



2022 SENIOR EXPO

Discover ways to be healthy & age well!

Friday, August 26th | 10am-2pm

Mill Race Center, Columbus IN

Invite your friends
that are not members
to come with you
and see what a
great facility we have!



Vendor booths will be here for you to shop and review products and
services that can help you stay active and plan for a healthy lifestyle.
Lunch available for purchase and door prizes to be won!



SPONSORED BY

THE REPUBLIC



Mill Race Center will not have any regular
scheduled programs or activities on August 26,
the day of Senior Expo. Please come enjoy the
expo, lunch, and vendors.

100 MILE CHALLENGE



SPRING/SUMMER Challenge

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

Visit our website to find a 100 Mile Challenge Log
Sheet or pick one up at the MRC. Keep track of your
miles from **April 1-Sept. 30 2022**. When you have
reached 100 miles turn in your log sheet to the MRC
business office. Once one log sheet is complete start a
new one. All completed log sheets will be entered into
a prize drawing. Medals for every 500 miles and prizes
given to top millage participants. A drawing will pull
overall winner for top prize of One Year Membership
to MRC, \$50 Cash, and T-shirt.

Winner will receive: a free MRC t-shirt, a free
One Year Membership to MRC, and \$50 cash.
Winner will be drawn on Oct. 3, 2022.

KEEP MOVING!



Tuesday, July 28

Early bird starts at 4:00PM. See page 16.



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

Mill Race Center Program Hours: Monday-Thursday, 8 a.m.—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

Let's get personal. My wife Linda started a journey toward better health which began with the Mill Race Center 100-Mile Challenge. Shannon Truman, our Operations and Programs Director, came up with the idea during COVID to encourage members to remain active during the pandemic. The response exceeded our expectations, and to date, our members have run, walked, biked, hiked, and rolled over 100,000 miles. Linda used the challenge as the first of several steps to improve her health. She joined a gym, began to eat better, and soon she could see the benefits of a healthier lifestyle. I arrived a little later to the realization that I needed to improve my health.



I went to see my doctor for a routine exam, and I was asked to step up on the scale. I was shocked at the weight that registered on the readout. I felt like a hypocrite for talking about Aging Well when I was not leading by example. I had always been an athlete, and I realized that poor choices, stress, inactivity, and bad habits had crept up on me, little by little. I walked out of the doctor's office determined to make some changes. I joined Linda in making healthier choices, and we began to eat better and exercise more. We didn't do any fad diets or crazy workout routines. We made simple changes like eating more fruits and vegetables, less red meat, and no junk food. I never felt like I was making any great sacrifices. Well, I did give up potato chips, which had always been to me one of the food groups, but other than that, I never felt deprived. We developed the habit of going to the gym several days a week so that we could rebuild muscle and strengthen our cores. We took more walks. We took the long view and knew that we had to make this our lifestyle. Little by little, over the course of nearly a year, we saw and felt the benefits. Our knees and feet stopped hurting, I no longer had chronic back pain, we could walk up steps without huffing and puffing, and I could tie my shoes without my face turning red. We were both able to fit into clothes that had been hanging in the closet for a while. Eventually, we had to buy new clothes in smaller sizes. The best part of our story is that it may be, or could be, your story as well. We know many people who have used the 100 Mile Challenge to jump-start their own health journey. Others have joined our Bodies in Motion group, the new Walk and Roll program, or do Tai Chi. Ballroom dance and line dancing are great activities for improving your health and meeting new people. Pickleball is a favorite sport for many of our members. Harriet Armstrong from Purdue Extension regularly teaches classes on healthy eating and lifestyle choices. If you would like a supportive group that can help you develop a strategy for diet and exercise, we have a TOPS (Take Off Pounds Sensibly) group that meets here on Wednesdays at 11:30. Our healthcare partners at Columbus Regional Health offer a wide range of classes, as well as memberships to the fitness center. If you have Silver Sneakers or Silver and Fit through your insurance provider, these services may be free to access. The mother of one of my friends used to say, "The best time to plant a tree is 20 years ago, and the next best time is today." Today would be a great day to plant your own "health and fitness tree", or at least make sure that it is pruned and watered and join us in Aging Well.

Dan Mustard Executive Director

Follow Mill Race Center
on Facebook.



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

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.*

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

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

Mill Race Center Staff

812-376-9241

Debbie Bray, Administrative Assistant, x 222

Linda Clark, Office Assistant, x202

Rebecca Cutsinger, Receptionist, x 218

Valerie Carmichael, Aging Well Coordinator, x210

Charlie Harsh, Facilities Assistant, x 216

Dan Mustard, Executive Director, x 211

Roy Pruett, Facilities Manager, x 225

Tamara Quitko, Accounting Clerk, x207

Shannon Truman, Operations & Programs Director, x 220

Jeff Voyles, Senior Products, x 228



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



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

Wedding photography courtesy of jackiesantanaphotography.com





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.**

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



MEALS on WHEELS

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

Happy Helping Hands

Thursdays - 10:00-11:30am

Sewers Needed!!

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

Leader: Carmine Hudson



Golden K Kiwanis

Each Monday 10:00-11:00am

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

President: Craig Lowery, 812-603-4172

**Quarterly
Reading
Challenge**

**NEW Quarterly
Reading Challenge!**

See Page 16 for details!

