



GREAT DECISIONS



PREPARE TO DISCUSS THE WORLD.

March 23 -May 11
6:30-8:00pm

Registration required with the MRC business office.

Partnered Program with IUPUC

Fee: \$35 members/\$45 non-members

TOPICS for 2023

Energy Geopolitics, War Crimes, China and the U.S., Economic Warfare, Politics in Latin America, Global Famine, Iran at a Crossroads, and Climate Migration



Great Decisions is America's largest discussion program on world affairs. Every participant will receive a Great Decisions Briefing Book and have short readings for each week. A speaker will address key points and have question and answer time.



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

Mill Race Center Program Hours: Monday-Thursday, 8 a.m.—7 p.m. and Friday 8 a.m.—5 p.m.

Business Office Hours: Monday-Friday 8:30 a.m. - 5:00 p.m.

Fitness Center Hours: Monday—Thursday, 6:30 a.m. to 7p.m., Friday 6:30 a.m. to 5 p.m. and Saturday 8 a.m. to Noon
CRH Fitness Center (812) 376-5808; CRH Fitness Center is a separate membership from MRC.



100 MILE CHALLENGE

The Fall/Winter Challenge ends March 31 and the winner will be announced April 1.

Winner will receive: a free MRC t-shirt, a free One Year Membership to MRC, and \$50 cash. Winner will be drawn on April 1.

SPRING/SUMMER Challenge

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

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

KEEP MOVING!

The Lasting Impressions



Check out the Spring show on page 17



From Your Executive Director

Many of us have deep connections to our houses. Hopefully our house became our home. For many of us, our house may be the place where we raised our children, had family gatherings, and entertained friends. Ideally, it is our safe place and our refuge. Many people purchased homes when they were younger and had full mobility. Transportation wasn't a consideration because we could drive to the places where we needed to go. We weren't concerned that bedrooms were on the second floor of a two-story house. We often had our washers and dryers located in an area that required carrying dirty laundry up and down steps. This was probably fine when we were younger and had good knees, hips, shoulders, and backs. As we age, we may find that some features of our homes that we once overlooked have now become barriers. Staircases could become insurmountable obstacles and hazards. Bathrooms might now pose a variety of risks for slips and falls. The flooring that we chose for appearance could now increase the chance of falling, or lead to more serious injury if we do fall. According to the CDC, one fourth of Americans over the age of 65 falls each year. Falls are the leading cause of fatal and non-fatal injuries to older adults.



The National Institute on Aging offers some great suggestions for making our homes safer:

- Ensure that you have good lighting in areas where you walk.
- Keep the areas where you walk in your home clutter-free. Don't leave papers, boxes, shoes, purses, or clothes on the floor.
- Install sturdy and secure handrails near steps.
- Make sure that any electrical cords are secured and out of walkways.
- Place nonskid mats, strips, or carpet on all surfaces that may get wet in your bathroom.
- Leave on a light in your bathroom or install a motion sensor light. A nightlight is another good option.
- Install grab bars near your toilet and in your tub.
- Don't use throw rugs, area rugs, and carpet runners!

Our overall fitness plays a huge role in our ability to age in place. Strength and flexibility are incredibly important, and we offer many activities here at Mill Race Center that can help you improve your physical wellness. Matter of Balance (another session is starting in March) is a perfect way to start. Bodies in Motion, Walk and Roll, and Zumba Gold are activities that will help you gain strength, fitness, and stamina. If your home is your castle, be a wellness warrior!

Dan Mustard
Executive Director

**Mill Race Center will be closed on
Friday, April 7 for Good Friday.**

Due to increased credit card fees we now have to charge a 3% customer service charge anytime you use a credit card for any payment. We are sorry for the inconvenience.

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

All programs and events listed in the newsletter are for **members only** unless it is stated otherwise. Call the Business Office at (812) 376-9241 or visit our website to become a Mill Race Center member. Membership is \$80 a year. We have a six month memberships, and offer a monthly payment option. A day pass is available for \$10 a day. *CRH Fitness Center membership is separate and purchased with Parks & Rec. Dept.*

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

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

Mill Race Center Staff

812-376-9241

Debbie Bray, Administrative Assistant, x 222

Linda Clark, Office Assistant, x202

Amanda Coleman, Travel, x215

Rebecca Cutsinger, Receptionist, x 218

Valerie Carmichael, Aging Well Coordinator, x210

Charlie Harsh, Facilities Assistant, x 216

Jeff Jones, Van Driver

Dan Mustard, Executive Director, x 211

Roy Pruett, Facilities Manager, x 225

Tamara Quitko, Accounting Clerk, x207

Shannon Truman, Operations & Programs Director, x 220

Jeff Voyles, Senior Products, x 228



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



Now booking for 2023

Weddings • Reunions • Corporate Events

MillRaceEvents.com

(812)302-3838

Wedding photography courtesy of jackiesantanaphotography.com





Providing much more than a meal!

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

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

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

Cost: \$6.30 for hot lunch
\$10.50 for Hot lunch and cold sack supper

**Call Mill Race Center to register
at (812) 376-9241.**

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



MEALS on WHEELS

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

Happy Helping Hands

Thursdays - 10:00-11:30am

Sewers Needed!!

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

Leader: Carmine Hudson



Golden K Kiwanis

Each Monday 10:00-11:00am

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

President: Craig Lowery, 812-603-4172

**Quarterly
Reading
Challenge**

**NEW Quarterly
Reading Challenge!**

See Page 17 for details!

