



January-February 2025 • Issue No. 1

# AGING WELL!

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

Membership \$90 a year per person • 812-376-9241 • [www.millracecenter.org](http://www.millracecenter.org)

## GREAT DECISIONS



## PREPARE TO DISCUSS THE WORLD.

**March 6 –April 24**  
**6:30-8:00pm**

Registration required with the MRC business office.  
(We will be taking one week off in April.)

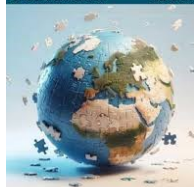
Partnered Program with IUPUC

**Fee: \$35 members/\$45 non-members**

### TOPICS for 2025

**Mideast Realignment, Climate Technology  
and Competition, Science Across Borders,  
U.S. - China Trade Rivalry, NATO's Future,  
Understanding Indonesia, High Seas Treaty,  
Pandemic Preparedness**

**GREAT DECISIONS**  
THE MIDDLE EAST ASSOCIATION



Great Decisions is America's largest discussion program on world affairs. Every participant will receive a Great Decisions Briefing Book and have short readings for each week. A speaker will address key points and have question and answer time.



**IUPUC**

FULFILLING the PROMISE

# 100 MILE CHALLENGE



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

## Fall/Winter Challenge

Join the staff at Mill Race Center in logging 100 miles of movement **beginning Oct. 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 **Oct. 1 2024-March 31, 2025**. 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](http://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

## “Healthy New Year!”

We all say, “Happy New Year” and wish each other well as a new year begins. We don’t often consider what the connection might be between health and happiness. I am a member of the community Suicide Overdose Fatality Review (SOFR) team for Bartholomew County, and I can tell you that there is a definite connection between the two.

Let me start by saying that there are many people who have very poor health or disabling conditions who maintain a positive outlook, and they inspire all of us. I would like to say that they are the norm, but I think the reality is that our physical health is directly tied to our emotional health, and when we are hurting physically, it often affects our mental health. As I have heard repeated often in community meetings, “Mental health is health.”



We have seen a record number of suicides in Bartholomew County in 2024, and through participation in the SOFR team I have seen a general pattern emerge that is by no means scientific, but one which cannot be ignored. In the past year, the cases have all been male, all but one or two were over the age of 40, with most being over 65. They were, generally, physically active men who developed a chronic health condition or sustained an injury that hindered their ability to do the things that they enjoyed doing. Each of them had access to a gun and used the weapon to end their own lives. Many of them had become socially isolated.

We may be hesitant to view middle aged and older men as an at-risk population, but the numbers suggest otherwise. This is a deeply rooted issue in our culture and goes to the core of our view of masculinity, and our society’s willingness to use people up and then discard them. This idea also is a significant factor in overdose deaths, since there is a correlation to physical injuries, chronic pain, and substance misuse, alcoholism, and opioid addiction.

This year, try saying “Healthy New Year,” and make a commitment that you will pay attention to your own mental and physical health, and to the health of your family, friends, and neighbors. Be willing to have uncomfortable conversations with the people in your life regarding their physical and emotional wellness.

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

## Mill Race Center Staff

**812-376-9241**

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

**Amanda Coleman**, Travel, x215

**Bradley Cox**, Administrative Assistant x218

**Rebecca Cutsinger**, Program Assistant & MOW x 208

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

**Jeff Jones**, Van Driver

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

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

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

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



**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](http://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:** \$7.10 for hot lunch  
\$12 for Hot lunch and cold sack supper

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



## 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



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



**MEALS on WHEELS**

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

## Happy Helping Hands

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

**Not meeting until March**

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

Leader: Carolyn Jordan  
374-9630



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.

## TRAVEL SHOW



**TRAVEL SHOW**  
**Thursday, February 6**  
**11:00AM**  
**In the Art Room**



## 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

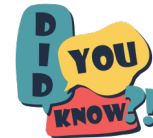
MRC Ambassadors enjoy meeting people and getting to know them. They are helpful to our staff and members in a myriad of ways. From greeting folks as they walk through the door to helping prepare for an upcoming event, they add sunshine to everyone's day. Contact Bradley at MRC.

### 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.

### Volunteer at Camp Atterbury USO

Volunteers are needed at the Camp Atterbury USO for various shifts. Please contact Justin Kiel, USO Operation Supervisor at 812-521-1281.



The Bartholomew County Public Library offers a wide range

of Gale Courses. Free interactive instructor led courses that you can take online for 6 weeks. Visit [mybcpl.org](http://mybcpl.org) and click the blue box at bottom right titled Gale Courses. A great way to work on your intellectual wellness.