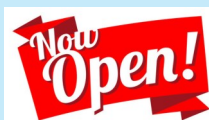
**Free Little Library
Take a Book Return a Book**



Built & Donated
By: Ed Niespodziani



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



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

Wheel Chair Medical Transportation

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

VOLUNTEERS WANTED

NEWSLETTER ASSISTANTS

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



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



MEALS-ON-WHEELS

Volunteer Drivers

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

Knitters Needed

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

MRC AMBASSADORS

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

MRC Vans Detailed

We can always use help making sure our vans that we drive for trips are cleaned inside and out. Interested in volunteering to do that stop by the office.

Volunteer to Teach a Class

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



Bingo Volunteers

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

Pull Tab Tuesday Volunteers

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

Ambassador Meetings

Informational ambassador meetings will be held the first week that the each newsletter comes out. A morning and afternoon time are both listed please attend the one that works best for you. Interested in becoming a volunteer ambassador feel free to attend a meeting and get plugged in.

Tuesday, July 5 at 3:00PM

Wednesday, July 6 at 9:30AM



Have you recently joined or are you interested in learning more about what Mill Race Center has to offer? 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.**

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**.



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.

Lunch at Hanger and Atterbury-Bakalar Air Museum Trip

Friday, August 19 @11am
Cost: Lunch on your own and FREE to tour the museum

A program trip with Shannon. We will meet at the Hanger Restaurant at 11:00am. We will enjoy a nice lunch together. Once we have finished lunch we will walk over to the Atterbury-Bakalar Air Museum and enjoy a tour through the museum. Depart on your own after you are finished at the museum. Enjoy this amazing museum and must see in Columbus!



Walk 'n' Roll

Wednesday's at 11:00am

Join Valerie as she leads a walking class indoors! We walk in place adding easy steps and arm movements as we listen to fun music. This class will help get you moving to the beat as you work your entire body. The class will Walk 'n' Roll to 30 minutes of upbeat music followed by a cool down time. No rhythm is required! The class is great for beginners and music lovers alike. Oooh, listen to the music...and move your feet!



Breathing Room

July 7, 21 & Aug. 4 & 18
11:00am; FREE

Life is busy. Oftentimes we forget to set some time aside to relax. It is estimated that we make 35,000 decisions a day! Some of those decisions are more stressful than others, but at the end of the day, we need to find a way to give our mind and body a break. At the Breathing Room, we will explore ways to relax. Using mindfulness exercises, breathing techniques, and other relaxation activities we will find ways that help us care for ourselves after a busy day. Join us the 1st and 3rd Thursday. All you need to bring with you is a mind and body that's ready to un-



Succulent Lover's Group

July 19 at 10:00am

Meeting monthly to discuss these beautiful plants and how to care for them. Learning and growing these little plants can be so fulfilling and rewarding. It's even more fun to share with friends...so join the group.



MILL RACE CENTER ON THE GO

At All Saints Apartments
July 19 & August 16 at 2:30PM

Fairington Apartments

July 26 Bldg 2301 at 2:00/Bldg 2401 at 3:30
Aug. 30 Bldg 2301 at 2:00/Bldg 2401 at 3:30

Mill Race Center will be hosting free classes for the residents of All Saints, Fairington and Mill Race Center members. Each class will be a different project and will be free to all who attend. you are interested in attending or volunteering to help, please sign up with the Mill Race Center Business Office at 812-376-9241 or email valerie@millracecenter.org

VOLUNTEERS
NEEDED

MILL RACE CENTER

PHOTO CONTEST

Pictures due July 29, 2022

Five Categories: Travel, Wildlife/Animals, Nature/Landscape, Architecture, & Hometown Pride

Stop by the office for details.

www.millracecenter.org



Evening Star Quilt Guild

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



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

More information: Judy Kiesow at 812-374-6135, or Judyk2310@gmail.com.

Monday Morning Sewing

8:00am-12:30pm



Do you like to sew or quilt? Would you like to learn? Join us each Monday! 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 for additional information.



Lazy Daisy Embroidery Guild

Third Tuesday of each month, 1-3pm in Art Room or classroom

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



Tuesday Evening Sewing Group

Every Tuesday evening from 5:00-7:00pm in the art room.



create

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

Watermelon Coasters

Thurs. July 21, at 3:00pm
Cost: \$5/set of 4

Enjoy setting your drink down on a beautiful new coaster set. We will paint plus add some sparkle and shine. All supplies included.



Flower Balls

Tues. Sept. 1, at 3:00pm

Cost: \$10/set of 2

Bring a little bit of sunshine and happiness to your window or patio with these unique flower balls. All supplies included.



Follow Mill Race Center
on Facebook.



Special Occasion Gift Tags

Thurs., August 4 at 3:00pm

Cost: \$5 per person/8 tags

We can always use gift tags to have on had to dress a package or gift bag. Make your own variety of seasonal tags. All supplies included for this fun class.

Ceramics Class

Keep you eye out for seasonal projects coming soon. Some fall items, Christmas items, nativity sets, etc... If you are interested in taking this class let Becky know in the office and what type of items you might like to make. Instructed by: MRC member Paula Compton. There will be a variety of items to choose from to paint.

