

Membership \$50/year. Check us out online at www.millracecenter.org. Join us on Facebook.



Afternoon For Arts at MRC

Please JOIN US:

March 27 with The Late Shift
an award winning barbershop quartet

April 24 with Tim Grimm

May 22 with The Reen Family

June 26 with Jeff Kuehl

as the automotive icon Carl Fisher

July 24 with Guy Paronavitana

singing Frank Sinatra and Nat King Cole

August 28 with Mark La Pointe

as a Union Soldier—sharing a historical Civil War Era musical presentation

September 25 with “ENCORE”

featuring Gary Ferguson

**October 23 with The Columbus
Indiana Philharmonic String Quartet**

2:00 p.m. live performances

with delicious homemade desserts by Caryn Wiggins, Desserts Etc.

Reservations required by the Tuesday prior to the event. LIMITED SEATING.

\$5/MRC members and \$10/non-members.

Call 812-376-9241 for more information and to make your reservation.

*Made possible through the generosity of:
Miller's Merry Manor and Bob and Helen Haddad*

We're ALL EARS . . .



. . . and we want to hear from our members. Join your new Executive Team on April 1 at 5pm and/or April 13 at 10am. Learn a little about what our plans are for Mill Race Center and most importantly share your thoughts with us. What do I like best about MRC? How can MRC serve their members better? Is there a new idea we should consider? Join us. We're all ears!



Just Dance 2015

Featuring:

The Marlinaires

March 13, 2015 from 7-10pm

Cash Bar. Complimentary Snacks.

Tickets are \$5/MRC members and \$10/non-members.

Generously sponsored by: Life Care Medical Solutions, Inc.

Check out what's inside this issue:

Ted Talks Discussion Group, Page 12

Super Saturday, Page 15

Walk With Ease, Page 19

From Your Executive Team

Operations Report

January marked a milestone for Mill Race Center, when the sale of Town and Garden apartment complex was completed. The leadership of MRC began the process several years ago as they developed a long-range strategic plan. After decades of providing affordable senior housing, it became clear that it was time to pass the torch to another entity who could continue the mission. In 2012, Cambridge Square was purchased by Housing Partnerships, and in January of 2015, through the efforts of the City of Columbus, a private lender, and the Heritage Fund-the Community Foundation of Bartholomew County, the sale of Town and Garden apartments to Southern Indiana Housing and Community Development Corporation was completed. Former Executive Director Bob Pitman and many board members worked tirelessly to ensure that the apartment building could be sold to an entity who would maintain its status as affordable senior housing. We are thankful that we were able to find an organization that would continue the legacy of stewardship that was established over five decades ago. Although we continue to show a deficit, it is significantly less than last year, and the number is actually ahead of the five year plan that was developed in anticipation of the move into the new facility. Thank you to everyone who has supported Mill Race Center as we continue to adapt to the changing needs of the 50+ population.

Meet our new New Member Support Services Manager, Shannon Thalls

Shannon Thalls is a native of Columbus. She is a Huntington University graduate with a degree in Recreation Management. She has spent the last six years



serving as the Director of Fairlawn Preschool. She also served as the Marketing/Special Events Coordinator at the Columbus Parks and Recreation Department under the direction of Chuck Wilt.

She enjoys being with family, hiking, event planning, family movie nights and being an

encouraging mom at all of her children's activities.

Shannon and her husband, Gary, have three children: Kortney, Kami, and Brock.

Shannon will be working alongside staff and volunteers to ensure that time spent at Mill Race Center is a pleasurable experience. You will see her friendly face out and about the MRC halls.

Financial Snapshot-2014

Revenue 2014 (Not audited)	\$919,858
Expense 2014 (Not audited)	\$969,026
Net	(\$49,168)

Mill Race Center

812-376-9241

Staff

Dan Mustard, Operations Director, x 211
Liz Barriger, Accounting Clerk, x 207
Debra Bray, Admin Assistant, x 218
Jan Meadows, Receptionist
Edie Smith, Travel Coordinator, x 215
Dexter Fravel, AmeriCorps, Volunteer Coordinator, x 202
Beth Parkhurst, Outreach Director, x 208
Cindy Chodan, Program and Membership Director, x 209
Roberta Isaacson, Membership, x 219
Gary VanEerden, Evening Coordinator
Leah Boas, Comprehensive Wellness Program Coordinator, x 210
Paula Herlitz, Development Director, x 206
Steve Hood, Facility Manager, x 216
Larry Newcomb and Charlie Bryant, Custodians
Jim Isaacson and Roy Hendershot, Van Drivers
Megan Wood, Elwood Senior Staffing, x 222
Jane Smith, Program Assistant
Shannon Thalls, Membership Support Services Manager, x 220
Kristy Carothers, Accounts Payable, x 222

Careers/Employment



Let me introduce you to a Universal Design Home that allows you to age in place.

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- Storm shelter in garage

RE/MAX



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- ♦ Skilled and long term beds
- ♦ Respite care available



Willow Crossing
Health and Rehabilitation Center

JOIN US!
OPEN HOUSE
January 29
at 7pm

Contact Julie Nugent • 812-379-9669 • admissions@willow-crossing.com

The Handyman Connection needs YOU!

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

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

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

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

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



Are you looking for a new and exciting job to start this new year?

Elwood Senior Staffing has full and part-time positions available and we are seeking driven candidates to fill them! If you or someone you know might be interested in what Elwood has to offer, please do the following.

First, if you aren't a member come see me, Megan Wood, and I will get you registered in our system. Then we will talk about the kind of work you're looking for, your availability, and other job preferences. After that, all you have to do is wait for a call from me offering you a position. I am here Friday mornings from 8am – 12pm, but am always willing to flex my schedule to accommodate yours!

Please contact me at 812-376-9241 ext.222 to set up your appointment now. I hope to see you soon and help find the best position for you!

Interested in advertising in Mill Race Center ALIVE?

Contact Beth Parkhurst, Community Outreach Director, at 812-376-9241 and find out more about our reasonable rates.

Community Service

Shopping Trip to Walmart

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

Medical Transportation is also provided, if schedules permit, thanks to volunteer drivers coordinated by Dexter Fravel, Outreach Coordinator and AmeriCorps Volunteer Coordinator. Requests should be made by calling Mill Race Center at least 1 week in advance. Contact Roberta Isaacson at 376-9241 if you are needing wheel chair transportation.

Happy Helping Hands

Thursday mornings each week at 9:00 am in the Arts Room.

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

Leader: Opal Lovelace, 376-3033.



Interested in intergenerational programming? Please let us know!

Mill Race Center is gearing up for GRANDbuddies! This multi-dimensional, intergenerational program, pairs adults with children for the purpose of promoting cognitive health while concurrently deepening the learning experience on a specific topic that is selected by the GRANDbuddies group!



Contact Leah Boas, Aging Well Coordinator, at 812-376-9241 ext.210 if you are interested in learning how you can help this program come to life at MRC!

Community Meeting Space. Mill Race Center will make space available, free of charge, to community not-for-profit groups on Monday nights from 5-7pm. Group size is limited to 25 people and each group can meet one time per month. The room must be scheduled in advance, and will be made available on a first come, first served basis. Other times are available under our regular rental fee schedule, with a 20% discount to not-for-profit groups. Call Dan Mustard to check on room availability. 812-376-9241 ext. 211 or e-mail dmustard@millracecenter.org



Golden K Kiwanis

Mondays from 10 - 11:00am, MP2

Informative programs, good fellowship and service to our community. Both men and women are encouraged to join.

President: Larry Lewis, 812-526-8676.

Book Buddies

Do you enjoy working with children and volunteering in a way that will impact their lives for years to come? Book Buddies allows you to work one-on-one with struggling readers in second and third grades. Volunteers spend one hour a week to read with two children. Book Buddies meets four days a week in all twelve public elementary schools in the county. A short one-hour training session is required. Training is taking place now. To sign-up call 812-376-4461 or email bookbuddies@bcsc.k12.in.us.

