



# AGING WELL!

## MILL RACE CENTER

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

Membership \$80 a year per person • 812-376-9241 • [www.millracecenter.org](http://www.millracecenter.org)

# 100 MILE CHALLENGE



## SAHAJA MEDITATION

Guided meditation for beginners!

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

FREE classes that are open to the community.

Questions Contact:

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

Check out SAHAJA Meditation online at [www.millracecenter.org](http://www.millracecenter.org)

### Who's up for a challenge? WE ARE!

Join the staff at Mill Race Center in logging 100 miles of movement this summer. Your movement could come in the form of walking, running, biking, swimming, paddling, hiking, or working out. We have all been cooped up for sometime and need to get moving together. Let's encourage each other in this movement challenge!

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

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



Check out our growing list of online classes listed on page 16 & 17.

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



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



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

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

Business Office Hours: Monday-Friday 8:00 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

CRH Fitness Center (812) 376-5808



# From Your Executive Director

**Social isolation is a killer.** We already knew this, due to the amount of research that has been done on this topic. Long before Covid 19, we knew that isolation significantly increases the risk of dementia and Alzheimer’s disease, and is a key factor in early death. Research also indicates that socialization is the single most important factor in longevity.



This knowledge weighed heavily upon us as we dealt with the lockdown, and the need for physical distancing in response to the pandemic. We knew that it was vital that we do everything that we could to protect the people whom we serve, since many of them comprise the group that is most at risk. We also knew that we would have to balance the need for physical distancing with the danger of social isolation.

We responded to the mandatory lock-down by changing quickly to virtual programming. We learned new video recording and editing skills in order to post program content online. We developed a library of programs within a few weeks. We increased our Meals on Wheels offerings, and developed a plan to reach out to members via phone calls. We re-opened the Center under strict guidelines as soon as we were able.

Even with the efforts to carry on with programming in any way possible, we were faced with sobering statistics. We generally lose, on average, 55 people per year out of our 2,000 member Mill Race Center family. This is not a surprising number given that we typically have over 200 members who are 90 years old or older. We celebrate those lives each year in October. This year we saw a very disturbing trend. October, November and December of 2019 were very typical months. January and February of 2020 were also unremarkable. Then we saw the numbers begin to climb. By June, 52 members were deceased, with 24 of those deaths occurring since the end of March. Very few of these folks were confirmed COVID 19 cases. As of July 20<sup>th</sup>, we are now at 67 members lost. We are reaching out to other senior centers, as well as the Indiana Commission on Aging, to see if this trend is occurring across the state. Whatever the case, whatever the cause, we need to continue to have a laser-like focus on our mission to maximize opportunities for individuals over age 50 to lead independent, healthy, meaningful, and SOCIAL lives, whatever form that socialization may occur. Thank you for your continued support in these difficult times. Be well.

**Dan Mustard**  
**Executive Director**

Visit our website for online classes.  
[www.millracecenter.org](http://www.millracecenter.org)

**How can I donate and help MRC?**

**1 of 3 Ways:**

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

or

Text “millracecenter” To 77977.

or

Drop off a check or cash to the office.

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

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## Mill Race Center Staff

**812-376-9241**

**Dan Mustard, Executive Director**

**Liz Barriger, Accounting Clerk, x 207**

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

**Samantha Edwards, Resource Edwards, x208**

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

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

**Roberta Isaacson, Membership, x 204**

**Brenda Fowler, Van Driver**

**Jan Meadows, Ambassador Coordinator**

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

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

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

**Jane Smith, Program Assistant**

**Kelly Staley, Program Coordinator, x 209**

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

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

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



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

Wedding photography courtesy of jackiesantanaphotography.com





**Providing much more than a meal!**

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

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

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

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

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

**Frozen Meals**

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

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

**Cost:**  
5 Meals - \$32.50  
7 Meals - \$45.50  
10 Meals - \$65.00



**Golden K Kiwanis**

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

**\*Meeting beginning in August.**

**Must register with the business office.**

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

President: Larry Lewis 812-528-1656



**Need A Gift Idea?**

**Give the gift of Mill Race Center Fun Bucks.**

**Spends just like cash at MRC!**

**(Not for use at the fitness center or Bingo)**

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

**Wheel Chair Medical Transportation**

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

**Happy Helping Hands**

**This group is not meeting right now.**

**Thursday mornings each week - 9:00-11:00am (Arts Room) Sewers Needed!!**

Make handmade Pal Dolls for hospitalized children and orphanages overseas. You do not need to know how to sew. Donations of new, cotton blend fabric needed. Leader: Marjorie Betz. **Special Thanks to Treat Sponsor Each Week: Willow Crossing/ Columbus Transitional Care**

