



AGING WELL!

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

Membership \$90 a year per person • 812-376-9241 • www.millracecenter.org



National Senior Health & Fitness Day Wednesday, May 29

- 8:30-9:30AM Body In Motion Class
- 9:30AM Brain Health Walk In The Park
- 11:00AM Walk'n' Roll
- 11:30AM TOPS meeting
- 3:00PM Brain Workout Class
- 4:00-5:30PM Line Dancing
- 5:30-8:00PM 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

100 MILE CHALLENGE

FREE! **NEW**

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**. 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.

KEEP MOVING!

Ice Cream Sundae SOCIAL
Monday, June 24 at 2:00pm
See page 17 for details!

The Lasting Impressions Show
Friday, May 17 at 6:00pm
Sunday, May 19 at 1:00pm
See page 16



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, but can be purchased at MRC.



From Your Executive Director

Death and Taxes

“Our new Constitution is now established and has an appearance that promises permanency; but in this world nothing can be said to be certain, except death and taxes.” – Benjamin Franklin



This phrase wasn't new even in Ben Franklin's time, and he was sharing an idea that his readers would be familiar with. In our day, we could add inflation to the list of certainties. Everything has gotten more expensive, and often the increases occur faster than wages can keep pace. This is true here at Mill Race Center. All of our supplies, utilities, maintenance expenses, and contractor costs have gone up over time. We have not had an increase in our membership dues since 2018, but our board of directors had to finally make the hard decision to increase the dues from \$80 per year to \$90 per year. We recognize that to some, an increase of \$10 for a year is not significant, but to others who may be on a fixed income, it will be seen as just one more increased expense.

We have also received news that postage will once again increase. It now costs nearly \$5,000 per year to mail our newsletter and the cost will go up once again in July. We have made the decision to stop mailing the newsletter after this issue. We will still print the same number, and they will be available here at the Center and will be distributed by volunteers throughout the community. If you are interested in joining our volunteers who distribute the newsletter, please contact the office.

It is important to understand a few important facts about the Center. Staff wages have been stagnant for several years. Strategic partnerships and novel business models have allowed us to reduce our annual operating expenses by nearly a half million dollars over the past decade, while increasing the number of activities and classes that we offer. We have worked diligently to find new sources of revenue to help to subsidize our services. (An annual membership covers less than 15% of the cost of the actual services.)

Thank you for your support as we continue to find new ways to fulfill our mission of providing innovative programs that enhance the wellness of older adults. We pledge to do that in the most efficient and cost effective ways, as we strive to be good stewards of the resources that we have.

Dan Mustard Executive Director

Due to increased credit card fees we now have to charge a 3% customer service charge anytime you use a credit card for any payment. We are sorry for the inconvenience.

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 \$90 a year. We have a six month memberships \$45, and offer a monthly payment option. A day pass is available for \$10 a day. *CRH Fitness Center membership is separate but can be purchased in the MRC office.*

Mill Race Center will be closed on Monday, May 27 for Memorial Day.

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 we will return your call shortly.

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

Go online at 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

Amanda Coleman, Travel, x215

Bradley Cox, Administrative Assistant x218

Rebecca Cutsinger, Program Assistant & MOW x 208

Charlie Harsh, Facilities Assistant, x 216

Jeff Jones, Van Driver

Dan Mustard, Executive Director, x 211

Roy Pruett, Facilities Manager, x 225

Tamara Quitko, Accounting Clerk, x207

Shannon Truman, Operations & Programs Director, x 220

Jeff Voyles, Senior Products, x 228



Now booking for 2024 & 2025
Weddings • Reunions • Corporate Events
MillRaceEvents.com
(812)302-3838

Wedding photography courtesy of jackiesantanaphotography.com



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





Providing much more than a meal!

Nutritious Meal - Nutrition is necessary for health, functionality and the ability to remain independent. Meals provided by Silver Oaks Health Campus

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: \$7.10 for hot lunch
\$12 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.



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

Not meeting May 30

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

Leader: Marjorie Betz



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: Basil Fritsch, 812-603-6160



Golden K Kiwanis is collecting recycled plastic grocery bags for Love Chapel. Donations can be put in the large bin by the coke machine/therapy entrance.

Free Little Library Bring a book - Take a book



Built & Donated
By: Ed Niespodziani



Quarterly Reading Challenge



NEW Quarterly Reading Challenge!
See Page 16 for details!

A great way to work on your Intellectual Wellness!

Closed

Mill Race Center will be closed for Memorial Day on Monday, May 27.

VOLUNTEERS WANTED

NEWSLETTER DELIVERY

We need help to delivery our newsletters out into the community. Stop by the office to pick up a stack and let us know where you are taking them. We greatly appreciate the help!!

VOLUNTEER



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 Bradley 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 at Camp Atterbury USO

Volunteers are needed at the Camp Atterbury USO for various shifts. If you are interested in the rewarding experience of being a part of the USO Camp Atterbury, please contact Justin Kiel, USO Operation Supervisor at 812-521-1281.

Interested in volunteering?

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

Volunteer for your Vocational Wellness

Ambassador Meeting

Informational ambassador meeting will be held the first week that each newsletter comes out. Interested in becoming a volunteer ambassador feel free to attend a meeting and get plugged in. If you would like to become an ambassador please see a staff member in the office.

Tuesday, May 7 at 3:00PM

Welcome! MRC Welcome Breakfast

Friday, June 7

9:30am in the lounge

Register in the office

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. Lead by member Alan Patterson. **Call to register (812) 376-9241.**

Follow Mill Race Center on Facebook.



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.



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

NEW



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.

Succulent Lover's Group

May 21 & June 18

at 10:00am

Meeting monthly to discuss these beautiful plants and how to care for them. Learning and growing these little plants can be so fulfilling and rewarding. It's even more fun to share with friends...so join the group. Meets the third Tuesday each month.

FREE!



Debt Management & Budgets

June 4 at 11:00am

Morgan Wiseman will be here from First Financial Bank to explore common reasons why people find themselves in debt and the most common types of debt. She will describe the value of using debt management strategies such as loan consolidation, budgeting, and debt management plans. We will compare various debt management solutions and create a personal plan about how to manage your debt.

NEW

FREE!



FIRST
first financial bank

MILL RACE CENTER

ON THE GO

NEW

FREE!

