



September & October 2026 • Issue No. 5

AGING WELL!

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

Membership \$120 a year per person • 812-376-9241 • www.millracecenter.org

MILL RACE CENTER
is
Celebrating
70 YEARS
of Community,
Friendship & Wellness

Wed., Oct. 7
at 2PM

See page 17 for all the details.

JOIN US FOR A
Banister Bluegrass
★ CONCERT & BBQ DINNER ★
HELD AT MILL RACE CENTER
Support Mill Race Center Programming



WEDNESDAY,
OCTOBER 28



6:00 PM

Enjoy an Evening of
Great Music, Great Food
& Great Company!

★
FEATURING THE
BANISTER BLUEGRASS BAND

DINNER INCLUDES:

- ★ Pulled Pork BBQ
- ★ Homemade Sides
- ★ Dessert & Beverage



\$20
PER PERSON

ADVANCE TICKET
PURCHASE IS REQUIRED.

100 MILE CHALLENGE

The Spring/Summer Challenge ends Sept. 30.

Join Mill Race Center in logging 100 miles of movement **beginning Oct. 1-March 31 for our Fall/Winter Challenge**. 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. 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.



JOIN NOW

See pages 26 & 27
for details.



\$29 a
month

payment options
available



A Healthier
2026 Starts
Here!

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

Columbus is internationally recognized for its remarkable architecture, and Mill Race Center is proud to be part of that story. Designed by William Rawn Associates, with the architect's fees made possible through a grant from the Cummins Foundation, our building reflects the same spirit of innovation and community that has shaped Columbus for generations.

One of the building's most distinctive features is its expansive glass wall overlooking the park. The design intentionally blurs the line between indoors and outdoors, reminding us that Mill Race Center is not simply a building, it is a welcoming gathering place where older adults remain connected to friends, nature, and the community.

Facilities like this are surprisingly rare. Across Indiana, many senior centers operate in renovated schools, former churches, or repurposed buildings that were never designed for the unique needs of older adults. Mill Race Center was created specifically for this purpose. Every space reflects a commitment to helping older adults stay healthy, active, independent, and engaged.

Visitors often tell us, "There is nothing like this where we live." More than once, we've heard from people who chose to move to Columbus because they knew Mill Race Center would be here for them. That is a remarkable testament to the value this organization brings not only to older adults, but to our entire community.

As impressive as this building is, it does not care for itself. Preserving this community treasure requires continual investment. Our staff and Board of Directors are committed to being faithful stewards of the resources entrusted to us, carefully maintaining both the facility and the programs that serve thousands of older adults each year.

This year, we are undertaking one of the most significant building improvements in our history: replacing our aging HVAC system at a cost of nearly \$250,000. Thanks to the extraordinary generosity of Jeff and Jennie Rauch, we have received a leadership gift that funded a substantial portion of the project. The City of Columbus also stepped forward with a grant to help close the gap, and many private donors contributed as well. Because of this collective generosity, installation will begin in September, providing a more reliable, energy-efficient system that will serve our community for many years to come.

These investments remind us of something important: when a community believes in a mission, remarkable things happen.

As Mill Race Center celebrates 70 years of serving older adults, we are grateful for every donor, volunteer, partner, and advocate who has helped make this work possible. Your generosity ensures that today's older adults, and future generations, will continue to have a place where they can build friendships, improve their health, discover new interests, and remain active members of our community.

Our Annual Campaign begins in September, and we invite you to be part of the next chapter in Mill Race Center's story. Whether you make your first gift or continue your longstanding support, every contribution helps preserve this extraordinary community resource and expands the programs that enrich so many lives. Together, we can ensure that Mill Race Center remains a place where older adults thrive for generations to come.

We also invite you to join us on October 20 at 1:00PM, when Jalene Hahn from WWAFP will present a special program on legacy giving and how you can create a lasting impact through your estate plans. We hope you'll consider how your generosity today and in the future can help ensure that Mill Race Center continues serving our community for the next 70 years and beyond.



Dan Mustard
Executive Director

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.

Membership fees should not be a barrier to participation at Mill Race Center. If you need assistance with your Mill Race Center membership, please apply for a scholarship in the business office.

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.

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.

Mill Race Center Staff

812-376-9241

Dan Mustard, Executive Director, x 211

Myla Annis, Fitness Team Leader, x218

Debbie Bray, Administrative Assistant, x 222

Amanda Coleman, Travel, x215

Peyton Davis, Administrative Assistant x218

Rebecca Cutsinger, Program Assistant & MOW x 208

Charlie Harsh, Facilities Assistant, x 216

Jeff Jones, Van Driver

Carol Schwab, Facilities

Shannon Truman, Operations & Programs Director, x 220

Mill Race Center Board Of Directors:

Rina Alamo, Stephen Bayer, Cara Bywater, Father Clem Davis,

Steve Forster, Jason Guthrie, Crissy Riley, Josh Shelley,

& Robert Weimer



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

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 \$120 a year. We offer a monthly payment option of \$10 per month. Those 90 and older are free. Our six month membership is \$60. A day pass is available for \$10 a day. *Fitness Center membership is separate but can be purchased in the Mill Race Center office.*

See page 6 for Special Free Class



**Move better, Feel Better
Take back your life**

Our newest clinic is at Mill Race Center

call 812-718-5062

www.ascentpt.net



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: \$11 for Hot lunch
\$15 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.



Free Little Library Bring A Book - Take A Book

Our little library is located in our lounge. Take a book or bring a book. Join our Quarterly Reading Challenge!



Happy Helping Hands Thursdays - 10:00-11:30AM

Not meeting 9/17

Needs sewers and more volunteers

Make handmade stuffed animals for hospitalized children. You do not need to know how to sew. Leader: Carolyn Jordan 812-374-9630



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.

BCSC Operating Referendum

Thurs., Sept. 10 at 3:00PM

Superintendent Dr. Chad Phillips and Assistant Superintendent Dr. Brett Boezeman will be providing additional information regarding the renewal of the BCSC Operating Referendum and take your questions regarding the question that will be on the voting ballot on November 3rd.



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.



September - Peanut Butter for Love Chapel

**October - Body Wash for Beloved
(for foster children)**

November - Hat & Gloves for BCSC

Do you have a large artificial Christmas tree in excellent condition that you no longer use? Mill Race Center is seeking a donated tree to display during the holiday season. If you have a tree and decorations you would like to donate, please stop by the Mill Race Center office to discuss the donation.



VOLUNTEERS WANTED

NEWSLETTER DELIVERY

We need help to deliver 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

LOST & FOUND

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

VOLUNTEERS NEEDED

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.

Great Brain Boosters

Looking to boost your brain try Table Tennis or Pickleball. Both are like aerobic chess for your brain and work the cerebellum.



Coffee & Snack Table

The coffee & snack table is located in the office. Items are \$.50 each and punch cards are available for \$5.



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 Peyton at MRC.

Christmas Volunteers NEW

Looking for volunteers to help trim the trees and decorate the center for the holidays. If you are interested stop by the office to let us know.

