



## National Senior Health & Fitness Day May 25th



8:30-9:30AM  
9:30AM  
11:00AM  
11:30AM

Body In Motion Class  
Walk In The Park  
Walk'n' Roll  
TOPS meeting

**1:30pm Guest Speaker: Rick Weinheimer**

4:00-5:30PM  
5:30-8:00PM

Line Dancing  
Pickleball

**CRH Programs in the Lounge beginning at 9:00AM**  
Biodex/Balance Testing/Rehab PT Solutions, Blood Pressure Screen, Audiology, WellConnect, and Medication Management  
Fitness Center Tours All Day



**1:30PM Featuring  
Local Author and Speaker  
Rick Weinheimer**

"Finding your mission and pursuing it every day, and how that leads to fulfillment no matter your age."

**Sponsored by:**



**GREENTREE**  
AT WESTWOOD  
By Discovery Senior Living

## 100 MILE CHALLENGE



### SPRING/SUMMER Challenge

Join the staff at Mill Race Center in logging 100 miles of movement **beginning 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 2022**. 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. Medals for every 500 miles and prizes given to top millage participants. A drawing will pull overall winner for top prize of One Year Membership to MRC, \$50 Cash, and T-shirt.

**Winner will receive: a free MRC t-shirt, a free One Year Membership to MRC, and \$50 cash. Winner will be drawn on Oct. 3, 2022.**

**KEEP MOVING!**



**Lunch & Laughter**

**June 8**

(see page 17)

# From Your Executive Director

There has been much discussion among businesses, government, and agencies regarding diversity, equity, and inclusion. While this is a vitally important discussion, we must be mindful that the systemic, pervasive ageism that permeates our culture must be included in the conversation. A quick Google search finds this definition: **“Ageism refers to the stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others or oneself based on age.”**



Data from the 2020 National Poll on Healthy Aging found that 82% of older Americans reported experiencing ageism regularly. The survey found that 65% experienced ageist messages from the media. 45% experienced interpersonal ageism.

Ageism comes in many forms. Ageism is manifested in the workplace when disproportionate numbers of older workers are impacted during layoffs or downsizing. 56% of workers over age 50 are pushed out or fired from jobs at least once before leaving the workforce for good. Only 10% earn a comparable salary again. Layoffs are the most common way workers over 50 get pushed out of jobs. More than a third of those who endure one major involuntary departure experience additional ones. 28% of stable, longtime employees sustain at least one damaging layoff by employers between age 50 and retirement.

Ageism exists when we enact policies that unfairly privilege one age group over another. We often see stereotypes of older people as out of touch, less productive, or stuck in their ways. Ageism appears in personal relationships when we treat family members as though they are “less than” based on their age. We use ageist descriptions like “sweet little old lady” or “cute little old man” that diminish the person’s role and accomplishments. We hear ageist jokes that imply someone is less valuable or worthy of respect, based on their age. Ageism occurs when we disregard someone’s concerns or wishes due to age, or when we take advantage of someone’s age for personal gain. Instances where someone’s age is used as justification to undermine, deceive, or control them are far too common. Ageism can also lead to abuse. The WHO reports that in 2017, a review found that 1 in 6 people over the age of 60 experienced some form of elder abuse, which can include emotional, physical, sexual, or financial abuse.

We believe that there was a missed opportunity to engage the community in this important topic. We cannot have an honest discussion about diversity, equity, and inclusion if we are not willing to recognize and discuss ageism and its impact on this significant demographic segment.

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

Follow Mill Race Center  
on Facebook.



To register for any programs or trips in the newsletter call MRC at **(812)376-9241**. If you get a recording that means we are on the line helping someone else. Press #1 to leave a message and Becky will return your call shortly.

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.*

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

Go online at [millracecenter.org](http://millracecenter.org)  
Text “millracecenter” To (833)735-8150  
Drop off a check or cash to the office.

## Mill Race Center Staff

**812-376-9241**

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

**Linda Clark**, Office Assistant,

**Rebecca Cutsinger**, Receptionist, x 218

**Valerie Carmichael**, Aging Well Coordinator, x210

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

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

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

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

**Jane Smith**, Program Assistant

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

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

**Harold Yerges**, Van Driver



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



**Now booking for 2022 & 2023**  
**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.**

**Volunteer drivers are  
needed to help with  
Meals on Wheels.**



**MEALS on WHEELS**

Mill Race Center will provide one-on-one training for new drivers, route sheets with directions, and monthly volunteer calendars. As a volunteer you will need to fill out a volunteer application, carry a valid drivers license, drive a dependable car, and have recycle plastic bags available when delivering. Routes take up to 1 hour to deliver.

## Happy Helping Hands

**Thursdays - 10:00-11:30am**

**Sewers Needed!!**

Make handmade Pal Dolls for hospitalized children and orphanages overseas. You do not need to know how to sew.

Leader: Carmine Hudson



## Golden K Kiwanis

**Each Monday 10:00-11:00am**

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: Craig Lowery, 812-603-4172

**Quarterly  
Reading  
Challenge**

**NEW Quarterly  
Reading Challenge!**

**See Page 16 for details!**

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



Built & Donated  
By: Ed Niespodziani



Check out Total Brain  
Health Classes and  
opportunities on page 19.



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

## 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.



## 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 8:00am and usually finish at 10:30am. 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.

### 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. Contact Becky at MRC.

### MRC Vans Detailed

We can always use help making sure our vans that we drive for trips are cleaned inside and out. Interested in volunteering to do that stop by the office.

### Volunteer to Teach a Class

Share your passion and volunteer to teach a class. It is a great way to work on your vocational and social wellness.



