



May-June 2025 • Issue No. 3

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 28 FREE

8:30AM	Body In Motion Class
9:30AM	Brain Health Walk In The Park
9:30AM	General Mobility Fitness Class*
10:30AM	Balance Fitness Class*
11:30AM	Plant Based Eating Class with Stephen with Purdue Extension
1:00PM	Balance and Vestibular Conditions & Rehabilitations with Bart Hudson
3:00PM	Basic Beginner Line Dance special class with Carla Willis-Crase
4:00-5:30PM	Line Dancing Beginner/Intermediate
5:30-8:00PM	Pickleball

*Try out these new special fitness classes

Plant Based Eating with Purdue Extension 11:30AM; FREE

Join Stephen Dishinger from Purdue Extension as he presents the basics of choosing a plant-based diet the pros and cons.

Balance and Vestibular Conditions & Rehabilitation 1:00PM; FREE

Learn about the importance of balance as we age and how our brain and body work to keep us upright and stable. We will discuss common and not so common problems with balance and the vestibular system and what you can do to maximize your balance and prevent falls.



100 MILE CHALLENGE



Fall/Winter Challenge ends March 31.

Winner will receive: a free MRC t-shirt, a free One Year Membership to MRC, and \$50 cash.

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, hiking, swimming, paddling, line dancing, 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.

KEEP MOVING!



JOIN NOW

- Innovative Fitness Center
- Class Options For All Skill Levels
- Variety of Fee Structures
- Certified Fitness Trainers
- Silver Sneakers and Silver & Fit
- Beautiful views

\$29 a month
payment options available



See pages 26 & 27
for details.

Bimonthly Publication of Mill Race Center, Inc. • Columbus, IN 47201 • Phone: 812-376-9241 • Fax: 812-379-2841

www.millracecenter.org

Mill Race Center Program Hours: Monday-Thursday, 8 A.M.—7 p.m. and Friday 8 A.M.—5 P.M.

Business Office Hours: Monday-Friday 8:30 A.M. - 5:00 P.M.

Fitness Center Hours: Monday—Thursday, 6:30 A.M. to 7P.M., Friday 6:30 A.M. to 5 P.M. and Saturday 8 A.M. to Noon

Fitness Center (812) 376-5808; Fitness Center is a separate membership, but can be purchased at MRC.



From Your Executive Director

Mill Race Center is a unicorn. MRC is an organization that should not exist, at least at this scale, in a community this size. This facility is the result of a dream and a bold plan to create a state-of-the-art community center for older adults. Like many bold plans, there can be excitement and momentum during the planning and building stages. It can be difficult to keep up that excitement and support when the newness wears off and the focus shifts to maintaining and sustaining the project. As this building ages and we endeavor to update and repair the facility, it is all too easy to focus on the facility itself, and to lose sight of the “why.” Baby Boomers were the largest generation in history, and they are living longer in record numbers. It is imperative that we provide them with the tools to remain healthy in this season of their lives.



We are unique in the state of Indiana, and a rare entity even at the national level. I know that many people assume that every community has a senior center, and that the building and services must be funded through federal, state, county or city funding. While that is the case in a handful of communities, it is not the situation here at Mill Race Center.

I am sharing this information because our future is never guaranteed. Mill Race Center has never been on solid financial footing. Much of the projected support for operations never materialized, and like many not-for-profits, we have seen continued funding cuts as the philanthropy landscape changes. We have been able to put together a patchwork of funding sources that have sustained us, but with very little margin for error. We have been relatively stable over the past couple of years, thanks in part to maintenance support from the City of Columbus. This covers a portion of our operating and maintenance needs, but we are still vulnerable to some major expenses that are inevitable with the age of the building. The HVAC system is an immediate concern, with 14 units on our roof that are nearing the end of their life cycles. Repairs on this system have taken an inordinate amount of our maintenance budget over the past 18 months. This building has very heavy use throughout the week, and we often have rentals on weekends. This has taken a toll on the flooring, which will need to be replaced soon.

We have reached a moment in time where we must decide, as a community, if we have the will to continue the work of an organization that was established in 1956. Please consider a gift to Mill Race Center. You can become a member of the 900 Circle with a donation of \$900 or more. Monthly giving plans are an option. Consider a bequest to Mill Race Center in your estate planning. We will be reaching out in our annual campaign later in the year, and I hope that you will show your appreciation for the vision that the founders of Mill Race Center brought to life here at 900 Lindsey Street.

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. Those 85 and older are \$35 and those 90 and older are free. We have a six month memberships \$45, and offer a monthly payment option. A day pass is available for \$10 a day. *Fitness Center membership is separate but can be purchased in the Mill Race Center office.*



In Partnership With
ASCENT
PHYSICAL THERAPY
A Body in Motion Stays in Motion

Check out all the options with Mill Race Center Fitness on pages 26 & 27. Join today and make your physical wellness a priority.

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

Adam Garrett, Facilities Manager, x 225

Charlie Harsh, Facilities Assistant, x 216

Jeff Jones, Van Driver

Dan Mustard, Executive Director, x 211

Shannon Truman, Operations & Programs Director, x 220

Jeff Voyles, Senior Products, x 228

Mill Race Center Board Of Directors:

Stephen Bayer, **Cara Bywater**, **Father Clem Davis**, **Jason Guthrie**,
Crissy Riley, **Josh Shelley**, & **Robert Weimer**



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

ASCENT
PHYSICAL THERAPY

A Body in Motion Stays in Motion

Move better, Feel Better

Take back your life

Our newest clinic is at Mill Race Center

call 812-718-5062

www.ascentpt.net

Balance and Vestibular Conditions & Rehabilitation

Wed., May 28 at 1:00PM; FREE

Learn about the importance of balance as we age and how our brain and body work to keep us upright and stable. We will discuss common and not so common problems with balance and the vestibular system and what you can do to maximize your balance and prevent falls.



ASCENT
PHYSICAL THERAPY



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

(Does not meet the 5th Thursday of month)

Needs sewers and more volunteers.

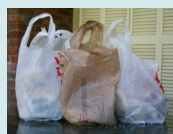
Make handmade Pal Dolls for hospitalized children and orphanages overseas. You do not need to know how to sew. Leader: Carolyn Jordan 374-9630



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



Leaving a legacy has never been easier. It would be our privilege to help you include Mill Race Center in your estate plans. Call us at (812) 376-9241 and ask to speak with Dan Mustard.