Historical Society NEW

MRC will have a featured tree at the Historical Society. Let the office know if you would be willing to help.

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 Peyton in the business office.

Wednesday, September 9 at 3:30PM

MRC Welcome Breakfast

Friday, October 2

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. **Register in the MRC business office or call (812) 376-9241.**

Sponsored by:

Ascension St. Vincent Senior Renewal Center

Welcome!



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.



The average life expectancy in 1956 was 67. The average life expectancy now (for the general population) is 77. The average life expectancy of a Mill Race Center member is 86.

Veterans Group
Fri., Sept. 18 & Oct. 16
11:00AM; Free

We invite all veterans to join our Veterans Group, led by Samantha Barringer of Cornerstone Caregiving. Connect with fellow veterans while learning about valuable services, benefits, and community resources that may be available to you. Discover programs you may not be aware of, find out how to access local support, and get your questions answered in a welcoming and informative environment.



Pumpkin Painting Contest

Participate in our pumpkin painting time here at the center and enter your masterpiece or make your own decorated pumpkin and bring it in to the center to be voted on. There will be prizes given. Drop off day for pumpkins will be Wed., Oct. 21. Voting will conclude on Oct. 29. **No carved pumpkins allowed only painted or decorated pumpkins.**



What is Dry Needling
with Ascent Physical Therapy
Tues., Sept. 22 at 1:00PM; Free

Dry needling is a simple, low-risk technique many people find surprisingly effective for easing stubborn muscle tension and everyday aches. Using a very thin, hair-like needle, your therapist targets tight or irritated spots in the muscle to help them relax, improve blood flow, and restore comfortable movement. It's a great option if you're dealing with nagging neck tightness, stress-related shoulder tension, low-back discomfort, or muscle knots that just won't quit. Join Krista Evans for this informative class.



Healthy Hangout with Katia
Wed., Sept. 23 at 1:00PM

Join Katia for a casual conversation about metabolic health and simple ways to lead a healthier lifestyle. Bring your questions and learn simple, practical tips you can put into action.



Hearing Health & CapTel
Thurs., Oct. 1 at 1:00PM

Join Ron Renforth with CapTel Caption Phones for a discussion about hearing health and tips about taking care of your hearing. Ron will share how you can get a no cost caption phone to help you hear and see on the display what the other person is saying.



PURDUE
EXTENSION

Register for all Purdue Extension classes in the Mill Race Center business office.

Indiana Apple Crunch
Wed., Sept. 16
at 3:00PM; Free

Every Fall, Hoosiers of all ages celebrate local agriculture's importance and fresh flavor and create "The Crunch Heard Around the State"! Throughout October people across the state "crunch" into a locally-produced apple. Join us for apple taste testing, apple production facts, recipe sharing, and other apple related fun! Register in the MRC office.



Healthy Habits for a
Healthy Gut
Wed., Oct. 14 at
3:00PM; Free

This program focuses on research-based habits that support a healthy gut. Gut health is shaped by daily habits. Join us to learn how eating fiber-rich and prebiotic foods, along with managing stress and maintaining variety, supports a healthy microbiome and reduces chronic disease risk.



Fun With Plants Group
Tues., Sept. 15 & Oct. 20
At 10:00AM; FREE

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.



Columbus Transit Update
Tues., Sept. 29 at 1:00PM
Free class

Columbus Transit staff will provide an overview of available transportation services, review current and updated bus routes, and demonstrate their easy-to-use wayfinding tools to help you travel around the community with confidence. A great opportunity whether you're a current rider or just curious about the service.



70
years

The very first buildings were houses on Sixth St. The site of the current library. At that time there were less than 100 senior centers in the country.

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.



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.



**QUILT
BED TURNING**

Special Event see page 17

create

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

Scarecrow

Thurs., Sept. 17 at 3:00PM

Cost: \$10

Create a charming wooden scarecrow door hanger using wooden shims, paint, raffia, denim, and buttons. Personalize your project with your own creative touches. All supplies are included for this project.



Hexagon Pumpkin

Tues., Sept. 22 at 3:00PM

Cost: \$8

Create a charming hexagon-shaped wooden pumpkin perfect for fall decorating! Add your own creative touches with paint, paper napkins, raffia, and stems to make it uniquely yours. All supplies included.



3 Little Ghosts

Thurs., Oct. 1 at 3:00PM

Cost: \$8

Create a trio of spooky-cute ghosts from 2x4 wooden blocks. Paint and personalize your three little ghosts to make a fun Halloween decoration for your home. All supplies included.



Yarn Pumpkins

Tues., Oct. 6 at 3:00PM

Cost: \$5

Create adorable little pumpkins using yarn and toilet paper rolls. Wrap, shape, and a stem to your pumpkins for an fun and festive fall decoration. Make as many as you would like. All supplies are included.



**STOP
SCAMS**
Summit

Don't Miss This!
See page 17 for details.

Learn to Crochet

Wed., Sept 23-Oct. 28
1:00-3:00PM; FREE

Have you always wanted to learn to crochet? Join us for this beginner friendly class with MRC member Kim Cooper. Kim will help you learn the basics in a fun and relaxed setting. Please bring your own size H crochet hook and a skein of yarn. Come ready to learn and enjoy creating with others.

**NEW
FREE!**



Porcelain Painting for Beginners

Thurs., Oct. 15 & 29 1:00-3:00PM

\$35 includes all supplies & firings

A new beginner class where you will learn basic painting methods and a variety of tools to create art that must be fired in a kiln. You will complete a simple Christmas design on a 7 1/2" plate that will be fired after each week of class. The class will be instructed by Claudia Lindman with help from other members of the Bartholomew County Porcelain Artist Guild. **You must register in advance by 9/28 in the business office.**

NEW



Monthly Card Making

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

FREE!

September

Hummingbirds

Tues., Sept. 8 at 1:00PM



October

Fall and Pumpkins

Tues., Oct. 13 at 1:00PM



November

Thanksgiving

Tues., Nov. 10 at 1:00PM

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.



FREE!





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 and to register, call Margot at (812) 342-4156.

Basic Beginner Line Dance

Wednesday, 3:30-5:30PM

3:30-4PM - basic beginner

Come dance with me - have fun and learn to dance! Not mtg 10/28.

Instructor: Carla Willis-Crase

Free for MRC members,

\$10 non-member (Not meeting Oct. 28)

FREE!



Friday Line Dance

Intermediate & Advanced

Friday mornings 10:00-11:30AM

Free for MRC members, \$10 non-member

Instructed by Billy Crase

Billy & Carla are renowned line dance instructors and choreographers.

FREE!



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 (MP 2 & 3) (Not meeting Oct. 28)	Ball Room Dance 5:00-7:00PM (MP1 & 2)	Line Dance Intermediate & Advance 10:00-11:30AM (MP1)

Drumming Circle Practice

Mondays 1:00PM; FREE

Get into the weekly groove at Mill Race Center with our drumming group! We meet each week, and all members are welcome to join any practice. **Not mtg 10/19**



FREE!