Minds on Math

One hour a week is all it takes to help ignite a passion for math in 4th graders at BCSC. Minds on Math meets after school in the public elementary schools. Mentors and small groups of students problem-solve and complete activities designed to reinforce math concepts. You choose the school and day of the week, Monday-Thursday, that fits your schedule. To sign-up or request more information call 812-378-4759 or email mindsonmath@bcsc.k12.in.us.

VOLUNTEERS WANTED

POSTER/NEWSLETTER DISTRIBUTION

VOLUNTEERS NEEDED

To increase community awareness of our programs offered at MRC. Contact Barb Fravel at 372-1179

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 am and usually finish at 11 am. Come for an hour or stay the whole morning. We appreciate the help!! Contact Shannon at 376-9241. NEXT DATE: 3/29

WALKING COACHES needed at Just Friends. Volunteers to take walks with Just Friends participants through Mill Race Park. If interested call Marilyn at 372-6415

*Medical Transport Needed.
Call Dexter.*

MEALS - ON - WHEELS 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 Dexter for more information: 376-9241.

WHITE SHIRT SERVERS

Needed to help with our Friday Night Live events. Help needed in setting tables, serving snacks and clean up. Benefits include: free snacks and entertainment along with getting connected and meeting new people. Both men and women would be appreciated. If you are interested in giving this a try please call Marge Steinmetz at 812-372-5981.

Birthday Party Helpers Needed

Helpful people needed to create a fun, monthly birthday celebration (4th Thurs./mo.). Interested? Contact Shannon at 376-9241.

BINGO CALLERS NEEDED

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

*Volunteer Quilters NEEDED
Monday Mornings*

COMPUTER MENTOR

Do you email or use the Internet? Enjoy meeting other seniors? How about teaching another senior in an informal "1 on1" basis to learn how to use the computer here in our Computer Lab at your convenience. Call Gary at 376-9241 between 4-9 pm.

Community Service

No foolin' around here,
the savings are big!



These savings are no joke! Contact us to learn about how we can take care of life's daily details while you enjoy the retirement lifestyle you've earned. **Welcome to Holiday. Welcome home.**

Spring savings of up to \$1,000!*

HOLIDAY
RETIREMENT

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*Limited time offer. Please see management for details. ©2013 HARVEST MANAGEMENT SUB LLC 19223

NEW MRC MEMBERS - WELCOME!

James and Patricia Angel
Amanda Arp
Emma Bailey
Jerome and Beverly Brown
Frank Bunton
Larry Calfee
David and Shirley Chadd
Betty Crews
William Everroad
Naomi Fleetwood-Pyle
John Galdikas
William and Marilyn Goddard
Rebecca Goranson
Debra Grider
Wilma Hayden
Gene and Patty Hunter
Don Jackson
Wayne and Nancy Kacedan
Wesley Keele
Sharon Kinsey
Charolette Mahoney

James and Peggy Mitchell
Naomi Mitchell
Robert Monroe
Carl and Ann Moore
Edward Probst
Patricia Ricker
Dorothy Riley
Sue Ann Robertson
James Rosenberger
Benjamin & Eleonora Schwartzman
Terrie Scolley
Mike Scott
Albert Sisson
Dan and Mary Lou Slattery
Barbara Sperry
Sharon Taylor
Kathy Trowbridge
Steve Whitsitt
Otis Webb
Jeanine Wilhelm
Carol Wiseman

**FREE! 30 day trial MRC memberships
available at the reception desk.
GIVE us a try!**

Creative Arts

Volunteer Quilters

Share your quilting skills or learn how to quilt at Mill Race Center.

The volunteer quilters raise funds for Mill Race Center by hand quilting quilts brought in by individuals who need a quilt completed. The group charges a fee for this service which they donate to Mill Race Center. Join them on Mondays from 9:30-2:00 pm in the Arts Room (AR). Come for an hour or stay all day! If you don't know how to quilt...they will teach you!

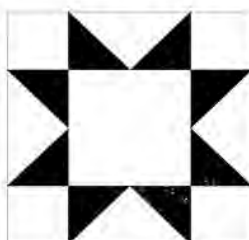
New people always welcome to join us!

Chair Person: Theresa Ross, 372-9008

Evening Star Quilt Guild

Meets second Tuesday of each month at Mill Race Center at 7:00 pm (AR).

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



Dues are \$12/year for Mill Race Center Members and \$15/year for Non-members. Part of the dues money is given to support Mill Race Center.

The Guild's service project is to make quilts for clients at Turning Point Domestic Violence Shelter. Guild members make 30-40 quilts annually for the children and adults there. More information: Carol Walp 812 343-8863, carol.walp@hotmail.com.

Art Class

Each Wednesday from 10 am to 12:30 pm in the Arts Room (AR). Watercolors, oils, acrylic, pates. 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 342-9650.



Crafty Fingers

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 on Wednesdays from 10 - 11:30 am in the Lounge. For more information, contact Donna Rueff at 343-5540.

Knitting with Cathi

March 2015



Infinity Cowl: A warm and cozy cowl designed to match the Cottage Mitts (Dec '14) Thursday evenings March 5 and 12; 6:30-8PM.

Two skeins of Surino Alpaca yarn (a \$32 value) and pattern supplied by instructor. A Size 5 32 or 40" circular needle required. Member cost: \$40

Skills needed: Students should be able to cast on, knit and purl.

Modern Shrug: This is a great introduction to lace knitting class! This shrug is a wonderful piece to wear with dresses, skirts or jeans.

Knit it in fingering-sport weight yarns. Friday March 13, April 10 and 17 from 10-Noon

Pattern supplied by instructor. Supply list is available at registration. Member cost: \$35

Skills needed: Students should be able to cast on, knit and purl. Knitting, using "life lines", increases and decreases, unique bind off and cast on methods, blocking and finishing skills.

Call the MRC Business Office at 812 376-9241 to sign up.

Build Your Own Unique Plant Stand Bench

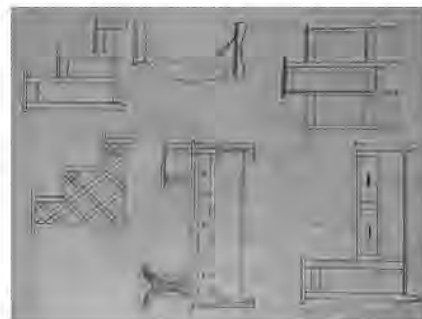
Class will meet Friday, March 27th at 9:00 to select individual plans and create supply lists.

Class building dates: Monday March 30th to Friday April 3rd from 9:00 a.m. - Noon.

Class size is limited to 5 participants

Free for Mill Race Center Members. Participants will be responsible for supplies on their project list.

Sign up at the Mill Race Center Business Office or by calling 376-9241.



RECYCLE COMMITTEE NOW FORMING AT MRC. If you are interested in helping us explore options for recycling at the center, please email Dan Mustard at dmustard@millracecenter.org.



Calling any and all acoustic instrument players, including dulcimers, guitars, flutes, banjos, recorders and fiddles!

All non-amplified instruments are welcome.

Want to get together and jam (play for fun) at Mill Race Center? All levels of ability welcome.

Join us on the first and third Mondays from 10:00am to Noon.

Contact Geri Wright at 812-988-6593 for more information.

Creative Arts

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Pinterest Project with the Purdue Extension Club

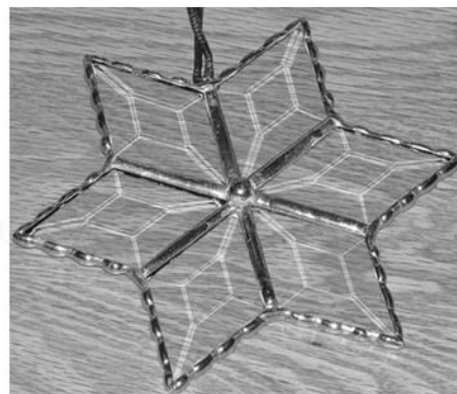
Stained Glass Workshop – Saturday, March 14th 8am – 11am

Not sure if stained glass is for you? This low risk workshop is a great, inexpensive way to see if stained glass is something you would be interested in before making the investment in supplies and tools.