**VOLUNTEERS NEEDED!**



# Eight Dimensions of Wellness

## VOLUNTEERS WANTED

### NEWSLETTER ASSISTANTS

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

### MEALS-ON-WHEELS Volunteer Drivers

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

### BINGO CALLERS NEEDED

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

### MRC AMBASSADORS

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



### Volunteers Needed

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

### Your Help Needed!

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



### LOST & FOUND

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

### Aging Well Guide

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

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



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

## Welcome! **MRC Welcome Gathering** TBA



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.

**Sponsored by:**  
*Willow Crossing/Columbus Transitional Care*

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



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

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

# MILL RACE CENTER ON THE GO



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

**All dates and projects to be announced!  
Call Courtney if interested in attending.**

**All Saints Community @ 2:30 pm**

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

**Villas Apartments @ 2pm**

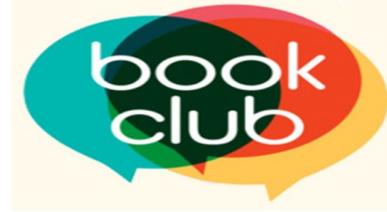
**Mapleview @ 2pm**

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

**Due to Covid-19 all scheduled programs, classes, and events are subject to change, postpone, or cancel. This also applies to regularly scheduled weekly items. Contact the office for questions.**

## Garden Club

We need your help with the garden! Whether you have a green thumb or not, volunteer to cultivate the Mill Race Center garden this summer! Supplies will be provided. Call Courtney for more info: 812-376-9241 ext 210



## Elderhood

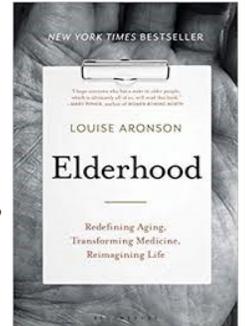
**Tuesdays starting August 11**

11am Lounge

Cost: \$18 (covers cost of book)

*New York Times Bestseller*

As revelatory as Atul Gawande's *Being Mortal*, physician and award-winning author Louise Aronson's *Elderhood* is an essential, empathetic look at a vital but often disparaged stage of life. (minimum of 5 to run)



### Schedule/reading pages

August 11 - pages 1-102

August 18 - pages 103-191

August 25 - pages 192-270

Sept. 1 - pages 271-362

Sept. 8 - pages 363-end



Currently we will not offer our breakfast cart or coffee at the center. Please bring your own snack or drink.

Remember to bring your own water.



To slow the spread of Covid-19

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



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

## Matter of Balance Class

Tuesdays & Thursdays

**September 1-29**

9:00-10:30pm

Cost: \$10

An award-winning evidence based program designed to manage falls and increase activity. Join us to improve your strength and balance and review your fall risk at home. A guided course with discussion and exercises. Max: 15



*Evidence Based Program!*



**Evening Star Quilt Guild**  
**Second Tuesday of each month,**  
**5:00-7:00pm \*TBD**

The Guild is open to anyone interested in quilts and the art of quilting. The meetings offer information and instruction in quilting and quilting techniques given by Guild members and guest presenters. Dues are \$15 a year. Part of the dues money is given to support Mill Race Center. More information: Judy Kiesow at 812-374-6135, or [Judyk2310@gmail.com](mailto:Judyk2310@gmail.com).



**Lazy Daisy Embroidery Guild**  
**Fourth Thursday of each month,**  
**2-4pm in the Art Room; \*TBD**

Open to anyone interested in embroidery. More information: Carol Walp at 812-343-8863.



**Monday Morning Quilting With Friends**

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

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

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



## Art Class

Wednesdays from 10:00am-12:30pm

\*Currently meeting must register.

Watercolors, oils,

acrylic, pastels. No previous art experience required.

Beginners: no supplies needed for your first visit. Holly will get you started on a project and advise on needed supplies.

