

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



"Active Today...Healthier Tomorrow!"

May 30 at Mill Race Center

Join Mill Race Center and Columbus Regional Health in celebration of the 25th Anniversary of National Senior Health & Fitness Day.

All opportunities offered are free on this special day.

See page 17 for all the details.

DON'T MISS OUT!



GEN SILENT

A Documentary Film About LGBT Seniors
Wednesday, June 27; Free

See page 16 for details.

Mill Race Center's
THE LASTING IMPRESSIONS PRESENT

★★★★ THAT'S ★★★★★
ENTERTAINMENT!

FRIDAY, MAY 18, 2018, AT 6:00PM
SATURDAY, MAY 19, 2018, AT 6:00PM
SUNDAY, MAY 20, 2018, AT 1:00PM



The Lasting Impressions
MILL RACE CENTER

TICKETS: \$20
INCLUDES
BUFFET DINNER & SHOW
Catering by Sadie

Sponsored by


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

From Your Executive Director

Still. It is a very simple word with several definitions. One definition of the word is used often in the elder community. The adverb “still” is defined as “up to this or that time,” as in “She is 90 years old and *still* driving,” or “He is 80 and *still* runs every day,” or “You would never guess that she is in her 70’s, because she is *still* so busy.” You can probably think of your own examples of times when you have heard someone say that an elder is “*still*” able to do something. This makes an assumption that a person automatically becomes unable to drive, run or participate in other activities as they age, which certainly isn’t the case, and implies that to do so is somehow abnormal. This use of the word “still” is a very subtle form of “ageism,” which is a type of discrimination based on the number of birthdays that a person has celebrated. The truth is that it should be a normal expectation that we can continue to enjoy the full range of activities that we have always enjoyed if we have a life-long habit of making good choices and taking care of ourselves. Obviously there are always factors that are out of our control, but we believe that everyone should be given the tools, resources and opportunities to be able to live a full, meaningful life. Our mission is to empower people to be able to participate in the full spectrum of life’s activities, without having to say “still.” If you can drive safely, by all means, drive. If you can run, then run. If you want to play pickleball, then grab a paddle and play. Don’t let someone place limitations on you simply because of your age. If you want to go back to school to get that degree, then dive in. Then you can smile when you hear someone say, “She is 75 and *still* in school.”



Dan Mustard
Executive Director

2018
ANNUAL
MEETING

Our Annual Meeting is set for
Tuesday, June 26 at 5:00pm in
the Art Room.

Have a
**NICE
DAY**
(pass)

\$10 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 \$80 a year.

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**Mill Race Center reserves the right to cancel or move regular scheduled programs for special events.*

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 222

Laura DeDomenic, Resource & Philanthropy Director, x 208

Dexter Fravel, Lead Bingo Volunteer, x 218

Steve Hood, Facility Manager, x 216

Fred Guarnieri, Senior Products Supervisor, x 228

Roberta Isaacson, Membership, x 204

Jim Isaacson, Brenda Fowler, and Roy Hendershot, Van Drivers

Jan Meadows, Ambassador Coordinator

Dan Mustard, Executive Director, x 211

Renee Nicholson, Business Office Manager, x 218

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, Programming & Development Assistant, x 209

Shannon Truman, Programming & Development Director, x 220

Jeff Voyles, Senior Products, x 228

FREE LITTLE LIBRARY TAKE A BOOK • RETURN A BOOK



BUILT AND DONATED BY ED NIESPODZIANI



Providing much more than a meal!

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

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

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

Call Renee Nicholson at Mill Race Center to register for Meals on Wheels 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 or Bingo)**
Can be purchased at the Business Office or at our website under Join/MRC Bucks.

**The Granny Connections
needs knitters!**

In an effort to raise awareness for World AIDS Day, the Granny Connection will be accepting donations of red knit scarves at MRC. Red scarves can be knit in different sizes and patterns. Yarn is available at MRC, just ask Karen at the front desk.



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 MRC 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.

BINGO CALLERS NEEDED

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



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 & Toothpaste



We Appreciate Our Volunteers!

