



AGING WELL!

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

Membership \$55 a year per person • 812-376-9241 • www.millracecenter.org

2016 ANNUAL MEETING



**We are
touching lives**
at Mill Race Center every
day and making a
difference

- ✿ Body In Motion Class
- ✿ Senior Self-Defense Class
- ✿ Blood Pressure/Stroke Screenings
- ✿ TOPS— Talking Off Pounds Sensibly
- ✿ Silver Sneakers
 - ✿ Walk Away The Pounds
 - ✿ Line Dancing
 - ✿ BIODEX Balance Assessment
 - ✿ Pickleball
 - ✿ Fitness Center Tours

See page 16 & 17 for information on
MRC Annual Meeting and
National Senior Health & Fitness Day
www.millracecenter.org



Educational Expeditions

A Day at Sunwatch
& Fort Ancient, Ohio
*Take an expedition
with the Pitman
Institute!*



See page 21!

 Academy of
Lifelong Learning
at Pitman Institute

MRC Beautification Team



We are looking for volunteers to
help keep the area around the
building looking beautiful. Stop
by the business office if you are
interested or call (812)376-9241.



See page 12 or our website for **NEW**
programs being offered like our
Perennial Share & Flower Power Class!
www.millracecenter.org



From Your Executive Team

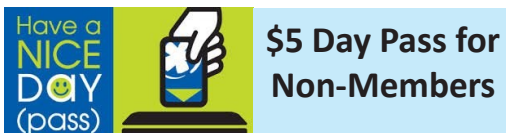
Bioswale Season

The parking lot of Mill Race Center is paved with porous asphalt that allows rain water and snow to pass through, and then be channeled into “bioswales.” The bioswales can be identified by the sections of tall prairie grass, which will be growing rapidly over the next month or so. This tall grass that many folks find inconvenient or unsightly was chosen specifically for its ability to absorb moisture and is the first line of filtration. (Have you noticed that we don’t have “puddles” when it rains?) That is because rainwater passes over and through the porous pavement and is channeled to the areas of tall grass, and any water that is not used by the grass then passes through layers of filtering sediment before it hits the storm drains. This is all part of a carefully designed system that helps us to be good stewards of the beautiful location that we enjoy in Mill Race Park.



Notes

**Wireless Access at MRC
Requires a Password
members can obtain. The
password may be obtained
from the MRC front desk.**



All programs and events listed in the newsletter are for **members only** unless it is stated otherwise. Call the Business Office at (812) 376-9241 or visit our website to become a Mill Race Center member. Membership is only \$55 a year.

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Mill Race Center Staff

812-376-9241

Executive Team:

Cindy Chodan, Paula Herlitz & Dan Mustard

Liz Barriger, Accounting Clerk, x 207

Leah Boas, Comprehensive Wellness Program Coordinator, x 210

Debra Bray, Administrative Assistant, x 218

Kristy Carothers, Accounts Payable, x 222

Cindy Chodan, Program & Membership Director, x 209

Dexter Fravel, Lead Bingo Volunteer

Paula Herlitz, Development, x 206

Steve Hood, Facility Manager, x 216

Roberta Issacson, Membership, x 219

Jim Issacson and Roy Hendershot, Van Drivers

Jan Meadows, Ambassador Coordinator, x 299

Dan Mustard, Operations Director, x 211

Karen Phelps, Receptionist, x 219

Kate Phillips, Evening Coordinator, x 219

Roy Pruett, Assistant Facilities Manager, x 225

Edie Smith, Travel Coordinator, x 215

Jane Smith, Program Assistant

Shannon Thalls, Member Services Manager, x 220

Rob Ellis, Elwood Senior Staffing, x 222

The Handyman Connection

We need YOU!

Retired.....got some time to share?

The Handyman Connection, is looking for volunteers willing to lend a hand with "handyman" projects for families and individuals in need in the Columbus Community.

Labor provided by volunteers, materials and parts will be purchased by the home owner. The homeowner must be available to help with the project (in whatever capacity they are able) to encourage "buy-in".

Expert handyman skills not required, just a passion for helping others. This is a great way for you to share your skills, learn new skills and make new friends.

To learn more contact Ed Niespodziani 379-4073 (home) or 812-552-3343 (cell), email kn4073@comcast.net.



Did You Know...

...that you can order Meals on Wheels for whatever days of the week work best for you.

...you can order the hot lunch or a hot lunch and a cold sack supper.

...there is no age restriction for Meals on Wheels.

...Meals on Wheels can meet special diets like low-salt, renal, ADA, etc.

...can be ordered easily by calling Mill Race Center at (812) 376-9241.

Shopping Trip to Walmart

The Mill Race Center van takes seniors grocery shopping to Walmart (Eastside) every Thursday morning. Our van driver can assist with carrying groceries. Minimum of 3 passengers required. A donation of \$1/passenger is appreciated. To schedule a pick up, call Mill Race Center (812-376-9241) the day before.

Wheel Chair Medical Transportation

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



Golden K Kiwanis

Each Monday 10:00-11:00am

Serving the children of the world! Changing the world one community and one child at a time.

Visitors are always welcome!

President: Larry Lewis 812-528-1656



Need a gift idea?

Give the gift of Mill Race Center Fun Bucks.

Spends just like cash at MRC! Use for...

The MRC Breakfast Café
Chair Massage & Reflexology
Readers Theater Lunch & Laughter
Afternoon for Arts
Friday Night Live
Travel
Art Classes

All paid MRC programs
(Not for use at the fitness center)
Can be purchased at the Business Office or at our website under Join/MRC Bucks.

Happy Helping Hands

Thursday mornings each week

8:30-10:30am (Arts Room)

Make handmade Pal Dolls for hospitalized children and orphanages overseas. You do not need to know how to sew. Donations of new, cotton blend fabric needed.

Leader: Willie Field, 812-525-1553



Spotlighting Physical Wellness

VOLUNTEERS WANTED

NEWSLETTER ASSISTANTS

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

MEALS-ON-WHEELS Volunteer Drivers

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



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 Jan Meadows, (812) 374-4404 for details.