Vivera

May 14 at 2:00 pm

June 11 at 2:00 pm

At All Saints Apartments

May 28 at 2:00pm

June 25 at 2:00pm

Fairington Apartments

May 21 at Bldg 2301 at 2:00 pm

June 18 at Bldg 2401 at 2:00 pm

Mill Race Center will be hosting free activities for the residents of All Saints and Fairington apartments. Mill Race Center members are welcomed guests at All Saints. If you are interested in attending or would like to volunteer to help, please sign up with the Mill Race Center Business Office at 812-376-9241 or email Becky at bcutsinger@millracecenter.org

Kara's Silver Strings Dulcimer Class

FREE!

NEW

**KARA'S
SILVER
STRINGS**

Kara's Silver Strings is a user-friendly way to learn to play the dulcimer even if you have never played an instrument before. You don't have to read music, or have any experience playing an instrument to be able to sound great playing. Our lessons provide everything you need, including the dulcimer. Within the first half hour of the first lesson you'll be playing music with your friends. The program was created by National Dulcimer Champion Kara Barnard. Everyone can learn to play music, and it's so much fun! (Max 9)



Beginner (book 1) - May 16-June 13

Thursdays at 10:30am (beginners); FREE

Next Step (book 2) - May 16-June 13

Thursdays at 9:00am; FREE

If you are new to the dulcimer you must have completed the beginner class before taking this next step class.



Sponsored by: **Heritage Fund**



MILL RACE CENTER
100
MILE CHALLENGE

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



Evening Star Quilt Guild

FREE!

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.

Monday Morning Sewing

FREE!

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.



FREE!

NEW

Lazy Daisy Embroidery Guild



Third Tuesday of each month, 1-3pm in Art Room or classroom

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

Tuesday Evening

Sewing Group

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

FREE!



create

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

Paint Exploration: Flowers

NEW

Thurs., May 9 at 3pm

Cost: \$8

Learn how to paint flowers with string and chain using the pull technique. Use your favorite colors to customize your design. We will practice on paper and make 2 canvas paintings. All supplies included.



Salt Shaker Button Bouquet

NEW

Tues., May 21 at 3:00pm

Cost: \$10

Choose any color scheme and size of buttons to create your adorable bouquet. We will use wire to make our stems and felt to add shape to some of our flowers. Our stems will go into the top of a salt shaker to finish it up. All supplies included.



Ladybug Pavers

Thurs., June 6 at 3:00pm

Cost: \$5 (for 2)

What a unique and easy project for summer. A fun way to brighten up your patio. All supplies included.



Painted Wine Bottle

NEW

Thurs., June 13 at 3:00pm

Cost: \$10

Design your own colorful wine bottle with brightly colored flowers. This is a super easy craft. We will add a cork light when finished so your wine bottle and flowers will shine bright. All supplies included.



American Flag Clothes Pin Wreath

Tues., June 25 at 3:00pm

Cost: \$12

We will use red, white, and blue painted clothes pins to put together this beautiful American flag wreath. White painted stars and ribbon will be added to complete the project. All supplies included.

NEW



Monthly Card Making

All supplies included or bring your own from home and be inspired by others.

NEW

May 14 - Flowers

Tues., May 14 at 1:00pm

Cost: \$5 (set 4)



June 11- 4th of July

Tues., June 11 at 1:00pm

Cost: \$5 (set of 4)

July 9 - Summer

Tues., July 9 at 1:00pm

Cost: \$5 (set of 4)



Art Class

FREE!

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 812-350-8238.





Ball Room Dance Classes

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

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

Basic Beginner Line Dance

Wednesday, 4:00-5:30pm

Come dance with me - have fun and learn to dance!

Instructor: Carla Willis-Crase

Free for MRC members, \$10 non-member



Friday Line Dance

Intermediate & Advanced

Friday mornings 10:00-11:30am

Free for MRC members, \$10 non-member

Instructed by Billy & Carla Crase

Billy & Carla are renowned line dance instructors and choreographers.



NEW participants always welcomed!



Monday	Tuesday	Wednesday	Thursday	Friday
Ball Room Dance 5:00-7:00pm (MP1 & 2)	Ball Room Dance 5:00-7:00pm (MP1 & 2)	Line Dance Beginner 4:00-5:30pm (MP1 & 2)	Ball Room Dance 5:00-7:00pm (MP1 & 2)	Line Dance Intermediate & Advance 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.



Walking Group

Wednesday at 9:30am

Take a walk outside and take steps toward a healthier lifestyle while making friendships along the way. Each week we will walk a 2 mile route with longer excursions to come. You can also add it to your 100 Mile Challenge. Join Becky, Shannon, or Dan each week to get your steps in. Weather permitting.



Let's go for a **walk**





Bodies in Motion

Class meets:

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

Tues. & Thur. at 2:00-3:00pm (no class 5/30)

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 Debbie Grounds at 702-513-5183 or check the TOPS website at www.tops.org.



Senior Swim

At Foundation For Youth

Purchase swim passes at FFY for \$6 per visit or ask about discounted pricing. Please check out their website at www.foundationforyouth.com to confirm pool schedule as it varies by week. Call FFY with any questions: 812-348-4558



12 Months of Kindness ^{NEW}

Let's work together to help others in our community! We will be collecting items for a different group each month. Items may be turned into the office. Help spread kindness and love to others.



MAY - Small pre-packaged snacks for USO

JUNE - Hygiene products for Turning Point

JULY - School Supplies for LCNFC

Walk 'n' Roll ^{NEW}

Tuesday's at 3:00pm

We are keeping exercise fun with classic music, easy steps and arm movements! No rhythm is required. The class can be used as a great way to start exercising or can be added to your regular workout routine. Whether it's the locomotion, the boogie, or the twist, you're sure to have a good time as you sweat to the beat!



Lead by CRH instructor Myla Annis.

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: \$50 members/\$65 non-members

11:00am - Yang Style - Part 2 & 3
Monthly Cost: \$40 members/\$55 non-members

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.

FREE! **Free Introduction to beginner Tai Chi**
May 30 at 11:00am. Come find out what Tai Chi is can do for you.

Senior Volleyball

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

at Foundation for Youth 405 Hope Ave, Columbus
Information:



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 - 5:45-8:00pm



Friday Afternoons - 12:30-3:30pm

Follow Mill Race Center
on Facebook.



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.