Save The Date

Quilt Show

October 5-7

At Mill Race Center



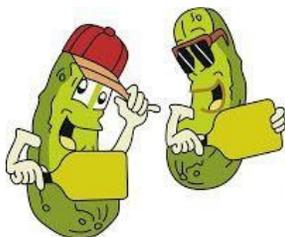
Welcome! **MRC Welcome Breakfast**
Friday, May 4; 9:30am
Friday, June 1; 9:30am **FREE!**

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.

Pickleball Tournament

June 15 & 16, 2018

Watch for more information to come. Call MRC to inquire 812-376-9241.



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



TBH MEMORY Level 2.0
Tuesdays and Thursdays
from 10:00-11:00 am

Beginning May 8th through May 31st

Cost: \$20 (scholarships available upon request)

Please come join us for this unique next-level memory training program designed to rev up recall and boost memory using valuable, easy-to-learn memory strategies. The Total Brain Health MEMORY 2.0 training classes are for MRC members and community members interested in boosting daily thinking and long-term brain vitality. Classes will be held on Mondays and Wednesdays, May 8th – May 31st from 10-11am.

Register today and learn:

- o How memory works and why we forget
- o Strategies for boosting attention and improving retention
- o How we can better remember names, places, and lists regardless of your age

To sign up for the class, please stop by the Mill Race Center Business Office or call 812-376-9241.

Total Brain Health 101

Will be listed again in the July/ August newsletter. If you would like to add your name to the list of those interested in the class call the MRC business office at 812-376-9241.



MRC Perennial Share
Wednesday, May 16
10:00am; Free

Patio Weather Permitting
Perennial plant sharing is a fun and frugal way to enhance your garden. Bring some perennials to share for MRC beautification.



FREE!

ColumBUS 101

Thursday, June 14
1:00pm

NEW **FREE!**

Curious on how to navigate the ColumBUS system? Come to this 101 presentation from City Transit and learn all about their five fixed routes, call-a-bus, travel training and more. Have a question the ColumBUS staff will be happy to help you!



Take-A-Ride Bus Trip

Tuesday, June 19
Meet in MRC lobby at 9:40am

NEW

Bus fair \$0.25

Use what we learned from the 101 class and Take-A-Ride with the MRC staff to ride an hour long route and learn the process. We will meet in the MRC lobby and walk over to the terminal. Call Renee to add your name to the list so we know who is riding. 10 people maximum



Evening Star Quilt Guild Second Tuesday of each month, 5:00-7:00pm (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

More information: Judy Kiesow at 812-374-6135, or 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 [812-374-6135](tel:812-374-6135) or judyk2310@gmail.com for additional information

create

Join Kelly & Shannon for these fun *Seasonal* craft classes in the Art Room. Register for classes in the business office.

Seasonal Magnet Class

June 7 at 2:00pm

Cost: \$5 for 8 magnets

Join us for this fun class to make small 1" magnets with colorful designs. Materials provided. **Grandchildren welcome to attend.**



Make & Take

Lotion, Bath Salts & Hand Scrub

June 21 at 1:30pm; in the Kitchen **NEW**

Cost: \$10 for all 3 products

Interested in making your own or to give as gifts. Try this class and leave with your own three easy to make products and instructions. Take the time to pamper yourself with these three great products!



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

FREE!



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.

Fur Bear Class

Tuesday, June 5th, 1:00-4:00pm

Fee: \$13:00 for supplies & pattern (**bring your own fur**)

NEW

Bring a family or friend's fur to make an heirloom teddy bear to treasure. Don't have a fur? Ask family, friends, neighbors, garage sales, and thrift stores. Someone has one hanging in a closet not knowing what to do with it. If you are unable to find a real fur, a faux fur will be fine.

Work at your own pace and no sewing experience required. Call for information and to register in the business office (812)376-9241.



We are accepting old fur coats to repurpose for this Teddy Bear class.



Line Dance for Beginners

Wednesday, 4:00-5:30pm (MP2)

Come and give it a try!

Instructor: Pat Hoard (812) 812-374-2963.

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 (812)-374-2963



Ball Room Dance Classes

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

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



Couples Dance Club

1st & 3rd Wednesday each month 5:30-7:00pm

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



Live Lively-



Square Dance!