Cactus Rocks in Pot

Thurs., August 11 at 3pm
Cost: \$7/set of 2

You don't need to have a green thumb to enjoy this project. Britten up your window seal or coffee table with these adorable cactus plants. All supplies included.



Art Class

Wednesdays from 10:00am-12:30pm

Watercolors, oils, acrylic, pastels. No previous art experience required.

Beginners: no supplies needed for your first visit. Holly will get you started on a project and advise on needed supplies. **FREE for MRC members.** For more information contact: Holly Melillo at 812-342-9650.



Shaving Cream Cards

Thurs. August 18 at 3:00pm
Cost: \$7/set of 5

Paint in a very different kind of way....shaving cream! Make some unique homemade cards to send to loved ones or friends. We will use food coloring and shaving cream to make these unique cards and envelopes. All supplies included.

Crafty Fingers

Wednesdays from 10:00-11:30am

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





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.

Basic Beginner Line Dance

Wednesday, 4:00-5:30pm

Come dance with me - have fun and learn to dance!

Instructor: Carla Willis-Crase

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

FREE!



Friday Line Dance

Intermediate & Advanced

Friday mornings 10:00-11:30am

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

Instructed by Billy & Carla Crase

Billy & Carla are renowned line dance instructors and choreographers.

FREE!

NEW participants always welcomed!



Sponsored by:



Monday	Tuesday	Wednesday	Thursday	Friday
Ball Room Dance 5:00-7:00pm (MP1 & 2)	Ball Room Dance 5:00-7:00pm (MP1 & 2)	Line Dance Beginner 4:00-5:30pm (MP1 & 2)	Ball Room Dance 5:00-7:00pm (MP1 & 2)	Line Dance Intermediate & Advance 10:00-11:30am (MP1 & 2)

Drumming Circle Practice

Mondays 1:00-2:00pm

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



FREE!



Bodies In Motion

Afternoon Class

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

FREE!



FREE!

NEW

Walk 'n' Roll

See page 17



Bodies in Motion

Class meets:

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

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

FREE to MRC members

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

TOPS Club

Wednesday 11:30am-1:00pm

Take Off Pounds Sensibly

For more information please contact Karen Burbrink at 812-342-4825 or check the TOPS website at www.tops.org.



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.



FREE!

Birthday Party

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

July & August Birthdays

July 21 at 12:30pm

MILL RACE CENTER

**100
MILE
CHALLENGE**

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

Tai Chi/Qigong

Offering Classes on Tuesday & Thursday

Instructor: Paula Howard



10:00am - Ongoing class for those with some practice in Tai Chi. Monthly Cost: \$45 members/\$60 non-members

11:00am - Beginner Class
Monthly Cost: \$30 members/\$60 non-members
(minimum 3 students)

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

Senior Volleyball

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

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



Senior Bowling

Tuesdays at 1:00pm

Columbus Bowling Center

Information: Joan Winkle, 812-350-9452
Glenna Phelps, 812-390-9234



Pickleball



FREE!



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



Wednesday Evenings - 5:30-8:00pm



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

Except: 8/12 & 8/26



Saturday Mornings - 8:30-11:30am

Except: 7/9, 7/23, 7/30, 8/13, & 8/27

Come Eat Together

It's always fun to eat with friends! Meet us there, but **registration required** at the business office so we can make reservations for our group.



Red Lobster

July 18

Meet there at 11:00am

McAlister's Deli

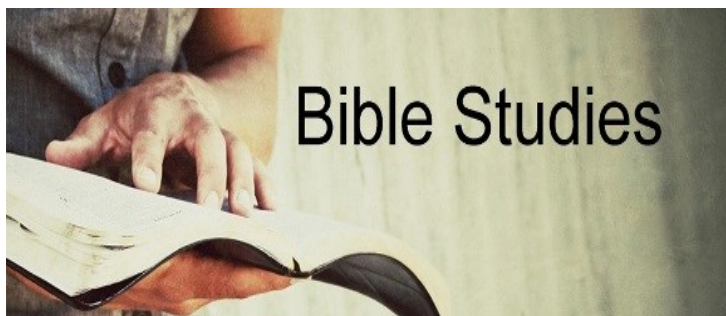
August 23

Meet there at 11:00am



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

www.millracecenter.org



Morning Bible Study

Tuesday mornings 10:30-11:30am

In the Classroom; **Free**

Information: Virginia Houser, 812-579-5132

July: Wes Jones; Flintwood Wesleyan Church

August: Erick Erkinen

Evening Bible Study

Bible Study: Paul's Letters

Length of study: 18 weeks

3:30-5:00pm; Cost: \$5

The Wednesday Bible Study group has started "Paul's Letters" created by Eyewitness Bible Series. Each week we will discuss the previous week, watch a brief video in preparation for the next week and take home a handout with questions for the next meeting. The study is designed in a way for new members to join at any time. If you are interested in joining us, please pay \$5 in the business office for materials. Reach out to valerie@millracecenter.org with any questions.