Create a small sun catcher using pre-cut bevels while learning the basics stained glass techniques using the copper foil method. Students will be given instructions in stained glass safety, pattern preparation, glass cutting, copper foiling, soldering and finishing a stained glass piece

No skills are needed for this workshop. Fee includes all materials needed. Each Student will go home with a sun catcher ready to hang and enjoy.

Class limited to 10 people. Sign up at the MRC business office in person or over the phone with a credit card. 812-376-9241. Registration will begin Thursday, February 26th. Instructor: Stacy Stater. Workshop fee \$30



Wood Shop Is Open!

Tuesdays and Thursdays from 1:00 to 4:00 pm
Tuesday evenings from 6:00 to 9:00 pm. Open for use by MRC members. FREE. Chairs: Ted Unrue (812) 350-9878 and Larry Carter (812) 372-1956.



Meet
'n
Greet

come and get acquainted!

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.

Please join us at our next
MEET and GREET session:

March 17th at 6:00 pm

The Session will last about an hour.
Call and reserve your spot; 376-9241.

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866-506-1625

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Dance



Line Dance for Beginners

Come and give it a try! Class offered EVERY Wednesday: 4:30 to 6:00 pm (MP2). Instructor: Pat Hoard (812) 372-4905
 Fee: FREE to MRC members, \$5 per class/non-members. No need to sign up in advance, just show up and dance!

Open Line Dance Practice

Meets weekly on Wednesday and Friday mornings from 10-11:30 (MP2). Come and dance, new folks always welcome!
 Information: Paulette Shaw (812) 372-9810. Free for MRC members

Ball Room Dance Classes

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

Couples Dance Club

Meets the 1st and 3rd Wednesday of each month from 6:30 pm-8:00 pm for couples ballroom dancing and to practice new steps (MP2). FREE to MRC members. For more info. contact: Karl and Uschi Wolff at (812) 342-9974.



We've

got
clogging

at Mill Race Center.

If you know how to clog, join Naomi Fleetwood-Pyle on Monday evenings from 7:00 to 8:00 pm.

Fee: (drop in) \$5 paid to the instructor. Sign-up not required.

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

Creative Arts

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Dance

Development Report



It's hard to believe that Spring is just around the corner and warmer weather is on its way. Mill Race Center is also warming up for a great year full of activities and programs for you to enjoy. We hope to see many of you at the events and programs throughout the year.

I have the pleasure of reporting the 2014 Annual Campaign goal of \$60,000 was achieved! We could not have reached this goal without the support of our members and donors. On behalf of the Mill Race Center staff and Board of Directors, thank you for your generosity in 2014. Your gifts allow Mill Race Center the opportunity to continue its mission – *maximizing opportunities for citizens over age 50 to lead independent, healthy and meaningful lives.*

Your gifts do make a difference and I encourage you to consider a gift during 2015. You may designate your gift to a specific program or you may allow your gift to be unrestricted.

Have you considered a memorial gift or an honorary gift? A memorial gift allows you to pay tribute to the memory of a loved one. An honorary gift allows you to honor that special someone in your life.

Did you know that Mill Race Center now has the capability to accept on-line donations? Simply visit our website at www.millracecenter.org. Click on the DONATE button and you will be taken to a secure site where you can make your donation.

Have you considered making a monetary pledge to Mill Race Center? Creating a pledge to Mill Race Center allows you the opportunity to spread your donation out over the course of the year or over an agreed upon time period.

Consider a gift of Securities (Stocks, bonds, etc.) – for gifts of long-term appreciated securities, the limit is 30% of Adjusted Gross Income, and you will avoid the capital gain tax that applies if you sell them. Mill Race Center has brokerage accounts at Hilliard Lyons and Old National Bank. Please contact Paula Herlitz at 376-9241 to discuss delivery instructions.

Have you included Mill Race Center in your Estate Plan?
Consider a gift in your will or living trust. A simple charitable bequest can provide very meaningful support to our mission as well as reduce the amount of estate and inheritance taxes paid. Bequests may be specific, proportional, or residual in nature. Please contact me at 812-376-9241 or [paula@millracecenter.org](mailto:Paula@millracecenter.org) to discuss these planned giving options.

DONATIONS ARE ONGOING AT MRC AND APPRECIATED. PLEASE USE THE FORM BELOW TO MAKE YOUR GIFT TODAY!

Name _____

Address _____ City _____ State _____ Zip _____

Telephone (Home) _____ (Business) _____ (Cell) _____

Email (Home) _____ (Business) _____

Please accept my/our donation in the amount of \$ _____

Payment Form: ☐ cash ☐ check ☐ credit card Credit Card Type: ☐ Master Card ☐ Visa

Credit Card #: _____ Expiration Date: _____ Authorization Code: _____

Cardholder Name _____ Signature _____

Please make checks payable to: **Mill Race Center, Inc., 900 Lindsey Street, Columbus IN 47201**

Indicate if you wish to remain anonymous or if your gift is in honor or memory of someone.



DONORS

(December 1, 2014 through January 31, 2015)

Anonymous
Jayne Allender
Frances Anderson
Warren and Janice Baumgart
Roger and Jan Brinkman
Betty Browning
Steven and Pat Burton
Bob Calderone
Larry Calfee
Jim and Marilyn Clerc
George and Margie Cody
Margaret Cummins-Schaefer
Ruth Dahn
Paul and Dotty Dinkins
Richard and Betty Dodd
David and Wilma Doup
Cathy Dunn
Ken Dunn
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Dan and Debbie Fox
Bob and Barb Garton
Dorothy Goodwin
Jason and Carolyn Guthrie
Willis and June Hagan
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Heritage Fund of Bartholomew County
Don and Paula Herlitz
Mary Jane Hooker
Phil and Joan Houston
Barbara Huff
Larry and Marie Huntington
Lynne Hyatt
Steve and Judy Jasper
Wayne and Gini Jessup
Ruth Johnson
Thelma Jones
Mark and Chris Kevitt
Marty and Marti Kildren

Dorothy Kolopanis
Opal Lovelace
Karen Lowe
Robert and Lena McCubbin
Mike and Phyllis McGill
John and Gert McGovern
John and Connie McLachlan
Charles and Joyce Meier
Elaine Merkel
Rick and Brenda Merkel
Russell Merritt
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Percy Family
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Marjorie Porter
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Rovene Quigley
Mary Ann Robbins
Doris Romine
Rosemary Sager
Bill and Bambi Sasse
Gail Saul
Marjorie and Jack Schmeckebier
Edwin Schuette
Ilya and Martha Schwartzman
Martha Sebastian
Shirley Shea
Nina Simons
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Bob and Barbara Stevens
Delores Strietelmeier
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Larry and Janice Waltermire

Don and Peggy Wampler
Kate and Dan Weaver
Kenneth and Eunice Wessel
Maxine Wheeler
Charles Whittington
Edith Willmore
Chuck and Geri Wilt
Susan Woosley
Madonna Yates

In Honor Of

Mary Lou & Ralph Dwenger
Randall Dwenger

Bob Pitman

Diane Cantrell
Clarence and Inez Custer Foundation
Ruth Davee
Richard & Jo Ann Hendrickson
Pat and Cindy Smith
Tracy Family Foundation

IN MEMORY OF

Norma Jean Burns

Charles & Christie Bowman

Ron Bussell

Carol Bussell

Burhl Ellis

Warren and Roma Downen

Barbara Huff

Wilna Braun

John Kessler

Dick and Joyce Fleck

Florence Westendorf

Wilna Braun

The 900 Circle, named in honor of our home at 900 Lindsey Street, is a circle of philanthropic leaders who have made outstanding personal commitments to the mission of MRC. Through their leadership with an annual gift of \$900 or more, members of the 900 Circle are a driving force behind our programs.

For more information about the this circle, please contact Paula Herlitz

at 812-376-9241, paula@millracecenter.org or stop by Paula's office at MRC.

We welcome Ruth Davee to the 900 Circle.

Education and Finance

Development Report

Money Smart Week: April 18-26 - Participate in these FREE programs

Financial Capability Class - Saturday, April 18th. 8-4pm. Eastside Community Center.

