



March-April 2025 • Issue No. 2

# AGING WELL!

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

Membership \$90 a year per person • 812-376-9241 • [www.millracecenter.org](http://www.millracecenter.org)

## MILL RACE CENTER

### ROCK THE NIGHT AWAY

NEW

Dinner & Dance  
Wednesday, April 30  
6:00-8:30PM  
\$20 per ticket  
to benefit Mill Race Center



Enjoy a delicious meal from First Class Catering and great Rock & Roll music by the **Tune-o-matics!** All proceeds will benefit Mill Race Center.

Tickets must be purchased in advance at the Mill Race Center business office.

## 100 MILE CHALLENGE

FREE!

NEW

Fall/Winter Challenge ends March 31.

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

### 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, hiking, swimming, paddling, line dancing, 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.

**KEEP MOVING!**



In Partnership With  
**ASCENT**  
PHYSICAL THERAPY  
A Body in Motion Starts in Motion

### JOIN NOW

- Innovative Fitness Center
- Class Options For All Skill Levels
- Variety of Fee Structures
- Certified Fitness Trainers
- Silver Sneakers and Silver & Fit
- Beautiful views

**\$29 a month**  
payment options available

See pages 26 & 27  
for details.

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

[www.millracecenter.org](http://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

Fitness Center (812) 376-5808; Fitness Center is a separate membership, but can be purchased at MRC.



# From Your Executive Director

There are many changes at the state and federal level that will directly impact services for older adults. The state of Indiana launched its new “Pathways” initiative in July of 2024. Shortly before the launch, the state also announced that there was a nearly billion-dollar budget shortfall in Medicaid funding for fiscal year 2023. According to the Capital Chronical, this “difference in forecasts came from an unanticipated demand for Home- and Community-Based Services (HCBS) and other Long-Term Supports and Services, which includes institutional care like nursing homes and assisted living facilities.” In fact, we have known that there would be an increased demand for services since 1946, when the first Baby Boomers were born. We had to build new elementary schools in the 50’s and 60’s, high schools in the 60’s and 70’s, and saw record college enrollments due to the sheer numbers of Boomers. Everyone knew that this population would eventually reach their senior years and would require services that would be proportional to the demands that required building schools and other public buildings when Boomers were younger. Boomers are also living longer than previous generations. The Pew Research Center nicknamed this phenomenon the “Silver Tsunami” and the term has been in use for decades. This “tsunami” may create the perfect storm as new administrations at the state and federal level wrestle with budget issues and, at the federal level, massive deficits.



Mill Race Center receives little state or federal funding, so we will not feel the impact as much as other senior services providers. Medicaid funding issues may have an impact on our members who find that they need in-home care or rehabilitation services or are care partners to loved ones and family members who have a disabling condition.

This situation reinforces the Mill Race Center mission, and the need for a community wellness center for older adults. The best strategy is to do all that you can to remain social, maintain a healthy weight while building muscle, and focus on activities that exercise your brain. This newsletter is packed with ideas for activities that are designed to do that. If there is indeed a “silver tsunami” then it is better to be able to ride the wave instead of being swept away.

**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.

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 \$90 a year. Those 85 and older are \$35 and those 90 and older are free. We have a six month memberships \$45, and offer a monthly payment option. A day pass is available for \$10 a day. *Fitness Center membership is separate but can be purchased in the Mill Race Center office.*



In Partnership With  
**ASCENT**  
PHYSICAL THERAPY  
A Body in Motion Stays in Motion

**Check out all the options with Mill Race Center Fitness on pages 26 & 27. Join today and make your physical wellness a priority.**

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.

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

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

**Amanda Coleman**, Travel, x215

**Bradley Cox**, Administrative Assistant x218

**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

**Shannon Truman**, Operations & Programs Director, x 220

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



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

**ASCENT**  
**PHYSICAL THERAPY**

*A Body in Motion Stays in Motion*

**Move better, Feel Better**

**Take back your life**

Our newest clinic is at Mill Race Center

**call 812-718-5062**

**[www.ascentpt.net](http://www.ascentpt.net)**





## 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**

**NOT meeting March 27**

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

Leader: Carolyn Jordan  
374-9630



## 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



Leaving a legacy has never been easier. It would be our privilege to help you include Mill Race Center in your estate plans. Call us at (812) 376-9241 and ask to speak with Dan Mustard.

All fitness center classes will not be meeting the week of spring break March 17-21. The fitness center will be open just no fitness center classes.

**Mill Race Center & Fitness Center will be closed on Friday, April 18 for Good Friday.** The fitness center will be open on Saturday, April 19.



## VOLUNTEERS WANTED

### NEWSLETTER DELIVERY

We need help to delivery our newsletters out into the community. Stop by the office to pick up a stack and let us know where you are taking them. **We greatly appreciate the help!!**

### VOLUNTEER



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



### MEALS-ON-WHEELS

#### Volunteer Drivers

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

**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 AMBASSADORS

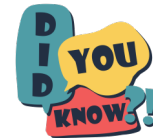
MRC Ambassadors enjoy meeting people and getting to know them. They are helpful to our staff and members in a myriad of ways. From greeting folks as they walk through the door to helping prepare for an upcoming event, they add sunshine to everyone's day. Contact Bradley at MRC.

#### Volunteer for your Vocational Wellness

**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 at Camp Atterbury USO

Volunteers are needed at the Camp Atterbury USO for various shifts. Please contact Justin Kiel, USO Operation Supervisor at 812-521-1281.



The Bartholomew County Public Library offers a wide range

of Gale Courses. Free interactive instructor led courses that you can take online for 6 weeks. Visit mybcpl.org and click the blue box at bottom right titled Gale Courses. A great way to work on your intellectual 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 Bradley in the office.

**Tuesday, March 4 at 3:30PM**

### Welcome! **MRC Welcome Breakfast** **Friday, April 4** **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!**



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.

## Fun With Plants Group

March 18 & April 15

10:00AM

Meeting monthly to discuss all beautiful plants and how to care for them. Learning and growing all types of 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.