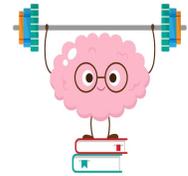
Ruby Tuesdays

Meet there at 11:00am
Tuesday, May 14

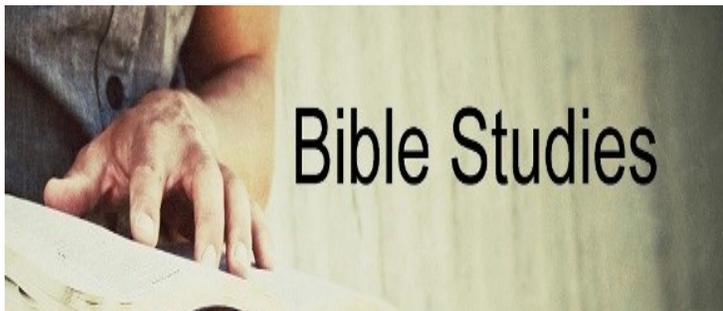
The Hanger

Meet there at 11:00am
Wednesday, June 26

**Monthly
Brain
Workouts**



See page 19 for details.



Bible Studies

Morning Bible Study

Tuesday mornings 10:30-11:30am

In the Classroom; **Free**

Information: Virginia Houser, 317-757-9674

May: Roy Hendershot - Walker Chapel

June: Rev, John Armstrong - Grace Lutheran Church



Wednesday Bible Study

Wednesday 3:30-5:00pm

The study will be on the minor prophets: Part 1 - Hosea, Joel, Amos, Obadiah, Jonah, Micah - Part 2 - Nahum, Habakkuk, Zephaniah, Haggai, Zechariah and Malachi. Please sign up in the office and purchase your Life Change series on your own. Sold online or at local bookstore.

Learn to Relax Class

Thursday, June 27 at 11:00am

Everyone experiences stress, and sometimes that stress can feel overwhelming. In Learn to Relax, we will look for ways to relax our minds and bodies using a variety of relaxation techniques. The goal is to equip members with stress-reducing techniques to help navigate stressful situations. Please register in the business office if you would like to attend.



Sound Healing

May 30 at 3:00pm; **FREE**

Come experience sound healing with Coleen Fleming. Coleen will use crystal sound bowls, hand drums, and rain/thunder chimes to help relax us. Registration required, free for members.



TED Talks

2nd Tuesday of each month Meeting at 1:00pm in Classroom Facilitators: Ed & Terri DeVoe



May 14 at 1:00pm

When Someone You Love Dies, There Is No Such Thing As Moving On

By: Kelley Lynn

Kelley is an actor, comedian, TEDx speaker, grief coach, and author of the book "My Husband Is Not a Rainbow: the brutally awful, hilarious truth about life, love, grief, and loss." Since the sudden death of her husband Don in 2011, it has been Kelley's mission to help change the conversations we have about grief and loss, and to help others navigate through life after loss.

June 11 at 1:00pm

How To Tame Your Wandering Min

By: Amishi Jha

Amishi Jha studies how we pay attention: the process by which our brain decides what's important out of the constant stream of information it receives. Both external distractions (like stress) and internal ones (like mind-wandering) diminish our attention's power, Jha says but some simple techniques can boost it.

Stay for Tuesday Tea after Ted Talks!



Tuesday Tea



May 14 & June 11



FREE

2:00-4:00pm



Hosted by: Jennie Rauch Cookies by: Pat Galdikas

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

Reptile Visit with Pat Tuesday, May 21 at 1pm; FREE

Join MRC member Pat Dodge for a special chat and meet and greet (if desired) with a few of her reptiles. This is a wonderful opportunity to learn more about them and ask Pat questions.



Reptiles With Pat



In The Woodshop Drop-In Woodcarving Class

**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



MRC Woodshop

FREE!

Tuesday and Thursday
1:00-4:00pm



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

Bodies In Motion Afternoon Class Tues. & Thurs. at 2:00pm



FREE!

NEW



Grocery Bingo!

Grocery BINGO

May 23 & June 20

3:30-4:30pm; Art Room

DON'T MISS OUT!

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 given 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 (40) so please register for this free event in the office.

UKULELE



Ukulele Circle

FREE! NEW

Mondays; 2:00-3:00PM; Free

Bring your ukulele and join us for the new "ukulele circle" at MRC. We will lead a sing-along/play-along hour of music and fun.

If interested in Ukulele class please let the office know.

FREE!



FREE Introduction to beginner Tai Chi May 30 at 11:00am. Come find out what Tai Chi is can do for you.

The Lasting Impressions



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

Practice: Monday & Friday 12:30-3:30pm (MP1)

Contact: Donna Browne (812)376-6612 to learn more about this group and how you can join.

JOIN THE GROUP!

WISE Class

(Wellness Initiative for Senior Education) (6 week class); FREE

FREE!

NEW

Coming later this summer you can register in advance in the office. WISE is a six-week interactive program that



focuses on different aspects of senior wellness. The sessions will include: Understanding changes associated with aging, Ageism, Cultural and generational diversity, Medication and older adults, Substance misuse, and Quality of Life. The program is made possible by a partnership with the Alliance for Substance Abuse Progress. Sessions will be led by Dan Mustard.



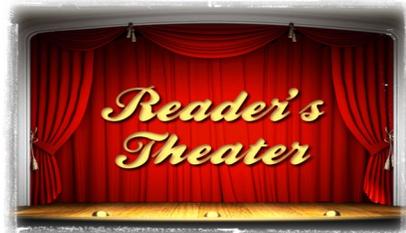
FREE!

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. Reservations required by the day before the party. You may bring one guest. Register in the MRC business office.

May & June Birthdays

May 23 at 12:30pm



Reader's Theater Practice

Wednesdays from 1:00-3:00pm

FREE!

Reader's Theater presents shows 4 times a year (Lunch & Laughter) by reading their script without costumes, props, and scenery. Be apart of this fun group helping other laugh and enjoy fellowship with others. Interested in joining the Reader's Theater group come to their weekly meetings or call Susie Blizzard: 812-376-0641.