Investment Fraud Prevention - Saturday, April 18th. 9:30 a.m. and 11:00 a.m. presented by Connie Lawson, Indiana Secretary of State, as a part of the Super Saturday program at Mill Race Center. 9:30 a.m.-Noon

"Be Wise, Be Aware: Prevent Elder Financial Abuse" - Monday, April 20. 6:30 pm. at YES Cinema. Documentary highlighting the growing problem of elder financial abuse and to educate seniors and their caregivers on what they can do to protect themselves or their loved ones from becoming a victim. Following the 25 minute documentary there will be a panel discussion.

Slaying the Debt Dragon - Tuesday April 21, 6:30 p.m., Red Room. Cherie Lowe and her family found themselves \$127,482.30 in debt. They had not purchased a yacht or purchased a mansion—student loans and small everyday expenses just added up. Cherie will share her story about how her family got out of debt by discussing her book *Slaying the Debt Dragon*.

Education and Finance

SCS Investment Club

Monthly, 1st Friday from 1-3 pm, MRC Classroom.

This is a great way for you to stay motivated while you improve your investment knowledge. The Club is a member of Better Investing with a mission to provide a program of sound investment information, education and support that helps create successful lifetime investors. Don't let the words "investment club" scare you. Some members will tell you they knew basically nothing about investing when they joined.

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

Educational presentations are made each month so members can learn how to buy and sell stocks. Contact Ted Anderson, 812-342-2663 or Gail Saul, 812-375-1110 or mnwind@comcast.net.

Bartholomew County Library Classes

For information on computer classes and scheduled times, call 812-379-1266 or email references@barth.lib.in.us.

Viewpoint Book Club

Meets the 4th Thursday of each month at Viewpoint Book Store located at 548 Washington Street. For more information please call Viewpoint, 812-376-0778.

Civil War Group

Meets 3rd Wednesday of each month at 5:30 in the classroom.

The Civil War group will be discussing the beginning of the end of the war 150 years ago.



my family tree

SHAKING YOUR FAMILY TREE GENEOLOGY

Knowing who your family WAS...reveals part of who you ARE. Bob Rhude and Lois Griffith will once more be leading aspiring and seasoned genealogists through the ins and outs of discovering family history. We will cover basic information, methods of searching, organizing data and sharing records, and point toward new records that have recently been indexed and /or digitized, using the computer, iPad and the local library. This class will be helpful whether you have been in the class before or are new to genealogy. At the end of the hour, Bob and Lois will be there to help answer individual questions.

Tuesday afternoons: 1:30-3:00, April 7-28 in the Classroom. Class size is limited to 15 participants
Sign up at the MRC business office or by calling 812-376-9241. Free for Mill Race Center members.



JOIN US!

TED Talks to stir your curiosity, make great ideas accessible and spark conversation.

TED is a nonprofit devoted to Ideas Worth Spreading, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics from science to business to global issues and more.

TEDs Mission: Spread ideas

Join us at Mill Race Center as we begin a TED Talks group. As a group we will watch a short TED talk to stir our curiosity and spark conversation.

Monday, March 30th at 3:00

Topic area: Psychology and the brain

Tuesday, April 14th at 3:00

Topic area: Ecology

Sign up at MRC business office or by calling 812-376-9241. Group size for each session is limited to 12 participants.

Facilitators: Ed and Terri DeVoe

Bible Study

Every Tuesday
10:30 to 11:30 am in the Classroom

Information: Virginia Houser,
812-579-5132

March: Lt. Allen Sladek from the Salvation Army
April: Dr. Bill Bailey from Parkside Baptist Church





Understanding Your Grief Bereavement Support Group at MRC

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

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

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

The group will meet on a monthly basis from 4:00-5:30 p.m. on the third Thursday of each month. If you are interested in participating please join us! If you need more information please call Shannon at Mill Race Center, 812-376-9241 ext. 220.

Couponing 101

How to become an Expert "Coupon-er"

Learn the tips and tricks to successful couponing. Shop smarter and get more for your money... stretch your \$100 budget into a \$200 budget with coupons. You'll make fewer trips to the store, and have more food and supplies in your pantry. You may even find deals that can make the products FREE, leaving you to just pay the sales tax!

Instructor Billie Ruiz, Coupon Extraordinaire, will teach you how to follow the rules of couponing set by both the manufacturer and the stores, while getting tremendous deals! You will feel good about the great deals you find. Come and learn how much fun saving money with coupons can be!

Attend a session and you will be hooked on couponing!
Each session is limited to 25 people.

Session dates to choose from:

- Monday, March 9th: 5:30-7:30 PM
- Monday, March 16th: 5:30-7:30 PM
- Monday, March 23rd: 5:30-7:30 PM
- Monday, March 30th: 5:30-7:30 PM
- Monday, April 6th: 5:30-7:30 PM
- Monday, April 13th: 5:30-7:30 PM
- Monday, April 20th: 5:30-7:30 PM
- Monday, April 27th: 5:30-7:30 PM

Fee: \$10/MRC Members and \$15/Non-members

Sign up at the MRC business office or call 812-376-9241 to sign up with a credit card (8:00 a.m. - 4:00 p.m.)



Should You Take the AARP Smart Driver Course?

Cars have changed. So have traffic rules, driving conditions, and the roads you travel everyday. Even the most experienced drivers can benefit from brushing up on their driving skills. By taking the AARP Smart Drive course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. In addition you'll learn:

- How to minimize the effects of dangerous blind spots
- How to maintain the proper following distance behind another car
- The safest ways to change lanes and make turns at busy intersections
- Proper use of safety belts, air bags, anti-lock brakes, and new technologies used in cars
- Ways to monitor your own and others' driving skills and capabilities
- The effects of medications on driving
- The importance of eliminating distractions, such as eating, smoking, and cell-phone use

Plus you may qualify for an automobile insurance discount by completing the course (participants should check with their auto insurance agent for details). Take the AARP Smart Driver course at Mill Race Center on Friday March 20th from 12:30-4:30. The classroom course costs \$15 for AARP members and \$20 for non-members. Space is limited, so register now by calling 812-376-9241.

More information: Mary Ann Sullivan, Instructor (812) 346-5020

Technology

We've Got an App for That!

Learn more with 1-on-1 tutoring on applications, or APPS that transform your smart phone or tablet computer into the world's most versatile pocket tools. Tutor, and member of MRC, Steve Franklin will teach you all about the different APPS and how to use them. It's FUN! To schedule a tutoring session call Gary at the front desk after 4:00 pm Monday-Friday, 812-376-9241.

One on One Training—FREE for MRC members

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

To schedule an appointment with a tutor, please call Gary at the Front Desk after 4:00 p.m. at 812-376-9241 or email him at gary@millracecenter.org.

Technology & Learning

How can our members receive up to date information about activities at MRC? Check out our Display Monitor in the Lobby, go to www.millracecenter.org, give us your email for weekly "eblasts", and/or like us on Facebook.

**FOR INSTANCE: CHAIR MASSAGE COMING SOON to MRC.
Watch for more information!**



Heath Jewell

JEWELL~PITTMAN
FAMILY Funeral Home, Inc.



Heath Jewell, Funeral Director / Owner

I am a graduate of Columbus East High School and Mid-America College of Funeral Service. My wife Nikki and I have three children; Kali (a St. Bernard), Sebastian (a Black Lab), and Oliver (A Pug). My wife and I are self proclaimed "animal lovers", and you often can catch us rescuing any stray dogs we find in our neighborhood. I label myself a typical "Video Game Nerd", but if you ask my wife, she would say my video game habit is much more serious than that.

I am a member of the Indiana Funeral Director's Association, Camon Masonic Lodge #343, and my wife and I are members of the Humane Society of the United States (HSUS). I want to say thank you to all the wonderful families I have had the honor of serving over the years.

