

Membership \$60 a year per person • 812-376-9241 • www.millracecenter.org

**NEW**



**NEW**



**May 31 at Mill Race Center**

- ✿ Balance Assessment Biodex Testing, 8am-12pm
- ✿ Body In Motion Class, 8:30-9:30am
- ✿ Balance in Motion Class, 11am
- ✿ TOPS– Talking Off Pounds Sensibly, 11:30am
- ✿ Basic Yoga Class, 12pm
- ✿ Drum Circle, 10am
- ✿ Line Dancing, 4:30-6pm
- ✿ Pickleball, 6-8pm
- ✿ Bocce Ball, all day
- ✿ Ride a MRC Bike, all day
- ✿ Fitness Center Tours, all day



**Classic Rock Cook-out**  
**To Benefit Meals on Wheels**  
**Wednesday, May 10**  
**5:30-7:30pm**  
**\$10 for Dinner Ticket**

Enjoy a delicious meal from Blackerby's Hanger and great music from The Reunion Band! The Reunion Band is a combination of two bands from Seymour High School class of 1963,64. All proceeds will go to the Mill Race Center Meals on Wheels Scholarship Fund. Tickets must be purchased in advance at the Mill Race Center business office.





**TOTAL  
BRAIN  
HEALTH**

BODY • MIND • SPIRIT

**Amazing  
Opportunity!  
See page 26**





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

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

Business Office Hours: Monday-Friday 9:00 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



# From Your Executive Director

**Welcome, willkommen, velkommen, welkom, bienvenue, benvenuto, bienvenudo, ahlan wa salan, svagat sain.** No matter the language, every person wants to feel welcome. We are social creatures, and we all need to feel a sense of belonging. At the very least, we want to feel secure in our surroundings. I often hear comments about staff or fellow members who have reached out and included someone in an activity, or who have done something special to make a person feel like they are part of the Mill Race Center “family.” It can be difficult for some people to enter into a new social situation, or to come to a facility like Mill Race Center, especially if they do not already know someone who is here. We recently met Hector, who was on an extended visit from Argentina. Despite the language barrier (English is his *fourth* language), Hector participated in activities nearly every day that he was here, and people went out of their way to make sure that he felt welcome.

I wish that everyone could have that kind of experience, but I still hear about situations where someone feels as though they do not belong, that they are not included, or that they do not feel welcomed by a group. We recently screened the movie “Reject,” which discusses ostracism, and its negative impact on people socially and mentally. Ostracism, (exclusion from a social group), can take many subtle or not-so-subtle forms; everything from avoiding eye contact and conversation, to open hostility. We all want to feel safe, valued, and respected. We all need to feel like we belong. It is up to each of us, as elders, to model the spirit of hospitality. We want everyone who comes into the Center to know that this is a place where we should all feel **welcome**.

Dan Mustard  
Executive Director



## Seek2017

SAVE THE DATE: August 24<sup>th</sup> & 25<sup>th</sup>, 2017

3<sup>rd</sup> Annual Aging Well Conference & Expo  
Advancing Age Friendly Communities

Mill Race Center will be closed during the SEEK conference from regularly scheduled programs August 24 & 25.



Locate “April” the giraffe(s) in our newsletter and turn in your guesses to the office for a drawing.



**\$5 Day Pass for Non-Members**

All programs and events listed in the newsletter are for **members only** unless it is stated otherwise. Call the Business Office at (812) 376-9241 or visit our website to become a Mill Race Center member. Membership is only \$60 a year.

## Table of Contents

<b>Community Service &amp; Volunteer .....</b>	<b>Page 4 &amp; 5</b>
Meals on Wheels, Golden K Kiwanis, PAL dolls, Volunteer Opportunities	
<b>Creative Arts and Classes.....</b>	<b>Page 6, 7 &amp; 8</b>
Knitting Classes , Crafting Classes, Art Classes, Sign Language, Relax	
<b>Dance Page.....</b>	<b>Page 9</b>
<b>Movement Classes.....</b>	<b>Page 10</b>
Bodies in Motion, Tai Chi, Volleyball, Reflexology, Chair Massage	
<b>Pickleball .....</b>	<b>Page 11</b>
<b>Education.....</b>	<b>Page 12 &amp; 13</b>
Random Acts of Kindness, Ted Talks, Investment Club, Bible Study, Wisdom Circle, Understanding Your Grief, & Woodshop Classes	
<b>Entertainment &amp; Events .....</b>	<b>Page 14 &amp; 15</b>
Readers Theater, SilverTones, Lasting Impressions, Movies,	
<b>SEEK &amp; New Programs... ..</b>	<b>Page 16 &amp; 17</b>
<b>Ongoing &amp; New Programs .....</b>	<b>Page 18 &amp; 19</b>
<b>Travel.....</b>	<b>Page 20, 21 &amp; 22</b>
<b>Health &amp; Fitness .....</b>	<b>Page 22 &amp; 23</b>
Tops, Better Breathers	
<b>New Classes .....</b>	<b>Page 24</b>
<b>Games &amp; Cards.....</b>	<b>Page 25</b>
<b>Unique Opportunities.....</b>	<b>Page 26</b>
<b>Daily Calendar .....</b>	<b>Page 27</b>