12 Months of Kindness

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 - Cereal for Love Chapel
JUNE - Mac & Cheese and applesauce for Salvation Army
JULY - Sauve (only) Shampoo & Conditioner for Beloved (Care for Foster Families)

**Mill Race Center will be closed on
Monday, May 26 for Memorial Day.**

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.

Volunteer for your Vocational Wellness

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.

Puzzle Table

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



Word Puzzles & Challenge Sheets

Word puzzles, 100 Mile Challenges, and reading slips are printed and placed in the wire rack on the puzzle table for you to pick up.



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 Bradley in the office.

Tuesday, May 6 at 3:30PM

Welcome!

FREE!

MRC Welcome Breakfast
Friday, June 6
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!



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

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

Mill Race Center Plant Exchange

Tuesday, May 20 at 10AM

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. Enjoy the plant exchange and stay for the Fun With Plants Group Meeting.

NEW FREE!



Fun With Plants Group

May 20 & June 17 at 10AM

In May we will participate in the plant exchange and then have our meeting. Meeting monthly to discuss all beautiful plants and how to care for them. Learning and growing all types of plants can be so fulfilling and rewarding. It's even more fun to share with friends...so join the group.

FREE!



Pharmacist Questions

1st & 3rd Tuesday at 10:00AM

Ask the experts! Do you have questions about your prescriptions or over the counter medications? Would you like to know more about possible interactions and how to take medications safely and more effectively? Join Jeff Parker, Doctor of Pharmacy, and his associates on the first and third Tuesdays at 10:00AM in the Conference Room. Bring your medication list and your questions to these informal conversations.

NEW FREE!

**Ask the
Pharmacist**



MILL RACE CENTER

ON THE GO

FREE!

Vivera

May 6 & June 10 at 1:00PM

Fairington Apartments

May 13 at Bldg 2301 at 2:00PM

June 17 at Bldg 2401 at 2:00PM

Mill Race Center will be hosting free activities for the residents of Fairington apartments and Vivera. 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

Mandolin Orchestra

New date coming

FREE

Mark your calendars now for this delightful performance. The orchestra performs a variety of music from Tin Pan Alley classics that were popular in the late 19th and early 20th centuries to classical and baroque selections, to bluegrass favorites, to pop music. The CMO celebrates the tradition of acoustic, plucked instruments. The prominent instrument is the mandolin, with additional players strumming the mandola, the octave mandolin, the mandocello, the guitar, the harp, and the upright bass. **Register in the office for seating purposes and light refreshments served.**

NEW FREE!



NEW DATE!

Walking Group

Wednesday at 9:30AM

Take a walk outside and take steps toward a healthier lifestyle while making friendships along the way. All levels of walking welcome. This is a great way you can add miles to your 100 Mile Challenge. Group walks offer a chance to connect with others, share experiences, and build relationships. A refreshing way to start your day.

Weather permitting.

FREE!

Let's go for a
walk



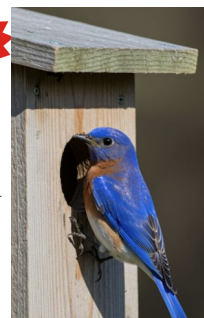
Build a Bluebird Box & Presentation

Friday, May 16 at 10:30AM

\$10; Must register

Join Dan Sparks from Nashville to build your own bluebird nesting box and enjoy his presentation all about the beloved bluebird.

NEW



CAKEWALK

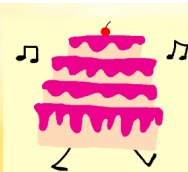
Cake Walk

Thursday, June 19

3:30pmPM; FREE - Must register

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.

FREE!



Eight Dimensions of Wellness



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.

Tuesday Evening

Sewing Group

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



Monday Morning Sewing

8:00AM-12:00PM

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.



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.



create

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

Painting Exploration

Thurs., May 8 at 3:00PM
Cost: \$8

A class to explore thru painting. We will make a canvas painting using blown up rubber gloves to dip into the pain. We will explore this fun technique together practicing first before final project. All supplies included for this project.



Bee Bath

Tues., May 20 at 3:00PM
Cost: \$10

We will create our own bee bath which is a drinking source for our bee friends to put outside you home. We will add stones to make it accessible for the bees and keep them safe. All supplies included.



Clay Pot Turtle

Tues., June 17 at 3PM
Cost: \$10

Make a cute turtle out of clay pots for your outdoor patio, garden, or even turn it into a candle holder inside. This will be a fun and easy project. All supplies included for this project.



Fairy Garden Class

Tues., June 24 at 3:00PM
Cost: \$15

Create your own magical fairy garden with a house, plants, and other accessories. Bring your creativity for this fun class. **This is an intergenerational class that you may bring your grandchildren to attend. An opportunity to complete the project together.** All supplies included.



Beginner Stamping

Thurs., June 19
at 12:00PM; Free

Try your hand at learning the art of stamping. Make whatever project you wish. Learn together create decorative designs. Supplies provided. Register in the office.



Monthly Card Making



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

May - Flowers

Tues., May 13 at 1:00PM
Cost: \$5 (set 4)



June - Summer Fun

Tues., June 10 at 1:00PM
Cost: \$5 (set of 4)

July - Bright Colors

Tues., July 8 at 1:00PM
Cost: \$5 (set of 4)



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 812-350-8238.





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.



Choose To Move Race

May 8 at 2:00PM at Mill Race Center

You can participate in this walk and log your miles for the 100 Mile Challenge. The walk will not be a race and there will not be a specific length for the walk. We will gather and begin together, but then people may determine how far, how long, and how fast they wish to go. By 3:05PM (or before if needed) we will gather back at Mill Race Center for refreshments!

See page 24 for Parkinson's Support Group information with Mill Race Center.





Bodies in Motion

Class meets:

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

Tues. & Thur. at 2:00-3:00PM

FREE for 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



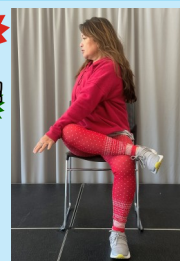
Chair Yoga

Tues. & Thurs. at 11AM

FREE for MRC members

Not meeting March 20 & April 29

Increase flexibility and range of motion (ROM) while improving posture and balance. Most movements are chair-based focusing on proper stretches to reduce stress with proper breathing. Leave the class feeling renewed and rejuvenated! Lead by fitness instructor Myla Annis.



