

Membership \$60 a year per person • 812-376-9241 • [www.millracecenter.org](http://www.millracecenter.org)



### Classic Rock Cook-out To Benefit Meals on Wheels

**Wednesday, May 10**

**5:30-7:30pm**

**\$10 for Dinner Ticket**

Enjoy a delicious meal from Blackerby's Hanger and great music from The Reunion Band! The Reunion Band is a combination of two bands from Seymour High School class of 1963,64. All proceeds will go to the Mill Race Center Meals on Wheels Scholarship Fund. Tickets must be purchased in advance at the Mill Race Center business office.




**MRC**  
**CON**  
**Nect**

**April 20 from 10am-2pm**

**CONNECT** at Mill Race Center by learning, engaging and exploring at this new free program. A **FREE** program open to the public. Attend all 3 sessions offered or pick and choose. Plus lunch will be catered in by Blackerby's Hanger for **\$7**.

**See page 16 for details**



### GREAT DECISIONS

Series will begin in April 6 and meet for 8 weeks at Mill Race Center. Registration is beginning now for this class.

**See page 16 for details.**



Academy of  
Lifelong Learning  
at Pitman Institute

**IUPUC**

# From Your Executive Director

## Shared Spaces

**We have a problem.** What is our problem? Square footage. Space. Room. It is a good problem to have, since it reflects our growth, but it is still a challenge. The bottom line is that we have more activities than ever, and our membership continues to grow. (We added nearly 300 new members in 2016, which doubled the number of new members from 2015.) We are constantly trying to find creative solutions to the challenge of program space, and that means that we are looking for ways to make our existing space more flexible. For example, the Center was built at a time when many people were making the transition from home computers to portable electronic devices. The idea of a computer lab was “cutting edge” when construction began, and had become obsolete within a year or two of opening. We constantly monitor the use of our individual spaces, and realized that the lab was under-utilized, and so we converted it into a much needed conference room.

In some cases, the furnishings may be the issue. Our current stage does not allow flexible programming due to the difficulty of moving the heavy sections. We are looking into options that will give us the ability to open the space when we need to, but still allow us to have the stage when needed. In other spaces, heavy furniture is being replaced with more portable versions that allow us to re-configure the layout, which gives us the ability to offer more programming with the available space that we have.

This situation sometimes leads to scheduling conflicts, and we have learned some valuable lessons. (Drum circles should never be in an adjoining room to people who are trying to concentrate on a competitive game of bridge or euchre.) But, we also get it right most of the time, and we will continue to explore new ways to be good stewards of this facility. Thank you for your patience as we move Mill Race Center forward.

Dan Mustard  
Executive Director



## Seek2017

SAVE THE DATE: August 24<sup>th</sup> & 25<sup>th</sup>, 2017

**3<sup>rd</sup> Annual Aging Well Conference & Expo**  
Advancing Age Friendly Communities

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

**Mill Race Center will be closed for Good Friday, April 14.**



**\$5 Day Pass for Non-Members**

All programs and events listed in the newsletter are for **members only** unless it is stated otherwise. Call the Business Office at (812) 376-9241 or visit our website to become a Mill Race Center member. Membership is only \$60 a year.

## Table of Contents

<b>Community Service &amp; Volunteer .....</b>	<b>Page 4 &amp; 5</b>
Meals on Wheels, Golden K Kiwanis, PAL dolls, Volunteer Opportunities	
<b>Creative Arts.....</b>	<b>Page 6, 7 &amp; 8</b>
Knitting Classes , Crafting Classes, Art Classes, Quilting	
<b>Dance Page.....</b>	<b>Page 9</b>
<b>Movement Classes.....</b>	<b>Page 10</b>
Bodies in Motion, Tai Chi, Volleyball, Reflexology, Chair Massage	
<b>Pickleball .....</b>	<b>Page 11</b>
<b>Education.....</b>	<b>Page 12 &amp; 13</b>
Random Acts of Kindness, Ted Talks, Investment Club, Bible Study, Wisdom Circle, Understanding Your Grief, & Woodshop Classes	
<b>Entertainment &amp; Events .....</b>	<b>Page 14 &amp; 15</b>
Readers Theater, SilverTones, Lasting Impressions, Movies,	
<b>New Programs.....</b>	<b>Page 16 &amp; 17</b>
<b>Ongoing &amp; New Programs .....</b>	<b>Page 18 &amp; 19</b>
<b>Travel.....</b>	<b>Page 20, 21 &amp; 22</b>
<b>Health &amp; Fitness .....</b>	<b>Page 22 &amp; 23</b>
Tops, Better Breathers	
<b>Rental Information .....</b>	<b>Page 24</b>
<b>Games &amp; Cards.....</b>	<b>Page 25</b>
<b>Unique Opportunities.....</b>	<b>Page 26</b>
<b>Daily Calendar .....</b>	<b>Page 27</b>

## Mill Race Center Staff

**812-376-9241**

**Dan Mustard, Executive Director**

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

**Leah Boas, Aging Well Coordinator, x 210**

**Debbie Bray, Administrative Assistant, x 218**

**Kristy Carothers, Accounts Payable, x 222**

**Dexter Fravel, Lead Bingo Volunteer**

**Steve Hood, Facility Manager, x 216**

**Roberta Isaacson, Membership, x 204**

**Jim Isaacson and Roy Hendershot, Van Drivers**

**Jan Meadows, Ambassador Coordinator**

**Jen Morrells, Development Coordinator, x 206**

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

**Beth Parkhurst, Community Outreach, x 208**

**Karen Phelps, Receptionist, x 219**

**Kate Phillips, Evening Coordinator, x 219**

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

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

**Jane Smith, Program Assistant**

**Kelly Staley, Office Manager, x 218**

**Shannon Thalls, Program & Marketing Coordinator, x 220**



## The Handyman Connection

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

**The Handyman Connection**, is looking for volunteers willing to lend a hand with "handyman" projects for families and individuals in need.