Community Ambassadors

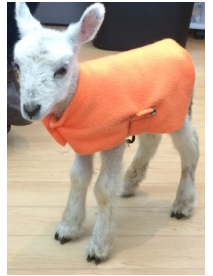
To assist with hanging posters and delivering newsletters throughout the community.

BINGO CALLERS NEEDED

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

Baby Feeders

Our evening coordinator Kate needs help with all her baby animals born this spring. If interested in helping stop by and see Kate.



**We Appreciate
Our Volunteers!**



**Give the gift of a
Mill Race Center
membership to your
friends for their
birthday 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.



MRC Meet & Greet

May 19 at 6:00pm (Art Room)

June 17 at 10:00am (Art Room)

Have you recently joined or are you interested in Mill Race Center? We'd like to get to know you better and introduce you to the Center and the variety of programs and events we have planned throughout the year. The session will last about an hour. Call and reserve your seat; (812) 376-9241.



MAHJONG

Are you interested in learning how to play? Members of the Columbus Chinese Association will be our instructors. Please sign-up in the business office if you are interested. Classes will be held on Wednesdays from 1:00-3:00pm, but a start date is yet to be determined. You will be notified when the group is ready to begin.



Knitting with Cathi

Samples of projects on display at Mill Race Center.



Grandma Corn Baby Sweater

May 16, 23, and June 13, 20. 6:30-8:00pm

Class fee: members \$45/non-members \$50

Fee includes yarn

Some things just get better with time and this is true with this top down baby sweater. The pattern has been adapted from the one Corn knitted for every little baby she could find from the mid 60's to 90's. If you can knit and purl you can knit this sweet little heirloom pattern. Sizes range from 6 months to a size two, depending on the yarn weight and needle size used. This class has been so well received that we decided the tradition must go on. Skills needed: Must be able to knit and purl. Minimum pattern reading.

Skills learned: Basic lace knitting for the yoke (optional), picking up stitches, knitting the sleeves on double pointed needles, button holes, finishing, instructions on blocking.

Bring needles: For 6 month: size 1 and three straight or circular (sample is this size)
Size 12 months: sizes 2 and 4
24 months: sizes 3 and 5



Beaded Cuff Bracelet

Friday, June 10, 2:00-5:00pm (1 session)

Min 4 students

Class fee: \$20 members/\$30 non-members



Back by request, is this stylish bracelet knitted on (yes, you guessed it) wire! If you can knit, you can do this! Impress your friends with this knitted masterpiece! But beware! You will have requests to knit one (or more) for family and friends. Even better, bring a buddy and let them learn to knit one for themselves!



Granny Connections Needs You To Help Knit Scarves

In an effort to raise awareness for World AIDS Day, the Granny Connection will be accepting donations of red knit scarves. On Dec. 1, 2016 the red scarves will be wrapped around lamp posts and trees downtown. Red scarves can be knit in different sizes and patterns. Knit scarves can be dropped off at MRC by November 25. Questions: call Sherry McKinney at 812-372-3936. **MRC has free red yarn just stop by and pick some up so you can help with this great project!**

Spotlighting Physical Wellness



Evening Star Quilt Guild **Second Tuesday of each month,** **6:30-8:00pm (AR)**

The Guild is open to anyone interested in quilts and the art of quilting. The meetings offer information and instruction in quilting and quilting techniques given by Guild members and guest presenters.

Dues are \$12/year for Mill Race Center Members and \$15/year for Non-members. Part of the dues money is given to support Mill Race Center. The Guild's service project is to make quilts for clients at Turning Point Domestic Violence Shelter. Guild members make 30-40 quilts annually for the children and adults there. More information: Carol Walp 812-343-8863, carol.walp@hotmail.com.



We've Got an App for That!

Learn more with 1-on-1 tutoring on applications, or APPS that transform your smart phone or tablet computer into the world's most versatile pocket tools. Tutor, and MRC member, **Steve Franklin** will teach you all about the different APPS and how to use them. Steve loves to share his passion.

One on One Training

FREE for MRC members

Tutors are available to meet with you 1 on 1 to help you with your technology devices (cell phones, smart phones, APPS, Ipads, tablets, lap tops, Kindles, Nooks, etc.)



To schedule an appointment with a tutor, please stop by the front desk and Karen can assist you. Email Karen at karen@millracecenter.org

NEW Intergenerational Crafting

Join Shannon, Kami & Brock Thalls for a fun intergenerational craft class. Bring your grandchild if you would like or come attend just yourself. All supplies will be provided. Register at the business office. (Ages 5 and up) Samples will be on display in the lobby.

Glass Magnets

Wed., June 1 at 2pm

Fee: \$5 per person

Easy project that you can design anyway you would like.



Art Class

Wednesdays from 10:00am-12:30pm

Watercolors, oils, acrylic, pastels. No previous art experience required. Beginners: no supplies needed for your first visit. Holly will get you started on a project and advise on needed supplies. **FREE for MRC members.** For more information contact: Holly Melillo at 812-342-9650.



NEW

Yard Yahtzee

Wednesday, June 15, 6pm

Class kit: \$20

Take this fun game outside this summer! Make your own over-sized yard version for loads of fun at picnics or social gatherings. Wood, paint, supplies and bucket for throwing your dice all included in your kit.



Crafty Fingers

Wednesdays from 10:00-11:30am

If you knit, crochet, needlepoint, cross stitch, sew or enjoy another craft project, bring whatever you are working on and work on it in the company of other crafters and needle art enthusiasts. Group meets in the Lounge. For more information, contact Donna Rueff at 812-343-5540. Eleanora Schwartzman will be available to teach you how to crochet as part of the Crafty Fingers group.



Coloring

Café **FREE!**

Every Tuesday at

2:00pm, FREE

Books, colored

pencils and coffee provided!