**FREE!**

## MILL RACE CENTER ON THE GO

**FREE!**

### Vivera

March 11 & April 8 at 1:00PM

### Fairington Apartments

March 18 at Bldg 2301 at 2:00PM

April 15 at Bldg 2401 at 2:00PM

Mill Race Center will be hosting free activities for the residents of Fairington apartments and Vivera. If you are interested in attending or would like to volunteer to help, please sign up with the Mill Race Center Business Office at 812-376-9241 or email Becky at [bcutsinger@millracecenter.org](mailto:bcutsinger@millracecenter.org)

## Matter of Balance Class

April 14-30

Mon. & Wed. 10:00am-Noon  
(3 week class)

**FREE** must register

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. **This is now a free class with sponsorship from the Bartholomew County Health Department.** Max: 12 Call Mill Race Center if interested 812-376-9241.

DO YOU HAVE **concerns**  
about falling?

**FREE!**



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.

## Kara's Silver Strings Dulcimer

**FREE!**

KARA'S  
SILVER  
STRINGS

Thurs., April 3-May 8  
at 9:30AM

**Register in the office**

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

## Walking Group

**FREE!**

Wednesday at 9:30AM

**Begins in April**

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.

**Weather permitting.**

Let's go for a  
**walk**



Join the Challenge!  
Let's Keep Moving Together!

**100**  
MILE  
CHALLENGE  
MILL RACE CENTER

# Eight Dimensions of Wellness



## **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.



## **Tuesday Evening**

### **Sewing Group**

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



## **Monday Morning Sewing**

**8:00AM-12:00PM**

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.



**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.





# create

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

## Easter Egg Tree

**Thurs., March 13 at 3:00PM**

**Cost: \$12**

Make your own table top easter tree with plastic easter eggs. A perfect project to decorate your house with this spring. All supplies included for this project.



## Mini Easter Pots

**Thurs., March 27 at 3:00PM**

**Cost: \$8 (make 2 pots)**

We will decorate mini clay pots for easter filling them with grass, eggs, and flowers. We will add a paper straw and sign to say Happy Easter or make your own nametag sign. All supplies included.



## Hello Door Sign

**Thurs., April 3 at 3PM**

**Cost: \$12**

Say "hello" to springtime! We will paint and glue felt flowers to make a beautiful springtime door hanger. All supplies included for this project.



## May Day Door Flower Cones

**Tues., April 22 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 a on a friends door. All supplies included.



## Beginner Quilling

**Thurs., March 13 & April 17**

**at 1:00pm; Free**

Try your hand at learning the art of quilling. Make whatever project you wish. Learn together how to roll the paper to create decorative designs. Supplies provided. Register in the office.



## Monthly Card Making

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

### March- Easter

**Tues., March 11 at 1:00PM**

**Cost: \$5 (set of 4)**



### April - Spring

**Tues., April 8 at 1:00PM**

**Cost: \$5 (set of 4)**

### May - Flowers

**Tues., May 13 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, 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
<b>Ball Room Dance</b> 5:00-7:00PM (MP1 & 2)	<b>Ball Room Dance</b> 5:00-7:00PM (MP1 & 2)	<b>Line Dance</b> Beginner 4:00-5:30PM (MP1 & 2) <b>(Not Meeting 4/30)</b>	<b>Ball Room Dance</b> 5:00-7:00PM (MP1 & 2)	<b>Line Dance</b> 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.



## 12 Months of Kindness

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** - Kleenex, AA or AAA batteries, paper towel, hand sanitizer, Lysol wipes and spray for Mill Race Center

**APRIL** - Art supplies for REACH Columbus (paints, markers, construction paper, & colored pencils)

**MAY** - Cereal for Love Chapel





## Bodies in Motion

Class meets:

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

**Tues. & Thur. at 2:00-3:00PM (not meeting 4/29)**

**FREE for 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](http://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](http://www.foundationforyouth.com) to confirm pool schedule as it varies by week. Call FFY with any questions: 812-348-4558



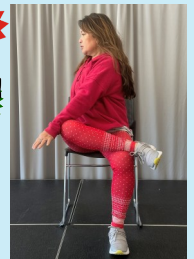
## Chair Yoga

**Tues. & Thurs. at 11AM**

**FREE for MRC members**

**Not meeting March 20 & April 29**

Increase flexibility and range of motion (ROM) while improving posture and balance. Most movements are chair-based focusing on proper stretches to reduce stress with proper breathing. Leave the class feeling renewed and rejuvenated! Lead by fitness instructor Myla Annis.



## Walk 'n' Roll

**Tues. & Thurs. at 12PM**

**FREE for MRC members**

**Not meeting March 20 & April 29**

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 fitness 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** - Beginner Class  
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.



## 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**

**Not meeting April 30**



**Friday Afternoons - 12:30-3:30PM**

**Closed on April 18**

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.



#### Rohde's Family Diner

Meet there at 11:00AM  
**Wednesday, March 26**

#### Thai Connection

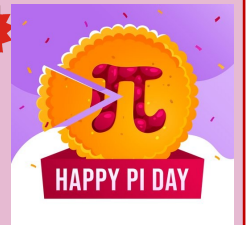
Meet there at 11:00AM  
**Monday, April 21**

### National Pi Day

**Friday, March 14**

**12:00-1:00PM in the lounge**

Come celebrate with us and get a slice a pie for \$1. We will serve pie until we run out.





## Morning Bible Study

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

In the Classroom; **Free**

Information: Virginia Houser, 317-757-9674

**March: Dennis Aud**

**from Westside Community Church**

**April: Ed Boston; Radio Minister**

## Wednesday Bible Study

**Wednesday 3:30-5:00PM**

An interactive study on "The Chosen Season 2" with interactive Bible Study volume 2. Purchase book on own or in first class. We will watch an episode one week and then do the corresponding lesson together from the book the next week.