## Mill Race Center Staff

**812-376-9241**

**Dan Mustard, Executive Director**

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

**Leah Boas, Aging Well Coordinator, x 210**

**Debbie Bray, Administrative Assistant, x 218**

**Jacque Buzzard, Facilities**

**Kristy Carothers, Accounts Payable, x 222**

**Dexter Fravel, Lead Bingo Volunteer**

**Steve Hood, Facility Manager, x 216**

**Fred Guarnieri, Senior Products Supervisor, x228**

**Roberta Isaacson, Membership, x 204**

**Jim Isaacson and Roy Hendershot, Van Drivers**

**Jan Meadows, Ambassador Coordinator**

**Jen Morrill, Development Coordinator, x 206**

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

**Beth Parkhurst, Community Outreach, x 208**

**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**

**Kelly Staley, Office Manager, x 218**

**Shannon Thalls, Program & Marketing Coordinator, x 220**

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

# Annual Meeting

Tuesday, May 23, 2017 at 5 pm

Mill Race Center

900 Lindsey Street • Downtown Columbus

Learn more about  
what all we've  
accomplished in 2016  
and what's on the  
horizon for 2017.

Come and participate  
in our *Award Winning*  
Drum Circle!



*Maximizing opportunities for citizens over age 50 to lead independent, healthy, and meaningful lives.*



## 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.

### 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 Fields, 812-525-1553



### Golden K Kiwanis

Each Monday 10:00-11:00am

Visitors are always welcome!

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

President: James Lowney 812-350-8034



### 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

Arts Programs

Travel

Art Classes

Lunch at Bingo

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.



## VOLUNTEERS WANTED

### NEWSLETTER ASSISTANTS

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

### 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.

**We Appreciate Our Volunteers!**

### MRC AMBASSADORS

MRC Ambassadors enjoy meeting people and getting to know them. They are helpful to our staff and members in a myriad of ways. From greeting folks as they walk through the door to helping prepare for an upcoming event, they add sunshine to everyone's day. Jan Meadows, (812) 374-4404 for details.

### Aging Well Guide

Interested in becoming an Aging Well Guide for Mill Race Center?! Contact Leah at MRC or [lboas@millracecenter.org](mailto:lboas@millracecenter.org)



### Volunteers Needed

Various volunteer opportunities are available at Camp Atterbury. Contact: Joann Benedetto (224)392-5626.

### Your Help Needed!

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

*Needed: deodorant*



All MRC volunteers are encouraged to attend this MRC update on programs and SEEK 2017.

**Monday, May 22  
9:45-10:45am in MP2**

*Welcome!* **MRC Welcome Breakfast**   
Friday, May 5; 9:30am  
Friday, June 2; 9:30am 

Held the first Friday of each month in the lounge at 9:30am. Have you recently joined or are you interested in Mill Race Center? We'd like to get to know you better and introduce you to the Center and the variety of programs and events we have planned throughout the year. Call to register (812) 376-9241.

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

## 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.



# Knitting with Cathi

Samples of projects on display at Mill Race Center.



## Square of the month!

May: We Love Color!; Tuesday, May 9; 9:30-11am  
June: Basket Case; Thursday, June 22; 6:30-8pm  
July: Sand & Shells; Wednesday, July 22; 4:30-6pm  
August: Dropped it!; Monday, August 21; 6:30-8pm  
Fee: \$10 members Min 3 students



Learn a new stitch each month and use these squares to assemble a lap blanket or begin your collection of hand knitted dishcloths. If you have never gifted or even used knitted dishcloths you are in for a real surprise...and possibly will never again use anything else. Join us for the sessions of your choice, or make all 12! Supplies for this class included in the fee EXCEPT for size 7 or 8 knitting needles.

## Felted Bag - a MRC favorite!

Monday, May 8th 6:30-7:30pm, 15th 6:30-8pm and 29th 6:30-7:30pm (3 sessions total)

Class fee: \$35 members (includes bonus makeup session) Min 3 students, Max 7

If learning to knit is on your bucket list this is the perfect project to learn. It's a great refresher class if your needles have been in hibernation for a few years or more. The best part? You will get to "wash away your imperfections and have a lovely wool bag for all your efforts.



Things you will learn: Basic pattern reading, knitting in the round, picking up stitches, and so much more! Pattern is included. Instructor will "felt" the bag, if you prefer at no extra charge. Supply list is available at time of registration.

