



# AGING WELL!

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

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

## National Senior Health & Fitness Day

May 26th

**FREE!**

**Outdoor Pickleball, Bocce Ball, Corn Hole, MRC Bike & CRH Fitness Tours All Day**

8:30-9:30am	Bodies in Motion
9:45am	Brain Walk in the Park
11:30am-12:30pm	Bodies in Motion
2:00-3:00pm	Drum Circle
4:00-5:30pm	Line Dancing
5:30-8:00pm	Pickleball

*\*Please register for all programs for planning.*

# 100

MILE

**FREE!**

**NEW**

## MILL RACE CENTER CHALLENGE

### SPRING/SUMMER Challenge

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

Join the staff at Mill Race Center in logging 100 miles of movement **began April 1**. Your movement could come in the form of walking, running, biking, swimming, paddling, hiking, on-line workout, and other workouts.

Visit our website to find a 100 Mile Challenge Log Sheet or pick one up at the MRC. Keep track of your miles from **April 1-Sept. 30 2021**. 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 September 30, 2021. Medals will be given to all participants for every 500 miles logged.**

KEEP MOVING!

SUPER SATURDAY

OPEN HOUSE

**FREE!**

Saturday, June 26

Session 1: 9:00-10:00am

30 minute refreshment and break

Session 2: 10:30-11:30am

*Pick 2 sessions to attend for Free!*

*See page 16 for details!*



Bimonthly Publication of Mill Race Center, Inc. • Columbus, IN 47201 • Phone: 812-376-9241 • Fax: 812-379-2841  
 www.millracecenter.org  
 Mill Race Center Program Hours: Monday-Thursday, 8 a.m.—7 p.m. and Friday 8 a.m.—5 p.m.  
 Business Office Hours: Monday-Friday 8:30 a.m. - 5:00 p.m.  
 Fitness Center Hours: Monday—Thursday, 6:30 a.m. to 7p.m., Friday 6:30 a.m. to 5 p.m. and Saturday 8 a.m. to Noon  
 CRH Fitness Center (812) 376-5808; CRH Fitness Center is a separate membership from MRC.



# From Your Executive Director

I am blessed by the fact that my parents are alive, reasonably healthy, and living in their own home. My sisters and I are working through many of the issues that adult children of aging parents must deal with. My father is 88, and is the stereotypical man's man. He is a farmer by birth, and even though he served in other occupations, he remains to this day a man who is most comfortable in his rural Michigan farming community, surrounded by hills, fields, and forests. He is a natural leader, and served as the Chief of the area's volunteer fire department for 50 years. He is fiercely independent, and has earned the right to be. My mother is 86, an artist, and she devoted her life to her family and to her church. She is also a natural leader, but with more emphasis on diplomacy. We are beginning to see the toll that the years have taken, and it is difficult to determine when we, as children, need to offer assistance, and to determine when those offers need to become more firm and cross the line into insistence. It is a delicate dance that we have to do, as we try to balance their need for independence and self-determination, with our desire to make sure that they are safe.



We certainly aren't unique in our situation. It plays out in families around the world. It will become more common as our oldest seniors live longer than previous generations. Many of them are outliving their own health, and coupled with the unprecedented numbers of older adults, will present challenges to our health care systems. This only emphasizes the need for all of us to focus on the ways that we can Age Well. It has to start sooner, rather than later. Decisions that we make in our 20's, 30's and 40's will often determine how well we will live when we reach our 70's and 80's and beyond. It is never too late to start your own Aging Well program. Look through this newsletter, try some new activities, and start (or continue) your journey in Aging Well. And be good to your kids.

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

## ***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 \$80 a year. We have a six month memberships, and offer a monthly payment option. CRH Fitness Center membership is separate and purchased with Parks & Rec. Dept.

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## Mill Race Center Staff

**812-376-9241**

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

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

**Rebecca Cutsinger**, Receptionist, x 218

**Samantha Edwards**, Resource Coordinator, x208

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

**Brenda Fowler**, Van Driver

**Jan Meadows**, Ambassador Coordinator, 202

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

**Roy Pruett**, Facilities Manager, x 225

**Edie Smith**, Travel Coordinator, x 215

**Jane Smith**, Program Assistant

**Kelly Staley**, Program Coordinator, x 209

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

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

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

**Harold Yerges**, Van Driver



Now booking for 2021 & 2022  
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.

**Cost:** \$6.30 for hot lunch  
\$10.50 for Hot lunch and cold sack supper

**Call Mill Race Center to register  
at (812) 376-9241.**

## Frozen Meals

MRC has partnered with Chef for Hire to help provide frozen meal options. This frozen food is delicious, high quality, healthy, and convenient! Meals are frozen and do include fresh milk, bread and fruit.

Order each week by Thursday at 4pm to have your meals delivered to Mill Race Center the following Monday. **No Shopping, No Prep, No Mess, and Easy to Prepare!**

### Cost:

5 Meals - \$32.50  
7 Meals - \$45.50  
10 Meals - \$65.00



## Take Your Best Shot! Photo Contest

MRC members show off your talents with your camera or phone camera and enter this new contest.

