

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

**Dr. Cynthia Green**  
**March 7 at 1:00pm; FREE**  
*Registration Required due to seating*

DON'T MISS OUT!



**Current Concepts in Cognitive Fitness:  
New Research Findings in Brain Health**

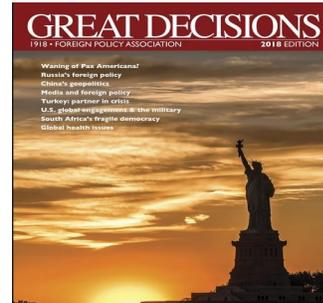
What do advances in neuroscience, increased longevity, and the baby boomers' demand for products that promote cognitive vitality have in common? They are all factors in this time of unprecedented knowledge about the brain, cognition and cognitive wellness. Join Dr. Green to learn more about the revolutionary new science of cognitive health, including what the latest science shows about interventions such as lifestyle, cognitive training and social engagement and their impact on brain wellness, and how we can each begin to customize our own path to improved brain vitality.



**Cynthia R. Green, Ph.D.** is a clinical psychologist, author, lecturer and noted expert in memory and brain health. An assistant clinical professor of Psychiatry at the Mount Sinai Medical School in New York, Dr. Green is the president of TBH Brands LLC, provider of the Total Brain Health ([www.totalbrainhealth.com](http://www.totalbrainhealth.com)) training services and programs, including the TBH Toolkits, courses in cognitive wellness for adults of all ages.



*Sponsored by:*



**GREAT DECISIONS**

The series will be held on Tuesday evenings from April 3-May 22. Register for this amazing class at the MRC business office or call 812-376-9241.

Don't miss out. See page 26 for details.

*Partnership with*



**Upcoming Travel Show with Edie  
featuring 2018 Bus Trips!  
See page 22 for details!**

# From Your Executive Director

## Defining “seniors”...

The terms that we use to describe older adults will always fall short of the task. Not just because the words are so limited and limiting, but also because of our own personal points of reference. When I was a teenager, someone in their 30’s was an older adult. When I was 30, my definition shifted to 50. Now that I am approaching 60, I think that my parents, who are in their mid-80’s, are older adults. Of course, I don’t define *myself* as a senior, even though my 16 year old son would certainly put that label on me, and our own definition here at Mill Race Center loosely defines a senior as someone over 50. The truth is that we all define seniors from our own unique perspective, which constantly has to be re-evaluated. We think of Woodstock as a defining moment for youth culture, but the reality is that anyone who attended is now in their late 60’s or early 70’s. The Beatles, Led Zeppelin and the Rolling Stones were before my time. (Did I mention that I am nearly 60?) Many of our members grew up listening to Metallica and AC/DC. We have members who were born after the JFK assassination, and are too young to remember the first Apollo moon landing. My point is that we each get to define for ourselves what it means to be an older adult, senior or elder. Don’t let someone define it for you. Now, break out that Led Zeppelin record and rock on.

**Dan Mustard**  
Executive Director



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

## Table of Contents

Community Service & Volunteer.....	Page 4 & 5
Community Classes.....	Page 6
Creative Arts Class.....	Page 7 & 8
Dance Page.....	Page 9
Movement Classes.....	Page 10
Pickleball .....	Page 11
Education .....	Page 12 & 13
Entertainment & Events .....	Page 14 & 15
New Programs... ..	Page 16 & 17
Ongoing & New Programs .....	Page 18 & 19
Travel.....	Page 20, 21 & 22
Rentals, Health & Fitness.....	Page 22 & 23
New Classes.....	Page 24
Games & Cards .....	Page 25
Unique Opportunities .....	Page 26
Daily Calendar.....	Page 27

*\*Mill Race Center reserves the right to cancel or move regular scheduled programs for special events.*

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## 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 222

**Laura DeDomenic**, Resource & Philanthropy Director, x 208

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

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

**Fred Guarnieri**, Senior Products Supervisor, x 228

**Roberta Isaacson**, Membership, x 204

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

**Jan Meadows**, Ambassador Coordinator

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

**Renee Nicholson**, Business Office Manager, x 218

**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**, Programming & Development Assistant, x 209

**Shannon Thalls**, Programming & Development Director, x 220

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

### Meet Laura DeDomenic

Mill Race Center is proud to announce that Laura DeDomenic is the new Resource and Philanthropy Director for Mill Race Center and the Pitman Institute for Aging Well. She plans to continue the traditional avenues of philanthropy while expanding the support of the business community with a new program called Mill Race Community Partners. She is also in the process of implementing new foundation search software which will allow her to introduce new foundations to the mission of Mill Race Center and the Pitman Institute of Aging Well, which should lead to an increase in philanthropy and support from sources new to Mill Race Center.

