



AGING WELL!

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

Membership \$60 a year per person • 812-376-9241 • www.millracecenter.org



To Benefit Meals on Wheels & Turning Point

Wednesday, August 16; 5:30-7:30pm
\$10 for Dinner Ticket

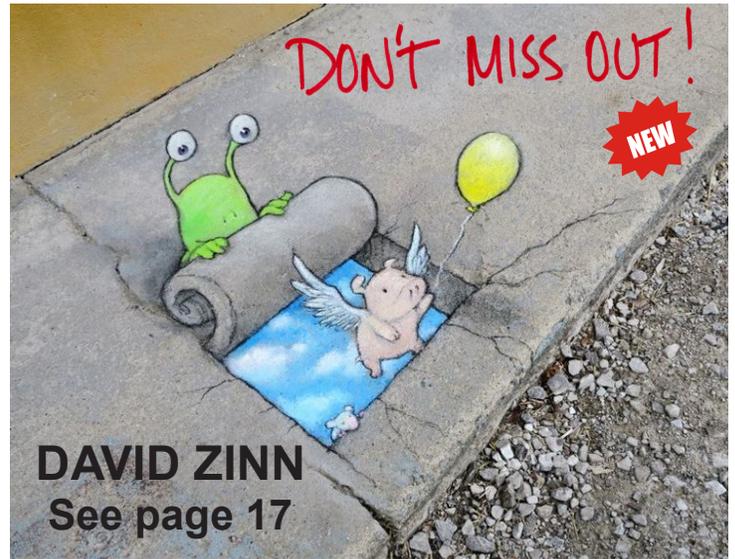
Let's go to the HOP... Enjoy a delicious meal from Blackerby's Hanger and great music from **The Reunion Band!** All proceeds will go to the Mill Race Center Meals on Wheels Scholarship Fund. Tickets must be purchased in advance at the Mill Race Center business office.

Gift Card Round-Up for Turning Point
Bring in a \$5-\$20 gift!
Goal to raise 50 gift cards!

Support Both:



SHAKE
Rattle
'N ROLL!



DAVID ZINN
See page 17

Seek2017 
Advancing Age Friendly Communities 

August 24 & 25

See page 16 for details



 **TOTAL
BRAIN
HEALTH**
BODY • MIND • SPIRIT

**Amazing
Opportunity!**
See page 26



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

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

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

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



From Your Executive Director

Bridging the Gap

\$5.00 a month. That is the most that anyone would currently pay to be a member of Mill Race Center. Our \$60 membership fee elicits different reactions from different people. Some people think that it is too high, while others are shocked that it is so low. It is a matter of perspective, it seems. The reality is that we also offer scholarships and assistance, based on income, and have automatic discounts for older seniors (and those over 90 are free.) When we divide the annual membership fees by the number of members, the actual revenue from fees averages out to \$39 per member. Our actual cost to provide services and to maintain the building is about \$550 per member. That leaves a funding gap of \$511 per member. We have worked very hard to bridge that gap, and we are grateful for the additional support that we have received from individual donors, corporate sponsors, Columbus Regional Health, The Heritage Fund Community Foundation of Bartholomew County, United Way, Thrive Alliance, and other grantors. (Our annual SEEK Conference is a revenue generator as well, so please mark your calendars for August 24th.)

Mill Race Center is YOUR center. We need your voice in the community to advocate and to spread the word about the exciting things that are happening at Mill Race Center. We are always looking for new and creative ways to bridge the funding gap. We want to hear your ideas, so please reach out to me at dmustard@millracecenter.org. We would love to have your help in bridging the gap.

Dan Mustard
Executive Director



Look for travel opportunities
on pages 20-22.



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 \$60 a year.