Five **NEW** categories for entry: Travel, Wildlife/Animals, Nature/Landscape, Architecture, & Hometown Pride. More information in the MRC office. Pictures due by July 19, 2021.



## Golden K Kiwanis

Each Monday 10:00-11:00am

**\*Group is meeting**

**Must register with the business office.**

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.

## 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 Becky Cutsinger at 812-376-9241 if you are needing wheel chair transportation.



**Mill Race Center Store  
Located in the office.**



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

**Follow us on Facebook.**

## 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.

### Knitters Needed

In an effort to raise awareness for World AIDS Day, the Granny Connection will be accepting donations of **red knit scarves** at MRC.

### MRC AMBASSADORS

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



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

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 Gathering**  
**Friday, June 11**  
**9:30am in the classroom**



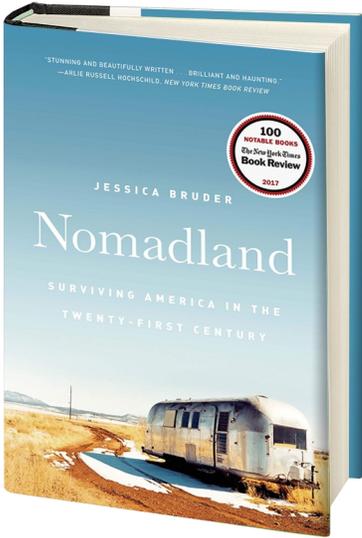
Held with social distancing at 9:30am. Have you recently joined or are you interested in Mill Race Center? We'd like to get to know you better and introduce you to the Center and the variety of programs and events we have planned throughout the year. **Call to register (812) 376-9241.**

**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.



## BOOK CLUB

### Nomadland

Tuesdays May 25th-  
June 8th

9:30am-10:30 Lounge  
Books \$15 in business  
office

**Film screening to follow.**

The inspiration for Chloé Zhao's Golden Globe Award-winning film starring Frances McDormand, March and April pick for the PBS Newshour, *New York Times* "Now Read This" Book Club, *New York Times* bestseller.

From the beet fields of North Dakota to the National Forest campgrounds of California to Amazon's CamperForce program in Texas, employers have discovered a new, low-cost labor pool, made up largely of transient older Americans. Finding that social security comes up short, often underwater on mortgages, these invisible casualties of the Great Recession have taken to the road by the tens of thousands in late-model RVs, travel trailers, and vans, forming a growing community of nomads.

On frequently traveled routes between seasonal jobs, Jessica Bruder meets people from all walks of life: a former professor, a McDonald's vice president, a minister, a college administrator, and a motorcycle cop, among many others—including her irrepressible protagonist, a onetime cocktail waitress, Home Depot clerk, and general contractor named Linda May.

## Mill Race Center Community Garden

Want to help maintain the Mill Race Center garden? Volunteers are needed to plant, weed, and maintain the garden, and get first access to any vegetables and herbs it produces.

**Friday mornings (9:30am) in June and July! Meet at the garden. Come for any amount of time.**

**Call Courtney for more information.**



## SHIP Medicare Counseling

Do you have Medicare questions? Do you need help with Medicare Costs?

Contact Courtney at (812)376-9241 ext. 210 for assistance.

**Schedule an appointment today!**

## MRC Perennial Share

Wednesday, May 19

9:30am; 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. Meet outside the lounge.



## Birthday Party

Come and celebrate your birthday at Mill Race Center. There will be birthday cake, ice cream, and entertainment by our own Dan Mustard. It's also a great way to meet people. Reservations required by the day before the party. You may bring one guest. Register in the MRC business office.

## Birthday Celebrations

May Birthdays: May 6th at 1:00pm

June Birthdays: June 3rd at 1:00pm

July Birthdays: July 8th at 1:00pm

**Quarterly Reading Challenge**

**NEW Quarterly Reading Challenge!**

See Page 16 for details!



### 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).



### Monday Morning Quilting With Friends

**8:00am-12:30pm \*Group is meeting**

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



### Lazy Daisy Embroidery Guild

**Third Tuesday of each month,  
1-3pm in the Art Room or lounge**

Open to anyone interested in embroidery. More information: Carol Walp at 812-343-8863. Must Register with MRC to attend.

# create

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

## Hot Air Balloon Cards

Tues., May 11 at 3pm  
Fri., May 14 at 10am

Cost: \$5 (for 6 cards)

Make some fun summer card to send a note to a friend or family member. The sky is the limit on the designs we can create. All supplies included for this project.



## Sharpie Craft

Thurs, May 20 at 3pm  
Fri., May 21 at 10am

Cost: \$5 (2 projects)

Make 2 unique sharpie mug or plate. Design and color any way you would like. We will back them and make the design permanent. All supplies included.

## Popsicle Door Sign

Thurs., May 27 at 3pm

Cost: \$12

Welcome summer this year by making a brightly painted popsicle for your door. Join us for this easy painting project to bring some fun color to your door or wall. All supplies included for this project.



## USA Blocks

Tues., June 8 at 3pm

Cost: \$12 (set of 3)

Get ready for the Fourth of July with this cute decorative project. You can select a variety of pretty paper to make your blocks All supplies included for this project.