## Sound Healing

**Thurs., April 10**

**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. Bring your own yoga mat if you wish otherwise chairs provided. **Registration required, free for members.**



## 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 at 812-376-0641.



## TED Talks

**2nd Tuesday of each month**

**Meeting at 1:00PM in Classroom**

Facilitators: Ed & Terri DeVoe

**March 11 at 1:00PM**

**The Secret To Getting Better Sleep Tonight**

**by James Leinhardt**

There's a seemingly endless series of articles all telling us to get more sleep and yet very few that give any direction on how to improve the quality of our sleep. James Leinhardt joined us to discuss the topic of "sleep posture." Along with improving the quality of our sleep he asserted that better sleep posture brings a host of other benefits including better spine health, general wellbeing and reduction in neck and back pain. Ultimately better sleep posture will mean waking up rested and free of pain.



**April 8 at 1:00PM**

**Reading Minds Through Body Language**

**by Lynne Franklin**

Can you read someone's mind by looking at them? Almost. Lynne Franklin teaches you how to connect with 3 types of people by understanding how their bodies communicate. Lynne Franklin decided to learn everything she could about persuasion. She became a neuroscience nerd, studying how the brain works and how to build rapport with people.

**Stay for Tuesday Tea after Ted Talks!**

**Tuesday**

**Tea**



**March 11 & April 8**



**FREE**

**2:00-4:00PM**

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.



Hosted by: Jennie Rauch

# Eight Dimensions of Wellness

## Leather Crafting

March 26

3:00pm in the woodshop

Try your hand at leather crafting making your own key chain or backpack charm. You will be able to pick from a variety of leather stamps to personalize your key chain. All supplies included including sample leather to practice on before you make your final project. Instructed by Mill Race Center member Richard Hall. Must register and max: 10.

**NEW**  
**FREE!**

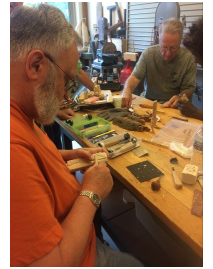


## In The Woodshop

### Drop-In Woodcarving Class

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.



Follow Mill Race Center  
on Facebook.



In Partnership With  
**ASCENT**  
PHYSICAL THERAPY  
A Body in Motion Stays in Motion

Check out all the options with Mill Race Center Fitness on pages 26 & 27. Join today and make your physical wellness a priority.

## 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.





**FREE!**

**NEW**



## Grocery BINGO

**March 20 & April 24** *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 Circle

**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.

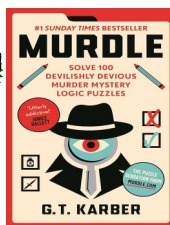
**If interested in Ukulele class please let the office know.**

## Murdle the Murder Puzzle Series

**Wed., March 19 & April 16**

**10:30AM; Free**

Like Murder Mysteries? Like solving crimes? Come join Bradley and enjoy some Murder Mystery Puzzles to get that brain thinking! Let's make you one the greatest detectives we possibly can. We are going to use logic, skills, and the power of deduction to find out who the murder is. See you there Detective! Meets the third Wed. of the month.



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.

## WISE Class

(Wellness Initiative for Senior Education)

**Tuesdays, March 25-April 29 at 10AM**

**(6 week class); 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.



**FREE!**

**NEW**

## 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 20 at 12:30PM**

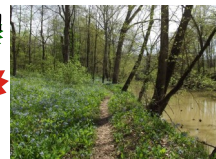
**FREE!**



## Violet & Louis Calli Nature Preserve Hike

Hike for the day (2 miles) will be led by MRC member Nancy Conner. The trail begins with a pleasant stroll in the forest. It then follows the course of a spring fed stream. In the spring portion of the trail is emblazoned with thousands of Virginia bluebells in full bloom. Watch for announcement of date of hike to be in future E-blast to go with the timing when bluebells are blooming. **Register in the office and you will get a call when scheduled.**

**FREE!**  
**NEW**



**Computer Classes lead by the  
Bartholomew County Public Library  
12:30PM; FREE**

**March 18 - Mobile Device Basics**

**April 1 - Cybersecurity Basics**

**April 15 - Windows 11 & Computer Basics**

**May 6 - Internet Basics**

Wonderful new computer classes presented by the Bartholomew County Public Library at MRC. Pick up a flyer with additional details at MRC. Please register for these great classes in the MRC office.



**NEW**  
**FREE!**

# Eight Dimensions of Wellness

**FREE MOVIE SHOWINGS at MRC!**  Popcorn provided

**FREE!**

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



March 10

**Irish Wish**

**PG**



March 24

**WICKED**

(One viewing 2pm only)



**PG**



April 14

**White Bird: A  
Wonder Story**

**PG  
13**



April 28

**You Gotta  
Believe**

**PG**



## Meditation Every Monday at 5:30PM; **FREE**

**FREE!** **NEW**



Shri Mataji Nirmala Devi a Master of Yoga, humanitarian, twice nominated for Nobel Peace prize founded Sahaja Yoga Meditation in 1970. She showed us that within each person there is a motherly healing spiritual energy awakening of which leads to a state of spontaneous meditation. It is an extraordinary living experience that allows us to achieve a state of complete peace and satisfaction, touch the very essence of our beings, and uncover our very best qualities. Instructed by: Rahul Kumar. Learn more <https://us.sahajayoga.org/>

## Donuts & Trivia

**FREE!**

**Tuesday, March 25 & April 29  
9:30AM in the lounge**

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

**Free**

## Cooking Class with Chef Shawn from Silver Oaks Health Campus Thursday, March 27 at 11am in the art room

Join us for a gourmet cooking class taught by Silver Oaks Chef Shawn Burgel. Shawn will be making some dishes and giving you how-to-instructions. Must register in advance in the MRC business office and there will be limited seats. (Max 40)

**NEW**  
**FREE!**



## GREAT DECISIONS



**March 6 –April 24  
6:30-8:00pm**

Registration required with the MRC business office. Partnered Program with IU Columbus

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

### TOPICS for 2025

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

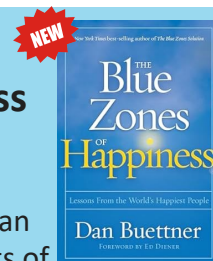
Great Decisions is America's largest discussion program on world affairs. Every participant will receive a Great Decisions Briefing Book and have short readings for each week. A speaker will address key points and have question and answer time.

