




**CASINO ROYALE NIGHT**  
**AT MILL RACE CENTER**

**THEMED APPAREL OPTIONAL BUT ENCOURAGED**

**DOORS OPEN @ 6 PM**  
**MILL RACE CENTER • 900 LINDSEY ST.**  
**EVENT STARTS AT 7:00 PM**

CASINO TABLES ARE FOR ENTERTAINMENT PURPOSES ONLY AND ARE FREE AND OPEN TO THE PUBLIC!

**CASH BAR • HORS D'OEUVRES**  
**THIS IS A 21 & OVER EVENT**

**TICKETS**  
**\$50 PER PERSON**

TICKETS: [WWW.EVENTBRITE.COM](http://WWW.EVENTBRITE.COM) OR CALL 812.376.9241

**APRIL 18TH**

**TITLE SPONSORS**  
**HORIZON BANK** **ENKEI**



## Total Brain Health 1.0

**Monday & Wednesday; May 4-June 10**

**Time: 9:30-10:45am**

**Class Fee: \$20; Max: 20**

Come join us as we "get smart" about brain health! Developed by the leading brain fitness experts at Total Brain Health, the TBH BRAIN HEALTH 1.0 course teaches the many proven ways we can keep our thinking sharp, lower our dementia risk, and promote better cognitive vitality. You will:

- Discover the cutting-edge science behind how our lifestyle may be the best way we can sharper thinking and reducing our risk for memory loss.
- Train with hands-on workouts that give you the chance to try the many ways we can promote our cognitive health -- right in the classroom.

## Travel Show

**Wednesday, April 15**

**1:30-3:00pm**

Featuring Hawaii, Alaska's Northern Lights and Magical Christmas Markets for 2021. Join us for a presentation by Collette World Travel right after Lunch & Laughter. Edie Smith will be revealing our Christmas Trip for 2020! Door Prizes, Discounts and Fun! Please RSVP at the business office.



**Volunteer Appreciation Luncheon**  
See page 16

# From Your Executive Director

**2019 was a very interesting year at Mill Race Center, for a variety of reasons.** One that stands out is the number of nonagenarian members that we now have at MRC. (A nonagenarian is a person who is 90 to 99 years old. I had to look it up.) We have seen this number increase over the last few years, and at the end of 2019 the official count was 191 members who are 90 and over. That is roughly 10% of our total membership. Keep in mind that these are not people who are mailing in a membership form from a retirement community in Arizona. They are active, vital, and engaged participants, leaders, and volunteers. You will find them leading classes, working at the front desk, delivering Meals on Wheels, traveling with Edie, singing in the Lasting Impressions, attending Great Decisions, working in the woodshop or working out in the Columbus Regional Health fitness center. They are painters, dancers, crafters, and makers of Pal Dolls. This is a good indicator of the success of our mission, and a larger trend in our society. Not only are people living longer, but they are living *well* longer. The key to Aging Well is to not only add years to your life, but to maintain one's health in a way that allows one to be active over the entire life span. If you aspire to join the ranks of the nonagenarians, you will be happy to know that it isn't all about genetics, diet, or exercise. Those things are all important, but the single most important factor in longevity is socialization. Studies have demonstrated that a person needs to be around other people to be healthy. So even if you are decades away from your 90's, you can still lay the foundation now for being able to be one of the active nonagenarians here at Mill Race Center.



## Dan Mustard

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

Go online at [millracecenter.org](http://millracecenter.org),

or

Text "millracecenter" To 77977.

or

Drop off a check or cash to the office.



**\$10 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 \$80 a year.

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



## Mill Race Center Staff

**812-376-9241**

**Dan Mustard, Executive Director**

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

**Debbie Bray, Administrative Assistant, x 222**

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

**Charlie Harsh, Facilities Assistant, x 216**

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

**Roberta Isaacson, Membership, x 204**

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

**Jan Meadows, Ambassador Coordinator**

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

**Karen Phelps, Receptionist, x 218**

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

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

**Jane Smith, Program Assistant**

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

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

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

**Courtney Watkins, Aging Well Coordinator, x 210**



**Now booking for 2020 & 2021**  
**Weddings • Reunions • Corporate Events**  
**MillRaceEvents.com**  
**(812)302-3838**

Wedding photography courtesy of jackiesantanaphotography.com





## Providing much more than a meal!

**Nutritious Meal** - Nutrition is necessary for health, functionality and the ability to remain independent.

**Friendly Visit** - For many seniors, the trusted Meals on Wheels volunteer, or staff member who shows up every day with a hot meal and a warm smile is the only person they see or speak with all day.

**Safety Check** - The safety check that accompanies each meal delivery ensures that, in the case of an emergency or problem, medics will be called and families will be notified.