Show dates: June 12, Oct. 9, & Dec. 4

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 13

Oppenheimer

One showing at 2pm due to length of movie



May 20

Happiness For Beginners



June 10

The Blind



June 24

Bob Marley: One Love



MRC Escape Room:

**SECRET AGENT:
Operation Zekestan**

Monday, May 13

Times set all day
Free for members

The new self-proclaimed country of Zekestan is holding the world in an iron grip. Their president's threats about a secret weapon are downright frightening, and no one knows what his sick mind has planned next. You and your team of specialists are the only ones who can stop him.

Ready for a little adventure? Join us as we host the third Mill Race Center Escape Room: **SECRET AGENT** (by Escape Room The Game/Identity Games®). Register for a time to play in the business office. Be ready to provide the names of your teammates (3-7 members are recommended). If you don't have a team we can put you with a group. Each team will be given 1 hour to "escape."

**ESCAPE
ROOM**



NEW FREE!



SECRET AGENT



DON'T MISS OUT!

 **Mill Race Center
Plant Exchange** 

NEW FREE!

Plant Exchange

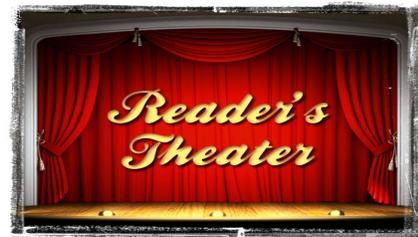
Tuesday, May 21 11am

FREE - members only

Plants can bring us lots of joy so let's share that joy with other members. Bring your perennials, succulents, or indoor house plants for an exchange. Bring a plant get a plant. All plants must be brought in a container not a plastic bag. Identify and label each plant for the exchange. Left over plants will be placed on a "free" table after the exchange. Bring plants by 10:00am and the exchange will start at 11am.



**LUNCH & LAUGHTER
READERS THEATER**



June 12 at Noon

Lunch: \$10 members

\$15 non-members

Make reservations at the MRC business office. **Required Registration by June 7.**

Doors open at 11:45am



**Friday, May 17 at 6:00PM
Sunday, May 19 at 1:00PM**

Tickets: \$25

Includes: Buffet Dinner & Show

Catered by: Sadies Catering

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

CAKEWALK

Cake Walk

Thursday, June 20

3:30pm; Free

Cake Walks are always fun! We will have fun music and walk in a circle (with chairs) when the music stops a number will be drawn. The winner will get to select from our dessert table. Must register in the office.

FREE!



Container Flowers
Tuesday, June 4 at 11am

Unleash your green thumb in a small space! This free container gardening workshop, presented by the Bartholomew County Extension office Master Gardeners, teaches you how to choose pots, select plants, and care for your flourishing container creations. Participants will receive a **free wooden planter container**. These were made and provided by a local senior for his senior project. Max 16

NEW
FREE!



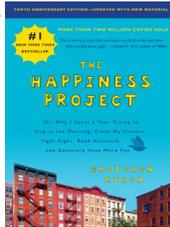
BOOK STUDY

The Happiness Project

Tues., May 28-July 2
11:00am

\$10 for book/or purchase on own

NEW



One rainy afternoon, while riding a city bus, Gretchen Rubin asked herself, “What do I want from life, anyway?” She answered, “I want to be happy” yet she spent no time thinking about her happiness. In a flash, she decided to dedicate a year to a happiness project. The result? One of the most thoughtful and engaging works on happiness to have emerged from the recent explosion of interest in the subject.

Donuts & Trivia
Tuesday, May 28 & June 25
9:30am in the lounge

A great time to social engage with others plus enjoy a treat and trivia.

Free

NEW
FREE!

Free Will Donation

Ice Cream Sundae SOCIAL

Fundraiser for Member Scholarships



Monday, June 24
at 2:00pm

Music provided by Blues, boogie woogie, and jazz pianist **CRAIG BRENNER**

Don't miss this fun afternoon at Mill Race Center! A list of sundae toppings that can be donated will be in the office. We appreciate all donations towards this event!

Quarterly Reading Challenge

Join Us!
March-May
June-August

FREE! **NEW**

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

Next quarter challenge will be **June-August**. 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. 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.

SOCK HOP

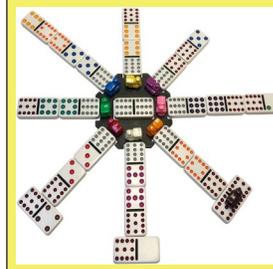
Save the Date
Sock Hop Fundraiser
August 28



The BCPL Bookmobile:

FREE!

May 1, 15, & 29
June 12 & 26
9:30-10:30am
Available out front of MRC.



Mexican Train Dominoes

FREE!

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



Classic Card Game Pinochle

FREE!

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

MAHJONG

Every Mon. & Fri.
12:30-3:30pm



FREE!

OPEN Billiards

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

FREE!

NEW



NEW

Bridge

Every Friday from 1-4pm
Lead by: Elaine Bailey
In the conference room

BRIDGE

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

FREE!



Puzzle Table

FREE!

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

Follow Mill Race Center on Facebook.



FREE!

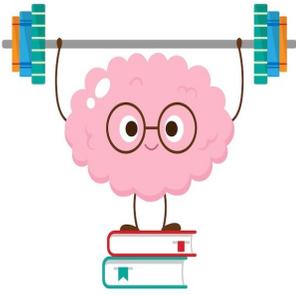


Cards & Games Schedule



Card games should not start early. Newsletter lists set time frame.

Monday	Tuesday	Wednesday	Thursday	Friday
Mahjong 12:30-3:30pm Hand & Foot 12:30-4:00pm <div style="border: 1px solid black; padding: 5px;"> Cards & Games are free for MRC members. Day passes can be purchased for non-members. </div>	Pinochle NEW 1-4pm (2 & 4 Tuesday) Euchre 4:30-7:00pm (MP3)	Scrabble 1:00-3:00pm Hand & Foot 12:30-3:30pm For information call Rosemary Sager (812)390-7665 (Canceled on 6/12)	Dominoes NEW 12:30-4:00pm	Mahjong 12:30-3:30pm Bridge NEW 1:00-4:00pm



Monthly Brain Workouts

Friday, May 24 & June 28
9:30am; Classroom



FREE

Taking time to focus on your brain health is very important. Just as our bodies require care and exercise so do our brains. We will work together monthly doing workouts for our brain to improve attention, brain speed, focus, memory, and cognitive function. We will laugh and have fun together, plus work against the clock to sharpen our brain skills. Register in the office.

DON'T MISS OUT!