Laura, a native of Cincinnati, Ohio, has lived in Columbus for 24 years. She is a graduate of University of Cincinnati with a Bachelor's in Business Administration. Laura has three children Michael, Steven and Christy. Laura's parents, Marian and Jerry Walko, members of Mill Race Center, decided to retire to Columbus and moved here in 2004.





## 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 Fields, 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 or Bingo)**

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

### The Granny Connections needs knitters!

In an effort to raise awareness for World AIDS Day, the Granny Connection will be accepting donations of red knit scarves at MRC. Red scarves can be knit in different sizes and patterns. Yarn is available at MRC, just ask Karen at the front desk.



**VOLUNTEERS WANTED**

**NEWSLETTER ASSISTANTS**

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

**MEALS-ON-WHEELS Volunteer Drivers**

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

**BINGO CALLERS NEEDED**

Tuesday from 1 to 3 pm Volunteer once a month, or once every so often. Call Dexter for more information at 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:  
Deodorant &  
Toothpaste**



**We Appreciate Our Volunteers!**

**April is National Volunteer Month!!**

Join Mill Race Center and Thrive Alliance for a volunteer fair on **April 4<sup>th</sup>** from **8-11:30am** located in the Mill Race Center lobby, to learn more about volunteer opportunities available at both organizations. Whether you're interested in leading an activity at Mill Race Center or helping Thrive Alliance in one of their many programs that positively impact our community, come check out what opportunities are available for you!

**Welcome!** **MRC Welcome Breakfast**  
Friday, Mar. 2; 9:30am  
Friday, Apr. 6; 9:30am **FREE!**

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.



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

**MRC Volunteer Luncheon April 26 at Noon**

All Mill Race Center volunteers are invited to join us for a celebratory luncheon in your honor!! Come let us show our appreciation for all that you do for the community. Entertainment will be provided by our very own Dan Mustard.



**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).**



**Total Brain Health Memory - Level 1**  
**Mondays and Wednesdays**  
**2:00-4:00 pm**  
**Beginning March 26th through April 18th**  
**Cost: \$20 (scholarships available upon request)**

Dr. Cynthia Green is a clinical psychologist, author, and one of America's foremost experts on brain health. Dr. Green has spent over twenty years developing programs for cognitive wellbeing that are grounded in science, utilize strategies that work, and incorporate evidence based techniques.

Through the Summerville Fellowship at the Pitman Institute for Aging Well, Dr. Green's Total Brain Health Memory program will take place at Mill Race Center. Total Brain Health Memory is a unique program designed to teach participants valuable memory strategies and how to rev up recall. Led by the Summerville Fellow, Total Brain Health Memory will meet for four weeks twice a week and cost \$20, with scholarships available upon request.

If you are interested in joining the Total Brain Health program and would like to receive program updates, please contact the Mill Race Center Business Office at 812-376-9241.

**COMING SOON**

**Total Brain Health Memory- Level 2** will be coming to Mill Race Center in May!  
 Be on the look-out for more information to come!



**Letting Go**  
**April 12**  
**10:00am**



Do you have trouble letting go of your things? Join us on April 12th as we



discuss why it can be difficult to let go of our possessions and how clutter can lead to stress. Sign up at the Mill Race Center Business Office by calling 812-376-9241. Class lead by: Leah and Calli

**One-on-one Counseling and Support**



Do you feel alone and need someone to talk to? Have you recently experienced a life change and need emotional support? Are you having difficulty managing the stresses of caretaking? Or just need someone to talk to?.

Contact Summerville Fellow Calli McNicholas, Mental Health Graduate Candidate 2018. To schedule an appointment call: 812-376-9241 ext. 202, Mon.– Thurs. Service is provided free of charge.

**Volunteer for VASIA**

The VASIA Program recruits, trains, and supervises community volunteers to provide support and advocacy to those who are unable to care for themselves. The program further enhances individuals' quality of life by making decisions on their behalf that reflect, to the maximum degree possible, their choices and preferences. If you are interested in being a volunteer advocate, please contact Lisa Bland at (812) 372-6918 ext. 2785 or lbland@thrive-alliance.org .





## **Evening Star Quilt Guild** **Second Tuesday of each month,** **5:00-7:00pm (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 [812-374-6135](tel:812-374-6135) or [judyk2310@gmail.com](mailto:judyk2310@gmail.com) for additional information

# create

Join Kelly & Shannon for these fun *Seasonal* craft classes in the Art Room. Register for classes in the business office.

## Bunny Set

**Thursday, March 15  
2:00pm; \$10**

Make your own little bunny family to decorate your front porch or house this spring. All supplies included to make a set of 3 bunnies.