**Call Mill Race Center to register  
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) by Wednesday

## Wheel Chair Medical Transportation

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

## Happy Helping Hands

**Thursday mornings each week  
9:00-11:00am (Arts Room)**

### Sewers Needed!!

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: Marjorie Betz. **Special Thanks to Treat**

**Sponsor Each Week: Willow Crossing/Columbus Transitional Care**



## Golden K Kiwanis

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

**Visitors are always welcome!**

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

President: Larry Lewis 812-528-1656



## Need A Gift Idea?

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

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

## 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 in business office for yarn.



## VOLUNTEERS WANTED

### NEWSLETTER ASSISTANTS

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



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

### MEALS-ON-WHEELS Volunteer Drivers

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

### BINGO CALLERS NEEDED

Tuesday from 1 to 3 pm Volunteer once a month, or once every so often. Call Dexter for more information at 812-376-9241.

### 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 Courtney at MRC



### Volunteers Needed

Various volunteer opportunities are available at Camp Atterbury. Call 317-991-1073 or visit [www.volunteers.uso.org](http://www.volunteers.uso.org)

### Your Help Needed!

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



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



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

**Welcome!** **MRC Welcome Breakfast**  
**Friday, March 6; 9:30am**  
**Friday, April 3; 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.

**Sponsored by:**  
**Willow Crossing/Columbus Transitional Care**

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



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

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

## MILL RACE CENTER ON THE GO



Join *MRC on the Go* at All Saints Community and Fairington Apartments! Mill Race Center will be hosting a variety of classes that are available to all Mill Race Center members and the residents of each complex. Come and have fun with us as we socialize and complete the free projects listed below.

### All Saints Community @ 2:30 pm

- March 24— Armchair Travel
- April 21 — Succulent Plant Pot

### Fairington Apartments @ 1:00pm in Building 2301 & 2:30pm in Building 2401

- March 12 — Armchair Travel Italy
- April 9 — Colorful Wall Canvas

### Villas Apartments @ 2pm

- March 25— Seasonal Door Hangers
- April 29 — Succulent Plant Pot

Sign up at the MRC Business Office at 812-376-9241.



**Grandbuddies** is an 8 week intergenerational program that runs every Thursday through June and July, bringing MRC members together with children from the FFY ages 8-12 for fun activities promoting a healthy lifestyle! If interested, leave your name and number at the business office and keep an eye out for an orientation date in the May newsletter!

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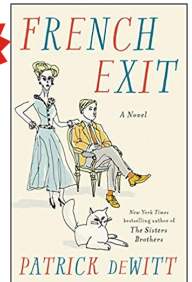


### French Exit

Tuesdays, March 24th & 31st  
11 am Lounge

Cost: \$12 (covers cost of book)

A brilliant and darkly comic novel about a wealthy widow and her adult son who flee New York for Paris in the wake of scandal and financial disintegration.



### Elderhood

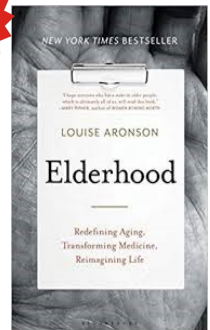
Tuesdays starting April 28th  
11am Lounge

Cost: \$18 (covers cost of book)

*New York Times Bestseller*

As revelatory as Atul

Gawande's *Being Mortal*, physician and award-winning author Louise Aronson's *Elderhood* is an essential, empathetic look at a vital but often disparaged stage of life.



*\*Snacks and coffee provided for both book clubs.*



### Garden Club



We need your help with the garden!

Whether you have a green thumb or not, volunteer to cultivate the Mill Race Center garden this summer! Supplies will be provided. Info session March 20th @ 10am in the lounge. Call Courtney for more info: 812-376-9241 ext 210

DO YOU HAVE **concerns**  
**about falling?**



Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

### Matter of Balance Class

Tuesdays & Thursdays

April 2-28

1:00-3:00pm

Cost: \$10

An award-winning evidence based program designed to manage falls and increase activity. Join us to improve your strength and balance and review your fall risk at home. A guided course with discussion and exercises. Max: 15



*Evidence Based  
Program!*



## Evening Star Quilt Guild

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

The Guild is open to anyone interested in quilts and the art of quilting. The meetings offer information and instruction in quilting and quilting techniques given by Guild members and guest presenters. Dues are \$15 a year. Part of the dues money is given to support Mill Race Center. More information: Judy Kiesow at 812-374-6135, or [Judyk2310@gmail.com](mailto:Judyk2310@gmail.com).



## Lazy Daisy Embroidery Guild

**Fourth Thursday of each month,  
2-4pm in the Art Room**

Open to anyone interested in embroidery. More information: Carol Walp at 812-343-8863.



## 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





## 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.

**FREE!**



## Crafty Fingers

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

**FREE!**

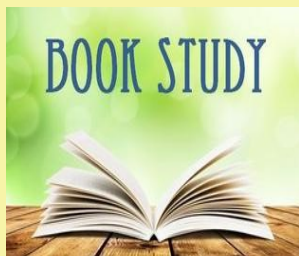


If you knit, crochet, needlepoint, cross stitch, sew or enjoy another craft project, bring whatever you are working on and work on it in the company of other

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

## Lyster Book Study Beginning in April

Classes held at MRC  
Mondays from 1:00-3:00pm  
Book to be announced



Join Shirley Lyster on a reading and learning adventure. Sign up for some fun and collegiality. (a big word for more fun and friendship!!)  
Sign up in the Business office.