### Bingo Volunteers

We need volunteers to help with our evening bingo once a quarter.

### Pull Tab Tuesday Volunteers

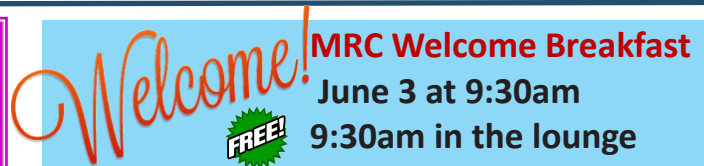
We need volunteers to help with our Pull Tab Tuesday's to sell pull tabs and prepare lunch.

### Ambassador Meetings

Informational ambassador meetings will be held the first week that the each newsletter comes out. A morning and afternoon time are both listed please attend the one that works best for you. Interested in becoming a volunteer ambassador feel free to attend a meeting and get plugged in.

**Tuesday, May 3 at 3:00PM**

**Wednesday, May 4 at 9:30AM**



Have you recently joined or are you interested in learning more about what Mill Race Center has to offer? We'd like to get to know you better and introduce you to the Center and the variety of programs and events we have planned throughout the year. **Call to register (812) 376-9241.**

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



**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.

# Daytrips

V= must be fully vaccinated and bring proof  
MR= masks required to be worn properly when requested  
R= refund available up to 3 days before departure  
NR= no refunds issued after final payment  
T = Testing may be required



## Betting Buddies!

**Wednesday, May 18**

Super Senior Day at Caesars Southern Indiana. 3x tier credits with 70 same day points earns a free entrée with players card. Leave Mill

Race Center at 9am return at 4pm. \$20m/\$25 nm per person transportation only. Must have valid id. (R)



## Gray's Cafeteria, Mooresville Wednesday, June 22

Let's have lunch at a classic café! Wednesday is free piece of pie day with entrée purchase! \$10m/\$15nm Leave MRC at 10am return approx. 1:30pm.

## Brown County State Park Trip

**NEW**

**Monday, May 23**

Leave at 10:30am return between 2:30-3pm  
Cost: \$8 for trip. Meal at the lodge on own.



Visit beautiful Brown County State Park and enjoy a delicious meal at the lodge and a special Vintage Video program at the Nature Center. The Vintage Video is a 1940's era advertisement reel for Indiana State Parks. Join the park naturalist to learn about the purpose of Indiana State Parks and how their mission has changed over time. There will be some walking on this trip.



## Grocery Bingo!

**NEW**

**FREE!**

See page 14 for details

## MILL RACE CENTER ON THE GO

**NEW**

**FREE!**

### At All Saints Apartments

May 24th & June 14th at 2:30PM

### Fairington Apartments

May 17th, June 21st, & July 26th at 2:30PM

Mill Race Center will be hosting free classes for the residents of All Saints, Fairington and Mill Race Center members. Each class will be a different project and will be free to all who attend. Come and have fun with us as we socialize and complete projects. If you are interested in attending or volunteering to help, please sign up with the Mill Race Center Business Office at 812-376-9241.

**VOLUNTEERS**  
NEEDED

MILL RACE CENTER

# PHOTO CONTEST

Pictures due July 29, 2022

Five Categories: Travel, Wildlife/Animals, Nature/Landscape, Architecture, & Hometown Pride

Stop by the office for details.

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



## 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 Sewing

**8:00am-12:30pm**



Do you like to sew or quilt? Would you like to learn? Join us each Monday! 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.



## Tuesday Evening Sewing Group

Every Tuesday evening from 5:00-7:00pm in the art room.





# create

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

## Ladybug Paver

**Thurs. May 12, at 3:00pm**

**Cost: \$5 set of 2 pavers**

What a unique and easy project for summer. Put it by your door or outside in your garden. All supplies included for this fun class.



**NEW**

## Small Bulletin Board

**Tues. May 31, at 3:00pm**

**Cost: \$5 per person**

We will decorate a small bulletin board (6x6 inch) with colorful ribbons and make decorative push pins. All supplies included for this fun class.

## Bee Happy Door Hanger

**Thurs. June 2, at 3pm**

**Cost: \$15**

Brighten up your door for this summer season. A sample will be on display in the office. It will look similar to the picture. All supplies included.



**NEW**

## Summer Fun Card Making

**Thurs. June 16, at 3:00pm**

**Cost: \$5**

Make some unique homemade cards to send to loved ones or friends. We will use craft paper and buttons to make different projects.



**NEW**

## Watermelon Canvas Painting

**Tues. June 28, at 3:00pm**

**Cost: \$10**

Enjoy this easy guided painting class on a 12x12 canvas. Makes for a fun project to decorate for the summer season. All supplies included for this fun class.



**NEW**

## Ceramics Class

**Tues. June 7, from 1:00-3:30pm**

**Cost: \$10-\$30 a project**

Join MRC member Paula Compton as she leads a new monthly ceramics class. There will be a variety of items all in the same price range to select. Projects will change monthly and so will cost due to size of the pieces. Check with the office on ceramic samples for each month.

Follow Mill Race Center  
on Facebook.



## 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**

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. **(Not meeting May 25)**

**FREE!**





## 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.

## Line Dance for Beginners



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

Come and give it a try!

Instructor: Carla Willis

Free for MRC members, \$5 per class/non-member

Sponsored by: Forefront Dermatology



## 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



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)

## 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.



29th ANNUAL  
 NATIONAL  
 SENIOR HEALTH & FITNESS  
 DAY

2.0.2.2.2  
 2.0.2.2.2




## National Senior Health & Fitness Day Wednesday, May 25

See front cover for schedule.  
 Free classes, a special guest speaker,  
 and free screenings with CRH.

