday of each month,** **6:30-8:00pm (AR)**

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

Dues are \$12/year for Mill Race Center Members and \$15/year for Non-members. Part of the dues money is given to support Mill Race Center. The Guild's service project is to make quilts for clients at Turning Point Domestic Violence Shelter. Guild members make 30-40 quilts annually for the children and adults there. More information: Judy Kiesow 812-374-6135, Judyk2310@gmail.com.



We've Got an App for That!

Learn more with 1-on-1 tutoring on applications, or APPS that transform your smart phone or tablet computer into the world's most versatile pocket tools. Tutor, and MRC member, **Steve Franklin** will teach you all about the different APPS and how to use them. Steve loves to share his passion.

One on One Training

FREE for MRC members

Tutors are available to meet with you 1 on 1 to help you with your technology devices (cell phones, smart phones, APPS, Ipads, tablets, lap tops, Kindles, Nooks, etc.)



To schedule an appointment with a tutor, please stop by the front desk and Karen can assist you. Email Karen at karen@millracecenter.org

Glass Magnets

Wednesday, July 27 at 2pm

Fee: \$5 per person

Easy project that you can design anyway you would like.



Join Shannon Thalls for a fun craft class. Bring your grandchild if you would like or come attend just yourself. All supplies will be provided. Register at the business office. Samples will be on display in the business office.



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.



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.



Coloring

Café



Every Tuesday at 2:00pm, FREE

Books, colored pencils and coffee provided!



Adults around the country have picked up coloring books as a way to relax and unwind. Research shows that health benefits go beyond relaxation, and include exercising fine motor skills and training the brain to focus. Psychiatrist Carl Jung prescribed coloring to his patients to calm and center their minds. Join us to learn about this great emotional wellness activity and find the joy in coloring. Color Yourself...Calm! Or Happy!

➡ **Necklace from Shrink Plastic** ⬅

Make during Coloring Café Tuesdays, July 26 & August 23. Sheet Fee: \$2 per sheet.



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

Spotlighting Intellectual Wellness



Ball Room Dance Classes

Monday & Thursday 5:00-8:00pm

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

Couples Dance Club

1st & 3rd Wednesday each month 6:00-8:00pm

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



Line Dance for Beginners

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

Come and give it a try! Instructor: Pat Hoard (812) 372-4905. Fee: FREE to MRC members, \$5 per class/non-members. No need to sign up in advance, just show up and dance!



Line Dance

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

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



Rhythm in Shoes

Clogging

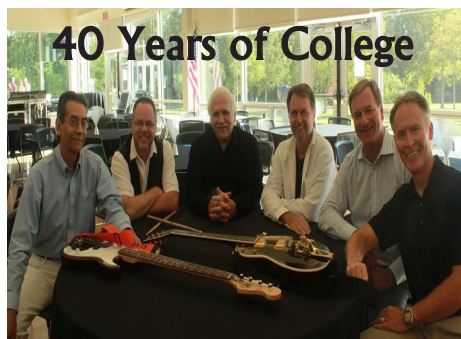
Monday evenings from 6:30-7:30pm

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

Fee: (drop in) **\$5 paid to the instructor**. Sign-up not required. Contact Naomi (812)343-3285.

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

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



40 Years of College

Friday Night Live Forty Years of College

August 12

7:00-10:00pm

**\$5/members &
\$10/nonmembers**

Bodies in Motion

Class meets: Mon., Wed. & Fri. at 8:30 am (MP2)
FREE to MRC members

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

Reflexology @ MRC!

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



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

Leslie Dyar, a certified reflexologist who received her training at I.U.P.U.I., is available for 30 and 60 minute sessions at the MRC on Monday and Tuesday mornings from 8:00-12:00 and Mondays from 4:00-8:00pm. All sessions are by appointment.

Prices are as follows:

30 minute session: \$20 for MRC members, \$25 for non-members. 60 minute session: \$40 for MRC members, \$50 for non-members. **To schedule your 30 or 60 minute session, call Leslie at: (317) 507-3224. Payment at session. Cash and checks only.**

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

Tai Chi/Chi Gung Morning (10:00am) Classes Offered

Tuesday & Thursday

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.



Classes meet on Tuesdays and Thursdays each month. Class is open to all levels. Sign up at the MRC Business Office or call (812)376-9241.

