



## 100 MILE CHALLENGE

MILL RACE CENTER



### Who's up for a challenge? WE ARE!

Join the staff at Mill Race Center in logging 100 miles of movement this summer. Your movement could come in the form of walking, running, biking, swimming, paddling, hiking, or working out. We have all been cooped up for sometime and need to get moving together. Let's encourage each other in the movement challenge!

Inside the newsletter you will find a 100 Mile Challenge Log Sheet. Keep track of your miles from May-September. When you have reached 100 miles turn in your log sheet to the MRC business office. Once one log sheet is complete start a new one. All completed log sheets will be entered into a prize drawing.

**Winner will receive: a free MRC t-shirt, a free One Year Membership to MRC, and \$50 cash. Winner will be drawn on October 1.**



Get in the spirit and order your MRC 100 Mile Challenge T-shirt for \$15. Orders will be placed on May 18 and first of the month after that. Call MRC to place your 100 Challenge t-shirt order.



### Total Brain Health 1.0

Monday & Wednesday; **August 3-26**

Time: 9:30-10:45am

Class Fee: \$20; Max: 20

Come join us as we "get smart" about brain health! Developed by the leading brain fitness experts at Total Brain Health, the TBH BRAIN HEALTH 1.0 course teaches the many proven ways we can keep our thinking sharp, lower our dementia risk, and promote better cognitive vitality. You will:

- Discover the cutting-edge science behind how our lifestyle may be the best way we can sharpen thinking and reducing our risk for memory loss.
- Train with hands-on workouts that give you the chance to try the many ways we can promote our cognitive health -- right in the classroom.



### New June Travel Show

Friday, June 5

10:15am, MP 1 & 2

Join us for a presentation by Collette World Travel and Edie Smith. Featuring National Parks, Hawaii, Alaska's Northern Lights for 2021. Please RSVP at the business office.



**Volunteer Appreciation  
Luncheon July 30th**  
See page 16

# From Your Executive Director

**Welcome to the new world.** As I write this on April 21, 2020, Indiana has 12,097 confirmed cases of COVID 19, with 630 deaths. The numbers are misleading, due to the limited number of tests that are available. This especially impacts the number of total cases. The best estimate at this time is that the confirmed cases represent approximately 6.6% of the actual cases. That would mean that there are in reality somewhere near 180,000 cases in the state. Likewise, testing is not always being done for those who pass away when the probable cause is COVID 19. It is important that we understand that the extent of the problem is not necessarily reflected in the official numbers, due to the lack of testing. The current mortality rate based on estimated numbers is somewhere around .3%, which is still three times higher than seasonal flu. (The number is much higher than that in some areas.) More importantly, the mortality rate for infections among those 80 and over may be as high as 14%. We have been very deliberate as we make decisions regarding the opening of a community center which serves the segment of the population that is at highest risk. At this point, there is no vaccine, and Indiana does not have readily available antibody testing to determine which individuals may have built up immunity to the virus. We may see a natural decline in the numbers with the onset of warmer weather, but we would then be likely to see a surge in the fall.



All of this is to say that when we do re-open, we will not be operating in the same manner. This will likely be true for any public space. Much like what we experienced in the aftermath of 9/11, we will see a cultural change and we will develop a new normal as a society. We will all be more aware of social distancing, face masks, and hand washing in a way that we would not have considered before COVID 19. It may become routine for people to have their temperature scanned before they can join a large group. If there is a silver lining to the pandemic, it is that we will hopefully have learned new skills that will be helpful to contain the spread of other infectious diseases, and we will see a reduction in deaths from seasonal flu. At Mill Race Center, we were able to use the down time to undertake maintenance and painting projects that would have been much more difficult when the Center was open to the public. We have taken the opportunity to expand our Meals on Wheels program, and to find new ways to reach out to our members with personal phone calls and social media. We have also developed online video content that will become a library of information for people who are not able to come to the Center. These are all positive outcomes from an incredibly challenging situation. Thank you for your patience as we learn to navigate this uncharted territory.

**Dan Mustard**  
**Executive Director**

Visit our website for online classes.  
[www.millracecenter.org](http://www.millracecenter.org)

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

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

Text "millracecenter" To 77977.  
or

Drop off a check or cash to the office.

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.