### Ambassador Meeting

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

**Tuesday, January 7 at 3:30PM**

### Welcome! **MRC Welcome Breakfast** **Friday, February 7** **9:30AM in the lounge** **Register in the office**

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

Follow Mill Race Center on Facebook.



Give the gift of a **Mill Race Center** membership to your friends this year!

Stop by the business office or call **(812)376-9241** to make arrangements for your friend or loved one. You can also do a membership online at [www.millracecenter.org](http://www.millracecenter.org).



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



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

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

## Fun With Plants Group

**Not meeting until March**

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. Meets the third Tuesday each month (Not meeting in Jan or Feb.)

**FREE!**



## MILL RACE CENTER

ON THE GO

**NEW**

**FREE!**

### Vivera

Jan. 7 & Feb. 4 at 2:00PM

### Fairington Apartments

January 14 at Bldg 2301 at 2:00PM

February 11 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](mailto:bcutsinger@millracecenter.org)

Join the Challenge!  
Let's Keep Moving Together!

**100 MILE CHALLENGE**  
MILL RACE CENTER

## Kara's Silver Strings Dulcimer Circle

Thurs., Jan. 16 & Feb. 20  
at 10:30AM

**Register in the office**

Open dulcimer circle for those who have completed book 1, book 2, or know how to play the dulcimer. We will randomly work our way through the Kara's Silver Strings books playing a variety of songs. Help keep the skills you learned in Book 1 or 2 class.

**FREE!**  
**NEW**

**KARA'S  
SILVER  
STRINGS**



Sponsored by: **Heritage Fund**  
The Community Foundation of Bartholomew County



**NEW**

## Walk 'n' Roll

Tues. & Thurs. at 12PM  
**FREE for MRC members**

See page 10

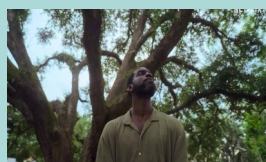
**FREE!**



**NEW**

## High On The Hog - How African American Cuisine Transformed America (Season 2)

Thursdays in February at 11:00am in the classroom; **FREE**  
Black food is American food. Chef and writer Stephen Scatterfield traces the delicious, moving throughlines from Africa to Texas in this docuseries. Each episode runs about an hour.



**February 6 @ 11AM**  
Episode 1  
Food For The Journey



**February 13 @ 11AM**  
Episode 2  
The Black Mecca

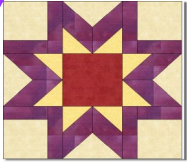


**February 20 @ 11AM**  
Episode 3  
The Defiance



**February 27 @ 11AM**  
Episode 4  
Feeding The Culture

# 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.





# create

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

## Snowman Pots

**Thurs., Jan. 16 at 3:00PM**

**Cost: \$8 - Make 2**

Be creative making your own set of painted snowmen pots this winter season. All supplies included for this project.

**NEW**



## Valentine Door Hanger

**Thurs., Jan. 23 at 3:00PM**

**Cost: \$12**

We will make cupid's arrow with hanging felt hearts. Display it on your door or in your home this February. All supplies included.

**NEW**



## Love Wooden Blocks

**Tues., Jan. 28 at 3PM**

**Cost: \$5**

Paint and embellish your own wooden LOVE blocks to be on display now or all throughout the year. All supplies included for this project.

**NEW**



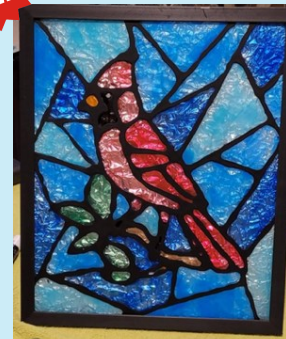
## Painted Stain Glass

**Tues., Feb. 4 at 3:00PM**

**Cost: \$8**

Design your own painted stain glass on a picture frame. There will be a variety of designed to choose or make your own. We will add tin foil to the background to make it sparkle. All supplies included.

**NEW**



## Beginner Quilling

**Thurs., Jan. 9 & Feb. 13**

**at 1:00pm; Free**

Try your hand at learning the art of quilling. Make whatever project you wish. We will learn together how to roll the paper to create decorative designs. Supplies provided. Register in the office.