## Knitted Knockers

May 18, Thursday morning; 9:00- 11 (info. meeting)  
June 20, Tuesday evening; 6:30-8pm

**NEW**

Calling all knitters and crocheters to come together to learn about this inspiring organization! Knitted Knockers are soft, comfortable, knit prosthetics for breast cancer survivors. Learn how you could be a part of this mission. I will be answering your questions and will have patterns to share.

Columbus Knitters currently supply the CRH Breast Health Center and are filling requests for the entire state of Indiana....needless to say, we could use more hands on board. **Knitting groups and all interested are welcome.**

Please share this information! [www.knittedknockers.org](http://www.knittedknockers.org)



**FREE!**



## Free Monthly Knitting Sessions

Held in the MRC lounge

Tuesday, May 2; 9:30-11am

Thursday, June 15; 6:30-8pm

Monday, July 31; 6:30-8pm

Thursday, August 17; 6:30-8pm



## **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: Judy Kiesow 812-374-6135, [Judyk2310@gmail.com](mailto:Judyk2310@gmail.com).



## **Monday Morning Quilting With Friends** 8:00am-12:30pm

Do you like to sew or quilt? Would you like to learn? Join us each Monday for a mini quilting/sewing day. Bring those projects that need work and join us as we sew and encourage each other to finish projects. Don't know how to sew but have a sewing machine or want to sew by hand? Join us and we will help you. Free to MRC members.

Contact Judy Kiesow at [812-603-6472](tel:812-603-6472) or [judyk2310@gmail.com](mailto:judyk2310@gmail.com) for additional information



## Art Class

Wednesdays from 10:00am-12:30pm

Watercolors, oils, acrylic, pastels.

No previous art

experience required.

Beginners: no supplies needed for your first visit. Holly will get you started on a project and advise on needed supplies.

**FREE for MRC members.**

For more information contact: Holly Melillo at 812-342-9650.



## 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.



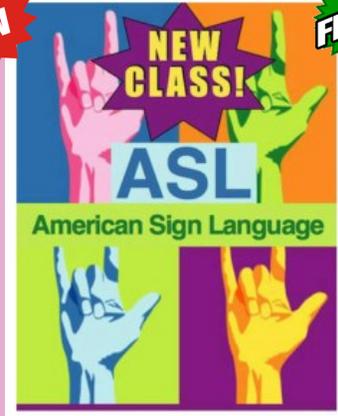
## Senior Scribes

3rd Friday of each month

1:00-3:00pm

Barbra Heavner, 812-344-2644

Janice Waltermire, 812-372-1707



## ASL Sign Language Class 201

Fridays, June 2, 9, 16 & 30

10:00-11:30am

Instructor: Cathy Moriarty

The American Sign Language class being offered will provide participants with an introduction to American Sign Language history, the deaf culture, and a basic knowledge of American Sign Language vocabulary. 4 Week Class. No Books Needed. This is the second series (201) of classes.



## Relax with Us

Wednesdays, May 10-31 at 10:00am

Are you looking to wind down and relax after a busy week? If so, then join us on Wednesdays as we relax our minds and bodies using guided relaxation techniques. Registration is not required, just drop in and relax! Class is free to MRC members! Instructor is Leah Boas.





## 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



## Ball Room Dance Classes

**Monday & Thursday 5:00-8:00pm**

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.



## 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.

# Rhythm Shoes

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

Monday	Wednesday	Thursday	Friday
<b>Ball Room Dance</b> 5:00-8:00pm (MP2)	<b>Line Dance</b> Beginner 4:30-6:00pm (MP2)	<b>Ball Room Dance</b> 5:00-8:00pm (MP2)	<b>Line Dance</b> 10:00-11:30am (MP2)
<b>Clogging</b> 6:30-7:30pm (MP3)	<b>Couples Dance Club</b> (MP1) 6:00-8:00pm 1st & 3rd Wednesday		



**DON'T MISS OUT!**  
**FREE!**

### **Bodies in Motion**

**Class meets: Mon., Wed. & Fri. at 8:30 am (MP2)**

**FREE to MRC members**

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

### **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** **Offering Two Classes on Tuesday & Thursday**



10:00am - Ongoing class for those with some practice in Tai Chi

10:45am - Beginning class

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.

Instructors: Paula Howard - 10:00am  
Todd Wright - Saturday Guardian Kung Fu  
(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**

**Emily will be off for the month of May. Call MRC in regard to her June schedule.**



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**

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

at Foundation for Youth 405 Hope Ave, Columbus

Information: Don Ward (812)350-2222



# Pickleball



A new pickleball net is available now for outdoor use on the patio. Free for members.



**Wednesday Evenings - 6:00-8:00pm**

**EXCEPT May 17**



**Friday Afternoons - 12:00-3:00pm (12:00-1:00pm beginners clinic)**

**EXCEPT May 19 and June 9**



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

**EXCEPT May 6 and 20**



**See Pickleball Tourney Information on page 17.**

## Random Acts of Kindness Club



3rd Tuesday of each month  
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; **FREE**

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.