Follow Mill Race Center  
on Facebook.





## Bodies in Motion

Class meets:

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

**Tues. & Thur. at 2:00-3:00pm**

**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.

## TOPS Club

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

Take Off Pounds Sensibly

For more information please contact Karen Burbrink at 812-342-4825 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.



**FREE!**

## Birthday Party

Once a newsletter we will celebrate birthdays 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.

**May & June Birthdays**

**May 26 at 12:30pm**

MILL RACE CENTER

**100  
MILE  
CHALLENGE**

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

## Tai Chi/Qigong

**Offering Classes on Tuesday & Thursday**

Instructor: Paula Howard

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

**11:00am** - Beginner Class  
Monthly Cost: \$30 members/\$60 non-members  
(minimum 3 students)

Tia 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 try one class for free. Register in advance in office.**

**FREE!**

**June 7 - 11:00AM - Free introduction to Tai Chi for beginners.**



## 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 - 12:30-1:30pm Beginner**  
**- 1:30-3:30pm Open Play**

**Except: 5/20**



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

**Except: 5/21, 5/28, 6/4, 6/11**

## 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.



### Ruby Tuesday's

Tuesday, May 24

Meet there at 11:00am

### Willow Leaves in Hope

Thursday, June 23

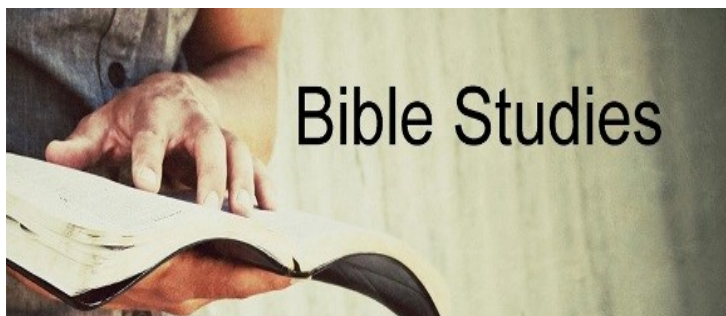
Meet there at 11:00am



Follow us on Facebook and visit our website for a variety of online classes.

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





# Bible Studies

## Morning Bible Study

**Tuesday mornings 10:30-11:30am**

In the Classroom; **Free**

Information: Virginia Houser, 812-579-5132

**May: Kevin Metz**

**Mt Pleasant Christian Church**

**June: Rev. John Armstrong**

**Grace Lutheran Church**



## Evening Bible Study

**Bible Study: Paul's Letters**

**Length of study: 18 weeks**

**3:30-5:30pm; Cost: \$5**

Beginning June 1st, join the Wednesday Bible Study group for "Paul's Letters" created by Eyewitness Bible Series. Each meeting we will watch a brief video together. Handouts will be given, and we will review and discuss what we have learned throughout the week. All are welcome! Please sign up so materials can be printed.



## MRC Investment Class

**Monthly, 2nd Friday**

**1:00-3:00pm (Classroom)**



**MRC  
INVESTMENT  
Class**

Mill Race Center Investment Class now offers members the opportunity to learn about investing in a fun and no-risk way. No investment is needed. We make "mock" investments in the stock market and monitor their progress. We also discuss the economy and stock investing tips. Class is open to all members of Mill Race Center at no charge. Meetings are monthly on the 2nd Friday at 1pm.

For further information contact Norm Blizard at 812-603-8854 or email at [nblizard@comcast.net](mailto:nblizard@comcast.net) or Jeff Rauch at 812-342-0198.



## TED Talks

**2nd Tuesday of each month**

**Meeting at 1:30pm in Classroom**

Facilitators: Ed & Terri DeVoe



**May 10 at 1:00pm**

**Could we treat Alzheimer's with light and sound?**

You've all heard of brainwaves. For a long time, neuroscientists didn't know what they meant. But we slowly come to understand their purpose. The brain generates waves with different paces or frequencies to transmit information and thoughts by coordinating the activity of nerve cells. These waves are a little like the effect of the orchestra conductor waving a baton to keep the musicians synchronized.

**June 14 at 1:00pm**

**4 Kinds of regret - and what they teach you about yourself.**



Regret is one of our most powerful emotions and also one of the most misunderstood. Over the past two years, author Daniel H. Pink has collected a trove of more than 16,000 regrets from people in 105 countries in an effort to better understand this mysterious emotion. He shares the key patterns that emerged (it all boils down to the same four core regrets, he says) and explains how to transform your own regrets in order to create the life you've always wanted to live.

**Stay for Tuesday Tea after Ted Talks!**

# Tuesday Tea

at 3:00pm in the lounge

**May 10 & June 14**

**FREE**

Meeting the second Tuesday each month in the lounge. Enjoy some delicious tea and fellowship with other members. Tea, mugs, and cookies provided.





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

## 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**



## Woodworking Workshop

**NEW**

Watch for more woodworking workshops with Ed Niespodziani. If interested let Becky know in the office.

**Quarterly  
Reading  
Challenge**

**NEW Quarterly  
Reading Challenge!**

**See Page 16 for details!**



## Reader's Theater Practice

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.

**JOIN THE GROUP!**

**FREE!**

**NEW**



## Grocery BINGO

May 26 & June 23

3:30-4:30pm; Art Room

It's simple - play bingo, win at bingo, and take home groceries as your prize! A variety of food and toiletry items will be placed in grocery bags and giving away as prizes. This will be casual BINGO playing one card at a time. The cost of everything seems to be going up so this is a fun way to win some items that can be beneficial. Limited seating so please register for this free event in the office.