## BOOK STUDY

### The Blue Zones Of Happiness Feb. 18 - April 1

**\$12 for book/or purchase on own**

New York Times best-selling author Dan Buettner reveals the surprising secrets of what makes the world's happiest place and shows you how to apply these lessons to your own life.



### The Last Bookshop in London April 8-22

**\$12 for book/or purchase on own**

Inspired by the true World War II history of the few bookshops to survive the Blitz, The Last Bookshop in London is a timeless story of wartime loss, love and the enduring power of literature.



### I May Be Wrong: And Other Wisdoms From Life As A Forest Monk Begins May 6

**\$18 for book/or purchase on own**

In this international bestseller, former forest monk Björn Natthiko Lindeblad draws on his humbling journey towards navigating uncertainty helping you, with kindness and good humor to let go of the small stuff.





## LUNCH & LAUGHTER READERS THEATER



**April 9 at Noon**

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

Make reservations at the MRC business office. **Required Registration by April 4.**  
Doors open at 11:45am

**Tech Help  
With Columbus Young  
Professionals  
Tues., April 22  
12:30-2:00pm; FREE**



The Columbus Young Professionals (CYP) group is volunteering their time to assist participants at Mill Race Center with technology, including cell phones, laptops, and iPads. While providing tech support, CYP members are also fostering meaningful connections by encouraging the older, wiser participants to share their life experiences and insights. This exchange allows the young professionals to gain valuable perspectives on how they might approach their careers and lives differently.

## MRC Volunteer Luncheon

**Tuesday, April 29  
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 Friday, April 25.**



## 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. Other prizes given to top readers throughout the challenge.

*The Lasting Impressions Present:*

## Love in the Springtime

**Friday, April 25 at 6:00PM**

**Sunday, April 27 at 1:00PM**

**Tickets: \$30**

**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**

## Mandolin Orchestra

**Wednesday, May 7**

**1:00PM; FREE**

Mark your calendars now for this delightful performance. The orchestra

performs a variety of music from Tin Pan Alley classics that were popular in the late 19th and early 20th centuries to classical and baroque selections, to bluegrass favorites, to pop music. The CMO celebrates the tradition of acoustic, plucked instruments. The prominent instrument is the mandolin, with additional players strumming the mandola, the octave mandolin, the mandocello, the guitar, the harp, and the upright bass. **Register in the office for seating purposes and light refreshments served.**

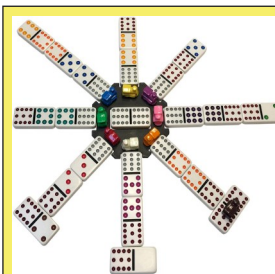




## The BCPL Bookmobile:

**FREE!**

March 5 & 19  
April 2 & 16  
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

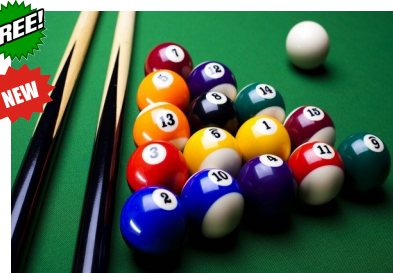
Every Mon. & Fri.  
12:30-3:30PM



**FREE!**

## OPEN Billiards

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



**FREE!**

**NEW**



**NEW**

**Bridge**  
Every Friday from 1-4PM

Lead by: Elaine Bailey  
In the conference room

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!**

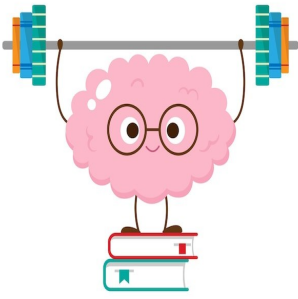


## Cards & Games Schedule

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



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mahjong</b> 12:30-3:30PM  <b>Hand &amp; Foot</b> 12:30-4:00PM  <div> Cards &amp; Games are free for MRC members. Day passes can be purchased for non-members. </div>	<b>Pinochle</b> <b>NEW</b> 1-4PM (2 & 4 Tuesday)  <b>Euchre</b> 4:00-6:00PM (MP3)	<b>Scrabble</b> 1:00-3:00PM  <b>Hand &amp; Foot</b> 12:30-3:30PM For information call Rosemary Sager (812)390-7665  Not meeting April 9	<b>Dominoes</b> <b>NEW</b> 12:30-4:00PM	<b>Mahjong</b> 12:30-3:30PM  <b>Bridge</b> <b>NEW</b> 1:00-4:00PM



## Monthly Brain Workouts

**Friday, March 28 & April 25**

**9:30AM; Classroom**



**FREE (please register)**

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 for seating purposes.

**DON'T MISS OUT!**

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. Register in MRC office.**



**Thursday, March 27**

*Rear Window  
(1954)*



**Thursday, May 1**

*TBA*

Taking registration, but movie not announced by time of printing.

### **Choose To Move Race**



The Indiana Parkinson Foundation is hosting a **Choose To Move Race** in person on April 26 or you can participate in the virtual option. The website to the race site is: Choose To Move Race Indiana Parkinson Foundation. You can participate in this race and log your miles for the 100 Mile Challenge. **Watch for more information to come for a walk schedule with our Parkinson's Support Group with Mill Race Center.**



## TRAVEL WITH MILL RACE CENTER

Hello Everyone!

It was great seeing so many faces old and new at the Travel show. We have so many exciting adventures that have been added for 2025 but also the start of 2026 is looking great!

This fall, you can go winetasting in Italy or walk along the waters of Croatia. 2026 is going to start off with game drives in Africa, then river cruising and more national parks of America. I can't wait to see what you all choose.

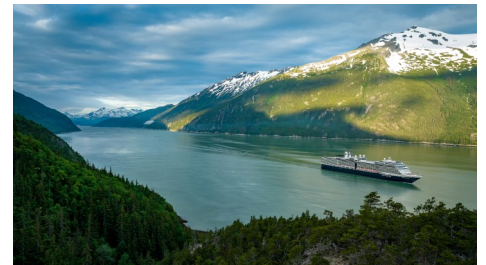
As always, let me know what I can help you with!