## Table of Contents

Community Service & Volunteer.....	Page 4 & 5
Community Classes.....	Page 6
Creative Arts Class.....	Page 7 & 8
Dance Page.....	Page 9
Movement Classes.....	Page 10
Pickleball .....	Page 11
Education .....	Page 12 & 13
Entertainment & Events .....	Page 14 & 15
New Programs & Events... ..	Page 16 & 17
Ongoing & New Programs .....	Page 18 & 19
Travel.....	Page 20, 21 & 22
Rentals, Health & Fitness.....	Page 22 & 23
New & Ongoing Classes .....	Page 24
Games & Cards .....	Page 25
Six Dimensions Guide.....	Page 26
Daily Calendar.....	Page 27

## Mill Race Center Staff

**812-376-9241**

**Dan Mustard, Executive Director**

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

**Debbie Bray, Administrative Assistant, x 222**

**Dexter Fravel, Lead Bingo Volunteer, x 218**

**Charlie Harsh, Facilities Assistant, x 216**

**Fred Guarnieri, Senior Products Supervisor, x 228**

**Roberta Isaacson, Membership, x 204**

**Brenda Fowler, and Roy Hendershot, Van Drivers**

**Jan Meadows, Ambassador Coordinator**

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

**Karen Phelps, Receptionist, x 218**

**Roy Pruett, 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**

**Courtney Watkins, Aging Well Coordinator, x 210**



**Now booking for 2020 & 2021**  
**Weddings • Reunions • Corporate Events**  
**MillRaceEvents.com**  
**(812)302-3838**

Wedding photography courtesy of jackiesantanaphotography.com





## 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 up every day with a hot meal and a warm smile is the only person they see or speak with all day.

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

**Call Mill Race Center to register  
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) by Wednesday

## Wheel Chair Medical Transportation

is also provided, if schedules permit and only in Bartholomew County. 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  
9:00-11:00am (Arts Room)

### Sewers Needed!!

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: Marjorie Betz. **Special Thanks to Treat**

**Sponsor Each Week: Willow Crossing/Columbus Transitional Care**



## Golden K Kiwanis

Each Monday 10:00-11:00am

**Visitors are always welcome!**

Kiwanis is a global organization of volunteers dedicated to improving the world one child and one community at a time. Their purpose is to improve the quality of life for children and families of the world.

President: Larry Lewis 812-528-1656



## Need A Gift Idea?

**Give the gift of  
Mill Race Center  
Fun Bucks.**

**Spends just like cash at MRC!**  
(Not for use at the fitness center or Bingo)  
Can be purchased at the Business Office or  
at our website under Join/MRC Bucks.

**Visit our website for a  
variety of online classes.**

Follow us on Facebook.

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

**Due to Covid-19 all scheduled  
programs, classes, and events are  
subject to change, postpone, or  
cancel. This also applies to  
regularly scheduled weekly items.  
Contact the office for questions.**



## 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.



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

### MEALS-ON-WHEELS Volunteer Drivers

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

### 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 Courtney at MRC



### Volunteers Needed

Various volunteer opportunities are available at Camp Atterbury. Call 317-991-1073 or visit [www.volunteers.uso.org](http://www.volunteers.uso.org)

### Your Help Needed!

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



Give the gift of a  
**Mill Race Center**  
membership to your friends  
this year!



Stop by the business office or call **(812)376-9241** to make arrangements for your friend or loved one. You can also do a membership online at [www.millracecenter.org](http://www.millracecenter.org).

*Welcome!* **MRC Welcome Breakfast**  
**Friday, June 5; 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.

**Sponsored by:**

***Willow Crossing/Columbus Transitional Care***

**Mill Race Center Members can now refer a friend and be rewarded for it!**



Invite your friends to join Mill Race Center and give them a new referral form. If they join as a new member with the form you get credit for that referral by getting an extra month added to your yearly membership for free.

Tell your friends about Mill Race Center and the Eight Dimensions of Wellness.

## MILL RACE CENTER ON THE GO



Join *MRC on the Go* at All Saints Community and Fairington Apartments! Mill Race Center will be hosting a variety of classes that are available to all Mill Race Center members and the residents of each complex. Come and have fun with us as we socialize and complete the free projects listed below.

### All Saints Community @ 2:30 pm

- June 23 — Succulent Plant Pot
- July 21 — Colorful Wall Canvas

### Fairington Apartments @ 1:00pm in Building 2301 & 2:30pm in Building 2401

- June 12 — Colorful Wall Canvas
- July 10 — Lip Scrub & lip balm

### Villas Apartments @ 2pm

- June 24 — Seasonal Door Hangers
- July 29 — Succulent Plant Pot

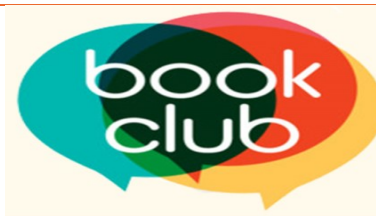
### Mapleview @ 2pm

- June 19 — Seasonal Door Hangers
- July 17 — Colorful Wall Canvas

Due to Covid-19 all scheduled programs, classes, and events are subject to change, postpone, or cancel. This also applies to regularly scheduled weekly items. Contact the office for questions.