Ukulele Circle

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

Bring your ukulele and join us for the Ukulele Circle at MRC. We will lead a fun hour-long sing-along/play-along. **Not mtg 10/19**

FREE!

Special Evening Line Dancing

Thursday, September 3

6:30-8:30PM

Cost: \$10 per person

NEW



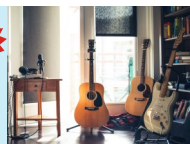
Songs & Stories with Dan

Tuesdays, Sept. 22, 29

10:00AM; Free

Join Dan for this interesting and entertaining look at some classic songs and the stories behind them. The singers, songwriters, producers, and musicians who brought them to life, and the historical context that made the songs relevant. Each installment will analyze a song or two, and there will be time for discussion. Register in the office; Max: 40

NEW
FREE!





BODIES IN MOTION

STRENGTH • BALANCE • FLEXIBILITY • FUN

STAY ACTIVE.
STAY STRONG.
Stay Independent.

CLASS SCHEDULE



MONDAY,
WEDNESDAY
& FRIDAY
8:30 AM



TUESDAY &
THURSDAY
2:00 PM

Art Room 10/27



Join this free, low-impact fitness class designed to improve strength, flexibility, balance, and overall wellness. Exercises can be adapted for all fitness levels and are performed standing or seated.

➤ **FREE FOR MEMBERS** ➤

Chair Yoga

Tues. & Thurs. at 11AM

FREE for MRC members

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! Led by fitness instructor Myla Annis.

FREE!



Walk 'n' Roll

Tues. & Thurs. at 12PM

Not mtg Oct. 13, 15, & 20

FREE for MRC members

A fun cardio exercise class featuring **new music** and **new moves** every class! Enjoy easy-to-follow steps, simple arm movements, and upbeat music that will keep you moving and having fun. No rhythm or dance experience is required! Walk'N'Roll is a great way to get your heart pumping, build endurance, and add variety to your fitness routine. Led by Fitness Instructor Myla Annis.

FREE!



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.

Thrive Free SHIP Counseling

Fri, Oct. 23 & Dec. 4

9AM-12PM; Free

SHIP counseling can provide free, unbiased help any new and current Medicare members by compare your options, saving money, prepare for updates and learn what Medicare covers. SHIP counselors do not sell insurance and are here to help you understand which Medicare options are right for you. A SHIP counselor can also assist with state Medicaid plans options as well. Call Thrive in advance to schedule your appointment 372-6918 *2948.

**NEW
FREE!**





JUKEBOX BINGO

Thursday, October 22
3:30PM; FREE

Instead of numbers we will have song titles and instead of a caller we will have a DJ. 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.

Sponsored by: **Anew Hospice**

**NEW
FREE!**



TOPS Club

Wednesday 11:30AM-1:00PM

Take Off Pounds Sensibly

For more information please contact

Karen Burbrink 812-371-9616 or check the TOPS website at www.tops.org.



Pickleball



FREE!

MRC INDOOR Pickleball

Pickleball held inside at MRC. Free for members.

An Excellent Brain Game!



Wednesday Evenings - 5:45-8:00PM

No play on Oct. 28 due to Concert & Dinner



Friday Afternoons - 1:30-4:30PM

NEW Veterans Group Meeting
See page 6 for details



VETERANS GROUP

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.



The Hanger

Meet there at 11:00AM
Wed., September 23

Olive Garden

Meet there at 11:00AM
Mon., October 26

The Lasting Impressions Present: *Veterans - Voices Of Valor*

(Celebrating 250 Years of Service & Song)
Wed., November 11 at 2:00PM

Registration required, Veterans are Free,
\$5 MRC members/\$10 non-members



Needle Felting: Pumpkins

Tues., Sept. 29 at 1:00PM; \$15

This class was so much fun we are offering it again! In this fun class we will be needle felting your own little pumpkins.

You'll learn how to shape and sculpt wool using felting needles while creating an adorable project to take home. No prior experience is needed, and all materials are provided. Register in the office. Taught by MRC member Joan Winkle. Max: 20.

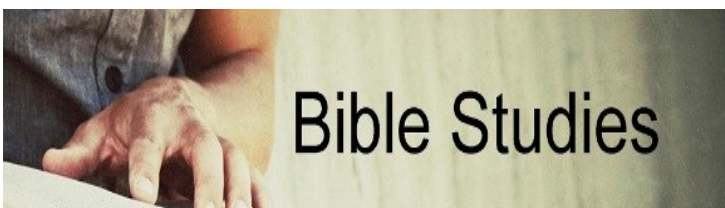


Sound Healing

Thurs., Oct. 8

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/\$10 non-members**



Morning Bible Study

Tuesday mornings 10:30-11:30AM

In the Classroom; **Free**

Information: Dawn Horn

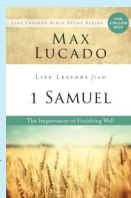
September: Lou Vician

October: Kevin Metz

Wednesday Bible Study

Wednesday 3:30-5:00PM

Beginning Sept. 16 - A new study 1 Samuel Life Lessons "The Importance of Finishing Well" by Max Lucado. Books to be purchased on your own. Please come with your book for the first session and helpful if you can read the first chapter. New members always welcomed.



TED Talks

2nd Tuesday of each month

Meeting at 1:00PM in Classroom

Facilitators: Ed & Terri DeVoe



Sept. 8 at 1:00PM

3 Secrets of Resilient People

By: Lucy Hone

Dr Lucy Hone is a resilience expert who thought she found her calling supporting people to recover following the Christchurch earthquake. She had no idea that her personal journey was about to take her to a far darker place. In this powerful and courageous talk, she shares the three strategies that got her through an unimaginable tragedy and offers a profound insight on human suffering.

Oct. 13 at 1:00PM

The Science of Dramatically Better Conversations

By: Charles Duhigg

The key to deeply connecting with others is about more than just talking it's about asking the right kinds of questions, says journalist and author Charles Duhigg. He explores research-backed tools to have more meaningful conversations, sharing a simple yet powerful approach to transform how you communicate.

Stay for Tuesday Tea after Ted Talks!

Tuesday

Tea



September 8 & October 13



FREE

2:00-4:00PM



Hosted by: Jennie Rauch
& 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.

Follow Mill Race Center on Facebook.



Eight Dimensions of Wellness

Walmart Pharmacy Flu Clinic
Wed., Sept. 9 & Mon., Oct. 5
9AM-12PM; in lounge

Bring your ID, Medicare D & B card, and insurance card. Offering a variety of shots.



Medicare Bingo
With Thrive Alliance

Tues., Oct. 6
at 1:00PM; Free

Learn about Medicare, special programs to help with expenses, changes coming for 2026, and more while playing Medicare Bingo. Prizes will be awarded!



If you are on Medicare, will soon be, or know someone who is, this is a great way to learn about the benefits and have fun playing Bingo. Trained SHIP counselors will provide information about Medicare and more at this fun and interactive program.