Walk 'n' Roll

Tues. & Thurs. at 12PM

FREE for MRC members

Not meeting March 20 & April 29

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 fitness 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 - Beginner Class
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.



Senior Volleyball

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

at Foundation for Youth 405 Hope Ave, Columbus
Information:



Senior League Bowling

Tuesdays at 12:30PM

Columbus Bowling Center

Information: Joan Winkle, 812-350-9452



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

Closed on July 4

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.



For The Love of Brunch

Meet there at 11:00AM
Monday, May 19

Pappa's Grill

Meet there at 11:00AM
Wednesday, June 18



NEW

Ping Pong
Tuesday & Thursday
3:00PM; **FREE**

Not meeting June 19

FREE!



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: John Armstrong



Wednesday Bible Study

Wednesday 3:30-5:00PM

An interactive study on "The Chosen Season 2" with interactive Bible Study volume 2. Purchase book on own or in first class. Season 3 begins on June 11. We will watch an episode one week and then do the corresponding lesson together from the book the next week.

Sound Healing

Thurs., June 5

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. Bring your own yoga mat if you wish otherwise chairs provided. **Registration required, free for members.**



Reader's Theater Practice

Wednesdays from 1:00-3:00PM

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 at 812-376-0641. *Not meeting June 18 & 25.*



TED Talks

2nd Tuesday of each month
Meeting at 1:00PM in Classroom

Facilitators: Ed & Terri DeVoe



May 13 at 1:00PM

How lifelong movement supports your brain.

By: Christopher Wilson

Christopher Wilson believes the future we create depends on how we care for our most powerful organ the brain. 1 in 9 adults experience cognitive decline by age 45 and 60% of Americans live sedentary lives, but Chris has seen firsthand how movement can reverse these trends and protect brain health long-term. In his talk, he shares how movement isn't just about staying fit it's essential for brain health, longevity, and overall well being.

June 10 at 1:00PM

How not to take things personally?

By Frederik Imbo

With the aim of improving their communication skills Frederik gives presentations, workshops, training courses and personal coaching sessions to anyone prepared to make their two ears available. Do you take things personally? This Ted Talk will discuss two strategies to help you stop.

Stay for Tuesday Tea after Ted Talks!

Tuesday

Tea



May 13 & June 10



FREE

2:00-4:00PM

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.



Hosted by: Jennie Rauch

Eight Dimensions of Wellness

Leather Crafting

Wed., June 4

3:00pm in the woodshop

Try your hand at leather crafting making your own key chain or backpack charm. You will be able to pick from a variety of leather stamps to personalize your key chain. All supplies included including sample leather to practice on before you make your final project. Instructed by Mill Race Center member Richard Hall. Must register and max: 10.

NEW **FREE!**



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. Call Becky at 812-376-9241.



Follow Mill Race Center
on Facebook.

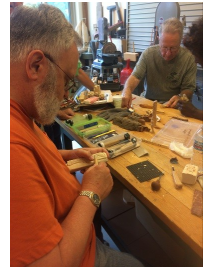


In The Woodshop

Drop-In Woodcarving Class

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.



MRC Woodshop

Tuesday and Thursday
1:00-4:00PM

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

FREE!



Learn to Play MAH JONGG
Tues., May 6 at 12PM;
FREE



This is a **FREE** opportunity open to the community to come learn how to play National Mah Jongg. Get your questions answered and learn how to play this great brain game! Mah Jongg is a tile based strategy game offered twice a week at Mill Race Center.

FREE!



Grocery BINGO
May 15

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 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.

DON'T MISS OUT!



Ukulele Circle

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.

FREE!

If interested in Ukulele class please let the office know.



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

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

(not meeting on summer break)

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

Two **FREE** classes for Mental Health Awareness month in May.



Question, Persuade, Refer (QPR):

Ask a Question, Save a Life

May 30 at 10:30AM; FREE

Recognize warning signs, clues, and suicidal communications. Increase ability and confidence in asking about suicide.

Rethinking Pain: A Simplified Approach to Understanding and Managing Pain

Day & Time TBA; FREE

Explore the physical and mental contributions to pain. Develop a personal checklist and recalibration plan.

NEW FREE!

Birthday Party



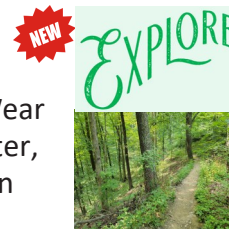
Once a newsletter we will celebrate birthdays at Mill Race Center. There will be birthday cake, ice cream, and entertainment by our own Dan Mustard. Reservations required by the day before the party. You may bring one guest. Register in the MRC business office.

May & June Birthdays

May 15 at 12:30PM

HIKING

Leave MRC at time listed. We may have to carpool due to numbers. Wear sturdy shoes, bring hiking stick, water, or snacks. Hike 2-3 miles. Register in office.



May 21 (9:15AM) - Brown County State Park wildflower hike (including orchids) through the Ogle Hollow Nature Preserve with naturalist Eli Major. (2 miles; rugged)

June 25 (9:30AM) - Laura Hare Nature Preserve at Blossom Hollow just past Atterbury. Hiking roughly 2 miles. (no restroom)



Picnic on the Patio

June 2, 16, & 30 at 12:00PM

Bring your own lunch and join the staff on the patio for lunch at the picnic tables. A great time to get to know one another and enjoy the scenery.

Eight Dimensions of Wellness

FREE MOVIE SHOWINGS at MRC!  Popcorn provided



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



May 12

Conclave

PG



May 19

Nonnas

PG



June 9

The Life List

PG 13



June 23

The Dolce Villa

PG

Meditation

FREE!

NEW

Every Monday (not meeting until June) at 5:30PM; **FREE**

Shri Mataji Nirmala Devi a Master of Yoga, humanitarian, twice nominated for Nobel Peace prize founded Sahaja Yoga Meditation in 1970. She showed us that within each person there is a motherly healing spiritual energy awakening of which leads to a state of spontaneous meditation. It is an extraordinary living experience that allows us to achieve a state of complete peace and satisfaction, touch the very essence of our beings, and uncover our very best qualities. Instructed by: Rahul Kumar. Learn more <https://us.sahajayoga.org/> **Watch for start date to be announced in E-Blast.**



Tuesday Trivia

Tuesday, May 27 & June 24
9:30AM in the lounge; **FREE**

There's nothing trivial about trivia. It exercises the brain and is a great way to make social connections. Join Bradley in the lounge for this fun program.