*DON'T MISS OUT!*

If you are interested in participating in a Book Club or Writing Class please let Becky know in the office.

We would like to get both started soon.

**NEW**



**TOTAL  
BRAIN  
HEALTH**

Join us for a monthly brain workout.  
See page 19 for details.

## GAME TIME

4th Tuesday Each Month

12:30pm; **FREE**

May 24 - Rummikub

June 28 - Sequence

Playing games at any age keeps our brain active, and is a great way to social engage with others.

**FREE!**

**NEW**



## SAHAJA MEDITATION

Learn How to Quiet the Mind  
and Open the Heart

Thursdays at 6-7:00pm for Beginners

May 5-28 (4 week mediation course)

**FREE**; Held at MRC

New 4 week class on NEW day of the week. 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](mailto:Columbusmeditation@gmail.com)

Check out SAHAJA Meditation online at  
[www.millracecenter.org](http://www.millracecenter.org)

## Golden Girls

Fourth Tuesday of  
each Month at 10:00am

May & June meeting in  
Mill Race Park for a  
picnic. Contact Donna for  
questions.

This group is for widows and will offer educational talks, activities or even some entertainment.

Information call Donna Richardson at 812-350-2859.

**FREE!**



*The Lasting Impressions*



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.

**JOIN THE GROUP!**

**FREE MOVIE SHOWINGS at MRC!**

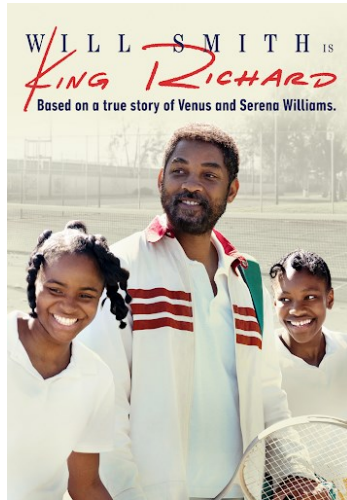
Two Showings now on Mondays at 2:00 & 4:30pm. Bring your own snack and drink.



May 9

**The Eyes of  
Tammy Faye**

**PG  
13**



May 23

**King Richard**

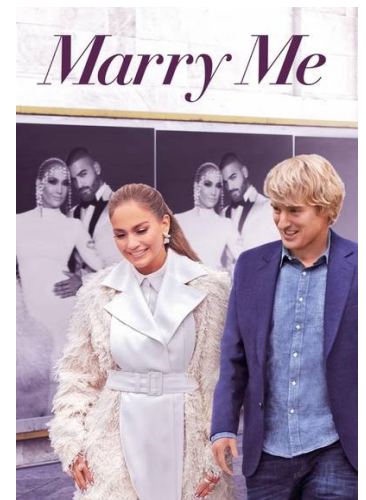
**PG  
13**



June 13

**Death on the  
Nile**

**PG  
13**



June 27

**Marry Me**

**PG  
13**



## SAGE Table

Friday, June 10  
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 Tues., June 14 for meal preparation purposes.

## NEW Pull-Tab Tuesdays

**First & Third Tuesday**

**Lunch at Noon & Pull Tabs at 1:00PM**

Our volunteers will be selling Pull-Tabs and homemade lunch. Lunch is first come first serve until we run out. It is a wonderful chance to visit and socialize with friends.

### LUNCH MENU

May 3 - Turkey Pot Pie

May 17 - Enchiladas

June 7 - Turkey Salad Wrap

June 21 - Taco Bake

## Quarterly Reading Challenge



## Join Us!

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

Current challenge is from **March 1-May 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 the quarter. Next quarter challenge will be **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.

Class will be held on Mondays,  
June 6 - July 18 - from 2:30-3:30PM  
6 week class (no class 7/4)

## UKULELE CLASS

**INSTRUCTOR DAN MUSTARD**

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

**\$20  
CLASS**

Bring your own ukulele.  
You can purchase locally  
or online.

## The Lasting Impressions Present:

## Off To The Races & Other Places

*The Lasting Impressions*



MILL RACE CENTER

**Tickets sold in the MRC business office.**

**Friday, May 20 at 6PM - \$25**

(doors open at 5:30PM)

**Sunday, May 22 at 1PM - \$25**

(doors open at 12:30PM)

*Ticket includes buffet meal catered  
by Sadie's Catering and show.*



## LUNCH & LAUGHTER READERS THEATER

**NEW**

**Back With Lunch!**



**June 8th at Noon**

**Lunch: \$8 members**

**\$12 non-members**

Make reservations at the MRC business office. **Required Registration by June 3.**

Doors open at 11:45am

**SPONSORED BY:**



## Walk 'n' Roll

**NEW FREE!**

**Every Wednesday at 11:00am**

(not meeting 6/8)

Join Valerie as she leads a walking class indoors! We will walk in place adding easy steps and arm movements as we listen to fun music. Each class will include themed music from the 50's, 70's, 80's and Country (just to name a few). This class will help get you moving to the beat as you work your entire body. The class will Walk 'n' Roll to 30 minutes of upbeat music followed by 5-10 minutes of cool down time with some stretching. No rhythm is required!



## Breathing Room

**FREE!**

**NEW**

**Thurs., May 5 & 19**

**11:00am**

Life is busy. Oftentimes we forget to set some time aside to relax. It is estimated that we make 35,000 decisions a day! Some of those decisions are more stressful than others, but at the end of the day, we need to find a way to give our mind and body a break. At the Breathing Room, we will explore ways to relax. Using mindfulness exercises, breathing techniques, reflexology work and the exploration of essential oils we will find All you need to bring with you is a mind and body that's ready to unwind. Join Valerie for this new beneficial class!