## Garden Club

We need your help with the garden! Whether you have a green thumb or not, volunteer to cultivate the Mill Race Center garden this summer! Supplies will be provided. Call Courtney for more info: 812-376-9241 ext 210



## French Exit

Tuesdays, August 18 & 25

11 am Lounge

Cost: \$12 (covers cost of book)

A brilliant and darkly comic novel about a wealthy widow and her adult son who flee New York for Paris in the wake of scandal and financial disintegration.



## Elderhood

Tuesdays starting July 7-Aug. 4

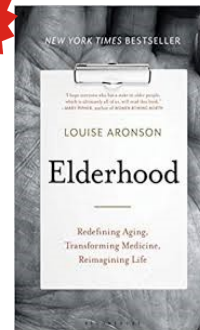
11am Lounge

Cost: \$18 (covers cost of book)

New York Times Bestseller

As revelatory as Atul

Gawande's *Being Mortal*, physician and award-winning author Louise Aronson's *Elderhood* is an essential, empathetic look at a vital but often disparaged stage of life.



\*Snacks and coffee provided for both book clubs.



Grandbuddies is an intergenerational program that runs every Thursday through June and July, bringing MRC members together with children from the FFY ages 8-12 for fun activities promoting a healthy lifestyle! If interested, call MRC leave your name and number at the business office. (dates to be announced)

.....

DO YOU HAVE **concerns**  
about falling?



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.

## Matter of Balance Class

Tuesdays & Thursdays

Dates Coming Soon

1:00-3:00pm

Cost: \$10

An award-winning evidence based program designed to manage falls and increase activity. Join us to improve your strength and balance and review your fall risk at home. A guided course with discussion and exercises. Max: 15



Evidence Based  
Program!



## Evening Star Quilt Guild

**Second Tuesday of each month,  
5:00-7:00pm**

The Guild is open to anyone interested in quilts and the art of quilting. The meetings offer information and instruction in quilting and quilting techniques given by Guild members and guest presenters. Dues are \$15 a year. Part of the dues money is given to support Mill Race Center. More information: Judy Kiesow at 812-374-6135, or [Judyk2310@gmail.com](mailto:Judyk2310@gmail.com).



## Lazy Daisy Embroidery Guild

**Fourth Thursday of each month,  
2-4pm in the Art Room**

Open to anyone interested in embroidery. More information: Carol Walp at 812-343-8863.



## 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](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.

**FREE!**



## 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. Eleanor Schwartzman will be available to teach you how to crochet as part of the Crafty Fingers group.

Due to Covid-19 all scheduled programs, classes, and events are subject to change, postpone, or cancel. This also applies to regularly scheduled weekly items. Contact the office for questions.

*create*

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

## Seasonal Magnet Class

**June 17 at 2:00 pm**

**Cost: \$5 for 8 magnets**

Join us for this fun class to make small 1" magnets with colorful designs. Materials provided to make your own fun creations. Max: 6

**NEW DATE!**



**NEW**

**NEW DATE!**



## Scrap Paper Birthday Cards

**June 19 at 10:30am**

**Cost: \$5**

Make 6 unique and easy birthday cards and envelopes with beautiful paper and stamps. All supplies included. Max: 15

MILL RACE CENTER

**100**  
**MILE CHALLENGE**

**Keep log of your miles!**

## Lavender Canvas

**June 24 at 2:00pm**

**Cost: \$5**

Practice your painting skills with this easy canvas class. All supplies included. Max: 15

**NEW**

**NEW DATE!**







## 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.

## 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



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

## Drumming Circle Practice

**Mondays 1:00-2:00pm**

Get your weekly groove on at Mill Race Center with a small group that gathers to drum each week. All members are welcome to attend any practice.



Visit our website for a variety of online classes.

Follow us on Facebook.

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



## Bodies in Motion

Class meets:

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

**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.

*DON'T MISS OUT!*



## TOPS Club

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

Take Off Pounds Sensibly

For more information please contact Peggy Davidson at 812-530-9552 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 per visit or they have special package pricing. Call FFY at: 812-348-4558 for discounted pricing.



## 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



## Senior Bowling

**Tuesdays at 1:00pm**

**Columbus Bowling Center**

Information: Joan Winkle, 812-350-9452

Glenna Phelps, 812-390-9234



## Chair Massage at MRC

Dates to be announced.

**Wednesdays, 9-11am**

Emily Patrick, CMT is a Certified Massage Therapist is still taking appointments for Saturdays at Balance Massage Studio.

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



## 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: \$30 members/ \$45 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 one class free** to see if you like what millions of people have practiced for health and well being.

## Spiritual

Working toward finding peace. Learning to live each day in a way that is consistent with your values and beliefs. Find meaning in every day!



# Pickleball



Pickleball net is available for outdoor use on the patio. Free for members.