**FREE for MRC members.** For more information contact: Holly Melillo at 812-342-9650.

**FREE!**



## Crafty Fingers

Wednesdays from 10:00-11:30am

**FREE!**

\*Not meeting now

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.



Due to Covid-19 all scheduled programs, classes, and events are subject to change, postpone, or cancel. This also applies to regularly scheduled weekly items. Contact the office for questions.

*create*

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

## Ladybug Paver

Tues., August 11, at 2:00pm

Cost: \$5 set of 2 pavers

What a unique and easy project for summer. These cute little ladybugs will brighten up your yard, garden, or patio. All supplies included for this fun class.

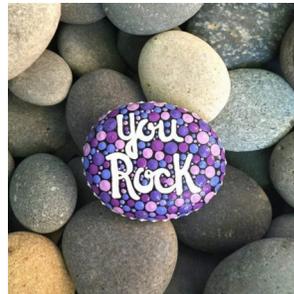


## Rock Painting

Tues., August 18 at 10:00am

Cost: \$5 (5 rocks)

Come out and bring your creativity and do some rock painting with us!! We will have loads of fun and you will have beautifully decorated rocks to take home with you.



## Abstract Heart Painting

Tues., August 25 at 2:00 pm

Cost \$5

A fun canvas painting project. We will use a basic layering technique to make our project as abstract or blended as you want. All supplies included.



MILL RACE CENTER

# 100

**MILE CHALLENGE**

Keep log of your miles!



## Ball Room Dance Classes

**Monday, Tuesday & Thursday 5:00-7:00pm**

Margot Scholz offers 8 week sessions at Mill Race Center on Monday and Thursday evenings. For more information about sessions, call Margot at (812) 342-4156. **Ball Room dance classes are meeting. Must register in advance with Margo.**

## Couples Dance Club



**1st & 3rd Wednesday each month 5:30-7:00pm**

This class is for couples ballroom dancing and to practice new steps. **FREE to MRC members, \$5 per class/non-member** Info contact: Karl & Uschi Wolff at (812) 342-9974. **Couple Dance classes are meeting. Must register in advance with Uschi Wolff.**

## Line Dance for Beginners



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

Come and give it a try!

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

**Fee: FREE to MRC members, \$5 per class/non-members. Line dance classes are meeting. All must register in advance with business office.**

## Line Dance



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

Come and dance, new folks always welcome!

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

Instructor: Pat Hoard (812)-374-2963 **Line dance classes are meeting. All must register in advance with business office.**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Ball Room Dance</b> 5:00-7:00pm (MP1 & 2)	<b>Ball Room Dance</b> 5:00-7:00pm (MP1 & 2)	<b>Line Dance</b> Beginner 4:00-5:30pm (MP1 & 2)	<b>Ball Room Dance</b> 5:00-7:00pm (MP1 & 2)	<b>Line Dance</b> 10:00-11:30am (MP1 & 2)
		<b>Couples Dance Club</b> 5:30-7:00pm (MP1) 1st & 3rd Wednesday		

## Drumming Circle Practice

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

Get your weekly groove on at Mill Race Center with a small group that gathers to drum each week. All members are welcome to attend any practice. **Drum Circle is meeting, must register in advance.**



Visit our website for a variety of online classes.

Follow us on Facebook.

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



## Bodies in Motion

Class meets:

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

**Tues. & Thurs. 2:00-3:00pm** \*(Times during the month of August max 16)

**FREE** to MRC members

\*Must register in advance for classes.

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

**FREE!**

**NEW**

## TOPS Club

Wednesday 11:30am-1:00pm

Take Off Pounds Sensibly

For more information please contact Peggy Davidson at 812-530-9552 or check the TOPS website at [www.tops.org](http://www.tops.org). **TOPS are meeting must register in advance with business office.**



## Senior Swim

At Foundation For Youth

Tues., Thurs. & Sat.

from 8:30-10:00am

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



## Senior Volleyball

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

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



## Chair Massage at MRC

**Taking off for the summer.**  
Emily Patrick, CMT is a Certified Massage Therapist is still taking appointments for Saturdays at Balance Massage Studio.  
*Call Emily (812)344-9716 for more information.*