**NEW**

**FREE!**



**NEW**

## Monthly Card Making

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

### January - Winter & Valentine's

**Tues., Jan. 14 at 1:00PM**

**Cost: \$5 (set of 4)**



### February - Birthday & St. Patrick's Day cards

**Tues., Feb. 11 at 1:00PM**

**Cost: \$5 (set of 4)**

### March - Easter

**Tues., March 11 at 1:00PM**

**Cost: \$5 (set 4)**



## Art Class

**Wednesdays from 10:00am-12:30PM**

**Not Meeting Feb. 26**

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, 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
<b>Ball Room Dance</b> 5:00-7:00PM (MP1 & 2)	<b>Ball Room Dance</b> 5:00-7:00PM (MP1 & 2)	<b>Line Dance</b> Beginner 4:00-5:30PM (MP1 & 2)	<b>Ball Room Dance</b> 5:00-7:00PM (MP1 & 2)	<b>Line Dance</b> 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.



## 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.



**JANUARY** - Card games or board games for Big Brothers/Big Sisters

**FEBRUARY** - Wet cat food for the Humane Society

**MARCH** - Kleenex, AA or AAA batteries, paper towel, hand sanitizer, Lysol wipes and spray for 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](http://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](http://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**

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**

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 Bowling

**Tuesdays at 1:00PM**

**Columbus Bowling Center**

Information: Joan Winkle, 812-350-9452

Glenna Phelps, 812-390-9234





## Pickleball



**FREE!**

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



**Wednesday Evenings - 5:45-8:00PM**



**Friday Afternoons - 12:30-3:30PM**

**Except Feb. 14 due to Valentine's Party**

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.



#### Chili's

Meet there at 11:00AM  
**Monday, January 27**

#### Upland Pump House

Meet there at 11:00AM  
**Thursday, February 27**



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



## Morning Bible Study

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

In the Classroom; **Free**

Information: Virginia Houser, 317-757-9674

**January: Not Meeting**

**February: Rev. Gordan Tilley**  
Bethel Wesleyan Church

## 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. We will watch an episode one week and then do the corresponding lesson together from the book the next week.



## Sound Healing

**Thurs., February 6**  
**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**

**Not meeting until late Feb.**

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.



## TED Talks

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

**January 14 at 1:00PM**

### 4 Phases of Retirement...and the Psychological Challenges

Imagine squeezing all the juice out of retirement! When interviewed on his research, Dr. Riley Moynes commented, "I wish I knew then what I know now about the psychological challenges that accompany retirement. It would have made things much clearer and easier." By interviewing hundreds of retirees, he has discovered a framework that can help make more sense of this challenging chapter of our lives...one that, for many, could last for 30 years or more.

**February 11 at 1:00PM**

### How Your Emotions Change The Shape Of Your Heart

"A record of our emotional life is written on our hearts," says cardiologist and author Sandeep Jauhar. In a stunning talk, he explores the mysterious ways our emotions impact the health of our hearts -- causing them to change shape in response to grief or fear, to literally break in response to emotional heartbreak -- and calls for a shift in how we care for our most vital organ.



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

**Tuesday**

**Tea**



**January 14 & February 11**



**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

## **Walking Stick Class** **Fri., Feb. 7**

**11:00AM, Woodshop**

Be creative and make your own walking stick in this fun class lead by MRC member Pat Dodge! Sticks will be provided or you can bring your own. Pat and helpers will guide you through the process. Examples will be on display with books and ideas. Register in the office.



**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.**

## **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.



Mill Race Center is only closed if there is a City Weather Emergency. Most classes are led by volunteers and they are asked to call MRC if they can't make it in to teach.



We advise calling MRC at (812) 376-9241 or check our Facebook page for cancellations of classes.



**FREE!** **NEW**



## Grocery BINGO!

**Grocery BINGO**  
**Jan. 30 & Feb. 20** *DON'T MISS OUT!*  
**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.

**Setting Goals to Age Well**  
**January 9<sup>th</sup> at 11:00AM**


**FREE!**

It's a new year and a great time to look at how we are aging. Using the **8 Dimensions of Wellness** as a guide, we will review the areas we need to "tune up." Easy methods for goal setting will be shared along with tips to help you keep on track. This class is also a great way to learn about the **8 Dimensions of Wellness** and get yourself plugged into the programs at Mill Race Center. Cheers to a New Year and to turning the invisible into the visible by setting goals and aging well! Register in office

A new Winter Eight Dimensions Challenge will begin in January and run through the end of March.



**FREE!** **NEW**



## 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.

**If interested in Ukulele class please let the office know.**

**Birthday Party**



**FREE!**

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.