*create*

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

## Seasonal Magnet Class

**March 18 at 2:00 pm**

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

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

Max: 20 **Grandchildren welcome to attend.**



**NEW**

## Spring Chicks

**March 30 at 2:00pm**

**Cost: \$5 (2 pavers)**

This cute spring chick will make a wonderful Easter decoration or a special gift. All supplies included for 2 chicks. Max: 15



## Lavender Canvas

**April 8 at 2:00pm**

**Cost: \$5**

Practice your painting skills with this easy canvas class. All supplies included. Max: 15



**NEW**

**NEW**



## Scrap Paper Birthday Cards

**April 22 at 2:00pm**

**Cost: \$5**

Make 6 unique and easy birthday cards and envelopes with beautiful paper and stamps. All supplies included. Max: 15



## 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.

## 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



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>Couples Dance Club</b> 5:30-7:00pm (MP1) 1st & 3rd Wednesday		

## Drumming Circle Practice

**Mondays 1:00-2:00pm**

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



## High School Senior Project



## GLAZING Class and Demo

**March 19, 20, & 23**

*DON'T MISS OUT!*

See business office for details, times, and to register. See demo on how to make a pot on the potters wheel and glaze your own project. Free class. Presenter: Jose Medina. Max: 15





## Bodies in Motion

*DON'T MISS OUT!*

Class meets:

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

**FREE** to MRC members



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

## TOPS Club

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

Take Off Pounds Sensibly

For more information please contact Peggy Davidson at 812-530-9552 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 per visit or they have special package pricing. Call FFY at: 812-348-4558 for discounted pricing.



## Senior Volleyball

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

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



## Senior Bowling

**Tuesdays at 1:00pm**

**Columbus Bowling Center**

Information: Joan Winkle, 812-350-9452

Glenna Phelps, 812-390-9234



## Chair Massage at MRC

**Wednesdays, 9-11am**

**March: 4 & 18**

**April: 1 & 15**

Emily Patrick, CMT is a Certified Massage Therapist is still taking appointments for Saturdays at Balance Massage Studio.

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



## 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: \$30 members/ \$45 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 one class free** to see if you like what millions of people have practiced for health and well being.

## Spiritual

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





# Pickleball



Pickleball net is available for outdoor use on the patio. Free for members.



**Wednesday Evenings - 5:30-8:00pm**

**March 4**



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

**April 10 & 24**

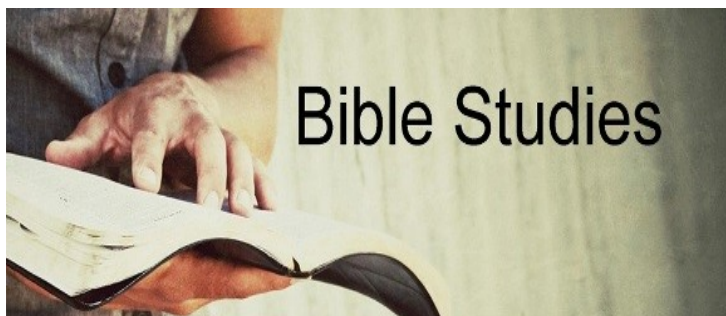


**Saturday Mornings - 8:30-11:30am**

**March 28, and April 11, & 18**

## Physical

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



## Morning Bible Study

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

In the Classroom; **Free**

Information: Virginia Houser, 812-579-5132

**March: Bert Simmerman, Counselor**

**April: Ed Boston, Radio Minister**

## Evening Bible Study

**Wednesdays: New Time: 5:00-7:00 p.m.**

Sign up in the business office or call Jan Meadows for information: 812-374-4404



## Tuesday Tea

**March 10th**

**April 14th**

Meeting the second Tuesday each month in the Lounge at 3:00pm. **FREE**



Enjoy some delicious tea and fellowship with other members in the lounge once a month. Tea cups and coffee mugs provided or bring your favorite tea cup and share it's story with the group.

## SAGE Table

**May 8th**

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

An opportunity for LGBTQ and allied people to come together and share a free meal and conversation. SAGE Table is an event held throughout the country to promote a more age-friendly community, and to discuss ways we can strengthen it. Must register in the MRC business office by Tuesday before the Sage Table date for meal preparation purposes.



## TED Talks

**2nd Tuesday of each month**

**Meeting at 1:30pm in Classroom**

Facilitators: Ed & Terri DeVoe

**March 10th**

**Why We Should Embrace Aging as an Adventure.**

**By: Carl Honoré**

We need to feel better about aging in order to age better, says writer and activist Carl Honoré. How? In this spirited talk, Honoré offers a set of simple solutions to combat ageism -- as well as a host of trailblazers and change makers who came into their own later in life, from artists and musicians to physicists and business leaders.