Square Dancing 101



Monday 5:00-7:00pm

Want to try something new? Try Modern Western Square Dancing! It is friendship set to music. It is not only physically active but mentally stimulating as well. Classes are 8 weeks long. Square Dancing 101, is the place to start. You will learn approximately the first 30 calls. In Square Dance 102, you will learn an additional 21 calls & in Square Dance 103 you will finish with the final 17 calls. Each class builds upon the previous classes. No partner is necessary. Class size is limited, so register now. The class does have a minimum of 8 registrants in order to be held. Maximum is 32.

Cost for the 8 week class is \$40 for members (\$5 per person per class) & \$80 for non members (\$10 per person per class). In order to attend local & surrounding area dances you will need to have finished all three classes. Classes will begin when minimum registration is met.



Monday	Tuesday	Wednesday	Thursday	Friday
Ball Room Dance 5:00-7:00pm (MP2)	Ball Room Dance 5:00-7:00pm (MP2)	Line Dance Beginner 4:00-5:30pm (MP2) <i>Moved to Art Room on 5/18 and 6/27</i>	Ball Room Dance 5:00-7:00pm (MP2)	Line Dance 10:00-11:30am (MP2)
Square Dancing 5:00 - 7:00 pm (MP3)		Couples Dance Club 5:30-7:00pm (AR) 1st & 3rd Wednesday		



DON'T MISS OUT! 

Bodies in Motion

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

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!

Thursday evenings from 3:00-7:00pm

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 Thursday evenings from 3:00-7:00pm. 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 Tuesdays & Thursdays



10:00—11:00 am - Ongoing class for those with some practice in Tai Chi. Monthly Cost: \$45 members/ \$60 non-members

11:00—11:30 am - Beginning class
Monthly Cost: \$25 members/ \$40 non-members
Instructor: Paula Howard

Todd Wright—Saturdays at Guardian Kung Fu
9:00—10:00 a.m. Call 812-372-7100

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.

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



Try-It for Free on May 30 - see page 17 for details.

Chair Massage

(Not here in May)

June 6 & 20

8:30-10:30am

**DON'T
STRESS
GET A
CHAIR
MASSAGE**



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. Call Emily (812)344-9716 for more information.



Senior Volleyball

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

at Foundation for Youth 405 Hope Ave, Columbus

Information: Don Ward (812)350-2222



Pickleball



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



Wednesday Evenings - 5:30-7:00pm

Except May 16 and June 27



Friday Afternoons - 12:00-3:00pm

Except May 18 and June 29



Saturday Mornings - 8:30-11:30am

Except May 19 and June 16



**Mill Race Center reserves the right to cancel or move regular scheduled programs for special events.*



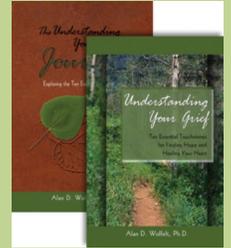
Understanding Your Grief

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, Jennifer Lowry and Shannon Thalls



“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 or Shannon@millracecenter.org

MRC Woodshop



Tuesday 1:00-4:00pm

The woodshop is available for MRC members only and is open on Tuesdays from 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

3:00-5:00pm (CL)

New participants welcome to attend.

For information contact Larry Carter 812-372-1956.



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.

Are you interested in psychology, fast moving information, economics, nature, and other timely subjects in a discussion format? Ted Talks is for you. We select from over 2500 presentations and 100 categories for our monthly group, keeping it lively and informative. No pressure, the conversation flows and we give you the subject ahead of time if you wish to review the material.

We've had talks on money to original thinkers to life lessons to being a citizen of the world. Don't miss out. Our sessions are the 2nd Tuesday of the month at 1:30 in the afternoon. We'll even help you find the Ted Talks site for additional study. We'll look for you there.

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

May 8th at 1:30pm

Topic: There is More to Life Than Being Happy
By: Emily Esfahani Smith

June

No Meeting This Month



DAY PASS (\$10)... now available for your friends, family and out of town guests. Purchase at the business office.

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 Studies

Morning Bible Study



Tuesday mornings 10:30-11:30am

In the Classroom; **Free**

Information: Virginia Houser, 812-579-5132

May: Dr. William Bailey

Parkside Baptist Church

June: Reverend John Armstrong

Grace Lutheran Church

Evening Bible Study



Wednesdays 5:30-7:00pm

Gospel of Mark - God's Word For You

A free evening study open to the community. Bring your bible and join us anytime!