## Shrink Art Jewelry

Tues., June 22 at 3pm

Thurs., June 24 at 10am

Cost: \$5

Shrink Art is back! Design your own necklace and earrings, color your project, and then watch them shrink! All supplies included for this project.



Follow Mill Race Center  
on Facebook.



## Art Class

Wednesdays from  
10:00am-12:30pm

\*Currently meeting  
must register.

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

\*Currently meeting



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. **Call MRC to register.**





## 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. **Not Meeting Right Now.**

## 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.**



## 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 (MP1 & 2)	<b>Ball Room Dance</b> 5:00-7:00pm (MP1 & 2)	<b>Line Dance</b> Beginner 4:00-5:30pm (MP1 & 2)	<b>Ball Room Dance</b> 5:00-7:00pm (MP1 & 2)	<b>Line Dance</b> 10:00-11:30am (MP1 & 2)
		<b>Couples Dance Club</b> 5:30-7:00pm (MP1) <b>(Not Meeting)</b> 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.



## 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!

Follow Mill Race Center on Facebook.





## Bodies in Motion

Class meets:

**Mon., Wed. & Fri. at 8:30am\* (max 24)**

**Tues. & Thurs. 2:00-3:00pm \*(max 24)**

**FREE to MRC members**

**NEW**

**\*Must register in advance for classes.**

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

## TOPS Club

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

Take Off Pounds Sensibly

For more information please contact 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.



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

## Tai Chi/Chi Gung

Offering Two Classes on  
Tuesdays & Thursdays



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

Monthly Cost: \$45 members/ \$60 non-members

**11:00am** - Beginning class

Monthly Cost: \$45 members/ \$60 non-members

Instructor: Paula Howard

**\*Tai Chi is currently meeting.  
Must register in advance.**

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

**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!

## 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



## Pickleball



**FREE!**

Pickleball held inside at MRC, and a net available for outdoor use on the patio. **Free for members.**



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



**Friday Afternoons - 12:30-3:00pm**



**FREE!**

### Walk in the Park

Join us every Wednesday morning (*weather permitting*) at 9:30am in the lobby.

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

**Let's get moving together!**

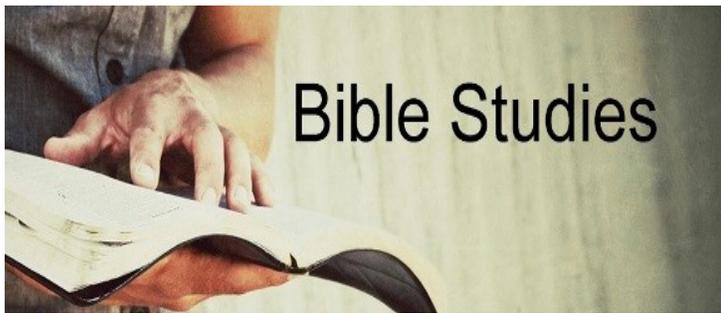
**FREE!**

Join us on  
Wed., May 26, 2021.



### 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!



# Bible Studies

## Morning Bible Study

Tuesday mornings 10:30-11:30am

In the Classroom; **Free; Must register**

Information: Virginia Houser, 812-579-5132

**May: Ed Boston, Radio Ministry**

**June: John Armstrong, Grace Lutheran Church**



## Evening Bible Study

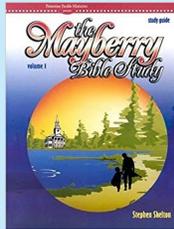
Wednesdays: 3:30-5:30pm

*Mayberry Bible Study Volume 3*

Sign up in the business office or call Jan

Meadows for information: 812-374-4404

**\*Currently meeting must register with office.**



## TED Talks

2nd Tuesday of each month

Meeting at 1:30pm in Classroom

Facilitators: Ed & Terri DeVoe

**\*Must register with office.**



**May 11 at 1:30pm**

**How to welcome surprise and mystery into your post pandemic life.**

**By: Esther Perel**

How do you effectively regulate stress? Therapist Esther Perel discusses the importance of creating routines, rituals and boundaries to deal with pandemic-related loss and uncertainty -- both at home and at work -- and offers some practical tools and techniques to help you regain your sense of self.

**June 8 at 1:30pm**

**Thriving Longer: The Future of Aging**

**By: Dr Mark Allen**

Dr. Mark Allen's mission is to create a world where, as we age, our bodies stay young and vibrant. He is a medical doctor, inventor, entrepreneur and business executive, with experience leading organizations from inception to profitable growth to successful exit. Learn how he is making that a reality in this fascinating TED talk.

MILL RACE CENTER

**100 MILE CHALLENGE**

Join us for the Spring/Summer Challenge! Let's Keep Moving Together!

**OPEN Billiards**

Tables are available to use by calling the center to reserve your time slot. Will be required to clean when done.

**FREE!**

**NEW!**



Due to Covid-19 all scheduled cards, mahjong, bingo, puzzle table, scrabble, and cribbage are not meeting at this time.

Contact the office for questions.

