

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







Kade Puckett ~ pg. 17



NEW Quarterly Reading Challenge! See Page 16 for details!

A great way to work on your



SPRING/SUMMER Challenge

Who's up for a challenge? WE ARE!

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

Visit our website to find a 100 Mile Challenge Log Sheet or pick one up at the MRC. Keep track of your miles from April 1-Sept. 30 2021. When you have reached 100 miles turn in your log sheet to the MRC business office. Once one log sheet is complete start a new one. All completed log sheets will be entered into a prize drawing.

Winner will receive: a free MRC t-shirt, a free One Year Membership to MRC, and \$50 cash. Winner will be drawn on September 30, 2021. Medals will be given to all participants for every 500 miles logged.

KEEP MOVING!



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

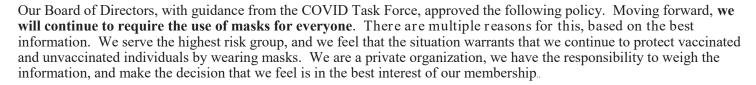
Mill Race Center Program Hours: Monday-Thursday, 8 a.m.—7 p.m. and Friday 8 a.m.—5 p.m. Business Office Hours: Monday-Friday 8:30 a.m. - 5:00 p.m.

Fitness Center Hours: Monday—Thursday, 6:30 a.m. to 7p.m., Friday 6:30 a.m. to 5 p.m. and Saturday 8 a.m. to Noon CRH Fitness Center (812) 376-5808; CRH Fitness Center is a separate membership from MRC.

From Your Executive Director

As Bartholomew County, the state of Indiana, and the nation begin to move past the worst of the COVID 19 pandemic, we would like to take the opportunity to provide information regarding programs and activities here at Mill Race Center. We have consulted with State and local health experts throughout the pandemic, and we have formed and updated policy and procedures based on the best information that we have available at any given time. **Here are the key factors now**:

- The vaccines are experimental, and the CDC is still gathering data on the effectiveness of each. None of the vaccines is 100% effective, and the current data is unclear whether vaccinated people could still get, and transmit, COVID 19, although it is likely that symptoms and severity would be minimized.
- We do not have the resources to monitor an individual's vaccine status. It is not clear if we would even have the legal right to ask about, let alone require, our members to receive vaccinations in order to participate in activities here at Mill Race Center.
- The virus primarily transmits through air-borne particles, and is much less likely to live on surfaces than originally feared.



We will relax our physical distancing requirements, in certain instances, which will allow more activities to resume. Some programs, like Bodies in Motion, may have seating that provides for a mixture of physically distanced and closer seating. This will give participants the option to choose the amount of physical space with which they are comfortable, given their own vaccine status and risk tolerance. We will also begin to phase in cards, scrabble, mahjong, and other table games as space and schedule allow. Masks will be required for all table games. There is no firm timetable for this, but we are anxious to bring back as many games as possible. We all look forward to a return to "normal", but we must do so in the safest manner.

Thank you for your patience and for your continued support!

Dan Mustard
Executive Director

Shannon Truman Operations & Program Director

Cindy Rohm MRC Board President

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

Go online at millracecenter.org, or Text "millracecenter" To (833)735-8150, 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 \$80 a year. We have a six month memberships, and offer a monthly payment option. CRH Fitness Center membership is separate and purchased with Parks & Rec. Dept.

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Mill Race Center Staff 812-376-9241

Liz Barriger, Accounting Clerk, x 207 **Debbie Bray,** Administrative Assistant, x 222 Rebecca Cutsinger, Receptionist, x 218 Samantha Edwards, Resource Coordinator, x208 Charlie Harsh, Facilities Assistant, x 216 Brenda Fowler, Van Driver Jan Meadows, Ambassador Coordinator, 202 Dan Mustard, Executive Director, x 211 Roy Pruett, Facilities Manager, x 225 Edie Smith, Travel Coordinator, x 215 Jane Smith, Program Assistant **Kelly Staley**, Program Coordinator, x 209 **Shannon Truman,** Operations & Programs Director, x 220 Jeff Voyles, Senior Products, x 228 Courtney Watkins, Aging Well Coordinator, x 210 Harold Yerges, Van Driver





Now booking for 2021 & 2022 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. *No Shopping, No Prep, No Mess, and Easy to Prepare!*

Cost:

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



Take Your Best Shot! Photo Contest

MRC members show off your talents with your camera or phone camera and enter this new contest.

Five NEW categories for entry: Travel, Wildlife/Animals, Nature/Landscape, Architecture, & Hometown Pride. More information in the MRC office. Pictures due by July 19, 2021.