(812) 372-9923

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Keith Jewell, & Nick Rittman
www.jewellrittman.com

FREE MOVIE SHOWINGS at MILL RACE

Join us for a relaxing early evening showing of a NEWLY RELEASED (as available) movie, 2nd Monday of each month @ 6:00 pm:

March 9, 2015: "And So It Goes"
Romantic comedy with Michael Douglas and Diane Keaton

April 13, 2015: "Imitation Game"
WWII thriller on breaking the Nazi Enigma code

Mill Race Center presents: Lunch Time Players



April 8th at Noon

(doors open at 11:45 am)

Enjoy a delicious lunch and entertainment from Mill Race Center's Readers Theater.

Reservations required by calling 376-9241 or you may stop by the MRC Business Office. \$7/per person to cover the cost of lunch

Interested in joining Readers Theater?

Contact Cindy Chodan at MRC for more information. We are growing and welcome new members.

FREE YES Cinema

The Senior Free Movie event is designed for age 50 and older, and is absolutely FREE on the 1st Tuesday of every month.

Doors open at 1:00 p.m. Film begins at 1:30 p.m.

Concession stand will be open. Sponsored by Jewell-Rittman Family Funeral Home.

Super Saturday @ MRC April 18, 2015

NEW Session Times: 9:30 - 10:30am & 11am to Noon

Pick your TWO favorite topics. ENJOY FREE session!

Medicaid- Planning for the Costs of Long Term Care

Presented by Blake C. Reed. Voelz, Reed & Mount, LLC

Learn to RELAX

Wind down and relax your mind and body using guided relaxation techniques. In this session you learn how to de-stress yourself. With a little practice you will be able to do this on your own. Presented by Leah Boas, MSW, LSW.

April 14, 1865.....150 years later

Presented by Bob Pitman

150 years later, this session focuses on the broad assassination plot that had in fact targeted 3 prominent leaders, the consequences for Abraham Lincoln's successor, the congressional battles over reconstruction policy, and the fate of the newly freed slaves. We'll discuss one of the most intriguing questions of American history: How different might it have been if Abraham Lincoln had lived to finish his second term?

Investment Fraud Prevention

Presented by Connie Lawson, Indiana Secretary of State

Learn how to protect your nest egg by knowing how to spot the red flags of investment fraud.

Let's Eat!

Chef Gregory cooks up a delicious treat for spring.

Join him in the kitchen for fun and informative cooking demonstration and tasting.

UFO—United Flying Octogenarians

At a time when piloting an aircraft was still considered by some to be a bit unusual for a 57-year-old woman, Nancy Warren was part of a crew flying air freight in DC-3s over most of the eastern half of the United States and Canada. And, loving every minute of it!! Now, at 86 Nancy Warren serves as the Executive Vice President of the United Flying Octogenarians. To become a member, one must be an octogenarian (person at least 80 years of age), and able to meet all FAA requirements, legal and performance requirements to fly as pilot in command of an aircraft. Many of their members are over the age of 90 and still flying.

Meet Nancy, who learned to fly an airplane in her 50's and fully believes "it is never too late to try something new...just because you hit a number". She never allowed a number to dictate who she was and what she could do.....and neither should you!

**Made possible through the generosity of:
Voelz, Reed & Mount, LLC
Old National Bank**

Games

Ping Pong Is Here @MRC

Join us on:

Mondays and/or Fridays between
9 and 11am in MP1.

Tuesdays and/or Thursdays between
6 and 8pm in MP1.



Columbus Chess Club

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



Wednesday afternoons from 1:00 to 3:00 pm
in MP 2. New players welcome!

OPEN Billiards

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

Open 8 Ball Tournament Set for May 1
Contact Ed Love at 812-371-6291 for
details. \$5/members, \$10/non-members.



Duplicate Bridge

Thursdays • 1-4 pm (MP2)

Friendship Bridge

Mondays • 1-4 pm (MP2)

Chair: Pinkie Beck and Punky
Hooker, 372-0747

Euchre - Evening

Tuesdays • 6-8:00 pm (MP2)

Chair: Ed Love, 371-6291

Euchre - Afternoon

Fridays • 1-4 pm (MP2)

Chair: Ed Love, 371-6291

Hand & Foot

Mondays • 1-4 pm (MP2)

Bid Euchre/Hand & Foot

Wednesdays • 1-4 pm (MP2)



Every Tuesday Noon to 4 pm
(MP2)

Food Available.

Early Bird games starts at
12:30pm.

Packets: \$12 or \$15; includes
2 coverall games. Extra coverall
games are \$1 to play and 80% of
the total take if you win!

Majhong

Wednesdays 1 to 3 pm
(MP2)

Experienced and new
players welcome!



Interested in playing Pickle Ball?



Mill Race Center is recruiting peo-
ple who are interested in working
alongside the Park Foundation to
get the "ball rolling"!

Put your name on the list by
calling MRC at 376-9241 or stop-
ping the Business Office window.

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*Stop by or call to schedule your
personalized campus tour and
receive a loaf of fresh baked bread.*



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Health and Fitness

Better Breathers Club

Our first meeting in 2015 is scheduled for March 19th at 3:00. Please note that this is a Thursday, and all meetings this year will be on Thursday in classroom 103 at 3:00.

BetterBreathers is a support group for those with lung disease and their families and friends. There's no requirement to join the club, and you can attend as many or as few meetings as you like. We have educational presentations. We will emphasize the basics of lung disease this year, and try to have more time for open discussion. Meetings should last about one hour.

Fell free to call Jennifer at the Lung Institute at 812-376-5793 with any questions. Judy and I look forward to seeing you all.

TOPS Club

Take Off Pounds Sensibly

Wednesday 11:30 am to 1 pm (CR)

For more information contact Judy Lemley at 812-372-3241

or check the TOPS website at www.tops.org.

Diabetes Group Information Sessions

Offered the 2nd Thursdays of each month at MRC from 3:00 to 5:00pm. To reserve a seat, call 812-376-5500.

Diabetes Awareness Program

Free education program offered for people with diabetes or anyone interested in diabetes. Each program, offered quarterly, from 5:30-6:30 p.m focuses on a different topic related to diabetes. Registration is not required to attend.

2015 Program dates: March 12, June 11, August 13 and November 12 (MP1)

For more information: 812-376-5709

Email: lkessler@crh.org

Senior Swim At Foundation For Youth



Tuesday, Thursday and Saturdays from 9-11 am. Purchase swim passes at FFY for \$5/visit for non-members of FFY.

Become a FFY member for \$25/year and receive discounted passes. 30 visits/\$75, or 50 visits/\$100.

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



Take A Hike with MRC Hiking Group

April 8-12: Hike the Great Smokey Mountains

NEW hikers always welcome!
No experience necessary!

Call Ed Niespodziani
at 812- 376-4073 for details and
dates to join the fun!

Wireless Access at MRC Requires a Password

The password may be obtained from
the MRC front desk.

HEALTH CHECKS AT MRC

Monthly Health Check

Offered each month by Public Health nurses at Mill Race Center from 9:00 to 10 am

March 24th:

Cholesterol and hemoglobin Screen (fasting)

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

There is NO CHARGE for this service

Quarterly Comprehensive Health Screening

Offered **May 21 from 8-10 am**. Sign up at the Business Office or call MRC at 376-9241.

Screening includes: cholesterol (fasting), balance test, advanced directives, mental health screen, hearing test, blood pressure, height and weight, BMI, eye pressure, pharmacist consult, dietician consult and glucose test.

There is NO CHARGE for this service.



Health and Fitness

Tai Chi/Chi Gung

Tai Chi is a low impact, slow moving and graceful Chinese art used to promote physical and mental health. Tai Chi combined with Chi Gung (which means "life energy cultivation") involves the practice of rhythmic breathing coordinated with slow stylized repetition of fluid movement, a calm mindful state, and visualization. Movements can be modified for those who cannot stand for long periods of time.

Class will meet on Tuesday and Thursday mornings at 9:30 am, monthly 4-week sessions. Class is open to all levels. Sign up at the MRC Business Office or call 376-9241.

March: Tuesday and Thursday mornings at 9:30am.
March 3-26

April: Tuesday and Thursday mornings at 9:30am.
March 31-April 23

Instructor: Todd Wright

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

You are welcome to join mid-session, class fee can be prorated.

SIGN UP TODAY!