## SCS Investment Club



Monthly, 2nd Friday

1:00-3:00pm (Classroom)

**\*Investment Club is still meeting please contact the leaders listed below if interested.**

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, 812-603-8854, nblizard@comcast.net or Jeff Rauch 812-342-0198



The woodshop is available for MRC members only on Tuesday and Thursday from 1:00-4:00.  
**Register in advance by calling the office.**

## 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 **\*Currently Monday 8am-Noon & Thursday 1:00-4:00pm**

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



## Hoosier Carvers Club

**2nd Monday of each month**

**3:00-5:00pm (CL) \*Currently not meeting**

New participants welcome to attend.

For information contact Larry Carter 812-372-1956.



### Reader's Theater

**Wednesdays from 1:00-3:00pm**  
Interested in joining the Reader's Theater group come to their weekly meetings. If you are interested in joining this group let Becky know in the Business Office.



### Walk in the Park

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

**Let's Get Moving Together!**

## SAHAJA MEDITATION

**NEW Four Week Class for Beginners!**

**Returning This Summer**

**FREE; Held at MRC**

**Watch for more information.**



The pandemic has been hard on everyone. Learn new ways to care for yourself that you can practice at home. Sahaja Meditation will help reduce stress and increase wellness. Register for this class at MRC. These **FREE** classes are open to the community so invite a friend!



**Questions Contact:**  
**Columbusmeditation@gmail.com**  
**Check out SAHAJA Meditation online**  
**at [www.millracecenter.org](http://www.millracecenter.org)**

### 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!



### Bodies In Motion Afternoon Class

**Tuesday & Thursday at 2:00pm**

**Call to register**



### Walk in the Mall

**Stay Healthy, Get Active, and Start Walking!**

**\*Currently open for walking**

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.



### Golden Girls

**Fourth Tuesday of each Month at 10:00am**

This group is for widows and will offer educational talks, activities or even some entertainment. call MRC to register at 812-376-9241. Information call Donna Richardson at 812-350-2859.



### The Lasting Impressions



MILL RACE CENTER

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

**\*Currently meeting contact Donna Browne if interested.**

**Practice: Monday & Friday**

**12:30-3:30pm (MP1)**

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

# Eight Dimensions of Wellness

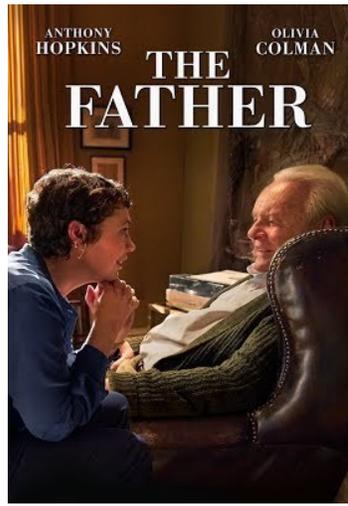
## **FREE MOVIE SHOWINGS at MRC!**

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



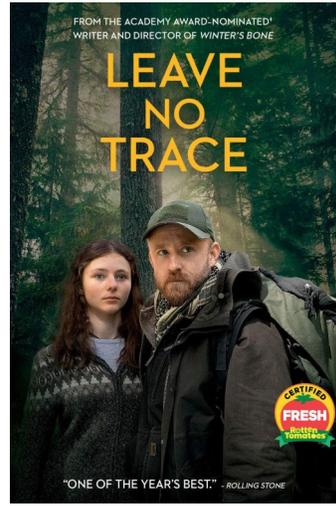
May 10

**News of the World**



May 24

**The Father**



June 14

**Leave No Trace**



June 28

**The African Queen**



# SUPER SATURDAY

OPEN HOUSE

FREE!

**Saturday, June 26**

**Session 1: 9:00-10:00am**

30 minute refreshment and break

**Session 2: 10:30-11:30am**

**Pick 2 sessions to attend for Free!**

## Sessions Offered:

### \* Bodies In Motion

An exercise program designed to help participants reclaim flexibility and movement. It is fun, encouraging, and refreshing for the body and mind.

\* **Patrick Haulter** Brown County State Park Interpretive Specialist will presenting. Topic to be announced soon.

### \* Rock Painting

Join the rock painting excitement and make your own special painted stones to keep or give away.

### \* Drum Circle

Get your groove on and learn the health benefits of drumming for the whole body.

### \* Who Gets Grandma's Yellow Pie

**Plate?** A guide to passing on personal possessions. Planning ahead or making decisions when someone dies. Presented by: Harriet Armstrong

Stop in and visit with Edie Smith with MRC's travel department through the morning. Edie has many exciting trips coming up in 2021, 2022, & 2023!

MRC quilters and woodcarvers will also be here so you can learn more about their meeting times, and how to join their group.

## Quarterly Reading Challenge

FREE!

NEW

Join Us!

We want to encourage you to join us for a **NEW** Quarterly Reading Challenge for your Intellectual Wellness!

It will run from **June 1-August 31**. Reading slips will be available at MRC. Fill out the slip and turn it into the office for every book you have read during this summer quarter June 1-August 31.

All completed reading slips will be entered into a prize drawing for a \$50 gift card to Viewpoint Bookstore. Other prizes given to top readers throughout the challenge.