Information: Jan Meadows (812)374-4404



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

The Lasting Impressions



MILL RACE CENTER

A song, dance and drama performance troupe with Mill Race Center.
 All MRC members welcome.
Practice: Monday & Friday
12:30-3:30pm (MP1)
 Information contact: Donna Browne, (812)376-6612.

LUNCH & LAUGHTER READERS THEATER



June 13th at Noon
Lunch: \$5 members
\$10 non-members
 Make reservations at the
 MRC business office.

Sponsored by



Readers Theater Group Wednesdays - 1:00-3:00pm

If you have always enjoyed the stage, or you are interested in giving it a try Come and learn more about this fun and entertaining style of drama that is sweeping the nation and Mill Race Center! New members are ALWAYS welcome. Interested in joining Readers Theater? Contact Kelly Staley at MRC for more details We are growing and welcome new members.

FREE MOVIE SHOWINGS at MRC!

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

Two Showings now at 2:00pm & 4:30pm.

Free popcorn - Sponsored by Griswold Home Care

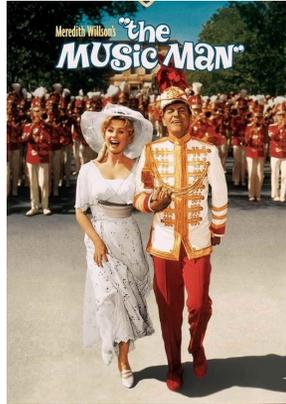


**Two Showings
2:00 & 4:30pm
Start Time**



May 14

**Murder on the
Orient Express**



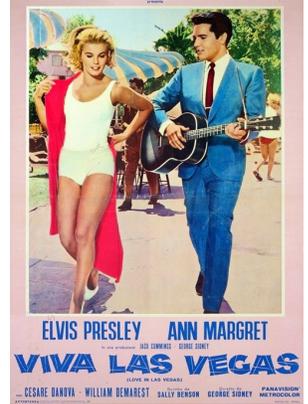
May 21*

The Music Man
*different date since closed
on May 28



June 11

**Same Kind of
Different As Me**



June 25

**Elvis - Viva Las
Vegas**



Drumming Circle Practice Mondays 1:00-2:00pm

FREE!

Get your weekly groove on at Mill Race Center with a small group that gathers to drum each week.



NEW



FREE!

A Documentary Film About LGBT Seniors Wednesday, June 27; Free Movie at 5:30pm & panel discussion to follow

This award-winning one hour documentary shares the stories of six lesbian, gay, bisexual, and transgender seniors, exploring how they deal with and often conceal their sexual orientation, gender identity, spouses, and friends in order to survive in the care system.

Call MRC to register 812-376-9241. Free and open to the community. More information to come.



MRC CON Nect

DON'T MISS OUT!

FREE!

May 24 from 10am-12pm

CONNECT at Mill Race Center by learning, engaging and exploring at this new free program open to the public.



INDIANA LANDMARKS

10:00-10:45am

Great Landmarks of Indiana

Join Suzanne Stanis, director of Heritage Education for Indiana Landmarks, on an armchair tour across the state, stopping to look at landmarks from the breathtaking West Baden Springs Hotel to the Wallace Circus barns in Peru. Along the way we'll discuss what makes a building a landmark as we view architecture that enriches community life.

11:00-11:45am

Brown County Roots

**Patrick Haulter, Interpretive
Naturalist III**



A program all about the history of Brown County State Park and surrounding area from Art to Logs and everything in between.

Sponsored by:

Voelz, Reed, & Mount, LLC

knowledge • experience • solutions



"Active Today...Healthier Tomorrow!"

May 30 at Mill Race Center

* All classes are **FREE** for you to try!

- * Body In Motion Class, 8:30-9:30am 
- * Drum Circle, 10am
- * Tai Chi/Chi Gung Try It, 12-1:00pm
- * TOPS- Taking Off Pounds Sensibly, 11:30am
- * Walk in Park, 2:30pm
Meet in the lounge and go for a walk with the MRC staff.
- * Line Dancing, 4:00-5:30pm
- * Pickleball, 5:30-7:00pm
- * Bocce Ball, all day
- * Ride a MRC Bike, all day
- * Fitness Center Tours, all day
- * Plus more!



Back by Popular Demand

Afternoon for Arts

June 29 at 2pm

\$5 for members/\$10 for non-members

Reservations Required by 6/26/18



Live Entertainment & delicious homemade dessert.