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), email [kn4073@comcast.net](mailto:kn4073@comcast.net).



## Did You Know...

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

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

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

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

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

### Shopping Trip to Walmart

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

### Wheel Chair Medical Transportation

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

### Happy Helping Hands

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

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

Leader: Willie Field, 812-525-1553



### Golden K Kiwanis

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

**Visitors are always welcome!**

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

President: James Lowney 812-350-8034



**Need a gift idea?**

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

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

The MRC Breakfast Café

Chair Massage & Reflexology

Readers Theater Lunch & Laughter

Arts Programs

Travel

Art Classes

Lunch at Bingo

All paid MRC programs

(Not for use at the fitness center)

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





## VOLUNTEERS WANTED

### NEWSLETTER ASSISTANTS

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

### MEALS-ON-WHEELS Volunteer Drivers

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

### BINGO CALLERS NEEDED

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

### MRC AMBASSADORS

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

### Aging Well Guide

Interested in becoming an Aging Well Guide for Mill Race Center?! Contact Leah at MRC or [lboas@millracecenter.org](mailto:lboas@millracecenter.org)



### Volunteers Needed

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

### Your Help Needed!

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

**Needed:**  
liquid  
bath  
soap



**We Appreciate  
Our Volunteers!**



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

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

**Welcome!** **MRC Welcome Breakfast** **NEW**  
Friday, March 3; 9:30am  
Friday, April 7; 9:30am

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



## Seek2017

SAVE THE DATE: August 24<sup>th</sup> & 25<sup>th</sup>, 2017

**3<sup>rd</sup> Annual Aging Well Conference & Expo**  
Advancing Age Friendly Communities

**Featured Guest Speaker**

**Manoj Pardasani, PhD, LCSW, ACSW**

For more information and updates visit [www.pitmaninstitute.org](http://www.pitmaninstitute.org)

# Knitting with Cathi

Samples of projects on display at Mill Race Center.



## Free Help Session

Thursday, March 30; 10-11am  
Tuesday, April 18; 10-11am

## Knitted Baby Bunny

Thursday, March 2 and 9

Time: 6:30-8:00pm

Fee: \$25 members (includes supplies, EXCEPTION size 6 Double Pointed Needles)

Minimum 4 students.

This little guy is a quick knit and just in time for Easter! It's a lovely little gift or addition to an Easter basket... Or keep it for yourself! All supplies will be furnished for this class, except for size 6 Double Pointed Needles.



## Square of the month!

March: "Bobbled" in honor of March Madness!

Monday, March 20 6-7:30pm

April: "Rain Showers" Tuesday Apr 11 6:30-8PM

May: "We Love Color!" Tuesday, May 9:30-11am

Fee: \$10 members Min 2 students

Learn a new stitch each month and use these squares to assemble a lap blanket or begin your collection of hand knitted dishcloths. If you have never gifted or even used knitted dishcloths you are in for a real surprise...and possibly will never again use anything else. Join us for the sessions of your choice, or make all 12! Supplies for this class included in the fee EXCEPT for size 7 or 8 knitting needles.



## Needle Felt a Bunny (no knitting skills required)

Tuesday, April 4 9-11:30AM

Fee: \$15 includes all supplies

All you need for this one class is a little imagination and a couple of hours. Roving, instructions and needle felting supplies will be furnished by the instructor. Be sure to check the samples at MRC. Just in time for Easter...you can do this!



## Knitted Flower with Beads

Thursday April 20 9:30-11AM

Fee: \$10 includes all supplies



This is the perfect class to learn a new method of beading. It's a short and sweet session and you can use the flower to embellish hats, bags, kids clothing and hair accessories. Wear it as a pin, the perfect spring accessory.



## Free Monthly Knitting Sessions

*Held in the MRC lounge*

Tuesday, March 7; 9:30-11am

Tuesday, April 11; 9:30-11am

Tuesday, May 2; 9:30-11am

# Spotlighting Social Wellness



## **Evening Star Quilt Guild** **Second Tuesday of each month,** **6:30-8:00pm (AR)**

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

Dues are \$12/year for Mill Race Center Members and \$15/year for Non-members. Part of the dues money is given to support Mill Race Center. The Guild's service project is to make quilts for clients at Turning Point Domestic Violence Shelter. Guild members make 30-40 quilts annually for the children and adults there. More information: Judy Kiesow 812-374-6135, [Judyk2310@gmail.com](mailto:Judyk2310@gmail.com).



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

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

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



## Intergenerational Classes

NEW

### Easter Egg Table Top Tree

March 23 at 3:30pm

Fee: \$8 per person

Make your own table top Easter decoration with plastic Easter eggs. A perfect project to decorate your house with spring colors. A fun project to do with your grandchildren.



### Pop Bottle Bird Feeder

April 19 at 3:30pm

Fee: \$5 per person

Upcycle a plastic soda bottle to a fun little birdfeeder to hang in your yard.



Samples will be on display.

## Crafty Fingers

Wednesdays from 10:00-11:30am

FREE!

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.



## Coloring Café

FREE!

### Sun Catchers with Coloring Pages

Tuesdays, March 28 &

April 4 and 25

Time: 2:00pm

Make your own easy sun catcher with coloring pages and oil. We will insert our creation into mason jar lids for easy hanging in your window to add some spring color. Sample on display.