American Red Cross
Blood Drive

Monday, November 16

Held in the art room here at Mill Race Center. You can make a difference! Mark your calendar to donate blood here at Mill Race Center.



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.



AARP Safe Driving Course Fri. Oct. 9 at 11:30AM-3:30PM

Cars have changed, and so have traffic rules, driving conditions, and the roads you travel every day. Learn research-based safety strategies to help keep you safe while on the road. After taking this newly updated course, you may be eligible for a multi-year discount on your car insurance. (Consult your auto insurance agent for details.) The classroom course is \$20 for AARP members and \$25 for non-members. Space is limited. Register in advance the MRC office. Open to the community.



70 years

The very first director was Burl Ellis from 1957-1983. Under Burl's leadership they moved to the Harden Building in 1964.

Birthday Party

Thurs. Sept. 24 at 12:30PM

Celebrating July & August birthdays. There will be birthday cake, ice cream, and entertainment by Dan & Linda Mustard. Reservations required by the day before the party. You may bring one guest. Register in the MRC business office.

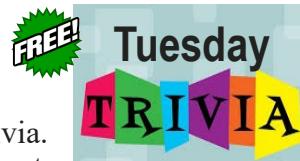


Tuesday Trivia

Tues. Sept. 29 & Oct. 27

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 Shannon in the lounge for this fun program. Register in the office.



MILL RACE CENTER

Grocery BINGO!

Play BINGO, win groceries, and take home some great prizes!

FREE for Members!

Thurs., Sept. 24
3:30 PM

Sponsored by:
GreenTree at Westwood

Fun Fall Theme for September.
Register in the office.
Max 40

Tech Help With Columbus

Chamber Members

Tues., Oct. 27 at 12:30PM; FREE

Members of the Columbus Chamber are generously volunteering their time and expertise to assist participants at Mill Race Center with everyday technology needs. Whether you're looking for help navigating your cell phone, organizing files on your laptop, or learning new features on your iPad, Chamber volunteers will be on hand to guide you.



Pharmacist Questions

1st & 3rd Tuesday

10:00AM

Ask the experts! Do you have questions about your prescriptions or over the counter medications? Join Jeff Parker, Doctor of Pharmacy, and Dr. Jim Moehler on in the Conference Room. Bring your medication list and your questions to these informal conversations.

NEW FREE!



Monday Meditation

Every Monday 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. 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/>

FREE!



Reader's Theater Practice

Wednesdays from 1:00-3:00PM

Reader's Theater presents shows 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 Terry Maloney (847)337-6081.



Reader's Theater

Lunch & Laughter Show

Wednesday, October 7 at 12:00PM

Cost: \$10 for lunch & show

Register in the office by 10/2

Dessert Sponsored by:
Ascension St. Vincent Senior Renewal Center

Eight Dimensions of Wellness

FREE MOVIE SHOWINGS at MRC!  Popcorn provided



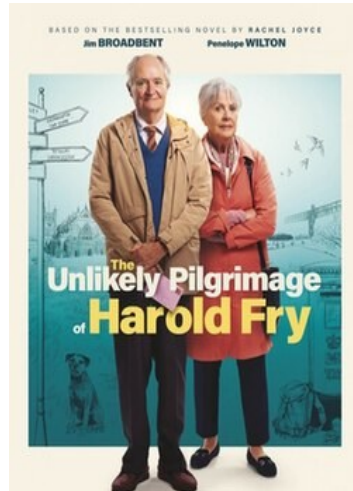
Two Showings now on Mondays at 2:00 & 4:30PM. Bring your own snack and drink.



Sept. 14

The Breadwinner

PG



Sept. 28

**The Unlikely
Pilgrimage**



Oct. 12

Michael

**PG
13**



Oct. 26

**The Devil Wears
Prada 2**



Agatha Christi Day

Tuesday, Sept. 15

at 1:00PM; Free

Step into a world of mystery! Enjoy our own MRC murder mystery game, indulge in Death by Chocolate, and settle in for a special showing of Murder on the Orient Express at 3:00PM. Come ready to solve the crime!

FREE!

NEW



National Pancake Day

Fri., Sept. 25

9:30AM; Free will donation

Join us as we celebrate National Pancake Day with a stack of delicious pancakes and good company of others. Free will donation will be accepted.

NEW



Cooking Class

with Chef Shawn from Silver Oaks Health Campus

SILVER OAKS
HEALTH CAMPUS



Thurs., Sept. 17
at 11:00AM

FREE!

Join us for a gourmet cooking class taught by Silver Oaks Chef Shawn Burge. 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)



DON'T MISS THIS!

Centra Financial Wellness Classes

Living In Your Spending Plan

Thurs., Oct. 8 at 10:00AM; FREE

To achieve financial well-being, it's important to set smart goals, understand spending psychology to avoid impulsive purchases, practice saving for various objectives, and assess your current financial status, including income, expenses, and debts. This is a free class and open to the community. Please register for seating purposes in the MRC office. We are so excited to be starting a new partnership with MRC and Centra Credit Union.



CENTRA
CREDIT UNION

NEW FREE!

DON'T MISS OUT!

Legacy Giving

Tues., Oct. 20 at 1:00PM

Join us for this informative presentation by Financial Advisor, Jalene Hahn.

Learn how legacy giving can support the organizations and causes you care about and how to get your plans started. This presentation will provide helpful information and practical guidance.

NEW

FREE!



BOOK STUDY

Becoming Madam Secretary

Tues., Aug. 25– Sept. 15 at 11:00AM

\$14 for book/or purchase on own

Frances is destined to rise in a political world dominated by men, facing down the Great Depression as FDR's most trusted lieutenant even as she struggles to balance the demands of a public career with marriage and motherhood

NEW



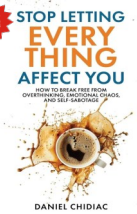
Stop Letting Everything Affect You

Tues., Sept. 22-Oct. 6 at 11:00AM

\$17 for book/or purchase on own

A transformative guide for anyone who overthinks too often, gets stuck in emotional chaos, and finds themselves trapped in cycles of self-sabotage.

NEW



Mad Mabel

Tues., Oct. 20-Nov. 3 at 11:00AM

\$25 for book/or purchase on own

Meet Elsie Mabel Fitzpatrick: eighty-one years old, gloriously grumpy, fiercely independent, and never without a hot cup of tea or a cutting remark. She minds her own business in her quiet Melbourne suburb, until a neighbor turns up dead and the whispers start flying.

NEW



MILL RACE CENTER

70 YEARS
of Community, Friendship & Wellness

Celebrate with us!

Wednesday, October 7 at 2:00 PM



SPECIAL CONCERT FEATURING
Boogie Woogie Piano Player
★ *Craig Brenner* ★

Come celebrate with us and our many partners!
Invite a friend, enjoy some cake, and help us celebrate 70 years of Mill Race Center!

Guess the Price: 1956
Thurs., Oct. 8 at 12:00PM; lounge
As Mill Race Center celebrates 70 years, let's take a trip back to 1956 the year it all began! Come play a casual game of Guess the Price and see how close you can get to the cost of everyday items in 1956.