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



Built & Donated
By: Ed Niespodziani



Wheel Chair Medical Transportation

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

Bartholomew County Assessor's Office Informational Meetings

**Tuesday, April 18 & May 16
1:00-3:00pm; FREE**

Visit with your Bartholomew County Assessor, Ginny Whipple, for this information season on property taxes and to get your questions answered. Register in office.



VOLUNTEERS WANTED

NEWSLETTER ASSISTANTS

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

VOLUNTEERS NEEDED

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.

MRC AMBASSADORS

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

Volunteer to Teach a Class

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

Want to Volunteer?



Interested in volunteering?

Become a Meals on Wheels driver, an Ambassador, teach a class and share your talents, help clean the MRC vans, or be a driver.



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

Knitters Needed

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

MRC Vans Detailed

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

Ambassador Meetings

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

Tuesday, March 7 at 3:30PM

Wednesday, March 8 at 9:30AM

Welcome! MRC Welcome Breakfast

Fri., April 14

9:30am in the lounge

Have you recently joined or are you interested in learning more about what Mill Race Center has to offer? We'd like to get to know you better and introduce you to the Center and the variety of programs and events we have planned throughout the year. **Call to register (812) 376-9241.**

Follow Mill Race Center on Facebook.



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

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



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

NEW



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.

Walk 'n' Roll

Wednesday's at 11:00am

We are keeping exercise fun with classic music, easy steps and arm movements! Join the Walk 'n' Roll group each Wednesday as we walk (and let's be honest...sometimes we can't help but dance) to the music. No rhythm is required. The class can be used as a great way to start exercising or can be added to your regular workout routine. Whether it's the locomotion, the boogie, or the twist, you're sure to have a good time as you sweat to the beat!



Learn to Relax Class

April 6th at 11:00

April is Stress Awareness Month.

Everyone experiences stress, and sometimes that stress can feel

overwhelming. In Learn to Relax, we will look for ways to relax our minds and bodies using a variety of relaxation techniques. The goal is to equip members with stress-reducing techniques to help navigate stressful situations. In April, we will explore breathing exercises and progressive muscle relaxation. Please register in the business office if you would like to attend.



MRC Escape Room Monday, April 17 All Day Time Slots

"Nobody thought it could happen. 'The Unsinkable' hit an iceberg. But there's no time to lose. The passengers are freezing and scared, still you need to keep your calm. The captain has been very clear: follow his commands, and maybe you'll be able to survive..."

Ready for a little adventure? Join us as we host the first Mill Race Center Escape Room: **Panic on the Titanic** (by Escape Room The Game/Identity Games®). Register for a time to play in the business office. Be ready to provide the names of your teammates (recommend 3-5 members on a team). Each team will be given 1 hour to "escape."



Help with Budgeting and/or Savings Goals

The Consumer Financial Protection Bureau is a government agency that is "committed to helping people enjoy safer, better financial lives." They have created the program "Your Money, Your Goals" which includes booklets on paying bills/budgeting and building up a savings. If this is an area in which you need assistance, we are offering appointments to go over these booklets to encourage financial wellness. Please contact Valerie for an appointment by calling the business office or by email valerie@millracecenter.org.

Succulent Lover's Group

March 21 (lounge) & April 18

at 10:00am

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



MILL RACE CENTER

ON THE GO



At All Saints Apartments

March 14 at 2:30 pm

April 11 at 2:30 pm

Fairington Apartments

3/7 Bldg 2301 at 2:00/Bldg 2401 at 3:30pm

4/4 Bldg 2301 at 2:00/Bldg 2401 at 3:30 pm

Mill Race Center will be hosting free activities for the residents of All Saints and Fairington apartments. Mill Race Center members are welcomed guests at All Saints. If you are interested in attending or volunteering to help, please sign up with the Mill Race Center Business Office at 812-376-9241 or email valerie@millracecenter.org

VOLUNTEERS
NEEDED

Matter of Balance Class

Tuesday & Friday 10:00am-Noon

(4 week class) March 7-31

Cost: \$15



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.

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. **A Matter of Balance** is a program designed to reduce the fear of falling and increase activity levels among older adults. If you are interested in participating in the Matter of Balance program, please sign up by Friday, March 4th in the business office. Limited to 12 participants. Cost \$15



Evening Star Quilt Guild

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



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

Monday Morning Sewing

8:00am-12:30pm



Do you like to sew or quilt? Would you like to learn? Join us each Monday! Bring those projects that need work and join us as we sew and encourage each other to finish projects. Don't know how to sew but have a sewing machine or want to sew by hand? Join us and we will help you. Free to MRC members. Contact Judy Kiesow at [812-374-6135](tel:812-374-6135) or judyk2310@gmail.com for additional information.



Lazy Daisy Embroidery Guild

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

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



Tuesday Evening Sewing Group

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



create

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

MAKE & TAKE

Lotion, Hand Scrub & Bath Salts

Thurs., March 2 at 3pm

Cost: \$12 for all 3 products

Try this class and leave with your own easy to make products and instructions. Take the time to pamper yourself with these great products! All ingredients included, but bring your own containers.



Love Birds

Tues., March 21 at 3pm

Cost: \$10 (2 birds)

We will make some loving yarn birds using various sizes of pom poms, felt and beads. Grab a nest from a store and display your cute love birds. All supplies included except the nest.