Adults around the country have picked up coloring books as a way to relax and unwind. Research shows that health benefits go beyond relaxation, and include exercising fine motor skills and training the brain to focus. Psychiatrist Carl Jung prescribed coloring to his patients to calm and center their minds. Join us to learn about this great emotional wellness activity and find the joy in coloring. Color Yourself...Calm! Or Happy!



Necklace from Shrink Plastic

Tuesdays, June 14, 21 and 27 during Coloring Café.

Sheet Fee: \$2 per sheet

Color your own masterpiece in our coloring café and then turn it into a wearable necklace to enjoy. (sample on display in office)

Spotlighting Physical Wellness



Ball Room Dance Classes

Monday & Thursday 6:00-8:00pm

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

Couples Dance Club

1st & 3rd Wednesday each month 6:00-8:00pm

This class is for couples ballroom dancing and to practice new steps (MP2). FREE to MRC members, \$5 per class/non-member Info contact: Karl & Uschi Wolff at (812) 342-9974.



Line Dance for Beginners

Wednesday, 4:30-6:00pm (MP2)

Come and give it a try! Instructor: Pat Hoard (812) 372-4905. Fee: FREE to MRC members, \$5 per class/non-members. No need to sign up in advance, just show up and dance!



Line Dance

Friday mornings 10:00-11:30 (MP2)

Come and dance, new folks always welcome! Free for MRC members, \$5 per class/non-member Instructor: Pat Hoard



Rhythm in Shoes

Clogging

Monday evenings from 6:30-7:30pm

If you know how to clog, join Naomi Fleetwood-Pyle.

Fee: (drop in) **\$5 paid to the instructor**. Sign-up not required. Contact Naomi (812)343-3285.

It's for beginners, too! If there is enough interest a beginners clogging class will be offered at MRC.

Monday	Wednesday	Thursday	Friday
Ball Room Dance 6:00-8:00pm (MP2)	Line Dance Beginner 4:30-6:00pm (MP2)	Ball Room Dance 6:00-8:00pm (MP2)	Line Dance 10:00-11:30am (MP2)
Clogging 6:30-7:30pm (MP3)	Couples Dance Club (MP1) 6:00-8:00pm 1st & 3rd Wednesday		



FEATURING:

Dan & Linda Mustard and Tom Lego



Friday Night Live Just Dance!

June 10

7:00-10:00pm

\$5/members & \$10/nonmembers

Bodies in Motion

Class meets: Mon., Wed. & Fri. at 8:30 am (MP2)
FREE to MRC members

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

Reflexology @ MRC!

Reflexology is a healing art based on the premise that there are reflex areas in the feet and hands that correspond to all of the glands, organs, and parts of the body.



If a practitioner finds sensitive areas on your hands or feet, he/she should work them gently. Reflexology should be a pleasant, relaxing experience. Light touch will be just as effective as deep pressure because reflexology works nerves, not muscles.

Leslie Dyar, a certified reflexologist who received her training at I.U.P.U.I., is available for 30 and 60 minute sessions at the MRC on Monday and Tuesday mornings from 8:00-12:00 and Mondays from 4:00-8:00pm. All sessions are by appointment.

Prices are as follows:

30 minute session: \$20 for MRC members, \$25 for non-members. 60 minute session: \$40 for MRC members, \$50 for non-members. **To schedule your 30 or 60 minute session, call Leslie at: (317) 507-3224. Payment at session. Cash and checks only.**

"This is the most relaxed I've been in a long time." ~ client

Tai Chi/Chi Gung Morning (10:00am) Classes Offered

Tuesday & Thursday

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



Classes meet on Tuesdays and Thursdays each month. Class is open to all levels. Sign up at the MRC Business Office or call (812)376-9241.

Instructors: Paula Howard - 10:00am
*Interested in an evening class:
call Todd at (812)372-7100*

Monthly Cost: \$40 members, \$55/non-members

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

Chair Massage

Wednesday mornings, 8:00-Noon

Emily Patrick, CMT is a Certified Massage Therapist. The price is \$1 per minute with 10, 15 or 20 (max) minute sessions available.



Chair massage can help relieve physical and emotional stress, lower anxiety, increase circulation, reduce muscle fatigue, pain and tension, headaches and much more. You can sign up on the door outside the meeting room or by calling Emily at (812)344-9716.



Senior Volleyball

Wednesday and Friday mornings at 8:30am at Foundation for Youth
405 Hope Ave, Columbus

Spotlighting Physical Wellness



Pickleball



FREE!



Wednesday Evenings - 6:00-8:00pm



Friday Afternoons - Noon-3:00pm

EXCEPT the 4th Friday due to the Afternoon for The Arts series. Join us at 2:00 on the 4th Friday for live entertainment and delicious desserts.



Saturday Mornings - 8:30-11:30am



Random Acts of Kindness Club

3rd Tuesday of each month
May 17 & June 21

Meeting at 1:00pm; FREE

Let's find JOY in the journey together. Spreading kindness here at MRC and out in the community. Let's be the reason someone smiles!



TED Talks

2nd Tuesday of each month
Meeting at 1:30pm

When you miss a TED talk program and discussion, you miss group discussion, wide ranging information and a chance to challenge your views on the world we live in.

Your TED talk team needs YOU for discussion on Current programs, in depth information, and Group Discussion. We have new subjects monthly. Join us!

May 10 at 1:30pm

**Topic: Rebuilding Coral Reefs
and An Ocean Photographers World**

June 14 at 1:30pm

Topic: How to Build Your Creative Confidence

Sign up at MRC Business Office or by calling 812-376-9241. Group size for each session is limited to 18 participants. Facilitators: Ed and Terri DeVoe



SCS Investment Club

Monthly, 2nd Friday
1:00-3:00pm (Classroom)

This is a great way for you to stay motivated while you improve your investment knowledge. The Club is a member of Better Investing with a mission to provide a program of sound investment information, education and support that helps create successful lifetime investors. Don't let the words "investment club" scare you.