**April 14th**

**The Human Skills We Need in an Unpredictable World.**

**By: Margaret Heffernan**

The more we rely on technology to make us efficient, the fewer skills we have to confront the unexpected, says writer and entrepreneur Margaret Heffernan. She shares why we need less tech and more messy human skills -- imagination, humility, bravery -- to solve problems in business, government and life in an unpredictable age. "We are brave enough to invent things we've never seen before," she says. "We can make any future we choose."

**Join us for Tea in the Lounge after Ted Talks.**

## SCS Investment Club



**Monthly, 2nd Friday**

**Meeting April 17 due to Good 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 Norm Blizard, 812-812-603-8854, nblizard@comcast.net or Jeff Rauch 812-342-0198



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

## Vocational

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

### In The Woodshop Drop-In Woodcarving Class 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 3:00-5:00pm (CL)

New participants welcome to attend.

For information contact Larry Carter 812-372-1956.



**Tech Help with Best Buy**  
**Thursday, March 12**  
**Thursday, April 9**  
**11:00am-Noon; classroom**  
 A free once a month class to assist you with your technology. A great class to help you ask your questions and build confidence. Limited seating so register at the business office at MRC.



## Walk in the Mall

**Stay Healthy, Get Active, and Start Walking!**  
**Through the month of March**

Members can meet every Monday at the Fair Oaks Mall to walk together. Meeting by the benches in front of the Harlequin Theatre at 10am every Monday. Staff will attend when schedules allow.

## The Lasting Impressions



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

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

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

**FREE!**

## Walk in the Park Begins in April

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

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

**Let's get moving together!**

**Class will be held on Mondays,**  
**May 4-June 8 from 2:30-3:30pm.**

## BEGINNER UKULELE CLASS

**INSTRUCTOR DAN MUSTARD**

LEARN ALL THE BASICS ABOUT THE UKULELE IN THIS 6 WEEK CLASS. COMING IN MAY.

**\$60**  
**CLASS & KIT**

Kit includes Ukulele, case, toner, and picks. Register in the business office. \$20 if already have Ukulele. Max: 10

## AARP Driver Safety Class

**Thursday, April 23rd 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.**

**AARP**

**Driver Safety**



## Widows Support Group

**Fourth Tuesday of each Month at 10:00am**

The group will offer entertainment, educational talks or activities. Group may meet off site from time to time. Call MRC (812)376-9241.



## Widowers Support Group

**Second Friday of each Month at 4:00pm**

This group will offer an opportunity to make new friendships with others who are also widowers. Leader: John Brooks. Questions call (812)376-9241.

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

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

**Free popcorn - Sponsored by Griswold Home Care**



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



**March 9**  
**Harriet**

**PG**  
**13**



**March 23**  
**A Beautiful Day in the  
Neighborhood**

**PG**



**April 13**  
**Knives Out**

**PG**  
**13**



**April 27**  
**Little Women**

**PG**



## LUNCH & LAUGHTER READERS THEATER



**April 15th at Noon**

**Lunch: \$5 members**

**\$10 non-members**

Make reservations at the MRC business office.

Doors open at 11:45am

*sponsored by:*



## Volunteers Needed



### Easter Egg Stuffing

**Tuesday, April 7 at 1:00pm**

**Art Room at Mill Race Center**

The Easter Bunny has to stuff 6,000 Easter Eggs with candy for the Community

Easter Egg Hunt at Donner Park. All the eggs and candy will be provided. A great way to volunteer for your **Vocational Wellness!**

# MRC CON Nect

*DON'T MISS OUT!*



**Thursday, April 23 at 11:00am**

### SPEAKER SERIES

**Lori Roberts**

will be portraying  
**"Anna Jackson"**

Lori Roberts is an educator, historian, author, and presenter for historical events and workshops. She has taught for twenty-seven years. Currently, Lori teaches United States History at the Middle School level. She presents the persona of Mrs. General Thomas "Stonewall" Jackson ( Mary Anna Morrison Jackson).



**Sponsored by:**

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

### Take Your Best Shot! Photo Contest



MRC members show off your talents with your camera or phone camera and enter this new contest. Five categories for entry: travel, recreation, wildlife, sports, and nature/landscapes. More information coming in the June/July newsletter.



### Mill Race Center Volunteer Luncheon

**Thursday, April 30th at Noon in MP1 & 2**

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. MRC volunteers **must RSVP** to the business office by Monday, April 27th.



*Thank  
You!*





## Afternoon for Arts Colin Matthews

*Friday, April 24 at 2:00pm*

Colin is a violinist who plays music not commonly performed on the violin, realizing there was a need no one in his musical world seemed to be addressing....that the violin is the closest instrument to the human voice and does a splendid job of emulating it. This is his forte. He does Elvis to Ella Fitzgerald. Temptations to Michael Jackson.....He leaves Bach and Mozart to his compatriots! People singing along with him is his favorite thing to see at his performances. He plays an acoustic/electric violin.