TED Talks

2nd Tuesday of each month

Meeting at 1:30pm in Classroom

Facilitators: Ed & Terri DeVoe



July 12 at 1:00pm



The Science of Preserving Sight

As you get older, your eyes worsen and become susceptible to a disease called age-related macular degeneration -- the leading cause of blindness, with no cure in sight. Sharing the science of how your vision works, researcher Joshua Chu-Tan offers breakthrough insights on a lesser-known RNA that could change the treatment for this disease, preserving the gift of sight for longer and improving the quality of life for millions of people.

August 9 at 1:00pm



How Wind Energy Could Power Earth...18 Times Over

Over the last two decades, the wind power industry has grown at a dizzying pace. (Fun fact: a single rotation from one of the world's most powerful wind turbines can generate enough electricity to charge more than 1,400 cell phones.) Building off this exponential growth, Denmark's climate minister Dan Jørgensen lays out his plan to end the country's oil industry by 2050 and transition to a fossil-free future powered by wind energy.

Stay for Tuesday Tea after Ted Talks!

MRC Investment Class

Monthly, 2nd Friday

1:00-3:00pm (Classroom)

NOT meeting until Sept. 11

Mill Race Center Investment

Class now offers members the

opportunity to learn about investing in a fun and no-risk way. No investment is needed. We make

"mock" investments in the stock market and

monitor their progress. We also discuss the

economy and stock investing tips. Class is open to

all members of Mill Race Center at no charge.

Meetings are monthly on the 2nd Friday at 1pm.

For further information contact Norm Blizard at 812-603-8854 or email at nblizard@comcast.net or Jeff Rauch at 812-342-0198.



**MRC
INVESTMENT
Class**

Tuesday

Tea

at 3:00pm in the lounge

July 12 & August 9

FREE



Meeting the second Tuesday each month in the lounge. Enjoy some delicious tea and fellowship with other members. Tea, mugs, and cookies provided.



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

Woodworking Workshop

NEW

Watch for more woodworking workshops with Ed Niespodziani. If interested let Becky know in the office.

In The Woodshop

Drop-In Woodcarving Class

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

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

FREE for MRC Members



**Quarterly
Reading
Challenge**

**NEW Quarterly
Reading Challenge!**

See Page 16 for details!



Reader's Theater Practice

Wednesdays from 1:00-3:00pm

Interested in joining the Reader's Theater group come to their weekly meetings.

JOIN THE GROUP!

FREE!

NEW



Grocery BINGO

July 28 & August 25

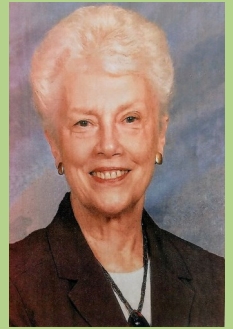
3:30-4:30pm; Art Room

It's simple - play bingo, win at bingo, and take home groceries as your prize! A variety of food and toiletry items will be placed in grocery bags and giving away as prizes. This will be casual BINGO playing one card at a time. The cost of everything seems to be going up so this is a fun way to win some items that can be beneficial. Limited seating so please register for this free event in the office.

DON'T MISS OUT!

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.
Due by September 1, 2022



Golden Girls

Fourth Tuesday of
each month at 10:00am
July 26 & August 23

FREE!



This group is for widows
and will offer educational
talks, activities or even some entertainment.

Information call Donna Richardson at 812-350-2859.

The Lasting Impressions



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

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

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

JOIN THE GROUP!

SAHAJA MEDITATION

Learn How to Quiet the Mind and Open the Heart

Thursdays at 6-7:00pm for Beginners

July & August

FREE; Held at MRC

Sahaja Meditation will help reduce stress and increase well-ness. Register for this class at MRC. These **FREE** classes are open to the community so invite a friend!

FREE!

Questions Contact:

Columbusmeditation@gmail.com

Check out SAHAJA Meditation online at
www.millracecenter.org



Ukulele Circle

1st & 3rd Monday each month

Starting in August

2:00-3:00PM; Free

Bring your ukulele and join us
for the new "ukulele circle" at
MRC> Dan Mustard and friends
will lead a sing-along/play-
along hour of music and fun.

Eight Dimensions of Wellness

FREE MOVIE SHOWINGS at MRC!

Two Showings now on Mondays at 2:00 & 4:30pm. Bring your own snack and drink.



July 11

**The Guernsey Literary
& Potato Peel Pie
Society**

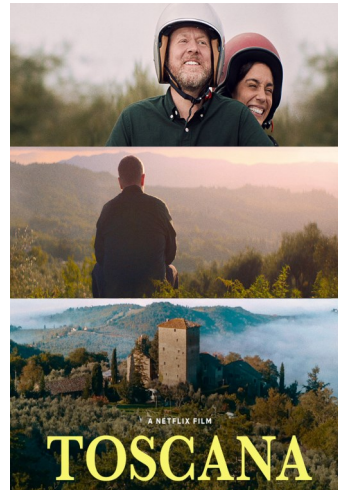
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July 25

**Rescued by
Ruby**

PG



August 8

Toscana

**PG
13**



August 22 *

**Downton Abbey:
A New Era**

*As long as it releases in time **PG**



Pull-Tab Tuesdays

First & Third Tuesday at Noon

Our volunteers will be selling Pull-Tabs and homemade lunch. Lunch is first come first serve until we run out. It is a wonderful chance to visit and socialize with friends.