**Wednesday Evenings - 5:30-8:00pm**



**Friday Afternoons - 12:00-3:00pm**

**Except: June 26**



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

**Except: May 9, June 20 and 27**

**Due to Covid-19 all scheduled programs, classes, and events are subject to change, postpone, or cancel. This also applies to regularly scheduled weekly items. Contact the office for questions.**

## Physical

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





## Morning Bible Study

Tuesday mornings 10:30-11:30am

In the Classroom; **Free**

Information: Virginia Houser, 812-579-5132



**May: To be determined**

**June: To be determined**

## Evening Bible Study

Wednesdays: 5:00-7:00 p.m.

Sign up in the business office or call Jan Meadows for information: 812-374-4404



## TED Talks

2nd Tuesday of each month  
Meeting at 1:30pm in Classroom  
Facilitators: Ed & Terri DeVoe

**June 9 \*tentative date**

## The Human Skills We Need in an Unpredictable World.

By: Margaret Heffernan

The more we rely on technology to make us efficient, the fewer skills we have to confront the unexpected, says writer and entrepreneur Margaret Heffernan. She shares why we need less tech and more messy human skills -- imagination, humility, bravery -- to solve problems in business, government and life in an unpredictable age. "We are brave enough to invent things we've never seen before," she says. "We can make any future we choose."

Join us for Tea in the Lounge after Ted Talks.

## Tuesday Tea

June 9 \*tentative date

Meeting the second Tuesday each month in the Lounge at 3:00pm. **FREE**



Enjoy some delicious tea and fellowship with other members in the lounge once a month. Tea cups and coffee mugs provided or bring your favorite tea cup and share it's story with the group.

Due to Covid-19 all scheduled programs, classes, and events are subject to change, postpone, or cancel. This also applies to regularly scheduled weekly items. Contact the office for questions.

## 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 Norm Blizard, 812-812-603-8854, [nblizard@comcast.net](mailto:nblizard@comcast.net) or Jeff Rauch 812-342-0198

## SAGE Table

June 19th\*

\*tentative date

11:30am-1:00pm



sagetable

An opportunity for LGBTQ and allied people to come together and share a free meal and conversation. SAGE Table is an event held throughout the country to promote a more age-friendly community, and to discuss ways we can strengthen it. Must register in the MRC business office by Tuesday before the Sage Table date for meal preparation purposes.





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

## Vocational

Finding personal satisfaction through goal-oriented activities and work. Contributing your unique gifts, skills and talents in personally meaningful and rewarding ways. Remain active, involved and productive!

### **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.

## Tech Help with Best Buy Thursday, June 11\*

\*tentative date

11:00am-Noon; classroom

A free once a month class to assist you with your technology. A great class to help you ask your questions and build confidence. Limited seating so register at the business office at MRC.

**FREE!**

**NEW DATE!**



**FREE!**

## Walk in the Mall

Stay Healthy, Get Active,  
and Start Walking!

\*when allowed & opened

Members can meet every Monday at the Fair Oaks Mall to walk together.

Meeting by the benches in front of the Harlequin Theatre at 10am every Monday. Staff will attend when schedules allow.

**NEW DATE!**

**FREE!**

## Walk in the Park

Begins in June\*

\*tentative start

Join us every Wednesday morning (weather permitting) at 9:30am meeting in lounge.

We will head out after Body in Motion class. Staff will attend when schedules allow.

Let's get moving together!

### Class option 1

Mondays, July 6-August 10 at 2:30pm

### Class option 2

Wednesdays, July 8-August 15 at 2:30pm

Held at MRC and classes last one hour.

# BEGINNER

**NEW DATE!**

**NEW**

# UKULELE CLASS

INSTRUCTOR DAN MUSTARD

LEARN ALL THE BASICS ABOUT THE UKULELE IN THIS 6 WEEK CLASS. CLASS IS 1 HOUR EACH WEEK.

**\$60**  
CLASS & KIT

Kit includes Ukulele, case, toner, and picks. Register in the business office. \$20 if already have Ukulele. Max: 15

\* Class dates are tentative and could change.

### The Lasting Impressions



MILL RACE CENTER

A song, dance and drama performance troupe with Mill Race Center.

Practice: Monday & Friday

12:30-3:30pm (MP1)

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



## Widows Support Group **FREE!**

Fourth Tuesday of each Month at 10:00am

The group will offer entertainment, educational talks or activities. Group may meet off site from time to time. Call MRC (812)376-9241.



## Widowers Support Group **FREE!**

Second Friday of each Month at 4:00pm

This group will offer an opportunity to make new friendships with others who are also widowers. Leader: John Brooks. Questions call (812)376-9241.