Don't forget the bookmobile comes to MRC twice a month, and we have a MRC Little Library in the lounge. We will feature staff & members favorite books throughout the challenge in our E-Blasts and on our MRC Facebook page.



Mill Race Center is now partnering with a new web based organization called GERISHARE. GERISHARE allows for seniors to connect to classes at their senior center or across the country helping seniors stay socially engaged with others. A senior center without walls. Follow Mill Race Center now on GERISHARE to take classes from home, in person and in real time.

**Beginning in May offering classes in:**

**Monday - Drum Circle at 1:00pm**

**Tues. & Thurs. - Bodies in Motion at 2:00pm**

**Watch for more information to come when it starts. Go to [www.gerishare.com](http://www.gerishare.com) and click on find classes or type in Mill Race Center classes.**

On-Line Programming Visit [www.millracecenter.org](http://www.millracecenter.org)

**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)

✿ **Travel Show & Travel Update**  
 With Edie Smith

✿ **Six Central Needs of Mourning**  
 Grief Help with Walter Glover

✿ **Sahaja Meditation** With Rahul Kumar

✿ **Drum Circles**

✿ **Other Music**  
 Birthday Party Music  
 Special Holiday Music



✿ **Special Music**  
 6 Music Duets Herb & Maryjane Perry  
 Kade Puckett  
 Claudi Slabaugh  
 Collin Matthews



✿ **7 Videos of Cooking - Table for One**  
 With Edie Smith



✿ **Cooking Granola Bars**  
 With Harriet Armstrong

✿ **The Lasting Impressions**



- Veterans Day Show
- Christmas Show
- Valentine's Special
- Spring Show
- Summer Show

✿ **Bodies in Motion Class**



✿ **At Home Fitness Class**  
 CRH - Janet Morey

✿ **At Home Parkinson's Fitness**

✿ **Variety of Craft Classes**

✿ **History - Humorous Presidents**  
 With Bob Pitman

✿ **Pickleball Introduction and Tutorial**

✿ **Computer Tech Help**



*Plus, so much more!*

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

**FREE!**



# Mill Race Center PHOTO CONTEST



## 5 NEW CATEGORIES

- Travel
- Wildlife/Animals
- Nature/Landscape
- Architecture
- Hometown Pride

PICTURES DUE  
JULY 19, 2021

START TAKING  
PICTURES NOW!

**NEW FREE!**



Follow Mill Race Center on Facebook for Monthly photo challenges! We want to see and share your pictures!!



## Quarterly Reading Challenge

**NEW** Quarterly Reading Challenge!

See Page 16 for details!

Free Little Library  
Take a Book Return a Book



LITTLE FREE LIBRARY.ORG™  
TAKE A BOOK • RETURN A BOOK

Built & Donated  
By: Ed Niespodziani



**FREE!**

The BCPL Bookmobile:  
May 5 & 19 at 9:30am  
June 2, 16 & 30  
July 14 & 28  
Available out front of MRC.

## Intellectual

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



**FREE!**

**NEW**

### Monthly Workouts

**Fridays, May 28 & June 25  
9:30am; 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: 10  
**Call to register for this free program.**





**NEW**

**FREE!**

**Now Showing  
For Mill Race Center Members**

## Free Movie for Members

(Limit to 40 must register in advance)

**Just pay for your concessions!**

**Reserve your ticket by registering at the MRC  
business office.**



**May 19  
at 1:30pm**  
Held at Yes Cinema

*Weather permitting a group will walk to Yes from MRC.  
Leaving MRC at 12:40pm.*

# TRAVEL WITH MILL RACE CENTER

## 2021 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 and is refundable up to date of final payment. 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.



### A Note from the Travel Department:

All trips subject to change due to Corona Virus restrictions. If a trip is cancelled by MRC (or tour provider) refunds will be issued. Insurance is highly recommended. If proof of Covid-19 Vaccine is required you are responsible to provide or cancel within time limitations for refund.



### Mystery Trip

June 2-7, 2021



This one is full of surprises! We will be ENTERTAINED! AWED! INSPIRED! Believe it when we say you have not been there/done that! Join Edie for a trip so exciting that you will talk about this one for a long time after we return. Includes motor coach transportation, 5 Breakfast and 4 dinners, lodging, activities and admissions and more. **\$899 double, \$1188 single add \$100 nonmembers** travel insurance available. **Seats still available! Call Today!**

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

June 12-20, 2021

Can we do it all in one trip! Yes! From the Alamo- to the Magnolia Markets- to 3 Presidential Historical Sites! This trip covers Texas in an unforgettable way. **\$929 double member, \$1169 single rate, 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! NTA travel insurance available.

**Seats available, call today!**



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

July 14-26 2021. Unbelievable Pricing!

**Sold Out/Now on Waitlist!**

**Get on the Waitlist today as Cancellations are common.**

We may never head this way again for this price! Make this the year you see the East Coast! We will travel through Maine to Halifax and explore the 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 world's 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, \$942 Single. Add \$100 nonmembers.** Travel insurance available.

### Savannah, Jekyll Island, Beaufort and more! September 27-October 2, 2021

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 world's 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, \$942 Single. Add \$100 nonmembers.** Travel insurance available.