Bunny Pots

Thurs., March 30 at 3pm

Cost: \$10 (2 bunnies)

We will make our own adorable bunny pots for Easter. Makes a great gift or table decoration. We will fill our pots with fake flowers, chocolate eggs, and a bunny that has fallen in the pot. All supplies included.

Painted Swirly Flowers

Thurs., April 13 at 3:00pm

Cost: \$8

These flowers are so simple to make. You will pick the colors of your choice and follow some simple techniques to blend your colors and make beautiful flowers on a canvas. This is an easy technique you will be able to use for other craft projects. All supplies included for this project.



May Day Door Flower Cones

Thurs. April 27 at 3:00pm

Cost: \$8 (make 2 cones)

We will continue the time old tradition of May Day flower cones with fun craft. We will have a variety of pretty paper, fake flowers, and ribbon to put our cones together. Write a simple note and attach it and you have the perfect gift to leave on a friends door.



Monthly Card Making

All supplies included or bring your own from home and be inspired by others.

March - Birthday

Tues., March 7 at 1:00pm

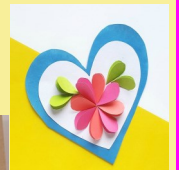
Cost: \$5 (set of 4)



April - Easter

Tues., April 4 at 1:00pm

Cost: \$5 (set of 4)



May - Flowers

Tues., May 2 at 1:00pm

Cost: \$5 (set 4)



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 812-350-8238.





Ball Room Dance Classes

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

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

Basic Beginner Line Dance

Wednesday, 4:00-5:30pm

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

Instructor: Carla Willis-Crase

**Free for MRC members,
\$10 non-member**



Friday Line Dance

Intermediate & Advanced

Friday mornings 10:00-11:30am

Free for MRC members, \$10 non-member

Instructed by Billy & Carla Crase

Billy & Carla are renowned line dance instructors and choreographers.



NEW participants always welcomed!



Line Dance Practice

**Second Thursday of each month
12:00-1:30pm**



Monday	Tuesday	Wednesday	Thursday	Friday
Ball Room Dance 5:00-7:00pm (MP1 & 2)	Ball Room Dance 5:00-7:00pm (MP1 & 2)	Line Dance Beginner 4:00-5:30pm (MP1 & 2)	Ball Room Dance 5:00-7:00pm (MP1 & 2) Line Dance Practice 2nd Thursday 12-1:30pm	Line Dance Intermediate & Advance 10:00-11:30am (MP1 & 2)

Drumming Circle Practice

Mondays 1:00-2:00pm

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



WISE (Wellness Initiative for Senior Education)

May 2-19 (3 weeks)

Tuesday & Friday

10:00am-Noon; FREE



WISE is a six-week interactive program that focuses on different aspects of senior wellness. The sessions will include: Understanding changes associated with aging, Ageism, Cultural and generational diversity, Medication and older adults, Substance misuse, and Quality of Life. The program is made possible by a partnership with the Alliance for Substance Abuse Progress. Sessions will be led by Valerie Carmichael and Dan Mustard.



Bodies in Motion

Class meets:

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

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

(not meeting 3/7)

FREE to MRC members

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

TOPS Club

Wednesday 11:30am-1:00pm

Take Off Pounds Sensibly

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



Senior Swim

At Foundation For Youth

Purchase swim passes at FFY for \$6 per visit or ask about discounted pricing. Please check out their website at www.foundationforyouth.com to confirm pool schedule as it varies by week. Call FFY with any questions: 812-348-4558



Random Acts of Kindness Club Thurs., April 13

11:00am

Being kind can be celebrated and encouraged more than just one day a year. This club will meet once a newsletter to discuss ways we can show kindness in our community. Join us for inspiration and encouragement as we share ideas, work together on projects, and challenge each other to light up the world around us.



Birthday Party

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

March & April Birthdays
March 23 at 12:30pm

Tai Chi/Qigong

Offering Classes on Tuesday & Thursday

Instructor: Paula Howard

(meeting in Art Room 4/20 & 4/25)

10:00am - Ongoing class for those with some practice in Tai Chi. Monthly Cost: \$50 members/\$65 non-members

11:00am - Beginner Class

Monthly Cost: \$40 members/\$55 non-members (minimum 3 students)

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

Come try one class for free.



Senior Volleyball

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

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



Senior Bowling

Tuesdays at 1:00pm

Columbus Bowling Center

Information: Joan Winkle, 812-350-9452

Glenna Phelps, 812-390-9234



Pickleball



FREE!

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



Wednesday Evenings - 5:30-8:00pm

Beginners 7:00-8:00pm



Friday Afternoons - 12:30-3:30pm

Beginners 2:30-3:30pm



Saturday Mornings - 8:30-11:30am

Except: 4/15 & 4/22 & all Saturdays in May

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.



Papa's Grill

Tuesday, March 28

Meet there at 11:00am

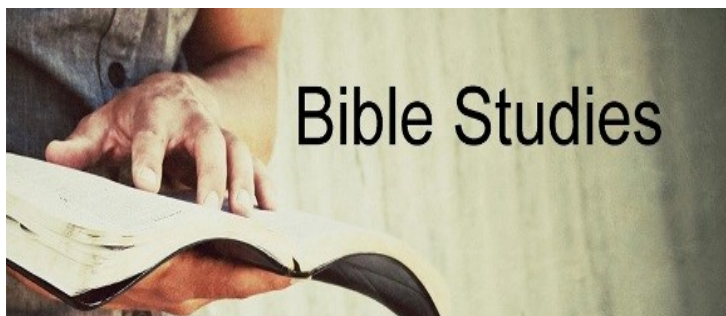
El Nopal Mexican (on National Rd)

Monday, April 24

Meet there at 11:00am

Follow Mill Race Center
on Facebook.