NEW

### Coloring

Stick around and color with friends. Coloring books and colored pencils provided. Great activity for your social wellness.



### Art Class

Wednesdays from 10:00am-12:30pm

FREE!

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.





# Spotlighting Social Wellness



## Ball Room Dance Classes

**Monday & Thursday 5:00-8:00pm**

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

## Couples Dance Club

**1st & 3rd Wednesday each month 6:00-8:00pm**

This class is for couples ballroom dancing and to practice new steps (MP2). FREE to MRC members, \$5 per class/non-member Info contact: Karl & Uschi Wolff at (812) 342-9974.



## Line Dance for Beginners

**Wednesday, 4:30-6:00pm (MP2)**

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



## Line Dance

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

Come and dance, new folks always welcome! Free for MRC members, \$5 per class/non-member Instructor: Pat Hoard



## Clogging

**Monday evenings from 6:30-7:30pm**

If you know how to clog, join Naomi Fleetwood-Pyle.

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

Contact Naomi (812)343-3285.

# Rhythm in Shoes

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

Monday	Wednesday	Thursday	Friday
<b>Ball Room Dance</b> 5:00-8:00pm (MP2)	<b>Line Dance</b> Beginner 4:30-6:00pm (MP2)	<b>Ball Room Dance</b> 5:00-8:00pm (MP2)	<b>Line Dance</b> 10:00-11:30am (MP2)
<b>Clogging</b> 6:30-7:30pm (MP3)	<b>Couples Dance Club</b> (MP1) 6:00-8:00pm 1st & 3rd Wednesday		



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

## Bodies in Motion

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

**FREE to MRC members**

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

## Reflexology @ MRC!

Reflexology is a healing art based on the premise that there are reflex areas in the feet and hands that correspond to all of the glands, organs, and parts of the body.



If a practitioner finds sensitive areas on your hands or feet, he/she should work them gently. Reflexology should be a pleasant, relaxing experience. Light touch will be just as effective as deep pressure because reflexology works nerves, not muscles.

Leslie Dyar, a certified reflexologist who received her training at I.U.P.U.I., is available for 30 and 60 minute sessions at the MRC on Monday and Tuesday mornings from 8:00-12:00 and Mondays from 4:00-8:00pm. All sessions are by appointment.

### Prices are as follows:

30 minute session: \$20 for MRC members, \$25 for non-members. 60 minute session: \$40 for MRC members, \$50 for non-members. **To schedule your 30 or 60 minute session, call Leslie at: (317) 507-3224. Payment at session. Cash and checks only.**

*"This is the most relaxed I've been in a long time." ~ client*

## Tai Chi/Chi Gung

**Offering Two Classes on Tuesday & Thursday**



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

10:45am - Beginning class

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

Instructors: Paula Howard - 10:00am

Todd Wright - Saturday Guardian Kung Fu  
(812)372-7100

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

Come and try what millions of people have practiced for health and well being.

## Chair Massage

**Emily will be off for the month of March. Call MRC in regard to her April schedule.**

Emily Patrick, CMT is a Certified Massage Therapist. The price is \$1 per minute with 10, 15 or 20 (max) minute sessions available.



Chair massage can help relieve physical and emotional stress, lower anxiety, increase circulation, reduce muscle fatigue, pain and tension, headaches and much more. You can sign up on the door outside the meeting room or by calling Emily at (812)344-9716.



## Senior Volleyball

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

at Foundation for Youth 405 Hope Ave, Columbus

Information: Don Ward (812)350-2222

# Spotlighting Social Wellness



# Pickleball



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



**Wednesday Evenings - 6:00-8:00pm**



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

**EXCEPT April 14 & 28**



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

**Only available March 4, 11, and 18 due to rentals.**





## Random Acts of Kindness Club

3rd Tuesday of each month

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

Let's find JOY in the journey together. Spreading kindness here at MRC and out in the community. Let's be the reason someone smiles!



## TED Talks

2nd Tuesday of each month

Meeting at 1:30pm; **FREE**

When you miss a TED talk program and discussion, you miss group discussion, wide ranging information and a chance to challenge your views on the world we live in.



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

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

**March 14 at 1:30pm**

**Topic: Bernie Krause**

**The Voice of the Natural World**

**April 11 at 1:30pm**

**Topic: Rachel Sussman**

**World's Oldest Living Things**

## SCS Investment Club

Monthly, 2nd Friday

1:00-3:00pm (Classroom)



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

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

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



## Bible Study

**Tuesday mornings 10:30-11:30am**

In the Classroom; **Free**

Information: Virginia Houser, 812-579-5132

**March: Rev. Gordon Tilley, Bethel Wesleyan**

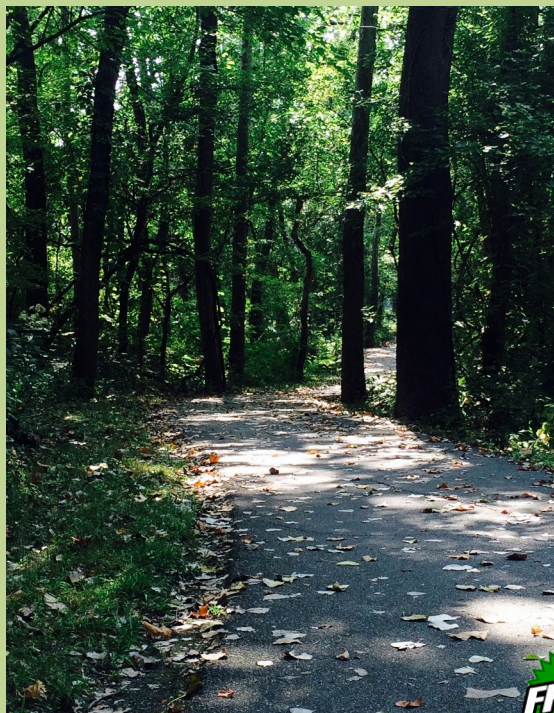
**April: Rev. Kevin Metz, Mt. Pleasant Christian**