## Tai Chi/Chi Gung

Offering Two Classes on Tuesdays & Thursdays



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

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

**11:00—11:30 am** - Beginning class

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

Instructor: Paula Howard

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

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

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

## Spiritual

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

## Senior Bowling

Tuesdays at 1:00pm

Columbus Bowling Center

Information: Joan Winkle, 812-350-9452

Glenna Phelps, 812-390-9234





# Pickleball



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



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



**Friday Afternoons - 12:30-3:00pm**



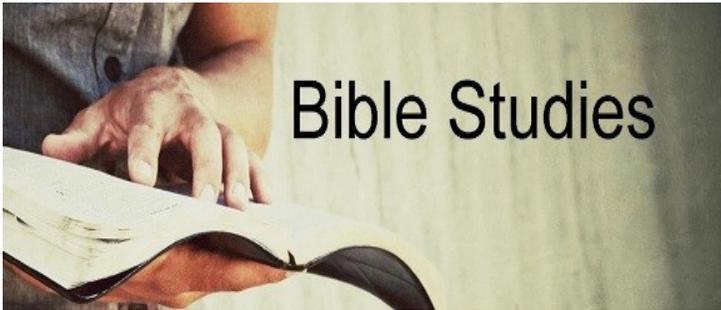
**Saturday Mornings - 8:30-11:30am**

**\*Not meeting yet**

**\*Currently only offering Wednesday evening play from 5:30-8:00pm, and Friday from 12:30-3:00pm. No play on Saturday. Please call MRC to register.**

## Physical

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



# Bible Studies

## Morning Bible Study

Tuesday mornings 10:30-11:30am

In the Classroom; **Free**

Information: Virginia Houser, 812-579-5132

**August: Speaker to be determined.**

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



## Evening Bible Study

**Wednesdays: 3:00-5:00pm only during August**

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

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

<b>M</b>	<b>A</b>	<b>E</b>	<b>T</b>
<b>P</b>	<b>W</b>	<b>H</b>	<b>A</b>
<b>I</b>	<b>F</b>	<b>O</b>	<b>G</b>
<b>S</b>	<b>L</b>	<b>R</b>	<b>U</b>

How many words can you make? The letters must connect in any direction. Write down the words you can find. You can even create your own letter box and keep challenging your brain. Can you find 40?

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## TED Talks

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

**August 11**

### How We Can Protect the Truth in the Age of Misinformation

By: Sinan Aral

Fake news can sway elections, tank economies and sow discord in everyday life. Data scientist Sinan Aral demystifies how and why it spreads so quickly -- citing one of the largest studies on misinformation -- and identifies five strategies to help us unweave the tangled web between true and false.

## SCS Investment Club



Monthly, 2nd Friday

1:00-3:00pm (Classroom)

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

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

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

Educational presentations are made each month so members can learn how to buy and sell stocks. Contact Norm Blizzard, 812-812-603-8854, nblizard@comcast.net or Jeff Rauch 812-342-0198

MILL RACE CENTER

# 100

MILE

## CHALLENGE

Keep log of your miles!



**\*Currently Not Open**

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

## Vocational

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

## In The Woodshop Drop-In Woodcarving Class

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

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



## Hoosier Carvers Club

**2nd Monday of each month**

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

New participants welcome to attend.

For information contact Larry Carter 812-372-1956.

## Tech Help with Best Buy

**Date to be announced**

11:00am-Noon; classroom

A free once a month class to assist you with your technology. A great class to help you ask your questions and build confidence. Limited seating so register at the business office at MRC.



### Class option 1 - Beginner

Mondays, Sept. 14-Oct. 19 at 2:30pm  
(maximum 8 people)

### Class option 2 - Next Step

Wednesdays, Sept. 14-Oct. 19 at 2:30pm  
(Must have completed first class. Maximum 10 people)

# BEGINNER

**NEW**

# UKULELE CLASS

## INSTRUCTOR DAN MUSTARD

LEARN ALL THE BASICS ABOUT THE UKULELE IN THIS 6 WEEK CLASS. CLASS IS 1 HOUR EACH WEEK.

**\$60**  
CLASS & KIT

Held at MRC and classes last one hour.

Kit includes Ukulele, case, toner, and picks. Register in the business office. \$20 if already have Ukulele. Max: 15

\* Class dates are tentative and could change.



## Indoor Walking



## Walk in the Mall

Stay Healthy, Get Active, and Start Walking!

**\*Currently open for walking**

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

**NEW DATE!**



## Walk in the Park

**Begins in August**

Join us every Wednesday morning (weather permitting) at 9:30am meeting in lobby.