Golden K Kiwanis

Each Monday 10:00-11:00am

*Group is meeting

Must register with the business office.

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

President: Larry Lewis 812-528-1656



Need A Gift Idea?

Give the gift of Mill Race Center Fun Bucks.

Spends just like cash at MRC!

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

Wheel Chair Medical Transportation

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



Mill Race Center Store Located in the office.



Visit our website for a variety of online classes. www.millracecenter.org

Follow us on Facebook.

VOLUNTEERS WANTED

NEWSLETTER ASSISTANTS

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



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

MEALS-ON-WHEELS Volunteer Drivers

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

Knitters Needed

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

MRC AMBASSADORS

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

Aging Well Guide

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



Volunteers Needed

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

Your Help Needed!

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



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



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

Welcome!

MRC Welcome Gathering Friday, August 6 9:30am in the lounge

Held with social distancing at 9:30am. Have you recently joined or are you interested in Mill Race Center? We'd like to get to know you better and introduce you to the Center and the variety of programs and events we have planned throughout the year.

Call to register (812) 376-9241.

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



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

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

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 Virtual Class

Tuesdays & Thursdays (4 week class) Watch for more info. FREE; 1:00-3:00pm





An award-winning evidence based program designed to manage falls and increase activity. Join us to improve your strength and balance and review your fall risk at home. A guided course with discussion and exercises. Max: 15 Call Mill Race Center if interested 812-376-9241.



NEW Quarterly Reading Challenge!

See Page 16 for details!

SHIP Medicare Counseling

Do you have Medicare questions? Do you need help with Medicare Costs?

Contact Courtney at (812)376-9241 ext. 210 for assistance.

Schedule an appointment today!

Mill Race Center Community Garden

Want to help maintain the Mill Race Center garden? Volunteers are needed to plant, weed, and maintain the garden, and get first access to any vegetables and herbs it produces.

Friday mornings (9:30am) in July and August! Meet at the garden. Come for any amount of time. Call Courtney for more information.

Remember to bring your own water.

To slow the spread of Covid-19





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

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

July 12th-September 20th Monday & Wednesday from 1:00-2:00pm

Registration is required by July 9: (812)372-6918 Ext 3011





Birthday Party

Come and celebrate your birthday at Mill Race Center. There will be birthday cake, ice cream, and entertainment by our own Dan Mustard. It's also a great way to meet people. Reservations required by the day before the

party. You may bring one guest. Register in the MRC business office.

Birthday Celebrations

July Birthdays: July 8th at 1:00pm August Birthdays: August 5th at 1:00pm September Birthdays: Sept. 2nd at 1:00pm/





Evening Star Quilt Guild

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

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.



Lazy Daisy Embroidery Guild

Third Tuesday of each month, 1-3pm in the Art Room or loungeOpen to anyone interested in embroidery.
More information: Carol Walp at 812-343-8863. Must Register with MRC to attend.







Monday Morning Quilting With Friends 8:00am-12:30pm *Group is meeting

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 <u>812-374-6135</u> or <u>judyk2310@gmail.com</u> for additional information



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

Christmas in July

Christmas Ornament Making Every Tuesday morning in July July 6, 13, 20, & 27

10:30-11:30am Cost: \$2 a class

Enjoy crafting with friends every Tuesday morning in July making unique homemade Christmas Ornaments together. Each week

will feature a different ornament. All supplies included for this project.



Canvas Heart Painting

Tues., July 13 at 3pm **Cost: \$10**

Another unique and easy canvas painting project. Pick from a variety of colors for your special painting. All supplies included for this project.





Mason Jar Door Sign Tues., July 27 at 3pm

Cost: \$12

Brighten up your door this sweet mason jar painting. Be creative with your painting ideas from lemonade to lighten bugs. All supplies included for this project.

Beach Candle Holders

Tues., Aug. 3 at 3pm **Cost: \$10 (make 2)**

Bring a little of the summer beach adventures to your home with this fun craft project. We will have fun together creating this happy project. All supplies included for this project.



Sun Catchers

Tues., Aug. 10 at 10:30am Tues., Aug. 24 at 3:00pm **Cost: \$2 (set of 3)**

We love the sunshine! Make this

unique spin on sun catchers to brighten your windows. All supplies included for this project.



Stamp Cards

Thurs, August 2 at 3pm Tues., August 31 at 10:30am **Cost: \$2 (6 cards)**

Design your own personalized summer cards to send a note to a friend or family. Supplies included.



