



March-April 2024 • Issue No. 2

AGING WELL!

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

Membership \$80 a year per person • 812-376-9241 • www.millracecenter.org

GREAT DECISIONS



PREPARE TO DISCUSS THE WORLD.

March 7 – May 9
6:30-8:00pm

Registration required with the MRC business office.
(We will be taking one week off in April.)
Partnered Program with IUPUC

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

TOPICS for 2024

Mideast Realignment, Climate Technology and Competition, Science Across Borders, U.S. - China Trade Rivalry, NATO's Future, Understanding Indonesia, High Seas Treaty, Pandemic Preparedness



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.



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!



Solar Eclipse Watch Party
See page 16



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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, but can be purchased at MRC.



From Your Executive Director

“Jessie’s Girl” was the 1982 pop music classic that introduced most of us to the singer and songwriter, Rick Springfield.

The first verse captures all the young adult angst that a person experiences when they are attracted to someone who is already in a relationship with a friend:

*“Jessie is a friend, Yeah, I know, he’s been a good friend of mine,
But lately something’s changed that ain’t hard to define,
Jessie’s got himself a girl and I want to make her mine.”*



Rick then exclaims *“I wish that I had Jessie’s girl”* and ends the sing-along chorus with a question: *“Where can I find a woman like that?”*

The answer is that Jessie’s girl could be a member of Mill Race Center. If my math is correct, Jessie’s girl would be about 74 years old.

Van Morrison’s “Brown Eyed Girl” would be 77. The “Girl from Ipanema” is a real-life person, Heloisa Pinheiro, who is now 79. The young woman who “was just 17” in the Beatle’s “I Saw Her Standing There” would now be 78.

The subjects of these songs are all frozen in time, but the truth is that we all get older, even characters from pop songs.

What types of things are frozen in time in our own lives? In my mind, I can still run a competitive quarter mile and dunk a basketball, but I haven’t been physically able to do that for 45 years. It may be time to take inventory of personal ideas, attitudes, habits, routines, relationships, and lifestyle choices. Hopefully, we have grown and matured as individuals, but there may be things from our youth or young adulthood that we hold onto that may not serve us well as older adults. The opportunity to explore new interests, to develop new skills, and to forge new relationships are great ways to maintain a positive outlook and find meaningful substitutes for the things that we need to leave behind.

As you look through this newsletter, keep your mind open to new possibilities and adventures. Try something that you have never tried before. You might bump into Jessie’s girl!

Dan Mustard
Executive Director

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 we 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 but can be purchased in the MRC 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.

Mill Race Center Staff

812-376-9241

Debbie Bray, Administrative Assistant, x 222

Linda Clark, Office Assistant, x202

Amanda Coleman, Travel, x215

Rebecca Cutsinger, Program Assistant & MOW x 208

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



Now booking for 2024

Weddings • Reunions • Corporate Events

MillRaceEvents.com

(812)302-3838

Wedding photography courtesy of jackiesantanaphotography.com



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





Providing much more than a meal!

Nutritious Meal - Nutrition is necessary for health, functionality and the ability to remain independent. Meals provided by Silver Oaks Health Campus

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: \$7.10 for hot lunch
\$12 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

Make handmade Pal Dolls for hospitalized children and orphanages overseas.

You do not need to know how to sew.

Leader: Marjorie Betz



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: Basil Fritsch, 812-603-6160



Golden K Kiwanis is collecting recycled plastic grocery bags for Love Chapel. Donations can be put in the large bin by the coke machine/therapy entrance.

Free Little Library Bring a book - Take a book



Built & Donated
By: Ed Niespodziani



Quarterly Reading Challenge



NEW Quarterly Reading Challenge!
See Page 16 for details!

A great way to work on your Intellectual Wellness!

Closed

Mill Race Center will be closed for Good Friday on Friday, March 29.

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 9:30am. 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 Linda at MRC.

Volunteer at Camp Atterbury USO

Volunteers are needed at the Camp Atterbury USO for various shifts. If you are interested in the rewarding experience of being a part of the USO Camp Atterbury, please contact Justin Kiel, USO Operation Supervisor at 812-521-1281.

LOST & FOUND

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.

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.

Volunteer for your Vocational Wellness

Ambassador Meeting

Informational ambassador meeting will be held the first week that each newsletter comes out. Interested in becoming a volunteer ambassador feel free to attend a meeting and get plugged in. If you would like to become an ambassador please see Linda in the office or email her at linda@millracecenter.org

Wednesday, March 6 at 9:30AM

Welcome! MRC Welcome Breakfast

Friday, April 5

9:30am in the lounge

Register in the office

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. Lead by member Alan Patterson. **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.

MRC Volunteer Luncheon

FREE!



Tuesday, April 30
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 Wednesday, April 24.

Succulent Lover's Group

FREE!



March 19 & April 16

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

NEW

ON THE GO

FREE!

Vivera

March 12 at 2:00 pm

April 9 at 2:00 pm

At All Saints Apartments

March 26 at 2:00 pm

April 23 at 2:00 pm

Fairington Apartments

3/19 Bldg 2301 at 2:00/Bldg 2401 at 3:30pm

4/ 16 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 Becky at bcutsinger@millracecenter.org

Kara's Silver Strings Dulcimer Class

FREE!

KARA'S SILVER STRINGS

Thurs., March 28-April 25
10:30am (beginners); **FREE**

NEW



Kara's Silver Strings is a user-friendly way to learn to play the dulcimer even if you have never played an instrument before. You don't have to read music, or have any experience playing an instrument to be able to sound great playing. Our lessons provide everything you need, including the dulcimer. Within the first half hour of the first lesson you'll be playing music with your friends. The program was created by National Dulcimer Champion Kara Barnard. Everyone can learn to play music, and it's so much fun! (Max 9)



Sponsored by: **Heritage Fund**
The Community Foundation of Bartholomew County

Matter of Balance Class

Mon. & Wed. 10:00am-Noon
(Conference Rm)

(3 week class) April 15-May 1

Cost: \$15

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: 10
Call Mill Race Center if interested 812-376-9241.