## BREAKFAST CLUB

**NEW**

**Monday, June 13; 9:30-11AM**

**Cost: \$8 Registration Required**

Join us for a delicious and socially engaging breakfast.

We are partnering with **GreenTree At Westwood.**

Registration required in business office to plan for food.



**GREENTREE  
AT WESTWOOD**  
By Discovery Senior Living



**Columbus  
CONVERSATIONS**

**NEW**

An educational discussion program with Mill Race Center and IUPUC coming back in FALL.

## BINGO

**Thursday, July 28**

**Early bird starting at 4:00PM**

**NEW**



We will have a regular Bingo every quarter this year. Pay outs are larger and we'll have door prizes at each session. Pull Tabs will be on sale at the Bingo Night as well as two Tuesdays a month. Food, snacks and drinks as always will be available to purchase. Game starts at 5:00pm with doors open at 4:00pm so come out and Support Mill Race Center! Please call Mill Race with any questions you may have.

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



## The BCPL Bookmobile:

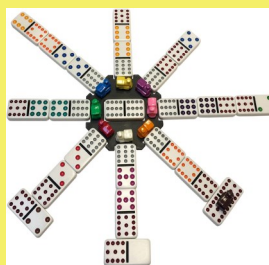


May 4 & 18  
June 1 & 15  
9:00-10:30am  
Available out front of MRC.

## Game Time



Fourth Tuesday  
of each month  
1:00-3:00pm; **FREE**  
May 24 - Rummikub  
June 28 - Sequence



## Mexican Train Dominoes



Every Thursday  
12:30-4:00pm; **FREE**

## OPEN Billiards



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



## Classic Card Game Pinochle



**Pinochle**  
2nd & 4th Tuesday  
1:00-4:00pm  
In the conference room

## Puzzle Table



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



## MAHJONG

Every Monday &  
Friday  
12:30-3:00pm



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




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



## Cards & Games Schedule

Masks **MUST** be worn at all times while playing.



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hand &amp; Foot</b> 1:00-4:00pm  <b>Mahjong</b> 12:30-3:30pm	<b>Game Time</b>  1:00-3:00pm (4th Tuesday in the lounge) <b>Pinochle</b>  1-4pm (2 & 4 Tuesday) <b>Euchre</b> 5:00-7:00pm (MP3)	<b>Scrabble</b> 1:00-3:00pm <b>Hand &amp; Foot</b> <b>12:30-3:30pm</b> For information call Rosemary Sager (812)390-7665 <b>(not meeting 6/8)</b>	<b>Dominoes</b>  12:30-4:00pm  <div style="border: 1px solid red; padding: 5px; margin-top: 10px;">             Cards &amp; Games are free for MRC members. Day passes can be purchased for non-members.           </div>	<b>Mahjong</b> 12:30-3:30pm  <b>Euchre</b> 1:00-4:00pm

# Eight Dimensions of Wellness



**Fridays, May 20 & June 17**

**9:30am; Classroom**

**FREE**

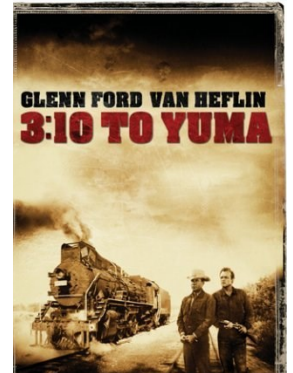
We will be using the Total Brain Health Toolbox365 for these monthly workouts. Science shows that building better well-being is perhaps the best ways we can keep our minds strong. The TBH Toolbox365 trains in four ways: Body, Mind, Spirit and Social. The TBH Toolbox365 activates neuroplasticity to grow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

**DON'T MISS OUT!**



Join Shannon on a program trip to the Historic Artcraft Theatre in Franklin, IN for a Free Senior Movie. The movie begins at 1:30. Van leaves at 12:20pm (Weather Permitting) *Fee: \$5 for van trip, free movie, popcorn, & drink.*

*The Historic*  
**ARTCRAFT**  
*Theatre*



**Thurs., May 19**

**3:10 to Yuma**

**(1957)**

**Want to Volunteer?**



**Interested in volunteering?**

Become a Meals on Wheels driver, Ambassador, teach a class and share your talents, help clean the MRC vans, be a driver, or help with Bingo.



## TRAVEL WITH MILL RACE CENTER

### 2022 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.



**NEW**

#### A Note from the Travel Department:

**NEW!!** Each trip, including daytrips, will have a code(s) at the end of the description. Please pay close attention as these are part of safe travels during these ever changing times. These requirements are fluid and may change at any time. This is out of the hands of Mill Race Center and you accept the risks by signing up for a trip. Municipalities and venues may change their requirements at any time and Mill Race Center will try their best to accommodate but cannot guarantee refunds or modifications if you are not vaccinated. **Insurance is highly recommended where available.**

V= must be fully vaccinated and bring proof

MR= masks required to be worn properly when requested

R= refund available up to 3 days before departure

NR= no refunds issued after final payment, must use insurance or replacement

I= insurance available, ask when signing up

**T = Testing may be required**



*Dear Friends, It is with great deliberation that I have decided it is time to retire from my position as Travel Coordinator at Mill Race Center effective June 30, 2022. Previously scheduled trips will not be affected in any way by this change. This was no easy decision as you have become like family over these 8+ years. I know that a new person in this position will bring fresh ideas and renewed energy to the adventures you will enjoy as the world opens up post-Covid. I have enjoyed my time as your travel coordinator and will cherish the many memories we made along the way. It is not good-bye but see you down the road!*