Art Class

Wednesdays from 10:00am-12:30pm *Currently meeting must register.

Watercolors, oils,

acrylic, pastels. No previous art experience required.

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

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



Crafty Fingers

Wednesdays from 10:00-11:30am



*Currently meeting

If you knit, crochet, needlepoint, cross stitch, sew or enjoy another craft project, bring whatever you are working on and work on it in the company of other crafters and needle art enthusiasts. Group meets in the Lounge. For more information, contact Donna Rueff at 812-343-5540. Eleanora Schwartzman will

be available to teach vou how to crochet as part of the Crafty Fingers group. Call MRC to register.





Line Dance for Beginners







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

Come and give it a try!

Instructor:

Fee: \$3 to MRC members, \$8 per class/non-members.

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

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.

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. Looking for more members. Call if interested. Not meeting due to low numbers right now.



Monday	Tuesday	Wednesday	Thursday	Friday
Ball Room Dance Ball Room Dance 5:00-7:00pm 5:00-7:00pm (MP1 & 2) (MP1 & 2)		Line Dance Beginner 4:00-5:30pm (MP1 & 2) \$3 a class members	Ball Room Dance 5:00-7:00pm (MP1 & 2)	Line Dance 10:00-11:30am (MP1 & 2)
		Couples Dance Club 5:30-7:00pm (MP1) (Not Meeting) 1st & 3rd Wednesday		

Drumming Circle Practice

Mondays 1:00-2:00pm

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



Financial

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

Follow Mill Race Center on Facebook.





Bodies in Motion

Class meets:

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

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

FREE to MRC members

*Must register in advance for classes.

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

TOPS Club Wednesday 11:30am-1:00pm

Take Off Pounds Sensibly

For more information please contact TAKE OFF POUNDS
Peggy Davidson at 812-530-9552 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 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

MILL RACE CENTER CHALLENGE Keep log of your miles!

Tai Chi/Chi Gung
Offering Two Classes on
Tuesdays & Thursdays



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

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

11:00am - Beginning class

Monthly Cost: \$45 members/ \$60 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 Qigong 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

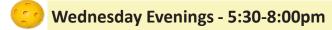


*Eight Dimensions of Wellness

Pickleball



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





Saturday Mornings - 8:30-11:30am



Walk in the Park

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

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

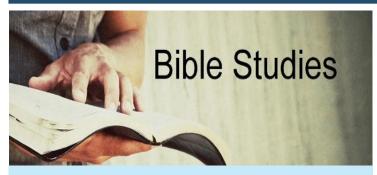
Let's get moving together!



Available everyday. A great way to socialize with other members. MUST wear mask at table.

Physical

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



Morning Bible Study

Tuesday mornings 10:30-11:30am

In the Classroom; Free; Must register

Information: Virginia Houser, 812-579-5132

July: Rev. Bill Bailey

August: TBA

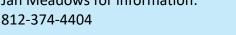
Evening Bible Study

Wednesdays: 3:30-5:30pm

July - Mayberry Bible Study Volume 4

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

Sign up in the business office or call Jan Meadows for information:



*Currently meeting must register with office.



Join us for the Spring/Summer Challenge! **Let's Keep Moving** Together!

OPEN Billiards

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





TED Talks

2nd Tuesday of each month Meeting at 1:30pm in Classroom

Facilitators: Ed & Terri DeVoe

*Must register with office.

July 13 at 1:30pm

How your memory works and why forgetting is totally ok

By: Lisa Genova

Have you ever misplaced something you were just holding? Completely blanked on a famous actor's name? Walked into a room and immediately forgot why? Neuroscientist Lisa Genova digs into two types of memory failures we regularly experience and reassures us that forgetting is totally normal. Stay tuned for a conversation with TED science curator David Biello, where Genova describes the difference between common moments of forgetting and possible signs of Alzheimer's, debunks a widespread myth about brain capacity and shares what you can do to keep your brain healthy and your memory sharp.

August 10 at 1:30pm

How to discover your why in difficult times **By: Simon Sinek**

What has the coronavirus pandemic taught us about ourselves and our relationships? In a deeply personal and wide-ranging conversation, leadership expert Simon Sinek shares his own experience caring for his mental health as the world shut down. He discusses why we need to nurture friendships (in both good times and bad), explains why anyone can be a leader and reveals the secret to discovering your "why" in life.

SCS Investment Club

Monthly, 2nd Friday

1:00-3:00pm (Classroom)

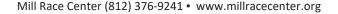
*Investment Club is still meeting

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.