The SCS Investment Club currently has space for new partners. The Club is limited to 20 partners. Partners must be MRC members. An initial investment of \$100.00 plus a monthly investment of \$25.00 is required.

Educational presentations are made each month so members can learn how to buy and sell stocks. Contact Ted Anderson, 812-342-2663 or



Bible Study

Tuesday 10:30-11:30am

In the Classroom

Information: Virginia Houser, 812-579-5132

May: Rev. Gordon Tilley, Bethel Wesleyan Church

June: Rev. Kevin Metz, Mt. Pleasant Christian Church

Wednesday Evening Bible Study, 6:30pm

Contact Jan Meadows at (812)379-2841



MRC Perennial Share

Wednesday, May 18 at Noon (on patio)

Free for MRC members

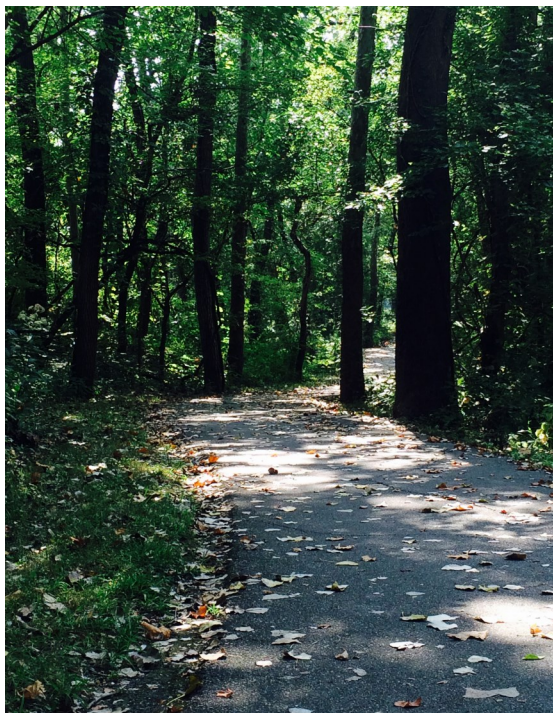
Perennial plant sharing is a fun, frugal way to enhance your garden. Interested in plants and working outdoors. Be a part of the MRC beautification team!

Flower Power! With the Purdue Extension Club

June 21, 2:00 pm, Fee: \$2, registration at MRC

Flowers do wonders for the human spirit. Join Kris Medic for a look at flowers of the season: their qualities, their growing conditions, their uses, and their meaning when given. Bring your sense of fun!





Understanding Your Grief

Bereavement Support Group at MRC

Third Thursday of month from 4:00-5:30pm

Open to anyone in the community

Facilitated by Walter Glover, Certified Grief Counselor and Jennifer Lowry.

“Grief, often the most profound form of sorrow, demands the support and compassion of our fellow human beings. Since the beginning of time, people have come together in times of grief to help one another” Alan D. Wolfelt, Ph.D.

This group is open to anyone who is grieving the loss of a spouse/partner, child, parent, sibling, loved one or friend. The group is FREE and open to the community, MRC membership is not required. Participants' books and journals generously provided by The Teegarden Foundation.

If you are interested in participating please join us!
Contact: Shannon at MRC, 812-376-9241 ext. 220



MRC Woodshop

In The Woodshop

Drop-In Woodcarving Class

Wednesdays 10:00am

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

FREE for MRC Members

Hoosier Carvers Club

2nd Monday of each month

5:30-8:00pm (CL)

New participants welcome to attend. For information contact Larry Carter 812-372-1956.

Little Free Library Contest

Mill Race Center would like to have its own Free Little Library and you can help make it a reality. To start, we need a design that will enhance the beautiful architecture of MRC, and fit in with our mission to Age Well. Here is your chance to use your artistic and creative talents. **Help us design our MRC Free Little Library.**

The design winner will also help build our library in the MRC woodshop. So turn on your creative juices and submit your plans by June 3rd to the main office. The winner will be selected by June 15th. **Details about what to design are located in the business office.**





Afternoon for Arts

Shows begin at 2:00pm

Live Entertainment &
Delicious Homemade Dessert.

\$5/MRC members & \$10/non-members
Call 812-376-9241

May 27

Tom Wright

June 24

The Late Shift
Barbershop Quartet

July 22

Albert Nolting, Guitarist

Shows sponsored by Miller's Merry Manor
Dessert sponsored by Bob & Helen Haddad and
made by Caryn Wiggins

Reservations required by the Tuesday
prior to the event. Call MRC to reserve
your seat (812)376-9241.



A Guide to Passing on Personal Possessions **Fri., May 13, 1-2 PM, Fee: \$2 (AR)**

Whether planning ahead or making decisions when someone dies, this program will help you and your family members:

- Recognize sensitivity of issue
- Determine what you want to accomplish
- Decide what's "fair" for your family
- Understand belongings have different meanings to different individuals
- Consider distribution options and consequences
- Agree to manage conflicts if they arise

This free program utilizes materials created and available from the University of Minnesota Extension. A one hour overview will be presented by Harriet Armstrong, HHS Educator, Purdue Extension – Bartholomew County. Call or sign up at Mill Race Center Business Office (812-376-9241).

Code Red

Fri., May 13, 2:30-4:00PM (AR)

Fee: \$12 per set of materials; no cost for additional family members

Learn how you can prevent a code red situation for your family, business or farm operation by having a completed Code Red plan.

Program Highlights:

- The code red tool will be demonstrated, and you will receive a code red flash drive.
- Attorney Jeff Washburn has been invited to discuss the importance of wills, trusts and power of attorney documents.
- Please bring your laptop, if you have one, so you can get started working with Code Red.
- Class fee includes (\$12) Code Red flash drive.

Reserve your space by calling
Mill Race Center at 812-376-9241.



PURDUE
EXTENSION

LOCAL FACES
COUNTLESS CONNECTIONS

Spotlighting Physical Wellness

FREE MOVIE SHOWINGS at MRC!