DO YOU HAVE **concerns**
about falling?



MANAGING CONCERN ABOUT FALLS
A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.



Evening Star Quilt Guild

FREE!

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.

Monday Morning Sewing

FREE!

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.



FREE!

NEW

Lazy Daisy Embroidery Guild

Third 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.

FREE!



create

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

Shamrock Door Sign

Thurs., March 7 at 3pm
Cost: \$10

Design and paint your own shamrock for your door. We will add a variety of green ribbon to decorate. All supplies included.



Wooden Bunnies

Thurs., March 14 at 3:00pm
Cost: \$12 (3 bunnies)

Make a set of 3 wooden bunnies and paint them in your choice of colors and design. They will fit together and stand on their own. All supplies included.



Chick & Bunny

Tues., March 19 at 3:00pm
Cost: \$6 (for 2)

Make an adorable little chick and bunny to decorate with this spring. All supplies included.



Chick Candle Holder

Thurs., April 4 at 3:00pm
Cost: \$10 (for 2)

Make a set of 2 wine glass chick candle holders. Enjoy them all spring. They are sure to bring a smile to your face. All supplies included.



Spring Gnomes

Thurs, April 11 at 3:00pm
Cost: \$12

We will make our own 2 adorable spring gnomes and embellish them with felt flowers. They are sure to bring a smile to your face. All supplies included.



Monthly Card Making

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

March - Spring

Tues., March 12 at 1:00pm
Cost: \$5 (set 4)



April - General

Tues., April 9 at 1:00pm
Cost: \$5 (set of 4)



May - Flowers

Tues., May 14 at 1:00pm
Cost: \$5 (set of 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, Tuesday, 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!



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 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.



Walking Group

Wednesday at 9:30am

Begins April 3



Take a walk outside and take steps toward a healthier lifestyle while making friendships along the way. Each week we will walk a 2 mile route with longer excursions to come. You can also add it to your 100 Mile Challenge. Join Becky, Shannon, or Dan each week to get your steps in. Weather permitting.

Let's go for a **walk**





Bodies in Motion

Class meets:

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

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

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 Debbie Grounds at 702-513-5183 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



12 Months of Kindness ^{NEW}

Let's work together to help others in our community! We will be collecting items for a different group each month. Items may be turned into the office. Help spread kindness and love to others.



MARCH - Kids tooth brushes & tooth paste

for Lincoln Central Neighborhood Family Center

APRIL - Baby Wipes for Clarity

MAY - Small pre-packaged snacks for USO

Walk 'n' Roll ^{NEW}

Tuesday's at 3:00pm

We are keeping exercise fun with classic music, easy steps and arm movements! 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!



Lead by CRH instructor Myla Annis.

Tai Chi/Qigong

Offering Classes on Tuesday & Thursday

Instructor: Paula Howard



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

11:00am - Yang Style - Part 2 & 3
Monthly Cost: \$40 members/\$55 non-members

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.

Beginner classes will be in June & September.

Senior Volleyball

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

at Foundation for Youth 405 Hope Ave, Columbus
Information:



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 - 5:45-8:00pm



Friday Afternoons - 12:30-3:30pm

Follow Mill Race Center
on Facebook.



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.

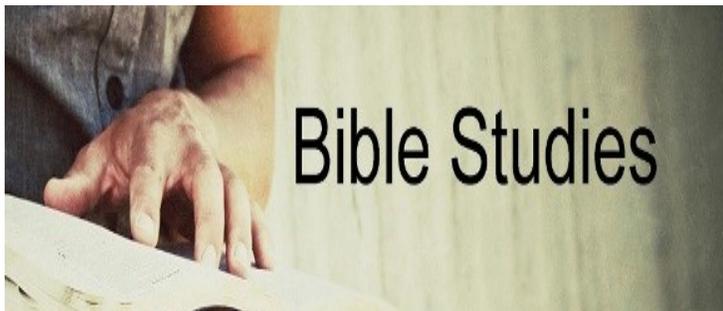


Thai Connection
Meet there at 11:00am
Monday, March 25

Applebee's Grill
Meet there at 11:00am
Wednesday, April 24



Easter Egg Stuffers Needed
Tuesday, March 26
3:00pm



Morning Bible Study

Tuesday mornings 10:30-11:30am

In the Classroom; **Free**

Information: Virginia Houser, 317-757-9674

March: **Burt Zimmerman**

April: **Ed Boston**



Wednesday Bible Study

Wednesday 3:30-5:00pm

We will begin our study on March 13. The study will be on the minor prophets: Part 1 - Hosea, Joel, Amos, Obadiah, Jonah, Micah - Part 2 - Nahum, Habakkuk, Zephaniah, Haggai, Zechariah and Malachi. Please sign up in the office and purchase your Life Change series on your own. Sold online or at local bookstore.

Learn to Relax Class

Thursday, April 18th
at 11:00am

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. Please register in the business office if you would like to attend.



Sound Healing

April 25 at 3:00pm; **FREE**

Come experience sound healing with Coleen Fleming. Coleen will use crystal sound bowls, hand drums, and rain/thunder chimes to help relax us. Registration required, free for members.



TED Talks

2nd Tuesday of each month
Meeting at 1:00pm in Classroom
Facilitators: Ed & Terri DeVoe



March 12 at 1:00pm

Embracing A Life Of Mediocrity

by: **Crispin Thurlow**

It's hard to accept life in the middle when the relentless language of superiority and comparison tells us we should always be the best or just better. Might the answer lie partly in rethinking mediocrity and perhaps even learning to embrace it?

April 9 at 1:00pm

Let's End Ageism

by: **Ashton Applewhite**

It's not the passage of time that makes it so hard to get older. It's ageism, a prejudice that pits us against our future selves -- and each other. Ashton Applewhite urges us to dismantle the dread and mobilize against the last socially acceptable prejudice. "Aging is not a problem to be fixed or a disease to be cured," she says. "It is a natural, powerful, lifelong process that unites us all."