Join MRC 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. *Fee: \$5 for van trip, free movie, popcorn, & drink.*

Thursday, May 9
The Wizard of Oz
(1939)



Next Movie: July 18
Title: TBA

Age My Way

Don't leave it to chance, make informed decisions!

Thursday, May 30, 2024
10:00 a.m. to 2:00 p.m.
Mill Race Center
900 Lindsey St., Columbus, IN
Free Transportation From Columbus Transit

See page 26
for details.

TRAVEL WITH MILL RACE CENTER

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.

TRAVEL



Contact Amanda if you have any travel questions or would like to schedule a meeting to make your travel plans.

Amanda Coleman

812-376-9241*215 or travel@millracecenter.org

Pictures from Amanda - The trip to Iceland this spring.



Wonders of Australia and New Zealand- **Amanda is going!**

February 26

16 days; \$8,999. per person double occupancy

Visit the other side of the world with our holiday to the 'must see' cities in Australia and New Zealand. Experience the Outer Barrier Reef, take a stroll through Australia's modern cities, see famous Bondi Beach and tour Sydney's unmistakable Opera House. Revel in the unspoiled natural beauty of New Zealand and cruise through gorgeous Milford Sound. Waterfalls, fjords, cosmopolitan cities...you'll experience it all on this unforgettable adventure.

NEW



London and Paris- Free air fare

May 14

9 days; \$4,299 per person double occupancy

Enjoy two panoramic city tours of London and Paris, an excursion to Leeds Castle and the Cliffs of Dover and learn about life in a château at Château de Vaux-le-Vicomte. Visit the regal Palace of Versailles on this 9 day tour of London and Paris.

NEW



Trips

Montana and Glacier National Park

August 3

8 days; \$4249 per person double occupancy. The awesome grandeur of Glacier National Park is on display from the comfort of a historic Red Bus travelling along the legendary Going-to-the-Sun Road. Cruise through Waterton Lakes National Park and follow in Lewis & Clark's footsteps to the Gates of the Mountains.



Yellowstone and Jackson Hole- Free Air Fare

September 20

7 days; \$3,699 per person double occupancy. The beauty of Yellowstone National Park comes to life with the natural wonders of Old Faithful, the Norris Geyser Basin and the Grand Canyon of Yellowstone. Tour scenic Grand Teton National Park, take a scenic float trip on the Snake River and discover treasures of the Old West in historic Jackson Hole.



2024 Bus Trips

Christmas at The Biltmore House

December 2-5, 2024

Take a step back in time for an elegant 1895 Christmas! Illuminated with candles and soft lights, the Biltmore House appears as it did Christmas Eve 1895, when it was officially opened by George Vanderbilt. View the home by candlelight, then return in daylight to tour Antler Hill Village and massive grounds of the estate. \$899 double/\$1160 single



Derby Dinner Shows

Derby Dinner

**The Sweet Delilah Swim Club
Wed., June 19**

\$55 members, \$65 non-members
A touching comedy about five southern women whose friendships began on their college swim team and span a lifetime. As the years pass, their lives hilariously unfold at the "Sweet Delilah" Beach Cottage where they reconnect each year. Leave MRC at 10:15am return approx. 5:30pm. Max: 12 R



MILL RACE CENTER

100
MILE
CHALLENGE

Keep track of
your miles while
you travel!



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

www.millracecenter.org

Dementia Virtual Reality Training with

Thrive Alliance

**Monday, June 17 or
Tuesday, June 18**

1:30-3:30pm; Free

Come experience The Virtual Dementia Tour. This tour alters participants' physical and sensory abilities using sensor tools. This tour offers hope by providing practical ways to provide insight and support of a love one that is living with dementia.

Register with Thrive Alliance - Sue Lamborn 812-314-2764.

DON'T MISS OUT!



SECOND WIND
DREAMS



Daytrips

NEW

All day trips have reservations or tickets purchased. Do not meet MRC there and expect to sit with our group. Our seats are for registered members. Do not call day trip locations representing MRC.

R - refund available up to 3 days before departure

 Lots of walking, standing, or stairs

Golden Corral Monday, May 13

Cost: \$10m/\$15nm plus lunch

We will travel up to Greenwood to enjoy lunch at Golden Corral. Leave MRC at 10:15am/return approx. 1:30pm. Max: 12



Batar in Seymour

Friday, May 17

Friday, June 21

Cost: \$10m/\$15nm lunch on own

Come inside, sit back and enjoy a cool iced tea and delicious lunch in the Geranium Room. Satisfy your appetite with our luncheon menu offering freshly made hot and cold sandwiches, homemade soups, chicken wraps, and a variety of more. You will love the homemade desserts and fresh coffee and tea. We will have small group reservations for several months to accommodate our numbers. Leave MRC at 10:20am return approx. 1:30pm. Max: 7



Candle Pour & Rails in Seymour

Wed., May 22

\$40 plus lunch

You will have such fun going through the scent library and selecting our favorite scents to combine together for your own personal candle pour. After completing our candles we will walk to Rails restaurant in Seymour for a delicious lunch. After lunch we will head back to pick up our completed candles and head home. Leave MRC at 10am/return approx. 2pm.



Kingfish Restaurant & Howard Steamboat Museum in Jeffersonville

Friday, May 31

Cost: \$20m/\$30nm lunch on own

Lunch Kingfish restaurant followed by a tour of the Howard Steamboat Museum. Leave MRC at 10:00am return at approx. 4:30pm. Max: 12 (stairs)



Gray's Cafeteria

Wed., June 5

Wed., July 10

Cost: \$10m/\$15nm lunch on own

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



Shapiro's & The Benjamin Harrison Presidential Site

Monday, June 10

Cost: \$25m/\$35nm + lunch

First stop lunch at Shapiro's. The Benjamin Harrison Presidential Site, previously known as the Benjamin Harrison Home, was the home of the twenty-third President of the United States, Benjamin Harrison. We will be walking through Harrison's 16-room house that was built in 1874. Leave MRC at 10:00am return at approx. 4:00pm. Max: 12 (stairs)



Hillforest Mansion Tour & High Tea

Thursday, June 27

Cost: \$45 includes tea

A special trip planned for tour and high tea at Hillforest Mansion in Aurora. This beautiful mansion was built in 1855 on the bluff of the Ohio River. We will enjoy a special tour, high tea, and tea sandwiches. Leave MRC at 10:00am return at approx. 3:00pm. Max: 12 (stairs)



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
812-552-3343 or
kn4073@comcast.net



The Better Breathers Club

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



The Better Breathers Club is sponsored by the American Lung Association, and is supported locally by Columbus Regional Health. We offer presentations on informative topics, and include time for questions and discussion. We also offer friendly support to anyone with lung problems. 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.