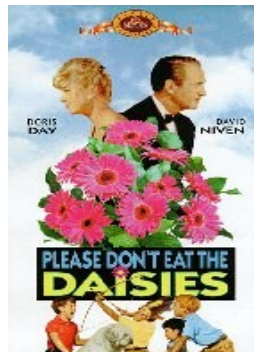
2nd Monday Newly Released Movie/4th Monday a Classic Movie



Movie starts at **5:30pm**. Free popcorn - Sponsored Griswold Home Care



May 9
Brooklyn



May 23
**Please Don't Eat
the Daisies**



June 13
The Race



June 27
Guys and Dolls

23rd ANNUAL



National Senior Health & Fitness Day



Wednesday, May 25
At Mill Race Center

An amazing full day of free activities to celebrate National Senior Health & Fitness Day at Mill Race Center. Flyers will be available with times and room locations for the day at MRC. Mark your calendar and don't miss out on the celebration.



- Body in Motion Class
- Silver Sneaker Class
- BIODEX Balance Assessment
- Line Dancing
- Senior Self Defense
- Fitness Center tours
- Engage Columbus:

The Health Benefits from Tea

- Pickleball
- TOPS - Taking Off Pounds Sensibly
- Blood Pressure/Stroke Screen
- Walk Away the Pounds Class
- Bocce Ball
- Ride a MRC Bike



Spotlighting Physical Wellness

FREE!



MRC Bicycles!

- **FREE** for MRC members
- Stop by the front desk to check out.
- Helmets available if needed.
- Bike maps available.

The Board of Directors of
Mill Race Center, Inc.

Cordially invite you to join us for our

2016 ANNUAL MEETING

We are
touching lives at Mill Race Center
every day and making a difference
in the lives of those age 50 and older.

Wednesday, May 25, 2016

8 a.m.

900 Lindsey Street • Columbus, IN

Light continental breakfast

RSVP to 812-376-9241



There is so much to celebrate.

60 years as an agency serving Bartholomew County and National Senior Health and Fitness Day.

FREE!

BOCCE BALL

Bocce Ball is a relaxed but strategic game played with 8 colored balls. It's a calming competitive way to spend time outdoors with friends. Members can check out **FREE Bocce Ball** sets at MRC and play in the front lawn or the park. MRC house rules are with each set.



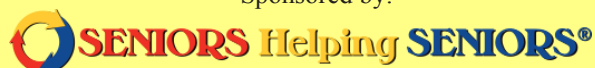
LUNCH & LAUGHTER READERS THEATER



June 8, 2016 at Noon

Lunch: \$5 members/\$10 non-members
Make reservations at the business office.

Sponsored by:



Silver Tones

Join the Silver Tones of Mill Race Center

We welcome new MRC members!

Practice: Mondays 5:00-6:00pm (MP 1)

Share your voice with the world!

Director: Mary Clark, (812)342-9324

GRANDbuddies

*Thanks to a collaboration between Mill Race Center and
 Boys and Girls Club of Foundation for Youth,
 Grandbuddies will kick-off again this summer!*

Grandbuddies is a 6-week intergenerational program that
 pairs adults aged 50+ with children ages 8-12 for the pur-
 pose of promoting a healthy lifestyle. This program will
 meet at Mill Race Center and Foundation for Youth.

June 23rd - July 28th

Thursdays from 12pm-3pm

**Sign up and complete a volunteer application at the
 Mill Race Center Business Office**

*Grandbuddies will meet on June 21st at 10 am at Mill Race
 Center for a quick orientation.

Contact Leah @ Mill Race Center for more information:
lbas@millracecenter.org; 812-376-9241 ext. 210

The Lasting Impressions



Presenting

FROM BROADWAY WITH LOVE

HARLEQUIN THEATRE in FAIROAKS MALL

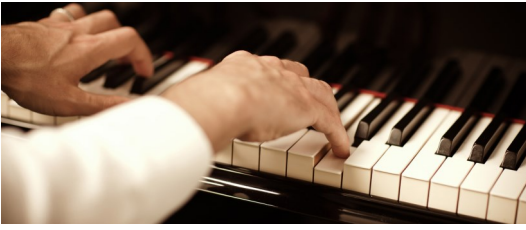
May 20 & 21 - 7 pm and May 22 - 3 pm

Tickets: \$15 advance/\$20 at the door

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



Spotlighting Physical Wellness



Piano For The Adult Beginner

Is Learning to Play the Piano on your Bucket List? Piano Fun for Adult Beginners is a recreational music making (RMM) method that is fun, relaxing, and designed for group instruction. The instruction book comes with a CD that has two accompaniment tracks (slow or medium tempo) for your enjoyment. Learn to read music while having fun with

your friends. This hour long class will incorporate music theory, ear training, and games to reinforce note learning. Keyboards will be provided for in-class use.

Classes for beginners and continuing students now forming. Choose from daytime or evening classes.

4 Week Session Fee: \$80/members and \$90/non-members + \$10 for instruction book, which will be purchased from the instructor on the first day of class. Enrollment limited to 3 minimum and 5 maximum for each session.

Instructor: Pat Anderson comes to Mill Race Center with 33 years of experience teaching piano. She is new to Columbus, from Raleigh, NC, where she was a member of a national piano teacher's association and is a certified group piano teacher.

For more information and to register, call Pat Anderson at (919) 630-3773 or email panderson47201@comcast.net.

TRAVEL WITH MILL RACE CENTER

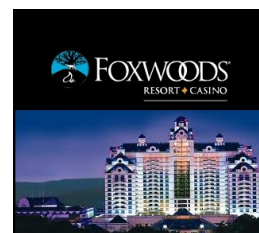
2016 MRC Travel and Tours

*All prices based on double occupancy, add \$50 for non-members, single, triple and quad rates available for most trips. Small deposit holds your spot on trip and is refundable up to date of final payment. Book early to avoid disappointment! Call for brochure or details for each trip you are interested in booking.