Stay for Tuesday Tea after Ted Talks!

Tuesday

Tea



March 12 & April 9



FREE

2:00-4:00pm



Hosted by: Jennie Rauch
Cookies by: Pat Galdikas

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

Woodworking Workshop

Workshop with Ed Niespodziani

NEW

Class will be held sometime in April. Register in the office and limited spots available. Free class instruction/must purchase own wood.



MRC Woodshop

FREE!

Tuesday and Thursday
1:00-4:00pm

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

In The Woodshop

Drop-In Woodcarving Class

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!

**Bodies In Motion
Afternoon Class
Tues. & Thurs. at
2:00pm**

FREE!

NEW



Grocery BINGO

March 21 & April 18 *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.

UKULELE



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.

Ping Pong

Tuesdays 1:30-2:30pm (MP3)

Ping Pong is an excellent brain game!

Get cognitive stimulation, exercise, and social engage with others. The table with paddles and balls will be set up for you to enjoy.

FREE!

NEW



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!

WISE Class

(Wellness Initiative for Senior Education)

April 4-May 9(6 week class)

10am-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 Dan Mustard. **Register in the office now in advance.**



FREE!

NEW



FREE!

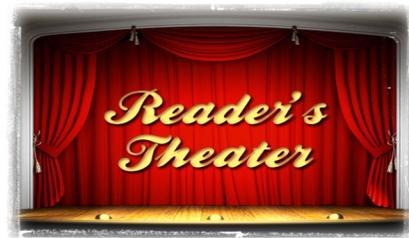
Birthday Party

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.

Reservations required by the day before the party. You may bring one guest. Register in the MRC business office.

March & April Birthdays

March 28 at 12:30pm



Reader's Theater Practice

Wednesdays from 1:00-3:00pm

Reader's Theater presents shows 4 times a year (Lunch & Laughter) by reading their script without costumes, props, and scenery. Be apart of this fun group helping other laugh and enjoy fellowship with others. Interested in joining the Reader's Theater group come to their weekly meetings or call Susie Blizzard: 812-376-0641.

Show dates: April 10, June 12, Oct. 9, & Dec. 4

FREE!

JOIN THE GROUP!

FREE MOVIE SHOWINGS at MRC!

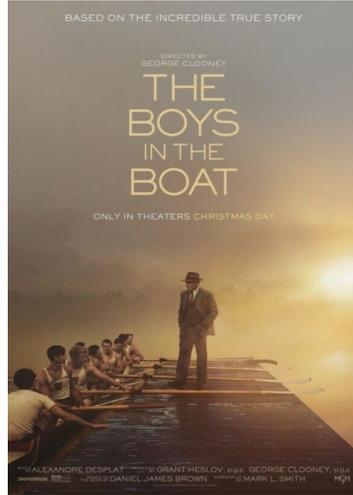


Two Showings now on Mondays at 2:00 & 4:30pm. Bring your own snack and drink.

Parkinson's Awareness Month



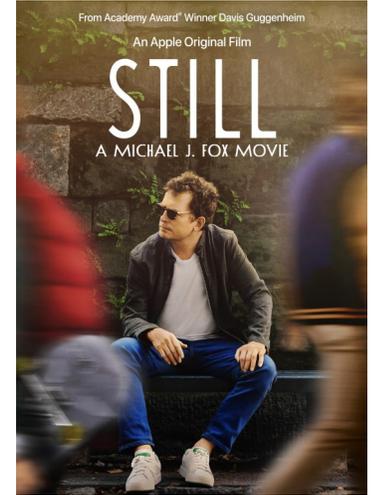
March 11
Napoleon



March 25
The Boys In The Boat



April 8
Apollo 13



April 22
STILL - A Michael J Fox Movie



BOOK STUDY

The Good Life -

Lessons From The World's Longest Scientific Study of Happiness

Tues., March 26-April 23

11:00am

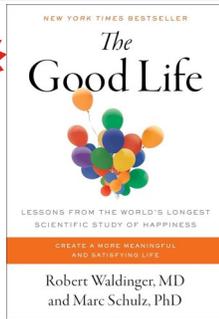
\$22 for book/or purchase on own

A *New York Times* Bestseller. What makes for a happy life, a fulfilling life?

A good life? In their "captivating" (*The Wall Street Journal*) book, the directors of the Harvard Study of Adult Development, the longest scientific study of happiness ever conducted, show that the answer to these questions may be closer than you realize.

The invaluable insights in this book emerge from the revealing personal stories of hundreds of participants in the Harvard Study as they were followed year after year for their entire adult lives, and this wisdom was bolstered by research findings from many other studies. Relationships in all their forms—friendships, romantic partnerships, families, coworkers, tennis partners, book club members, Bible study groups—all contribute to a happier, healthier life. And as *The Good Life* shows us, it's never too late to strengthen the relationships you already have, and never too late to build new ones. *The Good Life* provides examples of how to do this.

Handout with reading plan given at time of registration.



Monday, April 8

1:30-4:00pm



FREE for members

Celebrate this amazing experience at Mill Race Center with our friends. We will have rockin' music provided by Albert Nolting, cake, galaxy punch, photo booth, games, and rock painting. Find your spot on the back patio to view the eclipse. Viewing glasses for 200 people and the first 150 people will receive a goodie bag. Mill Race Center is an ideal spot for viewing with the patio and green space. This is a member only event.

Debt Management & Budgets

April 23 at 10:00am

Morgan Wiseman will be here from First Financial Bank to explore common reasons why people find themselves in debt and the most common types of debt. She will describe the value of using debt management strategies such as loan consolidation, budgeting, and debt management plans. We will compare various debt management solutions and create a personal plan about how to manage your debt.