## Chattanooga Choo Choo

**October 11-14, 2021**

Pardon me Boys, is that the Chattanooga Choo Choo we are going on in October? Yes! Yes! 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!

**\$759 double \$958 single** NTA insurance available.

**This one sold out fast in 2020 so call for Availability!**



## Washington DC Being moved to Spring of 2022

**Watch for NEW DATES coming soon!**

Springtime in Our Nation's Capital. Guided Tours of the Monuments and Memorials including WWII, Vietnam Veterans, Lincoln, Smithsonian, Capitol Hill and MLK, Jr sites. Both day and night tours, plus Arlington Cemetery, The NEW Museum of the Bible, Mount Vernon and more. Includes accommodations, transportation by motor coach, 6 breakfasts and 4 dinners plus admissions and guides **\$809 double, \$1094 single, add \$100 nonmembers.**

Travel insurance available

***Watch for our annual Christmas Trip in the next newsletter!***

## Special Tours with Collette

**Call Edie directly for information, brochures and to register for these trips.**

### Shades of Ireland with Collette

**Departing October 6, 2021**

Highlights....Dublin • Irish Evening • Choices on Tour • Kilkenny Waterford • Blarney Castle • Killarney Jaunting Car Ride • Ring of Kerry • Farm Visit • Limerick • Cliffs of Moher Galway • Castle Stay. 10 Days • 13 Meals: 8 Breakfasts • 5 Dinners

**Per Person Rates: Double \$3,249; Single \$3,949**



### Reflections of Italy with Collette

**Departing November 8, 2021**

Highlights....Rome • Colosseum • Assisi • Perugia • Cortona • Florence Chianti Winery & Cooking Class • Venice • Murano Island • Milan • Choices on Tour. 10 Days • 12 Meals: 8 Breakfasts • 1 Lunch • 3 Dinners

**Per Person Rates: Double \$3,349; Single \$4,049**

### Magical Christmas Markets of Austria and Germany with Collette

**Departing December 2, 2021**

Highlights....Innsbruck • Choice on Tour • Seefeld • Carriage Ride Salzburg • St. Peter's Restaurant Oberammergau • Munich • Christmas Markets.

8 Days • 10 Meals: 6 Breakfasts • 1 Lunch • 3 Dinners

**Per Person Rates: Double \$2,499; Single \$2,899**



### Tropical Costa Rica with Collette

**Departing February 14, 2022**

Highlights....San Jose • Coffee Plantation • Guanacaste • Monteverde Cloud Forest • Choice on Tour • Arenal Volcano • Lake Arenal Cruise • Cano Negro Refuge • Zarcero

9 Days • 14 Meals: 8 Breakfasts • 6 Dinners  
**Per Person Rates: Double \$2,349; Single \$2,849**

## SALE SALE SALE SALE SALE

Special Offers on *ANY* newly booked 2021, 2022 and 2023 Tours with Mayflower or Collette!

SAVE \$150 per person if you book by June 1, 2021. This is *in addition* to any Loyalty \$\$ or special offers from the tour companies!

Look online at [www.goCollette.com](http://www.goCollette.com) or [www.Mayflowercruisesandtours.com](http://www.Mayflowercruisesandtours.com)

Then call Edie directly for appointment to price and book the dream trip you have been waiting for! Don't wait as trips are selling out very quickly!  
812-345-6744

## Mayflower Tours Travel Show at Mill Race Center

Thursday, May 20, 3pm-4:30pm.  
Must register to attend.

Race in to take advantage of our Special Offers!

Steam Boating on the American Queen, Western Caribbean Cruising, Pacific Coast Highlights, Colorful Canyons and Beautiful Balloons, New England and Canada Autumn Rising and many more to be featured!!



## Fabulous Daytrippers!



**Hillforest House Tour and 3 Course Tea!**  
**Thursday, May 6th, 2021**  
**\$55 members,**  
**\$65 nonmembers**

includes transportation, an historic 1800's home tour on the Ohio River plus a delicious 3 course tea.



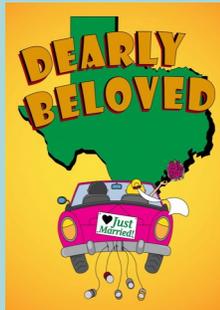
**Bettin' Buddies**  
**Wednesday, May 12th, 2021**  
**\$25 Transportation**

Casino Outing to Caesars Southern Indiana for Super Senior Wednesday! Leave MRC at 9am return at 5pm. Players with cards get 3x points and free lunch after 70 points earned. Must Bring State ID Card or Driver's License.

## Derby Dinner

**Derby Dinner Theater**  
**Dearly Beloved**  
**Thursday, June 24th 2021**

**\$68 members, \$78 non-members**  
Leave MRC at 5pm return around 11:30pm Hilarity, Texas style! An over-the-top wedding, three feuding sisters and a church full of small-town eccentrics. What could possibly go wrong? A fast-paced, laugh-a-minute comedy! Includes transportation, dinner and show. Tips, dessert and adult beverages not included.