Table of Contents

Community Service & Volunteer	Page 4 & 5
Meals on Wheels, Golden K Kiwanis, PAL dolls, Volunteer Opportunities	
Creative Arts and Classes	Page 6, 7 & 8
Dance Page	Page 9
Movement Classes	Page 10
Bodies in Motion, Tai Chi, Volleyball, Reflexology, Chair Massage	
Pickleball	Page 11
Education and New Class	Page 12 & 13
Understanding Your Grief, Woodshop Classes, Drumming, New Classes	
Entertainment & Events	Page 14 & 15
Readers Theater, SilverTones, Lasting Impressions, MRC Connect, Movies	
SEEK & New Programs	Page 16 & 17
Ongoing & New Programs	Page 18 & 19
Travel	Page 20, 21 & 22
Health & Fitness	Page 22 & 23
Tops, Better Breathers	
New Classes	Page 24
Aging Well, A Matter of Balance, Medicare Basics	
Games & Cards	Page 25
Unique Opportunities	Page 26
Being Mortal Book Study, Total Brain Health	
Daily Calendar	Page 27

Mill Race Center Staff

812-376-9241

Dan Mustard, Executive Director

Liz Barriger, Accounting Clerk, x 207

Leah Boas, Aging Well Coordinator, x 210

Debbie Bray, Administrative Assistant, x 218

Jacque Buzzard, Facilities

Kristy Carothers, Accounts Payable, x 222

Dexter Fravel, Lead Bingo Volunteer

Steve Hood, Facility Manager, x 216

Fred Guarnieri, Senior Products Supervisor, x228

Roberta Isaacson, Membership, x 204

Jim Isaacson and Roy Hendershot, Van Drivers

Jan Meadows, Ambassador Coordinator

Dan Mustard, Executive Director, x 211

Beth Parkhurst & Paula Herlitz, Community Outreach, x 208

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, Office Manager, x 218

Shannon Thalls, Program & Marketing Coordinator, x 220

Jeff Voyles, Senior Products, x 228



Seek2017

SAVE THE DATE: August 24th & 25th, 2017

3rd Annual Aging Well Conference & Expo

Advancing Age Friendly Communities

Featured Guest Speaker

Manoj Pardasani, PhD, LCSW, ACSW

For more information and updates visit www.pitmaninstitute.org

See page 16 for all the details!!

Mill Race Center will be closed during the SEEK conference from regularly scheduled programs August 24 & 25.



Did You Know...

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

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

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

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

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

Shopping Trip to Walmart

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

Wheel Chair Medical Transportation

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

Happy Helping Hands

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

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

Leader: Willie Fields, 812-525-1553



Golden K Kiwanis

Each Monday 10:00-11:00am

Visitors are always welcome!

Serving the children of the world! Changing the world one community and one child at a time.

President: James Lowney 812-350-8034



Need a gift idea?

Give the gift of Mill Race Center Fun Bucks.

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

The MRC Breakfast Café

Chair Massage & Reflexology

Readers Theater Lunch & Laughter

Arts Programs

Travel

Art Classes

Lunch at Bingo

All paid MRC programs

(Not for use at the fitness center)

Can be purchased at the Business Office or at our website under Join/MRC Bucks.



VOLUNTEERS WANTED

NEWSLETTER ASSISTANTS

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

MEALS-ON-WHEELS Volunteer Drivers

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

BINGO CALLERS NEEDED

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

We Appreciate Our Volunteers!

MRC AMBASSADORS

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

Aging Well Guide

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



Volunteers Needed

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

Your Help Needed!

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

Needed: deodorant



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

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

Welcome! **MRC Welcome Breakfast** 
Friday, July 7; 9:30am
Friday, August 4; 9:30am 

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

BOCCE BALL

Bocce Ball is a relaxed but strategic game played with 8 colored balls. It's a calming competitive way to spend time outdoors with friends. Members can check out **FREE Bocce Ball** sets at MRC and play in the front lawn or the park. MRC house rules are with each set.





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, needle-point, 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.



Celebrate National Ice Cream Day
Monday, July 17 at
2:00pm in the lounge.



Celebrate

Celebrate National Happiness Happens Day
on Tuesday, August 8 at MRC. Serving free
lemonade and smiles!



Granny Connections needs you to help knit red scarves! Knitted scarves can be dropped off at MRC. Free red yarn is available at MRC if needed.

Knitting with Cathi

There will be no classes offered this newsletter. Cathi will resume again in September.



Intergenerational Magnet Making Class

Wednesday, July 26 at 10:00am

Cost: \$5 for 8 magnets/per person

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





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.



Monday Morning Quilting With Friends 8:00am-12:30pm

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

Contact Judy Kiesow at [812-603-6472](tel:812-603-6472) or judyk2310@gmail.com for additional information

Random Acts of Kindness Club

3rd Tuesday of each month

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

Not meeting again till September 19.