LUNCH MENU

July 5 - Spaghetti Meatball Bake

July 19 - Lasagna

August 2 - Chicken Salad on Croissants

August 16 - Baked Potato Bar

BINGO

Thursday, July 28

Early bird starting at 4:00PM



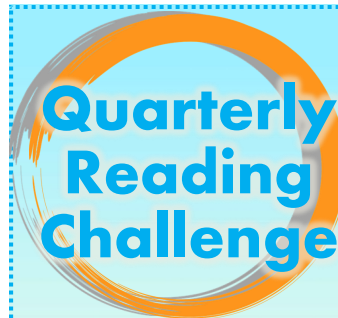
We will have a regular Bingo every quarter this year. Pay outs are larger and we'll have door prizes at each session. Pull Tabs will be on sale at the Bingo Night as well as two Tuesdays a month. Food, snacks and drinks as always will be available to purchase. Game starts at 5:00pm with doors open at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



Grocery Bingo!



See page 14 for details



Join Us!

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

Current challenge is from **June-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 the quarter. Next quarter challenge will be **Sept.1-Nov. 30**.

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.

GEN SILENT

A Documentary Film About LGBTQ Seniors



Wed., August 24

Movie at 6:30pm &

Panel Discussion to Follow



This award-winning one hour documentary shares the stories of six lesbian, gay, bisexual, and transgender seniors, exploring how they deal with and often conceal their sexual orientation, gender identity, spouses, and friends in order to survive in the care system. Register at MRC. Free and open to the community.

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

(4 week class) Watch for more info.

Cost: \$15

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.



RESCUED & RESTORED

Thurs., August 18

1:00pm; **FREE**

Based upon a new book by Indiana Landmarks, *Rescued and Restored*, features over 50 historic places across Indiana snatched from the wrecking ball or lifted from decades of neglect and restored with help from Indiana Landmarks. Dramatic before-and-after photographs and inspirational comeback stories show the remarkable turnaround of endangered places as diverse as the oldest house in Wabash to the West Baden Springs Hotel which rose from a ruinous collapse to fairy-tale castle, lifting an entire regional economy Presented by: Suzanne Stanis the Director of Heritage Education for Indiana Landmarks.



INDIANA LANDMARKS

FREE!

NEW



Afternoon for Arts

August 12 at 2:00PM

Cost: \$5

Cookies & Drinks Served

Limited seating so call to make a reservation.



Columbus CONVERSATIONS

NEW
FREE!

IUPUC and Mill Race Center are proud to announce Columbus Conversations. Columbus Conversations is a new series of public forums

focusing on current events of special interest to the Columbus community. They will be held on a Thursday each month September-March and held at Mill Race Center. If you like Great Decisions you will love Columbus Conversations. Register in the MRC office. Watch for more information.

**Beginning Thursday, September 22
from 6:30-8:00PM; Free**



Albert Nolting

A local performing artist and private teacher of guitar, piano, and bass in all styles.

Medicare

Medicare Basics

Friday, August 19

1:00-2:00pm; **Free**

New to Medicare? Not sure where to begin? SHIP counselors Sara, Courtney, and Valerie can provide unbiased and free Medicare counseling in this Medicare Basics presentation. Meeting in the Art Room at MRC.

FREE!



MILL RACE CENTER



SHIP

State Health Insurance Assistance Program

Navigating Medicare



COLUMBUS REGIONAL HEALTH

ART BAZAAR

Saturday, October 28

10 AM-4PM at Mill Race Center

NEW

Join us as Regional artisans, crafters, knitters, woodworkers, gather to show their wares. Food and refreshments, on site.

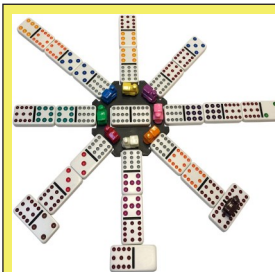
A fundraiser to benefit Mill Race Center.
Contact MRC office for questions or booth space.



The BCPL Bookmobile:



July 6 & 20
August 3 & 17
9:00-10:30am
Available out front of MRC.



Mexican Train Dominoes



Every Thursday
12:30-4:00pm; **FREE**



Pinochle

2nd & 4th Tuesday
1:00-4:00pm
In the conference room

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



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

OPEN Billiards



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



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



Puzzle Table



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

Follow Mill Race Center
on Facebook.



Cards & Games Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
Hand & Foot 1:00-4:00pm Mahjong 12:30-3:30pm	Pinochle  1-4pm (2 & 4 Tuesday) 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	Dominoes  12:30-4:00pm	Mahjong 12:30-3:30pm Euchre 1:00-4:00pm
Cards & Games are free for MRC members. Day passes can be purchased for non-members.				

Eight Dimensions of Wellness



Fridays, July 29 & August 19

9:30am; Classroom

FREE

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

DON'T MISS OUT!