Instructors: Paula Howard - 10:00am
*Interested in an evening class:
call Todd at (812)372-7100*

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

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

Chair Massage

Wednesday mornings, 8:00-Noon

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



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



Senior Volleyball

Wednesday and Friday mornings at 8:30am at Foundation for Youth
405 Hope Ave, Columbus

Spotlighting Intellectual Wellness



Pickleball



A new pickleball net is available now for outdoor use on the patio. The patio will serve as a great warm-up court.



Tuesday & Wednesday Evenings - 6:00-8:00pm

(Except Aug. 23 see page 22 for Travel show information)



Friday Afternoons - 1:00-3:00pm (New summer times for July & August)

EXCEPT the 4th Friday due to the Afternoon for The Arts series. Join us at 2:00 on the 4th Friday for live entertainment and delicious desserts.



Saturday Mornings - 8:30-11:30am

(Except Aug. 27 see page 14 for Super Saturday)

Random Acts of Kindness Club

3rd Tuesday of each month
July 19 & August 16

Meeting at 1:00pm; **FREE**

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



TED Talks

2nd Tuesday of each month

Meeting at 1:30pm; **FREE**

When you miss a TED talk program and discussion, you miss group discussion, wide ranging information and a chance to challenge your views on the world we live in.

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

July 12 at 1:30pm

Topic: What is so special about the human brain?

August 9 at 1:30pm

Topic: Where do good ideas come from?

Sign up at MRC Business Office or by calling 812-376-9241. Group size for each session is limited to 18 participants. Facilitators: Ed and Terri DeVoe



SCS Investment Club

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



This is a great way for you to stay motivated while you improve your investment knowledge. The Club is a member of Better Investing with a mission to provide a program of sound investment information, education and support that helps create successful lifetime investors. Don't let the words "investment club" scare you.

The SCS Investment Club currently has space for new partners. The Club is limited to 20 partners. Partners must be MRC members. An initial investment of \$100.00 plus a monthly investment of \$25.00 is required.

Educational presentations are made each month so members can learn how to buy and sell stocks. Contact Ted Anderson, 812-342-2663 or Don Collier, 812-341-7476.

Bible Study

Tuesday 10:30-11:30am

In the Classroom; **Free**

Information: Virginia Houser, 812-579-5132

July: Rev. John Marquis, Church of God

August: To Be Announced



Bible Studies

Wednesday Evening Bible Study, 6:30pm

Contact Jan Meadows at (812)374-4404

Celebrate National Ice Cream Day
on **July 18** with us at Mill Race Center.
Our own Dan Mustard will be scooping
free ice cream at 1:00pm in the lounge!



National Happiness Day on August 8

Free Lemonade & Smiles!

**And surprises from the MRC
Random Acts of Kindness group!**



Understanding Your Grief

Bereavement Support Group at MRC

Third Thursday of month from 4:00-5:30pm

Open to anyone in the community

Facilitated by Walter Glover, Certified Grief Counselor and Jennifer Lowry.

“Grief, often the most profound form of sorrow, demands the support and compassion of our fellow human beings. Since the beginning of time, people have come together in times of grief to help one another” Alan D. Wolfelt, Ph.D.

This group is open to anyone who is grieving the loss of a spouse/partner, child, parent, sibling, loved one or friend. The group is FREE and open to the community, MRC membership is not required. Participants' books and journals generously provided by The Teegarden Foundation.

If you are interested in participating please join us!
Contact: Shannon at MRC, 812-376-9241 ext. 220

MRC Woodshop



In The Woodshop

Drop-In Woodcarving Class

Wednesdays 10:00am

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

FREE for MRC Members



Hoosier Carvers Club

2nd Monday of each month

5:30-8:00pm (CL)

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



Afternoon for Arts

Shows begin at 2:00pm

Live Entertainment &
Delicious Homemade Dessert.

\$5/MRC members & \$10/non-members
Call 812-376-9241

July 22

Albert Nolting, Guitarist

August 26
Sandcreek
Trio
Harp, Cello &
Violin group



Shows sponsored by Miller's Merry Manor
Dessert sponsored by Bob & Helen Haddad and
made by Caryn Wiggins

Reservations required by the Tuesday
prior to the event. Call MRC to reserve
your seat (812)376-9241.