*Warmest Regards,*

*Edie*

**Mill Race Center Bus Trips with Edie Call today! 812-376-9241**

#### **New Trip! Black Hills of South Dakota! June 2-14**

Including Grand Teton and Yellowstone National Parks, Custer State Park, a cruise on the Wisconsin Dells, Crazy Horse, Mt Rushmore, Deadwood, Mt Moriah and so much more! See the great plains of the West and larger than life monuments. Price includes transportation, lodging, 12 breakfasts and 11 dinners, admission to all attractions as listed on brochure, shows and more. \$2259 double add \$899 for single passenger. Travel Insurance available and recommended. (NR/MR/I) Space still available, call today! Edie's last scheduled bus trip!

**NEW**



**NEW**

#### **New Trip! Beautiful Vermont! July 10-16, 2022**

Spectacular scenery awaits in the Hills of Vermont! Visit country stores, a 200 year-old maple syrup farm, Ben and Jerry's for a sweet treat and more. We will be stopping at a cider mill, taking a dinner cruise and seeing a unique outdoor museum full of antiques and curiosities. A refreshing tour of Vermont in the summer. Price includes; motor coach transportation, lodging, 6 breakfasts and 4 dinners plus admissions to listed sites. \$899 double/ \$1258 single. (NR/MR/I)



## It's Another Mystery Trip! **August 14-19, 2022**

August 14-19, 2022. Includes 5 nights lodging, 5 breakfasts, 1 boxed lunch, 3 dinners, admissions to fascinating and fun adventures, motor coach transportation and more! This trip does include boat rides and some stairs/uneven terrain. \$959 double, \$1278 single. Non-members add \$100. (NR/MR/I)

**NEW**

DON'T MISS OUT!

Mystery Trip



**NEW**

## Boston, Salem and Cape Ann, **September 14-20, 2022**

**Filling Up Fast!** Join us for an East Coast adventure exploring the historic areas of Boston, including the famous Faneull Hall and Quincy Market. Walk in the footsteps of our Founding Fathers at Trinity Church, Boston Common, The USS Constitution, JFK Library and more! We will also get a guided tour of beautiful coastal Massachusetts, Salem, Lexington and Concord. \$829 double, \$1158 single. Non-members add \$100. Includes 6 breakfasts, 4 dinners, hotels, tours, motor coach transportation and more! Vaccines are required by the City of Boston. (V/NR/MR/I)

## The Outer Banks of North Carolina! **September 25-30**

**NEW TRIP!** Enjoy our beach front hotel as we explore the coastal area that inspired the Wright Brothers, movies such as Night's at Rodanthe and many a pirate movie! This trip includes lighthouses, wild horse tour, Kitty Hawk, maritime museums and a free day to enjoy the beach! Includes transportation, beach front hotel, 5 breakfasts, 3 dinners and much more for \$899 per person double/\$1198 single. (NR/I/MR)

**NEW**



**NEW**

## Trains and Trolley's of Northern Pennsylvania and Pittsburgh!

**October 15-21, 2022.** We will travel by motor coach to the Historic Train and Mining region of northern PA. You will get up close to mining cars, electric trolleys, steam engines and even ride the Stourbridge Line Train. Enjoy glassblowing exhibitions, a real miners village, museums and more. Pittsburgh tours include the Duquesne Incline, University of Pittsburgh Tower of Learning, Heinz Memorial Chapel, Falling Water, Flight 93 site, Phipps Botanical Gardens and so much more. \$1098 double, \$1378 single. Add \$100 non-members. (NR/MR/I)

## Chicago Shopping Excursion!

**November 14-18, 2022.** Usher in the Holidays with a "Magnificent" trip to Chicago! We will have several opportunities to shop on the Magnificent Mile as well as Water Tower Place Mall but that's not all we are going to experience! Explore sea creatures at The Shedd Aquarium, lean out over the glass floor at the Observation Deck, if you dare, at the Skydeck, take a scenic cruise along the Chicago River. This trip even includes dinner in Greek Town, OPA! 4 breakfasts, and 4 dinners included plus an evening of Casino fun! All for \$945 per person double, \$1244 single. Vaccines are required by the City of Chicago. (V/NR/MR/I)

**NEW**





# Overseas Trips

## South Pacific Wonders October 5-19, 2022

This is the one some of you have been saving for your whole life! Australia and New Zealand! Includes Christchurch, Queenstown and Milford Sound. NZ. You will begin this awe-inspiring tour in the land made famous in the Lord of the Ring's Film Trilogy. View some of the most dazzling vistas on this earth. Play with Koala's and kangaroos plus other of the islands unique species at a wildlife preserve. Tour ancient forests and snowcapped mountains then head off to Australia to see the iconic Sydney Opera House, the Great Barrier Reef, a Crocodile nature cruise and so much more. The rich history of Australia will be showcased as you see modern cities but also visit a native indigenous tribe to see how life has changed for them through the ages. \$7949 per person/double. Includes airfare (V/I/MR/R with I only)



**NEW**

## Sunny Portugal, November 5-14, 2022

Edie's Favorite! Filled with Breathtaking Scenery, History, Wine and Food, this adventure will take you from the seashore to the big city with loads of stops for wine tasting, local crafts including cork and tiles, an evening of Fado, the local music both haunting and mesmerizing and casual small towns where the locals walk the market and beaches as a daily ritual. If the Caribbean, California and Paris had a love child it would be Portugal! \$3149 per person double until April 29! Includes airfare (V/I/MR/NR without I) **Only 4 spots left!**