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



Thurs., July 14

The Egg and I (1947)



Thurs., Aug. 25

The Wizard of Oz (1939)



TRAVEL WITH MILL RACE CENTER

2022 MRC Travel and Tours

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



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

V= must be fully vaccinated and bring proof

MR= masks required to be worn properly when requested

R= refund available up to 3 days before departure

NR= no refunds issued after final payment, must use insurance or replacement

I= insurance available, ask when signing up

T = Testing may be required



NEW

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

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

The Outer Banks of North Carolina! September 25-30

NEW TRIP! Enjoy our beach front hotel as we explore the coastal area that inspired the Wright Brothers, movies such as Night's at Rodanthe and many a pirate movie! This trip includes lighthouses, wild horse tour, Kitty Hawk, maritime museums and a free day to enjoy the beach! Includes transportation, beach front hotel, 5 breakfasts, 3 dinners and much more for \$899 per person double/\$1198 single. (NR/I/MR)

NEW



NEW

Trains and Trolley's of Northern Pennsylvania and Pittsburgh!

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

Chicago Shopping Excursion!

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

NEW



Daytrips

M= member/NM-non-member
V= must be fully vaccinated and bring proof
MR= masks required to be worn properly when requested
R= refund available up to 3 days before departure
NR= no refunds issued after final payment
T = Testing may be required

Gray Brothers Cafeteria, Mooresville Wednesday, July 20

Cost: \$10m/\$15nm plus lunch

Let’s have lunch at a classic café!

Wednesday is free piece of pie day with entrée purchase! Leave MRC at 10am return approx. 1:30pm.



Spring Mill State Park

Tuesday, July 26

Cost: \$10members/\$15non-members plus lunch

Enjoy lunch at the Spring Mill Inn on your own and then enjoy free time walking around the



Pioneer Village. Leave MRC at 10am return approx. 4:00pm. (Max: 12)

Lunch at Kopper Kettle in Morristown

Wednesday, August 10

Cost: \$35m/\$40nm

This is always popular! The Special on Wednesdays is the 3 piece fried chicken dinner with all of the fixen’s including dessert! Groups must all order the special so only reserve if you are into Amazing fried chicken, tossed salad, mashed potatoes, rolls and green beans! Lunch, beverage, tip and transportation included at \$35m/\$40nm. Leave MRC at 10:30am, return approx. 2:30pm.(R)



Lunch & Wylie House Museum, in Bloomington Tuesday, August 23

Cost: \$10m/\$15nm plus lunch

We will stop first for lunch at Mr. Hibachi Buffet. Next we will head over to the Wylie House Museum for a tour. The

Wylie House is a historic structure built in 1835 and located in Bloomington, Indiana. It was home of Andrew Wylie, first president of Indiana University, until his death in 1851. There is no available elevator for the second floor, but alternative ways to view. Leave MRC at 10:15am return at approx. 3:30pm.



Portillo’s

Thursday, September 15

Cost: \$10m/\$15nm plus lunch

Lunch in Greenwood at Portillo’s. Enjoy Chicago-style food and yummy desserts. Leave MRC at 10:15am return approx. 1:30pm.



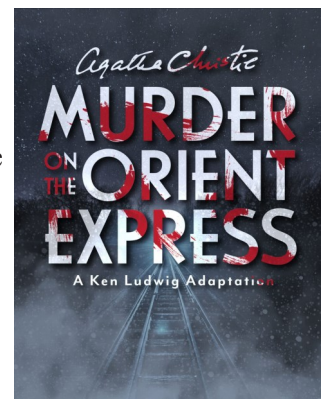
Derby Dinner

Derby Dinner Theater Murder on the Orient Express

Friday, October 14

\$65 members, \$75non-members

Leave MRC at 4:45pm return around 11:30pm Just after midnight, a snowdrift stops the Orient Express in its tracks. Isolated and with a killer in their midst, detective Hercule Poirot must identify the murderer before they strike again. An Agatha Christie classic! (Max: 20)



Overseas Trips

South Pacific Wonders October 5-19, 2022

This is the one some of you have been saving for your whole life! Australia and New Zealand! Includes Christchurch, Queenstown and Milford Sound. NZ. You will begin this awe-inspiring tour in the land made famous in the Lord of the Ring's Film Trilogy. View some of the most dazzling vistas on this earth. Play with Koala's and kangaroos plus other of the islands unique species at a wildlife preserve. Tour ancient forests and snowcapped mountains then head off to Australia to see the iconic Sydney Opera House, the Great Barrier Reef, a Crocodile nature cruise and so much more. The rich history of Australia will be showcased as you see modern cities but also visit a native indigenous tribe to see how life has changed for them through the ages. \$7949 per person/double. Includes airfare (V/I/MR/R with I only)



NEW

collette
celebrating 100 years of travel together



NEW

Sunny Portugal, November 5-14, 2022

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

collette
celebrating 100 years of travel together

Alaska's Northern Lights, February 23-March 1, 2023

See Alaska from land as you chase the Northern Lights. One of the best vantage points in the world to see this natural and stunning phenomenon. Trip includes air and transportation from Columbus, Fairbanks, full day scenic train to Talkeetna, Iditarod demonstration with sled ride, Musk Ox farm, Glacier cruise and so much more. \$4149 double pp. (V/I/MR/NR unless I)

NEW



NEW

Costa Rica, March 13-21, 2023

Escape the end of Winter on this Tropical adventure. You will experience the beauty of nature as you enjoy warm breezes and mountainous terrain. Exotic birds, flowers and animals await as you explore the jungle and beaches of this stunning eco-diverse country. Includes transportation from Columbus, resort accommodations, lake cruise, 8 breakfasts and 6 dinners, touring, canoe ride and so much more. Combine this with Alaska's Northern lights and save \$150 per person! \$2548 double pp. (V/I/MR/NR unless I)

How can I donate and help MRC?