## Wednesday Evening Bible Study

**Every Wednesday at 6:30pm**

Contact Jan Meadows at (812)374-4404

Fee: depends on the study



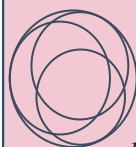
## Understanding Your Grief

**Bereavement Support Group at MRC**  
**Third Thursday of month from 4:00-5:30pm**  
**Open to anyone in the community**  
Facilitated by Walter Glover, Certified Grief Counselor 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.

If you are interested in participating please join us!  
Contact: Shannon at MRC, 812-376-9241 ext. 220



## Wisdom Circles

*"Elders are the jewels of humanity that have been mined from earth, cut in the rough, then buffed and polished by the stonecutter's art into precious gems that we recognize for their enduring value and beauty. We sense their radiance in youth but it requires a lifetime's effort to carve out the multifaceted structure that can display our hidden splendor in all its glory." - Rabbi Zalman Schachter-Shalomi*

Wisdom circles are a place of trust, of relationship building, and of sharing conversations directly related to life, relationships, the world, and how we add meaning and purpose to our present and future. They provide a venue for honoring the diversity of ideas and life experiences present among individuals and help create an enhanced understanding of self, others, and planet Earth.

**Join us on our path to wisdom and vitality, every third Thursday of the month at 1:30 pm.**

## MRC Woodshop



**Tuesday & Thursday, 1:00-4:00pm**

**Shop Cleaning Day on March 14, 1-4pm**  
All woodshop participants please help.  
Many hands make for light work.

## In The Woodshop

### Drop-In Woodcarving Class

**Wednesdays 10:00am**

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

**FREE for MRC Members**

### Hoosier Carvers Club

**2nd Monday of each month**

**5:30-8:00pm (CL)**

New participants welcome to attend. For information contact Larry Carter 812-372-1956.



## Silver Tones

Join the Silver Tones of Mill Race Center  
We welcome new MRC members!  
**Practice: Mondays 5:00-6:00pm (MP 1)**  
Share your voice with the world!  
Director: Mary Clark, (812)342-9324

### *The Lasting Impressions*



MILL RACE CENTER

### **CHUCK WAGON CHOW-WOW** **May 19, 20 & 21**

The **Chuck Wagon** will camp at the "**Dude Ranch**" on May 19, 20, & 21 at **Mill Race Center**. The "cowhands" will bring the **CHOW** right to your table. Get ready to sink your teeth into some delicious pulled pork, baked beans, slaw, and cobbler.

**"WOW!"** Your favorite country-western songs and wonderful gospel music will be presented by **THE LASTING IMPRESSIONS SHOW TROUPE**. All you "dudes" "round up" your western gear, "rope" your friends, and "settle in" at the "ranch." You won't want to miss chow time! "Hit the trail" in your best cowgirl / cowboy outfit. Prizes will be given. Y'all come!

## LUNCH & LAUGHTER READERS THEATER

# Were Back

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



### Readers Theater

**Wednesdays - 1:00-3:00pm**

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! New members ALWAYS welcome. FREE to MRC members. Interested in joining Readers Theater?

Contact Shannon Thalls at MRC for more information. We are growing and welcome new members.



# Spotlighting Social Wellness

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

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

Movies start at **5:30pm**. Free popcorn - Sponsored Griswold Home Care

**FREE!**



**March 13**

**Light Between  
Oceans**



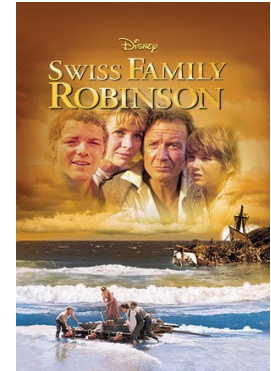
**March 27**

**Spellbound**



**April 10**

**JACKIE**



**April 24**

**Swiss Family  
Robinson**

# MRC CON Nect

**NEW**

**FREE!**

**April 20 from 10am-2pm**

**CONNECT** at Mill Race Center by learning, engaging and exploring at this new free program. A **FREE** program open to the public. Attend all 3 sessions offered or pick and choose. Plus lunch will be catered in by Blackerby's Hanger for \$7. **Required registration in advance for this program and payment for lunch.**

**10:00-10:45am** - Laura Burger, AuD, Doctor of Audiology with CRH

**11:00-11:45am** - World War 2 Stories of Service from Indiana Veterans by Chaplin Ron May

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

**1:00-1:45pm - Medicine Cabinet Makeover**  
Essential oils have been used since ancient times and were prized for their medicinal properties. Kelley Wright and Jill Friedersdorf, essential oils educators, will teach you how you can use natural essential oils today to safely and effectively replace many items in your medicine cabinet. Sponsored by the Bartholomew County Public Library.

**Sponsored by:**

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



## Great Decisions

**April 6-May 25; 6:30-8:00pm**

**Class fee: \$35members**

**\$45 non-members**

**Back by  
Popular  
Demand**

Series will begin in April 6 and meet for 8 weeks at Mill Race Center. Registration is beginning now for this class. All participants receive a Great Decisions book with pre-readings for each session.