## Seasonal Magnet Class

**March 20 at 1:30pm**

**Cost: \$5 for 8 magnets**

Join us for this fun class to make small 1" magnets with colorful designs. Materials provided.



Grandchildren welcome to attend.

## Alcohol Ink Pendants

**Thursday, April 19  
2:00pm; \$30**

Join the Tri-State Artisans and learn to paint your own beautiful glass pendants. All supplies included to make 3 pendants. They make great gifts! Minimum of 10 people to hold the class.



## Art Class

**Wednesdays from 10:00am-12:30pm**

Watercolors, oils, acrylic, pastels.  
No previous art

experience required.

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

**FREE for MRC members.**

For more information contact: Holly Melillo at 812-342-9650.



## Crafty Fingers

**Wednesdays from 10:00-11:30am**



If you knit, crochet, needlepoint, cross stitch, sew or enjoy another craft project, bring whatever you are working on and work on it in the company of other

crafters and needle art enthusiasts. Group meets in the Lounge. For more information, contact Donna Rueff at 812-343-5540. Eleanora Schwartzman will be available to teach you how to crochet as part of the Crafty Fingers group.



## Relaxation & Fun!!



**Monday, March 19 at 2:00pm**

What better way to spend your afternoon than by creating relaxation jars with your children? Relaxation jars are a perfect way to practice mindfulness and reduce stress in your life. Come join us for this intergenerational class. Contact the business office at (812)-376-9241 to sign up or for more information.



## Line Dance for Beginners

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

Come and give it a try!

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

Fee: FREE to MRC members, \$5 per class/non-members. 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 (812)-374-2963



## Ball Room Dance Classes

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

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



## Couples Dance Club

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

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



Live Lively-



Square Dance!

## Square Dancing 101



**Monday 5:00-7:00pm**

Want to try something new? Try Modern Western Square Dancing! It is friendship set to music. It is not only physically active but mentally stimulating as well. Classes are 8 weeks long. Square Dancing 101, is the place to start. You will learn approximately the first 30 calls. In Square Dance 102, you will learn an additional 21 calls & in Square Dance 103 you will finish with the final 17 calls. Each class builds upon the previous classes. No partner is necessary. Class size is limited, so register now. The class does have a minimum of 8 registrants in order to be held. Maximum is 32.

Cost for the 8 week class is \$40 for members (\$5 per person per class) & \$80 for non members (\$10 per person per class). In order to attend local & surrounding area dances you will need to have finished all three classes.



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



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

### Bodies in Motion

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

#### 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!

**Thursday evenings from 3:00-7:00pm**

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 Thursday evenings from 3:00-7:00pm. 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 Tuesdays & Thursdays**



10:00—11:00 am - Ongoing class for those with some practice in Tai Chi. Monthly Cost: \$45 members/ \$60 non-members

11:00—11:30 am - Beginning class  
Monthly Cost: \$25 members/ \$40 non-members  
Instructor: Paula Howard

Todd Wright—Saturdays at Guardian Kung Fu  
9:00—10:00 a.m. Call 812-372-7100

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

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

### Chair Massage

**Every 1st & 3rd Wednesday  
8:30-10:30am**



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. Call Emily (812)344-9716 for more information.



### Senior Volleyball

**Monday, Wednesday and Friday mornings from 8:30-10:30am**  
at Foundation for Youth 405 Hope Ave, Columbus  
Information: Don Ward (812)350-2222



# Pickleball



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



**Wednesday Evenings - 5:30-7:00pm**



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

**Except March 23, 30 (MRC closed) and April 27**



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

**Except April 28**



*\*Mill Race Center reserves the right to cancel or move regular scheduled programs for special events.*



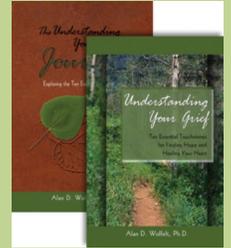
## Understanding Your Grief

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, Jennifer Lowry and Shannon Thalls



“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 or Shannon@millracecenter.org

## MRC Woodshop



**Tuesday 1:00-4:00pm**

The woodshop is available for MRC members only and is open on Tuesdays from 1:00-4:00pm.

## 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

5:30-7:00pm (CL)

New participants welcome to attend.

For information contact Larry Carter 812-372-1956.

## 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.

Are you interested in psychology, fast moving information, economics, nature, and other timely subjects in a discussion format? Ted Talks is for you. We select from over 2500 presentations and 100 categories for our monthly group, keeping it lively and informative. No pressure, the conversation flows and we give you the subject ahead of time if you wish to review the material.