Cooking Class

with Chef Shawn from Silver Oaks Health Campus

Thursday, June 12 at 11AM

FREE

Join us for a gourmet cooking class taught by Silver Oaks Chef Shawn Burgel. Shawn will be making some dishes and giving you how-to-instructions. **Must register in advance in the MRC business office and there will be limited seats. (Max 40)**

NEW
FREE!



Air Fryers 101 & Cooking Under Pressure with Purdue Extension

Tues., June 3 at 4PM; **FREE**

NEW

FREE!

Stephen Dishinger with Purdue Extension will teach you the basics of purchasing, owning, and safely using an electric air fryer and an electric programmable pressure cooker (Instant Pot.)

PURDUE
EXTENSION

Quarterly Reading Challenge

FREE!

NEW

Join Us!

March-May
June-August

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

Next quarter challenge will be **June 1-August 31**. Reading slips will be available at MRC. Fill out the slip and turn it into the office for every book you have read during the quarter. All completed reading slips will be entered into a prize drawing for \$50. Other prizes given to top readers throughout the challenge.

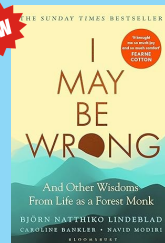
BOOK STUDY

I May Be Wrong: And Other Wisdoms From Life As A Forest Monk Begins May 6

\$18 for book/or purchase on own

Former forest monk Björn Natthiko Lindeblad draws on his humbling journey towards navigating uncertainty helping you, with kindness and good humor to let go of the small stuff.

NEW

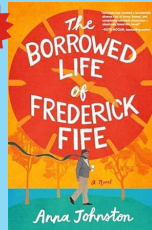


The Borrowed Life of Frederick Fife Begins June 17

\$18 for book/or purchase on own

A heartwarming story of redemption and forgiveness. Discover the power of second chances and found family.

NEW



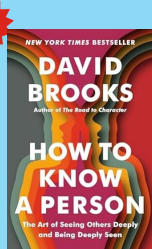
How To Know A Person

Begins in July

\$14 for book/or purchase on own

A New York Times Bestseller - A practical, heartfelt guide to the art of truly knowing another person in order to foster deeper connections at home, at work, and throughout our lives.

NEW



Sherlock Holmes Day Thursday, May 22

Mr. Holmes Movie at 3PM

We will be celebrating Sherlock Holmes Day at Mill Race Center.

Check out the display in the lobby to learn all about Sherlock Holmes, get your thinking hat on and participate in a scavenger hunt for a prize, pick up brain boosting activities from the puzzle table, try your hand at the Sherlock Holmes puzzle, and stay to watch the special viewing of Mr. Holmes the movie with popcorn at 3:00PM.



Throw your name in the basket from May 5-22 for a free Sherlock Holmes give away. It will be on display in the office and given away at the end of day on May 22.

NEW
FREE!



SAGE Table

Friday, June 13

11:30am-1:00pm

FREE!



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 10 for meal preparation purposes.

Advice & Support for Living Where You Love Thursday, May 29 at 10AM; **FREE**

A special collaborative class you won't want to miss from several professionals in the community. Pick up a flyer for more details. Register in the office. Refreshments served.

NEW
FREE!

Featuring

Tricia Thomas, EZ Declutter Solutions
Michelle Findley, Findley Law
Heather Means, Griswold Home Care
Ali Stearns, My Mobility

LUNCH & LAUGHTER READERS THEATER



June 11 at Noon

Lunch: \$10 members/ \$15 non-members

Make reservations at the MRC business office.

Required Registration by June 6.

Doors open at 11:45AM

**Free Will
Donation**

Ice Cream Sundae SOCIAL

Accepting
donations for
toppings

**Tuesday, June 24
at 1:00PM in Art Room**

Fundraiser for Member Scholarships



JUKEBOX BINGO

NEW
FREE!

**Thursday, June 26
3:30PM; **FREE****

Instead of numbers we will have song titles and instead of a caller we will have a DJ. Don't miss out on this fun time together! Your foot will be tapping to the upbeat music. This will be casual BINGO playing one card at a time with prizes. **Limited seating (40) so please register for this free event in the office.**

Follow Mill Race Center
on Facebook.





The BCPL Bookmobile:



**May 28
June 11 & 25
9:30-10:30AM
Available out front of MRC.**

MAH JONGG

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



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



**Bridge
Every Friday from 1-4PM**

Lead by: Elaine Bailey
In the lounge



Ping Pong
Tuesday & Thursday
3:00PM; FREE
Not meeting June 19



OPEN Billiards



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



Classic
Card Game
Pinochle



Pinochle
Every Tuesday
1:00-4:00PM
In the conference room



Mexican Train Dominoes

Every Thursday
12:30-4:00PM; FREE



Follow Mill Race Center
on Facebook.

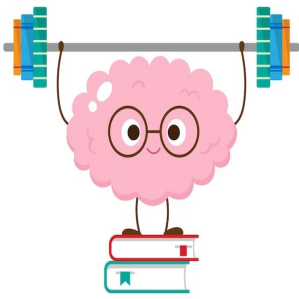


Cards & Games Schedule

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



Monday	Tuesday	Wednesday	Thursday	Friday
Mah Jongg 12:30-3:30PM Hand & Foot 12:30-4:00PM <div> Cards & Games are free for MRC members. Day passes can be purchased for non-members. </div>	Pinochle 1-4PM Euchre 4:00-6:00PM (MP3)	Scrabble 1:00-3:00PM Hand & Foot 12:30-3:30PM For information call Rosemary Sager (812)390-7665 Not meeting June 11	Dominoes 12:30-4:00PM	Mah Jongg 12:30-3:30PM Bridge 1:00-4:00PM



Monthly Brain Workouts

Friday, May 30 & June 27

9:30AM; Classroom

FREE!