We will head out after Body in Motion class. Staff will attend when schedules allow.

**Let's get moving together!**

### The Lasting Impressions



MILL RACE CENTER

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

**\*Currently not meeting contact Donna Browne if interested.**

Practice: Monday & Friday

12:30-3:30pm (MP1)

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



## Golden Girls

Fourth Tuesday of each Month at 10:00am in Art Room

This is a widow's support group and will offer entertainment, educational talks or activities. Call MRC (812)376-9241.



## Widowers Support Group



Second Friday of each Month at 4:00pm

This group will offer an opportunity to make new friendships with others who are also widowers. Leader: John Brooks. Questions call (812)376-9241.

# Eight Dimensions of Wellness

## **FREE MOVIE SHOWINGS at MRC!**

Showings will be for the month of August. Check room location when you arrive.

Two Showings now on Mondays at 2:00pm. Free popcorn - Sponsored by Griswold Home Care



**August 3**

**Beautiful Day in the  
Neighborhood**

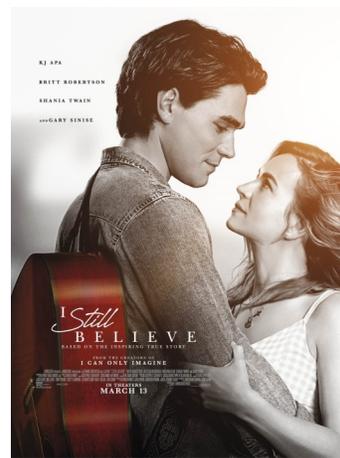
**PG**



**August 10**

**Call of the Wild**

**PG**



**August 17**

**I Still Believe**

**PG**



**August 24**

**Ford v Ferrari**

**PG  
13**

MILL RACE CENTER

# ONLINE CLASSES Available!



WE HAVE SEVERAL ONLINE CLASSES TO CHOOSE FROM:

**CLASSES INCLUDE:**

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

**START WATCHING TODAY!**

[WWW.MILLRACECENTER.ORG](http://WWW.MILLRACECENTER.ORG)



**Birthday Party Music**  
with Dan Mustard

**Bodies in Motion Class**




**Cooking Granola Bars**  
With Harriet Armstrong

**Cooking - Table for One**

With Edie Smith



**Craft Classes**

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



**Drumming for Brain Health**



**Drum Circle**

On-Line Programming Visit [www.millracecenter.org](http://www.millracecenter.org)



**At Home Fitness Class**  
CRH - Janet Morey



**Sahaja Meditation**  
With Rahul Kumar

**At Home Parkinson's Fitness**  
CRH - Janet Morey



**Special Music with Collin Matthews**



**Six Central Needs of Mourning**  
Grief Help with Walter Glover

**Special Music with Kade Puckett**



**History - Humorous Presidents**

With Bob Pitman

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



**Special Music with Claudi Slabaugh**



**Interview with Senator Mike Braun**



**Special Music with Herb & Mary Jane Perry**



**Interview with Dr. Cynthia Green**



**Travel Show**  
With Edie Smith



**Pickleball Introduction and Tutorial**

Watch for additional online classes to be added frequently.



## 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

**August Birthday Party: Cancelled**

**September Birthday Party: Cancelled**



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

This group is not meeting right now.



## 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.



## Environmental

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

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



Built & Donated  
By: Ed Niespodziani



**The BCPL Bookmobile**  
**August 12 & 26 at 9:30am**  
**Available out front of MRC.**

Follow Mill Race Center  
on Facebook.



## Senior Scribes

Through poetry, fiction and memoirs, we are the story tellers. Come join Senior Scribes to tell your stories. We meet the 3rd Friday of every month at 1:00pm. For information contact Karen Lowe at 812-343-5095 or Janice Waltermire at 812-372-1707.

This group is not meeting right now.