Great Decisions is America's largest discussion program on world affairs. The program model involves reading the Great Decisions Briefing Book and attending a weekly lecture and discussion group to discuss the most critical global issues facing America today.

**2017 Topics Include:** EU, Trade, China, Gulf Cooperation Council/Saudi Arabia, Geopolitics of Energy, Latin America, Afghanistan/Pakistan, Nuclear Security.

Classes & Registration held at Mill Race Center.



**IUPUC**

# Spotlighting Social Wellness



## 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.

## Build Your Own Drum Class

**Tuesday, April 4; 2:00pm**

**Class fee: \$50/\$55 non-member**

Now you can make your own drum and bring it to our drum circles or have fun at home drumming. Our very own Dan Mustard will be instructing the class.



## Drumming Circle

**Wednesday, April 19; 6:30pm**

**Free members/\$5 non-members**

Get your groove on and come out and drum with us! Weather permitted we will be on the patio. Limited seating, must register to attend. Bring your own drum if you have made one in class.



## AARP Driver Safety Class

**Tuesday, April 18; 6:30pm**

**AARP members \$15/non AARP members \$20**

**Learn:** Current rules of the road, defensive driving techniques, operate your vehicle safely, effects of medications on driving, and new technologies used in cars. Call MRC to register.



## TO YOUR VOLUNTEERS

### Volunteer Appreciation Day

**Friday, April 21 at 2:00pm**

Volunteers keep us afloat! Join us for an afternoon for fellowship and root beer floats. All volunteers for MRC are welcome to attend. Please RSVP to MRC (812)376-9241.

**creative  
kitchen**



A fun new series in the MRC Kitchen being featured once a newsletter! Join an expert in the kitchen and learn something new plus free samples. Limited seating due to space so registration is required.

**Thursday, April 13 & June 8 at 11:00am (FULL)**

**May call in and be placed on waiting list.**



## MRC Hiking Group

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

### Upcoming Hikes:

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

### Late Spring - to early Summer

- A 3 week adventure into the American Southwest is being planned. Hiking in the North Rim of the Grand Canyon, Zion, Bryce, Canyonlands, Mesa Verde, and Rocky Mountain National Parks.
- Contact Ed Niespodziani for more information.





## Birthday Party

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



## Birthday Celebrations

**March Birthdays: March 2 at 1:00pm**

**April Birthdays: April 6 at 1:00pm**

**May Birthdays: May 4 at 1:00pm**

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



## Ladies Coffee



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

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

## Easter Egg Stuffing

**April 11 at 10:30am**

Volunteers are needed to assist to stuff 6,000 Easter Eggs for the 58th annual Community Easter Egg Hunt held at Donner Park on Saturday, April 15 at 10:00am.



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

**March 8, April 5 & May 3.**

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

To schedule an appointment with a tutor, please stop by the front desk and Karen can assist you. Email Karen at [ka-ren@millracecenter.org](mailto:ka-ren@millracecenter.org)



## Piano



## Lessons

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

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

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

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

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

**S.A. Lyster Book Club**  
**Mondays, April 3-May 1**  
**1:00-3:00pm**

**Class Fee: \$30**

Pat Conroy died in March, 2016 shortly after his 70th birthday. I have wanted to teach something of his for some time. When his last book, *The Death of Santini*, came out, I decided we would read *The Great Santini* in April. This is a fictional account of his family life when his father was an officer in the air force. Much of our reading has been about father/son relationships and will provide a lot of background for the study of this book. His last book is a non-fiction account of *The Death of the Great Santini* and how they were able to resolve their differences. If we study *Long Day's Journey Into Night* by Eugene O'Neal in February we will be even better informed about authors who use their family stories as background for their plays and novels. Conroy's description is outstanding. One critic for the *Houston Chronicle* wrote "Reading Pat Conroy is like watching Michelangelo paint the Sistine Chapel."

When you sign up for the course, there will be a handout written by Conroy about why he found it necessary to write about his family. Read this first. Questions will be at MRC last week of March.

## BOOKCLUB

## TRAVEL WITH MILL RACE CENTER

### 2017 MRC Travel and Tours

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



#### **Santa Fe and Albuquerque, May 21-29**

Bask in the warmth of the old Southwest. Be charmed by the crafts that ladies sell from their wide front porches in Santa Fe. Learn about the rich history of this area that combines Native Americans, Mexican and European Immigrants that settled the territories. Includes transportation, 9 nights lodging, 8 breakfasts and 6 dinners, tour of Santa Fe, Acoma Pueblo, Old Town Albuquerque, Sandia Peak tramway, Sky City and more! **Deadline March 15.**

#### **Cape Cod with Martha's Vineyard Plus Plymouth! June 18-24 Only \*\$685**

See Picturesque Provincetown. Visit Lighthouses, Windmills and Charming small coastal towns 6 nights lodging, 6 breakfasts, and 4 dinners, plus guided tour of the historic seaside towns of Hyannis and Sandwich, the "Outer Cape", including Provincetown and Chatham and more! **SOLD OUT!**



#### **Vermont Tour, August 27-September 1**

\$859 (double occupancy) includes transportation by motor coach, 5 nights lodging, 5 breakfasts, 3 dinners, maple syrup and cheese tasting. Visit to the Vermont Marble Museum, Ben and Jerry's tour and an alpaca farm. We will be going at the height of harvest time so farmer stands and country views will abound. **Sign up by June 20.**