Beautiful Maine June 2-12. Portland, Kennebunkport, Boothbay Railway Village, Pine-land Farms and more. Guided tours, lighthouses, lobster dinner, Victorian mansions and quaint seaside villages and more! Includes 8 nights lodging, motor coach transportation, 6 dinners and 8 breakfasts for \$860m, \$910 nm double occ. **LIMITED ROOM AVAILABLE! Call TODAY!**

Foxwood Resort & Casino June 26-30. Casino Action, Shopping, Fine Dining, Luxury Accommodations and more! Foxwoods is a beautiful oasis of fun in Connecticut. We will also have time in Olde Mystic Village, a seaside community, The Flight 93 Memorial and much more. \$499 per person double/ \$608 single. Nonmembers always welcome for just \$50 additional.



John Deere Adventure July 17-22. Our adventure starts on a luxury motor coach to St. Louis for an overnight stay, Budweiser Tour and Cardinals Baseball game. We will head west to Iowa to visit the John Deere Museums and historical sites. We will visit The Amana Colonies for a full day of exploring this interesting village. All of the John Deere sites and museums are included on this trip including those in Des Moines IA, Dixon and Moline IL. \$1375 per person double occupancy includes: 5 nights hotel accommodation, 5 breakfasts, 1 lunch, 4 dinners all admission to museums and tours, tickets to Cardinals game.

The Canadian Island Trip, Coudre's You will need a passport for this Northern Adventure but it is worth the trip to see scenic windmills, stately cathedrals and whale watching! This trip is full of adventure as we take a ferry to the Charlevoix Region of Canada to see the peaceful Islands. This trip also includes guided tours of both Quebec and Montreal! Only \$1050 per person double occupancy. Call for Single and nonmember rates. Sign up by May 25.



Tunica, Memphis and Graceland, September 19-23 Wander Beale Street immersing yourself in the history of early Rock and Roll and the Blues. Trip includes admission to Graceland, accommodations at a luxury Casino Resort, tours of Memphis and the Rock and Roll Museum and all dinners and breakfasts! \$525 double and \$690 single. Non-members welcome for just \$50 more.

**Upcoming Trips to Chicago, Savannah, GA, The Smoky Mountains and more available now!
See Mill Race Center Travel department for more information.**

Spotlighting Physical Wellness

SPECIAL EVENTS



Educational Expeditions

The Museum at Fort Ancient and SunWatch Indian Village/ Archaeological Park

Thursday, June 23, 8:00am-6:00pm

\$75/MRC members, \$85/non-members

Travel with, Edie Smith, Travel Coordinator
& Cindy Chodan, Director of Programs

- Travel by Luxury motor coach to explore two historical sites in Ohio
- Explore Native American culture
- Visit interactive museums and outdoor interpretive centers
- Enter Native American homesteads rebuilt on actual excavated sites
- See artifacts discovered during archeological digs

Fee includes: transportation, all admission and tours fees, box lunch, snacks and beverages. Comfortable shoes and light jacket are recommended. Activity level is moderate and both sites are fully accessible. Comfort stops will be made and the motor coach is equipped with a restroom and wifi. Expedition departs from Mill Race Center.



Call Mill Race Center to register by May 18.

FABULOUS DAY TRIPPERS!

New Day Trips to interesting locations offered every month! First 18 to sign up each month get to go! Deadline to register; the Wednesday before each trip. **Each Day Tripper adventure priced individually based on cost/admission fees, lunch not included.**

Tuesday, May 17, Explore the history of flight on this adventure through the Midwest. We start in Columbus at the aviation museum and move on to the Wilber Wright homestead museum in New Castle. We finish the day at the Dayton, Ohio Interpretive Center which showcases the Wright Brothers print shop and prototype of the first airplane and flying school at Huffman Prairie. This trip will leave at 9am and arrive back at 7pm. We will be stopping for lunch and an afternoon snack (not included in pricing). \$55 m, \$65 nm.

Tuesday, June 21, Goat Milk Stuff! Join us as we tour a working goat farm in Southern Indiana. We will see the goat milk production, soap making, dairy products and even baby goats! Tour includes a sample product for everyone plus an opportunity to purchase fresh items in the gift shop. Lunch will be on your own at a local restaurant and we will finish the day at Russell Stover's for ice cream treats! Leave Mill Race Center at 9am return at 3:30 pm. \$25 m, \$30 nm

MRC LUNCH BUNCH

Lunch Bunch

Monthly trips to local joints for food and fellowship. Mondays - 10:30am-1:30pm \$5m/\$7nm transportation only

Tuesday, June 14, Mike's Dockside

A waterfront restaurant with great views and food.

Monday, July 11, Ed's Drive In

As seen on The Food Network! *Indoor seating



New for 2016 Lunch and More!

Monthly expeditions to lunch, plus a bit of extra fun. Tuesdays - 10:30am-3:30pm \$10m/\$12nm transportation only. Must pay to hold your space.

Friday, June 17 Springmill State Park

Have lunch in the dining room or pack a picnic. Explore the caves by boat (\$3 additional fee) or visit the Nature Center.

Wednesday, July 6 Huber Winery & Starlight Café

Cheese shop, ice cream parlor, winery orchard & beautiful farm

CASINO TRIPS



All trips cost \$25 per person. Transportation based on number of paid passengers. Trips leave MRC at 9am return at 5pm. Any offers of free play, points, food credit

etc. are not guaranteed or offered by MRC. Each casino has special offers for the dates selected if you become or are already a member of their rewards system. You must have a valid identity card to attend these functions.

Tuesday July 12

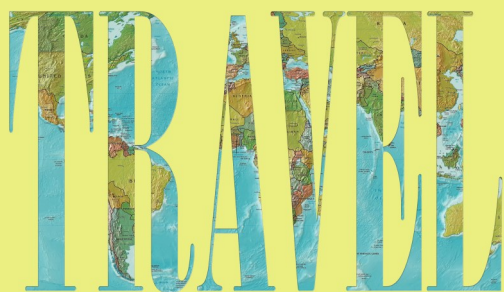
Rising Star in Southeastern Indiana

Also Overnight Casino Trips* for 2016

FOXWOOD Casino in Connecticut, June 26-30

Tunica and Memphis, September 20-23

*See Travel Office for more information and rates



For up-to-date 2016 trip information please contact Edie Smith, Mill Race Center Travel Coordinator at (812) 376-9241 or send email to: travel@millracecenter.org.