**FREE!**  **TOTAL BRAIN HEALTH**  
BODY ♦ MIND ♦ SPIRIT **NEW**  
**Monthly Workouts**

**Friday, August 21**  
**10:30am; Art Room**  
**FREE**

**NEW DATE!**

We will be using the Total Brain Health Toolbox365 for these monthly workouts. Science shows that building better well-being is perhaps the best ways we can keep our minds strong. The TBHToolbox365 trains in four ways: Body, Mind, Spirit and Social. The TBH Toolbox365 activates neuroplasticity to grow and change our brains. Workout with us each month. Max: 10  
**Call to register for this free program.**



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



MILL RACE CENTER

# 100

**MILE CHALLENGE**

**Keep log of your miles!**

## TRAVEL WITH MILL RACE CENTER

### 2020 MRC Travel and Tours

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



#### A Note from the Travel Department:

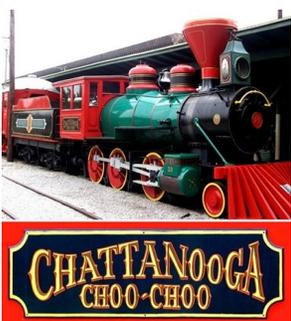
As you are well aware, trips and travel have been upended by the Corona Virus pandemic. I am staying in touch with our marvelous suppliers; Collette, Diamond and White Star, and they have been amazing to work with on rescheduling where possible and refunding when not. That being said, we hope to travel again soon! We do not have a clear idea of how this will look but rest assured I will take every precaution to ensure you are safe while on the road with us. Buses will be cleaned and not crowded. Hotels will follow local protocol as will the restaurants, sites and shows we visit. We will be using sanitation and best practices at all times. We want to enjoy life so we will be getting out there as soon as possible. Feel confident putting a deposit on a future trip knowing that we will deliver when possible or cancel and issue refunds when not. Insurance is always available when health is a concern so be sure to ask when signing up. Most of all, I miss you and am looking forward to the day we can have new adventures together again. - Edie



### Savannah, Jekyll Island, Beaufort and more!

**September 28-October 3, 2020**

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



### Chattanooga Choo Choo

**October 12-15, 2020**

Pardon me Boys, is that the Chattanooga Choo Choo we are going on in October? Yes! Yes! Three exciting train rides are included in this adventurous trip to Tennessee. We will also be going to Famous Ruby Falls, Rock City and taking a Southern Belle dinner cruise! Includes bus transportation, all rides and accommodations plus most meals! \$759d/\$958s.

### San Antonio, the Alamo and Magnolia Market in Waco!

**NEW DATE - October 24-November 1, 2020**

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





**Watch for Branson at Christmas Time! Information in the next newsletter!**



## Mystery Trip

**April 14-19, 2021**

This one is full of surprises! We will be ENTERTAINED! AWED! INSPIRED! Believe it when we say you have not been there/done that! Join Edie for a trip so exciting that you will talk about this one for a long time after we return. Includes motor coach transportation, 4 breakfast and 4 dinners, lodging, activities and admissions and more. \$899 double member price. Add \$100 nonmembers. Pricing available for single and triple rooms. Insurance available, add \$75 to cost of trip.



## Washington D.C.

**April 29-May 5, 2021**

Springtime in Our Nation's Capital. Guided Tours of the Monuments and Memorials including WWII, Vietnam Veterans, Lincoln, Smithsonian, Capitol Hill and MLK, Jr sites. Both day and night tours, plus Arlington Cemetery, The NEW Museum of the Bible, Mount Vernon and more.



Includes accommodations, transportation by motor coach, 6 breakfasts and 4 dinners plus admissions and guides. \$809 double member price. Add \$100 nonmembers. Pricing available for single and triple rooms.



## Nova Scotia, Prince Edward Island & Brunswick

**July 14-26, 2021 - Unbelievable Pricing!**

Make this the year you see the East Coast! We will travel through Maine to Halifax and explore the beautiful vistas of Peggy's Cove, Hopewell Rocks, the Bay of Fundy and so much more. You must have a passport for this trip! **\$1665 double occupancy member price, \$2389 single.**

## Hawaiian Adventure featuring Oahu, Kauai and Maui

**February 4-13, 2021**

Look forward to warmth and beauty in the next year with this fantastic trip by Collette. Stay 2 nights on the big Island before flying to your next amazing resort, each more beautiful than the last for 3 nights each. Includes all airfare, luxury accommodations, tours, a luau and visit to the USS Arizona memorial.



## Alaska's Northern Lights

**March 13-19, 2021**

The Northern Lights will dance across your memories for years to come on this unique adventure. Includes a glacier cruise, train ride through valleys full of wildlife, an unforgettable dog sled ride and those magnificent Northern Lights every evening. A must do trip for any lover of nature, the outdoors and native culture and wildlife. Deadline August 6<sup>th</sup>.