Morning Bible Study

Tuesday mornings 10:30-11:30am

In the Classroom; **Free**

Information: Virginia Houser, 812-657-7067

March: Bert Zimmerman

April: Ed Boston — Radio Ministry

Wednesday Bible Study

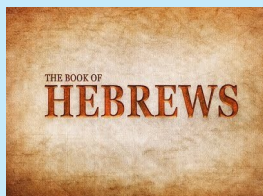
Wednesday 3:30-5:00pm

This group meets each Wednesday at 3:30 pm to study various topics from a Biblical point of view. We choose books of the Bible, sermons, or video series to study and discuss together. Visitors are encouraged try our group and all are welcome to join us!

3/1/23 – 3/29/23: Joy (Book study: sign up was due in February)

The book of Hebrews
(8-week study) Starts April
5th Cost \$3 to cover printing
materials. Please sign up in the
business office.

NEW



Thursday Coffee Hour

March 16 & April 20

10:00-11:00am

Meeting the third Thursday each month in the lounge. Enjoy a cup of coffee and fellowship with other members. Coffee provided for this free program.

FREE!

NEW

Follow Mill Race Center
on Facebook.



TED Talks

2nd Tuesday of each month

Meeting at 1:00pm in Classroom

Facilitators: Ed & Terri DeVoe

FREE!

March 14

How to let go of being a "good" person and become a better person. By: Dolly Chugh

What if your attachment to being a "good" person is holding you back from actually becoming a better person? In this accessible talk, social psychologist Dolly Chugh explains the puzzling psychology of ethical behavior like why it's hard to spot your biases and acknowledge mistakes and shows how the path to becoming better starts with owning your mistakes. "In every other part of our lives, we give ourselves room to grow except in this one, where it matters most," Chugh says.

April 11 at 1:00pm

How to stay calm when you know you'll be stressed.

By: Daniel Levitin

You're not at your best when you're stressed. In fact, your brain has evolved over millennia to release cortisol in stressful situations, inhibiting rational, logical thinking but potentially helping you survive, say, being attacked by a lion. Neuroscientist Daniel Levitin thinks there's a way to avoid making critical mistakes in stressful situations, when your thinking becomes clouded the pre-mortem. "We all are going to fail now and then," he says. "The idea is to think ahead to what those failures might be."

Stay for Tuesday Tea after Ted Talks!



March 14 & April 11

FREE!

FREE



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

Eight Dimensions of Wellness

MILL RACE CENTER

100
MILE CHALLENGE

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

MRC Woodshop

Tuesday and Thursday
1:00-4:00pm

FREE!

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

In The Woodshop

Drop-In Woodcarving Class

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

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

FREE for MRC Members



Bodies In Motion

Afternoon Class

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



Volunteer to help stuff eggs for the annual community Easter Egg Hunt. All eggs and candy provided we just need helping hands.

**Tuesday, April 4
9:00AM**

FREE!

NEW



Grocery BINGO

March 16 & April 20 *DON'T MISS OUT!*
3:30-4:30pm; Art Room

It's simple - play bingo, win at bingo, and take home groceries as your prize! A variety of food and toiletry items will be placed in grocery bags and given away as prizes. This will be casual BINGO playing one card at a time. The cost of everything seems to be going up so this is a fun way to win some items that can be beneficial. Limited seating (40) so please register for this free event in the office.

Golden Girls

**Fourth Tuesday of each
month at 10:00am
March 28 & April 25**

FREE!



This group is for single women and will offer educational talks, activities or even some entertainment. Information call: Donna Richardson at 812-350-2859.



Ukulele Circle

FREE! NEW

Mondays; 2:00-3:00PM; Free
Bring your ukulele and join us for the new "ukulele circle" at MRC. We will lead a sing-along/play-along hour of music and fun.

**If interested in Ukulele class please
let the office know.**



FREE!

Walk in the Park

Begins April 5

Join Shannon every Wednesday morning (weather permitting) at 9:30am meeting in lobby. A great way to get moving after Bodies in Motion and warmed up before Walk'n'Roll class.

Zumba Gold

Thursday's at 5:30

Each class costs \$5

Zumba Gold® is perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba® choreography and focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance! Each class costs \$5 and is open to members and non-members. Classes will be 30-40 minutes in length. A waiver form is required to participate and can be signed ahead of time. Please contact Valerie at valerie@millracecenter.org or 812-376-9241 ext. 210.

NEW



FREE!

NEW

Walk 'n' Roll

See page 6

Reader's Theater Practice

Wednesdays from 1:00-3:00pm

Interested in joining the Reader's Theater group come to their weekly meetings or call Susie Blizzard: 812-376-0641.

JOIN THE GROUP!



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

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

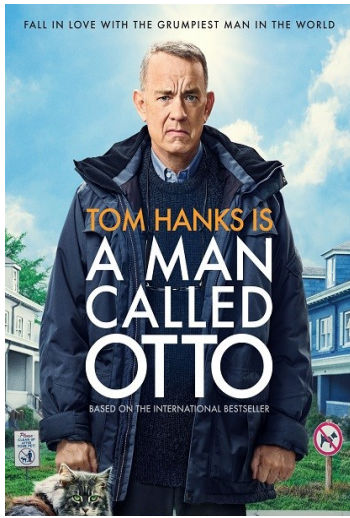
Contact: Donna Browne (812)376-6612 to learn more about this group and how you can join.