Saturday, August 27

Session Time One: 10:00-11:00am

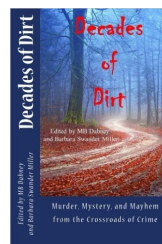
30 minute refreshment break/passing period

Session Time Two: 11:30am-12:30pm

Pick 2 sessions to attend for Free!



Decades of Dirt



Members of the Speed City Sisters-in-Crime Chapter will talk about their latest anthology *Decades of Dirt: Murder, Mystery, and Mayhem From the Crossroads of Crime*. Michael Dabney, Crystal Rhodes and Lillie Evans will read excerpts from the book and discuss the creative writing process. *Decades of Dirt* has been awarded Legacy status by the Indiana Bicentennial Commission. The authors will also discuss the group's latest work, *The Fine Art of Murder*, to be released this October. Books will be available for purchase.



In the Kitchen with Edie Smith

Bring your farmers market produce on over to MRC and see what you can cook up with it in the kitchen with Edie! Edie will be dicing up some fun with garden produce.



Tai Chi TRY IT..... YOU'LL LIKE IT!

Tai Chi is a low impact, slow moving and graceful Chinese art used to promote physical and mental health. Come and learn more about the benefits of Tai Chi with Todd Wright and Paula Howard.



Centennials Celebration with the Indiana State Parks

Celebrate the Centennial year with the Indiana State Parks. A Brown County State Park Interpretive Specialist will be presenting some neat history of the State Parks and many pictures. Guaranteed to be an amazing presentation!



Phone Tech Help with High School Students

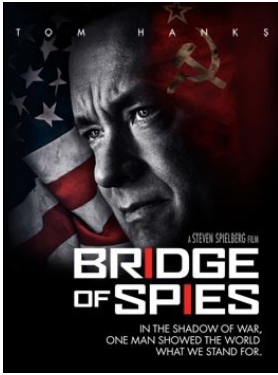
Spotlighting Intellectual Wellness

FREE MOVIE SHOWINGS at MRC!

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



Summer Movies starts at **6:00pm**. Free popcorn - Sponsored Griswold Home Care



July 11

Bridge of Spies



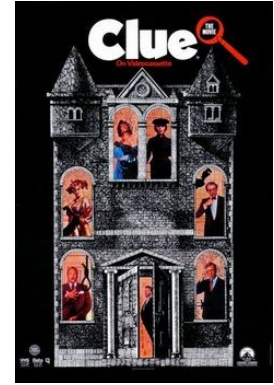
July 25

Notorious



August 8

**Miracles from
Heaven**



August 22

Clue



Discover the World



**Six Fridays beginning July 15-August 19
10:30am-12:00pm**

Travel the world right here at Mill Race Center with our friends from the Cummins Affinity Groups. **This will defiantly boost your brain and your Intellectual Wellness!** Grab your MRC Passport in the business office and plan to attend all 6 sessions. Those who fill all 6 sessions in their passport will have a chance at receiving some MRC Bucks they could use with our Travel Program.

Each session presenters from the country represented will share with you interesting facts from their country. They may have food to sample, music, dress, language exploration, dance, pictures from their country, etc... Plus a question and answer time!

July 15	Great Middle East (GMEAG)
July 22	Grupo Organizado de Afinidad Latina (GOAL)
July 29	Chinese AG
August 5	Japanese AG
August 12	Southeast Asian AG

Cummins employees from Malaysia, Singapore, Philippines, Thailand, Indonesia, Cambodia, Laos, Vietnam, Brunei, Myanmar, and East Timor. Southeast Asia (SEA) is culturally diverse and naturally blessed in its people and its resources, boasting some of the lushest and prettiest landscapes as well as some of the most gracious and hard-working people.

**August 19 African and African
American Affinity Group
(AAAAG)**

*AG represents Affinity Group



Seek2016

AGING WELL. LET'S DO IT!

Mark your calendars for September 10 and 11th.

The Pitman Institute for Aging Well will host a fun-filled, learning experience here at Mill Race Center.

On Saturday, September 10 from 10am to 3pm we will host an Expo, which is a **FREE** event. Over 30 vendors are already signed up to share their services. Plus we've added a Hospitality Tent with demonstrations every hour, refreshments and a place to gather and relax while you visit the vendors and find the information you need to Age Well!

On Sunday, September 11 from (1:00-4:00pm) we are pleased to host two phenomenal speakers:

- Joan Moran, who is a creative thought leader, will stretch your mind at any age.
- Cynthia Green, PhD, who is one of America's foremost memory fitness and brain health expert, and founded the Memory Enhancement Program at Mount Sinai School of Medicine.