Amanda Coleman—812-376-9241\*215 or [travel@millracecenter.org](mailto:travel@millracecenter.org)



### Alaska's Inside Passage Cruise August 26-September 3, 2025

9 days, 22 Meals. Prices vary based on cabin but start at only \$3,449! Want to do Alaska but not for 2 weeks? This is a great option with one night in Vancouver before getting on a cruise through the beautiful inside passage. We will explore Vancouver, Inside Passage Northbound, Tracy Arm Inlet, Juneau, Skagway, Glacier Bay, and Ketchikan!



### Yellowstone and Jackson Hole September 20-26, 2025 **ONLY 6 Seats Left!**

7 days; \$3,699 per person double occupancy The beauty of Yellowstone National Park comes to life with the natural wonders of Old Faithful, the Norris Geyser Basin and the Grand Canyon of Yellowstone. Tour scenic Grand Teton National Park, take a scenic float trip on the Snake River and discover treasures of the Old West in historic Jackson Hole. Free air expired, call for details.

### Treasures of Tuscany October 1-10, 2025

\$5749 per person double occupancy with roundtrip air from Indianapolis. 10 DAYS • 13 MEALS From art, culture and amazing scenery to delicious food and wine, experience all Italy has to offer. Travel through the scenic countryside and take-in the postcard-perfect vistas as you journey to Pisa with its iconic Leaning Tower, and San Gimignano. Marvel at Michelangelo's masterpiece, David. Sample local wine and learn the secrets of preparing delicious Italian cuisine at a hands-on cooking class. Experience "La bella vita" – the good life, on this adventure in Italy.



### South Africa Safari April 22-May 4, 2026

\$9,904 per person double occupancy per person with air from Indianapolis. 13 DAYS • 23 MEALS Amazing safari adventures await on a private reserve and in Chobe National Park. In Zimbabwe, stand in awe at nature's supreme masterpiece Victoria Falls. Meet elephants and their local caretakers while visiting a sanctuary for these beautiful animals. Sample local vintages during wine-tastings in the wine-country area of South Africa. Discover Cape Town's history and beauty. All of these experiences are yours on this exceptional journey through three African countries.

## Trips

### Jewels of the Rhine and Golden Pass Rail Journey

June 7-19, 2026

**Prices vary based on cabin. FREE AIR and \$200 OFF PER PERSON until 3/31**

13 DAYS • 25 MEALS Begin your vacation with four nights in spectacularly situated Lausanne, Switzerland to discover the surrounding beauty and nearby sites. A highlight is sure to be the rail journey through the Swiss Alps aboard the Golden Pass as you travel from Montreaux to Gstaad. Embark the cruise vessel in Basel and enjoy all the scenic beauty this cruise offers while traveling along the romantic Rhine River through four countries. Colorful, picturesque towns line the shores, castles sit atop the vineyard-covered hills, and new sights await around every bend. Explore the charming towns and bustling cities on included shore excursions throughout the cruise. This cruise and the unique rail journey are sure to provide you with a memorable trip for years to come!



### America's Cowboy Country

September 17-24, 2026

\$4,699 per person double occupancy per person with air from Indianapolis. Enjoy stunning views of the American West as you make your way through Yellowstone, Grand Teton National Park, and more. Overnight in the cowboy towns of Jackson Hole and Cody. Experience the Wild West as it once was with a visit to Deadwood, a town built on gold and gunpowder. Experience Yellowstone National Park, home to an incredible array of wildlife. Search for free-ranging herds of buffalo in Custer State Park. Marvel at Grand Teton National Park's towering peaks, marked with mountain glaciers. Soak in

stunning views of Mt. Rushmore and the Crazy Horse Memorials. Grab your Stetson hat and saddle up for an adventure as you discover natural wonders and cultural treasures.

## 2025 Bus Trips

### Hilton Head, Savannah and Charleston: September 21-27, 2025 ONLY NEED 30 to go!

Let's enjoy a trip along the beautiful coast! We will explore Hilton Head Island with its beautiful beaches and history. We will enjoy breakfast daily, 1 lunch at Paula Dean's famous restaurant and 3 dinners while we embark on this trip. We will tour the Parris Island Museum, Savannah History Museum, River District and more! Pricing is \$1,549 per person.

**NEW**



Request to follow the new private group **Mill Race Center Travel** on Facebook to get all the latest trip information and updates from Amanda.

### WISE Class

(Wellness Initiative for Senior Education) See page 14.



**NEW**

### Chair Yoga

Tues. & Thurs. at 11AM

**FREE for MRC members**

See page 10

**FREE!**



**NEW**

### Walk 'n' Roll

Tues. & Thurs. at 12PM

**FREE for MRC members**

See page 10

**FREE!**



## 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



Lots of walking, standing, or stairs

### Smokey Bones

**Wed, March 12**

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

We will have lunch at Smokey Bones in Greenwood. Leave 10:15am, return approx. 1:30pm. Max 12



### Main St. Grille

**Fri., March 21**

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

Lunch at Main St. Grille in Greenwood. Leave MRC at 10:20am return approx. 1:30pm. Max: 12



### Ann's Restaurant & Hoosier Cupboard Candy Shop

**Thurs., April 3**

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

Lunch at Ann's Restaurant and a stop after lunch at Hoosier Cupboard. Leave 10:30am, return approx. 1:30pm. Max 12



### Four Seasons Family Restaurant

**Mon., April 14**

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

We will have lunch at Four Seasons Family Restaurant in Greenwood.

Leave 10:30am, return approx. 1:30pm. Max 12



### Brown County Inn

**Wed., April 23**

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

We will have lunch at the Brown County Inn in Nashville. Leave 10:30am, return approx. 1:30pm. Max 12



## Derby Dinner Shows



### Singing In The Rain

**Wed., May 7 - Matinee Buffet**

**\$55 members, \$65non-mem**

Hollywood of the 1920's is the setting for this light-hearted and romantic MGM classic filled with show-stopping dance numbers and memorable music. Grab your umbrella, it will rain on stage! Leave MRC at 10:00AM return approx. 5:30PM. Max: 11

**NEW**



**Let's Play** - Explore the world of games together! It's a great way to stay mentally sharp, enjoy social interaction, add a dose of friendly competition, and laughter.