Larry Boggs (Lead singer of the Reunion Band) and Sean Baker will be presenting renditions from the "Great American Songbook" in the style of the great crooners from the 40's and 50's. Also featured Doris Ross, who is 91. Doris, at the age of 18, turned down a contract to perform with the Jimmy Dorsey Band.

*Some of the songs featured will be:
Fly Me to the Moon, Moon River, You Make Me Feel So Young, and Cheek to Cheek*

Event Sponsored by:



Ruth Hoffman
Medicare Sales & Service
317-775-9500 or Toll Free 844-792-5143
Ruth.hoffman@anthem.com

Dessert sponsored by:
Bob & Helen Haddad and made by Caryn Wiggins





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

March Birthdays: May 3 at 1:00pm

April Birthdays: June 7 at 1:00pm

May Birthdays: July 5 at 1:00pm

Reservations required by the day prior to the party. 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.



May 24 & June 28 4:00-5:00pm

That's right folks! It's game time! Join us for some early evening gaming.

We will bring the snacks, you bring the laughs! Call the MRC Business Office to Register at 812-376-9241. We want to make sure we have enough players!



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 2 & 16

June 13 & 27

July 11 & 25

We've Got an App for That!

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.

Senior Scribes

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

Barbra Heavner, 812-344-2644

Janice Waltermire, 812-372-1707



The Historic **ARTCRAFT** Theatre

Join Kelly & Shannon on a program trip to the Historic Artcraft Theatre for a Free Movie. The preshow begins at 1:30 and movie begins at 2pm. Van leaves at 12:40pm. Fee: \$5 for trip.



Thursday, May 10 - Movie: Wizard of Oz



Brazilian Night

Discover the World
with Cummins

*Watch for more
info to come!*





All Who Wonder Hiking Group
NEW hikers always welcome! No experience necessary! Contact Ed Niespodziani at [812 552-3343](tel:8125523343) or by email kn4073@comcast.net

Random Acts of Kindness Club



random
act of kindness

Tuesday, May 22 & June 19

Meeting at 1:00pm; **FREE**

Let's find JOY in the journey together. Spreading kindness here at MRC and out in the community. We will work on projects at each meeting that can be given to others. Let's be the reason someone smiles!

TRAVEL WITH MILL RACE CENTER

2018 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.



Garden of the Gods, Colorado Springs and Royal Gorge

Saturday, June 23-Sunday July 1; \$1009 double rate, \$1444 private room, Includes 8 nights lodging, Luxury Motor Coach, US Air Force Academy, Manitou Springs, 6 dinners and 8 breakfasts and much more. Now taking reservations! Add \$75 nonmember.



Amishlands of Pennsylvania

Sunday, August 19- Thursday, August 23;

\$699 double, \$868 single, triple rate available too. Includes 4 nights lodging, 4 breakfasts, 2 dinners. Performance of Jesus in the Millennium, Sight and Sound Theater and Longwood Gardens included! Amish crafts, food and countryside to enjoy!

Vermont, New Hampshire and Maine!

Saturday, October 6-Saturday, October 13

\$1384 double, single and triple rates available, 7 nights lodging, 7 breakfasts and dinners included! Peak Foliage Time! General Stores, Quaint Villages and so much more!



Colonial Williamsburg and Virginia Beach with Historic Newport!

November 4-10, 2018;

\$829 Double, \$1098 Single

Includes, admission and guided tour of Historic Williamsburg, Dinner Cruise on the Spirit of Norfolk, Yankee Candle Village, Virginia Beach boardwalk, all hotels and transportation plus 6 breakfasts and 4 dinners.

NYC at Xmas! December 3-8, 2018

\$975 double, \$1285 single Includes: Luxury Motor Coach transportation, 2 nights in Wheeling, West Virginia, 2 nights in New York/New Jersey, 1 night hotel on way home, 8 breakfasts, 1 Holiday Dinner Show in Wheeling, Rockette's at Radio City Music Hall, Shopping, Light shows, Mansions and much more! Register by October 1!



Mill Race Center and Collette Present California New Year's Getaway

Featuring the Tournament of Roses Parade!

December 29, 2018-January 2, 2019

Double rate \$2979, single \$3579 round trip from Columbus, IN. Includes New Years Eve party, Parade Seating and Preview of Floats, Optional Las Vegas add on available!