#### **Sunny Portugal with Collette, September 12-21**

See Beautiful Lisbon, Obidos, Lagos, Faros, Fatima and so much more. Tour the beautiful seaside resorts of Portugal, considered to be some of the world's best resort destinations. 100<sup>th</sup> anniversary of Fatima in 2017 and also 5 UNESCO world heritage sites included. Travel show on Wednesday, February 8<sup>th</sup> at Mill Race Center from 11:30-1pm. **Deadline to sign up: March 13, 2017**



#### **Maritime Wonders, featuring Nova Scotia, with Collette**

September 27- October 7, 2017. Follow the Coast North to this quaint, unspoiled part of Canada. See lighthouses, fishing villages, cathedrals and much more. Flying into Canada you will need a passport for this adventure! **Deadline March 25!**

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

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



See more Travel Information on page 21-22



## FABULOUS DAY TRIPPERS!

New Day Trips to interesting locations offered every month! First 20 to sign up each month get to go! **Each Day Tripper adventure priced individually based on cost/admission fees, lunch not included unless noted.** All trips leave MRC. Please note if you need transportation to MRC when making your reservation. Also you must note any food or accessibility concerns at time of reservation as not all venues can accommodate special requests.

**March 17, 2017. Get your Irish on at our St. Patty's day celebration!**

Lunch included at Nine Irish Brothers after the Indianapolis St. Patrick's Day Parade! Parade starts at 11:30am so we will arrive early to get good seats. Lunch will be at 1:30 so we will have snacks and beverages during the parade. Plan on wearing o' the green and having a great time! Chairs provided but bring a warm coat or blanket! \$45 members, \$55 non-members, 9:30-4pm



**The Ark Encounter  
Wednesday, April 19**

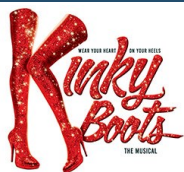
Join us as we explore this man-made marvel! The Ark is a reproduction of Noah's Ark from the Old Testament built to the exact same specifications. We will take a luxury motor coach to Kentucky and spend the day at this museum. Lunch is on your own at the on-site café. \$80 members, \$90 non-members. from Walmart on Merchants Mile (west side) at 8am, return at 5pm.



## Broadway in Indianapolis Proudly Presents

**May 17 (register by April 15)**

Based on the 2005 British film Kinky Boots by Geoff Deane and Tim Firth, which was inspired by true events, the musical tells the story of Charlie Price. Having inherited a shoe factory from his father, Charlie forms an unlikely partnership with cabaret performer and drag queen Lola to produce a line of high heeled boots and save the business. \$140 member/\$150 non-member includes motor coach transportation, great seats to the show at Clowes Hall and dinner before the show, \*adult beverages not included. Leave MRC at 4:00 and return at 11pm.



## SHOWS & SPECIAL EVENTS

INDIANAPOLIS SYMPHONY ORCHESTRA

**Indianapolis Symphony Orchestra Coffee Series,** Leave MRC at 9am return approx. 2pm. \$70 member, \$80 nonmember. Includes ticket and transportation. Already a Season Ticket Holder? Call for transportation only rate!

**Friday, March 3<sup>rd</sup> An American in Paris Movie with ISO Orchestra**

**Friday, March 31: Sci Fi Spectacular**

## MRC LUNCH BUNCH & MORE

### Lunch Bunch

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

**Monday, March 6**

**Cheddars, Greenwood**

**Monday, April 10**

**Santorini, Indianapolis**

**Monday, May 8**

**Stories, Greensburg**



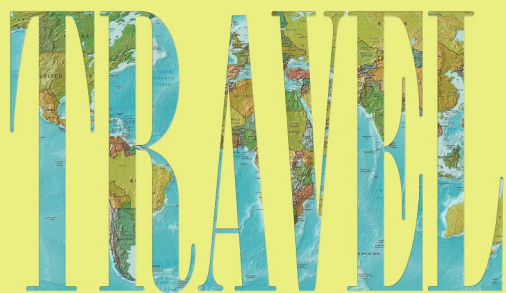
\$10 members/\$12 non members for transportation only. Leave MRC at 10:30 return at 2:30pm

**Tuesday, March 21, Traders Point Dairy, Zionsville IN**

**Tuesday, April 25, Kingfish, Louisville KY**

**Monday, May 15, Mesh on Mass Av with Kurt Vonnegut Museum!**

## TRAVEL



### *Rhythm Discovery Center Day Trip*

*Wednesday, May 10*

Get your groove on during this informative and interactive tour of the Rhythm Discovery Center in Indianapolis. We will spend the afternoon seeing fascinating rare drums, playing with exhibits of various percussion instruments and enjoying a drum circle! Leave MRC at 12:00 and return at 5:00pm. Price includes transportation, admission and snacks/bottled water. \$55 members, \$65 non-members.

## TRAVEL SHOW

### Motor Coach Adventures

**Wednesday, March 8**

**10:30-11:30am**

Join Edie as she discusses upcoming trips with Mill Race Center including Santa Fe and Albuquerque, Vermont, Foxwoods/Rhode Island Mansions, *First Ever Mystery Trip*, Washington DC and much more!

Please RSVP 812-376-9241 or  
[travel@millracecenter.org](mailto:travel@millracecenter.org)



### TAKE OFF POUNDS SENSIBLY

#### TOPS Club

**Wednesday 11:30am-1:00pm**

Take Off Pounds Sensibly

For more information please contact Judy Lemley at 812-372-3241 or check the TOPS website at [www.tops.org](http://www.tops.org).