1 of 3 Ways:

Go online at millracecenter.org

Text "millracecenter" To (833)735-8150

Drop off a check or cash to the office.

EVENTS

Check out special events
listed on page 16 & 17.

Eight Dimensions of Wellness

MEALS-ON-WHEELS

Volunteer Drivers Needed

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.



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!

Early September - A 2/3 week trip to the Ice Age Trail and the Apostle Islands in Wisconsin, the Painted Rocks and south shore of Lake Superior, Mackinaw Bridge and Island in Michigan.

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



The Better Breathers Club

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



We offer presentations on informative topics, and include time for questions and discussion. We also offer friendly support to anyone with lung problems. If you have lung problems, or know someone who does, you are welcomed to attend. Meetings are free, no registration is required and friends and family are encouraged to attend.

Meeting Wednesday, July 27 at 3:00PM.

Topic: Senior Medicare Patrol—Speaker Barb Miller

The Better Breathers Club will meet in the Mill Race Center art room. For more information, please call Jennifer at 812-376-5793.

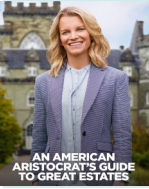
**Quarterly
Reading
Challenge**

**NEW Quarterly
Reading Challenge!**

See Page 16 for details!



ARMCHAIR TRAVEL An American Aristocrat's Guide to Great Estates



Visit sprawling estates and magnificent castles dotting Britain's landscape. View it all from the comfort of Mill Race Center!

Doddington Hall

July 18 at 1:30pm

Julie Montagu, Viscountess Hinchinbrooke, explores this Elizabethan mansion and discovers how its owners run a retail empire to help keep it alive.



Sudeley Castle

Aug. 1 at 1:30pm

Julie Montagu visits a fellow American-born aristocrat in the Cotswolds to see how she turned Sudeley Castle into a popular visitor attraction and fairytale wedding venue.



Newby Hall

Aug. 15 at 1:30pm.

Julie Montagu, Viscountess Hinchinbrooke, meets the family who have owned this magnificent Georgian house since the 18th century, and sees the challenge of maintaining it.



Eastnor Castle

Aug. 29 at 1:30pm.

Built in the 19th century to look like a mediaeval fortress, Julie Montagu meets the family who calls Eastnor Castle home and finds out what it takes to maintain a 97-room castle.



Cookies, Tea, and Coffee for a treat while you watch!

Broadway Series

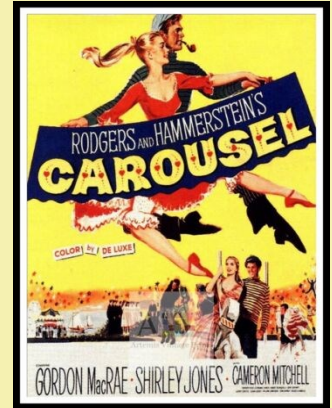


Call MRC to register for each viewing.

Carousel

Friday, July 29 at 1:00pm

(1956) Based on the lauded Rodgers and Hammerstein stage musical, this film follows the romance of Billy Bigelow, a charming carousel barker, and Julie Jordan, a pretty worker from a nearby mill.



Oklahoma!

Friday, August 19 at 1:00pm

(1955) There's a box social coming up, and Curly asks Laurey if she'll be his date. Trouble is, Laurey thinks he's waited too long, and in a fit of pique accepts an offer from the boorish Jud instead. Meanwhile, Laurey's friend Ado Annie is also torn between two men: a cowboy named Will and a foreign peddler, Ali Hakim. Both women struggle to know their own hearts before it's too late.



PURDUE EXTENSION

Cooking Air Fryers

Tuesday, July 26 at 3:00PM; Fee: \$3



Learn the basics of using an air fryer: how they work, how to get good results, do's and don'ts, and recipes.

Dining with Diabetes

Tuesdays, Aug. 9, 16, 23, & 30; 1:30-3:30 p.m.

Cost: \$15 individual fee; \$20 couple fee for those sharing materials

Designed especially for people with type 2 diabetes, their family members, or anyone who wants to learn more about healthy eating, this program will help you learn the skills needed to promote good health. The program includes: planning meals and snacks with delicious and healthy recipes, reading food labels, using a variety of sweeteners, using seasoning to replace salt, the role of fiber in the diet, the difference between various types of fat, ideas for being more active, setting personal goals, to manage your diabetes, and more! Register at Mill Race Center Business office by August 3.



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

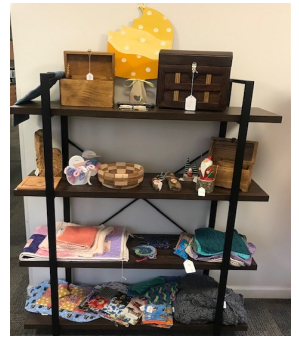
Wedding photography courtesy of jackiesantanaphotography.com & Angela Jackson Photography.