**\$5 for members/\$10 for non-members  
Includes delicious homemade dessert.**



See page 26 to learn all about the  
Eight Dimensions of Wellness.



## SAHAJA MEDITATION



**Beginning February 5, 2020  
Guided meditation for beginners!**

**Meeting at Mill Race Center every  
Wednesday at 6:00pm**

**FREE** classes that are open to the  
community.

Questions Contact:  
[Columbusmeditation@gmail.com](mailto:Columbusmeditation@gmail.com)



**March 26 & April 16  
11:00am; classroom  
FREE**

We will be using the Total Brain Health Toolbox365 for these monthly workouts. Science shows that building better well-being is perhaps the best ways we can keep our minds strong. The TBHToolbox365 trains in four ways: Body, Mind, Spirit and Social. The TBH Toolbox365 activates neuroplasticity to grow and change our brains. Workout with us each month. Max: 20 **Call to register for this free program.**





## 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 5th at 1:00pm**

**April Birthdays: April 2nd at 1:00pm**

**May Birthdays: May 7th 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.



The BCPL bookmobile will be at Mill Race Center from 9:30-10:30am on the dates specified below. Mark your calendar and visit the bookmobile!

**March 4th & 18th**

**April 1st & 15th**

## Environmental

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

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



Built & Donated  
By: Ed Niespodziani



## Senior Scribes

Through poetry, fiction and memoirs, we are the story tellers. Come join Senior Scribes to tell your stories. We meet the 3rd Friday of every month at

1:00pm. For information contact

Karen Lowe at 812-343-5095 or

Janice Waltermire at 812-372-1707.



Join Kelly & Shannon on a program trip to the Historic Artcraft Theatre in Franklin, IN for a Free Senior Movie. The preshow begins at 1:30 with a chance to win some great door prizes and movie begins at 2pm. Van leaves at 12:45pm. Fee: \$5 for trip.

**Thursday,  
March 19**

**Mr. Smith Goes  
To Washington**



## Financial

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

*High School Senior Project*

**The Queer Games**

**March 25, 2020**

**3:30-5:00pm in the Art Room**

**Presenter: Kip Stevens**

This will be an opportunity to learn some simple vocabulary terms that describe and differentiate gender identities, sexualities, and romantic inclinations. This will be done via an educational presentation that will teach you vocabulary and fun facts. Afterwards there will be games to play with a fun educational twist.



## All Who Wander Hiking Group

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

Contact Ed Niespodziani at  
[kn4073@comcast.net](mailto:kn4073@comcast.net)





## TRAVEL WITH MILL RACE CENTER

### 2020 MRC Travel and Tours

\*All prices based on double occupancy, add \$100 for non-members. Single, triple and quad rates are also available for most trips. Small deposit holds your spot 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.



### **MYSTERY TRIP!! April 29-May 4 SOLD OUT!!!**



#### **San Antonio, the Alamo and Magnolia Market in Waco! May 16-24**

Can we do it all in one trip! Yes! From the Alamo- to the Magnolia Markets to 3 Presidential Historical Sites! This trip covers Texas in an unforgettable way. **\$929 double member**, add \$100 for non members. Includes 8 nights hotel, motor coach transportation, 8 breakfasts and 6 dinners, riverboat cruise of San Antonio and much, much more! Pricing available for single and triple rooms.

### **SAVANNAH, JEKYLL ISLAND, BEAUFORT AND MORE! June 15-20 SOLD OUT!!!**

#### **Nova Scotia, Prince Edward Island and Brunswick! July 15-27, 2020.**

Make this the year you see the East Coast! We will travel through Maine to Halifax and explore the beautiful vistas of Peggy's Cove, Hopewell Rocks, the Bay of Fundy and so much more. You must have a passport for this trip! **\$1665 double occupancy member price, \$2389 single.**



#### **Branson and the Ozarks! August 17-21**

Join us on this fun show trip and exploration of the Ozark Mountains. We will see 6 shows including a Showboat dinner cruise, Tour the College of the Ozarks, take a tram ride through a nature park, visit a craft village, have free time at Branson Landing and see the world's largest toy museum! This trip includes lodging, motor coach transportation, all show tickets, 4 dinners & 4 breakfasts. **\$799 double member pricing.** Add \$100 for nonmembers. Single & triple rates available.