We've already discussed Psychology, Global issues, Ecology, Nature programs, Technology, State of the Climate and many others. The presentations come from many national speakers within known areas of expertise. The MRC newsletter will always have the next two months subjects listed. We are also open to ideas for the future talks. Check at the front desk for location of the discussion.

Your TED talk team needs YOU for discussion on Current programs, in depth information, and Group Discussion. We have new subjects monthly. Call the MRC to register. Facilitators: Ed and Terri DeVoe

**DON'T MISS OUT!**

**May 9 at 1:30pm**

**Topic:** What makes a good life? Lessons from the Longest study on happiness. **By:** Robert Waldinger

**June 13 at 1:30pm**

**Topic:** Economic growth is stalled Let's fix it!  
**By:** Dambisa Moyo



**MRC Perennial Share**  
**Wednesday, May 17 at 10:00am**  
**On Patio weather permitting**  
Perennial plant sharing is a fun and frugal way to enhance your garden.

## SCS Investment Club

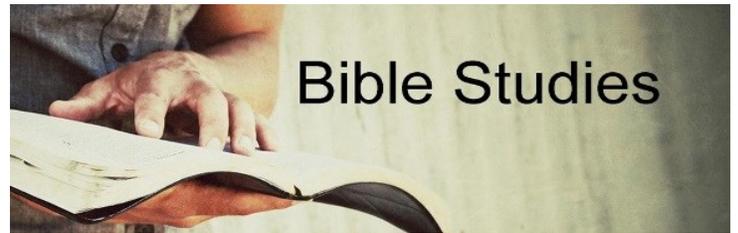


Monthly, 2nd Friday  
1:00-3:00pm (Classroom)

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 Don Collier, 812-341-7476.



## Bible Study

Tuesday mornings 10:30-11:30am



In the Classroom; **Free**

Information: Virginia Houser, 812-579-5132

**May: Dr. William Bailey, Parkside Baptist**

**June: Rev. John Armstrong, Grace Lutheran**

## Wednesday Evening Bible Study

Every Wednesday at 6:30pm

Contact Jan Meadows at (812)374-4404

Fee: depends on the study



**FREE!**

## 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



## Wisdom Circles

*“Elders are the jewels of humanity that have been mined from earth, cut in the rough, then buffed and polished by the stonecutter’s art into precious gems that we recognize for their enduring value and beauty. We sense their radiance in youth but it requires a lifetime’s effort to carve out the multifaceted structure that can display our hidden splendor in all its glory.” - Rabbi Zalman Schachter-Shalomi*

Wisdom circles are a place of trust, of relationship building, and of sharing conversations directly related to life, relationships, the world, and how we add meaning and purpose to our present and future. They provide a venue for honoring the diversity of ideas and life experiences present among individuals and help create an enhanced understanding of self, others, and planet Earth.

**Join us on our path to wisdom and vitality, every third Thursday of the month at 1:30 pm.**



## MRC Woodshop

**Tuesday & Thursday, 1:00-4:00pm**

### 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.





# 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

**LUNCH & LAUGHTER**  
 READERS THEATER



**June 14 at Noon**  
**Lunch: \$5 members**  
**\$10 non-members**  
 Make reservations at the  
 MRC business office.

*The Lasting Impressions*  
 PRESENT  
**Chuck Wagon**   
**Chow-Wow!** 



**CHOW** - WESTERN MEAL BY SADIE'S CATERING  
**WOW** - COUNTRY WESTERN & GOSPEL MUSIC

Friday, May 19 - 6 PM  
 Saturday, May 20 - 6 PM  
 Sunday, May 21 - 1 PM

Mill Race Center, 900 Lindsey St. Columbus, IN  
 Tickets \$20 (includes dinner and show)  
 Available at Mill Race Center & from Cast Members  
 For more information: 812.376.6612

**PRIZES FOR BEST WESTERN OUTFITS!**

**FREE MOVIE SHOWINGS at MRC!**

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

Movies start at **6:00pm**. Free popcorn - Sponsored by Griswold Home Care



May 8

**Hidden Figures**



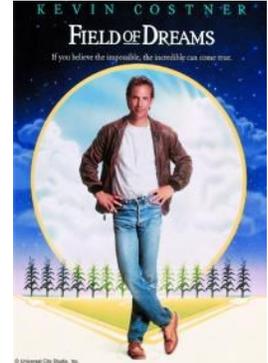
May 22

**BIG**



June 12

**LA LA LAND**



June 26

**Field of Dreams**

# Save the Date!

# Seek2017



## Advancing Age Friendly Communities

One in Three Americans is Age 50 and Older. By 2030, One in Five Americans will be Age 65-plus. Will Our Community Be Ready?  
Join us for an important community conversation.