#### Senior Swim

**At Foundation For Youth**

**Tues., Thurs. & Sat.**

**from 8:30-10:00am**

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



**2017**  
April 1 - 30

## WELLNESS Challenge



Are you stuck in a rut and need a little motivation to improve your health? Participate in the Healthy Communities Wellness Challenge during the month of April! It's free & you can win great prizes! Download the Challenge Packet from the Healthy Communities website [www.crh.org/healthycommunities](http://www.crh.org/healthycommunities).

[www.crh.org/healthycommunities](http://www.crh.org/healthycommunities)



## Comprehensive Health Screen

**May 18 from 8:00-10:00am (MP2)**

*All tests are FREE except the Hemoglobin.*

**A1C Test (test \$12 cash\*)**

**Balance test, stress screen, advanced directives,  
hearing test, B/P, Height/Weight, BMI, Eye Pressure,**

**Pharmacist Consult, Dietician Consult,**

**Glucose test (fast), COPD risk screen, Inhaler  
techniques, and obstructive sleep apnea screen.**

**(\*Test fees paid directly to public health nurse)**

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

## Better Breathers

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



**March 15<sup>th</sup>: Three Things You Can Do To  
Keep Yourself Healthier**

**April 26<sup>th</sup>: Indoor Air Quality (guest speaker will be Ron  
Clark from the Indiana State Department of Health)**

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



## Mill Race Center Gear

Purchase your own T-shirt or hat at Mill Race Center. Items ordered by the 15th of the month will be returned by the 1st of the next month. Order at the business office.

**Crew Neck T-Shirt - \$12.50**

**V Neck T-Shirt - \$15**

**Tie Dye T-Shirt - \$20**

**Polo Shirt - \$22.50**



## Senior Scribes

**3rd Friday of each month**

**1:00-3:00pm**

**Barbra Heavner, 812-344-2644**

**Janice Waltermire, 812-372-1707**

## Medicare



### Medicare Basics

**April 6 at 10:00am**

Have questions about Medicare? Interested in learning more? Join Leah, SHIP counselor, on April 6<sup>th</sup> at 10:00 am to learn more about what Medicare covers and what your coverage choices are. Sign up at the Mill Race Center business office or call 812-376-9241.

## MILL RACE CENTER R E N T A L S



Consider beautiful Mill Race Center for wedding rentals, class reunions, or other large gatherings. Our 4,000 square foot Multipurpose Room and Terraces feature attractive views of a fountain in a nearby lake as well as the park. The multipurpose room has a capacity of 350 Theatre Style, and 225 Banquet Style. A caterer's warming kitchen opens into the Multipurpose Room and is available to any licensed and properly insured caterer.

**Saturday/Sunday Rental:** Full day (8 hours), full Multipurpose Room rental is \$1200. See the rental policy packet for additional and/or individual room availability and rates.

Visit our website [www.millracecenter.org](http://www.millracecenter.org) and for all the details about renting Mill Race Center. You will find the rental policies, the rental application and frequently asked questions.



# Spotlighting Social Wellness

## Pickleball



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



**Every Tuesday  
Noon to 4pm**

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

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

**NEW MAHJONG**  
Every Monday & Friday  
1:00-3:00pm



## OPEN Billiards

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



## Columbus Chess Club

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

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



## Ping Pong

It is considered a "Brain Sport" by enhancing motor, strategy and long-term memory functions.

**COME & PLAY:**

**PING PONG is back!**




**Tuesday 1:00-3:00pm (MP1)**



## Card Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Friendship Bridge</b> 1:00-4:00pm <b>Beginner Bridge Lessons</b> Interested call Claire (812)342-9983	<b>Euchre</b> 5:30-7:30pm	<b>Hand &amp; Foot Beginner</b> Rosemary Sager (812)390-7665 12:45-4:00pm	<b>Duplicate Bridge</b> 1:00-4:00pm (MP2)	<b>Euchre</b> 1:00-4:00pm
			<b>Pinochle</b> 1:00-4:00pm	






## REJECT FILM - The Science of Belonging

**Thurs., March 30; 10:00am**

Rejection occurs throughout life. It can also be referred to as ostracism. What does it look like? What are its affects?

Ostracism is a topic we may not think about, but unfortunately it is something which all of us have experienced. How does it affect our behavior, our work/school performance, or our interpersonal relations? We will be watching the film "Reject" and discussing its content. Please watch this trailer - <http://rejectfilm.com/>. Research done by Kip Williams of Purdue is featured in this documentary.





## Powerful Tools for Caregivers

**Program fee: \$15.00; 5:30-7:30pm**

*(Includes: supper for both caregivers and loved ones, care and activities for loved ones by Just Friends, and program materials)*

The Powerful Tools for Caregivers program is listed among the highest-level evidence based disease prevention and health promotion programs, having undergone the Administration for Community Living Administration on Aging's Older American Act Title IIID program process. A basic premise of Powerful Tools for Caregivers is that caregivers generally believe they are doing everything they can do to provide good care for their chronically ill or disabled loved one, but are not doing enough to care for themselves. Thus, the program focus is not on the care recipients' disease or disability, but on enabling caregivers to improve their self-care with a set of 'tools.' The focus is on enhancing caregivers' wellbeing and coping abilities, with the key message throughout: While a caregiver – Thrive, not just survive!