Sunday is a ticketed event with all proceeds benefiting Mill Race Center programming. Tickets will go on sale August 1st.

For more information, contact Paula Herlitz: 812-376-9241 or paula@millracecenter.org.

The Pitman Institute for Aging Well is a community resource that provides opportunities to better understand and embrace the aging process. Each individual's potential is maximized through innovative, member-driven programming, collaborative research and education opportunities; and fitness and rehabilitation resources. The Pitman Institute recognizes that each area of an individual's life must be in harmony for a person to truly age well.

Spotlighting Intellectual Wellness



Clue Game

The Mill Race Center version of the classic detective game. Get your thinking cap on and participate in this fun game during the months of **Intellectual Wellness**. The game will begin on Monday, July 18 and will conclude on Friday, August 26. The chosen winner will be selected on Monday, August 29.

Object: Mr. Boddy apparently the victim of foul play is found in one of the rooms at Mill Race Center. Suspects bio's will be posted in MRC. To win, you must determine the answers to these three questions: Who done it? In what room did it occur? And with what weapon?

Clues: Clues will be given each Monday through our weekly E-Blast (give the business office your email to be added to the list) and posted in the center. Detective note sheets can be picked up at Mill Race Center to keep track of your clues. Extra bonus clues will be given out through the weeks of the game so stay tuned. **Remember to keep your clues a secret!**

Prize: One Year Membership to Mill Race Center, One Year Membership to the CRH Fitness Center in MRC, Mill Race Center T-shirt, 20 minute Chair Massage by Emily Patrick, and \$300 to travel with the MRC travel program. (Valued at over \$800)

Guess: Turn in your confidential guess of who done it, what room and with what weapon by Friday, August 26 by 5:00pm. If multiple individuals guess correctly they will be placed into a drawing and one winner will be selected.

Rules: Set of participation rules will also be at Mill Race Center.



Professor Plum



Ms. Scarlet



Madame Rose



Ms. Ameli Peach



Colonel Mustard



Mrs. White



Mrs. Peacock



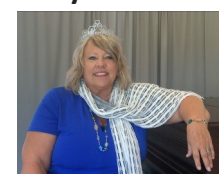
Lady Lavender



Sergeant Gray



Anastasia Starr



Dove Noble



Hazel Lou



Mr. Green



Olive York



Clementine Knight



Dahlia Jade



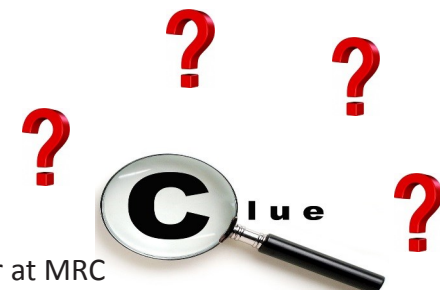
Marie Davenport



Yvette Dupont



Rusty Nayler



Clue #1

A place to gather at MRC
Face the wall and what do you see
Black, red, green or brown
Look inside to see what is found.

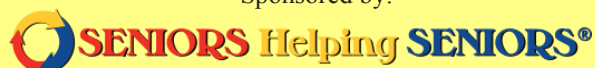
LUNCH & LAUGHTER READERS THEATER



August 10, 2016 at Noon

Lunch: \$5 members/\$10 non-members
Make reservations at the business office.

Sponsored by:



FREE!

Drumming Circle

August 2, 6:30-7:30pm

Get your groove on and come out and drum with us! We promise it will be an amazing experience. Please register by calling the business office. Weather permitted we will be on the patio. Refreshments served after drum circle. Limited seating.



Silver Tones

Join the Silver Tones of Mill Race Center

We welcome new MRC members!

Practice: Mondays 5:00-6:00pm (MP 1)

Share your voice with the world!

Director: Mary Clark, (812)342-9324

The Lasting Impressions



MILL RACE CENTER

A song, dance and drama performance troupe.

All MRC members welcome.

Practice: Monday & Friday

12:30-3:30pm (MP1)

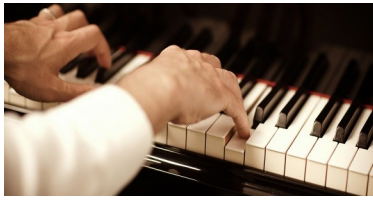
Information contact: Donna Browne, (812)-376-6612.