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.



We've already discussed Psychology, Global issues, Ecology, Nature programs, Technology, State of the Climate and many others. The presentations come from many national speakers within known areas of expertise. The MRC newsletter will always have the next two months subjects listed. We are also open to ideas for the future talks. Check at the front desk for location of the discussion.

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

Facilitators: Ed and Terri DeVoe

July 11 at 1:30pm

DON'T MISS OUT!

Topic: Economic growth is stalled - Let's fix it!

By: Dambisa Moyo

August 8 at 1:30pm

Topic: The Surprising Habits of Original Thinkers - By: Adam Grant

SCS Investment Club

Monthly, 2nd Friday

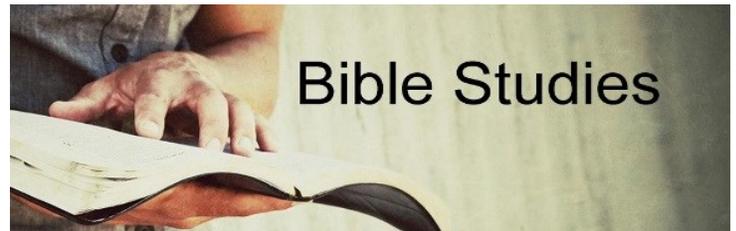
1:00-3:00pm (Classroom)



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

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

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



Bible Studies

Bible Study



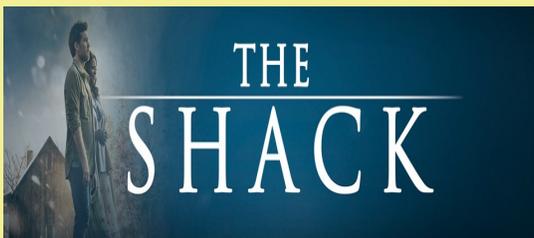
Tuesday mornings 10:30-11:30am

In the Classroom; **Free**

Information: Virginia Houser, 812-579-5132

July: Rev. Robert Vester, Westside Comm. Church

August: Re. Zach Riggs, Ogleville Christian Church



Wednesday Evening Bible Study

Every Wednesday at 6:00pm

Contact Jan Meadows at (812)374-4404

Next Study: The Shack (August 2, 9, 16, 23, and 30)

Fee: Free





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



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.



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.

Rhythm Shoes

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		



DON'T MISS OUT!
FREE!

Bodies in Motion

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

FREE to MRC members

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

Reflexology @ MRC!

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 **Offering Two Classes on Tuesday & Thursday**



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

10:45am - Beginning class

FREE Try-It class coming in October

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

Instructors: Paula Howard - 10:00am

Todd Wright - Saturday Guardian Kung Fu
(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

Emily will be off until September.

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

Monday, Wednesday and Friday mornings at 8:30-10:30am

at Foundation for Youth 405 Hope Ave, Columbus

Information: Don Ward (812)350-2222



Pickleball



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



Wednesday Evenings - 6:00-8:00pm

EXCEPT August 23



Friday Afternoons - 12:00-3:00pm (12:00-1:00pm beginners clinic)

EXCEPT August 25



Saturday Mornings - 8:30-11:30am

EXCEPT July 15, 22 & 29 and August 5 & 26



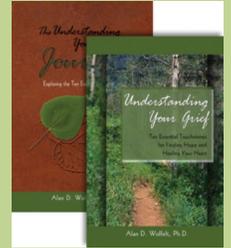
Understanding Your Grief

Bereavement Support Group at MRC

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

Open to anyone in the community

Facilitated by Walter Glover, Certified Grief Counselor, Jennifer Lowry and Shannon Thalls



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

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

If you are interested in participating please join us! Contact: Shannon at MRC, 812-376-9241 or Shannon@millracecenter.org

MRC Woodshop



Tuesday 1:00-4:00pm

The woodshop is available for MRC members only and is open on Tuesdays from 1:00-4:00pm.

In The Woodshop

Drop-In Woodcarving Class

Wednesdays 10:00am

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

offered to beginners and challenges offered for more experienced carvers. Instructor: Larry Carter

FREE for MRC Members



Hoosier Carvers Club

2nd Monday of each month

5:30-8:00pm (CL)

New participants welcome to attend.