FABULOUS DAY TRIPPERS!

Each Day Tripper adventure priced individually based on cost/admission fees, meals not included unless noted. Also you must note any food or accessibility concerns at time of reservation as not all venues can accommodate special requests.

Blown Glass!

June 15, Leave MRC at 8am return at 2:30



Make your own paperweight in this interactive class in Indianapolis. \$75 includes transportation, materials and lesson. Lunch after at Rock Cola 50's Café on your own. Strict limit of 12 people on this trip! Register by June 1.

**Indians Baseball Game
Join us for a ball game
this summer!**

Wednesday, May 30th,
5:30—11:00 pm
Wednesday, June 20th,
12:00—5:00 pm

May 30th is hot dogs, popcorn and soda!
June 20th is a special mid-day game!
\$40 member/ \$45 nonmembers and
includes box seat and transportation for
one game!

Deadlines are May 15 and June 11



2018 Casino Trip Schedule

Tempt your taste buds at the buffet and your luck at the table or slots! Leave MRC at 9 a.m. and return at 5 p.m. Transportation only \$25

Wednesday, May 9, French Lick Resort
Wednesday, July 18 Horseshoe Casino
Monday, August 13, Rising Star
Thursday, October 18, Belterra

SPECIAL EVENTS



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.*

Tuesday, June 12, Rathskeller, Indianapolis

Monday, July 9, Wolfies, Noblesville

Lunch & More

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

Tuesday, May 15 - Buddhist Cultural Center and Mr. Hibachi Buffet, Bloomington

Monday, June 18 - Uptown Café and Indiana State Police Museum

Wednesday, July 25 - Ertle Winery tour, lunch and tastings!

**Indianapolis Symphony Pops Coffee Series
May 18**

We will once again be offering transportation for Mill Race Center Members and their guests to the ISO Pops Coffee Series on May 18, 2018. Bus leaves MRC at 9am and returns at approx. 1:30pm. \$20 per person. Let us drop you at the door and pick you up with no parking hassles or fees! Registration required no later than 2 weeks before each concert and is limited to 12 passengers. **Tickets are on your own, call Edie if you need assistance with ticketing.**



TRAVEL



Indiana Medical History Museum Tour Friday, July 20 from 10:30am-4:30pm

\$35 includes tour and transportation. Lunch on your own before tour at Sahms Tavern, Indy. Limit 12 people on this trip. Register by July 1.



Travel Show Featuring California New Year's Getaway, Shades of Ireland and Alaska Land and Sea with Collette Thursday, May 17, 1:30-3pm Please RSVP 812-376-9241 or travel@millracecenter.org

Your travel with Mill Race Center benefits local seniors in our community. Please consider booking all of your travel with Mill Race Center Travel Department. Call for an appointment to discuss your next adventure!

Call Edie Smith @ 812-376-9241x 215 or 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 Judy Sullivan at 812-375-1214 or check the TOPS website at www.tops.org.

Senior Swim

At Foundation For Youth

Tues., Thurs. & Sat.

from 8:30-10:00am

Purchase swim passes at FFY for \$5 per visit or they have special package pricing.

Call FFY at: 812-348-4558 for discounted pricing.



MILL RACE CENTER

R E N T A L S



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.

Come Eat Together

Thai Connection

Tuesday, June 5 at 11:30am

Join us for a lunch together at Thai Connection at 527 Washington St. here in Columbus. It's always fun to eat with friends! Meet us there, but **registration required** at the business office so we can make reservations for our group.



English Paper Piecing Class

Wednesday, May 9 (4 weeks)

10:00-11:30am; Cost \$10

Join MRC member Judy Kiesow to learn how to make your own English paper piecing class. Supplies for 1st class will be furnished and giving at class time. Sample on display in MRC office.

Better Breathers

The Better Breathers Club will be meeting in both May and June. Please join us for a learning experience for people with lung health problems. The more the merrier! We would love to have new members join us at the following times:



Wednesday, May 2nd at 3:00 p.m.

Topic: Making Your Medications More Affordable

Wednesday, June 13th at 3:00 p.m.