Spotlighting Intellectual Wellness

Piano For The Adult Beginner

Learn to read music while having fun with your friends. This hour long class will incorporate music theory, ear training, and games to reinforce note learning. Keyboards will be provided for in-class use.



Classes for beginners and continuing students now forming. Choose from daytime or evening classes. 4 Week Session Fee: \$80/members and \$90/non-members + \$10 for instruction book, which will be purchased from the instructor on the first day of class. Enrollment limited to 3 minimum and 5 maximum for each session. **New class forming soon!**

Information and to register, call Pat Anderson at (919) 630-3773 or email panderson47201@comcast.net.



Fishing Group

8:30am

Join Leah and Shannon for a little morning fishing in the pond behind MRC. Meet in the lounge at 8:30am and we will head out together. Bring your pole, bait and lawn chair.

August 26, September 30, & October 28

TRAVEL WITH MILL RACE CENTER

2016 MRC Travel and Tours

*All prices based on double occupancy, add \$50 for non-members, single, triple and quad rates available for most trips. Small deposit holds your spot on trip and is refundable up to date of final payment. Book early to avoid disappointment! Call for brochure or details for each trip you are interested in booking.



The Canadian Island Trip, Coudre's, August 8-16. You will need a passport for this Northern Adventure but it is worth the trip to see scenic windmills, stately cathedrals and whale watching! This trip is full of adventure as we take a ferry to the Charlevoix Region of Canada to see the peaceful Islands. This trip also includes guided tours of both Quebec and Montreal! Only \$1050 per person double occupancy. Call for Single and nonmember rates.

Tunica, Memphis and Graceland, September 19-23 Wander Beale Street immersing yourself in the history of early Rock and Roll and the Blues. Trip includes admission to Graceland, accommodations at a luxury Casino Resort, tours of Memphis and the Rock and Roll Museum and all dinners and breakfasts! \$525 double and \$690 single. Non-members welcome for just \$50 more.



Christmas Time in the Smokies November 15-18. Includes 4 Shows, 3 breakfasts, 3 dinners, 3 nights accommodations, admission to popular attractions Christ in the Smokies, Dollywood's Christmas in the Smokies, Christmas Place and Bell Tower Square, Tanger Outlets, Deluxe motor coach transportation and much more. **Sign up by September 1.** \$629 per person double. \$748 Single. Add \$50 for non-members.

Chicago, October 11-13 Trip includes luxury motor coach transportation, 2 nights accommodations, 2 breakfasts and 2 dinners, The art Institute, Architectural Cruise on the Chicago River, Navy Pier and Chicago's Money Museum as well as a visit to Chicago 360 (formerly the John Hancock Observatory). \$359 per person double occupancy. \$419 single. Add \$50 non-members. **Sign up by August 1**



Savannah, Jekyll Island and Beaufort, November 27- December 3 Holiday time in the South! Includes luxury motor coach transportation, 6 nights lodging, 6 breakfasts and 4 dinners, tours of St. Simons, Jekyll and Parris Islands, tour of Savannah with free time on the waterfront and much more. \$690 per person double occ. \$890 single. Please add \$50 for non-members. **Sign up by September 15.**

Sail away with Edie and her Mom, Bonnie, on this dream trip to the Caribbean. Includes: Round trip transportation from Columbus to Miami including luggage handling, a 4 night cruise to the Bahamas with ports of Nassau, Freeport and NCL Private Island, Your choice of luxury accommodation with all meals, \$300 in spa credit, Specialty dining or beverage package, all tips and gratuities on included services. Deluxe Balcony Stateroom: \$1750 per person Ocean view Room: \$1550 per person, inside Cabin: \$1450 per person*All accommodations are double occupancy. Single can be quoted, **Sign up by August 5**



Upcoming Trips 2017 Caribbean Cruise, New Orleans, Gettysburg/ Williamsburg/Washington DC, Ireland, Portugal, California, Nova Scotia, Switzerland, Vermont and more available now!

Spotlighting Intellectual Wellness

SPECIAL EVENTS



New! Indianapolis Symphony Orchestra Coffee Series **Friday, September 16**

Leave MRC at 9am return at 1:30pm. Enjoy an abbreviated version of the full symphony while enjoying coffee and rolls with fellow music lovers. Limit of 12 people per trip. \$70 per person. Non Members add \$20.