### August 24 - Conference

Keynote Speaker

Manoj Pardasani, PhD, LCSW, ACSW  
Fordham University, New York, NY

All Conference includes keynote speaker,  
break-out sessions, and lunch:  
\$55/MRC member, \$65/non-member

Optional Lunch with keynote speaker:  
\$30/MRC member, \$35/non-member

Tickets go on sale July 1st.  
Limited number!

**August 25 - EXPO**  
**10 am to 2 pm. FREE!**  
**In partnership with The Republic**

## Meet our Keynote Speaker



### Manoj Pardasani, PhD, LCSW, ACSW

Associate Dean for Academic Affairs  
Research Scholar, Ravazzin Center on Aging  
Graduate School of Social Service  
Fordham University, New York, NY

Find out more at [www.pitmaninstitute.org](http://www.pitmaninstitute.org)



Thrive Alliance  
Enhancing lives. Building communities.

COLUMBUS PICKLEBALL CLUB

MILL RACE CENTER  
PRESENT THE  
INAUGURAL

**Columbus PICKLEBALL 2017 TOURNAMENT**

JUNE 9th & 10th • COLUMBUS, INDIANA

Registration Forms available at Mill Race Center.  
Interested in volunteering, contact [jen@millracecenter.org](mailto:jen@millracecenter.org).



### 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.

### Drumming Circle

Wednesday, May 31; 10:00am

Free members/\$5 non-members

Get your groove on and come out and drum with us! Weather permitted we will be on the patio. Limited seating, must register to attend. Bring your own drum if you have made one in class.

# Downsize Me!

An upscale garage sale

Mill Race Center is pleased to present *Downsize Me*, an exhibit featuring 24 vendors who will display and offer for sale art, fine crafts, antiques, and collectibles. The event will be held at the center on Saturday, July 29<sup>th</sup> from 10:00 a.m. to 3:00 p.m. \$35 booth fee for MRC members - \$50 for non-members.



## MRC Bicycles!

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



## Birthday Party

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



## Birthday Celebrations

**May Birthdays: May 4 at 1:00pm**

**June Birthdays: June 1 at 1:00pm**

**July Birthdays: July 6 at 1:00pm**

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



## Ladies Coffee

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

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



MRC Random Acts of Kindness is collecting **YELLOW** items to fit in our sunshine baskets that we delivery around our community. Please make your "small item" donation in the basket in the lobby or a monetary donation in the business office.

random    
act of kindness



**BE THE REASON SOMEONE SMILES TODAY**



The BCPL bookmobile will be at Mill Race Center once a month on a Wednesday from 9:30-10:30am. Mark your calendar and visit the bookmobile!

**May 3, June 14, 28, July 12 & 26**

## 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.

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



## Piano



## Lessons

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

**Instructor:** Carol Bales is a Professor of Music at Franklin College

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

4 Week Session fee: \$80/members and \$90/non-members plus instruction book fee to be purchased from instructor.

Information and to register, call:  
Carol Bales at (407)592-7038.



### 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:

**Monthly hikes at State parks, recreational areas, state forest, etc...**

#### May

- A 3 week adventure into the American Southwest is being planned. Hiking in the North Rim of the Grand Canyon, Zion, Bryce, Canyonlands, Mesa Verde, and Rocky Mountain National Parks.
- Other hikes are in the planning process including an Ice Age Trail in the fall.

# TRAVEL WITH MILL RACE CENTER

## 2017 MRC Travel and Tours

\*All prices based on double occupancy, add \$75 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! Brochures are available for each trip. See Mill Race Center Travel department for more information. Insurance is also available on all trips at time of booking.

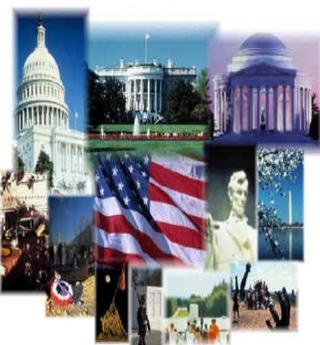


### Vermont Tour, August 27-September 1

\$859 (double occupancy) includes transportation by motor coach, 5 nights lodging, 5 breakfasts, 3 dinners, maple syrup and cheese tasting. Visit to the Vermont Marble Museum, Ben and Jerry's tour and an alpaca farm. We will be going at the height of harvest time so farmer stands and country views will abound. **Sign up by June 20.**

### Mystic, Foxwoods and The Newport Mansions! October 14-20

Limited seating on this fabulous trip to Connecticut and Rhode Island. See mansions, seaports and glamorous casinos all in one trip! Includes luxury motor coach transportation, 4 dinners and 6 breakfasts, guided tours, shopping, free time at a resort property and casino action. \$799 double occ. **Deadline August 5.**