CAKEWALK

Cake Walk

Thursday, May 2

3:30pm; Free

Cake Walks are always fun! We will have fun music and walk in a circle (with chairs) when the music stops a number will be drawn. The winner will get to select from our dessert table. Must register in the office.



LUNCH & LAUGHTER
READERS THEATER



April 10 at Noon

Lunch: \$10 members
\$15 non-members

Make reservations at the MRC business office. **Required Registration by April 5.**
Doors open at 11:45am

MRC Escape Room:
SECRET AGENT:
Operation Zekestan
Monday, May 13
Times set all day
Free for members

ESCAPE ROOM



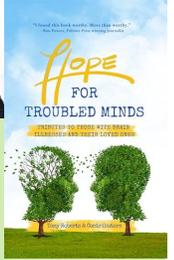
The new self-proclaimed country of Zekestan is holding the world in an iron grip. Their president's threats about a secret weapon are downright frightening, and no one knows what his sick mind has planned next. You and your team of specialists are the only ones who can stop him.

Ready for a little adventure? Join us as we host the third Mill Race Center Escape Room: **SECRET AGENT** (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 (3-7 members are recommended). If you don't have a team we can put you with a group. Each team will be given 1 hour to "escape."



DON'T MISS OUT!

Hope For Troubled Minds
April 17 at 3pm
Free



Research shows that 1 out of every 4 persons in the US struggle with mental health conditions. Some have brain illnesses such as schizophrenia, bipolar, schizo affective disorder, and major depression. Author/Editor Tony Roberts, who lives with a mental illness himself shares the hope found in caring relationships for those with troubled minds. Signed paperback books will be available for purchase at a discounted rate of \$20, cash preferred.

Donuts & Trivia

Tuesday, March 26 & April 23
9:30am in the lounge

A great time to social engage with others plus enjoy a treat and trivia.

Free

Quarterly Reading Challenge

Join Us!
March-May

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

Next quarter challenge will be **March 1-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.

Save the Date
Sock Hop Fundraiser
August 28

The Lasting Impressions
Broadway On Tour

Save the Date

The Lasting Impressions Show

Friday, May 17
at 6:00pm

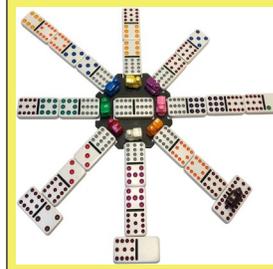
Sunday, May 19
at 1:00pm



The BCPL Bookmobile:

FREE!

March 6 & 20
April 3 & 17
9:30-10:30am
Available out front of MRC.



Mexican Train Dominoes

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

FREE!



Classic Card Game Pinochle

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



NEW

Bridge

Every Friday from 1-4pm
Lead by: Elaine Bailey
In the conference room

BRIDGE

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!

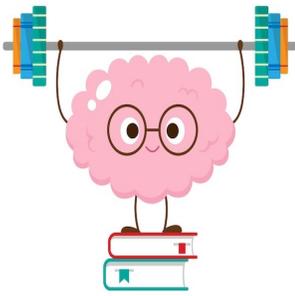


Cards & Games Schedule



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 <div style="border: 1px solid black; padding: 5px;"> Cards & Games are free for MRC members. Day passes can be purchased for non-members. </div>	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 (Canceled on 4/10)	Dominoes NEW 12:30-4:00pm	Mahjong 12:30-3:30pm Bridge NEW 1:00-4:00pm



Monthly Brain Workouts

**Friday, March 22 & April 26
9:30am; Classroom**

FREE

FREE!

Taking time to focus on your brain health is very important. Just as our bodies require care and exercise so do our brains. We will work together monthly doing workouts for our brain to improve attention, brain speed, focus, memory, and cognitive function. We will laugh and have fun together, plus work against the clock to sharpen our brain skills. Register in the office.

DON'T MISS OUT!

NEW

The Historic
ARTCRAFT
Theatre

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, May 9
The Wizard of Oz (1939)



**WISE Class
See Page 14**

NEW
WISE
Wellness Initiative for Senior Education

TRAVEL WITH MILL RACE CENTER

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.

TRAVEL

Hello everyone,

I hope that you all are well and are ready for spring- I am! However, our first trip in March is going to Iceland for the magical northern lights, not exactly spring weather but it will be beautiful! I will be posting pictures to the Mill Race Center Travel Group on Facebook and my Instagram if you would like to follow along on our adventures!

Many of you have been reaching out about joining Nova Scotia, Pacific Northwest and Greece- I can tell that everyone has had some cabin fever! There is still space available on these trips however they are filling up so please reach out if you want to join one or if you have another destination in mind. According to Forbes, 40% of Americans plan to travel MORE than they did in 2023! This means that flights, hotels and space can go faster than usual.

The pricing for several of the air tours for 2025 have been released and we are going to do a travel show to give everyone plenty of time to start planning for next year. Motorcoach trips do not have pricing out this far in advance so this will be STRICTLY AIR TOURS. Please make sure to RSVP in the office.

I am looking forward to traveling with you all and seeing you soon!

Amanda Coleman
812-376-9241*215



NEW

Nova Scotia and Canada's Maritimes July 12-20, 2024

Welcome to Canada's Maritimes. Home to the world's highest tides, breathtaking beaches and forests, historic harbors and the freshest seafood, these delightful provinces will give you memories that last a lifetime. Featuring Cape Breton, New Brunswick, and Prince Edward Island. Pricing includes round trip airfare. \$4,249 per person double occupancy. ***Amanda plans to go on this trip!**

Pacific Northwest and California September 1-8, 2024

From the wilds of Mount St. Helens to the shadow of giants in the Redwoods, fall under the spell of the Pacific Northwest and California. Travel along Oregon's beautiful coast, making stops at, Yaguina Head Lighthouse, Newport, Bandon and Coos Bay. Explore Oregon's wilderness on a Rogue River cruise. Visit Redwood National Park's Avenue of the Giants. Cross the Golden Gate Bridge and discover the "City by the Bay," San Francisco. Twin rate is \$4149 and single is \$5049 per person. Pricing includes roundtrip airfare from Indianapolis.