## **FREE MOVIE SHOWINGS at MRC!**

**Showings will be for the month of June.** Two Showings now on Mondays at 2:00pm & 4:30pm.

**Free popcorn - Sponsored by Griswold Home Care**



**June 8**

**Beautiful Day in the  
Neighborhood**

**PG**



**June 15**

**Knives Out**

**PG  
13**



**June 22**

**Little Women**

**PG**



**June 29**

**Ride Like a  
Girl**

**PG**



## LUNCH & LAUGHTER READERS THEATER



### Stay Tuned For Next Show Dates

sponsored by:



Due to Covid-19 all scheduled programs, classes, and events are subject to change, postpone, or cancel. This also applies to regularly scheduled weekly items. Contact the office for questions.

# MRC CON Nect

DON'T MISS OUT!



Thursday, July 16 at 11:00am

### SPEAKER SERIES

**Lori Roberts**  
will be portraying  
**"Anna Jackson"**

Lori Roberts is an educator, historian, author, and presenter for historical events and workshops. She has taught for twenty-seven years. Currently, Lori teaches United States History at the Middle School level. She presents the persona of Mrs. General Thomas "Stonewall" Jackson ( Mary Anna Morrison Jackson).



Sponsored by:

Voelz, Reed, & Mount, LLC  
knowledge • experience • solutions



### Take Your Best Shot! Photo Contest

MRC members show off your talents with your cameraphone camera and enter this new contest. Five categories for entry: travel, recreation, wildlife, sports, and nature/landscapes. Forms found in office and website. One entre per person per category. May submit online by emailing information and picture to Shannon@millracecenter.org. Pictures accepted until June 26th.



### Mill Race Center Volunteer Luncheon

Thursday, July 30 at Noon in MP1 & 2

All Mill Race Center volunteers are invited to join us for a celebratory luncheon in your honor!! Come let us show our appreciation for all that you do for the community. Entertainment will be provided by our very own Dan Mustard. MRC volunteers **must RSVP** to the business office by Monday, July 27th.



Thank  
You!



## Afternoon for Arts



**Kade Puckett**

**Friday, June 26 at 2:00pm**

**\$5 for members/\$10 for non-members  
Includes delicious homemade dessert.**



**NEW  
DATE!**

**Collin Matthews**

**Online under Online Classes right now at  
our website [www.millracecenter.org](http://www.millracecenter.org)**

**Live Show at MRC**

**Friday, July 31 at 2:00pm**

**\$5 for members/\$10 for non-members  
Includes delicious homemade dessert.**

**NEW  
FREE!**

## SAHAJA MEDITATION

**Guided meditation for beginners!**

**Meeting at Mill Race Center every  
Wednesday at 6:00pm**

**\*once center is open again  
FREE** classes that are open to the  
community.

Questions Contact:  
[Columbusmeditation@gmail.com](mailto:Columbusmeditation@gmail.com)



**June 18\***

**\*tentative date**

**11:00am; classroom**

**FREE**

We will be using the Total Brain Health Toolbox365 for these monthly workouts. Science shows that building better well-being is perhaps the best ways we can keep our minds strong. The TBHToolbox365 trains in four ways: Body, Mind, Spirit and Social. The TBH Toolbox365 activates neuroplasticity to grow and change our brains. Workout with us each month. Max: 20 **Call to register for this free program.**





## 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 \*tentative dates

**May Birthdays: Canceled for now**

**June Birthdays: June 4th\* at 1:00pm**

**July Birthdays: July 2\* at 1:00pm**

Members who had birthdays in April & May feel free to call in and attend another party date that works with your schedule this year. 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.



**The BCPL Bookmobile**  
At time of publication no dates have been set.  
Watch for more information to come.

Follow Mill Race Center  
on Facebook.



Find us on:  
**facebook®**

## Environmental

Consider the interactions between your environment, your community, and yourself. Living a lifestyle that is respectful of your surroundings. Live in harmony with the Earth!

**Free Little Library**  
Take a Book Return a Book



Built & Donated  
By: Ed Niespodziani



## Senior Scribes

Through poetry, fiction and memoirs, we are the story tellers. Come join Senior Scribes to tell your stories. We meet the 3rd Friday of every month at

1:00pm. For information contact

Karen Lowe at 812-343-5095 or  
Janice Waltermire at 812-372-1707.



Join Kelly & Shannon on a program trip to the Historic Artcraft Theatre in Franklin, IN for a Free Senior Movie. The preshow begins at 1:30 with a chance to win some great door prizes and movie begins at 2pm. Van leaves at 12:45pm. Fee: \$5 for trip.

**Thursday, May 21\***

**The Music Man**

**\*tentative schedule**



## Financial

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



## National Senior Health & Fitness Day Wednesday, May 27

As part of National Senior Health & Fitness Day we would like to encourage all of our members to do movements exercises, or log your miles as part of the **100 Mile Challenge.**



## All Who Wander Hiking Group

So if you enjoy the great outdoors and communing with Mother Nature, come join our merry group and get ready to explore our world. We look forward to meeting you!