FREE (please register)

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 for seating and room purposes.**

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. Register in MRC office.**



Thursday, May 1
*The Adventures of
Robin Hood (1938)*



Thursday, July 17
Ma & Pa Kettle at Waikiki



National Senior Health & Fitness Day

Wednesday, May 28

See schedule on front cover.

**Special guest speakers at
11:30AM & 1:00PM.**

TRAVEL WITH MILL RACE CENTER

Happy Spring, Everyone!

As the birds start to sing and flowers begin to bloom, it's wonderful to see so many of you getting outside and embracing the season! Whether you're exploring close to home or jetting off on an international adventure, I hope you're making the most of it.

We recently had travelers return from a stunning trip to see the Cherry Blossoms in Washington, D.C., as well as an incredible journey through Australia and New Zealand. I can't wait to hear about all the exciting places you'll be heading to next—this year and into 2026!

Our first bus trip for 2026 has just been announced below, and it's already generating a lot of buzz nationwide. While I'm still finalizing the pricing details, let me know if you'd like to receive the info as soon as it's available—this one is expected to fill up fast!

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



Treasures of Tuscany - October 1-10, 2025

\$5749 per person double occupancy with roundtrip air from Indianapolis. 10 DAYS • 13 MEALS From art, culture and amazing scenery to delicious food and wine, experience all Italy has to offer. Travel through the scenic countryside and take-in the postcard-perfect vistas as you journey to Pisa with its iconic Leaning Tower, and San Gimignano. Marvel at Michelangelo's masterpiece, David. Sample local wine and learn the secrets of preparing delicious Italian cuisine at a hands-on cooking class. Experience "La bella vita" – the good life, on this adventure in Italy.



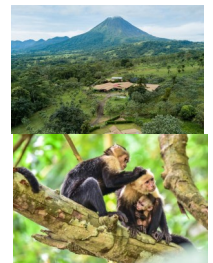
Croatia - October 5-17, 2025

\$5499 per person double occupancy per person with air from Indianapolis SAVE \$200 per person! 13 Days • 18 Meals Experience the history, culture, food, and architecture of old-world Europe. Take in 'the Pearl of the Adriatic,' Dubrovnik, and explore the picturesque cities along the Adriatic Coastline in Croatia and Montenegro. Immerse yourself in the natural beauty of Krka and Plitvice Lakes National Parks before traveling to the quaint cities of Slovenia. Your 13-day journey concludes in the stunning capital city of Vienna, Austria. You'll experience it all on this remarkable journey through four countries.



Costa Rica - February 6-25, 2026

\$4,599 per person double occupancy per person with air from Indianapolis. 8 DAYS • 14 MEALS Rainforests, volcanoes, rivers, beaches, national parks, lush scenery, amazing wildlife and of course plenty of hospitality from the local "Ticos" all await on this fantastic journey. Visit coffee and cacao plantations and sample these local specialties; cruise down a river and be immersed in the sights and sounds of native monkeys, birds and other wildlife; walk over hanging bridges amidst tropical foliage; splash in a waterfall...experience it all as you discover the beauty, magic and "Pura Vida" of Costa Rica.



South Africa Safari - April 22-May 4, 2026

\$9,904 per person double occupancy per person with air from Indianapolis. 13 DAYS • 23 MEALS Amazing safari adventures await on a private reserve and in Chobe National Park. In Zimbabwe, stand in awe at nature's supreme masterpiece Victoria Falls. Meet elephants and their local caretakers while visiting a sanctuary for these beautiful animals. Sample local vintages during wine-tastings in the wine-country area of South Africa. Discover Cape Town's history and beauty. All of these experiences are yours on this exceptional journey through three African countries.



Trips

Charms of Quebec May 22-May29 2026

\$5,099 per person double occupancy with roundtrip air fare from Indianapolis. 8 DAYS 10 MEALS. Discover the charms of the Canadian province of Quebec, encountering its people and a blend of traditions old and new as you journey through the natural beauty and enchanting cities of the region. In Montreal, take in the sights on a panoramic tour, bask in the views from atop Mount Royal, and explore the city's vibrant, modern scene. Visit the Charlevoix region of Quebec, known for its natural beauty, farms, fresh local food and exciting cuisine, and stay at Fairmont Le Manoir Richelieu, a serene and historic castle-like hotel. Explore Quebec City's history and romantic ambiance. Set out for adventures, from a whale-watching expedition by Zodiac boat to seeing Montmorency Falls, as well as exploring the heritage of Quebec through engaging encounters with the region's traditional arts and agriculture. From the buzz of Montreal and romance of Quebec City to the farms of Charlevoix, embrace Quebec at its best.



Jewels of the Rhine and Golden Pass Rail Journey - June 7-19, 2026

Prices vary based on cabin. FREE AIR !!13 DAYS • 25 MEALS Begin your vacation with four nights in spectacularly situated Lausanne, Switzerland to discover the surrounding beauty and nearby sites. A highlight is sure to be the rail journey through the Swiss Alps aboard the Golden Pass as you travel from Montreaux to Gstaad. Embark the cruise vessel in Basel and enjoy all the scenic beauty this cruise offers while traveling along the romantic Rhine River through four countries. Colorful, picturesque towns line the shores, castles sit atop the vineyard-covered hills, and new sights await around every bend. Explore the charming towns and bustling cities on included shore excursions throughout the cruise. This cruise and the unique rail journey are sure to provide you with a memorable trip for years to come!



Yellowstone, Grand Tetons, and Mount Rushmore - September 9-18, 2026; FREE AIR!!

\$4,974 per person double occupancy per person with air from Indianapolis. Come explore Yellowstone National Park and witness its natural wonders like Old Faithful. See the Grand Teton Mountains and be amazed at the majestic Mount Rushmore in the heart of the Black Hills. Tour historic mining towns and take a leisurely float trip on the scenic Snake River.



2025 Bus Trip

**Hilton Head, Savannah and Charleston:
September 21-27, 2025 ONLY NEED 30 to go!**

Let's enjoy a trip along the beautiful coast! We will explore Hilton Head Island with its beautiful beaches and history. We will enjoy breakfast daily, 1 lunch at Paula Dean's famous restaurant and 3 dinners while we embark on this trip. We will tour the Parris Island Museum, Savannah History Museum, River District and more! Pricing is \$1,549 per person.