NEW



Trips



NEW

Greece - October 16-24, 2024

Visit the ancient Parthenon with a local guide and enjoy a city tour of Athens. Learn the art of olive oil tasting on Mykonos and enjoy a free day on Santorini for relaxation or independent exploration. Twin rate is \$4449 and single is \$5248 per person. Pricing includes roundtrip airfare from Indianapolis.

travel

Air Tours Travel Show April 5 at 10:30 in the art room

NEW FREE!

This travel show will discuss air tours for 2024 and the first half of 2025. Register in the office.

2024 Bus Trips

Christmas at The Biltmore House December 2-5, 2024

NEW

Take a step back in time for an elegant 1895 Christmas! Illuminated with candles and soft lights, the Biltmore House appears as it did Christmas Eve 1895, when it was officially opened by George Vanderbilt. View the home by candlelight, then return in daylight to tour Antler Hill Village and massive grounds of the estate.



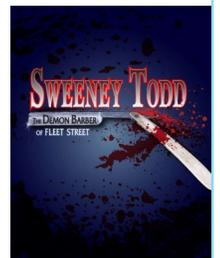
Derby Dinner Shows

Derby Dinner Shows are a part of day trips. Register in office. These are separate from the travel department and all registration is done in the office.

Sweeney Todd

Wed., March 13 - Matinee Buffet
\$55 members, \$65 non-members

A witty and infamous tale of love, murder and revenge set against the backdrop of 19th century London. This thrilling and award-winning musical has shocked, awed, and delighted audiences across the world! Leave MRC at 10:15am return approx. 5:30pm. Max: 11 R,V, 



MILL RACE CENTER
100
MILE CHALLENGE
Keep track of your miles while you travel!



Follow us on Facebook and visit our website for a variety of online classes.
www.millracecenter.org

The Play That Goes Wrong Thursday, April 4; **FREE**

FREE!

(All tickets taken - purchase online if you want to go on your own seeconstellation.org)

Monty Python meets Noises Off in this slapstick farce! Welcome to opening night of The Murder at Haversham Manor, where things are quickly going from bad to utterly disastrous. Tickets provided by and show held at Constellation Stage & Screen in Bloomington. Leave MRC at 5:45pm/return approx. 10:30pm. Max: 11, V, 



Daytrips

NEW

All day trips have reservations or tickets purchased. Do not meet MRC there and expect to sit with our group. Our seats are for registered members. Do not call day trip locations representing MRC.

R - refund available up to 3 days before departure

V - 12 passenger van

 Lots of walking, standing, or stairs

Indy's Family Restaurant & Candy Kitchen Monday, March 18

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

Lunch and then a demonstration at the Candy Kitchen. Leave MRC at 10:05am return at approx. 3:00pm. Max: 12



Knuckle Sandwich Restaurant Friday, March 22

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

We will have lunch at this popular 50's and 60's diner which has a fun 50's themed menu. Leave MRC at 10:20am return at approx. 1:30pm. Max: 12



Crossroads Restaurant & Milan 54 Hoosiers Museum Tuesday, March 26

Cost: \$15m/\$20nm lunch on own

Lunch at Crossroads Restaurant which is being featured on America's Best Restaurants and then we will head over to Milan 54 Hoosiers Museum. Leave MRC at 10:00am return at approx. 3:30pm. Max: 12



Stahl's Restaurant & Marion Kay Spice Store Wednesday, April 3

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

Lunch at Stahl's Restaurant in Brownstown and then a stop at the Marion Kay Spice Store. Leave MRC at 10:00am return at approx. 2:30pm. Max: 12



Stories Restaurant

Friday, April 12

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

We will travel to Stories

Restaurant in Greensburg near the famous courthouse tree. The restaurant is known for its delicious home cooked food and homemade pies. Leave MRC at 10:15am return approx. 1:30pm. Max: 12



Linda's Log Cabin Restaurant & Jennings County Historical Society Museum

Friday, April 19

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

Lunch and then a trip to the Jennings County Historical Society Museum. Leave MRC at 10:30am return at approx. 2:30pm. Max: 12

(stairs) 



The Wild Olive & The Nashville House Monday, April 22

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

We will stop and learn all about olive oil and taste test a variety of options. Feel free to shop in the store. Next will be a lunch stop at The Nashville House. Leave MRC at 9:50am return at approx. 2:00pm. Max: 12





Kingfish Restaurant & Howard Steamboat Museum in Jeffersonville

Wednesday, April 24

Cost: \$20m/\$30nm lunch on own

Lunch Kingfish restaurant followed by a tour of the Howard Steamboat Museum. Leave MRC at 10:00am return at approx. 4:30pm. Max: 12 (stairs)





Gray's Cafeteria Wed., May 1

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. Max: 12



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



Live To 100: Secrets of the Blue Zone

Travel around the world with author Dan Buettner to discover five unique communities where people live long and vibrant lives.

FREE!

Wed., March 27 - Episode 1 & 2

NEW

Wed., April 3 - Episode 3 & 4

Showings held in the art room at 2:30pm.
Each episode is about 40 minutes so plan on 80 minutes per day.

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.

March 13 at 3pm- Breathing Techniques, Breathing Exercises and Energy Conservation

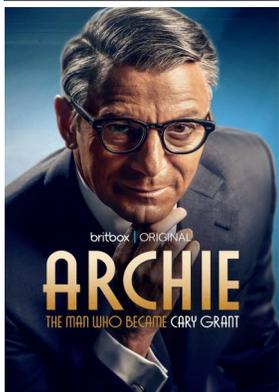
April 24 at 3pm - The Stages of Lung Disease and Decreasing Exacerbations

If you more information, please call Jennifer at 812-376-5793.