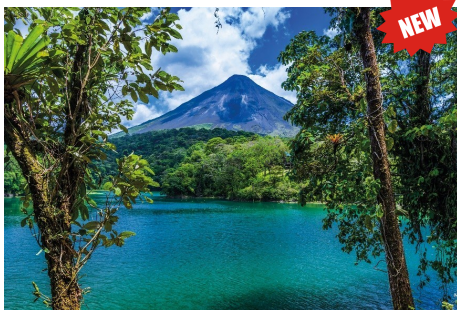
**collette**  
celebrating 100 years of travel together

**collette**  
celebrating 100 years of travel together

## Alaska's Northern Lights, February 23-March 1, 2023

See Alaska from land as you chase the Northern Lights. One of the best vantage points in the world to see this natural and stunning phenomenon. Trip includes air and transportation from Columbus, Fairbanks, full day scenic train to Talkeetna, Iditarod demonstration with sled ride, Musk Ox farm, Glacier cruise and so much more. \$4149 double pp. (V/I/MR/NR unless I)

**NEW**



**NEW**

## Costa Rica, March 13-21, 2023

Escape the end of Winter on this Tropical adventure. You will experience the beauty of nature as you enjoy warm breezes and mountainous terrain. Exotic birds, flowers and animals await as you explore the jungle and beaches of this stunning eco-diverse country. Includes transportation from Columbus, resort accommodations, lake cruise, 8 breakfasts and 6 dinners, touring, canoe ride and so much more. Combine this with Alaska's Northern lights and save \$150 per person! \$2548 double pp. (V/I/MR/NR unless I)

## Transportation to the Indianapolis Symphony Coffee Pops Series! (V/R/MR)

**Friday, June 3;** Transportation cost \$20 per person per concert.

Let us do the driving and parking so you can enjoy the music! If you need help getting a ticket(s), call us! **Please pre-register for bus seating accommodation.** \*Time subject to change due to refreshment service resuming and/or performance runtime. Advance registration requested so we can keep you informed of any changes.



## Quarterly Reading Challenge

**NEW** Quarterly Reading Challenge!  
See Page 16 for details!

## 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!

**Early September** - A 2/3 week trip to the Ice Age Trail and the Apostle Islands in Wisconsin, the Painted Rocks and south shore of Lake Superior, Mackinaw Bridge and Island in Michigan.

Contact Ed Niespodziani at  
812-552-3343 or [kn4073@comcast.net](mailto:kn4073@comcast.net)



## The Better Breathers Club

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



We offer presentations on informative topics, and include time for questions and discussion. We also offer friendly support to anyone with lung problems. If you have lung problems, or know someone who does, you are welcomed to attend. Meetings are free, no registration is required and friends and family are encouraged to attend.

**Meeting Wednesday, June 8<sup>th</sup> at 3:00PM.**

The Better Breathers Club will meet in the Mill Race Center art room. For more information, please call Jennifer at 812-376-5793.

## MEALS-ON-WHEELS

### Volunteer Drivers Needed

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.







## ARMCHAIR TRAVEL An American Aristocrat's Guide to Great Estates



Visit sprawling estates and magnificent castles dotting Britain's landscape. View it all from the comfort of Mill Race Center!

### Inveraray Castle

May 2 at 1:30pm

Julie visits Inveraray Castle in Scotland, the seat of the Dukes of Argyll, chiefs of Clan Campbell. Duke and Duchess give Julie a tour, show her how they run the estate, and invite her to the traditional Highland Games they host.



### Floors Castle

May 16 at 1:30pm

Julie is in Floors Castle in south-east Scotland, the seat of Duke of Roxburghe. She learns about the American heiress who lived there, the butler's job, race horse breeding, shortbread making and the International Horse Trials held there.



### Holdenby House

June 6 at 1:30pm.

Julie visits Holdenby House (pronounced Holmby), the only surviving part of Holdenby Palace, where king Charles I was imprisoned during the English Civil War. She learns about him, art restoration, falconry, corsets and church organ music.



### Boughton House

June 20 at 1:30pm.

Julie visits Boughton House, seat of her husband's cousin the Duke of Buccleuch, to learn more about the Montagu family tree and see the play about Ignatius Sancho, the first black voter in England secretly educated by the duke's ancestor.



**Cookies, Tea, and Coffee for a treat while you watch!**

## Broadway Series



Call MRC to register for each viewing.

### Westside Story

Friday, May 20 at 1:00pm

(2021) Love at first sight strikes when young Tony spots Maria at a high school dance in 1957 New York City. Their burgeoning romance helps to fuel the fire between the warring Jets and Sharks -- two rival gangs vying for control of the streets.



### Summer Stock

Friday, June 17 at 1:00pm

(1950) While her actress sister, Abigail, roams with a stock theater company, country girl Jane (Judy Garland) stays home in rural Connecticut tending the family farm. The farm girl softens and even gets bitten by the performing bug herself.

## PURDUE EXTENSION

### Sleep On It: Why Sleep Matters



Tuesday, May 24 at 3:00PM

With a focus on adults, Harriet Armstrong, Purdue Extension, covers the importance of sleep, some barriers to quality sleep and more.

### Cooking Under Pressure



Tuesday, June 14 at 3:00PM; Fee: \$3

Are you considering the purchase of an electric programmable pressure cooker? Or do you have an electric programmable pressure cooker, but you aren't sure how to use it? You will learn: about the features & benefits, how to safely use the appliance, and sources of some great recipes.