**Class Topics**

- April 20, 2017 Class #1: *Taking Care of You*
- April 27, 2017 Class #2: *Identifying and Reducing Personal Stress*
- May 4, 2017 Class #3: *Communicating Feelings, Needs, and Concerns*
- May 11, 2017 Class #4: *Communicating in Challenging Situations*
- May 18, 2017 Class #5: *Learning From Our Emotions.*

**Register for the Powerful Tools for Caregivers at the Mill Race Center business office or by calling 812-376-9241.**



**A MATTER OF  
BALANCE**  
MANAGING CONCERNS ABOUT FALLS

Mill Race Center will be hosting a Matter of Balance class in April. Watch for more information to come out mid March or call MRC at (812)376-9241



# Refrigerator Reminder - MRC Daily Activities

## Monday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
<b>8-10</b>	<b>Breakfast (\$)</b>	<b>LOB</b>
<b>8-N</b>	<b>Reflexology (\$)</b>	<b>MR</b>
8:30	Body Motion	MP2
9:00	Golden K Board	CNR
8:00	Quilters	AR
10:00	Golden K	MP2
1:00	Drum Practice	CR
1:00	Hand & Foot	MP2
1:00	Friendship Bridge	MP2
12:30	Lasting Impressions	MP1
<b>4-8</b>	<b>Reflexology (\$)</b>	<b>MR</b>
5:00	Silver Tones	MP1
<b>5-8</b>	<b>Ballroom Dancing</b>	<b>MP2</b>
<b>6:30</b>	<b>Clogging</b>	<b>MP3</b>

## Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
<b>8-10</b>	<b>Breakfast (\$)</b>	<b>LOB</b>
<b>8-N</b>	<b>Reflexology (\$)</b>	<b>MR</b>
8:30	Senior Swim*	FFY
<b>10:00</b>	<b>Tai Chi (\$)</b>	<b>MP1</b>
10:30	Bible Study	CR
1:00	Woodshop	WS
<b>1:00</b>	<b>Bingo (\$)</b>	<b>MP2</b>
5:30	Euchre	AR

## Wednesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
<b>8-10</b>	<b>Breakfast (\$)</b>	<b>LOB</b>
<b>8-Noon</b>	<b>Chair Massage (\$)</b>	<b>LOB</b>
8:30	Volleyball	FFY
8:30	Body Motion	MP2
10:00	Woodcarving Class	WS
10:00	Art Class	AR
10:00	Crafty Fingers	LO
11:30	TOPS	CR
12:45	Hand & Foot	MP2
1:00	Scrabble	AR
1:00	Reader's Theater	CR
1:00	Bid Euchre/Pinochle	LO
4:30	Beg. Line Dance	MP2
5:30	Singles Group	LO
	(2nd Wed)	
6-8:00	Pickleball	MP2
6:00	Couples Dance	MP1
	(1st & 3rd Wed)	
6:30	Bible Study	CR

## Thursday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
<b>8-10</b>	<b>Breakfast (\$)</b>	<b>LOB</b>
8:30	Happy Helping Hands	AR
9:00	Shopping	See Pg. 4
9:00	Senior Swim*	FFY
<b>10:00</b>	<b>Tai Chi (\$)</b>	<b>MP1</b>
10:00	Ladies Coffee	LO
	(3rd Thurs)	
1:00	Woodshop	WS
1:00	Duplicate Bridge/Pinochle	MP2
4:00	Bereavement Group	LO
	(3rd Thurs)	
5:00	Chess Club	AR/LO
<b>5-8</b>	<b>Ballroom Dancing</b>	<b>MP2</b>

## Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	<b>Breakfast (\$)</b>	<b>LOB</b>
8:30	Body in Motion	MP2
8:30	Volleyball	FFY
10:00	Line Dancing	MP2
1:00	Euchre	MP2
1:00	SCS Investment Club(2 Fri)	
12:30	Lasting Impressions	MP1
12-3:00	Pickleball	MP2
1:00	Senior Scribes	AR
	(3rd Fri)	

## Saturday


8:30	Senior Swim*	FFY
8:30-11:30	Pickleball	MP2

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

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

## ACTIVITY HIGHLIGHTS

### March 2

Birthday Party, 1:00pm 

### March 3

Welcome Breakfast, 9:30am 

### March 8

Bookmobile, 9:30am

### March 13

Movie, 5:30pm 

### March 14

TED Talks, 1:30pm

### March 27

Movie, 5:30pm 

### NEW March 30

Reject Film, 10:00am

### April 5

Bookmobile, 9:30am


### April 5

Lunch & Laughter, 12:00pm 

### NEW April 6

Medicare Basics, 10:00am

### April 6

Birthday Party, 1:00pm 


### April 6-May 25

Great Decisions, 6:30pm

### April 7

Welcome Breakfast, 9:30am 


### April 19

Drum Circle, 6:30pm 

### April 13

Creative Kitchen, 11:00am

### April 10

Movie, 5:30pm 

### April 11

TED Talks, 1:30pm

### NEW April 20

MRC Connect, 10:00am-2:00pm

### April 21

Volunteer Appreciation Day, 2:00pm 

### April 24

Movie, 5:30pm 

**Mill Race Center will be closed  
for Good Friday, April 14.**

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

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





Mill Race Center  
900 Lindsey St.  
Columbus, In 47201

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U.S. POSTAGE PAID  
COLUMBUS, IN 47201  
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CURRENT RESIDENT OR



**Note your  
Membership  
renewal date in  
corner of  
address label.**



**Support Mill Race Center**



Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_

Email \_\_\_\_\_

I (we) pledge a total of \$ \_\_\_\_\_ to be paid: \_\_\_ now \_\_\_ monthly \_\_\_ quarterly \_\_\_ annually

Payment Form: \_\_\_ cash \_\_\_ check \_\_\_ credit card

Credit Card Type: \_\_\_ Master Card \_\_\_ Visa \_\_\_ Discover

Credit Card #: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ Authorization Code: \_\_\_\_\_

Cardholder Name \_\_\_\_\_ Signature \_\_\_\_\_



*Thank You*