Let's go for a
walk

NEW

Beginning in April
Every Wednesday at 9:30am
2 mile walk planned
Meet in the lobby



ARCHIE The Man Who Became Cary Grant

He was Hollywood's greatest leading man, yet few truly knew him. Jason Isaacs stars as Archie Leach, the man who would become Cary Grant, in this remarkable, little-known story.

NEW Each episode is about 50 minutes. **FREE!**

Archie - Episode 1

Mon. March 18 at 1:30pm

Young Archie Leach escapes his trouble childhood in Bristol and journeys to America while the 58 year old Cary Grant falls in love with Dyan Cannon.



Archie - Episode 2

Mon. April 1 at 1:30pm

Archie Leach escapes from new York and heads to Hollywood, where his good looks are spotted by screen icon Mae West.



Archie - Episode 3

Mon. April 15 at 1:30pm

Cary's and Dyan's relationship falters as he becomes more controlling and she objects to taking LSD with him. Dyan surprises him with some news.



Archie - Episode 4

Mon. April 29 at 1:30pm

Elsie still doesn't approve of Dyan, and Cary and Dyan's relationship with her stays rocky, but fatherhood provides the family security Cary has been searching for.



Broadway Series

Call MRC to register for each viewing.

FREE!

Breakfast At Tiffany's Fri., March 22 at 1:00pm

(1961) Based on Truman Capote's novel, this is the story of a young woman in New York City who meets a young man when he moves into her apartment building. He is with an older woman who is very wealthy, but he wants to be a writer. She is working as an expensive escort and searching for a rich, older man to marry.



Gentlemen Prefer Blondes Fri., April 26 at 1:00pm

(1953) Lorelei Lee is a beautiful showgirl engaged to be married to the wealthy Gus Esmond, much to the disapproval of Gus' rich father, Esmond Sr., who thinks that Lorelei is just after his money. When Lorelei goes on a cruise accompanied only by her best friend, Dorothy Shaw, Esmond Sr. hires Ernie Malone, a private detective, to follow her and report any questionable behavior that would disqualify her from the marriage.



Aging In Place & How To Advocate For Your Long Term Plans

Wed., April 16 at 1:00pm

What does Aging in Place look like for you? What are your concerns? Join Heather Means from Griswold Home Care to discuss what your goals are and how we can help each other to identify resources needed!

FREE! **NEW**



Dementia Virtual Reality Training with Thrive Alliance

Monday, March 25
1:30-3:30pm; Free

DON'T MISS OUT!

FREE! **NEW**



Come experience The Virtual Dementia Tour. This tour alters participants' physical and sensory abilities using sensor tools. This tour offers hope by providing practical ways to provide insight and support of a love one that is living with dementia. **Register with Thrive Alliance - Sue Lamborn 812-314-2764.**

Eight Dimensions of Wellness

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!

Intellectual

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

Financial

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



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!

Physical

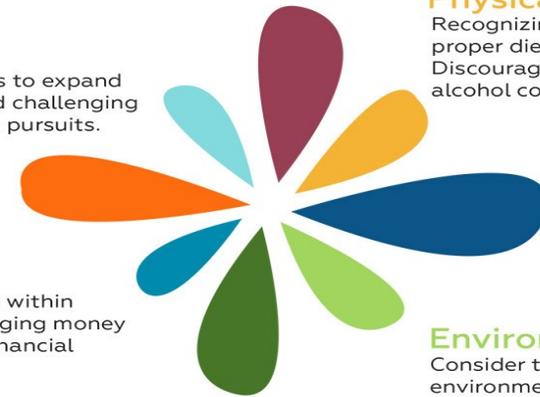
Recognizing the need for regular physical activity, proper diet and nutrition, and personal safety. Discouraging the use of tobacco, drugs, and excessive alcohol consumption. Get moving - be healthy!

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!





COLUMBUS REGIONAL HEALTH

Your Partner for a Lifetime of Fitness

THE WELLNESS CENTER AT MILL RACE CENTER

Located in Mill Race Center, 900 Lindsey St., Columbus, IN 47201, The Wellness Center is a community facility for active adults located in beautiful Mill Race Park.

INNOVATIVE FITNESS CENTER

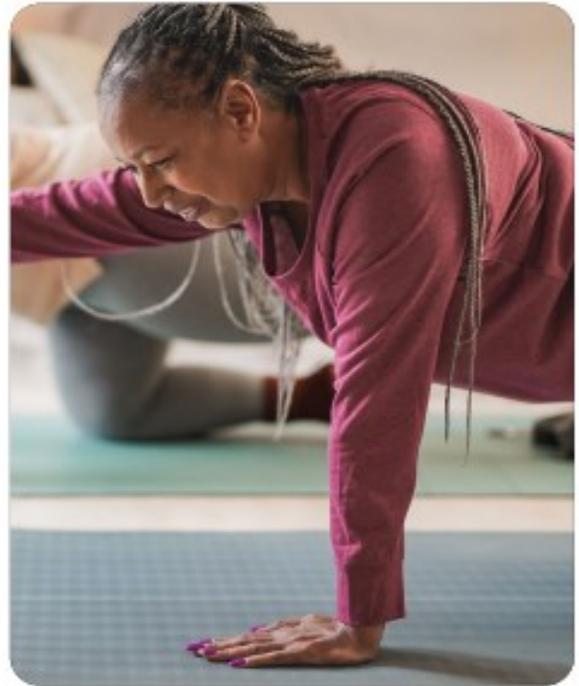
The Wellness Center includes an innovative Fitness Facility with age-friendly cardio and strength equipment designed to make your workout more effective, safe, and fun.

CLASS OPTIONS FOR ALL SKILL LEVELS

The facility is a Silver Sneakers and Silver & Fit approved facility. Certified trainers will work with members to develop personal fitness plans on the easy to use weight training and cardio equipment. A wide variety of Group Wellness Exercise classes are offered for all levels of participation.

VARIETY OF FEE STRUCTURES

The Wellness Center offers day/guest passes, monthly memberships and annual memberships. Stop by or call 812.376.5808 to schedule a tour. Staff trainers are available by appointment for new member equipment orientation and program design.