We've had talks on money to original thinkers to life lessons to being a citizen of the world. Don't miss out. Our sessions are the 2<sup>nd</sup> Tuesday of the month at 1:30 in the afternoon. We'll even help you find the Ted Talks site for additional study.

We'll look for you there.

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 13th at 1:30pm**

Topic: **The History of Emotions**

By: **Tiffany Watt Smith**

**April 10th at 1:30pm**

Topic: **Why people believe in weird things**

By: **Michael Shermer**



**DAY PASS (\$10)... now available for your friends, family and out of town guests. Purchase at the business office.**

## 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 Studies

### Morning Bible Study



Tuesday mornings 10:30-11:30am

In the Classroom; **Free**

Information: Virginia Houser, 812-579-5132

March: **Pastor Mike Harris of Faith, Hope and Love Church**

April: **The Reverend Kevin Metz of Mt. Pleasant Christian Church**

### Evening Bible Study



Wednesdays 5:30-7:00pm

**Gospel of Mark - God's Word For You**

A free evening study open to the community. Bring your bible and join us anytime!

Information: Jan Meadows (812)374-4404



# 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

A song, dance and drama performance  
 troupe with Mill Race Center.  
 All MRC members welcome.  
**Practice: Monday & Friday**  
**12:30-3:30pm (MP1)**  
 Information contact: Donna Browne, (812)376-6612.

## LUNCH & LAUGHTER READERS THEATER



**April 11 at Noon**  
**Lunch: \$5 members**  
**\$10 non-members**  
**Make reservations at the**  
**MRC business office.**

*Sponsored by*



**FREE** cancer screening held on  
**April 13 from 1-4pm. Registration is**  
**required. Stop by the business office**  
**or call (812)-376-9241**

## Readers Theater Group 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 are ALWAYS welcome. Interested in joining Readers Theater? Contact Kelly Staley at MRC for more details. We are growing and welcome new members.

**FREE MOVIE SHOWINGS at MRC!**

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

**Two Showings now at 2:00pm & 4:30pm.**

Free popcorn - Sponsored by Griswold Home Care



**Two Showings  
2:00 & 4:30pm  
Start Time**



**March 12**  
**Wonder**



**March 26**  
**9 To 5**



**April 9**  
**The Greatest Showman**



**April 23**  
**A League of Their Own**



**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.

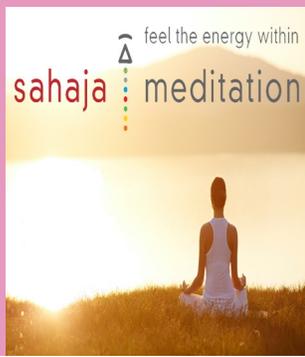
*Mill Race Center will host:*  
**The World Day for Inner Peace**  
 Wednesday, March 21 from 5:30-7pm; FREE

**21**  
 MARCH

**THE WORLD DAY FOR INNER PEACE** 

 **Free Sahaja Meditation**   
 Free classes held on April 11, 18 & 25  
**6:00-7:00pm**  
 Recharge your batteries in minutes. Sahaja Meditation releases energy that lasts for hours. Learn about this style of mediation and you can release your Inner Energy. **Why not try...it's Free!**



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

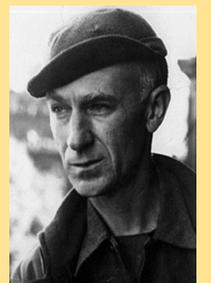
**March 22 from 10am-12pm**

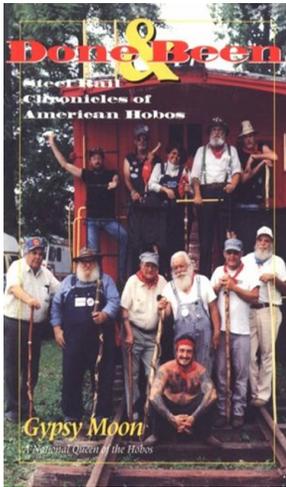
**CONNECT** at Mill Race Center by learning, engaging and exploring at this new free program open to the public. **Attend both sessions offered or pick and choose.**

**10:00-10:45am**  
**Joint Health with CRH Wellness Todd Hostetler**  
 Help guard your joints against injury and keep them healthy. Todd will touch on joint health, exercise and the benefits of exercise.



**11:00-11:45am**  
**A Dramatization of the Life and Work of War Correspondent Ernie Pyle; By Ron May**  
 Indiana native and Pulitzer Prize winner Ernie Pyle was the most famous war correspondent of World War II. His war columns appeared in over 400 American newspapers. He spent time with each branch of military service and experienced combat in London, North Africa, Italy, France, Okinawa and Ie Shima. He lived with the men who fought the war, writing moving stories of individual soldiers, sailors, airmen and marines. He was killed on April 18<sup>th</sup>, 1945 when a Japanese sniper shot him on the island of Ie Shima.