Contact Ed Niespodziani at [kn4073@comcast.net](mailto:kn4073@comcast.net)





## TRAVEL WITH MILL RACE CENTER

### 2020 MRC Travel and Tours

\*All prices based on double occupancy, add \$100 for non-members. Single, triple and quad rates are also available for most trips. Small deposit holds your spot 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.



#### A Note from the Travel Department:

As you are well aware, trips and travel have been upended by the Corona Virus pandemic. I am staying in touch with our marvelous suppliers; Collette, Diamond and White Star, and they have been amazing to work with on rescheduling where possible and refunding when not. That being said, we hope to travel again soon! We do not have a clear idea of how this will look but rest assured I will take every precaution to ensure you are safe while on the road with us. Buses will be cleaned and not crowded. Hotels will follow local protocol as will the restaurants, sites and shows we visit. We will be using sanitation and best practices at all times. We want to enjoy life so we will be getting out there as soon as possible. Feel confident putting a deposit on a future trip knowing that we will deliver when possible or cancel and issue refunds when not. Insurance is always available when health is a concern so be sure to ask when signing up. Most of all, I miss you and am looking forward to the day we can have new adventures together again. - Edie



### Nova Scotia, Prince Edward Island & Brunswick!

**July 15-27, 2020** This trip is still on as of date of newsletter publication.

Make this the year you see the East Coast! We will travel through Maine to Halifax and explore the beautiful vistas of Peggy's Cove, Hopewell Rocks, the Bay of Fundy and so much more. You must have a passport for this trip! **\$1665 double occupancy member price, \$2389 single.**



### Branson and the Ozarks! **August 17-21, 2020**

Join us on this fun show trip and exploration of the Ozark Mountains. We will see 6 shows including a Showboat dinner cruise, Tour the College of the Ozarks, take a tram ride through a nature park, visit a craft village, have free time at Branson Landing and see the world's largest toy museum! This trip

includes lodging, motor coach transportation, all show tickets, 4 dinners & 4 breakfasts. **\$799 double member pricing.** Add \$100 for nonmembers. Single & triple rates available.

### Savannah, Jekyll Island, Beaufort and more!

**September 28-October 3, 2020**

Southern Charm awaits as we tour Savannah with trees dripping with Spanish Moss and beautiful fountains in the squares. We will also tour the Mansions of Yesteryear on Jekyll Island, eat the worlds best shrimp on St. Simon's Island and see the Queen of the Carolina Sea Island, Beaufort. We will also have time at Parris Island, training ground for many of our Marines and more. This trip is a must for lovers of all things Southern Coastal. **\$725 double members.** Add \$100 nonmembers. Pricing available for single and triple rooms.







**Pardon me Boys, is that the Chattanooga Choo Choo we are going on in October? Yes! Yes! **October 12-15, 2020**; \$759 double/\$958 single**  
Three exciting train rides are included in this adventurous trip to Tennessee. We will also be going to Famous Ruby Falls, Rock City and taking a Southern Belle dinner cruise! Includes bus transportation, all rides and accommodations plus most meals!

## **San Antonio, the Alamo and Magnolia Market in Waco!**

**NEW DATE - October 24-November 1, 2020**

From the Alamo- to the Magnolia Markets to 3 Presidential Historical Sites! This trip covers Texas in an unforgettable way. **\$929 double member**, add \$100 for non members. Includes 8 nights hotel, motor coach transportation, 8 breakfasts and 6 dinners, riverboat cruise of San Antonio and much, much more! Pricing available for single and triple rooms.



## **More United States Travel with Mill Race Center**



### **New! National Parks of America!**

**Collette trip October 4-15, 2020**

Explore our fantastic heritage at Zion, Bryce Canyon, The Grand Canyon, Jackson Hole, Grand Teton and Yellowstone plus Mt Rushmore and Crazy Horse in South Dakota. This trip is full of never to be forgotten moments in nature and grandeur. Call for Brochure. Hurry, sign up ends soon!



### **Hawaiian Adventure featuring Oahu, Kauai and Maui**

**February 4-13, 2021**

Look forward to warmth and beauty in the next year with this fantastic trip by Collette. Stay 2 nights on the big Island before flying to your next amazing resort, each more beautiful than the last for 3 nights each. Includes all airfare, luxury accommodations, tours, a luau and visit to the USS Arizona memorial. Call for Brochure. Sign up by July 28 to secure your seat!



### **Alaska's Northern Lights**

**March 13-19, 2021**

The Northern Lights will dance across your memories for years to come on this unique adventure. Includes a glacier cruise, train ride through valleys full of wildlife, an unforgettable dog sled ride and those magnificent Northern Lights every evening. A must do trip for any lover of nature, the outdoors and native culture and wildlife. Deadline August 6<sup>th</sup>.