For information contact Larry Carter 812-372-1956.



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



Drum 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.



Drum Making Class
An Award Winning Class!!
Tuesday, July 18 at 2:00pm



Enjoy drumming? Now you can make your own at this award winning class. Class fee: \$50/\$55 non-member.

First Aid/CPR Training



Prepare for the unexpected with this valuable training. It is important of starting good and effective emergency care as soon as possible.



**CPR AND
 FIRST AID
 CLASSES**

Watch for more information to come out about this class. Sign-up for the MRC E-blast by contacting the Business Office.



Follow Ana Singhal with her senior project Stop the Bleed Indiana on Facebook. Thank you, Ana, for your kit donation to Mill Race Center.

NEW

Downsize Me!

An upscale garage sale

Mill Race Center is pleased to present *Downsize Me*, an exhibit featuring 24 vendors who will display and offer for sale art, fine crafts, antiques, and collectibles. The event will be held at the center on Saturday, July 29th from 10:00 a.m. to 3:00 p.m.

SOCK HOP

Dinner, Music & Dancing
Wednesday, August 16
5:30-7:30
Tickets: \$10



 Come dressed in your Sock Hop Outfits!



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

LUNCH & LAUGHTER READERS THEATER



August 9 at Noon
Lunch: \$5 members
\$10 non-members
 Make reservations at the
 MRC business office.

MRC CON Nect

Event formerly known as
Super Saturday

DON'T MISS OUT!
NEW **FREE!**

August 17 from 10am-2pm

CONNECT at Mill Race Center by learning, engaging and exploring at this new free program.

A FREE program open to the public! Attend all 3 sessions offered or pick and choose. Plus lunch will be catered in by Blackerby's Hanger for \$7.

Required registration in advance for this program and payment for lunch.

10:00-10:45am - Hidden Gems of Indiana

Indiana Landmarks uses insider knowledge to highlight historic places worth a visit, from the quirky to the sublime: small towns, neighborhoods, restaurants, shops, parks, cemeteries, scenic drives, and museums.

11:00-11:45am - Columbus Regional Health

Learn from a specialist from CRH and have the opportunity to ask questions. Watch for flyers and E-blasts to feature the CRH Doctor.

Lunch from 12:00-12:45pm
With Blackerby's Hanger for \$7

1:00-1:45pm - General Lew Wallace

Learn about the life of Civil War general and Hoosier author Lew Wallace, as portrayed by Terry Furgason. Wallace was born in Brookville, died in Crawfordsville and is perhaps best known as the author of *Ben Hur*. Furgason is a member of the Vernon Greys and 6th Indiana Volunteer Infantry, a Civil War reenactor and a living historian. The Vernon Greys were a part of the 9th Regiment of the Indiana Legion (the state militia) during the Civil War. Sponsored by the Bartholomew County Public Library.

Sponsored by:



Voelz, Reed, & Mount, LLC
 knowledge • experience • solutions



FREE MOVIE SHOWINGS at MRC!

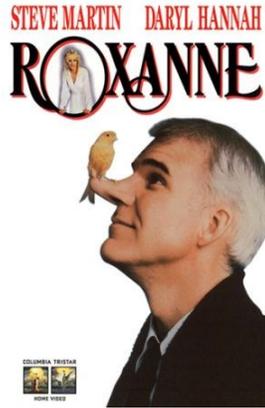
2nd Monday Newly Released Movie/4th Monday a Classic Movie

Movies start at **6:00pm**. Free popcorn - Sponsored by Griswold Home Care



July 10

**Beauty and the
Beast**



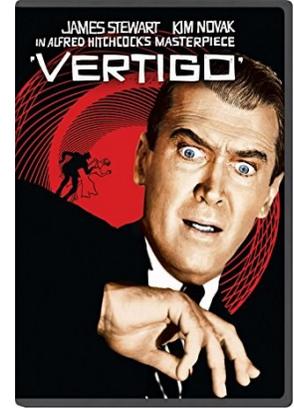
July 24

Roxanne



August 14

Going in Style



August 28

VERTIGO

Seek2017



Advancing Age Friendly Communities

**One in Three Americans is Age 50 and Older.
By 2030, One in Five Americans will be Age 65-plus.
Will Our Community Be Ready?**