## Gypsy Moon, Hobo Queen Sticks, Stew, Stories, and NEW Songs FREE!

**Thursday, March 23**

**11:30 am**

The National Queen of the Hobos, Gypsy Moon, will talk about the friendships she developed with the old-time hobos as she interviewed them for her book. She will also share her own adventures jumping freight trains thousands of miles across America.

Guests will enjoy a hobo lunch during a performance featuring the music that was so much a part of their culture. She will also give away a custom made Hobo walking stick. **Registration Required. Contact the business office at (812)-376-9241.**

### VA, Identity Theft, Medicare and Social Security Roundtable

**Thursday, March 29th at 11:00am**

*Registration required for seating*

Karrie Pardieck, John Hatter, and Josh Webb from Congressman Luke Messer's office will be giving a presentation that centers on issues concerning:



*Services that the Congressional Office provides  
VA, Identity Theft, Medicare, and Social Security*

### TAKU Steakhouse March 27 at 11:30am



Join us for a lunch together at Taku Steakhouse here in Columbus. It's always fun to eat with friends! Meet us there, but registration required at the business office so we can make reservations.



## Afternoon for Arts

### Celtica

**April 27 at 2pm**

**\$5 for members/\$10 for non-members**

**Reservations Required by 4/24/18**

*Live Entertainment & delicious homemade dessert.*

Celtica is a progressive Celtic band consisting of musical founder Tammera Lane and guitarist Tim Dooley who create a sound that is uniquely their own. Tammera uses a mix of different instruments including vocals, keyboard, hammered dulcimer, field organ, hurdy gurdy, bowed psaltery and harp, backed by the guitar, Irish bouzouki, bodhran drum and mandolin work of Tim Dooley.



*Event Sponsored by:*



**Ruth Hoffman  
Medicare Sales & Service  
317-775-9500 or Toll Free 844-792-5143  
Ruth.hoffman@anthem.com**

*Dessert sponsored by:*  
**Bob & Helen Haddad and made by Caryn Wiggins**



## Birthday Party

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



### Birthday Celebrations

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

**April Birthdays: April 5 at 1:00pm**

**May Birthdays: May 3 at 1:00pm**

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



### 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.



**March 22 from 4:00-5:00pm**

That's right folks! Its game time! Join us for some early evening gaming. We will be playing Heads Up this time.

We will bring the snacks, you bring the laughs! Call the MRC Business Office to Register at 812-376-9241. We want to make sure we have enough players!



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 7 & 21**

**April 4 & 18**

**May 2 & 16**

### We've Got an App for That!

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.

### Senior Scribes

3rd Friday of each month from 1:00-3:00pm

Barbra Heavner, 812-344-2644

Janice Waltermire, 812-372-1707

**NEW**

## The Historic **ARTCRAFT** Theatre

Join Kelly & Shannon on a program van trip to the Historic Artcraft Theatre for a Free Movie. The pre-show begins at 1:30 and movie begins at 2pm. Van leaves at 12:45pm. Fee: \$5 for trip.

**Thursday, April 5**  
**Movie: All About Eve**



**Thursday, May 10**  
**Movie: Wizard of Oz**



**All Who Wonder Hiking Group**  
**NEW hikers always welcome!** No experience necessary! Contact Ed Niespodziani at [812 552-3343](tel:8125523343) or by email [kn4073@comcast.net](mailto:kn4073@comcast.net)

### Upcoming Hikes:

**April 19-23:** hike 4 sections of the Ice Age Trail in Wisconsin. The IAT follows the terminal moraine of the last glacier that came through the state. The trail runs from the St. Croix river along the Minnesota border to the tip of Door County in northeast Wisconsin. So far we have hike 16 sections and hope to complete all 105 section in the near future.



## TRAVEL WITH MILL RACE CENTER

### 2018 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.



### Mt Rushmore and The Badlands of South Dakota

**Saturday, June 2 - Sunday, June 10**

Double Rate \$909, Single \$1208. Includes 8 nights lodging, 4 in South Dakota, 14 meals, 8 breakfasts and 6 dinners, tour of Wildlife loop and Custer State Park, Mt Rushmore National Memorial, Deadwood, Crazy Horse Monument, Badlands National Park, Wall Drugs and much more!

### Garden of the Gods, Colorado Springs and Royal Gorge

**Saturday, June 23-Sunday July 1;** \$1009 double rate, \$1444 private room, Includes 8 nights lodging, Luxury Motor Coach, US Air Force Academy, Manitou Springs 6 dinners and 8 breakfasts and much more. Now taking reservations! Add \$75 nonmember.