### Washington, DC, Gettysburg and Williamsburg, November 2 - 8, 2017

7 Days /6 Nights Double Occupancy Price Per Person \$799, \$1039 Single Price/pp, Triple Price/pp \$779\* add \$75 nonmembers Includes: . Motor Coach transportation, 6 nights hotel, 10 meals: 6 breakfasts and 4 dinners, day and evening Guided Tours of Washington, DC including the WW II Memorial, Capitol Hill, Embassy Row, the Korean War Veterans Memorial, the Vietnam Veterans Memorial, the Smithsonian, the Martin Luther King, Jr. National Memorial, the Lincoln Memorial, Arlington National Cemetery, Gettysburg National Park, Colonial Williamsburg, Famous Yankee Candle Village and more! **Deadline to sign up August 31. THIS WILL SELL OUT QUICKLY SO ACT NOW!**

### Mystery Trip!! November 12-18

\$799 double occupancy. Single and triple available. We will not know where we are going until we get there! What to pack and bring will be disclosed prior to departure. Includes Motor Coach transportation, hotels, 6 breakfasts and 6 dinners plus all of the fun! **Deadline September 1.**

*“If there were no *mystery* left to explore life would get rather dull, wouldn't it?”*

Sidney Buchman

TRAVEL

See more Travel Information on page 21-22

## FABULOUS DAY TRIPPERS!

New Day Trips to interesting locations offered every month! First 20 to sign up each month get to go! **Each Day Tripper adventure priced individually based on cost/admission fees, lunch not included unless noted.** All trips leave MRC. Please note if you need transportation to MRC when making your reservation. Also you must note any food or accessibility concerns at time of reservation as not all venues can accommodate special requests.



### The Art of Tiffany Wednesday, June 7

Join us as we travel to Richmond Indiana to see one of the largest collections of Tiffany Stained Glass in the World. We will Visit Reid Memorial Presbyterian Church and 3 other locations in Richmond to see 65 examples of this stunning art. We will also

visit the Richmond Art Museum, stop for lunch and a visit to the Warm Glow Candle factory on the way! Leave MRC 8am return at 6pm, Lunch on your own. \$25 members/\$35 nonmembers Deadline May 30.

## TRAVEL



### Rhythm Discovery Center Day Trip

Wednesday, May 10

Get your groove on during this informative and interactive tour of the Rhythm Discovery Center in

Indianapolis. We will spend the afternoon seeing fascinating rare drums, playing with exhibits of various percussion instruments and enjoying a drum circle! Leave MRC at 12:00 and return at 5:00pm. Price includes transportation, admission and snacks/bottled water. \$55 members, \$65 non-members.

## SPECIAL EVENTS

### June 12 Rising Star Casino

\$25 per person transportation only.  
Come with us and Get your game on!!  
Sign up by June 7.



## MRC LUNCH BUNCH & MORE

### Lunch Bunch

Monthly trips to local joints for food and fellowship. Mondays - 10:30am-1:30pm \$5m/\$7nm transportation only. *Let us know if you need transportation to and from the center or if you need wheelchair/walker accommodation.*

**Monday, May 8 - SOLD OUT, Story's, Greensburg**

**Monday, June 5, Farmhouse Café, Beanblossom**

**Tuesday, July 11, The Journey, Indianapolis**  
(Oriental, Sushi and American buffet \$8.95 lunch)



\$10 members/\$12 non members for transportation only. Leave MRC at 10:30am return at 3:30pm

**Monday, May 15, Mesh on Mass Av with Kurt Vonnegut Museum!**

**Wednesday, June 14, Key West Restaurant, Madison**  
with free time on Main

**Thursday, July 20, Indiana State House Cafeteria and tour**

## TRAVEL

NEW



### Lions, Tigers, Horses and Cows Oh My!

Join us for a very limited and exclusive trip to see the world famous Tempel Lipizzan Stallions Friday, July 7- Sunday, July 9, 2017 Leave MRC at 8am Friday, return by 10pm Sunday. Chicago's Lincoln Park Zoo and Conservatory, Tempel Lipizzan Horses. Fair Oaks Farm and more! \$495 per member: double occupancy. Includes transportation, all tours, breakfast and lodging. Must be able to walk short distances and travel in step up van(s). Single occupancy and non-members extra but welcome. **Deadline to sign up June 10, 2017.**

**Coming in 2018: Branson in the Spring, Colorado Rockies, South Dakota Badlands, The Real Housewives of Amish Pennsylvania, Panama, Iceland, Scandinavia, New Hampshire and more!**

*Call Edie Smith @ 812-376-9241x 215 or [travel@millracecenter.org](mailto:travel@millracecenter.org) for more information*



### TAKE OFF POUNDS SENSIBLY

#### TOPS Club

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

Take Off Pounds Sensibly

For more information please contact Lucy Trueblood at 812-371-6482 or check the TOPS website at [www.tops.org](http://www.tops.org).