June 5 at 3:00 – “The Psychology of Chronic Disease; depression and anxiety”

If you more information, call Jennifer at 812-376-5793.

SAGE Table

Friday, June 14
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., May 30 for meal preparation purposes.

Let's go for a
walk

NEW

Every Wednesday at
9:30am
2 mile walk planned
Meet in the lobby

britbox

An Inspector Calls

Mon. May 6 at 1:30pm

The mysterious 'Inspector Goole' interrupts a wealthy family's family party to tell them a young woman committed suicide that night. But what's that got to do with them? One by one, they will find out, as their shattering, dark secrets are revealed.



Murder Is Easy

Based on the classic Agatha Christie mystery, Murder Is Easy tells the story of Luke Fitzwilliam who finds himself on the trail of a serial killer after meeting Miss Pinkerton on a train to London.

NEW

Each episode is about 1 hour

FREE!

Murder Is Easy - Episode 1

Mon. June 3 at 1:30pm

On the train to London, Luke Fitzwilliam meets the elderly Miss Pinkerton, who confides in him that there is a killer on the loose in her quiet village. When Miss Pinkerton is struck down on her way to Scotland.



Murder Is Easy - Episode 2

Mon. June 17 at 1:30pm

As Wychwood reels after another tragic death, the discovery of a crucial piece of evidence blows the investigation wide open and leaves Luke Fitzwilliam questioning who he can trust.



Broadway Series

FREE!

Call MRC to register for each viewing.

Flower Drum Song

Fri., May 24 at 1:00pm

(1961) Nominated for 5 Oscars, the adaptation of Rodgers and Hammerstein's 1958 musical finds a young woman arrives in San Francisco's Chinatown from Hong Kong with the intention of marrying a rakish nightclub owner, unaware he is involved with one of his singers.



South Pacific

Fri., June 28 at 1:00pm

(1958) Nurse Nellie Forbush of the U.S. Navy falls for middle-aged French plantation owner Emile De Becque, but recoils upon discovering that he's fathered two mixed-race children. When Nellie leaves him, the heartbroken Emile agrees to take on a dangerous espionage mission. In his absence, Nellie struggles to reconcile her prejudices with her love for him.



Eight Dimensions of Wellness Challenge

June 1 through August 31



Calling all Mill Race Center members! This summer we will be challenging you to **Age Well** by competing in the "Eight Dimensions of

Wellness Challenge." The goal is to introduce you to healthy opportunities and lifestyle habits as well as encourage you to maintain the habits already in place. The reward is that you will see improvement in your Physical, Social, Vocational, Financial, Emotional, Environmental, Intellectual, and Spiritual self and... there will be a chance to win a prize! Pick up your packet end of May in the business office. The challenge is to complete 40 activities included in the packet by August 31st. Once completed, return the completion slip to the office. Here's to a little healthy competition!



Eight Dimensions of Wellness

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!

Intellectual

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

Financial

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

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!

Physical

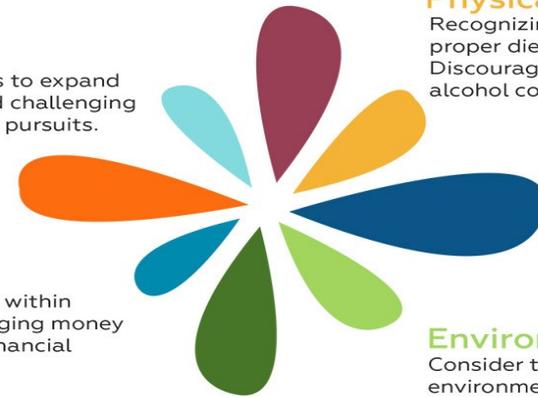
Recognizing the need for regular physical activity, proper diet and nutrition, and personal safety. Discouraging the use of tobacco, drugs, and excessive alcohol consumption. Get moving - be healthy!

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!



Age My Way

Don't leave it to chance, make informed decisions!

Thursday, May 30, 2024

10:00 a.m. to 2:00 p.m.

Mill Race Center

900 Lindsey St., Columbus, IN

Free Transportation From Columbus Transit

A FREE conference

**Lunch &
Refreshments
Served**

Topics Covered Include

- **Advanced Directives, POA, Planning as you Age**
presented by Voelz, Reed, & Mount, LLC
- **"Who Get's Grandma's Yellow Pie Plate?"**
presented by Purdue Extension Office
- **"What's in Your Medication Cabinet?"**
presented by ASAP
- **Having Fun in Retirement - United Way Action Center Overview**
Followed by Information Booths by Local Organizations Offering Fun Activity Opportunities, such as Columbus Pickleball, Mill Race Center, Pollinator Club Bartholomew County Public Library and More!

WAW will be offering FREE document shredding services from 10 am to 2 pm. In the parking lot of Mill Race Center.

WAW
Planning
& Investments

Register at: <https://shorturl.at/rNX24>



Sponsored by:





COLUMBUS REGIONAL HEALTH

Your Partner for a Lifetime of Fitness

THE WELLNESS CENTER AT MILL RACE CENTER

Located in Mill Race Center, 900 Lindsey St., Columbus, IN 47201, The Wellness Center is a community facility for active adults located in beautiful Mill Race Park.