JOIN THE GROUP!

Eight Dimensions of Wellness

FREE MOVIE SHOWINGS at MRC!

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



March 13

**A Man Called
Otto**

**PG
13**



March 27

True Spirit

PG



April 10

Dog Gone

PG



April 24

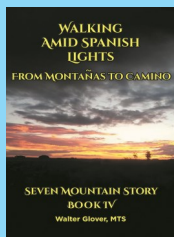
**See How They
Run**

**PG
13**

MRC is Proud to Present:

Local Mountaineering Author Walter Glover

Tuesday, March 7 at 2:00pm



FREE!

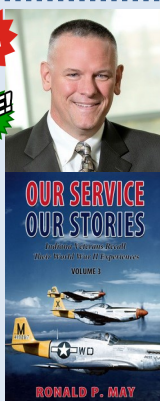
NEW

Join us at Mill Race Center for the launching of Walter's fourth book! Walter will give a presentation with breath-taking photographs on his expeditions. His new book is entitled "Walking Amid Spanish Lights - From Montanas to Camino." It is the last adventure story of my month-long trek across the 500 mile long El Camino - The Way of St. James, in Spain, after expeditions to five of the world's tallest mountains. Books will be available for purchase. **Come Be Inspired!**

Along the Path of Heroes Tuesday, April 18 at 3:00pm

Join Ron as he shares with us his visit to historic battlegrounds in France, Belgium, and Germany. He was a Lutheran Pastor and Navy Reserve Chaplain for 22 years. Ron currently serves as the Chaplain at Hoosier Village Retirement Center in Zionsville, Indiana. Ron is a personal historian specializing in helping veterans preserve their military service stories. Ron has done a variety of presentations at MRC before and is his stories and pictures are captivating.

NEW
FREE!



MRC Volunteer Luncheon Thursday, April 20th at 12:00pm, **FREE**

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 17th.

FREE!



LUNCH & LAUGHTER READERS THEATER

NEW

Back With Lunch!



April 12th at Noon

**Lunch: \$8 members
\$12 non-members**

Make reservations at the MRC business office. **Required Registration by April 7.**

Doors open at 11:45am

SPONSORED BY:



NEW

Friday Night Line Dancing

March 31 & April 28

7:00-9:00PM

\$10 cash cover charge



Come line dance at Mill Race Center this winter on Friday nights. Open to the public and all experience levels.

**Instructed by:
Billy & Carla Crase**



Identity Theft and Fraud Wednesday, March 29

1:00pm

Morgan Wiseman a Financial Wellness Advisor from First Financial Bank will be here to speak on Identity Theft and Fraud. This free class will help identify different scams and give tips on how to prevent them. and will also give you an opportunity to ask questions.



*Escape Panic on the Titanic
At Mill Race Center*

60 Minute
Time Slots

NEW **FREE!**

CAN YOU ESCAPE

**ESCAPE
ROOM**

See page 6

FOLLOW THE RULES!

**All Day
Monday,
April 17**

REGISTER NOW IN OFFICE

Pick your time slot in the office and register your team.

Form a team or have the office pair you with other members. Put your detective hat on and try to escape the MRC room.

The Lasting Impressions Present:

Thank You For The Music!

From Broadway...Big Screen...TV

Friday, May 5 at 6:00PM
Sunday, May 7 at 1:00PM

Tickets: \$25
Includes
Buffet Dinner & Show
Catered by: Sadies Catering

Ticket Purchase & Show held at
Mill Race Center ~ 900 Lindsey Street
Columbus, IN (812)-376-9241 or (812) 376-6612

**Quarterly
Reading
Challenge**

FREE! **NEW**

Join Us!

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

Next quarter challenge will be **March-May** and will end **May 31**. Reading slips will be available at MRC. Fill out the slip and turn it into the office for every book you have read during the quarter. All completed reading slips will be entered into a prize drawing for a \$50 gift card to Viewpoint Bookstore. Other prizes given to top readers throughout the challenge.



NEW **FREE!**

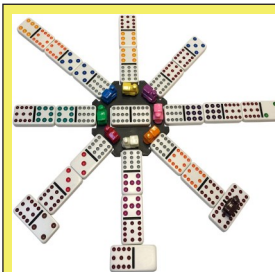
Age Well Challenge
See page 24



The BCPL Bookmobile:

FREE!

March 8 & 22
April 5 & 19
9:30-10:30am
Available out front of MRC.



Mexican Train Dominoes

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

FREE!



Pinochle

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

FREE!

MAHJONG

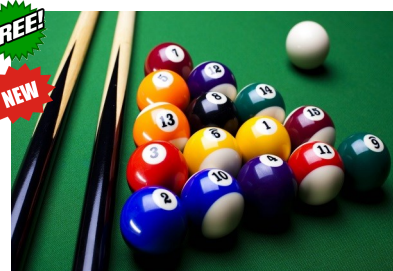
Every Mon. & Fri.
12:30-3:30pm



FREE!

OPEN Billiards

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



FREE!

NEW

BRIDGE

Learn to play Bridge
Every Friday from 1-4pm

Lead by: Elaine Bailey
In the conference room

NEW

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

FREE!



Puzzle Table

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

FREE!

Follow Mill Race Center
on Facebook.



FREE!



Cards & Games Schedule

Card games should not start early Newsletter lists set time frame.