August 24 - Conference - 9am to 4pm

In partnership with Columbus Regional Health

Luncheon Keynote Speaker, Manoj Pardasani, PhD
Fordham University, New York, NY
Living and Aging Together

**Conference tickets on sale beginning
July 1 at Mill Race Center.**

900 Lindsey Street – Downtown Columbus

All Conference: \$55/MRC member, \$65/non-member

Lunch and Key-note Address: \$30/MRC member, \$35/non-member

August 25 - FREE EXPO - 10am to 2pm

In partnership with The Republic



The David Zinn 3-D Art Project

August 16-19

Mill Race Center, in partnership with the Visitors Center and through support from NTN Driveshaft and a grant from the Indiana Office of Community and Rural Affairs, is excited to announce that illustrator and artist David Zinn will be coming to Columbus.

NEW
DON'T MISS OUT!



David Zinn has been creating original artwork in and around Ann Arbor since 1987, serving all manner of commercial clients from small shops to major municipalities while simultaneously sneaking “pointless” art into the world at large.

While in Columbus, David will be working with students in the C4 Communications Pathway studying 3D Visualization and Graphic Design, Grandbuddies and MRC members in five workshop settings throughout the community to create three dimensional chalk art that will promote our upcoming Seek2017 conference; advancing age friendly communities. In addition, while here David will install a permanent, interactive, inter-generational art walk activity. Art Walk maps will be distributed (at Mill Race Center, Viewpoint Books, Hotel Indigo and the Visitor’s Center), providing hints of where to find David’s art, introducing his characters and allowing for a conversation and response among the Art Walk participants.

Mill Race Center members are invited to observe David’s workshops and watch how he inspires our community’s young minds and those interested in pursuing graphic design and art as a possible career. BCSC’s C4 graphics students will also be offering additional learning opportunities to our members later this year. **Call MRC to register.**



Mill Race Center Launches Corporate Drum Circle Breaks with Debut at Bartholomew County Fair

Mill Race Center is excited to showcase our **Award Winning Community Drum Circle** at the Bartholomew County Fair by conducting a Drum Circle on **Wednesday, July 12 at 5pm** at the David Boll Theater at the Fairgrounds. **Our Community Drum Circle program received the 2016 National Institute of Senior Center’s Program of Excellence Award.**



In addition to offering weekly Drum Circles and workshops to make your own drum at Mill Race Center, this summer we will launch our Corporate Drum Circle Break Program; taking our Circles on the road to promote Mill Race Center activities and provide an activity to corporate employees who wish to experience the benefits of drumming. To learn more about Corporate Drum Circle Breaks, please contact Shannon Thalls at 812-376-9241.

7 Health Reasons to Start Drumming

Drumming can have positive effects on your health and may help with many conditions from stress, fatigue, and anxiety, to hypertension, asthma, chronic pain, arthritis, mental illness, addiction, and even cancer.

1. **Makes You Happy**
2. **Induces Deep Relaxation**
3. **Helps Control Chronic Pain**
4. **Boost Your Immune System**
5. **Creates A Sense Of Connectedness**
6. **Aligns Your Body & Mind With The Natural World**
7. **Releases Negative Feelings**





Birthday Party

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



Birthday Celebrations

July Birthdays: July 6 at 1:00pm

August Birthdays: August 3 at 1:00pm

September Birthdays: September 7 at 1:00pm

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



Ladies Coffee

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

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



MRC Random Acts of Kindness is collecting **YELLOW** items to fit in our sunshine baskets that we deliver around our community. Please make your "small item" donation in the basket in the lobby or a monetary donation in the business office.





The BCPL bookmobile will be at Mill Race Center once a month on a Wednesday from 9:30-10:30am. Mark your calendar and visit the bookmobile!

July 12, 26, August 9 & 23

We've Got an App for That!

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



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

Senior Scribes
 3rd Friday of each month from 1:00-3:00pm
 Barbra Heavner, 812-344-2644
 Janice Waltermire, 812-372-1707

Piano



Lessons

This hour long class will incorporate music theory and ear training to reinforce note learning. Keyboards and piano will be provided for in-class use.

Instructor: Carol Bales is a Professor of Music at Franklin College

Classes for beginners and continuing students are now forming. Choose from daytime or evening classes.