INNOVATIVE FITNESS CENTER

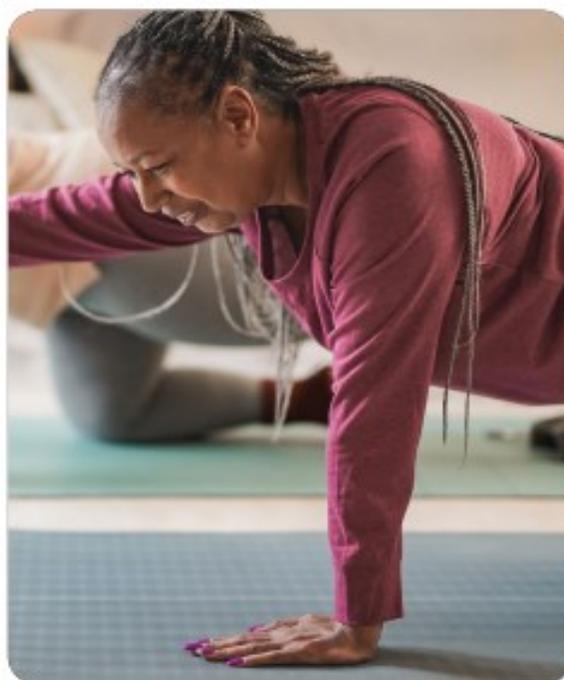
The Wellness Center includes an innovative Fitness Facility with age-friendly cardio and strength equipment designed to make your workout more effective, safe, and fun.

CLASS OPTIONS FOR ALL SKILL LEVELS

The facility is a Silver Sneakers and Silver & Fit approved facility. Certified trainers will work with members to develop personal fitness plans on the easy to use weight training and cardio equipment. A wide variety of Group Wellness Exercise classes are offered for all levels of participation.

VARIETY OF FEE STRUCTURES

The Wellness Center offers day/guest passes, monthly memberships and annual memberships. Stop by or call 812.376.5808 to schedule a tour. Staff trainers are available by appointment for new member equipment orientation and program design.



INCLEMENT WEATHER

In the event of a snow emergency (or other weather emergency) as declared by Bartholomew County or City of Columbus officials (State Police, Mayor, etc.), The Wellness Program will be closed and will not offer any fitness services. In the event that classes are NOT canceled in bad weather, please only travel if you feel that you personally can do so safely. All participants with questions as to the status of classes should call The Wellness Center at 812.376.5808. Wellness WILL NOT follow the Bartholomew Consolidated School Corporation closing policy.

FITNESS

\$7 | DAY/GUEST PASS

Per single visit

\$39 | MONTHLY MEMBERSHIP

Per month (automatic monthly withdrawal until canceled, no annual contract) includes unlimited use of The Wellness Center and all Wellness Classes (excluding water classes).

\$29 | ANNUAL MEMBERSHIP

Per monthly (automatic monthly withdrawal for 12 months with contract) includes unlimited use of The Wellness Center and all Wellness Classes (excluding water classes).

HOURS

Mon.–Thu.	6:30 a.m.–7 p.m.
Fri.	6:30 a.m.–5 p.m.
Sat.	8 a.m.–12 p.m.
Sun.	Closed

REGISTRATION

> 812.376.9241
> Mill Race Center
> 900 Lindsey Street
Columbus, IN 47201
Mon.–Fri. from 8:30 a.m. to 5:00 p.m.

For more information visit crh.org/wellness or call 812.376.5808.

ASAP

Alliance for Substance
Abuse Progress

IT'S MENTAL HEALTH MONTH Are You Taking Care of Your Mind?

asapbc.org



asapbartholomewcounty



asapbartholomew

(812) 418-8705

Open: 8am - 4:30pm



DID YOU KNOW?

Mental health **matters just as much** as physical health! If left untreated, mental health struggles can severely impact your life, potentially leading to lowered daily functioning, substance misuse, poor quality of life, and increased mortality.

Research even shows that *mental illness can make it harder for your body to heal* from physical ailments. This is why it's so important to prioritize your mental health, ensuring a happier, healthier life over-all!

ASSESS YOUR MENTAL WELLNESS

Get a **FREE** mental health checkup!

Visit screening.mhanational.org to screen for depression, anxiety, addiction, and other mental health conditions you may be struggling with.

IMPORTANT FACTS about mental health & aging

If you're struggling, you're not alone.

- One in four American adults experiences a diagnosable mental condition annually.
- Approximately 6% of older adults face clinical depression.
- Persistent sadness or anxiety that interferes with daily life may signal a need for professional support.

Mental illness can arise later in life.

- Some may even experience it for the first time as they age.
- Changes in physical health, such as a stroke, Parkinson's, cancer, arthritis, or diabetes, and even some medications can sometimes affect mental health.
- Changes in mood, behavior, or substance use may signal a mental health concern.

Suicide risk is higher among aging adults.

- Older adults experience the highest suicide rates in the U.S., with those 85+ at the greatest risk, followed by the 75-84 age group.
- Older adults have a much higher attempt-to-completion ratio, making their attempts more lethal.
- Talk openly about mental health and suicide – it could save a life.

**If you or someone else needs help,
call the 988 Suicide & Crisis Lifeline.**

ASAP

Alliance for Substance Abuse Progress

BOOSTING MENTAL HEALTH & Well-Being in Your Golden Years

asapbc.org



asapbartholomewcounty



asapbartholomew

(812) 418-8705

Open: 8am - 4:30pm

KNOW THE SIGNS that you may need help

If you notice any of the following for an extended period, it might be a good time to talk to your doctor or a trusted mental health professional:

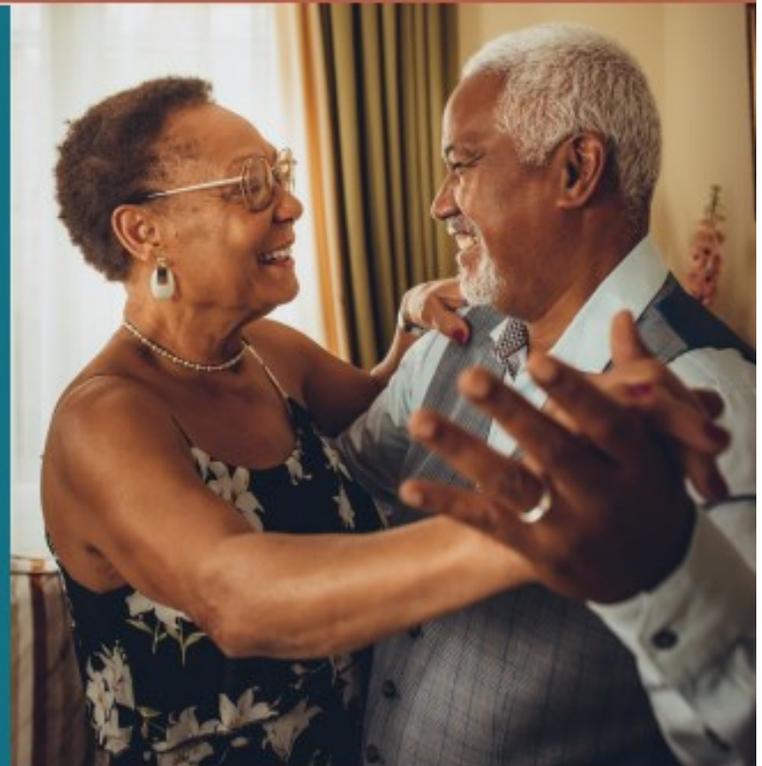
- Feeling down or sad for more than a couple of weeks.
- Worries about money, family, or health that affect your daily life.
- Ongoing sleep problems or trouble focusing.
- Difficulty remembering things or feeling confused more often than usual.
- Changes in appetite or weight that are unexplained.
- Loss of interest in activities you once enjoyed.
- Finding yourself regularly having more than one alcoholic drink a day or needing more medication than prescribed.