Monday	Tuesday	Wednesday	Thursday	Friday
Mahjong 12:30-3:30pm Hand & Foot 12:30-4:00pm	Pinochle NEW 1-4pm (2 & 4 Tuesday) Euchre 4:30-7:00pm (MP3)	Scrabble 1:00-3:00pm Hand & Foot 12:30-3:30pm For information call Rosemary Sager (812)390-7665 (NO cards on April 12)	Dominoes NEW 12:30-4:00pm	Mahjong 12:30-3:30pm Bridge NEW 1:00-4:00pm
Cards & Games are free for MRC members. Day passes can be purchased for non-members.				

Eight Dimensions of Wellness



Fridays, March 17 & April 21

9:30am; Classroom

FREE

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



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

Thursday
March 16
The Quiet Man



Thursday
May 4
Movie not yet announced at time of printing.
We are taking sign-ups.

TRAVEL WITH MILL RACE CENTER

2022 MRC Travel and Tours

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



NEW A Note from the Travel Department:

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

V= must be fully vaccinated and bring proof

MR= masks required to be worn properly when requested

R= refund available up to 3 days before departure

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

I= insurance available, ask when signing up

T = Testing may be required

Amanda Coleman



Sedona's Red Rocks & The Grand Canyon - April 23-April 28, 2023

Experience the breathtaking beauty of the southwest, take a ride on two of Arizona's scenic railways, take in the awe-inspiring Grand Canyon, visit old mining towns and explore Montezuma Castle National Monument. Enjoy this leisurely paced trip with only 2 hotels within walking distance to explore the town during free time. Tour includes roundtrip transportation to the Indianapolis airport, air fare from Indianapolis and 8 meals. \$3049 per person double occupancy.



Lakes & Majestic Mountain Adventures - October 3-12, 2023

Relax in the tranquil surroundings of Lake Como and discover the charms of Bellagio and Como on this 9-day tour. Experience a scenic rail journey on the Bernina Express. Sit back and relax as you experience the journey of a lifetime along this single-track railway through the magnificent Alps. Browse in the shops and boutiques and dine on local specialties for lunch while surrounded by beautiful scenery. Tour includes roundtrip transportation to the Indianapolis airport, air fare from Indianapolis and 12 meals. \$4999 per person double occupancy.



Splendid Scotland - October 7-15, 2023

Get a chance to see all that Scotland has to offer on this amazing trip! Learn about the 5 whisky regions, take a look around the famous lake to look for Nessie, and stand in awe of the Scottish crown jewels. This trip also has 10 meals included and a dinner show in Edinburgh filled with traditional dancing. Tour includes roundtrip transportation to the Indianapolis airport, air fare from Indianapolis. \$4449 per person double occupancy.



Alaska - August 1-13, 2023

13 days and 28 meals. Enjoy this beautiful trip with a mix of land and sea! Spend two nights in Fairbanks, "The Golden Heart City" and enjoy a narrated cruise aboard the Riverboat Discovery to Old Chena Village. Enjoy an Alaska Salmonbake dinner and see the Golden Heart Review. Ride the Alaska Railroad from Fairbanks to Denali National Park and spend one night at Denali National Park. Experience an exciting seven-day Inside Passage cruise aboard Holland America's Nieuw Amsterdam!



Trips



Holland Tulip Festival, Holland, Michigan 3 Days/2 Nights – May 9-11, 2023 \$599 Per Person Double Occupancy



Package includes lodging, 2 breakfasts and dinners, and visits to the Dutch Village, Veldheer's Tulip Gardens, DeKlomp Wooden Shoe & Delft Factory; a Dutch-costumed guided tour of Holland; an evening Revue Show; a visit to the Windmill Gardens & DeZwaan Windmill; as well as a souvenir gift, luggage handling, taxes & meal gratitude's, and motorcoach transportation.

Fredericksburg, VA – The Washington Family Tour 5 Days/4 Nights – August 2023 \$839 Per Person Double Occupancy



Package includes lodging, 4 breakfasts, 2 dinners, a Broadway show at the Riverside Center of Performing Arts, as well as visits to George Washington's Ferry Farm, Hugh Mercer Apothecary Shop, Rising Sun Tavern, Mary Washington Home, and Kenmore Plantation. Also includes a souvenir gift, luggage handling, taxes & meal gratitude's, and motorcoach transportation.



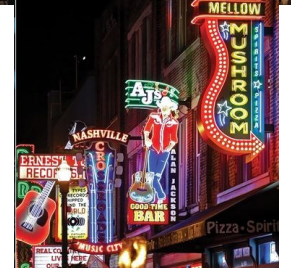
Ohio's Amish Country 3 Days/2 Nights – September 14-16, 2023 \$599 Per Person Double Occupancy

Package includes lodging, 2 breakfasts, 2 dinners including a traditional Family Style Dinner, as well as a live theatrical production at the Ohio Star Theater, a Musical Comedy Variety Show at the Amish Country Theater; visits to Lehman's General Store & Old Fashioned Hardware, Yoder's Amish Home Tour, Schoolhouse & Buggy Ride, Warther Museum & Gardens, and Breitenbach Wine Cellars. Also includes a souvenir gift, luggage handling, taxes & meal gratitude's, and motorcoach transportation.