#### **A Tale of Two Cities, Pittsburgh and Cleveland! September 14-18**

Explore the Origins of the Ohio River at the historic Fort in Downtown Pittsburgh, See Frank Lloyd Wright's Falling Water, Ride the Duquesne Incline for spectacular views! In Cleveland we will have time at the Rock and Roll Hall of Fame and visit Historic Downtown plus much, much more! **\$849d/\$1049s.**



**Pardon me Boys, is that the Chattanooga Choo Choo we are going on in October? Yes! Yes!** Three exciting train rides are included in this adventurous trip to Tennessee. We will also be going to Famous Ruby Falls, Rock City and taking a Southern Belle dinner cruise! Includes bus transportation, all rides and accommodations plus most meals! **October 12-15, \$759d/\$958s.**

## International Travel with Mill Race Center

1<sup>st</sup> Travel to Rome, Florence and Venice. The romantic Italy with art, architecture and history. Enjoy delightful food, wines and vistas as you tour the Coliseum, see Michelangelo's David and the leaning Tower of Pisa. Explore the Vatican on an optional side trip or spend time in the catacombs of Rome. **October 22-29, 2020. \$4049 double/\$4849 single by April 23.**



2<sup>nd</sup> Discover Southern Italy and Sicily featuring the Amalfi Coast. Magnificent Vesuvius and Pompeii await as you explore the hidden treasures of Palermo, Sorrento and the southern half of this fabulous country. Set out for one of the worlds most important archaeological sites in the stunning Valley of the Temples, a UNESCO world heritage site. History, natural beauty and unspoiled vistas await you on this unforgettable journey. **October 31-November 11, 2020. \$3949double/\$\$4449 single**

**Combine these two trips for the Italian trip of your dreams!  
You will save \$\$\$ on airfare and more with a combo. Call Edie to see the savings.**



## Day Trips

**Let's go back to 1954!**

**Milan, Indiana  
Friday, March 20**

**\$30 members**

**\$40 non-members**

**10am-4:30pm**

The site of the famous basketball game featured in the movie Hoosiers. Museum admission and transportation included. Lunch at Reservation Restaurant on your own.



**Historic Corydon**

**Tuesday, April 14**

**\$36 members/**

**\$46 non-members**

**8am -5pm.**

We will enjoy a guided walking tour of historic buildings including Governor Hendricks' house, the State Capitol building that served from 1816-1825 and several other notable properties from Indiana's first State Capitol! Includes transportation and tours. Lunch at the Beaver Street Tap Room not included. This trip includes a lot of walking sometimes on uneven or non-paved areas. Wear comfortable shoes and wear layers as the weather may be variable.



**Derby Dinner Theater  
presents Anything Goes!**

**Thursday, May 7<sup>th</sup>**

**\$65 per member,**

**\$75 nonmember**

**4:30pm-11pm approx.**

Anything Goes is a 1934 musical with music and lyrics by Cole Porter. The story concerns madcap antics aboard an ocean liner bound from New York to London. includes transportation, show and dinner. Only 20 seats available so reserve yours today!



**St. Margaret's  
Guild Show Home  
Wednesday, May 6**

**\$40 member**

**\$45 nonmember.**

**10am-3pm. Tour the**

2020 St. Margaret's Guild Show Home, Fox Hill. Built in 1929 this 10,000 sq ft home is full of surprises and decorating delights. Lunch available on site.. Transportation and admission included.



## More Day Trips



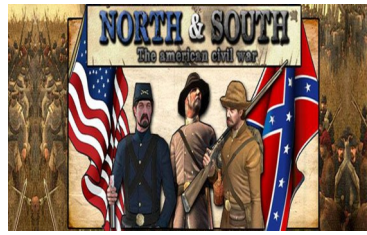
**Indy Art Museum**  
**Tuesday, May 12**  
 \$38 members  
 \$48 nonmembers  
 10am -4pm.

Enjoy the flowers and art displays at the Indianapolis Art Museum! Welcome Springtime with stunning blooming arrays and explore the museum. Admission and Transportation included. Lunch on your own.



**Derby Dinner Theater**  
**Proudly presents The Glenn Miller Orchestra!**  
**Monday, June 8th**  
 \$68 members  
 \$78 nonmembers

If you missed this last year you will want to reserve your seat for this toe tapping, patriotic and outstanding musical journey to the 1940's! You will know every song and marvel at the talent keeping Glenn Millers memory and achievements alive today. Learn his fascinating story as the band entertains and you enjoy a delicious dinner. Do Not Miss This One! 4:30pm-11pm. approx.



**Bardstown Civil War Museum**  
**Wednesday, May 13**  
 \$42 members  
 \$50 nonmembers  
 Includes free time in

Bardstown, KY. Enjoy admission to the 4<sup>th</sup> largest complex of Civil War Museums in the nation. Explore the Women's Civil War, General Moore and Civil War buildings in this fascinating display of memorabilia and history. Lunch on your own in Bardstown. Admission to the museum and transportation included.



**Indianapolis Indians Day Game!**  
**Wednesday June 10**  
 \$35 member  
 \$40 nonmember

12pm-5pm. Come enjoy a relaxing day at Victory Field! Admission with shady box seats and transportation included.

## Casino Daytrips!

All casino trips leave MRC at 9am and return by 5pm. \$20 members, \$25 nonmembers transportation only. Dates are based on best value for Seniors but no guarantee of specials or free play are implied by MRC or it's employees. Please play responsibly. Horseshoe Casino, Southern Indiana.