MRC Hiking Group

NEW hikers always welcome! No experience necessary! Call Ed Niespodziani at (812)379-4073 or (812) 552-3343 for details and dates to join the fun!



Upcoming Hikes:

The Great Smokey Mountains National Park (5 days)

The Catskills & Adirondacks of New York (3 weeks)

The Ice Age Trail in Wisconsin (5-6 days)

Shades, Turkey Run, & Whitewater State Parks

TOPS Club

Wednesday 11:30am-1:00pm (CR)

Take Off Pounds Sensibly

For more information please contact Judy Lemley at 812-372-3241 or check the TOPS website at www.tops.org.

Senior Swim

At Foundation For Youth

Tuesday, Thursday and Saturdays from 8:30-10:00am.



Purchase swim passes at FFY for \$5/visit for non-members of FFY. Become a FFY member for \$25/year and receive discounted passes. 30 visits/\$75, or 50 visits/\$100.

For more information call FFY at: 812-348-4558.



Diabetes Information Sessions

2nd Thursday of each month from 3:00-5:00pm

Free education program offered for people with diabetes or anyone interested in learning about diabetes. Registration is required by calling 812-376-5500. Open to the community.

For more information:

lkessler@crh.org or call 812-376-5709

Spotlighting Physical Wellness



Comprehensive Health Screen

May 19 from 8:00-10:00am (MP2)

All tests are FREE except the Hemoglobin.

Hemoglobin Test (this test \$2 cash*)

Balance test, mental health screen, advanced directives, hearing test, B/P, Height/Weight, BMI, Eye Pressure, Pharmacist Consult, Dietician Consult, Glucose test (**fast**), COPD risk screen, Inhaler techniques, and obstructive sleep apnea screen.

(*Test fees paid directly to public health nurse)

Registration is required. Sign up at MRC Business Office or call 812-376-9241.

Better Breathers

Wednesday, June 8th at 3:00pm

Topic: Home Health Care

Discussion on the different types available, when it might be needed, and how to access the service.

Better Breathers Clubs are supported by the American Lung Association, and the meetings are designed to help members increase quality of life and prevent illness. We also function as a support group, offering understanding and comradery to people who are challenged by lung problems. Anyone with a lung problem is welcomed, along with their family and friends. Light refreshments will be available.

Information contact Jennifer at
812-376-5793





Authors Group: Writing to be Read!

**Third Tuesday each month
9:00-10:00am in Art Room**

Mill Race Center is partnering with Purdue Extension to create this hands-on group. This group is for you if you are interested in improving your writing, preserving your words, publishing, book coaching, editing, illustrating, critiquing...Join us to find out more!

Free for MRC members and Purdue Extension Club members.



We asked; you answered

Why did you join the Drum Circle:

Sarah Thomas - because I like a lot of music

Carrol & Dick Gardner - We wanted to find out what it's all about

Carl Eddy - I was here last time and enjoyed it

Senior Scribes

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

**Barbra Heavner, 812-344-2644
Janice Waltermine, 812-372-1707**

The Dandelion An The Crocus

By Karen Lowe

"Hi!" exclaimed the dandelion.

"You're the same color as me."

"Hello," yawned the crocus.

"It's good to be free

I've been underground all winter long.

This sun makes me burst into song."

The dandelion said, "There will soon be more of us

So we call all join in singing a chorus.

Don't make long range plans. I'm sorry to say.

I may be gone tomorrow, so let's enjoy the day."

"Well, while you are here, we'll be happy and sing

Because our appearance is a sure sign of Spring."

Birthday Party

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



Birthday Celebrations

May Birthdays: May 5 at 1:00pm (MP1)

June Birthdays: June 2 at 1:00pm (MP1)

July Birthdays: July 7 at 1:00pm (MP1)



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



Singles Group

**Meets 2nd Wednesday each month at
4:30pm at Fazoli's.**

An active group for both men and women. Contact Rosemary Sager at (812) 390-7665 for information.



Ladies Coffee

**Meets the 3rd Thursday each month at
10:00am in the MRC lounge.**

A wonderful way to meet new people and get acquainted with Mill Race Center. Coffee and snacks provided. Free to members.

Spotlighting Physical Wellness

Pickleball



INDOOR Pickleball NOW
at Mill Race Center
See page 11 for details.



Every Tuesday
Noon to 4pm

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

Packets: \$15 or \$18; includes 2 coverall games. Extra coverall games are \$1 to play and 80% of the total take if you win!

Bocce Ball

Bocce Ball sets are available to be checked out at the receptionist desk. Directions are with the sets. Go out and play in the park.



OPEN Billiards

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



Columbus Chess Club

Every Thursday evening
5:00-8:00pm (AR)
New players welcome!

Wednesday afternoons
from 1:00-3:00pm in (AR)
New players welcome!



Ping Pong

It is considered a "Brain Sport" by enhancing motor, strategy and long-term memory functions.

COME & PLAY:

PING PONG is back!

Tuesday 1:00-3:00pm (MP1)



Card Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
Friendship Bridge 1:00-4:00pm (MP2) Beginner Bridge Lessons Interested call Claire (812)342-9983	Euchre 5:30-7:30pm (MP2) Chair: Ed Love (812)-371-6291	Hand & Foot Beginner Rosemary Sager (812)390-7665 1:00-4:00pm	Duplicate Bridge 1:00-4:00pm (MP2)	Euchre 1:00-4:00pm (MP2) Chair: Ed Love (812)-371-6291
			Pinochle 1:00-4:00pm (MP2)	

MILL RACE CENTER

R E N T A L S



Consider beautiful Mill Race Center for wedding rentals, class reunions, or other large gatherings. Our 4,000 square foot Multipurpose Room and Terraces feature attractive views of a fountain in a nearby lake as well as the park. The multipurpose room has a capacity of 350 Theatre Style, and 225 Banquet Style. A caterer's warming kitchen opens into the Multipurpose Room and is available to any licensed and properly insured caterer.