## Day Trips



**Derby Dinner Theater  
Proudly presents The Glenn  
Miller Orchestra!**

**Monday, June 8th**

\$68 members

\$78 non-members

If you missed this last year you will want to reserve your seat for this

toe tapping, patriotic and outstanding musical journey to the 1940's! You will know every song and marvel at the talent keeping Glenn Miller's memory and achievements alive today. Learn his fascinating story as the band entertains and you enjoy a delicious dinner. Do Not Miss This One! 4:30pm-11pm. approx.

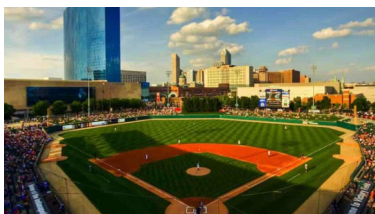
**Indianapolis Indians  
Day Game!**

**Wednesday June 10**

\$35 member

\$40 non-member

12pm-5pm. Come enjoy a relaxing day at Victory Field! Admission with shady box seats and transportation included.



**Historic Corydon**

**Tuesday, July 7**

\$36 members

\$46 non-members

8am-5pm

We will enjoy a guided walking tour of historic buildings including Governor Hendricks' house, the State Capitol building that served from 1816-1825 and several other notable properties from Indiana's first State Capitol! Includes transportation and tours. Lunch at the Beaver Street Tap Room not included. This trip includes a lot of walking sometimes on uneven or non-paved areas. Wear comfortable shoes



Questions contact Travel Coordinator  
Edie Smith (812) 376-9241.

## Casino Daytrips!



**HORSESHOE.**  
SOUTHERN INDIANA

**Horseshoe Casino, Southern Indiana**

**Wednesday, June 24**

All casino trips leave MRC at 9am and return by 5pm.  
\$20 members, \$25 non-members transportation only.

Dates are based on best value for Seniors but no guarantee of specials or free play are implied by MRC or its employees. Please play responsibly.

**New June Travel Show**

**Friday, June 5**

**10:15am, MP 1 & 2**

We will be having a travel show featuring National Parks, Hawaii, Alaska's Northern Lights for 2021. Please join us for a light breakfast at 9:30am prior to the show and learn more about what is happening at MRC. Please RSVP at the business office.



**Due to Covid-19 all scheduled programs, classes, and events are subject to change, postpone, or cancel. This also applies to regularly scheduled weekly items. Contact the office for questions.**

**MILL RACE CENTER**

**100**  
**MILE CHALLENGE**

**Keep log of your miles!**

# Six Dimensions of Wellness

## Come Eat Together

It's always fun to eat with friends! Meet us there, but **registration required** at the business office so we can make reservations for our group.



**Monday, June 29**  
**\*tentative date**

Meet there at 11:00am  
*Arni's*



## Social

Enhancing personal relationships, making friends, enjoying the company of others and initiating communication with those around you. Enjoy the company of others!

## The Better Breathers Club / Chronic Lung Disease Support Group

Sponsored by Columbus Regional Hospital & the American Lung Association held at MRC

Do you have lung disease, or know someone who does? The BBC is sponsored by the American Lung Association, and is supported locally by Columbus Regional Health. We offer presentations on informative topics, and include time for questions and discussion. We also offer friendly support to anyone with lung problems. Meetings are free, no registration is required and friends and family are encouraged to attend.



**Meeting dates not set at time of publication.**  
**Call Jennifer at 812-376-5793 for more information.**

The Better Breathers Club has been meeting at Mill Race Center classroom since 2012. Flyers about the upcoming season will be mailed soon. If you would like to be added to our mailing list, or would like more information, please call Jennifer at 812-376-5793.





Now booking for 2020 & 2021  
 Weddings • Reunions • Corporate Events  
 MillRaceEvents.com  
 (812)302-3838

Wedding photography courtesy of Angela Jackson Photography.

Mill Race Center still has available  
 Saturdays in 2020 for weddings and  
 receptions. Help us spread the word that  
 2020 dates are available especially for  
 weddings or receptions that had to be  
 rescheduled due to Covid-19.



# MILL RACE CENTER ONLINE CLASSES Available!

WE HAVE SEVERAL  
ONLINE CLASSES TO  
CHOOSE FROM:

**CLASSES INCLUDE:**

- CRAFTS YOU CAN DO AT HOME
- FITNESS CLASSES
- EDUCATIONAL AND MORE!!

## START WATCHING TODAY!

[WWW.MILLRACECENTER.ORG](http://WWW.MILLRACECENTER.ORG)

**Due to Covid-19 all scheduled programs, classes, and events are subject to change, postpone, or cancel. This also applies to regularly scheduled weekly items. Contact the office for questions.**



**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  
12:30-3:00pm

**FREE!**



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

**OPEN Billiards**

**FREE!**

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



**Puzzle Table**

**FREE!**

Available everyday. A great  
way to socialize with other  
members.