### Amishlands of Pennsylvania

**Sunday, August 19- Thursday, August 23;** \$699 double \$868 single, triple rate available too. Includes 4 nights lodging, 4 breakfasts, 2 dinners. Performance of Jesus in the Millennium, Sight and Sound Theater and Longwood Gardens included! Amish crafts, food and countryside to enjoy!

### Vermont, New Hampshire and Maine!

**Saturday, October 6-Saturday, October 13**

\$1384 double, single and triple rates available, 7 nights lodging, 7 breakfasts and 7 dinners included! Peak Foliage Time! General Stores, Quaint Villages and so much more!



### Colonial Williamsburg and Virginia Beach with Historic Newport!

**November 4-10, 2018;** \$829 Double, \$1098 Single

Includes, admission and guided tour of Historic Williamsburg, Dinner Cruise on the Spirit of Norfolk, Yankee Candle Village, Virginia Beach boardwalk, all hotels and transportation plus 6 breakfasts and 4 dinners.



### National Parks of America

#### Mill Race Center and Collette Present

**October 10-21, 2018** \$4399 double, \$5599 Single.

Deadline to register April 3. Call for brochure!

**Featuring Grand Canyon, Bryce Canyon, Zion National Park, Grand Teton and Yellowstone!**



**FABULOUS DAY TRIPPERS!**

Each Day Tripper adventure priced individually based on cost/admission fees, meals not included unless noted. Also you must note any food or accessibility concerns at time of reservation as not all venues can accommodate special requests.



**French Lick, Indiana!**

**Wednesday, May 9 9am- 6pm**

Lot's of ways to spend your time at this lovely resort and casino! Take the free shuttle to West Baden to visit the Eighth Wonder of the World or have Afternoon Tea. Tempt Lady Luck in the Casino, Walk the Gardens and Trails of both Resorts or relax on the Porch in a Rocking Chair! West Baden Springs Hotel Atrium. Leave Mill Race Center at 9am return at 6pm. Transportation only \$25.

**Indians Baseball Game**

**Join us for a ball game this summer!**

Wednesday, May 30th, 5:30—11:00 pm

Wednesday, June 20th, 12:00—5:00 pm

May 30th is hot dogs, popcorn and soda!

June 20th is a special mid-day game!

\$40 member/ \$45 nonmembers and includes box seat and transportation for one game!

Deadlines are May 15 and June 11



**SPECIAL EVENTS**



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 19:** Garfield Conservatory and Santorini's for lunch

**Tuesday, April 17:** Sahn's Tavern and Indiana War Memorial

**Tuesday, May 15:** Buddhist Cultural Center and Mr. Hibachi Buffet, Bloomington

*Lunch & More*

\$10 members/\$12 non members for transportation only. Leave MRC at 10:30am return at 3:30pm

**Tuesday, March 6:** Cheesecake Factory, Greenwood

**Monday, April 2:** Lil Gem Restaurant, Brown Co. State Park

**Wednesday, May 2:** Stream Cliff Farms

**Indianapolis Symphony Pops Coffee Series**

**March 23, April 20 & May 18**



We will once again be offering transportation for Mill Race Center Members and their guests to the ISO Pops Coffee Series on March 23, April 20 and May 18, 2018. Bus leaves MRC at 9am and returns at approx. 1:30pm. \$20 per person. Let us drop you at the door and pick you up with no parking hassles or fees! Registration required no later than 2 weeks before each concert and is limited to 12 passengers. **Tickets are on your own, call Edie if you need assistance with ticketing.**

## TRAVEL

### 2018 Casino Trip Schedule

Tempt your taste buds at the buffet and your luck at the table or slots! Leave MRC at 9 a.m. and return at 5 p.m. Transportation only \$25

**Monday, April 23, Hoosier Park, Anderson**

**Wednesday, May 9, French Lick Resort**

**Monday, July 16, Horseshoe Casino**



### Travel Show Featuring 2018 Bus Trips

**Wednesday, April 4 10:30—Noon**

Showcasing trips to: Mt. Rushmore, Colorado, Amishlands of Pennsylvania, Vermont, New Hampshire and Maine, Colonial Williamsburg and Newport, New York City at Xmas and more!

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

*Your travel with Mill Race Center benefits local seniors in our community. Please consider booking all of your travel with Mill Race Center Travel Department. Call for an appointment to discuss your next adventure!*

*Call Edie Smith @ 812-376-9241x 215 or [travel@millracecenter.org](mailto:travel@millracecenter.org) for more information*



**TAKE OFF POUNDS  
SENSIBLY**

### TOPS Club

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

Take Off Pounds Sensibly

For more information please contact Judy Sullivan at 812-375-1214 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.