 ${f I}$ NVESTMENT

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 Blizard, 812-603-8854, nblizard@comcast.net or Jeff Rauch 812-342-0198



*Eight Dimensions of Wellness



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

Register in advance by calling the office.

Vocational

Finding personal satisfaction through goal-oriented activities and work.

Contributing your unique gifts, skills and talents in personally meaningful and rewarding ways. Remain active, involved and productive!

In The Woodshop Drop-In Woodcarving Class *Currently Monday 8am-Noon & Thursday 1:00-4:00pm

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



your own. Assistance will be offered to beginners and challenges offered for more experienced carvers. Instructor: Larry Carter

FREE for MRC Members



NEW Quarterly Reading Challenge! See Page 16 for details!



Reader's Theater

Wednesdays from 1:00-3:00pm Interested in joining the Reader's Theater group come to their weekly meetings. If you are interested in joining this group let Becky know in the Business Office.



Walk in the Park

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

Let's Get Moving Together!

SAHAJA MEDITATION

Every Wednesday at 6:00pm for Beginner 7:00pm for Advanced

FREE; Held at MRC

Watch for more information.

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



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!



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.



Golden Girls

Fourth Tuesday of each Month at 10:00am

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



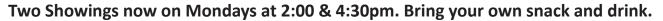
A song, dance and drama performance troupe with Mill Race Center.
*Currently meeting contact Donna Browne if interested.

Practice: Monday & Friday 12:30-3:30pm (MP1)

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

*Eight Dimensions of Wellness

FREE MOVIE SHOWINGS at MRC!











July 26
Nomadland

R



August 9
An Inspector
Calls PG



August 23
Blue Miracle



Picnic in the Park

We love to socialize together with friends and we need it more then ever now. Join us for an easy going morning picnic in the park before the heat. We will enjoy the fresh outdoors together. Bring your own breakfast or anything else you need for the picnic. We will meet at the shelter house in Mill Race Park back by the arbor/river.

Breakfast Picnic at 9:00am July 29 & August 26

Call MRC to register so we know who is coming.

It's Back...

ERNOON OF LAUGHTE READERS THEATER





August 11th at 1:00pm

Must Register for this event. Limited seating for 40 people. Performance only no lunch at this time.

Make reservations by stopping in at the MRC business office or calling 812-376-9241.





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

It will run from **June 1-August 31.** Reading slips will be available at MRC. Fill out the slip and turn it into the office for every book you have read during this summer quarter June 1-August 31.

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

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

Walking Stick Class

Thurs., Aug. 19 & 26 1:00-4:00pm, Woodshop Class Fee: \$5

Be creative and make your own walking stick in this fun class! Sticks will be provided or you can bring your own. Examples will be on display with books and ideas. Pat Dodge and Larry Carter will be there to guide you through the class. (Limit 6 people)





Visit our website for a variety of online classes. www.millracecenter.org

Follow us on Facebook.

* Eight Dimensions of Wellness



Afternoon for Arts

Shows start at 2:00pm Cost: \$5

Cookies & Drinks Served
Limited seating so call to make a reservation.



Friday, August 27

Collin

Matthews

Friday, October 1

Kade

Puckett



Fabric Collage Saturday, August 14 9am-6pm (bring your own snacks & lunch) \$35 member plus material \$45 non-member plus material Have you ever wanted to make your own piece of art, but don't know how? There will be a full day class on making a "Fabric Collage" and everyone can choose their own design. From a cow to a car we'll make it work. Limited number in class. Watch for more details to come. Class details will be given at time of registration. Instructor: Judy Kiesow 374-6135; judyk2310@gmail.com



Wii Games
Starting in August
Tuesdays at 1:00pm
In the Lounge; Free
Video games aren't just
for kids. Join us for a
variety of Wii Games in
the lounge every
Tuesday. Playing Wii
Games is a great way to
stay active, exercise your



brain, and social engage with others. The Mill Race Center staff with join you in the fun so don't miss out! **Try something new on Tuesdays!**





The BCPL Bookmobile:



July 14 & 28
August 11 & 25
Available out front of MRC.



NEW Quarterly Reading Challenge!

See Page 16 for details!

Intellectual

Seeking stimulating mental activities to expand knowledge and skills.

Stretching and challenging the mind with intellectual and creative pursuits.

Avoid boredom - be productive!





Cards & Games Schedule

Masks MUST be worn at all times while playing.