Reflexology @ MRC

Would you like a natural, low-cost option to offsetting the effects of stress on heart and overall health? Try reflexology! Reflexology is a healing art based on the premise that there are reflex areas in the feet and hands that correspond to all of the glands, organs, and parts of the body. It gently nudges the body towards improved functioning by improving lymphatic drainage and venous circulation, stimulation to the nerve pathways, and muscle relaxation. Leslie Dyar, a certified reflexologist who received her training at I.U.P.U.I., is available for 30 and 60 minute sessions at the MRC on Monday and Tuesday mornings from 8:00 -12:00 and Mondays from 4:00-8:00pm. All sessions are by appointment.

Prices are as follows:

30 minute session: \$20 for MRC members, \$25 for non-members.

60 minute session: \$40 for MRC members, \$50 for non-members.

To schedule your 30 or 60 minute session, call Leslie at:

(317) 507-3224. Payment at session. Cash and checks only.

Falls Are Not a Laughing Matter!

Matter of Balance Class

Falls can be funny to watch, but after age 65, they are not a laughing matter. In fact, for that age group, falls are the leading cause of accidents, and may often trigger a downward spiral that leads to longer term impairment and even death. Additionally, sometimes the fear of falling can be just as limiting as actually falling. You cut down on favorite activities or feel afraid to even express your concern about falling.

Matter of Balance is just the program to put you back in charge! In the class, you will learn to set realistic goals to increase activity, change your environment to reduce falls, and learn simple exercises to increase strength and balance.

2015 Class Sessions:

May 21- July 9, Thursdays, 2 pm - 4 pm

July 29- Sept. 16, Wednesdays, 10 am - 12 pm

Oct. 27- Dec.15, Tuesdays, 2 pm - 4 pm

The program, which is sponsored by Thrive Alliance, Columbus Regional Health, and Mill Race Center, is offered at no charge and includes a workbook. To sign up, contact Mill Race Center Business Office at 812-376-9241.

Space is limited to 12 participants per class, and is open to all age 50+ adults in the community.



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07-B002



Body Motion

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

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

FREE to MRC members

Dining with Diabetes



The Dining with Diabetes program is a positive and proactive approach in reducing the effects of diabetes. The Dining with Diabetes curriculum reflects current advances in diabetes nutrition education and the benefits of physical activity in today's busy lifestyle. Sessions provide encouragement for self-management and self-efficacy skills. Recipes utilized throughout the program emphasize how to prepare meals that are healthy and use less fat, sodium and sugar without cutting taste. Physical activity information for adults with type 2 diabetes shows how important it can be for people with a chronic disease to be active.

Dining with Diabetes will be offered on Wednesdays from Jan. 21- Feb. 11 from 2-4 pm. Cost is \$20 per person or \$15 per person if you are planning to share materials with a significant other.

Sign up at the Business Office or call 812-376-9241.

Upcoming Healthy Eating Classes

Healthy eating classes, led by Kathy Laudick from the Purdue Extension Service, will be offered at Mill Race Center on January 6th and February 3rd at 4:00 pm.

The classes are based on the My Plate model, with each class covering a different topic. Classes are free to MRC member. Call Leah, Comprehensive Wellness Coordinator, at 812-376-9241 ext. 210 to register.

Space is limited!

"Living a Healthy Life" Class

One in two adults age 50 has at least one chronic health condition, for example high blood pressure, arthritis, depression, diabetes, or high cholesterol. As we age, we can accumulate additional chronic conditions. If these go untreated, our overall health and longevity can suffer. The good news is that people can learn to manage chronic health conditions and "put life back in their life!" Thanks to sponsorship from Thrive Alliance and Columbus Regional Health, Mill Race Center is able to offer a six week "Living a Healthy Life" class **at no cost to participants**. Participants also receive a comprehensive guidebook that is great resource for understanding conditions that are common in later years.

2015 Class Sessions:

Mar. 25- Apr. 29, Wednesdays, 2:30 pm -5 pm

Sep.25-Oct. 30, Fridays, 2:30 pm -5 pm

To sign up, contact Mill Race Center Business Office at 812-376-9241. Space is limited to 12 participants per class, and is open to all age 50+ adults in the community.

Walk with Ease



No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation's six week Walk with Ease program can teach you how to safely make physical activity part of your everyday life. If you can stand on your feet for 10 minutes without increased pain, then you can successfully participate in this program!

Studies show that Walk with Ease is proven to:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve overall health

Thanks to Thrive Alliance, the six week Walk with Ease workshop will be offered at Mill Race Center at no cost to participants every Monday, Wednesday, and Friday from 2:00-3:00 pm starting on April 27th through June 5th.

To sign up for the Walk with Ease workshop contact Mill Race Center Business Office at 812-376-9241.

Learn To Relax

Are you looking to wind down and relax? If so, then join us on Thursdays from April 10th - May 1st at 5 p.m. as we relax our minds and bodies using guided relaxation techniques. Registration is not required, just drop in and relax!

Class is free to MRC members!

Health and Fitness

Q: What is SilverSneakers?

A: SilverSneakers is a benefit offered by some MediCare supplement insurance plans which will pay CRH for your Wellness Center membership and CRH wellness classes. If you do not know whether you currently have this benefit, check with your supplement insurance company for coverage. CRH Wellness Center staff can also check the computer data base for your eligibility; but your insurance company is the ultimate resource.

Q: May I visit more than one SilverSneakers participating location?

A: Yes. Once you find that you have the SilverSneakers benefit, you may enjoy SilverSneakers at any participating location in the country. Your primary membership will be at the location where you originally joined. When you visit a different location, you'll need to present your health plan member card and SilverSneakers ID card. When you travel or move, simply visit the SilverSneakers Web (www.silversneakers.com) site or call to find a participating SilverSneakers location (Customer Service toll-free at 800-728-8492).

Q: What do I need to know about starting an exercise program?

A: Wear comfortable clothing and rubber-soled shoes. Have a water bottle with you during your classes, and drink water often. Remember to listen to your body. It's okay if you need to slow down and rest. Ask the staff any questions you have about exercising. Call the Wellness Center to set up an orientation appointment for your first visit (812.376.5808). Bring your SilverSneakers membership card and a list of medications. You'll be asked to complete a health history and be taken through an introductory workout on our strength and cardiovascular machines appropriate to your needs, abilities, and goals. We always have a personal trainer on duty in the Wellness Center to help you with your program.

Q: What about SilverSneakers group exercises?

A: The signature classes are designed especially for older adults and are taught by certified instructors trained to be sensitive to your needs. Research indicates that regular physical activity prevents and helps treat symptoms of many chronic conditions, positively influencing heart disease, diabetes, osteoarthritis, osteoporosis, obesity, and other conditions. It also enhances feelings of well-being and reduces feelings of depression and anxiety.

Columbus Regional Health Wellness Center at Mill Race offers 2 SilverSneakers classes:

SilverSneakers Classic meets Monday, Wednesday, and Friday at 10 am in the Wellness Classroom at Mill Race Center. In this class an instructor guides you through exercises with resistance tools at your own pace, enhancing your ability to stay healthy and maintain your independence. A chair is used for seated and/or standing support, stretching, and relaxation. Benefits include improved overall strength, flexibility, and balance.

SilverSneakers YogaStretch meets Tuesday and Thursday at 10 am. YogaStretch employs gentle, effective stretching, while increasing your muscular endurance and teaching restorative breathing techniques. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Benefits include increased joint flexibility, injury prevention, improved muscle tone and relaxation for stress reduction.

Looking for a special gift for that special someone?

GIVE a Mill Race Center Membership. It's only \$50 and it provides loads of fun for the whole year.



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See monument photos at www.rust-ungermonuments.com

M-F 8:00 - 5:00 / Sat. 9:00 - Noon

Email: info@rust-ungermonuments.com



379-4151

Music and Theater

Is Learning to Play the Piano on your Bucket List?

Piano Fun for Adult Beginners is a recreational music making (RMM) method that is fun, relaxing, and designed for group instruction. The instruction book comes with a CD that has two accompaniment tracks (slow or medium tempo) for your enjoyment. Learn to read music while having fun with your friends. This hour long class will incorporate music theory, ear training, and games to reinforce note learning. Keyboards will be provided for in-class use.