Call FFY at: 812-348-4558 for discounted pricing.

## MILL RACE CENTER

R E N T A L S



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.

## Arthritis Foundation **Walk with Ease**

Program

**Mon/Wed/Fri 10-11:00am**

**April 2-May 25; Fair Oaks Mall**

**Fee: \$15**

*No fee for returning  
class members*

Class led by instructors from Mill  
Race Center and Purdue Extension.  
Registration limited.

To register contact Mill Race Center  
at 812-376-9241.



## **Better Breathers**

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.



**First meeting this year will be on March  
21st at 3:00 p.m.**

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



## Need Help with Medicare Costs?

If you make less than \$1900 per month (single) and are on Medicare, then you might qualify for assistance with prescription drugs and expenses for medical Care.

- \* Extra Help to pay for your prescription drug plan
- \* Medicare Savings Program to help pay for your Part A and B deductibles and co-pays

Call Leah at (812) 376-9241 ext. 210 to see if you might qualify.

## GRANDbuddies

Grandbuddies, an intergenerational program that brings together adults aged 50+ with children ages 8-12 for the purpose of promoting a healthy lifestyle, will be back this summer! If you are interested in possibly volunteering to be a Grandbuddy, keep an eye out for more information to come in the next newsletter. For questions contact Leah at 812-376-9241 ext. 210 or [lboas@millracecenter.org](mailto:lboas@millracecenter.org).

### Retirement: Retire to, not from. April 19<sup>th</sup> at 10am



Every transition in life brings its many changes, retirement is no exception. If you or a loved one is newly retired, about to retire, or is thinking about retiring, this seminar may be beneficial. The topic of retirement and how individuals can best enjoy this time in their life will be discussed. There will also be a discussion about how individuals can plan their retirement and retire to something, rather than from something. Contact Mill Race Center at (812)376-9241 for more information or to sign up.

### Medicare Basics

April 24<sup>th</sup> at 3:00 pm



New to Medicare? Interested in learning more? Join Leah and Kim, SHIP counselors, on April 24<sup>th</sup> at 3:00pm 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.

### CAREGIVER SUPPORT GROUP

Every 2<sup>nd</sup> Thursday of the Month; Cost: Free  
Mill Race Center- Just Friends Entrance



Meets every 2<sup>nd</sup> Thursday of the month and is open to anyone caring for an adult. Care for loved ones is provided by Just Friends Adult Day Services. RSVP to Jayme: 812-372-6415.

Light Dinner served at 5:30pm  
Caregiver Presentation 6:00pm  
Loved Ones Activities 6:00pm



### SHIP Counseling

Do you have Medicare questions? Ask our resident SHIP Counselors! SHIP Counselors provide free unbiased Medicare information. Contact Leah at (812)376-9241 ext. 210 or [lboas@millracecenter.org](mailto:lboas@millracecenter.org).

## Aging Well+

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

## Pickleball



**FREE!**

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




**Every Tuesday  
Noon to 4pm**

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

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

## MAHJONG

Every Monday & Friday  
1:00-3:00pm



## OPEN Billiards

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




## Columbus Chess Club

Every Thursday evening  
5:00-7:00pm (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)**

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




## 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> 5:00-7:00pm	<b>Hand &amp; Foot Beginner</b> Rosemary Sager (812)390-7665 12:30-3:30pm	<b>Duplicate Bridge</b> 1:00-4:00pm (MP2)	<b>Euchre</b> 1:00-4:00pm
			<b>Pinochle</b> 1:00-4:00pm	

*\*Mill Race Center reserves the right to cancel or move regular scheduled programs for special events.*

## Family Support & Hope Group Thursday, March 22; 5:30-7:00pm



A group for families who have a loved one who is addicted to opioids will hold its first meeting on March 22 from 5:30 to 7pm at Mill Race Center. The support group is open to Mill Race Center members and Columbus Regional Hospital employees. The group will provide education; sharing of information and support to help members best handle their situation.

Addiction to opioids can begin innocently. Addiction does not discriminate. It can happen to anyone. Family members of those struggling with addiction sometimes feel isolated and discouraged. Addiction is a disease that changes the brain and seriously affects the users and their families. The Family Support & Hope Group will provide an emotionally safe and non-judgmental place where family members will support each other and provide hope for the future. Facilitators are Leah Boas and Shannon Thalls of Mill Race Center and Ray Morris of Columbus Regional Health. Please call Mill Race Center at 812-376-9241 to register to attend.