Monday	Tuesday	Wednesday	Thursday	Friday
Friendship Bridge 1:00-4:00pm Beginner Bridge Lessons Interested call Claire (812)342-9983 Hand & Foot 1:00-4:00pm	Cribbage (2nd Tues. Only) 12:00pm Euchre 5:00-7:00pm (MP3)	Scrabble 1:00-3:00pm Hand & Foot 12:30-3:30pm For information call Rosemary Sager (812)390-7665	Duplicate Bridge 12:30-3:30pm Cards & Games a members. Day purchased for a	passes can be

*Eight Dimensions of Wellness





Fridays, July 30 & August 27 9:30am; Classroom

FREE

We will be using the Total Brain Health Toolbox 365 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 on the fourth Friday. Max: 10

Call to register for this free program.



Weather permitting a group will

walk to Yes from MRC.

Leaving MRC at 12:40pm.

TRAVEL WITH MILL RACE CENTER

2021 MRC Travel and Tours

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



A Note from the Travel Department:

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



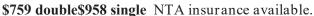


Savannah, Jekyll Island, Beaufort and more! September 27-October 2, 2021

Southern Charm awaits as we tour Savannah with trees dripping with Spanish Moss and beautiful fountains in the squares. We will also tour the Mansions of Yesteryear on Jekyll Island, eat the world's best shrimp on St. Simon's Island and see the Queen of the Carolina Sea Island, Beaufort. We will also have time at Parris Island, training ground for many of our Marines and more. This trip is a must for lovers of all things Southern Coastal. \$725 double, \$942 Single. Add \$100 nonmembers. Travel insurance available.

Chattanooga Choo Choo October 11-14, 2021

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



This one sold out fast in 2020 so call for Availability!





The Christmas Trip is here! Lancaster Christmas, Featuring Sight and Sound Theater: Oueen Esther November 28-December 2, 2021.

Join Us for Holiday Lights and Delights as we travel by luxury motor coach to Lancaster, Pennsylvania. Downhome country cooking and simple pleasures await as we tour Amishland, USA with stops at Kitchen Kettle Village, an Amish bake shop and craft farm. This trip features the **AMAZING Sight and Sound Theater production: Queen Esther** and a trip to Longwood Gardens decorated for the Holidays. We end our tour with a stop at Hershey to stock up on holiday treats! **\$699 per person double**, **\$899 single** includes transportation, 4 breakfasts, 2 dinners.

Washington DC April 20-26, 2022

Springtime in Our Nation's Capital. Guided Tours of the Monuments and Memorials including WWII, Vietnam Veterans, Lincoln, Smithsonian, Capitol Hill and MLK, Jr sites. Both day and night tours, plus Arlington Cemetery, The NEW Museum of the Bible, Mount Vernon and more. Includes accommodations, transportation by motor coach, 6 breakfasts and 4 dinners plus admissions and guides. **\$849 double**, **\$1148 single**, add \$100 nonmembers. Travel insurance available and recommended.





NEW Trip! Holland Tulip Festival! NEW



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

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



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





Nova Scotia, Prince Edward Island and Brunswick! NEW DATE July 11-23 2022. Unbelievable 2019 pricing!

We will travel through Maine to Halifax and explore the beautiful vistas of Peggy's Cove, Hopewell Rocks, the Bay of Fundy and so much more. You must have a passport for this trip! \$1665 double occupancy member price, \$2389 single. Travel Insurance available and recommended. Very popular trip, sign up today!

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

Shades of Ireland with Collette Departing October 6, 2021

Highlights....Dublin ● Irish Evening ● Choices on Tour ● Kilkenny Waterford ● Blarney Castle ● Killarney Jaunting Car Ride ● Ring of Kerry ● Farm Visit ● Limerick ● Cliffs of Moher Galway ● Castle Stay. 10 Days • 13 Meals: 8 Breakfasts • 5 Dinners

Per Person Rates: Double \$3,249; Single \$3,949







Reflections of Italy with Collette Departing November 8, 2021

Highlights....Rome ● Colosseum ● Assisi ● Perugia ● Cortona ● Florence Chianti Winery & Cooking Class • Venice • Murano Island • Milan • Choices on Tour. 10 Days • 12 Meals: 8 Breakfasts • 1 Lunch • 3 Dinners

Per Person Rates: Double \$3,349; Single \$4,049

Magical Christmas Markets of Austria and Germany with Collette **Departing December 2, 2021**

Highlights....Innsbruck ● Choice on Tour ● Seefeld ● Carriage Ride Salzburg ● St. Peter's Restaurant Oberammergau • Munich • Christmas Markets.