Nashville, TN – Featuring 3 Fabulous Shows 4 Days/3 Nights – October 2023 \$899 Per Person Double Occupancy



Package includes lodging, 3 breakfasts, 3 dinners including the Nashville Nightlife Dinner Theatre; two additional performances at the Grand Ole Opry & Troubadour Theater, a guided tour of Nashville including a stop at the Parthenon and American Pickers; Country Music Hall of Fame, a self-guided tour of Ryman Auditorium, and RCA Studio B Tour. Also includes a souvenir gift, luggage handling, taxes & meal gratitude's, and motorcoach transportation.



TRAVEL SHOW



FREE TRAVEL SHOW Tuesday, April 25 at 11:00AM



Amanda will be sharing about new fall trips and new trips for early 2024. Be sure to register in the office so we can plan for tables and chairs. Light refreshments

Daytrips

Day Trip registration is done through the business office.
Call Becky or Linda at 376-9241 to reserve your spot.

NEW Coding To Help With Day Trips

R - refund available up to 3 days before departure

V - 12 passenger van

B - 8 passenger bus with lift

(The vehicle we take will depend on the amount of drivers we have for a day. If we only have 1 driver we will take the van.)



Lots of walking, standing, or stairs



Wheelchair or walker accessibility

(Only the bus can accommodate wheelchairs. Some tours we do are historic buildings without access.)

Gray's Cafeteria

Wed., March 8 - Max: 12 R,V

Wed., April 19 - Max: 20 R,V, B,

Cost: \$10m/\$15nm lunch on own

Let's have lunch at a classic café! Wednesday is free piece of pie day with entrée purchase! Leave MRC at 10am return approx. 1:30pm.



Indiana State Museum

Wed., March 22

Cost: \$25m/\$30nm lunch on own

The museum houses exhibits on the science, art, culture, and history of Indiana from prehistoric times to the present day. Lunch on your own at the café. Leave MRC at 9:00am return approx. 5:00pm. Max: 12 R,V,



Arni's Restaurant in Greenwood

Mon., March 27

Cost: \$10m/\$15nm lunch on own

If you enjoyed Arni's in town you will love the large Arni's in Greenwood. Enjoy lunch with friends at this great restaurant. Leave MRC at 10:15am return approx. 1:30pm. Max: 20 R,V, B,



Derby Dinner Shows

Derby Dinner Theater

Glen Miller Orchestra

Monday, June 5 (Matinee & Dessert Only)

\$40 members, \$50non-members

Leave MRC at 10:30am return approx. 4:30- 5:00pm. Max: 12 R,V



Batar in Seymour

Friday, April 21

Friday, May 19

Cost: \$10m/\$15nm lunch on own

Come inside, sit back and enjoy a cool iced tea and delicious lunch in the Geranium Room. Satisfy your appetite with our luncheon menu offering freshly made hot and cold sandwiches, homemade soups, chicken wraps, and a variety of more. You will love the homemade desserts and fresh coffee and tea. We will have small group reservations for several months to accommodate our numbers. Leave MRC at 10:20am return approx. 1:30pm. Max: 7 R,B,



Indiana University Eskenazi Museum of Art

Tuesday, April 11

Cost: \$10m/\$15nm lunch on own

Take a trip around the world and through time when you walk through the doors of this iconic building in the heart of IU Bloomington campus. Come discover treasures from antiquity and sub-Saharan Africa; paintings by Monet, Picasso, and Poolock; works from contemporary artists; and so much more. A guided tour, lunch at the café, and time on your own. This tour does require lots of walking. Leave MRC at 9:30am return approx. 3:30pm. Max: 20 R,V, B



Hot Glass Workshop at GRT Hot Glass Studio

Tuesday, April 25

2:00-4:00pm

Cost: \$65m/\$70 nm

This will be a unique experience going to GRT Hot Glass Studio in Indianapolis to create your own custom handmade glass paperweight. Our instructor will guide us through studio basics and safety and demonstrate what we will be making. We will gather our molten glass, pick our colors, and sculpt it into our own beautiful creation. Whether you are sculpting a unique round or egg-shaped paperweight, you will be guaranteed that your won't find another one like it. Leave MRC at 12:45 and return approx. 5:30pm. Max: 7 B



Eight Dimensions of Wellness

MEALS-ON-WHEELS

Volunteer Drivers Needed

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



All Who Wander Hiking Group

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



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

The Better Breathers Club

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



The Better Breathers Club 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. If you have lung problems, or know someone who does, you are welcomed to attend. Meetings are free, no registration is required and friends and family are encouraged to attend.

Our next meeting will be on Wed., March 15th at 3:00pm

Topic: Women and Lung Disease:
Sex Disparities and Increasing Risks

If you would like to be added to our mailing list, or would like more information, please call Jennifer at 812-376-5793. We hope to see you there!

**Quarterly
Reading
Challenge**

NEW Quarterly
Reading Challenge!

See Page 17 for details!



NEW

FREE!

Brit Box Series: Agatha Christie's Marple

The Body in the Library

Mon. March 20 at 1:30pm

Dolly Bantry calls upon her old friend Miss Marple when the strangled corpse of an unknown blonde girl is found in the library of her home, Gossington Hall.



The Murder at the Vicarage

Mon. April 3 at 1:30pm

No one seems surprised when Colonel Protheroe is found murdered in the local vicarage.

Red herrings abound, especially when his widow and her lover both confess to the murder.

What Mrs. McGillicuddy Saw

Mon. April 17 1:30pm

Miss Marple investigates the wealthy Crackenthorpe clan, believing a body to be hidden on their estate after a visiting friend witnesses a brutal strangling murder occurring on a passing train.