STOP SCAMS Summit

Congressman Jefferson Shreve

Mon. Oct. 19 at 2:00PM

Join Congressman Jefferson Shreve as he hosts a panel discussion on **SCAMS** prevention with representatives from the law enforcement and financial services communities.

FREE AND OPEN TO THE COMMUNITY!



The Mill Race Center version of the classic detective game. Get your thinking cap on and participate in this fun game and work on your *Intellectual Wellness*.
The game will begin on Monday, September. 28. Final guesses will be due Thursday, October 29 the chosen winner will be selected on Friday, October 30.

Remember to keep your clues a secret!



All clues will be posted on the display board in the hall, in our weekly E-blast, and on our Facebook page beginning on Monday, September 28.

Coffee & Chat with CFD
Tues., Oct. 13 at 9:00AM

Celebrate Fire Prevention Month with a free cup of coffee and a chance to connect with the Columbus Fire Department! Learn what's new, ask your questions, and get to know the firefighters who help keep our community safe.



QUILT BED TURNING

Tuesday, October 27 at 2:00PM • Free

Experience the beauty and stories stitched into every quilt during this special Quilt Bed Turning presentation.

As each quilt is unfolded, you'll learn about its history, design, and unique sewing techniques. The program will conclude with helpful tips on properly caring for, washing, and storing quilts so they can be preserved and enjoyed for generations to come.

Whether you're a quilter, enthusiast, or simply appreciate history and tradition, this is a program you won't want to miss.

Lead by Carol Walp & Kathy AmRhein





The BCPL Bookmobile:



**Sept. 2, 16, & 30
Oct. 14 & 28
9:30-10:30AM
Available out front of MRC.**

MAH JONGG

Every Mon. & Fri.
12:30-4:30PM

Learn how to play on the 1st Friday of each month.



Scrabble & Rummikub
Wednesday afternoons
from 1:00-3:00PM
New players welcome!



Bridge
Every Friday from 1-4PM

Lead by: Elaine Bailey
In the lounge

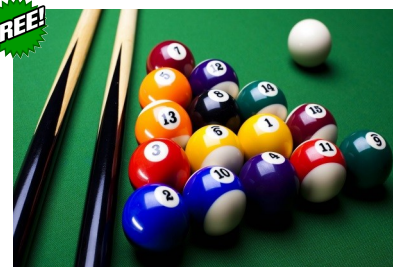


Table Tennis
Thursday
3:00PM; **FREE**
Excellent Brain Game



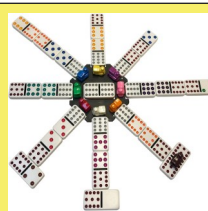
OPEN Billiards

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**



Let's Play
Every Friday from 1-4PM
MRC has a variety of games you can
choose to play or bring your own.

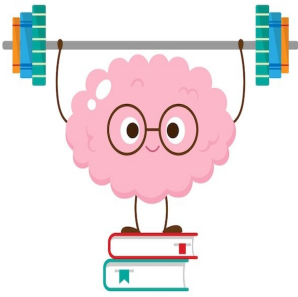


Cards & Games Schedule

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



Monday	Tuesday	Wednesday	Thursday	Friday
Mah Jongg 12:30-4:00PM Hand & Foot 12:30-4:00PM Cards & Games are free for MRC members. Day passes can be purchased for non-members.	Pinochle 12:30-4PM Euchre 4:00-7:00PM (MP3)	Scrabble & Rummikub NEW 1:00-3:00PM Hand & Foot 12:30-4:00PM Rosemary Sager (812)390-7665 (Canceled 10/7)	Dominoes 12:30-4:00PM	Mah Jongg 12:30-4:30PM Bridge 1:00-4:00PM Let's Play Games 1:00PM (see pg. 24) NEW



Monthly Brain Workouts

**Friday, September 25 & October 23
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; Max: 22**

Follow Mill Race Center
& Mill Race Center Fitness Facebook.



HIKING Group

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.

NEW!



Wed., Sept. 23 (9:30AM) - Touch the Earth Natural Area in Columbus. Hike roughly 2 miles of wide loops through meadows and forest.

Wed., Oct. 21 (9:30AM) - Betley Woods at Glaciers End (Trafalgar) has three lovely loops (1 mile, 1.4 mile, and 1.9 mile). The terrain is relatively easy. It is where the Wisconsin glaciers ran into the Brown County hills thus having glaciated and unglaciated land with a diversity of flora and fauna. This preserve is managed by the Central Indiana Land Trust.

Walking Group

Wednesday at 10:00AM

Take a walk outside and take steps toward a healthier lifestyle while making friendships along the way. All levels of walking welcome. Not meeting on days of hiking group.

Let's go for a
walk

TRAVEL WITH MILL RACE CENTER

Hello Everyone!

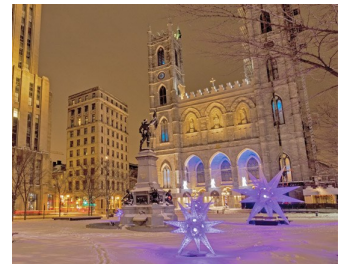
I hope that you all had an amazing summer- this was a HOT one! Our travels have been taking people everywhere this year and it is time to start thinking about 2027. If travel is on your mind for 2027, now is a nice time to start thinking about where you'd like to go. Maybe it's a place you've always wanted to visit, a favorite destination you'd enjoy returning to, or simply a change of scenery. Take your time, explore your options, and enjoy the planning as much as the journey. Please feel free to reach out to me at any time.

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



Montreal Christmas Markets - December 2-6, 2026

Come experience Montreal's quaint Christmas Markets in this vibrant and exciting city. Visit three Christmas Markets and the Farmer's Market along with Notre-Dame Basilica's amazing AURA Experience, a four-act multimedia display.



New Orleans Pre-Mardi Gras - February 2, 2027:

6 DAYS • 8 MEALS Experience the excitement and energy of New Orleans during Mardi Gras season. See parades, enjoy Creole cooking and visit Louisiana's plantation country. Pricing is \$3374 per person double occupancy with air from IND.



Yachting Gems of the Aegean Sea - April 16, 2027:

Set sail on Emerald's "Yachting Gems of the Aegean Sea", an intimate voyage where timeless beauty meets modern luxury. Discover hidden coves, sun-kissed islands, and ancient wonders as you cruise effortlessly aboard a boutique yacht designed for indulgence and adventure. With curated excursions, exquisite dining, and personalized service, every moment becomes a sparkling gem in your journey through the Aegean. This ship only holds 100 people!



TRAVEL

TRAVEL SHOW

Friday, October 9 at 10:00AM



Register in the office

Join Amanda for a fun and informative travel show! Discover exciting destinations, get travel tips, and hear about opportunities for your next adventure. Come with your travel questions and get inspired to start planning!