2026 Bus Trip

This trip will have limited availability!! Stay tuned for details-please let Amanda know as soon as you can if you are interested in pricing.

June 16 – 22, 2026 – Sail250 Virginia & America's 250th Anniversary

Experience Sail250 Virginia, a global gathering of tall ships and military vessels created to kick off the 250th Anniversary of the founding of the United States. Set sail aboard the Hampton Queen for a narrated harbor cruise highlighted by over 20 points of interest and over 400 years of history.



Join the Challenge!
Let's Keep Moving Together!

Keep track of your miles
while you travel.



Walk 'n' Roll

Tues. & Thurs. at 12PM
FREE for MRC members
See page 10



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

Farmhouse Café & Tea Room

Wed., May 14

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

We will travel to Nashville to enjoy a delicious lunch and have time to walk around the greenhouse and grounds. Leave 10:30AM, return approx. 1:30PM. Max 12



Metro Diner in Greenwood

Fri., May 23

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

Lunch at Metro Diner in Greenwood. Leave 10:15AM, return approx. 1:30PM. Max 12



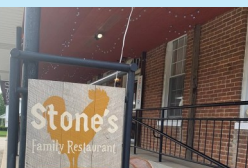
Stones Family Restaurant

Mon., June 2

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

We will have lunch at Stones Family Restaurant in Millhouseen.

Leave 10:10AM, return approx. 1:30PM. Max 12



Johnson County Museum of History & Lunch

Wed., June 25

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

We will have lunch at Court Street Café and then tour at Johnson County Museum of History. Leave 10:30AM, return approx. 1:30PM. Max 12



Let's go for a
walk

NEW

**Every Wednesday at
9:30am
Meet in the lobby**

Derby Dinner Shows



Half Baked

Wed., June 11 - Matinee Buffet

\$55 members, \$65non-mem

Retired brothers Jay and Sonny Allen move to central Florida with their wives to open a cafe. When the business starts to fail and their nest egg dries up, they decide to take drastic action and generate some cash. Action that includes murder for hire and baking cannabis into the appetizers to 'stimulate' business! And when an old boyfriend and a Latvian loan shark arrive on the scene, things really get complicated. This new comedy is a sure recipe for hilarity! Leave MRC at 10:00AM return approx. 5:30PM. Max: 11



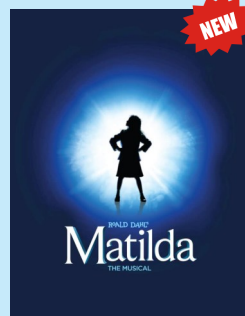
NEW

Matilda

Wed., August 6 - Matinee Buffet

\$55 members, \$65non-mem

The story of an extraordinary girl who dares to take a stand and change her own destiny. Inspired by the twisted genius of Roald Dahl and packed with high-energy dance numbers, this Broadway Musical Comedy will thrill adults and children alike! Leave MRC at 10:00AM return approx. 5:30PM. Max: 11



NEW



FREE!

Let's Play - Explore the world of games together with staff! It's a great way to stay mentally sharp, enjoy social interaction, add a dose of friendly competition, and laughter.

Qwirkle - May 14 at 11:30AM in the lounge

UNO - June 25 at 11:30AM in the lounge

Bocce Ball

Bocce Ball sets can be checked out in the office and played in the front or back lawn. A quick game to learn and fun to play with friends.

FREE!



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



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.



Eight Dimensions of Wellness Challenge

June 1 through August 31

This summer we will be challenging you to **Age Well** by competing in the “Eight Dimensions of Wellness Challenge.” 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!



The Better Breathers Club

The Better Breathers Club is sponsored by the American Lung Association, and is supported locally by Columbus Regional Health and meetings 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.



June 11: Medical Testing

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



A Man On The Inside
 New series on Netflix
 Each episode approximately
 35 minutes



Episode 1 & 2

Mon. June 2 at 1:30pm

Tiner Railor Older Spy &
 The Man Who Knew Too Much About Brides

Episode 3 & 4

Mon. June 16 at 1:30pm

The Emily Always Rings Twice &
 The Curious Incident of the Dog in the Painting Class

Episode 5 & 6

Mon. June 30 at 1:30pm

Presents and Clear Danger &
 Our Man in Sacramento

Episode 7 & 8

Mon. July 7 at 1:30pm

From Russian Hill With Love &
 The Spy Who Came in From the Cold

Alzheimer's Association

Wed., June 18

1:00PM; FREE

alzheimer's  association®

June is Alzheimer's and Brain Awareness Month and also Men's Health Month. Join us to learn about the impact of Alzheimer's in your community, brain health research and healthy habits, and how men (and women) are specifically impacted.



Computer Classes lead by the Bartholomew County Public Library

12:30PM; FREE

May 6 - Internet Basics

May 27 - Gmail and Google Contacts

June 3 - Google Calendar

June 24- Google Drive

Wonderful new computer classes presented by the Bartholomew County Public Library at MRC. Pick up a flyer with additional details at MRC. **Please register for these great classes in the MRC office.**



Broadway Series



Call MRC to register for each viewing.

The Story of Vernon and Irene Castle

Fri., May 30 at 1:00PM

(1939) Aspiring dancer Irene convinces vaudevillian Vernon Castle to give up his comic act for something more serious: ballroom dancing. Together, they work on perfecting their dance routine and take the act to Paris. It's a rocky road at first, but, after a knockout appearance at the Café de Paris, the duo become a sensation. With their fame steadily rising, the Castles seem on top of the world. But the outbreak of World War I threatens everything.



Mary Poppins

Fri., June 27 at 1:00PM

(1964) When Jane and Michael, the children of the wealthy and uptight Banks family, are faced with the prospect of a new nanny, they are pleasantly surprised by the arrival of the magical Mary Poppins. Embarking on a series of fantastical adventures with Mary and her Cockney performer friend, Bert, the siblings try to pass on some of their nanny's sunny attitude to their preoccupied parents.



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

www.millracecenter.org

Parkinson Support Group Meetings at Mill Race Center

Parkinson's Support Group

For more information call Harriet Armstrong 812-603-2470 or MRC 376-9241.