INCLEMENT WEATHER

In the event of a snow emergency (or other weather emergency) as declared by Bartholomew County or City of Columbus officials (State Police, Mayor, etc.), The Wellness Program will be closed and will not offer any fitness services. In the event that classes are NOT canceled in bad weather, please only travel if you feel that you personally can do so safely. All participants with questions as to the status of classes should call The Wellness Center at 812.376.5808. Wellness WILL NOT follow the Bartholomew Consolidated School Corporation closing policy.

FITNESS

\$7 | DAY/GUEST PASS

Per single visit

\$39 | MONTHLY MEMBERSHIP

Per month (automatic monthly withdrawal until canceled, no annual contract) includes unlimited use of The Wellness Center and all Wellness Classes (excluding water classes).

\$29 | ANNUAL MEMBERSHIP

Per monthly (automatic monthly withdrawal for 12 months with contract) includes unlimited use of The Wellness Center and all Wellness Classes (excluding water classes).

HOURS

Mon.–Thu.	6:30 a.m.–7 p.m.
Fri.	6:30 a.m.–5 p.m.
Sat.	8 a.m.–12 p.m.
Sun.	Closed

REGISTRATION

> 812.376.9241
> Mill Race Center
> 900 Lindsey Street
Columbus, IN 47201
Mon.–Fri. from 8:30 a.m. to 5:00 p.m.

For more information visit crh.org/wellness or call 812.376.5808.

CLASS DESCRIPTIONS

All classes are held at The Wellness Center located in Mill Race Center, 900 Lindsey St., Columbus.

BALANCE IN MOTION (1,2)

Class is designed to improve your balance by strengthening your feet, ankles and legs; improving coordination; and training core strength. It will help improve posture while enhancing reaction and focus.

CARDIO & OSTEO (2,3)

To improve your cardiovascular and bone health, this low impact aerobic and strength training class uses traditional floor aerobics, free weights, and resistance equipment to help strengthen your heart, muscles, and bones. Great to reduce the risk of osteoporosis, osteopenia, and osteoarthritis.

CARDIOFIT (2,3,4)

Whether performing basic aerobic moves with easy to follow dance steps, or utilizing a Step platform with basic moves, this class will surely improve your cardio fitness and have fun doing it! It's a low impact, med-high intensity workout that will enhance balance, memory, coordination, and increase aerobic endurance.

EXERCISE AND MOVEMENT FOR PARKINSON'S (1,2)

An exercise class that has been specially designed to improve symptom-specific concerns such as: mobility, posture, balance, and gait while reducing joint stiffness. This is accomplished through dancing, shadow boxing, stepping over obstacles, marching and simple games that make this a fun and relaxed way to improve your quality of life!

*MUSCLE (2,3,4)

The participant will explore strength, toning, and functional benefits of this exercise class using a variety of resistance and weight equipment to improve body movement and overall health.

PILATES (3,4)

A mind-body class which focuses on increasing core strength, elongating the muscles and posture awareness. You will leave this class feeling, stretched, strong, and energized for the rest of the day! We suggest you bring your own personal mat and be able to get on/off floor.

SILVER SNEAKERS CIRCUIT (2,3)

Fun class using low-impact, standing choreography alternated with standing upper body work with hand-held weights, elastic tubing, and Silver Sneakers balls.

SILVER SNEAKERS YOGA I (1,2)

A combination of seated total body stretching and standing yoga poses with chair support (as needed) to help increase flexibility, balance and range of motion. Improve body awareness in space while promoting stress reduction through proper breathing.

SILVER SNEAKERS YOGA II (3,4)

Enhance mind-body connection with seated stretches and yoga poses. Learn proper flow of sequential movements in coordination with breathing. Strengthen both upper/lower body when transitioning into standing poses or when utilizing the chair. Expect improvement in balance and posture after just a few classes. **It is highly suggested to attend Silver Sneakers Yoga I prior to attending Silver Sneakers Yoga II or first, consulting with the instructor in order to determine which level is a better fit for you.*

STEP (3,4)

Using an elevated platform with choreographed step combinations to increase heart rate and build cardiovascular endurance.

*STEP & STRENGTH (2,3)

Step class with additional set of exercises added to increase muscular strength and endurance.

*YOGA (2,3,4)

Combining the traditional flow of yoga postures with the "I Am Ageless NOW" program to help expand the awareness of your body. To help increase flexibility, blood flow, and lengthening your muscles. Our instructor is certified in this award winning program that will target muscular imbalances, posture difficulties, and focus on increasing joint range of motion. Join us for this one-of-a-kind offering!

*YOGA BASICS (1,2,3)

This class is designed for beginners with a focus on basic postures. Adaptations can be given for those with medical issues. **Must be able to transition to and from the floor.*

**Please note that you must bring your own yoga mat to all classes marked accordingly.*



Levels of Intensity: 1 – Beginner with a chair 2 – Beginner 3 – Intermediate 4 – Advanced

ASAP

Alliance for Substance Abuse Progress

AGING & ADDICTION in Bartholomew County, Indiana

asapbc.org



asapbartholomewcounty



asapbartholomew

(812) 418-8705



OVERDOSES

by the numbers from 2021-2022

506 Emergency Medical Services runs that included the administration of naloxone

- 15% included individuals 55 years+
 - 55-64 years old: 32
 - 65-74 years old: 23
 - 75-84 years old: 12
 - >85 years old: 10

PREVENTION

is possible by staying informed

Overdose from prescription drugs can happen suddenly or over the course of a few hours. It can happen to anyone after short-term use or long-term use of the medication. Alcohol use and interactions with other prescriptions and drugs increase the risk for overdose. Using combinations of prescription drugs or using alcohol with medication increases the risk for negative drug effects, including accidental overdose. Using opioids and benzodiazepines together is one of the most dangerous drug combinations.