Trips

Gems of Eastern Europe (Emerald) - June 6 – 19, 2027:

14 DAYS • 27 MEALS Five countries, all unique in their own way, line the Danube on its journey towards the furthest reaches of Eastern Europe, and exciting activities await your participation in the various ports of call. Visit a Puszta Horse Farm in Kalocsa, Hungary, for a performance showcasing the riding skills of the Magyar cowboys and enjoy lunch in the home of a local Croatian family. Take a guided tour of Belgrade before attending a Serbian folklore show onboard your ship. Discover the Paleolithic archaeological site of Lepinski Vir, sample local Bulgarian wines at a vineyard estate, and see the highlights of Bucharest. Your adventure also includes a three-night stay in Transylvania and a visit to Bran (Dracula's) Castle. The Gems of Eastern Europe await on this 14-day holiday. Pricing varies based on Cabin.



Scandinavia - July 21-July 30, 2027, (Wait List) The remarkable cities of Stockholm, Oslo, Bergen and Copenhagen will come alive filled with history, the Viking legends, Hans Christian Andersen and The Little Mermaid. From vibrant Stockholm, Sweden and it's wonderful mix of old and new to the colorful waterfront of Bergen. From the cobbled streets of Copenhagen, Denmark to the thriving capital of Oslo, Norway. Add the unbelievable natural beauty of the Scandinavian countries and you'll have the holiday of a lifetime. Double Occupancy \$5824 with airfare from IND.



Black Hills to Badlands - August 10 – 15, 2027:

6 DAYS • 9 MEALS Explore the wild wonders of South Dakota with a Black Hills & Badlands tour! Witness the grandeur of Mount Rushmore, delve into the otherworldly rock formations of Badlands National Park, and discover hidden gems like historic Deadwood or the 1880 Train. Tours offer expert guides, transportation between sights, and the chance to truly experience the Black Hills' unique blend of history, nature, and adventure. Pricing is \$3774 per person double occupancy with air from IND.



Trains and Canyons of the West - September 9, 2027:

8 DAYS • 13 MEALS The beauty and grandeur of the nation's National Parks come into view on this exciting vacation to the west. Explore three National Parks and ride two exciting and historic railroads. From the massive sandstone walls of Canyonlands and the intricately carved towering monoliths of Arches to the amazing Spruce Tree Cliff Anasazi Dwellings at Mesa Verde, you will enjoy every moment. Pricing is \$4574 per person double occupancy with air from IND.



Best of Ireland - October 13, 2027:

13 DAYS • 16 MEALS From the bustling capital of Dublin to quaint seaside villages to historic Northern Ireland, you'll see it all on this Mayflower holiday featuring Irish history, music, dance, cuisine, scenery and architecture. This 'best of' tour lets you experience 6,000 years of history spread across the dales, valleys, cliffs and castles of Dublin, Killarney, Co Mayo, and Northern Ireland including Blarney Castle. Pricing is \$6615 per person with roundtrip air fare from IND.



The third building was The Power House & Waterworks (now Upland Brewery). Construction on our current building began in 2010 and Mill Race Center opened in February of 2011.

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

Wild Eggs in Greenwood Fri., Sept. 11

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

We will be traveling to Greenwood to enjoy a delicious brunch that will look as good as it tastes. Leave MRC at 10:30AM return approx. 1:30PM.



Reed's Place Restaurant & Freeman Army Airforce Museum Mon., Sept. 21

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

Join us for a fun day trip to Seymour! We'll enjoy lunch at Reed's Place Restaurant, followed by a tour of the Freeman Army Airfield Museum. Come along for a great meal, an interesting tour, and a fun day exploring local history! Leave 10:30AM return approx. 2:30PM.



Charlestown State Park Fri., Oct. 16

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

We will travel to Charlestown State Park for a private tour of the famous Rose Island with a stop for lunch at the Charlestown Pizza Company which serves a variety of food. This will have about a mile of walking. Leave at 8:30AM, return approx. 3:30PM. Max: 9

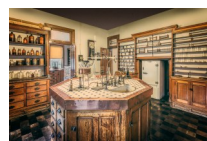


Medical History Museum & Lunch at Arnies

Fri., Oct. 23

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

Join us for a day trip to Indianapolis for a guided tour of the Medical History Museum. After the tour, we'll stop for lunch at Arni's in Greenwood. Enjoy an interesting day of history, good food, and great company! Leave 8:45AM, return approx. 2:30PM. Max 11



Cheddar's Scratch Kitchen in Greenwood Fri., Nov. 6

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

Join us for a delicious meal at Cheddar's Scratch Kitchen and chance to visit with friends over lunch. Leave 10:15AM, return approx. 1:30PM. Max 11



Derby Dinner Shows



Heartbreak Hotel Wed., September 16 Matinee Buffet

\$60 members, \$75non-mem

This official Elvis Presley bio-musical takes a closer look at the rock star whose impact shaped the history of music and culture. Watch as his younger self guides him through pivotal moments of his life that led him to become "The King of Rock and Roll". Featuring over 40 Elvis hits and iconic songs! Leave MRC at 10:00AM return approx. 5:30PM. Max: 11



MISERY

**Wed., November 4
Matinee Buffet**

\$60 members, \$75non-mem

When a famous novelist crashes his car during a snowstorm, he's "rescued" by his self-proclaimed number-one fan. But admiration turns terrifying as he realizes he's trapped in her remote home with no escape. A gripping, suspenseful thriller based on the novel by Stephen King. Written by William Goldman. Leave MRC at 10:00AM return approx. 5:30PM. Max: 11

MISERY



100 MILL RACE CENTER
CHALLENGE

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

70 years

The original senior center in 1956 was the result of research conducted by Purdue and Indiana Universities.



NEW Join MRC on a new program trip to the Brown County Playhouse for a Free Senior Movie. The movie begins at 2:00. Van leaves at 12:30PM. **Fee: \$5 for van trip, free movie (for those 60 & older/\$7 for those under), popcorn, & soda. Register in MRC office.**

Thursday, October 22
Mamma Mia!
Here We Go Again



Hiking Group

Join us once a month on planned hikes. See page 19 for details. Lead by MRC member Nancy Conner.



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.



The Better Breathers Club

Wed., Sept. 30 at 3:00PM

Topic: What are Biologic Medications

The Better Breathers Club is sponsored by the American Lung Association, and is supported locally by CRH and meetings held at MRC. They offer presentations on informative topics, and include time for questions and discussion. We also offer friendly support to anyone with lung problems. Meetings are free, no registration. Information, call Jennifer at 812-376-5793.



**Follow Mill Race Center
on Facebook.**





SPECIAL FEATURE **NEW** **FREE!**

Food Revolution Summit Docuseries

Hosted by Ocean Robbins

Featured over 40 leading doctors, researchers, and nutrition experts sharing science-backed insights on diet, disease prevention, and longevity.