4 Week Session fee: \$80/members and \$90/non-members plus instruction book fee to be purchased from instructor.

Information and to register, call:
Carol Bales at (407)592-7038.



MRC Hiking Group

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

Upcoming Hikes:

Monthly hikes at State parks, recreational areas, state forest, etc...

More information coming in the September/October newsletter.



TRAVEL WITH MILL RACE CENTER

2017 MRC Travel and Tours

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



Mystic, Foxwoods and The Newport Mansions! October 14-20

Limited seating on this fabulous trip to Connecticut and Rhode Island. See mansions, seaports and glamorous casinos all in one trip! Includes luxury motor coach transportation, 4 dinners and 6 breakfasts, guided tours, shopping, free time at a resort property and casino action. \$799 double occ. **Deadline August 5.**

Washington, DC, Gettysburg and Williamsburg, November 2 - 8, 2017

7 Days /6 Nights Double Occupancy Price Per Person \$799, \$1039 Single Price/pp, Triple Price/pp \$779* add \$75 nonmembers Includes: Motor Coach transportation, 6 nights hotel, 10 meals: 6 breakfasts and 4 dinners, day and evening Guided Tours of Washington, DC including the WW II Memorial, Capitol Hill, Embassy Row, the Korean War Veterans Memorial, the Vietnam Veterans Memorial, the Smithsonian, the Martin Luther King, Jr. National Memorial, the Lincoln Memorial, Arlington National Cemetery, Gettysburg National Park, Colonial Williamsburg, Famous Yankee Candle Village and more! **Deadline to sign up August 31. THIS WILL SELL OUT QUICKLY SO ACT NOW!**



NEW! Israel and the Holy Land! November 9-17, 2017

Collette presents your next adventure, an epic journey through the Holy Land. Call for pricing and brochure or come to the travel show in July! Hurry seating is limited!!

Mystery Trip!! November 12-18

\$799 double occupancy. Single and triple available. We will not know where we are going until we get there! What to pack and bring will be disclosed prior to departure. Includes Motor Coach transportation, hotels, 6 breakfasts and 6 dinners plus all of the fun! **Deadline September 1.**

“If there were no *mystery* left to explore life would get rather dull, wouldn't it?”

Sidney Buchman

Travel Show - Wednesday, July 19, from 11-1pm at MRC

Featuring Collette Adventures in Panama, Iceland, Israel and Splendid Scandinavia

Light refreshments will be served along with a beautiful slide presentation of these upcoming trips through Mill Race Center. Special offers will be made during this presentation so plan to bring your questions and deposit(s) for the trip of your dreams! A Travel Show highlighting 2018 Motor Coach Trips will be scheduled for this October. See the next newsletter for dates and times.

FABULOUS DAY TRIPPERS!

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

IKEA and Jungle Jim’s in Cincinnati!

Monday, August 21

\$25 per person, transportation only. Leave MRC at 8:30am return at 5:30pm. Very Popular Daytrip! 2hours at IKEA and lunch then off to Jungle Jim’s. Sign up soon to avoid the dreaded waitlist!



**Derby Dinner Theater presents:
Southern Fried Nuptials!**

Friday, September 15

A Rollicking Comedy on the heels of Southern Fried Funeral. Come enjoy a great dinner and lots of laughs. Leave MRC at 4pm return at 11pm. Only 12 tickets available so hurry! \$69 member \$79 non-member includes dinner, transportation and show.



Indianapolis Symphony Pops Coffee Series

We will once again be offering transportation for Mill Race Center Members and their guests to the ISO Pops Coffee Series on **September 15, October 20, November 3** and 2018 dates. Bus leaves MRC at 9am and returns at approx. 1:30pm. \$20 per person. Let us drop you at the door and pick you up with no parking hassles or fees! Registration required no later than 2 weeks before each concert and is limited to 12 passengers. Tickets are on your own, call Edie if you need assistance with ticketing.

SPECIAL EVENTS

**August 10 Belterra Casino
September 6, Horseshoe Casino**

\$25 per person, transportation only.
9am-5pm leaving from MRC.

Come with us and get your game on!!