Wed., May 7 from 2:30-4:00PM

Guest speaker: Kim Williams, Executive Director of Indiana Parkinson's Foundation

Wed., May 8 at 2:00PM Choose to Move Walk at Mill Race

Wed., May 21 from 1:30-2:30PM

Wed., June 4 from 2:30-4:00PM

Guest speaker: Dr. Ryan Zipper, Urologist with CRH

Wed., June 18 from 1:30-2:30PM

Wed., July 2 from 2:30-4:00PM

Guest speaker: Jase Robinson with Rock Steady Boxing



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!





THE FITNESS CENTER AT MILL RACE CENTER

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

INNOVATIVE FITNESS CENTER

The Fitness Center includes an innovative Fitness
Facility with age-friendly cardio and strength
equipment designed to make your workout more
effective, safe, and fun. Health/Fitness Assessments
including body composition measurements, BMI,
BMR, and VO2 Max calculations are available to all
members.

CLASS OPTIONS FOR ALL SKILL LEVELS

The facility is a Silver Sneakers, Silver & Fit and Renew
Active approved facility. Our fitness staff works with
members to develop a personal fitness plan on the
easy to use weight training and cardio equipment. A
wide variety of Group Fitness Exercises classes are
offered for all levels of participation.

REGISTRATION

Register at the Mill Race Center Business Office
900 Lindsey St., Columbus, IN 47201
812-376-9241
millracecenter.org

Mill Race Center Business Office is open 8:30A.M.-5:00P.M.

VARIETY OF FEE STRUCTURES

The Fitness Center offers day/guest passes, monthly
memberships and annual memberships. Stop by or
call 812-376-8808 to schedule a tour. Staff trainers are
available by appointment for new members for
equipment orientation and program design.

\$7/DAY/GUEST PASS

Per single visit

\$29/MONTHLY MEMBERSHIP

Per month (automatic monthly withdrawal for 12
months with contract) includes unlimited use of The
Fitness Center and all Fitness Center classes.

\$39/MONTHLY MEMBERSHIP

Per month (automatic monthly withdrawal until
canceled, no annual contract) includes unlimited use
of the Fitness Center and all Fitness Center classes.

HOURS

Monday-Thursday

6:30A.M.-7P.M.

Friday

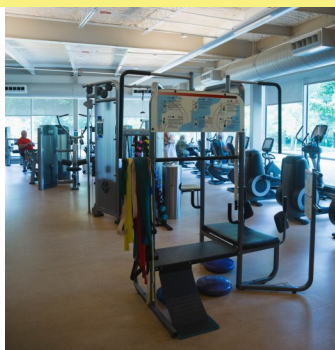
6:30A.M.-5P.M.

Saturday

8A.M.-12P.M.

Sunday - Closed

Mill Race Center & the Fitness Center will be closed Monday, May 26 for Memorial Day. Fitness Center classes will have a different schedule on May 28 as part of National Senior Health & Fitness Day.



CLASS DESCRIPTIONS

All Fitness Classes are held at Mill Race Center,
900 Lindsey St, Columbus

Levels of Intensity: 1 - Beginner with a chair 2 - Beginner 3 - Intermediate 4 - Advanced

BALANCE IN MOTION (1, 2) Class is designed to improve your balance by strengthening your feet, ankles, and legs, improve your coordination, and train your core strength. This class will help improve posture while enhancing reaction and focus.

CARDIO & OSTEO (2,3) This class helps improve your cardiovascular and bone health using low impact aerobic and strength training, traditional floor aerobics, free weights, and resistance equipment. Great to reduce the risk of osteoporosis, osteopenia and osteoarthritis.

***PILATES (3,4)** A mind-body class which focuses on increasing core strength, elongating muscles and improve postural awareness. You will leave this class feeling stretched, strong, and energized for the rest of the day! Please bring your own personal mat and must be able to get on/off the floor.

CARDIO PUMP (2,3, 4) A low impact aerobic class, with full body movement patterns to increase your heart rate combined with a total body weight training to increase strength and core awareness.

YOGA (2,3, 4) Combines the traditional flow of yoga postures with the "I Am Ageless NOW" program to help expand body awareness, improve flexibility, and blood flow of your muscles. Our instructor is certified in this award winning program.

SILVER SNEAKERS CIRCUIT (2, 3) This is a fun class using low-impact standing choreography alternated with standing upper body work with hand-held weights, elastic tubing, and Silver Sneakers Balls.

SILVER SNEAKERS YOGA (2,3,4) Move through seated and standing yoga poses to increase flexibility, balance, and range of motion. A chair is used to meet a variety of fitness levels.

NEURO FITNESS (1, 2) A group fitness class that challenges the brain and the body to improve health and fitness. This class is suitable for members with progressive neurological conditions including Parkinson's, Multiple Sclerosis, and stroke.

Pilates Strong (2,3, 4) A combination of core, upper and lower body training inspired by Pilates moves with modifications for an injuries or restrictions. The addition of lightweight resistance challenges the stability of the core for an effective workout.

The Fitness Center will be closed Monday, May 26.

MONDAY

9A.M. - Yoga
10A.M. - Silver Sneakers
Circuit
11A.M. - Balance In Motion
1:30P.M. - Neuro Fitness

Fitness Center Closed on
May 26

TUESDAY

8A.M. - Cardio & Osteo
9A.M. - Pilates*
10A.M. - Silver Sneakers Yoga

WEDNESDAY

9A.M. - Yoga
10A.M. - Silver Sneakers
Circuit
11A.M. - Balance In Motion
1:30P.M. - Neuro Fitness

Different schedule for May 28 as part
of National Senior Health & Fitness
Day. See front cover for schedule.

THURSDAY

8A.M. - Cardio & Osteo
9A.M. - Pilates*
10A.M. - Silver Sneakers
Yoga

FRIDAY

7A.M. - Yoga
8A.M. - Pilates Strong
9A.M. - Cardio Pump
10A.M. - Silver Sneakers
Circuit
11A.M. - Balance In Motion

*Please note that you must bring your
own yoga mat to all classes marked
accordingly.



STAY SOCIAL. STAY WELL.




YOUR JOURNEY TO SOCIAL WELLNESS STARTS HERE.

CredibleMind is a free, easy-to-use online resource with trusted tools to support your mental health at every stage of life.

Learn how to:

- Recognize the signs of isolation
- Strengthen friendships and social ties
- Take meaningful steps toward better mental health

 **Visit:** MHMBC.CredibleMind.com and search "Friendships & Social Support" or scan the QR code above.

THIS WOMEN'S HEALTH MONTH, SEEK CONNECTION TO FEEL YOUR BEST.