Saturday/Sunday Rental: Full day (8 hours), full Multipurpose Room rental is \$1200. See the rental policy packet for additional and/or individual room availability and rates.

Visit our website www.millracecenter.org and for all the details about renting Mill Race Center. You will find the rental policies, the rental application and frequently asked questions.



Mill Race Center Summer Gear

Purchase your own T-shirt or hat at Mill Race Center. Items ordered by the 15th of the month will be returned by the 1st of the next month. Order at the business office.



DAY PASS (\$5)... now available for your friends, family and out of town guests.
Purchase at the business office.



FREE YES Cinema Movie

The **Senior Free Movie event** is designed for age 50 and older, and is absolutely **FREE** on the **1st Tuesday** of every month. Film begins at 11:00am and doors open at 10:30am. Concession stand will be open. This movie is through YES Cinema and you may contact YES Cinema to find out more details. Sponsored by: Jewell-Rittman Family Funeral Home

Refrigerator Reminder - MRC Daily Activities

Monday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8-N	Reflexology (\$)	MR
8:30	Body Motion	MP2
9:00	Golden K Board	CNR
9:30	Quilters	AR
10:00	Golden K	MP2
1:00	Hand & Foot	MP2
1:00	Friendship Bridge	MP2
12:30	Lasting Impressions	MP1
4-8	Reflexology (\$)	MR
4:30	Silver Tones	MP1
5-8	Ballroom Dancing	MP2
6:30	Clogging	MP3

Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8-N	Reflexology (\$)	MR
9:00	Senior Swim*	FFY
10:00	Tai Chi (\$)	MP1
10:30	Bible Study	CR
1:00	Woodshop	WS
1:00	Bingo (\$)	MP2
2:00	Coloring Café	AR
5:30	Open Computer Class	CL
5:30	Tai Chi (\$)	MP1
5:30	Euchre	MP2

Wednesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8-Noon	Chair Massage (\$)	LOB
8:30	Volleyball	FFY
8:30	Body Motion	MP2
10:00	Art Class	AR
10:00	Crafty Fingers	LO
11:30	TOPS	CR
12:45	Hand & Foot	MP2
1:00	Scrabble	AR
1:00	Reader's Theater	CR
1:00	Bid Euchre/Pinochle	LO
4:30	Beg. Line Dance	MP2
5:30	Singles Group	LO
	(2nd Wed)	
6-8:00	Pickleball	MP1
6:30	Couples Dance	MP1
	(1st & 3rd Wed)	

Thursday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
9:00	Happy Helping Hands	AR
9:00	Shopping	See Pg. 4
9:00	Senior Swim*	FFY
10:00	Tai Chi (\$)	MP1
10:00	Ladies Coffee	LO
	(3rd Thurs)	
1:00	Woodshop	WS
1:00	Duplicate Bridge/Pinochle	MP2
3:00	Diabetes Group	CR
	(2nd Thurs)	
4:00	Bereavement Group	LO
	(3rd Thurs)	
5:00	Chess Club	AR/LO
5:30	Tai Chi (\$)	MP1
5-8	Ballroom Dancing	MP2

Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8:30	Body in Motion	MP2
8:30	Volleyball	FFY
10:00	Line Dancing	MP2
1:00	Euchre	MP2
1:00	SCS Investment Club(2 Fri)	
12:30	Lasting Impressions	MP1
12-3:00	Pickleball	MP1
1:00	Senior Scribes	AR
	(3rd Fri)	

Saturday

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

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

ACTIVITY HIGHLIGHTS

Check out exciting programs listed on page 16 & 17

May 5
Birthday Party, 1:00pm **FREE!**

May 9
Movie, 5:30pm **FREE!**

May 10
TED Talks, 1:30pm

NEW **May 18**
Perennial Share, Noon **FREE!**

May 19
Meet & Greet, 6:00pm

May 23
Movie, 5:30pm

NEW **May 25**
National Health & Fitness Day **FREE!**

May 27
Afternoon for Arts, 2:00pm

May 30 Closed for Memorial Day

June 2
Birthday Party, 1:00pm **FREE!**

June 8
Lunch & Laughter, 12:00pm

June 10
Friday Night Live, 7-10pm **WOW!**

June 13
Movie, 5:30pm **FREE!**

June 14
TED Talks, 1:30pm

June 17
Meet & Greet, 10:00am

NEW **June 21**
Flower Power,

June 24
Afternoon for Arts, 2:00pm

June 27
Movie, 5:30pm **FREE!**



Find us on:
facebook®

National Senior Health & Fitness Day

May 25 All Day



Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

Visit us at www.millracecenter.org



Mill Race Center
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Columbus, In 47201

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Membership
renewal date in
corner of
address label.**



Physical Wellness: 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!

Emotional Wellness: recognizing and accepting your feelings. Emotional wellness includes the degree to which you feel positive and enthusiastic about yourself and life. This includes the capacity to manage your feelings and related behaviors, and your ability to cope effectively with stress. Accepting a wide range of feelings in yourself and other is essential to wellness.

Be optimistic in your approach to life!

Vocational Wellness: The vocational dimension recognizes personal satisfaction and enrichment in one's life through work.

Remain active, involved and productive!

Spiritual Wellness: discovering the meaning and purpose in human existence. Working toward finding peace. Processing past experiences and emotions. Learning to live each day in a way that is consistent with your values and beliefs.

Find meaning in everyday!

Social Wellness: enhancing personal relationships, making friends, enjoying the company of others and initiating communication with those around you.

Enjoy the company of others!

Intellectual Wellness: seeking stimulating mental activities to expand knowledge and skills. Stretching and challenging the mind with intellectual and creative pursuits.

Avoid boredom...be productive.