**FREE!**

**NEW**

### Qwirkle - March 12 & 26 at 11:30AM in the lounge

Qwirkle is a tile-based game for 2-4 players. Players draw tiles with different colors and shapes. They take turns creating lines that share a common attribute to earn points. It is an enjoyable activity for everyone.



### Sorry - April 16 & 30 at 11:30AM in the lounge

Skip Bo is timeless fun created in 1967. The game is simple to teach and easy to learn. The winner must empty their stockpile of cards first by placing them in numerical sequence.



The lounge is open each Wednesday from 11:30-12:30 to play these fun games or check out others in the business office.



# Eight Dimensions of Wellness

## 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](mailto:kn4073@comcast.net)



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.



## 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 Becky at 812-376-9241.



## The Better Breathers Club

The Better Breathers Club is sponsored by the American Lung Association, and is supported locally by Columbus Regional Health and meetings held at MRC. 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.



**March 12: Asthma and COPD;  
How They Are Different**

**April 30: Walking for Exercise; Considerations**

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

## Keep On Keepin' On Mon., April 21

at 1:30PM; **FREE**

Legendary jazz musician Clark Terry, who taught Quincy Jones and mentored Miles Davis, becomes the mentor of a blind 23-year-old pianist who suffers from crippling stage fright.

**Special Viewing**



**britbox**  
*Agatha Christie's iconic  
detective Hercule Poirot*

**FREE! NEW**

## The Chocolate Box

Mon. March 3 at 1:30pm

When Hercule Poirot returns to his native Belgium an old murder case rears its head. (51minutes)



## Death In The Clouds

Mon. March 17 at 1:30pm

A money-lender is murdered by a poisoned dart on a flight from Paris to London. (102 minutes)



## Sad Cypress

Mon. March 31 at 1:30pm

Poirot has five days to investigate the case of an heiress accused of a double murder. (93 minutes)



## How Does Your Garden Grow

Mon. April 7 at 1:30pm

Poirot investigates when a woman he met at the Chelsea Flower Show dies from poisoning. (51 minutes)



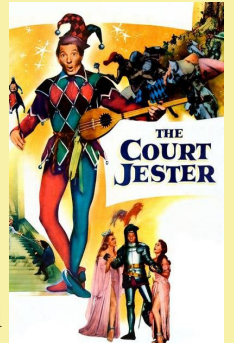
## Broadway Series

Call MRC to register for each viewing.

### The Court Jester

Fri., March 28 at 1:00PM

(1956) Former carnival performer Hubert Hawkins and maid Jean are assigned to protect the infant royal heir from tyrannical King Roderick I. While Jean takes the baby to an abbey, Hawkins gains access to the court by impersonating the king's jester, unaware that the jester is really an assassin hired by scheming Sir Ravenhurst. When Princess Gwendolyn, falls for Hawkins, a witch secretly aids him in becoming a knight.



### Easter Parade

Fri., April 25 at 1:00PM

(1948) In this lavish musical, Broadway star Don Hewes' dancing partner goes solo, and Don declares that he can make a hit performer out of the next dancer he sees. This turns out to be the inexperienced Hannah who bristles as Don tries to make her into his old partner. But as he realizes that he is falling in love with Hannah, Don knows that he must let her grow into her own kind of dancer if he wants her to reach her full potential.



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

[www.millracecenter.org](http://www.millracecenter.org)

## Parkinson Support Group Meetings at Mill Race Center

For more information call Harriet  
Armstrong 812-603-2470 or MRC 376-9241.

## Parkinson's Support Group

**NEW FREE!**

**Wed., March 5 from 2:30-4PM**

Dr. Xavier Beristain, neurologist with training in movement disorder issues, will be our guest speaker.

**Wed., March 19 from 1:30-2:30PM**

**Wed., April 2 from 2:30-4:00PM**

Blake Reed of Voelz, Reed, & Mount will address the topic of estate planning.

**Wed., April 16 from 1:30-2:30PM**

**Wed., May 7 from 2:30-4:00PM**

Guest speaker: Kim Williams, Executive Director of Indiana Parkinson's Foundation

# 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!







### THE FITNESS CENTER AT MILL RACE CENTER

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

### INNOVATIVE FITNESS CENTER

The Fitness Center includes an innovative Fitness  
Facility with age-friendly cardio and strength  
equipment designed to make your workout more  
effective, safe, and fun. Health/Fitness Assessments  
including body composition measurements, BMI,  
BMR, and VO2 Max calculations are available to all  
members.

### CLASS OPTIONS FOR ALL SKILL LEVELS

The facility is a Silver Sneakers, Silver & Fit and Renew  
Active approved facility. Our fitness staff works with  
members to develop a personal fitness plan on the  
easy to use weight training and cardio equipment. A  
wide variety of Group Fitness Exercises classes are  
offered for all levels of participation.

### VARIETY OF FEE STRUCTURES

The Fitness Center offers day/guest passes, monthly  
memberships and annual memberships. Stop by or  
call 812-376-8808 to schedule a tour. Staff trainers are  
available by appointment for new members for  
equipment orientation and program design.

### \$7/DAY/GUEST PASS

Per single visit

### \$29/MONTHLY MEMBERSHIP

Per month (automatic monthly withdrawal for 12  
months with contract) includes unlimited use of The  
Fitness Center and all Fitness Center classes.

### \$39/MONTHLY MEMBERSHIP

Per month (automatic monthly withdrawal until  
canceled, no annual contract) includes unlimited use  
of the Fitness Center and all Fitness Center classes.

## REGISTRATION

Register at the Mill Race Center Business Office  
900 Lindsey St., Columbus, IN 47201  
812-376-9241  
[millracecenter.org](http://millracecenter.org)

Mill Race Center Business Office is open 8:30A.M.-5:00P.M.

## HOURS

Monday-Thursday

6:30A.M.-7P.M.

Friday

6:30A.M.-5P.M.

Saturday

8A.M.-12P.M.

Sunday - Closed

Mill Race Center & the Fitness Center will be closed Friday, April 18 for  
Good Friday. The Fitness Center will be open Saturday, April 19.