Topic: How Lung Disease Affects Your Bone Health (and what you can do about it)

Whether you have been to meetings in the past or you have never come before, the Columbus Better Breathers Club would love to have you join us for learning, sharing and discussion about managing lung health issues. We will have light refreshments and offer support to anyone with lung problems including their family and friends. No reservations or dues are needed, just come and have a good time.

If you would like more information, call Jennifer at 812-376-5793. Hope to see you soon!

Need Help with Medicare Costs?

If you make less than \$1900 per month (single) and are on Medicare, then you might qualify for assistance with prescription drugs and expenses for medical Care.

- * Extra Help to pay for your prescription drug plan
- * Medicare Savings Program to help pay for your Part A and B deductibles and co-pays

Call Leah at (812) 376-9241 ext. 210 to see if you might qualify.

SHIP Counseling

Do you have Medicare questions? Ask our resident SHIP Counselors! SHIP Counselors provide free unbiased Medicare information. Contact Leah at (812)376-9241 ext. 210 or lboas@millracecenter.org.

Medicare Basics June 13th at 2:30 p.m.

Medicare

New to Medicare? Interested in learning more? Join Leah and Kim, SHIP counselors, on June 13 at 2:30pm to learn more about what Medicare covers and what your coverage choices are. Sign up at the Mill Race Center business office or call 812-376-9241.

CAREGIVER SUPPORT GROUP

Every 2nd Thursday of the Month; Cost: Free
Mill Race Center- Just Friends Entrance

FREE!

Meets every 2nd Thursday of the month and is open to anyone caring for an adult. Care for loved ones is provided by Just Friends Adult Day Services. RSVP to Jayme: 812-372-6415.

Light Dinner served at 5:30pm
Caregiver Presentation 6:00pm
Loved Ones Activities 6:00pm



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 7th- July 26th

Thursdays from 12pm-2pm

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

***Grandbuddies will meet on June 1st 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



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.

Pickleball

FREE!



Offered Wednesday, Friday and Saturday.
See page 11 for details.



**Every Tuesday
Noon to 4pm**

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

Packets: \$20 or \$23; includes 2 coverall games. Extra coverall games are available for \$1 each.

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



Curious and don't know how to play?
The group will teach you! Everyone is welcome to attend.

OPEN Billiards

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



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
New players welcome!



Card Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
Friendship Bridge 1:00-4:00pm Beginner Bridge Lessons Interested call Claire (812)342-9983	Euchre 5:00-7:00pm	Hand & Foot Beginner Rosemary Sager (812)390-7665 12:30-3:30pm	Duplicate Bridge 1:00-4:00pm (MP2)	Euchre 1:00-4:00pm
			Pinochle 1:00-4:00pm	

*Mill Race Center reserves the right to cancel or move regular scheduled programs for special events.

Family Support & Hope Group
Thursday, May 24; 5:30-7:00pm
Thursday, June 28; 5:30-7:00pm

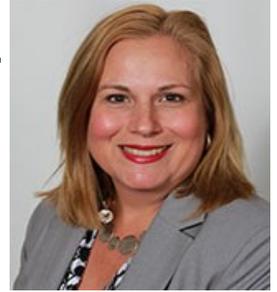


A group for families who have a loved one who is addicted to opioids will hold its first meeting on March 22 from 5:30 to 7pm at Mill Race Center. The support group is open to Mill Race Center members and Columbus Regional Hospital employees. The group will provide education; sharing of information and support to help members best handle their situation.

Addiction to opioids can begin innocently. Addiction does not discriminate. It can happen to anyone. Family members of those struggling with addiction sometimes feel isolated and discouraged. Addiction is a disease that changes the brain and seriously affects the users and their families. The Family Support & Hope Group will provide an emotionally safe and non-judgmental place where family members will support each other and provide hope for the future. Facilitators are Leah Boas and Shannon Thalls of Mill Race Center and Ray Morris of Columbus Regional Health. Please call Mill Race Center at 812-376-9241 to register to attend.

The word 'hope' is written in a cursive, handwritten style in black ink.

Philanthropic Corner



**What Should You Know
About New Tax Law**
Tuesday, June 19 at 1:00pm

The Tax Cuts and Jobs Act of 2017 (TCJA) has recently altered the playing field for our charitable donations. There are still tax free options for your donations to MRC. The first is if you reach the age of 70 ½ and have enough expendable income, you can make cash donations to IRS-approved charities out of your Individual Retirement Account (IRA).