#### Senior Swim

At Foundation For Youth

**Tues., Thurs. & Sat.**

**from 8:30-10:00am**



Purchase swim passes at FFY for \$5/visit for non-members of FFY. Become a FFY member for \$25/year and receive discounted passes. 30 visits/\$75, or 50 visits/\$100. Call FFY at: 812-348-4558.



## Aging Well+

Aging Well+ is a six-month participant driven comprehensive wellness program that focuses on enhancing participants' quality of life. Aging Well + is designed for adults 50+, who experience at least one ongoing health challenge, and need financial assistance accessing wellness programming. Aging Well+ participants create their own health action plan specific to their personal goals, and work to improve their overall wellness.

**For more information or to apply, contact Leah Boas at (812)376-9241 ext. 210 or [lboas@millracecenter.org](mailto:lboas@millracecenter.org).**



## Comprehensive Health Screen

**May 18 from 8:00-10:00am (MP2)**

*All tests are FREE except the Hemoglobin.*

**AIC Test (test \$12 cash\*)**

**Balance test, stress 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

The Better Breathers Club of Columbus will be meeting again soon. If you've never heard of Better Breathers, it is a support group sponsored by The American Lung Association, and meetings are conducted with the help of Columbus Regional Hospital. We welcome anyone with lung problems of any kind, including COPD, interstitial lung disease, asthma and lung cancer. Family and friends are also welcome. The meetings are free and no registration is required. The purpose of the group is to provide opportunity for people to learn how to stay healthier and happier with lung disease in a supportive and welcoming environment.



**Wednesday, June 7 at 3pm**  
**Topic: Mindfulness - Coming To Terms**  
**With Your Lung Disease**

If you would like more information, or would like to be added to our mailing list, please call Jennifer at 812-376-5793. Information contact Jennifer at 812-376-5793

## Mill Race Center 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.

- Crew Neck T-Shirt - \$12.50
- V Neck T-Shirt - \$15
- Tie Dye T-Shirt - \$20
- Polo Shirt - \$22.50



## Being Mortal



Atul Gawande

### Being Mortal: Medicine and What Matters in the End Book Discussion

Tuesdays, June 6<sup>th</sup> - June 27<sup>th</sup> at 10:00am

Cost: \$20, includes cost of book

In *Being Mortal*, bestselling author Atul Gawande tackles the hardest challenge of his profession: how medicine can not only improve life but also the process of its ending.

Medicine has triumphed in modern times, transforming birth, injury, and infectious disease from harrowing to manageable. But in the inevitable condition of aging and death, the goals of medicine seem too frequently to run counter to the interest of the human spirit. Nursing homes, preoccupied with safety, pin patients into railed beds and wheelchairs. Hospitals isolate the dying, checking for vital signs long after the goals of cure have become moot. Doctors, committed to extending life, continue to carry out devastating procedures that in the end extends suffering.

Gawande, a practicing surgeon, addresses his profession's ultimate limitation, arguing that quality of life is the desired goal for patients and families. Gawande offers examples of freer, more socially fulfilling models for assisting the infirm and dependent elderly, and he explores the varieties of hospice care to demonstrate that a person's last weeks or months may be rich and dignified.

Full of eye-opening research and riveting storytelling, *Being Mortal* asserts that medicine can comfort and enhance our experience even to the end, providing not only a good life but also a good end.

**A reading schedule and book will be provided at time of registration. Class size is limited to 15 individuals.**

**Discussion Leader: Leah Boas**



## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

### Matter of Balance

**Mondays & Wednesdays beginning June 5 (4 weeks)  
1:00-3:00pm at Mill Race Center**

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. This program emphasizes practical strategies to manage falls. Call MRC to register for this program.

#### You will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance



### Being Mortal Video

**Monday, May 15 from 11:30am-1:00pm, Lunch provided, Registration required**

The 60-minute film will be followed by an open discussion with experts from Our Hospice of South Central Indiana. To register call 800-699-1019 or online at [www.crh.org/events](http://www.crh.org/events)



## Pickleball



**FREE!**

Offered Wednesday, Friday and Saturday mornings.  
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!

**NEW**

## MAHJONG

Every Monday & Friday  
1:00-3:00pm



## 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!



## 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)**

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




## Card Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Friendship Bridge</b> 1:00-4:00pm <b>Beginner Bridge Lessons</b> Interested call Claire (812)342-9983	<b>Euchre</b> 5:30-7:30pm	<b>Hand &amp; Foot Beginner</b> Rosemary Sager (812)390-7665 12:45-4:00pm	<b>Duplicate Bridge</b> 1:00-4:00pm (MP2)	<b>Euchre</b> 1:00-4:00pm
			<b>Pinochle</b> 1:00-4:00pm	



**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 an 8-week intergenerational program that brings together adults aged 50+ with children ages 8-12 for the purpose of promoting a healthy lifestyle. This program will meet at Mill Race Center and Foundation for Youth.