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

4 Week Session Fee: \$80/members and \$90 non-members + \$10 for instruction book, which will be purchased from the instructor on the first day of class. Enrollment limited to 3 minimum and 5 maximum for each session.

Instructor: Pat Anderson comes to Mill Race Center with 33 years of experience teaching piano. She is new to Columbus, from Raleigh, NC, where she was a member of a national piano teacher's association and is a certified group piano teacher.

For more information and to register, call Pat Anderson at (919) 630-3773 or email patanderson47201@comcast.net.



Afternoon For Arts at MRC

Fourth Friday of each month at 2:00 p.m.

Enjoy live performances, delicious homemade desserts and time to visit with friends.

Reservations required in advance by the Tuesday prior.

Call or stop by the MRC Business office 812-376-9241.

\$5/members and \$10/non-members.

Friday March 27 at 2:00

The LakeShift - Award winning barbershop quartet

Friday April 24 at 2:00

Tim Grimm

This Series is made possible through the generosity of:



Bob & Helen Haddad

Health and Fitness

Music and Theater



Mill Race Center is the perfect venue for your next celebration!

Stop in for a tour and see how we can accommodate your event.

Reasonable rates. Spectacular views!



376-9241

Music and Theater



Calling all you acting enthusiasts!

We want you!

If you have always enjoyed the stage, or you are interested in giving it a try Come and learn more about this fun and entertaining style of drama that is sweeping the nation and Mill Race Center!

Group meets weekly on Wednesdays from 1-3 pm in the Classroom. New members ALWAYS welcome. FREE to MRC members.



Why do we ask our MRC Members to Scan their Membership Card?

One reason is: it helps us secure funding. Please scan in!

Silver Tones

JOIN OUR GROUP. We welcome new members!

Practice: Mondays at 4:30 pm. (MP 1) Share your voice with the world! Mary Clark, Director: 342-9324. FREE to MRC members.

SMILE!

We want to take your picture to add to your membership account. This will help us to ensure the security of your membership tag as well as help staff and volunteers put names with the faces of our 2,100+ members. Pictures will be taken at the reception desk beginning in March.



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personalized campus tour and
receive a loaf of fresh baked bread.*



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Senior Scribes

JUST A DREAM

The air is crisp, the sky is blue.
I can't think of anything
I'd rather do.

Than jump on a sled
An wiz down a hill.
The woods and the meadows
Oh! What a thrill.

Those days are now gone.
Just slipped me by.
The memories still there,
So now I must say

I'll just watch and smile
As the youngsters scream
At the thrill they'r having.
To me...just a dream

Eleanor Halton
January 2015

Senior Scribes meets the 1st Friday of each month from 1-3 pm (AR). Barbra Heavner, 657-3146; Janice Waltermine, 372-1707. New members welcome!

Chicken & Cornbread Casserole

1 cup sour cream
1 can cream of chicken soup
1 large onion
2 c. chicken diced
1 qt. chicken broth
4 cups cornbread crumbs
1 stick melted butter
1 tsp. sage
1 tsp. celery salt
1 tsp. black pepper

Debone and cut chicken in small pieces. Place ½ of the crumbs in a large casserole dish. Add chicken and butter. Mix sour cream, soup and seasoning. Pour over chicken. Top with the rest of the crumbs. Slowly pour broth over the whole casserole. Bake at 250 degrees for 1 ½ hours or until golden brown.

WE ASKED. YOU ANSWERED.

What was my favorite childhood activity?

Helen Ahlmeyer—playing school with my dolls

Susan Sublet—scrabble

Pat Burton—hopscotch

March and April
2015

*Condolences to the
families of*

Karen Turner	Norma J. Burns
Barbara Stahl	E. Pauline Robbins
Joe Emerson	Austin B. Henry
Delbert Walden	Barbara Huff
Emily C. Johnson	Richard Knobloch
Maurice Lankford	Maribelle Mottier
James R. Lucas	Donna M. Lawlor
Timothy D. McKinney	

These are obituaries through
January 30, 2015

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MRC Lunch Bunch

Meals will be on your own. Let us know when making reservations at the Center (376-9241) if you need transportation to MRC from your home.



NEW SIGN-UP PROCEDURE FOR 2015

You can now sign up for one or both of the trips any time after they are published in the newsletter on a first come first served basis. Suggested transportation donation is \$5 per person for each trip.

Heidel Haus/Indy

Monday, March 9, 10am-3pm

Depart from Mill Race Center at 10:00 a.m. Authentic German bakery and café with gift shop. Sausages, Schnitzel, Dumplings and more. Delicious desserts and baked goods.

Scottish Rite Cathedral/Indy

Monday, April 13, 10am-3pm

Depart from Mill Race Center at 10:00 a.m. Lunch followed by a free tour of renovated Scottish Rite Cathedral. Lunch runs \$6-\$9 per person, cafeteria style.

got breakfast? Try our new food cart at MRC. Available for a quick grab breakfast or linger in our Lobby with friends. Open M - F, 8-10:30 am.



Come and celebrate your birthday at Mill Race Center. There will be birthday cake, ice cream, candles to blow out, coffee and surprises. It's also a great way to meet people.

Birthday celebration for folks who have a birthday in March: March 26 at 1:00 pm (MP1)

Birthday celebration for folks who have a birthday in April: April 23 at 1:00 pm (MP1)


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

Ladies Coffee


Join us on the 3rd Thursday of each month at 10 a.m. in the Lounge. A wonderful way to meet new people and get acquainted with MRC. Coffee and snacks provided. **FREE** to MRC members.

Singles Group


An active group for both men and women. 2nd Wednesday each month at 5:30 p.m. Group meets at Mulligan's Grill to plan the upcoming outings for the group. Mary Driver, 343-7367, for info.




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Funeral Director



Ron Shadley
Funeral Director



Rich Rudder
Funeral Director

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- Decides the final disposition

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TRAVEL WITH MILL RACE CENTER IN 2015



Join our Fan Club

Meet 4-5pm the last Thursday of each month beginning March 26. Gather with like-minded adventurers looking for travel information and fellowship. Discuss

upcoming trips, meet fellow travelers, plan new adventures and connect with others interested in all types of travel. Come see where we are going with Mill Race Center Travel!

Vera Bradley Outlet Sale!

Thursday, April 9, 2015

Specially Reserved

Only \$65 member, \$75 non-member

Includes: Luxury motor coach transportation, ticket for reserved sale time with special check outs, gifts, snacks and beverage on bus. Lunch and dinner on your own at stops we will be making on the way to and from Fort Wayne.

Leave Columbus at 9:00am return at 9:00pm from Walmart, Merchant Mile Road on West Side.



TRAVEL EXTRAVAGANZA

Saturday, April 18

Stay after Super Saturday to explore 2015 trips. 12:30-3:00 pm. Door Prizes, Refreshments and more! Special offers for attendees on upcoming trips! RSVP by April 15.



Holland Tulip Festival: May 5-7.
\$399 member

Includes Lodging, transportation, 2 breakfasts, 2 dinners, Evening Review Show, Delft and Wooden Shoe Factory, Parade, Windmill and Tulip Gardens and more! Registration deadline March 4. Hurry!



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Betsy Free, AAMS®
Financial Advisor
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Lisa Duke
Financial Advisor
(812) 378-2012

2015 Trips

June 1-4: Biltmore Mansion, the gardens in bloom! Asheville, Folk Art and Blue Ridge Parkway \$395 member Deadline for registration March 27, hurry!

June 7: Broadway Musical in Louisville, PIPPEN, includes ticket, dinner and transportation. \$110 m/\$120 nm. May 1 deadline.

July 28-August 5: Canadian Rockies by Rail, \$2945 member, check for availability.

August 11-15: Finger Lakes, New York Wine Tour, 3 dinners, includes Belhurst Castle, river cruise and more. \$594 member. Deadline June 1.

August 17-21: Mackinac Island, includes carriage tour, boat ride through the Soo Locks and more! \$570 member. Deadline June 15.