Supplements Decoded: What Works, What Doesn't, & When to Use Them

Mon. Sept. 21 at 1:30PM

Your Strongest Self: Muscle, Metabolism, & Weight

Mon. Oct. 5 at 1:30PM

Gut Greatness: Microbiome, Immunity, & Mood

Mon. Nov. 2 at 1:30PM

Comedy Hour: The Carol Burnett Show

Every Thursday in Sept. & Oct. at 1:00PM in the lounge

Join us for a Comedy Hour featuring the best of *The Carol Burnett Show*! Enjoy classic sketches, unforgettable characters, and plenty of laughs with Carol Burnett and her talented friends. Come relax, laugh together, reminisce, and share the joy of these timeless comedy favorites with members.



Let's Play

Every Friday 1:00PM; Free

Explore the world of games together! It's a great way to stay mentally sharp, enjoy social interaction, add a dose of friendly competition, and laughter. Choose from a variety of games that Mill Race Center has or bring your own for group to play.

(Rummikub, Rack-O, Qwirkle, Sorry, Sequence, Uno, Skipbo, OuiSi, Clue, plus more options available)

NEW **FREE!**



70 years

The "senior center" was originally a sheltered workshop. Social and recreational programs were added later.

Broadway/Classic Series

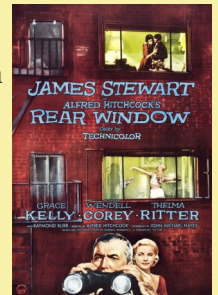
FREE!

Call MRC to register for each viewing.

Rear Window

Fri., September 25 at 1:00PM

(1954) A newspaper photographer with a fractured leg spends his recovery time by watching his neighbors through his window. He witnesses what he believes is a murder, and decides to solve the crime on his own. With the assistance of his nurse and wife, he attempts to catch the killer without getting himself killed.



Arsenic & Old Lace

Fri., October 23 at 1:00PM

(1944) Writer and notorious marriage detractor Mortimer Brewster falls for girl-next-door Elaine Harper, and they tie the knot on Halloween. When the newlyweds return to their respective family homes to deliver the news, Brewster finds a corpse hidden in a window seat. With his eccentric aunts disturbed uncle, and homicidal brother, he starts to realize that his family is even crazier than he thought.



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.

NEW **FREE!**

Wed., Sept. 2 from 1:30-3:00PM

Michelle Hespler will share via Zoom about this researched based program which can be done from home.

Wed., Sept. 16 from 12:00-1:20PM

Support group meeting for family/care partners.

Wed., Oct. 7 from 1:30-3:00PM

Jalene Hahn, Financial Advisor, will be talking about **Passing the Torch: Managing & Protecting Your Digital Legacy.**

Wed., Oct. 21 from 12:00-1:20PM

Support group meeting for family/care partners.

Banister Bluegrass Concert & Dinner

Wed., Oct. 28 at 6:00PM

\$20 per ticket

Must be purchased in advance



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!





MILL RACE CENTER

FITNESS

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.

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.

Mill Race Fitness Center Staff:

Myla Annis, Pam Clark, Cydnee Coppert, Susie Coy,
Pat Harding, Jayne Rogan, & Susan Smith

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.

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, September 7 for Labor 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.

Rock Steady Boxing (1,2) Is a circuit-style, non-contact boxing class designed to help individuals fight back against Parkinson's disease. A Parkinson's diagnoses is required to participate.

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 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.

MONDAY

9A.M. - Yoga
10A.M. - Silver Sneakers
Circuit
11A.M. - Balance In Motion
12PM - Rock Steady Boxing

TUESDAY

8A.M. - Cardio & Osteo
9A.M. - Pilates*
10A.M. - Silver Sneakers Yoga
12:00P.M. - Neuro Fitness
(Neuro not mtg 10/13)

WEDNESDAY

9A.M. - Yoga
10A.M. - Silver Sneakers Circuit
11A.M. - Balance In Motion
12PM - Rock Steady Boxing

Please note that some classes will be canceled during Fall Break.
Updates for schedule changes will be shared by instructors and in our weekly E-Blast closer to Fall Break.

THURSDAY

8A.M. - Cardio & Osteo
9A.M. - Pilates*
10A.M. - Silver Sneakers
Yoga
12:00P.M. - Neuro Fitness
(Neuro not mtg 10/15)

FRIDAY

7A.M. - Yoga
8A.M. - Pilates Strong
9A.M. - Cardio Pump
10A.M. - Silver Sneakers
Circuit
11A.M. - Balance In Motion
12PM - Rock Steady Boxing

Mill Race Fitness Center Instructors:

Myla Annis, Amy Allen, Jana Bartels,
Katia Hatter, Sheryl Nulph, Carrie Riley
& Diane Smith



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

ASAP Rethinking
Wellness

How to Ease Pain— Without More Pills

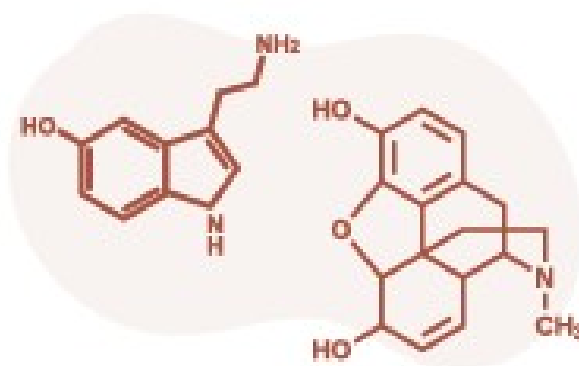
For those living with chronic pain, the search for relief can be long and complicated.

Medications can play a crucial role, especially when pain is severe. But what many people don't realize is that your brain also has a built-in "drug cabinet" filled with natural pain relievers—like endorphins, serotonin, and even its own form of morphine. And understanding how this system works could help you feel better, move more, and need less outside help over time.



Your Brain's Natural Painkillers

Deep inside your brain is a network that can release powerful, **pain-reducing chemicals** throughout your body. When this "cabinet" is open, pain signals can be blocked or softened. But when it's closed—due to fear, stress, confusion, or feeling unsupported—pain can feel worse. **Pain isn't just physical.** It's also shaped by how safe, informed, and supported you feel.



Tips to "Open the Cabinet"

Your brain's natural pain relief system isn't just automatic—it's something you can help influence. Certain **habits**, **mindsets**, and **supports** can "open the cabinet," allowing those pain-reducing chemicals to flow more freely. It starts with:

- Understanding how pain works
- Feeling safe and supported
- Setting realistic goals
- Staying active (in ways that feel good)
- Managing stress
- Learning new ways to cope



The Pain-Stress Loop: How They Feed Each Other

Pain doesn't just come from the body. It's processed in the brain—and influenced by everything from stress to isolation to past trauma.

That's why pain can linger even after an injury heals. It's also why emotions like fear, frustration, or sadness can turn up the volume on pain signals, making everything feel harder. This is called the "pain-stress loop"—and it's one of the reasons chronic pain is so exhausting.

Breaking the Loop Starts with Safety and Support

Just like the brain can amplify pain, it can also turn it **down**. When you feel safe, supported, and connected, your brain releases its own natural pain relievers. You don't need to "push through." You need tools that **support your whole self**—body, brain, and heart.