Derby Dinner Theater **Friday, September 9, Hallelujah Girls!**



Hilarity abounds when the feisty females of Eden Falls, Georgia, decide to shake up their lives. The action in this rollicking Southern comedy takes place in SPA-DEE-DAH!, the abandoned church-

turned-day-spa where this group of friends gathers every Friday afternoon. After the loss of a dear friend, the women realize time is precious, and if they're going to change their lives and achieve their dreams, they have to get on it now! By the time the women rally together to overcome multiple obstacles and launch their new, improved lives, you've got a side-splitting, joyful comedy that will make you laugh out loud and shout "Hallelujah!" Tickets, Dinner and Transportation only \$69! Add \$20 for non members. Leave MRC at 4pm return at 11:30pm

FABULOUS DAY TRIPPERS!

New Day Trips to interesting locations offered every month! First 18 to sign up each month get to go! Deadline to register; the Wednesday before each trip. **Each Day Tripper adventure priced individually based on cost/admission fees, lunch not included.**

Tuesday, July 26 Indianapolis City Market and Monument Circle

\$25 per member, \$35 non-members 9:00am-4:00pm. Leave from MRC.



Monday, August 29, Indiana State Museum and L.S. Ayres Tea Room

Join us for lunch and touring our State museum. Lunch and admission included. \$55 members, \$65 nonmembers. 10am-4:30pm



Tuesday, September 27, Mystery Trip!

Moderate activity level, must be able to navigate stairs and walk short distances. \$50 members, \$60 nonmembers. Lunch on your own at destination. 9:00am-6:00pm from MRC.



MRC LUNCH BUNCH

Lunch Bunch

Monthly trips to local joints for food and fellowship. Mondays - 10:30am-1:30pm \$5m/\$7nm transportation only

Tuesday, August 2 **Revery, Greenwood**

Monday, September 12 **Wind Jammer Grill, Bloomington**



New for 2016 Lunch and More!

Must pay to hold your space.

Thursday, August 18, Indiana State Fair!

Admission and Lunch on your own. Transportation only \$10 members, \$15 non members, 10am-4pm for this one!

Thursday, September 8, Stream Cliff Farm, Commiskey,
\$10 members, \$15 non members transportation only, lunch on your own at tea room. 10:30am-3:30pm

CASINO TRIPS



All trips cost \$25 per person for members/ \$30 for non-members. Transportation based on number of paid passengers. Trips leave MRC at 9am return at 5pm. Any

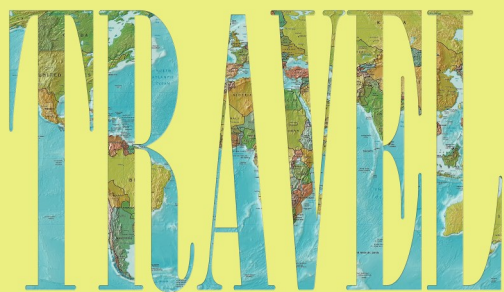
offers of free play, points, food credit etc. are not guaranteed or offered by MRC. Each casino has special offers for the dates selected if you become or are already a member of their rewards system. You must have a valid identity card to attend these functions.

Tuesday July 12

Rising Star in Southeastern Indiana

Wednesday September 7

Mystery Casino Trip



Tuesday, August 23
from 6:30-8:00pm

A special Travel Show featuring Collette vacations to Switzerland, California, Nova Scotia and Portugal's Islands.

Please RSVP contact Edie Smith, Mill Race Center Travel Coordinator at (812) 376-9241 or send email to: travel@millracecenter.org.



MRC Hiking Group

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



Upcoming Hikes:

The Great Smokey Mountains National Park (5 days)

The Catskills & Adirondacks of New York (3 weeks)

The Ice Age Trail in Wisconsin (5-6 days)

Shades, Turkey Run, & Whitewater State Parks

TOPS Club

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

Take Off Pounds Sensibly

For more information please contact Judy Lemley at 812-372-3241 or check the TOPS website at www.tops.org.

Senior Swim

At Foundation For Youth

Tuesday, Thursday and Saturdays
from 8:30-10:00am.