Approximately 30% of opioid-related overdoses involve benzodiazepines. Taken together, the drug combination increases your risk for overdose 10-fold because they both have sedative effects that can slow breathing and cause overdose and death. Among all prescription drug types, benzodiazepines pose the biggest risk for addiction among older adults. You can develop a tolerance to benzodiazepines relatively quickly, which means you may need higher doses to treat the same symptoms. People can experience withdrawal symptoms after only one month of daily use.

DID YOU KNOW?

In the U.S., adults over the age of 65 make up just 13% of the population. **Yet they account for more than 34% of total outpatient spending on prescription medications** (Lown Institute). Overdosing on prescription medications is an increasing danger among aging adults. Keep this information handy to stay informed and to protect you and your loved ones.



FREE NARCAN IS AVAILABLE

Contact ASAP for more information

asapbc.org

asapbartholomewcounty

@asapbartholomew

(812) 418-8705

Open: 8am - 4:30pm

KNOW THE SIGNS

of prescription drug overdose

Look for these indicators that someone has overdosed on medication:

- Shallow breathing
- Pinpoint pupils
- Cold or clammy skin
- Convulsions
- Vomiting
- Unresponsive

WHAT TO DO

if someone appears to be suffering

1. Administer naloxone (if available). Call 911.
2. Stay with the person until EMS arrives.

BE AWARE

of potentially dangerous medications

Benzodiazepines and hypnotics:

- Alprazolam (Xanax)
- Chlordiazepoxide (Librium)
- Clonazepam (Klonopin)
- Clorazepate
- Diazepam (Valium)
- Lorazepam (Ativan)
- Oxazepam
- Estazolam
- Flurazepam
- Temazepam
- Triazolam

Opioids:

- OxyContin (Oxycodone)
- Vicodin, Norco, and Lortab (Hydrocodone with Acetaminophen)
- Percocet (Oxycodone with Acetaminophen)
- Tramadol
- Codeine
- Morphine
- Methadone
- Demerol (meperidine)

Source: Kansas Board of Pharmacy



IMPORTANT NOTE:

If you are currently prescribed any of the above medications and have questions or concerns, make an appointment to discuss with the provider who prescribed them. **Do not stop taking them without talking with your provider as you could experience dangerous withdrawal symptoms.**

ASAP

Alliance for Substance Abuse Progress

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.

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.



Quarterly Reading Challenge

NEW Quarterly Reading Challenge!
See Page 17 for details!

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 you Card to an organization.** Search Mill Race Center and click ENROLL.



MILL RACE CENTER
100
MILE CHALLENGE
Keep log of your miles!

Follow Mill Race Center on Facebook.



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
12:30	Hand & Foot	MP2
1:00	Drum Practice	CR
1:30	Brit Box Series	AR
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
9:30	Alzheimer's Assoc.	CR
(2nd Tues. of the 2nd month of newsletter)		
10:00	Succulent Group	AR
(3rd Tues.)		
10:00	Tai Chi (\$)	MP1
10:30	Bible Study	CR
1:00	Card Making (2nd Tues.)	AR
1:00	Woodshop	WS
1:00	Ted Talks (2nd Tues.)	CR
1-3	Embroidery Guild	AR
(3rd Tues.)		
1:30	Ping Pong	MP3
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	Walk'n'Roll	MP2
3:00	Tea (2nd Tues.)	LO
4:30	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
9:30	Walk in the Park	LOB
10:00	Art Class	AR
11:00	Walk'n'Roll (video)	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
5:45-8	Pickleball	MP2

Thursday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
10:00	Tai Chi (\$)	MP1
12:00	Line Dance Practice	MP2
(2nd Thurs.)		
12:30	Dominoes	MP3
12:30	Birthday Party	AR
(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
6:30	Ultra Begin. Line Dance	AR

Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
9:30	Monthly 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
(see pg. 24)		
12:30	Lasting Impressions	MP1
12:30-3:30	Pickleball	MP2
7-9	Evening Line Dance	MP2
(once a month)		

Saturday

8:30-11:30	Pickleball	MP2
(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 11 & 25**  Movie; 2:00 & 4:30pm
- March 12 & April 9**  Card Making; 1:00pm
Ted Talks; 1:00pm
Tuesday Tea; 3:00pm
- March 18, April 1, 15, & 29**  Archie Series; 1:30pm
- March 19 & April 16**  Succulent Lover's Group; 10:00am
- March 21 & April 18**  Grocery Bingo; 3:30pm
- March 22 & April 26**  Monthly Brain Workout; 9:30am
Broadway Movie; 1:00pm
- March 25**  Thrive - Dementia Virtual Training; 1:30pm
- March 25 & April 24** Come & Eat; 11:00am
- March 26 & April 23**  Donuts & Trivia; 9:30am
-  **March 26** Easter Egg Stuffing; 3pm
- March 26-April 30**  The Good Life Book Study; 11:00am
- March 27 & April 3**  Live to 100 Series; 11:00am
- March 28-April 25**  Kara's Silver Strings Class; 10:30am
- Begins in April** Walking Group (2 miles); 9:30am 
- April 5**  Welcome Breakfast; 9:30am
- April 8 & 22**  Movie; 2:00 & 4:30pm
-  **April 8**  Solar Eclipse Watch Party; 1:30-4pm
-  **April 10** Lunch & Laughter; 12pm, \$
- April 16**  Aging in Place; 1pm 
- April 17**  Hope For Troubled Minds; 3pm 
- April 25**  Sound Healing; 3:00pm 
- April 30**  Volunteer Luncheon; 12pm
- May 2**  Cake Walk; 3:30pm
- May 13**  Escape Room; All Day

MRC closed on March 29

Keep log of your miles!

Mill Race Center • 900 Lindsey Street • Downtown Columbus
 812-376-9241
 Visit us at www.millracecenter.org





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

Mill Race Center
900 Lindsey St.
Columbus, In 47201

CURRENT RESIDENT OR