**June 8<sup>th</sup> - July 27<sup>th</sup>**  
**Thursdays from 12pm-2pm**

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

**\*Grandbuddies will meet on June 1<sup>st</sup> at 10 am at Mill Race Center for an orientation. If you are unable to attend orientation, but would still like to participate contact Leah.**

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



**Tuesday & Thursday beginning May 30 (8 weeks)  
 5:00-6:30pm**

Dr. Cynthia Green is a clinical psychologist, author, and one of America's foremost experts on brain health. Dr. Green has spent over twenty years developing programs for cognitive wellbeing that are grounded in science, utilize strategies that work, and incorporate evidence based techniques.

This summer, through the Summerville Fellowship at the Pitman Institute for Aging Well, Dr. Green's Total Brain Health programs will begin to take place at Mill Race Center. Led by the Summerville Fellow, each program will last eight weeks and cost \$20, with scholarships available upon request.

If you are interested in joining the Total Brain Health program and would like to receive program updates, please contact Leah Boas at [lboas@millracecenter.org](mailto:lboas@millracecenter.org) or 812-376-9241.



Taking care of children is a great opportunity, but one which takes some planning. It may have been a few years since you last had responsibility for a preschooler. What are some things you can do to make the most of this time?

# Caring for Kin Kids

Presenter:  
 Harriet Armstrong  
 Extension Educator



**Come to one or all three classes being held at Mill Race Center on Wednesdays from 10 AM to 12 noon.**

- May 3 - The TV is Off! Now What Do We Do?
- May 10 - I've Told You a Thousand Times...
- May 17 - Getting Ready for School (Yes, in the summer!)

**Please contact Mill Race Center to register by the Monday before each class. (812) 376-9241**

# Refrigerator Reminder - MRC Daily Activities

## Monday

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

## Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
<b>8-10</b>	<b>Breakfast (\$)</b>	<b>LOB</b>
<b>8-N</b>	<b>Reflexology (\$)</b>	<b>MR</b>
8:30	Senior Swim*	FFY
<b>10:00</b>	<b>Tai Chi (\$)</b>	<b>MP1</b>
10:30	Bible Study	CR
1:00	Woodshop	WS
<b>1:00</b>	<b>Bingo (\$)</b>	<b>MP2</b>
5:30	Euchre	AR

## Wednesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
<b>8-10</b>	<b>Breakfast (\$)</b>	<b>LOB</b>
<b>8-Noon</b>	<b>Chair Massage (\$)</b>	<b>LOB</b>
8:30	Volleyball	FFY
8:30	Body Motion	MP2
10:00	Woodcarving Class	WS
10:00	Art Class	AR
10:00	Crafty Fingers	LO
11:30	TOPS	CR
12:45	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	MP2
6:00	Couples Dance	MP1
	(1st & 3rd Wed)	
6:30	Bible Study	CR

## Thursday

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

## Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	<b>Breakfast (\$)</b>	<b>LOB</b>
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	MP2
1:00	Senior Scribes	AR
	(3rd Fri)	

## Saturday

8:30	Senior Swim*	FFY
8:30-11:30	Pickleball	MP2

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

- May 4**  
Birthday Party, 1:00pm 
- May 5**  
Welcome Breakfast, 9:30am 
- May**  
Bookmobile, 9:30am 
- May 8**  
Movie, 5:30pm 
- May 9**  
TED Talks, 1:30pm 
- May 10**  
 Classic Rock Cook-Out to Benefit Meals on Wheels, 5:30pm 
- May 18**  
Bereavement Group, 4:00pm 
- May 19, 20 & 21**  
 The Lasting Impressions   
Chuck Wagon Chow-Wow
- May 22**  
Movie, 5:30pm 
- May 31**  
 National Senior Health & Fitness Day, 8am-8pm 
- June**  
Bookmobile, 9:30am 
- June 1**  
Birthday Party, 1:00pm 
- June 2**  
Welcome Breakfast, 9:30am 
- June 9 & 10**  
 Pickleball Tourney 
- June 12**  
Movie, 5:30pm 
- June 13**  
TED Talks, 1:30pm 
- June 14**  
 Lunch & Laughter, 12:00pm
- May 18**  
Bereavement Group, 4:00pm 
- June 26**  
Movie, 5:30pm 

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

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





Mill Race Center  
900 Lindsey St.  
Columbus, In 47201

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renewal date in  
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Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_

Email \_\_\_\_\_

I (we) pledge a total of \$ \_\_\_\_\_ to be paid: \_\_\_ now \_\_\_ monthly \_\_\_ quarterly \_\_\_ annually

Payment Form: \_\_\_ cash \_\_\_ check \_\_\_ credit card

Credit Card Type: \_\_\_ Master Card \_\_\_ Visa \_\_\_ Discover

Credit Card #: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ Authorization Code: \_\_\_\_\_

Cardholder Name \_\_\_\_\_ Signature \_\_\_\_\_

 *Thank You* 