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

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



Diabetes Information Sessions

2nd Thursday of each month from 3:00-5:00pm

Free education program offered for people with diabetes or anyone interested in learning about diabetes. Registration is required by calling 812-376-5500. Open to the community.

For more information:

lkessler@crh.org or call 812-376-5709

Spotlighting Intellectual Wellness



Comprehensive Health Screen

August 18 from 8:00-10:00am (MP2)

All tests are FREE except the Cholesterol.

Cholesterol Test (this test \$2 cash*)

Balance test, mental health screen, advanced directives, hearing test, B/P, Height/Weight, BMI, Eye Pressure, Pharmacist Consult, Dietician Consult, Glucose test (**fast**), COPD risk screen, Inhaler techniques, and obstructive sleep apnea screen.

(*Test fees paid directly to public health nurse)

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

Better Breathers

Wednesday, July 20 at 3:00pm

Topic: Sleep Disorders



Wednesday, August 31 at 3:00pm

Topic: Planning for the Future; Living Wills and Healthcare Representatives

Discussion on the different types available, when it might be needed, and how to access the service.

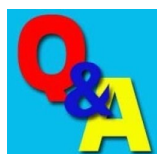
Better Breathers Clubs are supported by the American Lung Association, and the meetings are designed to help members increase quality of life and prevent illness. We also function as a support group, offering understanding and comradery to people who are challenged by lung problems. Anyone with a lung problem is welcomed, along with their family and friends. Light refreshments will be available.

Information contact Jennifer at 812-376-5793



**Friday,
August 12
7:00-10:00pm**

Featuring:
Forty Years of College
Come dance the night
away at MRC!
\$5 members &
\$10 non-members



We asked; you answered
What are your plans for July 4th.

Susan Baldwin - be with family at a
cook-out
Carmen Mangas - be with her family
Phyllis Roemmell - watching fireworks

**Senior
Scribes**

**3rd Friday of each month
1:00-3:00pm**
Barbra Heavner, 812-344-2644
Janice Waltermine, 812-372-1707

WHAT

You will find me on all kind of faces
You will find me in all kinds of places
You can even hear it on a phone
It's very contagious; that is known

You might be bored or need to sleep
A sudden urge will make you creep
Even talking about it can bring it on
You guessed it

IT'S A YAWN

Marge Anthony

Birthday Party

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



Birthday Celebrations

July Birthdays: July 7 at 1:00pm (MP1)
August Birthdays: August 4 at 1:00pm (MP1)
September Birthdays: Sept. 1 at 1:00pm

Reservations required. You are welcome to bring a friend or two. Space is limited. **FREE** to MRC members and their guests! **Sign up at the MRC Business Office or call 812-376-9241.**



Singles Group

**Meets 2nd Wednesday each month at
4:30pm at Fazoli's.**

An active group for both men and women. Contact Rosemary Sager at (812) 390-7665 for information.



Ladies Coffee

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

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

Spotlighting Intellectual Wellness

Pickleball

FREE!



Now offered Tuesday, Wednesday,
Friday and Saturday.
See page 11 for details.



**Every Tuesday
Noon to 4pm**

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

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

Bocce Ball

Bocce Ball sets are available to be
checked out at the receptionist
desk. Directions are with the
sets. Go out and play in the park.



OPEN Billiards

Two tables availa-
ble during regular
MRC hours. We
welcome all skill
levels.



Columbus Chess Club

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

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



Ping Pong

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

COME & PLAY:

PING PONG is back!

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



Card Schedule



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

MILL RACE CENTER

R E N T A L S



Consider beautiful Mill Race Center for wedding rentals, class reunions, or other large gatherings. Our 4,000 square foot Multipurpose Room and Terraces feature attractive views of a fountain in a nearby lake as well as the park. The multipurpose room has a capacity of 350 Theatre Style, and 225 Banquet Style. A caterer's warming kitchen opens into the Multipurpose Room and is available to any licensed and properly insured caterer.

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

Visit our website www.millracecenter.org and for all the details about renting Mill Race Center. You will find the rental policies, the rental application and frequently asked questions.



Mill Race Center Summer Gear

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

Have a
NICE
DAY
(pass)



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

Get WalkIN – Helping Hoosiers get on their feet!

Walking is an excellent way for most people to increase their physical activity. It is an easy way to start and maintain a physically active lifestyle. Get WALKIN' is a 12 week, free e-mail based walking initiative being offered through Purdue Extension in Bartholomew County in partnership with the School of Nursing. To learn more, contact Harriet Armstrong, Purdue Extension Educator Bartholomew County, 812.379.1665. To register for this program which will begin September 7th.