# CLASS DESCRIPTIONS

All Fitness Classes are held at Mill Race Center,  
900 Lindsey St, Columbus

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

**BALANCE IN MOTION (1, 2)** Class is designed to improve your balance by strengthening your feet, ankles, and legs, improve your coordination, and train your core strength. This class will help improve posture while enhancing reaction and focus.

**CARDIO & OSTEO (2,3)** This class helps improve your cardiovascular and bone health using low impact aerobic and strength training, traditional floor aerobics, free weights, and resistance equipment. Great to reduce the risk of osteoporosis, osteopenia and osteoarthritis.

**\*PILATES (3,4)** A mind-body class which focuses on increasing core strength, elongating muscles and improve postural awareness. You will leave this class feeling stretched, strong, and energized for the rest of the day! Please bring your own personal mat and must be able to get on/off the floor.

**CARDIO PUMP (2,3, 4)** A low impact aerobic class, with full body movement patterns to increase your heart rate combined with a total body weight training to increase strength and core awareness.

**YOGA (2,3, 4)** Combines the traditional flow of yoga postures with the "I Am Ageless NOW" program to help expand body awareness, improve flexibility, and blood flow of your muscles. Our instructor is certified in this award winning program.

**SILVER SNEAKERS CIRCUIT (2, 3)** This is a 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 (2,3,4)** Move through seated and standing yoga poses to increase flexibility, balance, and range of motion. A chair is used to meet a variety of fitness levels.

**NEURO FITNESS (1, 2)** A group fitness class that challenges the brain and the body to improve health and fitness. This class is suitable for members with progressive neurological conditions including Parkinson's, Multiple Sclerosis, and stroke.

**ZUMBA (2,3, 4)** A high-energy workout that combines Latin and international music and dance. Music so great, you can't help but move!

The Fitness Center classes will break for Spring  
Break the week of March 17-21.

## MONDAY

9A.M. - Yoga  
10A.M. - Silver Sneakers  
Circuit  
11A.M. - Balance In Motion  
1:30P.M. - Neuro Fitness  
6:00P.M. - Zumba

## TUESDAY

8A.M. - Cardio & Osteo  
9A.M. - Pilates\*  
10A.M. - Silver Sneakers Yoga

## WEDNESDAY

9A.M. - Yoga  
10A.M. - Silver Sneakers  
Circuit  
11A.M. - Balance In Motion  
1:30P.M. - Neuro Fitness  
6:00P.M. - Zumba

## THURSDAY

8A.M. - Cardio & Osteo  
9A.M. - Pilates\*  
10A.M. - Silver Sneakers  
Yoga

## FRIDAY

7A.M. - Yoga  
9A.M. - Cardio Pump  
10A.M. - Silver Sneakers  
Circuit  
11A.M. - Balance In Motion

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



# ASAP

Alliance for Substance  
Abuse Progress

## STANDING UP AGAINST STIGMA

### CHANGING THE CONVERSATION AROUND ADDICTION

[asapbc.org](http://asapbc.org)



[asapbartholomewcounty](https://www.facebook.com/asapbartholomewcounty)



[@asapbartholomew](https://www.instagram.com/asapbartholomew)

(812) 418-8705

Open: 8am - 4:30pm



SCAN HERE



## YOU CAN MAKE A DIFFERENCE

**Start the conversation.** Talk to friends and family about addiction as a medical condition, not a character flaw.

**Support those in recovery.** Encourage loved ones, attend support groups, and educate yourself.

**Share resources.** Help those in need find treatment options and support services.

## JOIN THE MOVEMENT



Scan the QR code above or visit  
[MHMBC.org](http://MHMBC.org).



Follow ASAP on Facebook for updates, resources, and community discussions.



Explore more resources at  
[SeeBeyondTheAddiction.org](http://SeeBeyondTheAddiction.org).

## SEE THE PERSON, NOT THE ADDICTION

Many people living with substance use disorder (SUD) face stigma—negative labels and unfair treatment—that can prevent them from seeking help. **Addiction is not a moral failing; it is a disease that affects brain function and behavior.** Just like diabetes or heart disease, it requires medical care, support, and understanding.

## WHY LANGUAGE MATTERS

By changing our language, we help create a community where people feel safe seeking treatment and support. Let's shift to more respectful, person-centered language:

*Instead of "addict/junkie/druggie" say...*

**"Person with substance use disorder"**

*Instead of "drug habit" say...*

**"Substance use disorder (SUD)"**

*Instead of "ex-addict" say...*

**"Person living in recovery"**

*Instead of "drug offender" say...*

**"Person arrested for a drug violation"**

*Instead of "medication is a crutch" say...*

**"Medication is a treatment tool"**

*Instead of "stayed clean" say...*

**"Maintained recovery, substance-free"**

*Instead of "clean" say...*

**"Negative drug screen"**

# ASAP

Rethinking  
Wellness

Embracing wellness for lasting impact against substance misuse

ASAP's Rethinking Wellness Initiative is 100% funded by SAMHSA



# SUPPORT PATHWAYS ARE CRUCIAL

Like so many others, I have family and friends who struggle with mental health. It affects daily life, employment, finances, relationships, and daily security in life's decisions.

My experience has led me to meet professionals and fellow community friends in mental health fields, NAMI, Al-Anon, and Mental Health Matters ambassadors. There are many resources available through books, seminars, videos, conversations, and support groups.

As an educator, I see the needs of our students in schools to receive counseling support. Providing numerous pathways for people with all levels of mental health support is critical for our community and our citizens. The initiatives taken in Bartholomew County will help stabilize all of our lives, give us more security in knowing that help is available, and comfort to those who have the most challenging circumstances.

Janice Montgomery  
*Retired Educator*



RESOURCES FOR FRIENDSHIPS  
& SOCIAL SUPPORT  
Meaningful connections are key to  
good health

**ASAP** Rethinking  
Wellness  
Partnering solutions for lasting impact against substance misuse



The Standing Up Against Stigma campaign is 100% funded  
by SAMHSA in partnership with Mental Health Matters  
and ASAP Rethinking Wellness.