**Wednesday, April 8**

## Lunch & More

**Transportation only**  
**\$10members, \$12 non members**

**Tuesday, March 17:**

**ST PATRICKS DAY in INDY!**

Join Edie for the Parade and lunch at Nine Irish Brothers after. Leave MRC at 9:30 return at 3. Bring lawn chair and blanket as March is notoriously chilly!



**Monday, April 6<sup>th</sup>**

**Stories, Greensburg and The Last Supper Museum**

Leave MRC 10:30 and return at 3:30



INDIANAPOLIS SYMPHONY ORCHESTRA

Indianapolis Symphony Coffee Pops Series transportation. Once again we will be offering transportation to the Friday morning series for season ticket holders. \$20 per trip transportation only. Leave from Mill Race Center at 9:15am return approx. 1:30pm. Call Edie if you wish to purchase tickets to individual shows

**Next Dates:**

**April 3rd , 24th and June 12th**



# Six Dimensions of Wellness

## Come Eat Together

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



**Tuesday, March 17**  
Meet there at 11:00am  
*Arni's*

**Monday, April 27**  
Meet there at 11:00am  
*Ruby Tuesdays*

## Social

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

## The Better Breathers Club / Chronic Lung Disease Support Group

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

Do you have lung disease, or know someone who does? If so, you are welcomed to attend the Better Breathers Club meetings, beginning again in March. The BBC is sponsored by the American Lung Association, and is supported locally by Columbus Regional Health. We offer presentations on informative topics, and include time for questions and discussion. We also offer friendly support to anyone with lung problems. Meetings are free, no registration is required and friends and family are encouraged to attend.



**Our first two meetings will be on:**  
**Wednesday, March 18<sup>th</sup> at 3:00pm**  
**Wednesday, April 29<sup>th</sup> at 3:00pm**

The Better Breathers Club has been meeting at Mill Race Center classroom since 2012. Flyers about the upcoming season will be mailed soon. If you would like to be added to our mailing list, or would like more information, please call Jennifer at 812-376-5793.



Now booking for 2020 & 2021  
Weddings • Reunions • Corporate Events  
MillRaceEvents.com  
(812)302-3838

Wedding photography courtesy of Angela Jackson Photography.



## 10 WARNING SIGNS OF ALZHEIMER'S

An education program presented by the Alzheimer's Association®



### WHAT TO WATCH FOR IN YOURSELF AND OTHERS.

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging.

Join us to learn about:

- » The difference between normal aging and Alzheimer's.
- » Common warning signs.
- » The importance of early detection and benefits of diagnosis.
- » Next steps and expectations for the diagnostic process.
- » Alzheimer's Association resources.

Tuesday, March 24  
1 - 2 p.m.

Mill Race Center  
900 Lindsey Street  
Columbus, IN 47201

Registration is encouraged.  
Call 800.272.3900.

Visit [alz.org/crf](http://alz.org/crf) to explore additional education programs in your area.

alzheimer's  association®  
Greater Indiana Chapter

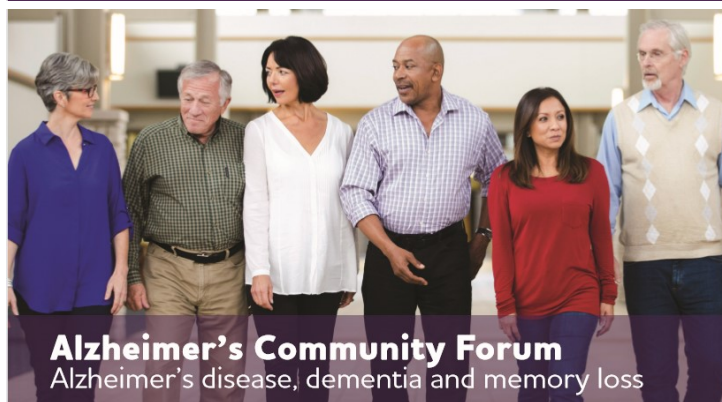
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## Powerful Tools FOR Caregivers

### POWERFUL TOOLS FOR CAREGIVERS TRAINING

MARCH 3<sup>RD</sup>-APRIL 7<sup>TH</sup>  
DINNER 5:00PM | CLASS 5:30PM-7:00PM  
PARKVIEW CHURCH OF NAZARENE  
1750 STATE ROAD 46 NASHVILLE, IN 47448

Trainers: Leah Boas, Shelby Eggers, and Christina Rajanayakam  
Help At Home, LLC will provide care for loved ones during the six-week program.  
Registration is required. Call (812) 372-6918  
Deadline to register: Monday, March 2, 2020



## Alzheimer's Community Forum

Alzheimer's disease, dementia and memory loss

Thursday, April 2 | 5 p.m. - 6:30 p.m.

Mill Race Center - Art Room  
900 Lindsey Street | Columbus, IN 47201

Hear a brief overview on Alzheimer's, dementia and memory loss. Bring a friend who has been affected by the disease. Share your thoughts about how we can help people in your community.

Light refreshments and snacks will be provided. Please bring registration confirmation to event.