**Indianapolis Indians**  
**Baseball at Beautiful**  
**Victory Field**

Wednesday, June 30,  
**\$40 members**  
**\$50 nonmembers**  
includes ticket and transportation  
Leave MRC at 11:30am  
return at 5:30pm



# Eight Dimensions of Wellness



## All Who Wander Hiking Group

So if you enjoy the great outdoors and communing with Mother Nature, come join our merry group and get ready to explore our world. We look forward to meeting you! Contact Ed Niespodziani at [kn4073@comcast.net](mailto:kn4073@comcast.net)



Mill Race Center Store  
Located in the office.

Remember to bring your own water.

To slow the spread of Covid-19



## Social

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

## SAGE Table

Friday, June 4  
11:30am-1:00pm



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 Wed., June 2 for meal preparation purposes.

Our breakfast cart is now open and serving grab and go items and coffee at the center.



## Armchair Travel Aerial America

**NEW**

**FREE!**

Take off on a thrilling flight across Beautiful America from the comfort of Mill Race Center!

### Louisiana

May 3 at 1:30 & 3:00 pm  
Visit Louisiana, the state where the Big Muddy comes to an end and the Big Easy comes to life.



### New Mexico

May 17 at 1:30 & 3:00 pm  
See what brought Billy the Kid, the makers of the atomic bomb and perhaps even visitors from far away galaxies to New Mexico.



### Michigan

June 7 at 1:30 & 3:00 pm  
Discover Michigan's diverse history and its visionaries who built empires, started unions, and helped win a World War.



### Nevada

June 21 at 1:30 & 3:00 pm  
Discover the highs and lows of Nevada's history, and the booms and busts that have defined it.



**Call to MRC to register.**

### 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!

## Broadway Series

Call MRC to register for each viewing.

**NEW**

**FREE!**

### Seven Brides for Seven Brothers

May 13 & 21 at 1:00pm

During the 1850s, Milly, a pretty young cook, marries Adam, a grizzled woodsman, after a brief courtship. When the two return to Adam's farm, Milly is shocked to meet his six ill-mannered brothers, all of whom live in his cabin. She promptly begins teaching the brothers proper behavior, and most importantly, how to court a woman.

But after the brothers kidnap six local girls during a town barn-raising, a group of indignant villagers tries to track them down.



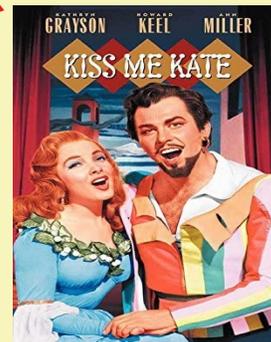
### Kiss Me Kate

**FREE!**

**NEW**

June 10 & 18 at 1:00pm

Divorced Broadway stars Fred Graham and Lilli Vanessi agree to star in a musical adaptation of William Shakespeare's "Taming of the Shrew" alongside rising young actors Lois Lane and Bill Calhoun. Backstage complications pile up due to a romantic misunderstanding between Fred and the soon-to-be-remarried Lilli, while Bill's gambling debts cause a pair of lunkheaded mobsters to become part of the show.



## Nourish Series

**PURDUE EXTENSION**

1:30pm at Mill Race Center classroom

Presented by: Harriet Armstrong

**FREE!**

This Nourish series of programs will address the needs we all have to live a healthy life. Excellent information presented in a clear way for you.

June 4

**Nourish your Eyes**

June 18

**Nourish your Muscles**

July 2

**Nourish your Digestive System**

Register for these free programs at Mill Race Center. Must register in advance and can attend in person at MRC or attend by Zoom.



Now booking for 2021 & 2022  
Weddings • Reunions • Corporate Events  
MillRaceEvents.com  
(812)302-3838

Wedding photography courtesy of jackiesantanaphotography.com & Angela Jackson Photography.

Mill Race Center still has available Saturdays in 2021 for weddings and receptions. Help us spread the word that 2021 dates are available especially for weddings or receptions that had to be rescheduled due to Covid-19.



## Resource Coordinator

Thank you to everyone that has signed up to support MRC through Kroger Community Rewards and Amazon Smiles! Your support has already made an impact on the Center and our programs. I am now available to set up appointments to get members and families signed up with Kroger Rewards. These appointments should only take 15 minutes at most. **To sign up please call Samantha at 812-376-9241 ext 208 or send an email to [sedwards@millracecenter.org](mailto:sedwards@millracecenter.org).** Thank you for all you do to support Mill Race Center!



### How can I donate and help MRC?

Go online at [millracecenter.org](http://millracecenter.org), stop by the office, or Text "millracecenter" To 77977.

Go to Kroger.com. Sign in with your email and password you signed up your card with. (There should be links if you have forgotten a password/email). Once signed in, scroll to the very bottom of the home page and find Kroger Community Rewards – this will be under “Community”. On the next page, Click the link in section 2. **Link you Card to an organization.** Search Mill Race Center and click ENROLL.