## AARP Driver Safety Class

April 5 from 12-4pm

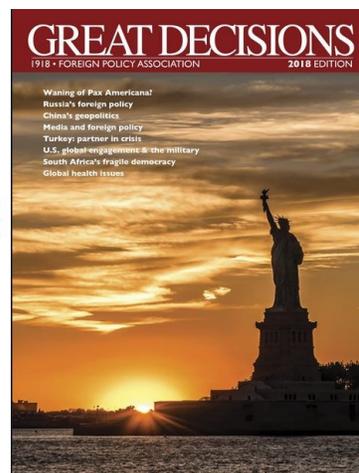
\$15 AARP Member

\$20 Non AARP members

Class will cover:

Current rules of the road  
Defensive driving techniques, operate your vehicle safely, effects of medications on driving, and new technologies used in cars. **Register at MRC business office.**

**Driver Safety**



## Great Decisions Tuesdays, April 3-May 22 6:30-8:00pm

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. A reading schedule and speakers bio will be given with your registration.

### 2018 Topics Include:

**Waning of Pax Americana?, Russia's Foreign Policy, China's Geopolitics, Media and Foreign Policy, Turkey: Partner in Crisis, U.S. Global Engagement & the Military, South Africa's Fragile Democracy, and Global Health Issues.**

**Class fee: \$35 for MRC members  
and \$45 for non-members**

Classes & Registration held at Mill Race Center.



FULFILLING the PROMISE

# 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>
8:30	Body Motion	MP2
9:00	Golden K Board	CNR
8:00	Quilters	AR
10:00	Golden K	MP2
1:00	Mahjong	AR
1:00	Drum Practice	CR
1:00	Hand & Foot	MP2
1:00	Friendship Bridge	MP2
12:30	Lasting Impressions	MP1
5:00	Silver Tones	MP1
<b>5-7</b>	<b>Ballroom Dancing</b>	<b>MP2</b>
<b>5-7</b>	<b>Square Dancing</b>	<b>MP3</b>

## Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
<b>8-10</b>	<b>Breakfast (\$)</b>	<b>LOB</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>
5:00	Euchre	AR
<b>5-7</b>	<b>Ballroom Dancing</b>	<b>MP2</b>

## 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
12:30	Hand & Foot	MP2
1:00	Scrabble	AR
1:00	Reader's Theater	CR
1:00	Bid Euchre/Pinochle	LO
4:00	Beg. Line Dance	MP2
5:30	Pickleball	MP2
6:00	Couples Dance	AR
	(1st & 3rd Wed)	
5:30	Bible Study	CR
5:30-7	Pickleball	MP2

## 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	Duplicate Bridge/Pinochle	MP2
4:00	Bereavement Group	LO
	(3rd Thurs)	
<b>4:00</b>	<b>Reflexology</b>	<b>CNR</b>
5:00	Chess Club	AR/LO
<b>5-7</b>	<b>Ballroom Dancing</b>	<b>MP2</b>

## Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Body in Motion	MP2
8:30	Volleyball	FFY
10:00	Line Dancing	MP2
1:00	Mahjong	AR
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 <b>BOLD</b> have registration fee.	
\$ indicates drop-in fee available.	

## ACTIVITY HIGHLIGHTS

- March 1**  
Birthday Party, 1:00pm **FREE!**
- March 2**  
Welcome Breakfast, 9:30am
- NEW** **March 7**  
**Dr. Cynthia Green, 1:00pm** **FREE!**
- March 12**  
Movie, 2:00 & 4:30pm **FREE!**
- March 15**  
Bunny Set, 2:00pm  
Bereavement, 4:00pm
- March 21**  
World Day for Inner Peace, 5:30pm **FREE!**
- March 22**  
MRC Connect, 10:00am  
Game Night, 4:00pm  
Family Support and Hope Group, 5:30pm
- NEW** **March 23**  
Hobo Program, 11:30am **FREE!**
- March 26**  
Movie, 2:00 & 4:30pm **FREE!**
- April 4**  
Travel Show, 10:30am **FREE!**
- April 4**  
Volunteer Fair, 8:00am
- April 5**  
AARP, Noon  
Birthday Party, 1:00pm
- April 6**  
Welcome Breakfast, 9:30am **FREE!**
- April 9**  
Movie, 2:00 & 4:30pm **FREE!**
- April 11**  
Lunch and Laughter, Noon
- NEW** **April 12**  
Letting Go, 10:00am
- April 13**  
Skin Cancer Screening, 1:00pm **FREE!**
- April 19**  
Bereavement Group, 4:00pm
- April 19**  
Tri-State Art Class, 2:00pm
- April 23**  
Movie, 2:00 & 4:30pm **FREE!**
- April 26**  
Volunteer Luncheon, Noon **FREE!**
- April 27**  
Afternoon for Arts, 2pm

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

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





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Columbus, In 47201

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