8 Days • 10 Meals: 6 Breakfasts • 1 Lunch • 3 Dinners

Per Person Rates: Double \$2,499; Single \$2,899







Tropical Costa Rica with Collette Departing February 14, 2022

Highlights....San Jose ● Coffee Plantation ● Guanacaste ● Monteverde Cloud Forest ● Choice on Tour • Arenal Volcano • Lake Arenal Cruise • Cano Negro Refuge • Zarcero

9 Days ● 14 Meals: 8 Breakfasts ● 6 Dinners

Per Person Rates: Double \$2,349; Single \$2,849



Fabulous Daytrippers!



Bettin' Buddies

New! Lower Transportation Rate! Only \$20

Belle Terra Wed., July 21st

Rising Star Mon., Sept. 13

Leave MRC at 9am return at 4pm. Must bring State ID Card or Driver's License. Call 812-376-9241 to reserve your spot!

Steamboat Supper Thursday, July 29

Come aboard for a hearty and delicious meal while you enjoy the sights and sounds of the river on the Mary M. Miller! Louisville Original, Bristol



Catering, brings you their very best, while we show you the town from an all-new perspective—out on the water. Coffee, lemonade and water are included. Soft drinks and alcoholic beverages are available for an additional cost. This is a two-hour excursion. Leave MRC at 4:30 return10:30pm. \$65 mem. \$75 non-members.

Kopper Kettle Restaurant!

Wednesday, August 18

10:30-2:00pm Lunch on your own at the fabulous Kopper Kettle! Famous for their Fried Chicken with all the fixen's! Other lunch items available. Transportation \$10 per person.



Derby Dinner

Derby Dinner Theater Grease Thursday, July 15th 2021 \$68 members, \$78non-members

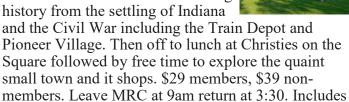
Leave MRC at 5pm return around 11:30pm Dust off your leather jackets, pull on your bobby socks and take a trip back to 1959! Relive the magic,



music, and romance of this wildly popular musical. "Grease" is the word...again! Includes transportation, dinner and show. Tips, dessert and adult beverages not included.

Salem, Indiana Friday, July 9th

Visit the Stevens Museum featuring history from the settling of Indiana



transportation and admission to all 3 museum areas.

Grissom Air Museum Wednesday, August 11

While you are at the museum, sit in an F-4 Phantom, H1-Huey Helicopter, Bomb Loader, F-16 Static Display, and more. Check out the history of the military base that started in 1954 as the Bunker Hill Air Force Base. Then head outside to 24 military aircraft which served from WW II thru Today! Lunch is on your own at McClure's Orchard. Plan on bringing home fresh apples, baked goodies and more from their store and café! Leave MRC at 8am, return at 4:30pm \$40 members, \$50 non-members



Bardstown Civil War Museum and Town Thursday, August 26

Visit the fourth-largest Civil War Museum in the United States.

View exhibits featuring a myriad of artifacts from both the Union and the Confederacy. Lunch on your own with free time in downtown Bardstown. \$45 members, \$55 nonmembers admission and transportation. Leave MRC 8am return at 4:30pm

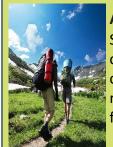
Lake Monroe Wed., September 1st

Spend the day on the lake with Edie! Includes transportation, boat with slide and restroom, snacks, picnic lunch and drinks. Bring



sunscreen, sunglasses, hat, towel, small flotation devises allowed and a sense of fun! Please wear swimsuit under clothing as changing areas are not available. Swimming not required if you want to just enjoy the ride! Limit 20 persons on a 35 passenger boat with lifejackets provided. Uneven surfaces, waves and splashing may occur. Waivers will be required. \$65 members, \$75 non-members.

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All Who Wander Hiking Group

So if you enjoy the great outdoors and communing with Mother Nature, come join our merry group and get ready to explore our world. We look forward to meeting you!

The hiking group plans to do another portion of the 2000 mile long Ice Age Trail in Wisconsin in October. Watch for the TBD dates.

Contact Ed Niespodziani at 812-552-3343 or kn4073@comcast.net



Social

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



Mill Race Center Store Located in the office.

Mill Race Center Seeks
Joan Pearcy Senior
Citizen of the Year
Nominations

Forms are available at MRC and also on our website at www.millracecenter.org



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



* Eight Dimensions of Wellness

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

Colorado

July 19 at 1:30 & 3:00 pm Colorado is a state with a history, marked by war, a gold rush and legendary bank robberies. Through it all, Colorado remains a feast for the eyes.