**amazon**smile  
You shop. Amazon gives.

Support Mill Race Center through Amazon Smiles! With back to school time looking a lot different this year, now more than ever people are choosing online shopping to get their must haves. This is an excellent way to support our members at MRC at no extra cost to you. Simply visit [smile.amazon.com](http://smile.amazon.com), login as you would normally, select Mill Race Center as your donation of choice and start shopping. It's that simple! Now when you shop a portion of your purchases will be donated back to Mill Race Center. **Remember to always login through [smile.amazon.com](http://smile.amazon.com) and Mill Race Center will be rewarded when you shop!** If you have any questions or concerns please call Samantha Edwards, Philanthropy Coordinator. Thanks so much!

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:**

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**Spiritual Wellness:**

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**Environmental Wellness:**

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**Social Wellness:**

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**Financial Wellness:**

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**Intellectual Wellness:**

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**Emotional Wellness:**

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**Vocational Wellness:**

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**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



All classes/programs must be preregistered for by call the MRC business office at 812-376-9241.

This schedule does not list CRH Fitness Classes.

## Monday

Billiards offered everyday by registration

8:00	Quilters (8)	AR
10:00	Golden K Kiwanis	CR
8-12	Woodcarving (8)	CL
8:30	Bodies In Motion (20)	MP1&2
1:00	Drum Practice Session (8)	CL
2:00	Movie (see page 15 & 24)	AR
4:30	Movie (see page 15 & 24)	AR
5-7:00	Ballroom Dance (pre-registered)	MP1&2

## Tuesday

Billiards offered everyday by registration

10:00	Tai Chi* (16)	MP1&2
10:30	Bible Study (10) ( See page 12)	AR
10:00	Widows Support Grp (10) (4th Tues.)	CL
1:30	Ted Talks (10) (2nd Tuesday)	CL
2:00	Bodies In Motion (20)	MP1&2
5-7:00	Ballroom Dance (pre-registered)	MP1&2

## Wednesday

Billiards offered everyday by registration

8:30	Bodies In Motion (20)	MP1&2
9:30	Walk in the Park (weather permitting)	Out Front
9:30	Bookmobile (1/13, 1/27, 2/10, 2/24)	Out Front
10:00	Art Class (10)	AR
10:00	Crafty Fingers	LO
11:30	TOPS (8)	CL
3:00	Bible Study (10)	AR
4:00	Beg. Line Dance (16)	MP1&2
5:30	Pickleball (register)	MP2&3
6:00	Meditation (10) FREE	AR

## Thursday

Billiards offered everyday by registration

10:00	Tai Chi* (16)	MP1&2
12:00	Advanced Pickleball	MP1&2
1:00	Woodcarving (8)	CL
2:00	Bodies In Motion (20)	MP1&2
5-7:00	Ballroom Dance (pre-registered)	MP1&2

## Friday

Billiards offered everyday by registration

8:30	Bodies In Motion (20)	MP1&2
10:00	Line Dancing (16)	MP1&2
12:30-3	Pickleball (register)	MP2&3
1:00	SCS Investment Club (2nd Fri.) (10)	AR

## Activity Highlights

- May 1  
THE EVENT CENTER Open House, 1:00-4:00pm **FREE!**
- May 3  
Aerial America: Louisiana, 1:30 & 3:00pm **FREE!**
- May 10  
Movie: New of the World, 2:00pm & 4:30pm **FREE!**
- May 11  
Ted Talks, 1:30pm  
Hot Air Balloon Cards, 3:00pm **NEW**
- May 13 & 21  
Seven Brides for Seven Brothers, 1:00pm **FREE!**
- March 14  
Hot Air Balloon Cards, 10:00am **NEW**
- May 17  
Aerial America: New Mexico 1:30 & 3:00pm **FREE!**
- May 19  
Movie at Yes Cinema (must register); 1:30pm **NEW**
- May 20  
Sharpie Craft, 3:00pm
- May 21  
Sharpie Craft, 3:00pm
- May 24  
Movie: The Father, 2:00pm & 4:30pm **FREE!**
- May 26  
National Senior Health & Fitness Day **FREE!**
- May 27  
Popsicle Door Sign, 3:00pm **NEW**
- May 28  
Total Brain Health Workout, 9:30am **FREE!**
- June 4, 18 & July 2  
Nourish Series with Purdue Extension, 1:30pm **FREE!**
- June 7  
Aerial America: Michigan, 1:30 & 3:00pm **FREE!**
- June 8  
Ted Talks, 1:30pm  
USA Blocks, 3:00pm **NEW**
- June 10 & 18  
Kiss Me Kate, 1:00pm **FREE!**
- June 11  
Welcome Gathering, 9:30am **FREE!**
- June 14  
Movie: Leave No Trace, 2:00pm & 4:30pm **FREE!**
- June 22  
Shrink Art Jewelry, 3:00pm
- June 24  
Shrink Art Jewelry, 10:00am
- June 21  
Aerial America: Nevada, 1:30 & 3:00pm **FREE!**
- June 26  
**Super Saturday MRC Open House, 9am-Noon** **FREE!**
- June 28  
Movie: The African Queen, 2:00pm & 4:30pm **FREE!**

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

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



Mill Race Center will be closed on Monday, July 5, 2021.



Mill Race Center  
900 Lindsey St.  
Columbus, In 47201

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

CURRENT RESIDENT OR