August 18-28: Alaska Adventure Cruise, \$3749 and up based on cabin choice. Collette Tours, one of the finest! Call for availability.

September 3-7: Colorado Balloon Launch and Rail Adventure, \$1399 member. Includes airfare, round trip transportation from Columbus, 3 different scenic train rides, night and morning balloon launches, hotels, 4 Breakfasts, 2 dinners, USAF Academy and Coors Brewery tours and much more!

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



Trumphant Quartet, Gospel Concert:

May 7, leave MRC @ 5:45 return approx. 10pm. Greenwood Indiana. \$30 for members, \$35 non-member. Deadline March 25. includes ticket and transportation.

Indy 500 Practice Day

at the Track! May 13, \$50 members \$60 non-members includes lunch, transportation, admission and more. Leave from MRC at 8:30am return at 4:30pm. Rain or Shine we will have a great time! Registration deadline May 8.



"NEW" DAY TRIPPERS!

Day Trips to interesting locations offered every month! Lunch not included in price but admission costs/transportation will be included. First 18 to sign up each month get to go! Deadline to register; the Wednesday before each trip. Each Day Tripper adventure \$20 member /\$25 non-member.

March 23: Ray Skillman Vintage Car Museum and Lotus Garden Restaurant. Visit Popcorn Factory in Edinburgh on way back. Leave MRC at 9:30 am return to MRC at 4pm.

April 20: Mystery Day Trip! Help solve puzzles to determine the location of this fun adventure! Lunch on your own at destination. 9:30am-4pm from MRC.

May 18: IKEA and Jungle Jim's. Lunch at IKEA on your own and shop all afternoon at Jungle Jim's. Very Popular Trip! Limit 16 due to space for purchases. Register early for this one! Bring a small cooler for purchases. 9am-5:30pm from MRC.

New Casino Trips every other month in 2015!

March 30, Rising Star Casino

Leave MRC at 9am return at 5pm. \$35 member \$40 non-member. Rising Star offering \$5 Lunch voucher and \$20 Slot Play based on minimum of 20 players. Free play and voucher not offered nor guaranteed by MRC.

Sign up by March 20.

Must bring state issued ID card/license to participate.

Mill Race Center offers an attractive travel program for those who want to explore new places with fantastic accommodations. You can leave all of the planning to us and enjoy your travel experience.

For up to date 2015 trip information please contact Edie Smith, Mill Race Center Travel Coordinator at 376-9241 or send email to: travel@millracecenter.org.

Refrigerator Reminder - MRC Daily Activities

Monday

Open	Billiards	BL
7:30	Jig Saw Puzzle Table	LOB
8-N	Reflexology (\$)	MR
8:30	Body Motion	MP2
9:00	Golden K Board	CR
9-11	Ping Pong	MP1
9:30	Quilters	AR
10:00	Golden K	MP2
1:00	Canasta/Hand & Foot	MP2
1:00	Bridge	MP2
1:00	Lasting Impressions	MP1
4-8	Reflexology (\$)	MR
4:30	Silver Tones	MP1
5-8	Ballroom Dancing	MP2
7:00	Clogging	MP3

Tuesday

Open	Billiards	BL
7:30	Jig Saw Puzzle Table	LOB
8-N	Reflexology (\$)	MR
9:00	Senior Swim*	FFY
9:30	Tai Chi	MP1
10:30	Bible Study	CR
1:00	Woodshop	WS
1:00	Bingo (\$)	MP2
1:00	Senior Bowling League	
	Col Bowling Center	
5:30	OPEN Computer Class	CL
6:00	Euchre	MP2
6:00	Woodshop	WS
6-8	Ping Pong	MP1

Wednesday

Open	Billiards	BL
7:30	Jig Saw Puzzle Table	LOB
8:30	Volleyball	FFY
8:30	Body Motion	MP2
10:00	Open Line Dancing	MP2
10:00	Art Class	AR
10:00	Crafty Fingers	LO
11:30	TOPS	CR
1:00	Scrabble	AR
1:00	Reader's Theater	CR
1:00	Bid Euchre/Pinochle	
	LO	
4:30	Beg. Line Dance	MP2
5:30	Civil War Club	MP1
	(3rd Wed)	
5:30	Singles Group	Call for location
	(2nd Wed)	
6:30	Couples Dance	MP2
	(1st & 3rd Wed)	

Thursday

Open	Billiards	BL
7:30	Jig Saw Puzzle Table	LOB
9:00	Happy Helping Hands	AR
9:00	Shopping	See Pg. 4
9:00	Senior Swim*	FFY
9:30	Tai Chi	MP1
10:00	Ladies Coffee	LO
	(3rd Thurs)	
1:00	Woodshop	WS
1:00	Duplicate Bridge	MP2
3:00	Diabetes Group	CR
	(2nd Thurs)	
4:00	Bereavement Support	LO
	(3rd Thurs)	
5:00	Chess Club	AR/LO
5-8	Ballroom Dance	MP2
6-8	Ping Pong	MP1

Friday

Open	Billiards	BL
7:30	Jig Saw Puzzle Table	LOB
8:30	Body in Motion	MP2
8:30	Volleyball	FFY
9-11	Ping Pong	MP1
9:30	Adv. Line Dancing	MP2
1:00	Euchre	MP2
1:00	SCS Investment Club	
	(1st Fri)	
1:00	Lasting Impressions	MP1
1:00	Senior Scribes	AR
	(1st Fri)	
2:00	Afternoon For Arts	MP1
	(4th Fri)	

Saturday

9-11	Senior Swim*	FFY
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CL	Computer Lab
CNR	Conference Room
CR	Classroom
FC	Fitness Center
LO	Lounge
LOB	Lobby
MP1	Multipurpose Room One
MP2	Multipurpose Room Two
MP3	Multipurpose Room Three
MR	Meeting Room
SP	Senior Products
WS	Woodshop
FFY	Foundation For Youth
*	Swim passes purchased through FFY
Items in BOLD have registration fee.	
\$ indicates drop in fee available.	

ACTIVITY HIGHLIGHTS

FREE programs for our MRC MEMBERS:
Monthly movie nights (second Monday/month at 6pm)

- Smart phone, iPad and tablet tutoring, 1-on-1 (by appointment)
- Bereavement Support Group meets 3rd Thursday/month at 4:00. Participants welcome to join at any time.
- Meet and Greet, orientation for new members: March 17 at 6 pm
- Free Health Checks: March 24 and April 2 from 9-10 a.m. open to the community. Appointment required.
- Wood Shop class: with Ed Niespodziani (March 27-April 3). Supplies extra \$.
- TED Talks discussion group (March 30 & April 14) FREE for members
- Genealogy class: Shaking Your Family Tree (begins Tuesday April 7)
- Learn to Relax with guided relaxation techniques. (begins April 10 at 5:00 p.m.)
- Super Saturday, a morning full of free interactive programs, (April 18 9-Noon)
- Travel Show Saturday April 18 at 1:00, FREE and open to the community
- Money Smart Week programs, (Apr 18-26) FREE and open to the community
- Walk With Ease: a new walking exercise program (begins April 27)
- Entertainment for a nominal fee:**
Friday Night Live DANCE!
With the Marlinaires. (March 13th 7-10pm) \$5/members & \$10/non-members at the door
- Afternoon For the Arts: 2:00 p.m. on the 4th Friday of the month.
March 27-The Late Shift, April 24-Tim Grimm \$5/m & \$10/non-members
- Lunch and Laughter performance with the MRC Readers Theater (April 8 at noon - includes lunch) \$7/person
- Special interest programs:**
•AARP Smart Driver course (March 20th 12:30-4:30 p.m.) \$20/\$15 AARP members
- Knitting with Cathi Jones: Infinity Cowl class begins March 5, Modern Shrug class begins March 13
- Stained Glass Workshop with Purdue Extension Club (March 14, 8-11 a.m.) \$30/person
- Couponing classes: How to become an EXPERT "coupon-er" (Monday evenings beginning March 9 at 5:30 p.m.) 10/members & \$15/non-members
- REGISTRATION is REQUIRED to participate.

CLOSED -Good Friday - April 3rd

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Visit us at www.millracecenter.org

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