MRC LUNCH BUNCH & MORE

Lunch Bunch

Monthly trips to local joints for food and fellowship. Mondays - 10:30am-1:30pm \$5m/\$7nm transportation only. *Let us know if you need transportation to and from the center or if you need wheelchair/walker accommodation.*

Tuesday, July 11, The Journey, Indianapolis (Oriental, Sushi and American buffet \$8.95 lunch)

Monday, August 7, Woody’s Library, Carmel

Monday, September 11, Heidel Haus, Indianapolis



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

Thursday, July 20, Indiana State House Cafeteria and tour

Thursday, August 17, Huber’s Farm and Market

TRAVEL

NEW

Wilstem Ranch Adventure!



Tuesday, September 26 from 8:30am-4pm

Travel from MRC to Beautiful Paoli to see Elephants and Giraffes! We will be spending time in each environment getting up close and personal with these magnificent creatures. Small group setting allows for photography and feeding of the animals. We will stop for lunch at Porky's BBQ too! \$70 members \$80 non members includes all admissions and transportation. Lunch on your own.



Coming in 2018: Myrtle Beach Show Trip in Spring, Branson in May, Colorado Rockies, South Dakota Badlands, Amishlands featuring the Sight and Sound Theater, Panama, Iceland, Scandinavia, Hawaii, New Hampshire and more!

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



**TAKE OFF POUNDS
SENSIBLY**

TOPS Club

Wednesday 11:30am-1:00pm

Take Off Pounds Sensibly

For more information please contact Lucy Trueblood at 812-371-6482 or check the TOPS website at www.tops.org.

Senior Swim

At Foundation For Youth

Tues., Thurs. & Sat.

from 8:30-10:00am



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

MILL RACE CENTER RENTALS



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.

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.



NEW

Downsize Me!

An upscale garage sale

Mill Race Center is pleased to present *Downsize Me*, an exhibit featuring 24 vendors who will display and offer for sale art, fine crafts, antiques, and collectibles. The event will be held at the center on Saturday, July 29th from 10:00 a.m. to 3:00 p.m.

Better Breathers

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



Wednesday, July 19 at 3pm Topic: Medical Testing: common medical tests for pulmonary patients

Wednesday, August 30 at 3pm Topic: The latest developments in fighting and treating lung disease

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

Mill Race Center Gear

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

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



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



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Matter of Balance

Mondays & Wednesdays

Beginning September 11 (4 weeks)

1:00-3:00pm at Mill Race Center

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. This program emphasizes practical strategies to manage falls.

Call MRC to register for this program (812)376-9241.

You will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance



Aging Well!

New Guide Training- 2017

Mill Race Center is seeking individuals who are interested in becoming an Aging Well guide. Aging Well guides welcome and touch base with new members and assist them in navigating programs that might be of interest to them. If interested please attend one the upcoming Aging Well guide training listed below.

August 10, 2017 @ 10 am

Contact Leah at 812-376-9241 ext. 210 or lboas@millracecenter.org for more information or if you are interested in being a guide and are unable to attend the training dates listed above.

Medicare Basics

September 14th at 10:00am or September 21st at 4:00 pm

Have questions about Medicare? Interested in learning more? Join Leah, SHIP counselor, on September 14th at 10:00 am or September 21st at 4:00pm to learn more about what Medicare covers and what your coverage choices are. Sign up at the Mill Race Center business office or call 812-376-9241.

Pickleball



FREE!

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




**Every Tuesday
Noon to 4pm**

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

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

NEW

MAHJONG

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



OPEN Billiards

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




Columbus Chess Club

Every Thursday evening
5:00-8:00pm (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)

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




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	Hand & Foot Beginner Rosemary Sager (812)390-7665 12:45-4:00pm	Duplicate Bridge 1:00-4:00pm (MP2)	Euchre 1:00-4:00pm
			Pinochle 1:00-4:00pm	



Being Mortal

Atul Gawande

Being Mortal: Medicine and What Matters in the End Book Discussion
Tuesdays, September 5 at 10:00am
Cost: \$20, includes cost of book

In *Being Mortal*, bestselling author Atul Gawande tackles the hardest challenge of his profession: how medicine can not only improve life but also the process of its ending.