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



MRC STORE

Be sure to check out the amazing products our members are making and that are for sale in the MRC store in the business office.



How can I donate and help MRC?

1 of 3 Ways:

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

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



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

amazon smile

You shop. Amazon gives.

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

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



Current classes that I want to try/attend:

Physical Wellness:

Spiritual Wellness:

Environmental Wellness:

Social Wellness:

Financial Wellness:

Intellectual Wellness:

Emotional Wellness:

Vocational Wellness:

Physical

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

Spiritual

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

Environmental

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

Social

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

Financial

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

Intellectual

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

Emotional

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

Vocational

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

Refrigerator Reminder - MRC Daily Activities

Monday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
8:00	Quilters & Sewing	AR
8-12	Woodcarving	LO
10:00	Golden K	CR
12:30	Mahjong	LO
12:30	Lasting Impressions	MP1
1:00	Hand & Foot	MP2
1:00	Drum Practice	CR
1:30	Armchair Travel	AR
	(see pg. 24)	
2:00	Movies (see pg. 15)	AR
2:30	Ukulele Class	CR
	(starts in June)	
5-7	Ballroom Dancing	MP2

Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
10:00	Succulent Group	AR
	(3rd Tues.)	
10:00	Tai Chi (\$)	MP1
	Widows Support Grp	AR
	(4th Tues.)	
10:30	Bible Study	CR
1:00	Woodshop	WS
1:00	Ted Talks (2nd Tues.)	CR
1-3	Embroidery Guild	AR
	(3rd Tues.)	
1-4	Pinochle	CNR
	(2nd & 4th Tues.)	
2:00	MRC On the Go	Off Site
	(see page 6)	
2:00	Bodies in Motion	MP2
3:00	Tea (2nd Tues.)	LO
3:00	Purdue Extension Class	AR
	(see pg. 24)	
5:00	Euchre	MP3
5-7	Evening Sewing (pg. 7)	AR
5-7	Quilt Guild (2nd Tues.)	AR
5-7	Ballroom Dancing	MP2

Wednesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
9:30	Bookmobile (pg. 18)	Out Front
10:00	Woodcarving Class	WS
10:00	Art Class	AR
10:00	Crafty Fingers	LO
11:00	Walk'n'Roll	MP2
11:30	TOPS	CR
12:30	Hand & Foot	MP2
1:00	Scrabble	LO
1:00	Reader's Theater	CR
3:30	Bible Study	AR
4:00	Beg. Line Dance	MP2
5:30-8	Pickleball	MP2

Thursday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
10:00	Tai Chi (\$)	MP1
11:00	Breathing Room	CR
	(see pg. 6)	
12:30	Dominoes	MP3
1:00	Birthday Party	MP1
	(once a newsletter)	
1:00	Woodshop	WS
1:00	Woodcarving	CR
2:00	Bodies in Motion	MP2
3:00	Craft Classes	AR
	(see pg. 8)	
3:30	Grocery Bingo	AR
	(see pg. 14)	
6-7	Meditation (in May)	CR
5-7	Ballroom Dancing	MP2

Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
9:30	Total Brain Workout	CR
	(see pg. 19)	
10:00	Line Dancing	MP2
12:30	Mahjong	AR
1:00	Euchre	MP2
1:00	SCS Investment Class	CR
	(2nd Fri.)	
1:00	Broadway Series	CR
	(3rd Fri.)	
12:30	Lasting Impressions	MP1
12:30-3:30	Pickleball	MP2

Saturday

8:30-11:30	Pickleball	MP2
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(check dates on pg. 11)

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

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


www.millraceevents.com
 (812)302-3838

ACTIVITY HIGHLIGHTS

July 4


CLOSED




July 5 & 19

Lunch & Pull Tabs, 12:00pm

July 11 & 25

Movie, 2:00 & 4:30pm 

July 12


TED Talks, 1:00pm 
Tea, 3:00pm




July 14

Artcraft Theater Movie, 12:20pm


July 18

Come & Eat, 11am
Armchair Travel, 1:30pm 


July 21

Birthday Party, 12:30pm 
Grocery Bingo, 3:30

July 28

BINGO, 4:00pm 

July 29

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

August 1, 15, & 29

Armchair Travel, 1:30pm 




August 2 & 16

Lunch & Pull Tabs, 12:00pm


August 5

Welcome Breakfast, 9:30am 

August 8 & 22

Movie, 2:00 & 4:30pm 

August 9

TED Talks, 1:00pm 
Tea, 3:00pm



August 12

Afternoon for Arts, 2:00pm



August 18

Rescued & Restored Speaker, 1:00pm 

August 19

Total Brain Health, 9:30am
Hanger/Museum Trip, 11:00am
Broadway Movie, 1:00pm
Medicare Basics, 1:00pm




August 23

Come Eat Together, 11:00am



August 24

Gen Silent, 6:30pm 



August 25

Artcraft Theater Movie, 12:20pm



August 25
SENIOR EXPO; 10am-2pm
No MRC Programs Today 

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