Refrigerator Reminder - MRC Daily Activities

Monday

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

Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8-N	Reflexology (\$)	MR
9:00	Senior Swim*	FFY
10:00	Tai Chi (\$)	MP1
10:30	Bible Study	CR
1:00	Woodshop	WS
1:00	Bingo (\$)	MP2
2:00	Coloring Café	AR
5:30	Open Computer Class	CL
5:30	Euchre	AR
6:00	Pickleball	MP2

Wednesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8-Noon	Chair Massage (\$)	LOB
8:30	Volleyball	FFY
8:30	Body Motion	MP2
10:00	Art Class	AR
10:00	Crafty Fingers	LO
11:30	TOPS	CR
12:45	Hand & Foot	MP2
1:00	Scrabble	AR
1:00	Reader's Theater	CR
1:00	Bid Euchre/Pinochle	LO
4:30	Beg. Line Dance	MP2
5:30	Singles Group	LO
	(2nd Wed)	
6-8:00	Pickleball	MP2
6:30	Couples Dance	MP1
	(1st & 3rd Wed)	

Thursday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
9:00	Happy Helping Hands	AR
9:00	Shopping	See Pg. 4
9:00	Senior Swim*	FFY
10:00	Tai Chi (\$)	MP1
10:00	Ladies Coffee	LO
	(3rd Thurs)	
1:00	Woodshop	WS
1:00	Duplicate Bridge/Pinochle	MP2
3:00	Diabetes Group	CR
	(2nd Thurs)	
4:00	Bereavement Group	LO
	(3rd Thurs)	
5:00	Chess Club	AR/LO
5-8	Ballroom Dancing	MP2

Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8:30	Body in Motion	MP2
8:30	Volleyball	FFY
10:00	Line Dancing	MP2
1:00	Euchre	MP2
1:00	SCS Investment Club(2 Fri)	
12:30	Lasting Impressions	MP1
12-3:00	Pickleball	MP2
1:00	Senior Scribes	AR
	(3rd Fri)	

Saturday

8:30-11:30	Pickleball	MP2
------------	------------	-----

AR	Art Room
CL	Computer Lab
CNR	Conference Room
CR	Classroom
FC	Fitness Center
LO	Lounge
LOB	Lobby
MP1	Multipurpose Room One
MP2	Multipurpose Room Two
MP3	Multipurpose Room Three
MR	Meeting Room
SP	Senior Products
WS	Woodshop
FFY	Foundation For Youth
*	Senior Swim passes at FFY

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


ACTIVITY HIGHLIGHTS

Check out exciting programs listed on page 16 & 17


July 4

Mill Race Center Closed for Holiday


July 7

Birthday Party, 1:00pm 


July 11

Movie, 5:30pm 

July 12

TED Talks, 1:30pm 


July 15, 22 & 29 August 5, 12 & 19

Discover the World Series, 10-Noon 

July 21

Meet & Greet, 6:00pm

July 25

Movie, 5:30pm 




July 18-August 26
CLUE Game

???

July 22

Afternoon for Arts, 2:00pm 


August 2

Drumming Circle, 6:30pm 

August 4

Birthday Party, 1:00pm


August 10

Lunch & Laughter, 12:00pm 

 August 12

Friday Night Live, 7-10pm

August 8

Movie, 5:30pm 


August 9

TED Talks, 1:30pm 


August 19

Meet & Greet, 10:00am

August 27

Super Saturday, 10-Noon 

August 26

Fishing, 8:30am 

 August 26

Afternoon for Arts, 2:00pm



Find us on:
facebook®

Mill Race Center • 900 Lindsey Street • Downtown Columbus
812-376-9241

Visit us at www.millracecenter.org



Mill Race Center
900 Lindsey St.
Columbus, In 47201

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

CURRENT RESIDENT OR



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



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

Avoid boredom...be productive.

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

Enjoy the company of others!

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

Be optimistic in your approach to life!

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

Find meaning in everyday!

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

Remain active, involved and productive!

Physical Wellness: recognizing the need for regular physical activity, proper diet and nutrition and personal safety. Discouraging the use of tobacco, drugs and excessive alcohol consumption.

Get moving...be healthy!