Medicine has triumphed in modern times, transforming birth, injury, and infectious disease from harrowing to manageable. But in the inevitable condition of aging and death, the goals of medicine seem too frequently to run counter to the interest of the human spirit. Nursing homes, preoccupied with safety, pin patients into railed beds and wheelchairs. Hospitals isolate the dying, checking for vital signs long after the goals of cure have become moot. Doctors, committed to extending life, continue to carry out devastating procedures that in the end extends suffering.

Gawande, a practicing surgeon, addresses his profession's ultimate limitation, arguing that quality of life is the desired goal for patients and families. Gawande offers examples of freer, more socially fulfilling models for assisting the infirm and dependent elderly, and he explores the varieties of hospice care to demonstrate that a person's last weeks or months may be rich and dignified.

Full of eye-opening research and riveting storytelling, *Being Mortal* asserts that medicine can comfort and enhance our experience even to the end, providing not only a good life but also a good end.

A reading schedule and book will be provided at time of registration.

Class size is limited to 15 individuals.
Discussion Leader: Leah Boas



TOTAL BRAIN HEALTH

BODY • MIND • SPIRIT



Two Class Offerings:

Mondays from 9:30-11:30am begins August 28
Wednesdays from 9:30-11:30am begins August 30
Both classes meet once a week for 8 weeks
Cost: \$20 (scholarship available upon request)

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

This summer, through the Summerville Fellowship at the Pitman Institute for Aging Well, Dr. Green's Total Brain Health programs began to take place at Mill Race Center. Led by the Summerville Fellow, each program will last eight weeks and cost \$20, with scholarships available upon request.

Due to popular demand, two class offerings will be available for the Total Brain Health Memory program beginning in August. Total Brain Health Memory is a unique program designed to teach participants valuable memory strategies and how to rev up recall.

If you are interested in joining the Total Brain Health program and would like to receive program updates, please contact the:

MRC Business Office at (812)376-9241.

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
8:00	Quilters	AR
10:00	Golden K	MP2
1:00	Drum Practice	CR
1:00	Hand & Foot	MP2
1:00	Friendship Bridge	MP2
12:30	Lasting Impressions	MP1
4-8	Reflexology (\$)	MR
5:00	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
8:30	Senior Swim*	FFY
10:00	Tai Chi (\$)	MP1
10:30	Bible Study	CR
1:00	Woodshop	WS
1:00	Bingo (\$)	MP2
5:30	Euchre	AR

Wednesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8-Noon	Chair Massage (\$)	LOB
8:30	Volleyball	FFY
8:30	Body Motion	MP2
10:00	Woodcarving Class	WS
10:00	Art Class	AR
10:00	Crafty Fingers	LO
11:30	TOPS	CR
12:45	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
6:00	Couples Dance	MP1
	(1st & 3rd Wed)	
6:30	Bible Study	CR

Thursday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8:30	Happy Helping Hands	AR
9:00	Shopping	See Pg. 4
9:00	Senior Swim*	FFY
10:00	Tai Chi (\$)	MP1
10:00	Ladies Coffee	LO
	(3rd Thurs)	
1:00	Duplicate Bridge/Pinochle	MP2
4:00	Bereavement Group	LO
	(3rd Thurs)	
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	Senior Swim*	FFY
8:30-11:30	Pickleball	MP2

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

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

ACTIVITY HIGHLIGHTS

July 4

MRC Closed for the Fourth of July

July 6

Birthday Party, 1:00pm 

July 7

Welcome Breakfast, 9:30am 

July

Bookmobile, 9:30am

July 10

Beauty & the Beast Movie, 6:00pm 

July 11

TED Talks, 1:30pm 

July 19

Travel Show 11am-1pm

July 20

Bereavement Group, 4:00pm 

July 24

Roxanne Movie, 6:00pm 

July 29

Downsize Me, 10am-3pm

August 3

Birthday Party, 1:00pm 

August 4

Welcome Breakfast, 9:30am 

August 9

Bookmobile, 9:30am

August 9

Lunch & Laughter, 12:00pm

August 14

Going in Style Movie, 6:00pm 

August 16-17

David Zinn Workshops

August 16

SOCK HOP Benefit, 5:30pm 

August 15

TED Talks, 1:30pm 

August 24 & 25

SEEK Conference & Expo

August 28

Going in Style Movie, 6:00pm 

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

Visit us at www.millracecenter.org



Coming in
September





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.**