Space is limited! Register today to secure your spot.  
Call 800.272.3900 or visit [bit.ly/39leEKi](http://bit.ly/39leEKi) or [alz.org/crf](http://alz.org/crf).

alzheimer's  association®

## Pickleball



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  
12:30-3:00pm



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

## OPEN Billiards



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



## Puzzle Table



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

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



## Cribbage

Every Tuesday at 12:00pm  
Will teach you how to play.  
Classroom



*MRC members may play for free non-members need to purchase a day pass.*



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



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



**Current classes that I want to try/attend:**

**Physical Wellness:**

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**Spiritual Wellness:**

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**Environmental Wellness:**

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**Social Wellness:**

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**Financial Wellness:**

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**Intellectual Wellness:**

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**Emotional Wellness:**

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**Vocational Wellness:**

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### Physical

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

### Spiritual

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

### Environmental

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

### Social

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

### Financial

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

### Intellectual

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

### Emotional

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

### Vocational

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

# ✿ Refrigerator Reminder - MRC Daily Activities ✿

## Monday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8:30	Body Motion	MP2
8:00	Quilters	AR
10:00	Golden K	MP2
12:30	Mahjong	AR
1:00	Drum Practice	CR
12:00	Hand & Foot	MP2
1:00	Friendship Bridge	MP2
12:30	Lasting Impressions	MP1
5-7	Ballroom Dancing	MP2

## Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
10:00	Tai Chi (\$)	MP1
	Widows Support Grp (4th Fri)	AR
10:30	Bible Study	CR
12:00	Cribbage	CR
1:00	Woodshop	WS
1:00	Bingo (\$)	MP2
3:00	Tuesday Tea (3rd Tues)	LO
5:00	Euchre	AR
5-7	Ballroom Dancing	MP2

## Wednesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8-Noon	Chair Massage (\$)	LOB
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
6:00	Couples Dance (1st & 3rd Wed)	MP1
6:00	Meditation	AR
5:00	Bible Study	CR
5:30-8	Pickleball	MP2

## Thursday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8:30	Happy Helping Hands	AR
9:00	Shopping	See Pg. 4
10:00	Tai Chi (\$)	MP1
10:00	Ladies Coffee (3rd Thurs)	LO
11:00	Brain Health Workout (3rd Thurs)	CR
1:00	Duplicate Bridge/Pinochle	MP2
1:00	Woodshop	WS
5-7	Ballroom Dancing	MP2

## Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Body in Motion	MP2
10:00	Line Dancing	MP2
	Quilling Club (3rd Fri)	AR
12:30	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 (3rd Fri)	AR
4:00	Widowers Support Grp (2nd Fri)	AR

## Saturday

8:30-11:30	Pickleball	MP2
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AR	Art Room
CNR	Conference Room
CR	Classroom
FC	Fitness Center
LO	Lounge
LOB	Lobby
MP1	Multipurpose Room One
MP2	Multipurpose Room Two
MP3	Multipurpose Room Three
MR	Meeting Room
SP	Senior Products
WS	Woodshop
FFY	Foundation For Youth


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

## ACTIVITY HIGHLIGHTS


 **March 4**  
Night Owl Country Band, 6pm

**March 5**  
Birthday Party, 1pm 

**March 6**  
Welcome Breakfast, 9:30am 


**March 9**  
Movie, 2:00 & 4:30pm 

**March 10 & April 14**  
TED Talks, 1:30pm   
Tuesday Tea, 3:00pm

**March 12**  
Best Buy Tech Help, 11:00am 


**March 17**  
Meet & Eat, 11:00am

**March 19**  
Artcraft Theatre, 12:45pm


**March 23**  
Movie, 2:00 & 4:30pm 


**March 26 & April 16**  
Total Brain Health Workouts, 11:00am


**April 2—28**  
Matter of Balance, 1:00pm 


**April 2**  
Birthday party, 1:00pm 

**April 3**  
Welcome breakfast, 9:30am 

**April 9**  
Best Buy Tech Help, 11:00am 


**April 13**  
Movie, 2:00 & 4:30pm 

**April 14**  
Ted Talk, 1:30pm   
Tuesday Tea, 3:00pm

**April 15**  
Lunch & Laughter, 12:00pm   
Travel Show, 1:30pm

 **April 18**  
CASINO ROYALE NIGHT, 6:00pm

**April 23**  
MRC Connect, 11:00am 

 **April 24**  
Afternoon for Arts, 2:00pm

**April 27**  
Meet & Eat, 11:00am  
Movie, 2:00 & 4:30pm

**April 30**  
Volunteer Luncheon, 12pm 

**Mill Race Center will be closed on Friday, April 10 for Good Friday.**

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

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



[www.millraceevents.com](http://www.millraceevents.com)



Mill Race Center  
900 Lindsey St.  
Columbus, In 47201

PRESORTED STANDARD  
U.S. POSTAGE PAID  
COLUMBUS, IN 47201  
PERMIT #59

CURRENT RESIDENT OR