## 2020 Casino Trips

### Hoosier Park - Monday, August 24

All casino trips leave MRC at 9am and return by 5pm. \$20 members, \$25 non-members transportation only. Dates are based on best value for Seniors but no guarantee of specials or free play are implied by MRC or it's employees. Please play responsibly.

## Fabulous Daytrippers!

Let's go back to 1954!

Milan, Indiana

Friday, August 14, 2020

\$30 members/\$40 non-members

Leave MRC at 10am return at 4:30pm

The site of the famous basketball game featured in the movie Hoosiers. Museum admission and transportation included. Lunch on own at a restaurant nearby.



Derby Dinner Theater

The Buddy Holly Story

Thurs., Sept. 10th, 2020

Leave MRC at 5:00 return approx. 11:30pm

\$68 member/\$78 non-member includes plated dinner, transportation, and great seats for the show!

\*adult beverages, tip and dessert not included

Experience the sensational musical about the bespectacled, 1950's rock n' roll icon. This non-stop entertaining rock show recounts Buddy Holly's 18-month, meteoric rise to fame and the indelible impact he left on the industry after his untimely death at the age of 22. Performances include over 20 of his greatest hits like "That'll Be the Day", "It's So Easy to Fall in Love", "Peggy Sue", "La Bamba" and "Chantilly Lace"



Derby Dinner Theater

World Renowned Glenn Miller Orchestra

Monday, June 7<sup>th</sup>, 2021

\$68 members, \$78 non-members

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



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

Wedding photography courtesy of Angela Jackson Photography.

Mill Race Center still has available Saturdays in 2020 for weddings and receptions. Help us spread the word that 2020 dates are available especially for weddings or receptions that had to be rescheduled due to Covid-19.



Remember to bring  
your own water.



To slow the spread of Covid-19

**NEW**

Currently we will not offer our breakfast cart or coffee at the center. Please bring your own snack or drink.

## Social

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

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

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

Do you have lung disease, or know someone who does? The BBC is sponsored by the American Lung Association, and is supported locally by Columbus Regional Health. We offer presentations on informative topics, and include time for questions and discussion. We also offer friendly support to anyone with lung problems. Meetings are free, no registration is required and friends and family are encouraged to attend.



**Meeting dates not set at time of publication.  
Call Jennifer at 812-376-5793 for more information.**

The Better Breathers Club has been meeting at Mill Race Center classroom since 2012. Flyers about the upcoming season will be mailed soon. If you would like to be added to our mailing list, or would like more information, please call Jennifer at 812-376-5793.

**NEW Armchair Travel**

Come travel with us from the comfort of Mill Race Center!  
Pick up your passport when you register for this 3 week series!  
Collect all 3 stamps and be entered to win a prize!

August 6  
2pm  
*Berlin*

August 13  
2pm  
*The Alps*

August 20  
2pm  
*Switzerland*

**FREE! Take Your Best Shot! Photo Contest**

MRC members show off your talents with your camera and enter this fun contest. Five categories for entry: travel, recreation, wildlife, sports, and nature/landscapes. Forms found in office and on website. One entry per person per category. May submit online by emailing information and picture to [Shannon@millracecenter.org](mailto:Shannon@millracecenter.org). **Pictures accepted until July 31st.**



**NEW Armchair Travel Aerial America** **FREE!**

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

*California*  
August 4 at 1:30 pm

Soar over California's wine country, scenic coastlines, and more.





*Virginia*  
August 18 at 1:30 pm

Virginia proudly celebrates its past without losing its sense of fun and history.



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



2020 Dates  
Still Available

# Eight Dimensions of Wellness

**Currently  
Not  
Meeting**

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

**The billiard area is open, but members are required to register with the office before they come.**

Contact the office for questions.



**Every Tuesday  
Noon to 4pm**

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

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

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



**FREE!**

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

**OPEN Billiards** **FREE!**

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



**NEW!**

**Puzzle Table** **FREE!**

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



**Wednesday afternoons  
from 1:00-3:00pm**

New players welcome!