A Murder is Announced

Mon. May 1 at 1:30pm

The villagers of Chipping Cleghorn are summoned by a newspaper notice to the house of

Letitia Blacklock, anticipating a murder game. But things become too real when someone is shot dead.

Broadway Series

Call MRC to register for each viewing.

NEW FREE!

Second Chorus

Fri., March 17 at 1:00pm

(1940) Two music students, rather than face the responsibilities of life, repeatedly fail their exams so that they can stay in college. The students change their attitude, however, when they meet a woman who agrees to be their manager and both attempt to woo her as a way of getting a job in Artie Shaw's band. Featuring the Oscar-nominated 'Would You Like to Be the Love of My Life?'



Show Boat

Fri., April 21 at 1:00pm

(1951) The daughter of a riverboat captain falls in love with a charming gambler, but their fairy tale romance is threatened after his luck turns sour. Show Boat is a musical with music by Jerome Kern and book and lyrics by Oscar Hammerstein II. It is based on Edna Ferber's best-selling 1926 novel of the same name.

Eight Dimensions of Wellness Challenge May 1st through July 31st

FREE! NEW

Calling all Mill Race Center members! This summer we will be challenging you to **Age Well** by competing in the "Eight Dimensions of Wellness Challenge."

The goal is to introduce you to healthy opportunities and lifestyle habits as well as encourage you to maintain the habits already in place. The reward is that you will see improvement in your Physical, Social, Vocational, Financial, Emotional, Environmental, Intellectual, and Spiritual self and... there will be a chance to win a prize! Pick up your packet beginning April 24th in the business office. The challenge is to complete 40 activities included in the packet by July 31st. Once completed, return the completion slip to the office. Here's to a little healthy competition!





Now booking for 2023

Weddings • Reunions • Corporate Events

MillRaceEvents.com

(812)302-3838

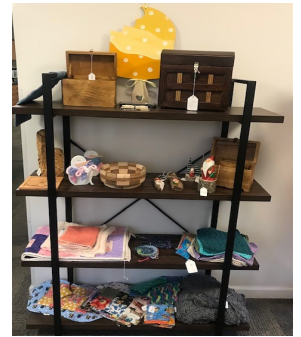
Wedding photography courtesy of jackiesantanaphotography.com & Angela Jackson Photography.

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



MRC STORE

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



How can I donate and help MRC?

1 of 3 Ways:

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

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



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

amazon smile

You shop. Amazon gives.

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

Aging Well

Did you know that Mill Race Center can assist in setting personal goals to improve overall wellness? Using the Eight Dimensions of Wellness as a guide, our Aging Well Coordinator can walk you through the goal setting process. Please reach out to Valerie by calling 812-376-9241 ext. 210 or by emailing at valerie@millracecenter.org for an appointment.



Current classes that I want to try/attend:

Physical Wellness:

Spiritual Wellness:

Environmental Wellness:

Social Wellness:

Financial Wellness:

Intellectual Wellness:

Emotional Wellness:

Vocational Wellness:

Physical

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

Spiritual

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

Environmental

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

Social

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

Financial

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

Intellectual

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

Emotional

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

Vocational

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

Refrigerator Reminder - MRC Daily Activities

Monday

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

Tuesday

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

Wednesday

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

Thursday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
10:00	Tai Chi (\$)	MP1
10:00	Coffee Hour (3rd Thurs.)	LO
12:00	Line Dance Practice	MP2
	(2nd Thurs.)	
12:30	Dominoes	MP3
1:00	Birthday Party	MP1
	(once a newsletter)	
1:00	Woodshop	CR
1:00	Woodcarving	CR
2:00	Bodies in Motion	MP2
3:00	Craft Classes	AR
	(see pg. 8)	
3:30	Grocery Bingo	AR
	(see pg. 14)	
5-7	Ballroom Dancing	MP2
5:30	Zumba Gold (\$)	MP3

Friday

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

Saturday

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

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

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



www.millraceevents.com
(812)302-3838

ACTIVITY HIGHLIGHTS

March 7

Walter Glover Speaking, 2:00pm



March 13 & 27

Movie, 2:00 & 4:30pm



March 14 & April 11

Ted Talks, 1:00pm

Tuesday Tea, 3:00pm



March 20, April 3, 17, & May 1

Agatha Christie's Marple, 1:30pm



March 16

Artcraft Theatre, 12:20PM

March 21 & April 18

Succulent Lover's Group, 10:00am



March 28 & April 24

Come & Eat, 11am

March 16

Coffee Hour, 10:00am

Birthday Party, 12:30pm

Grocery Bingo, 3:30pm



March 17 & April 21

Total Brain Health, 9:30am

Broadway Movie, 1:00pm



March 23-May 11

Great Decisions, 6:30pm



March 29

Identity Theft & Fraud, 1:00pm



March 31

Friday Night Line Dance (\$), 7:00pm



April 4

Easter Egg Stuffing, 9:00am



April 5 (Every Wednesday)

Walk in the Park, 9:30am



April 7

CLOSED for Good Friday

April 10 & 24

Movie, 2:00 & 4:30pm



April 12

Lunch & Laughter, 12:00pm

April 14

Welcome Breakfast, 9:30am



April 17

Escape Room, all day



April 18

Along the Path of Heroes, 3:00pm



April 20

Coffee Hour, 10:00am

Volunteer Luncheon, 12:30pm

Grocery Bingo, 3:30pm



April 28

Evening Line Dance, 7:00pm



May 5 & 7

The Lasting Impressions Show



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