Rethinking Wellness is 100% funded by SAMHSA

Get Help With Local Resources

Bartholomew County offers several supportive resources for people navigating chronic pain—whether you're seeking new tools, connection, or just some relief:

CredibleMind

A free online hub offering evidence-based tools to manage pain and emotional health.

- Includes a special section on chronic pain
- Links to local providers
- Guided practices, podcasts, and more

→ Visit mhmbc.crediblemind.com

Thrive Alliance

Helps older adults stay independent by connecting them to housing, caregiver support, transportation, nutrition, and wellness programs.

→ Call (866) 644-6407 or visit thrive-alliance.org

Mill Race Center

Offers classes and community activities like yoga, art, and strength training—great ways to build connection and reduce stress.

→ Visit millracecenter.org

ASAP: "Rethinking Pain" Workshop

Learn to understand and overcome pain without misusing medication. Available to organizations by request.

→ Contact Rachel Simmons at rsimmons@asapbc.org or visit asapbc.org/rethinking-pain

United Way & 211 Helpline

If you're not sure where to start, dial 2-1-1 or contact United Way of Bartholomew County. They'll connect you with local programs for food, housing, financial support, mental health, and more.

→ Dial 2-1-1 or visit uwbarthco.org

Senior Volleyball

Monday, Wednesday and Friday mornings from
8:30-10:30AM (\$6 per visit)
at Foundation for Youth 405 Hope Ave, Columbus



Senior League Bowling

Tuesdays at 12:30PM

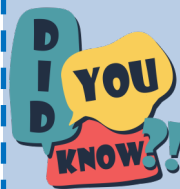
Columbus Bowling Center

Information: Lou Kinman 812-390-9537



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.



#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!

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
8-12	Woodcarving	LO
10:00	Golden K	CR
12:30	Mah Jongg	LO
12:30	Lasting Impressions	MP1
12:30	Hand & Foot	LO
1:00	Drum Circle Practice	CR
1:00	Special Feature (pg. 22)	AR
2:00	Movies (pg. 15)	AR
2:00	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	Ask a Pharmacist (1st & 3rd Tues. pg. 14)	CNR
10:00	Fun with Plants Group (3rd Tues.)	AR
10:00	Tai Chi (\$)	MP1
10:30	Bible Study	CR
11:00	Book Study (pg. 16)	LO
11:00	Chair Yoga	MP3
12:00	Walk'n'Roll	MP3
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
12:30	Pinochle	CNR
2:00	MRC On the Go	Off Site
2:00	Bodies in Motion	MP2
2-4	Tea (2nd Tues.)	LO
3:00	Craft Classes (pg. 8)	AR
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
10:00	Ukulele (pg. 6)	CR
10:00	Art Class	AR
11:30	TOPS	CR
12:30	Hand & Foot	MP1
1:00	Scrabble & Rummikub	LO
1:00	Reader's Theater (pg. 14)	CR
1:30	Parkinson Support Group (see page 24 for all dates/times)	AR
3:30	Bible Study	CR
3:30	Beg. Line Dance	MP2
5:45-8	Pickleball	MP2

Thursday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
10:00	Dulcimer (pg. 6)	CR
10:00	Tai Chi (\$)	MP1
11:00	Chair Yoga	MP3
12:00	Walk'n'Roll	MP3
12:30	Dominoes	LO
12:30	Birthday Party (pg. 14)	AR
1:00	Woodshop	WS
1:00	Woodcarving	CR
2:00	Bodies in Motion	MP2
3:00	Table Tennis	MP3
3:00	Craft Classes (pg. 8)	AR
3:30	Grocery/Jukebox Bingo (see descriptions)	AR
5-7	Ballroom Dancing	MP2

Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
9:30	Welcome Breakfast (pg. 5)	LO
9:30	Monthly Brain Workout (pg. 19)	CR
10:00	Line Dancing	MP1
11:00	Veterans Group (pg. 6)	CR
12:30	Mah Jongg	AR
1:00	Bridge	LO
1:00	Broadway/Cassic Series (pg. 24)	CR
12:30	Lasting Impressions	MP1
1:30-4:30	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.	

**For specific dates and details, refer to the full class listings on the inside pages of the newsletter.*



**Keep log of
your miles!**

**Mill Race Center & Fitness Center are
closed Mon., Sept. 7 for Labor Day.**

ACTIVITY HIGHLIGHTS

Sept. 3

Evening Line Dancing; 6:30PM; \$ 

Sept. 8 & Oct. 13

Card Making; 1PM 
Ted Talks; 1PM
Tuesday Tea; 3PM

Sept. 9 & Oct. 5

Walmart Flu Clinic; 9AM 

Sept. 14 & 28

Movie; 2:00 & 4:30PM 

Sept. 16 & Oct. 14

Purdue Extension Classes; 3PM 

Sept. 18 & Oct. 16

Veterans Group; 11AM 

Sept. 21 & Oct. 5

Food Revolution Video; 1:30PM 

Sept. 24

Birthday Party; 12:30PM
Grocery Bingo; 3:30PM 

Sept. 25

National Pancake Day; 8:30AM 

Sept. 28-Oct.

CLUE Game; 1PM 

Sept. 29

Tuesday Trivia; 9:30AM
Needle Felting; 1PM

Sept. 25 & Oct. 23

Monthly Brain Workout; 9:30AM 
Broadway Movie; 1PM

Oct. 2

Welcome Breakfast; 9:30AM 

Oct. 6

Thrive Medicare Bingo; 

Oct. 7

Reader's Theater Show; 12PM

 **Piano Concert Celebrating
70 Years of MRC; 2:00PM** 

Oct. 8

Centra Credit Union Class; 10AM 
Sound Healing; 3PM

Oct. 9

Travel Show; 10AM
AARP Safe Driving Class; \$ 

Oct. 12 & 26

Movie; 2:00 & 4:30PM 

Oct. 13

Col. Fire Dept. Chat;  

Oct. 19

Stop Scams Summit; 2PM  

Oct. 20

Legacy Giving Class; 1:00PM  

Oct. 22

Jukebox Bingo; 3:30PM 

Oct. 27

Tech Help; 12:30PM
Quilt Bed Turning Program; 2PM  

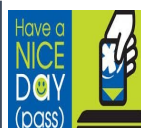
 **October 28**

Banister Bluegrass Concert & Dinner at 6PM

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

Visit us at www.millracecenter.org.





JOIN NOW

Mill Race Center Fitness is an innovative Fitness Facility with age-friendly cardio and strength equipment designed to make your workout more effective, safe, and fun. There are certified trainers on staff to develop personal fitness plans and leading a variety of group exercise classes offered for all levels. Mill Race Center Fitness is a Silver Sneakers and Silver & Fit approved facility.

812-376-9241

WWW.MILLRACECENTER.ORG

900 LINDSEY ST, COLUMBUS, IN 47201

**\$29 a
month**

Payment options
available

Beautiful
Views!

Variety of fitness
classes offered.