RECOVERY IS POSSIBLE

This is true at any stage of life. In fact, a recent study showed that **80% of older adults recovered from depression** after receiving treatment that included both psychotherapy and anti-depressant medication.

ASAP Rethinking Wellness

Embracing wellness for lasting impact against substance misuse



YOU CAN THRIVE & FIND JOY in ANY season of your life

However, your needs may change with your body, living situation, and relationships. Here are some things to keep in mind:

- If you're taking several medications, watch for changes in mood or behavior as they could signal harmful interactions or side effects.
- Staying mentally and physically active, along with maintaining social connections, provides significant benefits for mental health.
- Even solving basic problems, such as transportation, can lower stress and improve community connections, outlook, & mood.
- There is no age limit when it comes to fulfilling activities like reading, walking, socializing, working, or starting a new project or hobby. Do the things that bring you joy!

Source: OWL – The Voice of Midlife and Older Women

How can I donate and help MRC?

1 of 3 Ways:

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

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.



Quarterly Reading Challenge

NEW Quarterly Reading Challenge!
See Page 17 for details!

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.



MILL RACE CENTER
100
MILE CHALLENGE

Keep log of your miles!

Follow Mill Race Center on Facebook.



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
12:30	Hand & Foot	MP2
1:00	Drum Practice	CR
1:30	Brit Box Series (pg. 22)	AR
2:00	Movies (pg. 15)	AR
2:30	Ukulele Class	CR
5-7	Ballroom Dancing	MP2

Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
10:00	Succulent Group (3rd Tues.)	AR
10:00	Tai Chi (\$)	MP1
10:30	Bible Study	CR
1:00	Card Making (2nd Tues.)	AR
1:00	Woodshop	WS
1:00	Ted Talks (2nd Tues.)	CR
1-3	Embroidery Guild (3rd Tues.)	AR
1-4	Pinochle	CNR
2:00	MRC On the Go (see page 6)	Off Site
2:00	Bodies in Motion	MP2
3:00	Walk'n'Roll	MP2
3:00	Tea (2nd Tues.)	LO
4:30	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
9:30	Walk in the Park	LOB
10:00	Art Class	AR
11:30	TOPS	CR
12:30	Hand & Foot	MP2
1:00	Scrabble	LO
1:00	Reader's Theater	CR
3:30	Bible Study	CR
4:00	Beg. Line Dance	MP2
5:45-8	Pickleball	MP2

Thursday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
10:00	Tai Chi (\$)	MP1
10:30	Dulcimer lessons (pg. 6)	CR
12:00	Line Dance Practice (2nd Thurs.)	MP2
12:30	Dominoes	MP3
12:30	Birthday Party (pg. 14)	AR
1:00	Woodshop	CR
1:00	Woodcarving	CR
2:00	Bodies in Motion	MP2
3:00	Craft Classes (pg. 8)	AR
3:30	Grocery Bingo (pg. 14)	AR
3:30	Cake Walk (pg. 16)	MP2
5-7	Ballroom Dancing	MP2

Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
9:30	Monthly Brain Workout (pg. 19)	CR
10:00	Line Dancing	MP2
12:30	Mahjong	AR
1:00	Learn Bridge	CNR
1:00	Broadway Series (pg. 24)	CR
12:30	Lasting Impressions	MP1
12:30-3:30	Pickleball	MP2

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

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

ACTIVITY HIGHLIGHTS

May 6

Brit Box Movie; 1:30pm **FREE!**

May 13

Escape Room; All Day **FREE!**

May 13 & 20

Movie; 2:00 & 4:30pm **FREE!**

May 14 & June 11

Card Making; 1:00pm **FREE!**

Ted Talks; 1:00pm

Tuesday Tea; 3:00pm

May 16-June 13

Kara's Silver Strings Class; 10:30am **FREE!**

May 17 & 19

The Lasting Impressions Show

May 20 & June 26

Come & Eat; 11:00am

May 21

Plant Exchange; 11am **FREE!**

Reptiles with Pat Dodge; 1pm

May 21 & June 18

Succulent Lover's Group; 10:00am **FREE!**

May 23

Birthday Party; 12:30pm **FREE!**

May 23 & June 20

Grocery Bingo; 3:30pm **FREE!**

May 24 & June 28

Monthly Brain Workout; 9:30am **FREE!**

Broadway Movie; 1:00pm

May 28 & June 25

Donuts & Trivia; 9:30am **FREE!**

May 28-July 2

Th Happiness Project Book Study; 11:00am **NEW**

May 29

National Senior Health & Fitness Day **FREE!**

May 30

Age My Way Conference; 10am-2pm **FREE!**

FREE Tai Chi; 11am

Sound Healing; 3:00pm

June 3 & 17

Brit Box Series; 1:30pm **FREE!**

June 7

Welcome Breakfast; 9:30am **FREE!**

June 10 & 17

Movie; 2:00 & 4:30pm **FREE!**

June 14

Sage Table; 11:30am **FREE!**

June 12

Lunch & Laughter; 12pm, \$

June 17 & 18

Thrive - Dementia Virtual Training; 1:30pm **FREE!**

June 24

Ice Cream Social; 12pm **NEW**

June 27

Cake Walk; 3:30pm **FREE!**



Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

Visit us at www.millracecenter.org



MRC will be closed on May 27 for Memorial Day.



Mill Race Center
900 Lindsey St.
Columbus, In 47201

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

CURRENT RESIDENT OR