Take advantage of these qualified charitable distributions (QCDs) for 2018 by replacing your 2018 IRA required minimum distributions (RMDs) with tax smart QCDs. QCDs can be taken out of your IRAs free of any federal income tax bill. You can't claim itemized deductions for QCDs, however you will never be taxed on those amounts and do not have to face any tax law restrictions that apply to typical itemized charitable write-offs. A QCD must be distributed from an IRA, meet the typical tax-law requirements for a 100% deductible charitable donation, be a distribution which would otherwise be taxable, and have an \$100,000 annual limit on total QCDs for any one year per individual.

You can benefit tax-wise if you want to avoid being taxed on the required minimum distribution amount you must take from your IRA, want a quick and easy estate tax reduction strategy, and or you are limited in making itemized charitable donations because of the increased standard deduction for 2018-2025.

For more information attend our session listed above on June 19.

Hosted by:

*Agresta Storms and O'leary &
Lisa Duke with Edward Jones*



DAY PASS (\$10)... now available for your friends, family and out of town guests. Purchase at the business office.

Refrigerator Reminder - MRC Daily Activities

Monday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8:30	Body Motion	MP2
9:00	Golden K Board	CNR
8:00	Quilters	AR
10:00	Golden K	MP2
1:00	Mahjong	AR
1:00	Drum Practice	CR
1:00	Hand & Foot	MP2
1:00	Friendship Bridge	MP2
12:30	Lasting Impressions	MP1
5:00	Silver Tones	MP1
5-7	Ballroom Dancing	MP2
5-7	Square Dancing	MP3

Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8:30	Senior Swim*	FFY
10:00	Tai Chi (\$)	MP1
10:30	Bible Study	CR
1:00	Woodshop	WS
1:00	Bingo (\$)	MP2
5:00	Euchre	AR
5-7	Ballroom Dancing	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	Woodcarving Class	WS
10:00	Art Class	AR
10:00	Crafty Fingers	LO
11:30	TOPS	CR
12:30	Hand & Foot	MP2
1:00	Scrabble	AR
1:00	Reader's Theater	CR
1:00	Bid Euchre/Pinochle	LO
4:00	Beg. Line Dance	MP2
5:30	Pickleball	MP2
6:00	Couples Dance	AR
	(1st & 3rd Wed)	
5:30	Bible Study	CR
5:30-7	Pickleball	MP2

Thursday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8:30	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	Duplicate Bridge/Pinochle	MP2
4:00	Bereavement Group	LO
	(3rd Thurs)	
4:00	Reflexology	CNR
5-7	Ballroom Dancing	MP2

Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Body in Motion	MP2
8:30	Volleyball	FFY
10:00	Line Dancing	MP2
1:00	Mahjong	AR
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 3	Birthday Party, 1:00pm	FREE!
May 4	Welcome Breakfast, 9:30am	
May 8	TED Talks, 1:30pm	
May 14	Movie, 2:00 & 4:30pm	FREE!
May 16	Perennial Share, 10:00am	FREE!
May 17	Bereavement, 4:00pm	
 May 18, 19 & 20	Lasting Impressions Show	
May 21	Movie, 2:00 & 4:30pm	FREE!
May 24	MRC Connect, 10:00am	FREE!
	Game Night, 4:00pm	
	Family Support and Hope Group, 5:30pm	
May 28	MRC Closed	
May 30	National Senior Health & Fitness Day	FREE!
June 1	Welcome Breakfast, 9:30am	
June 7	Birthday Party, 1:00pm	
June 11	Movie, 2:00 & 4:30pm	FREE!
 June 13	Lunch and Laughter, Noon	
June 15 & 16	Pickleball Tourney	
June 21	Bereavement Group, 4:00pm	FREE!
June 23	Movie, 2:00 & 4:30pm	FREE!
June 27	Gen Silent Movie, 5:30pm	NEW FREE!
May 24	Game Night, 4:00pm	
	Family Support and Hope Group, 5:30pm	
 June 29	Afternoon for Arts, 2pm	

MRC will be closed in observance of Memorial Day on May 28, 2018.





Mill Race Center
900 Lindsey St.
Columbus, In 47201

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

CURRENT RESIDENT OR



**Note your
Membership
renewal date in
corner of
address label.**