**FREE!**

**Cribbage** **NEW!**

**Every Tuesday at 12:00pm**

Will teach you how to play. Classroom



**FREE!**

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



## Card Schedule



Location of meeting rooms may change due to Covid-19.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Friendship Bridge</b> 1:00-4:00pm <b>Beginner Bridge Lessons</b> Interested call Claire (812)342-9983	<b>Cribbage</b> 12:00pm  <b>Euchre</b> 5:00-7:00pm (MP3)	<b>Hand &amp; Foot</b> 12:30-3:30pm <b>For information call</b> Rosemary Sager (812)390-7665	<b>Duplicate Bridge</b> 1:00-4:00pm	<b>Euchre</b> 1:00-4:00pm
<b>Hand &amp; Foot</b> 12:00-4:00			<b>Pinochle</b> 1:00-4:00pm	

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



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

**Physical Wellness:**

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**Spiritual Wellness:**

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**Environmental Wellness:**

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**Social Wellness:**

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**Financial Wellness:**

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**Intellectual Wellness:**

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**Emotional Wellness:**

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**Vocational Wellness:**

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**Physical**

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

**Spiritual**

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

**Environmental**

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

**Social**

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

**Financial**

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

**Intellectual**

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

**Emotional**

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

**Vocational**

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

# August Refrigerator Reminder - MRC Daily Activities

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

This schedule does not list CRH Fitness Classes.

## Monday

Billiards offered everyday by registration

8:00	Quilters (8)	AR
10:00	Golden K Kiwanis	CR
8-12	Woodcarving (8)	CL
8:30	Bodies In Motion Session (20)	MP1&2
1:00	Drum Practice Session (8)	CL
2:00	Movie	AR
2:30	Ukulele Class (16)	MP1&2
5-7:00	Ballroom Dance (pre-registered)	MP1&2

## Tuesday

Billiards offered everyday by registration

10:00	Tai Chi* (16)	MP1&2
10:30	Bible Study (10)	AR
10:00	Widows Support Grp (10) (8/25)	CL
1:30	Ted Talks (10) (8/11)	CL
1:30	Aerial America (10) (8/4 & 8/18)	AR
2:00	Bodies In Motion Session (16)	MP1&2
5-7:00	Ballroom Dance (pre-registered)	MP1&2

## Wednesday

Billiards offered everyday by registration

8:30	Bodies In Motion Session (20)	MP1&2
9:30	Walk in the Park	Out Front
9:30	Bookmobile (8/12 & 8/26)	Out Front
10:00	Art Class (10)	AR
11:30	TOPS (8)	CL
2:30	Ukelele Class (8)	CL
3:00	Bible Study (10)	AR
4:00	Beg. Line Dance (16)	MP1&2
5:30	Pickleball (register)	MP2&3
5:30	Couples Dance (8/5 & 8/19)	MP1
6:00	Meditation (10)	AR

## Thursday

Billiards offered everyday by registration

10:00	Tai Chi* (16)	MP1&2
1:00	Woodcarving (8)	CL
2:00	Armchair Travel (10) (8/6, 8/13, & 8/20)	AR
2:00	Bodies In Motion Session 5 (16)	MP1&2
5-7:00	Ballroom Dance (pre-registered)	MP1&2

## Friday

Billiards offered everyday by registration

8:30	Bodies In Motion Session 6 (20)	MP1&2
10:00	Line Dancing (16)	MP1&2
12:30-3	Pickleball (register)	MP2&3
1:00	SCS Investment Club (8/14) (10)	AR

**Keep Logging Your Miles!**

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

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



## AUGUST ACTIVITY HIGHLIGHTS

**August 3, 10, 17, 24, 31**

Movies, 2:00pm & 4:30pm  
Beautiful Day, Call of the Wild, I Still Believe, Ford v Ferrari, & The Intern 

**August 11-September 8**

Elderhood Book Club, 11:00am 

**August 11**

Ladybug Paver, 2:00pm

**August 14**

Milan Day Trip

**August 18**

Rock Painting, 10:00am

**August 21**

Total Brain Health Workout, 10:30am 

**August 24**

Hoosier Park Casino Trip

**August 25**

Heart Painting, 2:00pm 

**September 10**

Derby Dinner Theater Trip

**September 1-29**

Matter of Balance 

Visit our website for a variety of online classes.

Follow us on Facebook.

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

MILL RACE CENTER

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**MILE CHALLENGE**

Keep log of your miles!



[www.millraceevents.com](http://www.millraceevents.com)



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Columbus, In 47201

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