As we age, our social circles often **shrink**—sometimes slowly, sometimes suddenly. But research shows that social connection is far more than a "nice to have." For aging women who may be more vulnerable to social isolation, **it's essential for long-term mental and physical health.*** Staying social can:

- Protect your **memory** and **cognitive function**
- Lower your risk of **heart disease** and **depression**
- Improve **sleep**, reduces **stress**, and helps you bounce back from **illness**

*Via NIH, "Gender and Social Isolation across the Life Course"



"Movement in water is my medicine. I do not go it alone because my family, friends, church, community, and healthcare providers all contribute to the wellness of my mind, body, and spirit."

— Colleen Sullivan, Dental Coordinator at Bartholomew County Health Department



Rethinking Wellness is 100% funded by SAMHSA

WHAT IS WELLNESS?

IT'S NOT JUST THE ABSENCE OF ILLNESS...

Wellness is defined as a state of complete physical, mental, and social well-being. **In fact, there are 8 different dimensions of wellness!**



PHYSICAL – Make choices that improve your health and energy.



EMOTIONAL – Cope effectively with life and build satisfying relationships.



SOCIAL – Develop strong, supportive connections with others.



INTELLECTUAL – Keep your mind active through learning and creativity.



SPIRITUAL – Connect with your values and find meaning in life.



OCCUPATIONAL – Engage in work or roles that bring purpose and balance to your life.



ENVIRONMENTAL – Create safe, supportive surroundings that promote well-being.



FINANCIAL – Manage resources to reduce stress and increase stability.

*Via SAMHSA's "Creating a Healthier Life: Step-by-Step Wellness Guide"

EVERY ASPECT OF WELLNESS CAN AFFECT YOUR LIFE.

Working toward all of them in one way or another is a great goal, but we must **create balance** to ensure we have time to do the things that make us **feel happy and fulfilled**. This includes working (paid or unpaid), having fun, spending time with family and friends, participating in the community, being physically active, praying, and resting. Start your journey today.

📱 **Scan the QR code** above to download SAMHSA's FREE resource, **"Creating a Healthier Life: A Step-by-Step Guide to Wellness."**



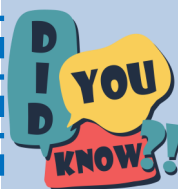
ASAP Rethinking Wellness
Embracing wellness for lasting impact against substance misuse

Rethinking Wellness is 100% funded by SAMHSA

***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
100
MILE CHALLENGE
Keep log of your miles!



#1 - To get steps in walk out our front doors and turn right, follow the sidewalk, and walk around the backside of our building. Turn right on sidewalk past Just Friends back to our front doors it is **.24 miles**.

#2 - Do all of #1 but instead of turning by Just Friends keep walking. Walk the entire way including all around where the buses park and head back to our front doors is **.39 miles**. Sidewalks the entire time.

#3 - If you do #1 and do all of #2 it is **.63 miles**.

Keep track of your miles and participate in the 100 Mile Challenge! Happy walking!



KEEP MOVING!

MRC Closed

Mill Race Center will be closed
for Memorial Day on Monday, May 26.

Refrigerator Reminder - MRC Daily Activities

Monday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
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	Netflix Series (pg. 22)	AR
2:00	Movies (pg. 15)	AR
2:30	Ukulele Class	CR
5-7	Ballroom Dancing	MP2
5:30	Meditation (pg. 16)	CR

Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
10:00	Fun with Plants Group (3rd Tues.)	AR
10:00	Tai Chi (\$)	MP1
10:30	Bible Study	CR
11:00	Book Study	LO
11:00	Chair Yoga	MP3
12:00	Walk'n'Roll	MP3
12:30	Computer Class (see page 24)	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
2-4	Tea (2nd Tues.)	LO
4:00	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
9:30	Walking (pg. 6)	LOB
10:00	Art Class	AR
11:30	TOPS	CR
12:30	Hand & Foot	MP2
1:00	Scrabble	LO
1:00	Reader's Theater (pg. 12)	CR
2:30	Parkinson Support Group (see page 24)	AR
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
11:00	Chair Yoga	MP3
12:00	Walk'n'Roll	MP3
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
5-7	Ballroom Dancing	MP2
6:30	Great Decisions	AR

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	Bridge	LO
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.	

Mill Race Center & Fitness Center closed Monday, May 26 for Memorial Day.

ACTIVITY HIGHLIGHTS

May 6

Learn to play Mah Jongg; 12pm  


May 6, 20, June 3 & 17

Library Computer Class; 12:30pm  

May 8

Parkinson's Choose To Move Walk; 2:00pm 

May 12 & 19

Movie; 2:00 & 4:30pm 

May 13 & June 10

Card Making; 1:00pm

Ted Talks; 1:00pm 

Tuesday Tea; 3:00pm

May 15

Birthday Party; 12:30pm 

Grocery Bingo; 3:30pm



May 19 & June 18

Come & Eat; 11:00am

May 20 & June 17

Fun With Plants Group; 10:00am 



May 22

Sherlock Holmes Day; Movie at 3:00pm 

May 27 & June 24

Tuesday Trivia; 9:30am 

May 28

National Senior Health & Fitness Day 

May 29

Living Where You Love; 3pm  

May 30 & June 27

Monthly Brain Workout; 9:30am 

Broadway Movie; 1:00pm



May 30

ASAP - QPR Class; 10:30am  


June 2, 16, 30, & July 7

A Man On The Inside; 1:30pm 

June 2, 16, & 30

Picnic on the Patio; 12pm  

June 5

Sound Healing; 3:00pm 

June 6

Welcome Breakfast; 9:30am 

June 9 & 23


Movie; 2:00 & 4:30pm 



June 11

Lunch & Laughter; 12:00pm

June 12

Cooking Class; 11:00am 

June 13

Sage Table; 11:30am 

June 18

Alzheimer's Association; 1:00pm  

June 19

Cake Walk; 3:30pm 

June 24

Ice Cream Social; 1:00pm 



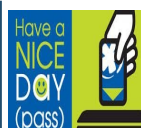
June 26

Jukebox Bingo; 3:30pm  

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

Visit us at www.millracecenter.org.





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