Mississippi

August 2 at 1:30 & 3:00 pm Take flight on this journey over Mississippi, a land of hospitality, beauty, and complexity.

Pennsylvania

August 16 at 1:30 & 3:00 pm. Whether you prefer cheese steak or chocolate, Andy Warhol or Rocky Balboa, this aerial tour of Pennsylvania has something for everyone!



Florida

August 30 at 1:30 & 3:00 pm Soar over the metropolis of Miami and the spring break mecca: Panama City. This is a first-class Floridian vacation and you have a window seat!

Call to MRC to register.

Environmental

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

Broadway Series

Call MRC to register for each viewing.



Into the Woods July 16 at 1:00pm

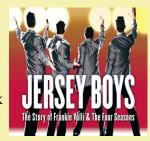
As the result of the curse of a once-beautiful witch, a baker and his wife are childless. Three days before the rise of a blue moon, they venture into the forest to find the ingredients that will



reverse the spell and restore the witch's beauty: a milk-white cow, hair as yellow as corn, a blood-red cape, and a slipper of gold. During their journey, they meet Cinderella, Little Red Riding Hood, Rapunzel and Jack, each one on a quest to fulfill a wish.

Jersey Boys

August 27 at 1:00pm
In the 1960s, four scrappy
young men from New Jersey -Frankie Valli, Bob Gaudio Nick
Massi and Tommy DeVito -have the magic sound that



propels them from singing under streetlights to singing in spotlights. With songs like "Sherry," "Big Girls Don't Cry" and "Walk Like a Man," the quartet finds itself at the top of the charts. However, personal and professional problems threaten to tear the group apart.

PURDUE EXTENSION

Be Heart Smart Tuesday, August 10, 17, 24, & 31 1:30-2:30pm held at Mill Race Center Cost: \$5 - register at MRC

The Be Heart Smart program is for anyone who wants to reduce their risk for heart disease. Learn how to monitor your risk factors for heart disease and make simple changes to your daily routine that will improve your heart health. This program is four 1-hour lessons taught by Harriet Armstrong, Health & Human Sciences Educator

*****Eight Dimensions of Wellness





Now booking for 2021 & 2022 Weddings • Reunions • Corporate Events MillRaceEvents.com (812)302-3838

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

Mill Race Center still has available Saturdays in 2021 for weddings and receptions. Help us spread the word that 2022 dates are available especially for weddings or receptions that had to be rescheduled due to Covid-19.



Resource Coordinator Samantha Edwards

We have received a new text number for Pushpay. If you were utilizing our text service to make donations this will change for you! To make a donation you will now text millracecenter to



(833)-735-8150. Wireless carriers no longer support short codes for donations. If you make donations via check this will all stay the same. If you have any questions or concerns please contact Samantha in the office.

I am still setting up appointments to register our members with AmazonSmiles and Kroger Rewards. If you would like to make an appointment to set up a donation to MRC at no extra cost please contact Samantha in the office. You may also see one of our volunteers at the front desk for assistance. Thank you!

Go to Kroger.com. Sign in with your email and password community you signed up your card with. (There should be links if you



have forgotten a password/email). Once signed in, scroll to the very bottom of the home page and find Kroger Community Rewards – this will be under "Community". On the next page, Click the link in section 2. Link you Card to an organization. Search Mill Race Center and click ENROLL.

amazonsmile

You shop. Amazon gives.

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

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

Physical

Spiritual

Recognizing the need for regular physical activity, proper diet and nutrition, and personal safety. Discouraging the use of tobacco, drugs,

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!

and excessive alcohol consumption. Get moving - be healthy!



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! Current classes that I want to try/attend: Environmental **Physical Wellness:** Consider the interactions between your environment, your community, and yourself. Living a lifestyle that is respectful of your surroundings. Live in Spiritual Wellness: harmony with the Earth! Social Enhancing personal relationships, making friends, enjoying the company of **Environmental Wellness:** others and initiating communication with those around you. Enjoy the company of others! Financial Social Wellness: 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! Financial Wellness: Intellectual Seeking stimulating mental activities to expand knowledge and skills. Stretching and challenging the mind with intellectual and creative pursuits. Avoid boredom - be productive! Intellectual Wellness: **Emotional** Have a positive attitude, and the ability to recognize and share a wide range of **Emotional Wellness:** feelings with others. This includes your ability to cope effectively with stress. Be optimistic in your approach to life! Vocational Vocational Wellness:



Refrigerator Reminder - MRC Daily Activities *



M	onday		Thur	sdav		ACTIVITY HIGHLI
Ор		BL	Open	Billiards	BL	
		LOB	Open	Jig Saw Puzzle Table		July 5 - Closed For Fourth of
Op			8-10		LOB	
8-1		LOB		Breakfast (\$)		July 6, 13, 20, & 27
8:3		MP2	8:30	Happy Helping Hand		Christmas Crafts, 10:30am
8:0		AR	9:00	Shopping	See Pg. 4	July 7, 14, 21, & 28
8-1		LO	10:00	Tai Chi (\$)	MP1	Meditation, 6:00pm
10:		MP2	1:00	Birthday Party	MP1	• •
12:		MP2	1.00	(1st Thurs.)	11 1400	July 8 & August 5
	Movies (2 & 4 Fri.)	AR	1:00	Duplicate Bridge/Pin		Birthday Party, 1:00pm
12:		MP1	1:00	Woodshop	WS	July 12
1:0		CR	1:00	Woodcarving	CL	July 12
1:0	1 &	MP2	2:00	Body in Motion	AR	Movie, 2:00 & 4:30pm
5-7	Ballroom Dancing	MP2	5-7	Ballroom Dancing	MP2	July 13
Tu	iesday					Cribbage, 12pm
		BL	<u>Frida</u>	<u>ly</u>		TED Talks, 1:30pm
Op			Open	Billiards	BL	
Op		LOB	Open	Jig Saw Puzzle Table	e LOB	Canvas Heart Painting, 3:00pm
8-1		LOB	8:30	Body in Motion	MP2	July 14, 28 & August 11, 25
10:		MP1	9:30	Total Brain Workout	CL	Bookmobile, 9:30am
	Widows Support Grp	AR		(4th Friday)		·
10	(4th Fri)	CD	10:00	Line Dancing	MP2	July 26
10:		CR	12:30	Mahjong	AR	Movie, 2:00 & 4:30pm
12:		CR	1:00	Euchre	MP2	July 27
1:0	1	WS	1:00	SCS Investment Club		Mason Jar Door Sign 3:00pm
1:0		LO		(2nd Fri.)		
1-3		AR	1:00	Broadway Series	CL	July 29 & August 26
1.2	(3rd Tues.)	CD		(3rd Fri.)		Breakfast Picnic, 9:00am
1:3		CR	12:30	Lasting Impressions	MP1	
2:0		MP2		3:30 Pickleball	MP2	July 30 & August 27
5:0		MP3				Total Brain Health Workouts, 9
5-7		AR	Satur	rdav		August 3
5-7	Ballroom Dancing	MP2	8:30-1		MP2	Beach Candle Holder, 3:00pm
W	<u>ednesday</u>		0.50-1	1.50 Tickicoan	IVII Z	*
Op		BL				August 4, 11, 18, & 25
Op		LOB				Meditation, 6:00pm
8-1		LOB	AR	Art Room		August 5
8:3		MP2	CNR	Conference Room		Birthday Party, 1:00pm
9:3		Out Front	CR	Classroom		
9:3			FC	Fitness Center		August 9
10:	46)	WS	LO	Lounge		Movie, 2:00 & 4:30pm
10:		AR	LOB	Lobby		, , , , , , , , , , , , , , , , , , ,
10:		LO	MP1	Multipurpose Room C	One	August 10
11:		CR	MP2	Multipurpose Room T		Cribbage, 12pm
12:		MP2	MP3	Multipurpose Room T	`hree	TED Talks, 1:30pm
1:0		AR	MR	Meeting Room		August 10, 17, 24, & 31
1:0		CR	SP	Senior Products		Be Heart Smart, 1:30pm
1:0		LO	WS	Woodshop		
3:0		AR	FFY	Foundation For Youth		≠ S August 12
4:0		MP2		in BOLD have registration		Readers Theater Show, 1:00
5:3		MP2	\$ indic	cates drop-in fee available	•	August 14
5.5		1VII Z				August 14



6:00

Meditation

www.millraceevents.com (812)302-3838

Mill Race Center • 900 Lindsey Street • Downtown Columbus 812-376-9241 Visit us at www.millracecenter.org.

AR





<u>IGHTS</u>

of July





















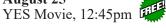


August 23 Movie, 2:00 & 4:30pm



August 25

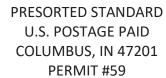






Afternoon for Arts, 2:00pm

www.millracecenter.org Follow us on Facebook.





Mill Race Center 900 Lindsey St. Columbus, In 47201

CURREI	NT RESI	DENT	OR	