**STANDING UP  
AGAINST STIGMA**



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

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

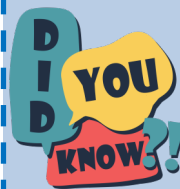
### GREAT DECISIONS 2025

March 6-April 24, 2025

6:30-8:00PM

Register in the office.  
MRC Member \$35  
and non-member \$45

See front cover for more  
details.



**#1** - To get steps in walk out our front doors and turn right, follow the sidewalk, and walk around the backside of our building. Turn right on sidewalk past Just Friends back to our front doors it is **.24 miles**.

**#2** - Do all of #1 but instead of turning by Just Friends keep walking. Walk the entire way including all around where the buses park and head back to our front doors is **.39 miles**. Sidewalks the entire time.

**#3** - If you do #1 and do all of #2 it is **.63 miles**.

Keep track of your miles and participate in the 100 Mile Challenge! Happy walking!



## KEEP MOVING!

### Japanese Taiko Drumming/Silver & Parkinson's Class Offering Classes on Tuesdays from 1:30 - 2:30

Location: Southern Indiana Taiko studio, 1130 Ruddick Ave.

Instructor: Gail Nowels

Cost: \$50/month or \$15 drop in fee (discount for persons with Parkinson's)

# Refrigerator Reminder - MRC Daily Activities

## Monday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
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 (pg. 22)	AR
2:00	Movies (pg. 15)	AR
2:30	Ukulele Class	CR
5-7	Ballroom Dancing	MP2
5:30	Meditation	CR

## Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
10:00	Fun with Plants Group (3rd Tues.)	AR
10:00	Tai Chi (\$)	MP1
10:30	Bible Study	CR
11:00	Book Study	LO
11:00	Chair Yoga	MP3
12:00	Walk'n'Roll	MP3
12:30	Computer Class (see page 14)	CR
1:00	Card Making (2nd Tues.)	AR
1:00	Woodshop	WS
1:00	Ted Talks (2nd Tues.)	CR
1-3	Embroidery Guild (3rd Tues.)	AR
1-4	Pinochle	CNR
2:00	MRC On the Go (see page 6)	Off Site
2:00	Bodies in Motion	MP2
2-4	Tea (2nd Tues.)	LO
4:00	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
9:30	Walking (pg. 6)	LOB
10:00	Art Class	AR
10:30	Murdle Murder Puzzles	CNR
11:30	TOPS	CR
12:30	Hand & Foot	MP2
1:00	Scrabble	LO
1:00	Reader's Theater (pg. 12)	CR
2:30	Parkinson Support Group (see page 24)	AR
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
10:30	Dulcimer lessons (pg. 6)	CR
11:00	Chair Yoga	MP3
12:00	Walk'n'Roll	MP3
12:30	Dominoes	MP3
12:30	Birthday Party (pg. 14)	AR
1:00	Woodshop	CR
1:00	Woodcarving	CR
2:00	Bodies in Motion	MP2
3:00	Craft Classes (pg. 8)	AR
3:30	Grocery Bingo (pg. 14)	AR
5-7	Ballroom Dancing	MP2
6:30	Great Decisions	AR

## Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
9:30	Monthly Brain Workout (pg. 19)	CR
10:00	Line Dancing	MP2
12:30	Mahjong	AR
1:00	Bridge	LO
1:00	Broadway Series (pg. 24)	CR
12:30	Lasting Impressions	MP1
12:30-3:30	Pickleball	MP2

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.	

**Mill Race Center & Fitness  
Center closed Friday, April 18  
for Good Friday. The Fitness  
Center will be open Saturday,  
April 19.**

## ACTIVITY HIGHLIGHTS

### Feb. 18-April 1

Book Study: Blue Zones of Happiness; 11:00am

### March 3, 17, 31 & April 7

Agatha Christie's Poirot; 1:30pm **FREE!**

### March 6-April 24

Great Decisions; 6:30pm

### March 10 & 24

Movie; 2:00 & 4:30pm **FREE!**

### March 11 & April 8

Card Making; 1:00pm

Ted Talks; 1:00pm **FREE!**

Tuesday Tea; 3:00pm

### March 12 & 26

Let's Play Qwirkle; 11:30am **FREE!**

### March 13 & April 17

Quilling; 1:00pm **FREE!**

### March 14

National PI Day; 12:00pm **NEW**

### March 19 & April 16

Murdle Murder Puzzle Series; 10:30am **FREE!**

### March 20

Birthday Party; 12:30pm **FREE!**

### March 20 & April 24

Grocery Bingo; 3:30pm **FREE!**

### March 25 & April 29

Donuts & Trivia; 9:30am **FREE!**

### March 25-April 29

WISE Class; 10:00am **FREE!**

### March 26 & April 21

Come & Eat; 11:00am



### March 27

Cooking Class; 11:00am **NEW**

### March 28 & April 25

Monthly Brain Workout; 9:30am

Broadway Movie; 1:00pm **FREE!**



### April 3-May 8

Kara's Silver Strings Dulcimer Class; 10:30am

### April 4

Welcome Breakfast; 9:30am **FREE!**



### April 9

Lunch & Laughter; 12:00pm



### April 10

Sound Healing; 3:00pm **FREE!**

### April 14 & 28

Movie; 2:00 & 4:30pm **FREE!**

### April 16 & 30

Let's Play Sorry; 11:30am **FREE!**

### April 18

**Mill Race Center & Fitness Closed**

### April 21

Keep On Keepin' On Movie; 1:30pm **FREE!**

### April 22

Tech Help; 12:30pm **NEW**

### April 29

Volunteer Luncheon; 11:00am **FREE!**



### April 30

Rock the Night Away Dinner & Dance; 6:00pm **NEW**

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

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







In Partnership With  
**ASCENT**  
PHYSICAL THERAPY  
*A Body in Motion Stays in Motion*

## JOIN NOW

- Innovative Fitness Center
- Class Options For All Skill Levels
- Variety of Fee Structures
- Certified Fitness Trainers
- Silver Sneakers and Silver & Fit
- Beautiful views

**Mill Race Center**  
**900 Lindsey St.**  
**Columbus, IN 47201**

**812-376-9241**  
**MILLRACECENTER.ORG**

**\$29 a  
month**  
payment options  
available