**Wednesday afternoons  
from 1:00-3:00pm**  
New players welcome!

**FREE!**



**Cribbage**

**Every Tuesday at 12:00pm**  
Will teach you how to play.  
Classroom

**NEW**

**FREE!**

*MRC members may play for free non-members need to purchase a day pass.*



**FREE!**



## 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>Cribbage</b> 12:00pm  <b>Euchre</b> 5:00-7:00pm	<b>Hand &amp; Foot</b> 12:30-3:30pm <b>For information call</b> Rosemary Sager (812)390-7665	<b>Duplicate Bridge</b> 1:00-4:00pm	<b>Euchre</b> 1:00-4:00pm
<b>Hand &amp; Foot</b> 12:00-4:00			<b>Pinochle</b> 1:00-4:00pm	



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 Courtney at (812)376-9241 ext. 210 or [courtney@millracecenter.org](mailto:courtney@millracecenter.org).**



**Current classes that I want to try/attend:**

**Physical Wellness:**

---

---

**Spiritual Wellness:**

---

---

**Environmental Wellness:**

---

---

**Social Wellness:**

---

---

**Financial Wellness:**

---

---

**Intellectual Wellness:**

---

---

**Emotional Wellness:**

---

---

**Vocational Wellness:**

---

---

### Physical

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

### Spiritual

Working toward finding peace. Learning to live each day in a way that is consistent with your values and beliefs. Find meaning in every day!

### Environmental

Consider the interactions between your environment, your community, and yourself. Living a lifestyle that is respectful of your surroundings. Live in harmony with the Earth!

### Social

Enhancing personal relationships, making friends, enjoying the company of others and initiating communication with those around you. Enjoy the company of others!

### Financial

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

### Intellectual

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

### Emotional

Have a positive attitude, and the ability to recognize and share a wide range of feelings with others. This includes your ability to cope effectively with stress. Be optimistic in your approach to life!

### Vocational

Finding personal satisfaction through goal-oriented activities and work. Contributing your unique gifts, skills and talents in personally meaningful and rewarding ways. Remain active, involved and productive!



# ✿ Refrigerator Reminder - MRC Daily Activities ✿

## Monday

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

## Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
10:00	Tai Chi (\$)	MP1
	Widows Support Grp (4th Fri)	AR
10:30	Bible Study	CR
12:00	Cribbage	CR
1:00	Woodshop	WS
1:00	Bingo (\$)	MP2
3:00	Tuesday Tea (3rd Tues)	LO
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	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
6:00	Couples Dance (1st & 3rd Wed)	MP1
6:00	Meditation	AR
5:00	Bible Study	CR
5:30-8	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
10:00	Tai Chi (\$)	MP1
10:00	Ladies Coffee (3rd Thurs)	LO
11:00	Brain Health Workout (3rd Thurs)	CR
1:00	Duplicate Bridge/Pinochle	MP2
1:00	Woodshop	WS
5-7	Ballroom Dancing	MP2

## Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Body in Motion	MP2
10:00	Line Dancing	MP2
	Quilling Club (3rd Fri)	AR
12:30	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 (3rd Fri)	AR
4:00	Widowers Support Grp (2nd Fri)	AR

## Saturday

8:30-11:30	Pickleball	MP2
------------	------------	-----

AR	Art Room
CNR	Conference Room
CR	Classroom
FC	Fitness Center
LO	Lounge
LOB	Lobby
MP1	Multipurpose Room One
MP2	Multipurpose Room Two
MP3	Multipurpose Room Three
MR	Meeting Room
SP	Senior Products
WS	Woodshop
FFY	Foundation For Youth

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

## ACTIVITY HIGHLIGHTS

**June 4**  
Birthday party, 1:00pm **FREE!**

**June 5**  
Welcome breakfast, 9:30am **FREE!**

**June 11**  
Best Buy Tech Help, 11:00am **FREE!**

**June 8, 15, 22, 29**  
Movie, 2:00 & 4:30pm **FREE!**

**June 9**  
Ted Talk, 1:30pm **FREE!**  
Tuesday Tea, 3:00pm

**June 26**  
Photos for Photo Contest Due

**June 28**  
Afternoon for Arts, 2:00pm

**June 29**  
Meet & Eat, 11:00am

Visit our website for a variety of online classes.

Follow us on Facebook.

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

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

Due to Covid-19 all scheduled programs, classes, and events are subject to change, postpone, or cancel. This also applies to regularly scheduled weekly items. Contact the office for questions.

  
AT MILL RACE  
[www.millraceevents.com](http://www.millraceevents.com)

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

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

CURRENT RESIDENT OR