### Cooking Air Fryers



Tuesday, July 26 at 3:00PM; Fee: \$3

Learn the basics of using an air fryer: how they work, how to get good results, do's and don'ts, and recipes



Now booking for 2022 & 2023  
Weddings • Reunions • Corporate Events  
MillRaceEvents.com  
(812)302-3838

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

Mill Race Center is available on  
Saturdays in 2022 & 2023 for  
weddings and receptions. Help us  
spread the word about this beautiful  
space for weddings and receptions.



## MRC STORE

Be sure to check out the amazing products our members are making and that are for sale in the MRC store in the business office.



### How can I donate and help MRC?

#### 1 of 3 Ways:

Go online at [millracecenter.org](http://millracecenter.org)  
Text "millracecenter" To (833)735-8150  
Drop off a check or cash to the office.

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! 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 Valerie at (812)376-9241 ext. 210 or [valerie@millracecenter.org](mailto:valerie@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

## Monday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
8:00	Quilters & Sewing	AR
8-12	Woodcarving	LO
10:00	Golden K	CR
12:30	Mahjong	LO
12:30	Lasting Impressions	MP1
1:00	Hand & Foot	MP2
1:00	Drum Practice	CR
1:30	Armchair Travel	AR
	(see pg. 24)	
2:00	Movies (see pg. 15)	AR
2:30	Ukulele Class	CR
	(starts in June)	
5-7	Ballroom Dancing	MP2

## Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
10:00	Tai Chi (\$)	MP1
	Widows Support Grp	AR
	(4th Tues.)	
10:30	Bible Study	CR
1:00	Woodshop	WS
1:00	Ted Talks (2nd Tues.)	CR
1-3	Embroidery Guild	AR
	(3rd Tues.)	
1-3	Game Time	LO
	(4th Tues.)	
1-4	Pinochle	CNR
	(2nd & 4th Tues.)	
2:00	Bodies in Motion	MP2
3:00	Tea (2nd Tues.)	LO
3:00	Craft Classes	AR
	(see pg. 8)	
3:00	Purdue Extension Class	AR
	(see pg. 24)	
5:00	Euchre	MP3
5-7	Evening Sewing (pg. 7)	AR
5-7	Quilt Guild (2nd Tues.)	AR
5-7	Ballroom Dancing	MP2

## Wednesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
9:30	Bookmobile (pg. 18)	Out Front
10:00	Woodcarving Class	WS
10:00	Art Class	AR
10:00	Crafty Fingers	LO
11:00	Walk'n'Roll	MP2
11:30	TOPS	CR
12:30	Hand & Foot	MP2
1:00	Scrabble	LO
1:00	Reader's Theater	CR
3:30	Bible Study	AR
4:00	Beg. Line Dance	MP2
5:30-8	Pickleball	MP2

## Thursday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
10:00	Tai Chi (\$)	MP1
12:30	Dominoes	MP3
1:00	Birthday Party	MP1
	(once a newsletter)	
1:00	Woodshop	WS
1:00	Woodcarving	CR
2:00	Bodies in Motion	MP2
3:00	Craft Classes	AR
	(see pg. 8)	
3:30	Grocery Bingo	AR
	(see pg. 14)	
6-7	Meditation (in May)	CR
5-7	Ballroom Dancing	MP2

## Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
9:30	Total Brain Workout	CR
	(see pg. 19)	
10:00	Line Dancing	MP2
12:30	Mahjong	AR
1:00	Euchre	MP2
1:00	SCS Investment Class	CR
	(2nd Fri.)	
1:00	Broadway Series	CR
	(3rd Fri.)	
12:30	Lasting Impressions	MP1
12:30-3:30	Pickleball	MP2

## Saturday

8:30-11:30	Pickleball	MP2
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(check dates on pg. 11)

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.


  
**www.millraceevents.com**  
**(812)302-3838**

## ACTIVITY HIGHLIGHTS



### May 3

Lunch & Pull Tabs, 12:00pm 

### May 10

TED Talks, 1:00pm   
Tea, 3:00pm


### May 2 & 16

Armchair Travel, 1:30pm  

### May 5 & 19

Breathing Room, 11:0am 

### May 9

Movie, 2:00 & 4:30pm 



### May 17

Lunch & Pull Tabs, 12:00pm 

### May 19

Artcraft Theater Movie, 12:20pm


### May 20

Total Brain Health, 9:30am   
Broadway Movie, 1:00pm  
Lasting Impressions Show, 6:00pm 

### May 22

Lasting Impressions Show, 1:00pm 



### May 23

Brown County Trip, 10:30am  
Movie, 2:00 & 4:30pm 

### May 25

**National Senior Health & Fitness Day** 


### May 26

Birthday Party, 12:30pm    
Grocery Bingo, 3:30

### June 6 & 20

Armchair Travel, 1:30pm 


### June 7

Free Tai Chi Class, 11:00am   
Ceramics Class, 1:00pm  
Lunch & Pull Tabs, 12:00pm

### June 8

Lunch & Laughter, 12:00pm


### June 10

Sage Table, 11:30am 


### June 13

Breakfast Club, 9:30am 


### June 13 & 27

Movie, 2:00 & 4:30pm 

### June 14

TED Talks, 1:00pm   
Tea, 3:00pm



### June 17

Total Brain Health, 9:30am   
Broadway Movie, 1:00pm

### June 21

Lunch & Pull Tabs, 12:00pm

### June 23

Come Eat Together, 11:00am    
Grocery Bingo, 3:30pm

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

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





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