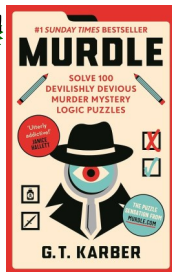
**January & February Birthdays**  
**January 23 at 12:30PM**

## Murdle the Murder Puzzle Series

**Wed., Jan. 15 & Feb. 19**  
**10:30AM; Free**

Like Murder Mysteries? Like solving crimes? Come join Bradley and enjoy some Murder Mystery Puzzles to get that brain thinking! Let's make you one the greatest detectives we possibly can. We are going to use logic, skills, and the power of deduction to find out who the murder is. See you there Detective! Meets the third Wednesday of the month.

**NEW** **FREE!**



**NEW** **FREE!**



## Walk 'n' Roll

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

## WISE Class

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

**FREE!**

**NEW**

**Tuesdays, March 25-April 29**

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



**Follow Mill Race Center on Facebook.**

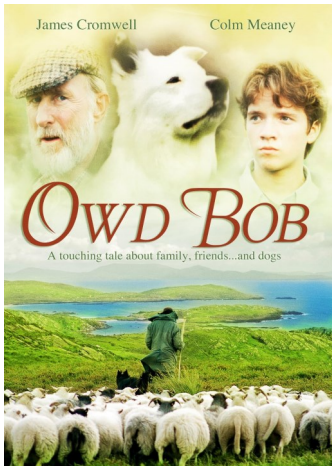


# Eight Dimensions of Wellness

**FREE MOVIE SHOWINGS at MRC!**  Popcorn provided

**FREE!**

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



Jan. 13

**Owd Bob**



Jan. 27

**HERE**



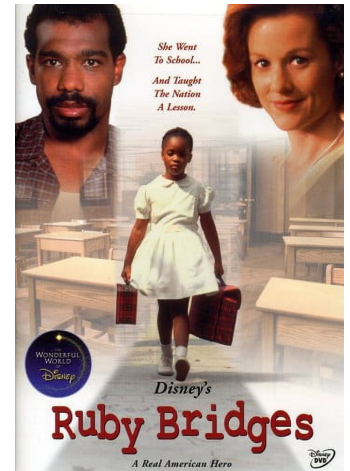
**PG**  
13



Feb. 10

**The Six Triple  
Eight**

**PG**  
13



Feb. 24

**Ruby Bridges**

**PG**

**Meditation**  
Every Monday  
starting January 20  
at 5:30PM; **FREE**

**FREE!**

**NEW**



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/>

**Fraud Prevention Seminar**  
**Thurs., January 30 at 11AM**  
**Free; register in office**

**NEW**

**FREE!**



Join us for a significant event where the Columbus Police Department, the Mill Race Center, and the Indiana Attorney General's Office are coming together to host a fraud prevention seminar.



Indiana Attorney General's Office is dedicated to protecting Hoosier consumers from deceptive and predatory business practices and scams. At this seminar, you can find the answers to questions in the minds of many Hoosier consumers like you. Information on current topics such as identity theft, typical schemes, and market scams. It's a great way to protect yourself.

**Donuts & Trivia**  
Tuesday, Jan. 28  
& Feb. 25  
9:30am in the lounge

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

**Free**

**NEW**

**FREE!**

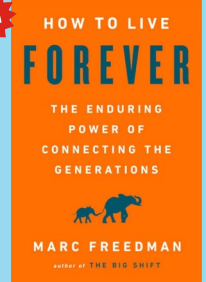
**BOOK STUDY**

**NEW**

**How To Live Forever:**  
**The Enduring Power Of**  
**Connecting The Generations**  
Tuesday morning beginning  
Jan. 7 at 11:00AM

**\$10 for book/or purchase on own**

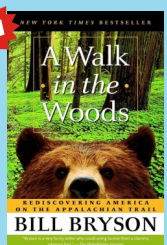
In How to Live Forever, Encore.org founder and CEO Marc Freedman tells the story of his thirty-year quest to answer some of contemporary life's most urgent questions: With so many living so much longer, what is the meaning of the increasing years beyond 50? How can a society with more older people than younger ones thrive? How do we find happiness when we know life is long and time is short?



**A Walk In The Woods by Bill Bryson**  
**Feb. 4 & 11**

**\$10 for book/or purchase on own**

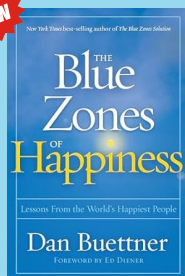
**NEW**



**The Blue Zones Of Happiness**  
**Beginning Feb. 18**

**\$12 for book/or purchase on own**  
New York Times best-selling author Dan Buettner reveals the surprising secrets of what makes the world's happiest places—and shows you how to apply these lessons to your own life.

**NEW**



**Chair Yoga**  
Tues. & Thurs. at 11AM  
**FREE for MRC members**  
See page 10

**NEW**

**FREE!**



## Tech Help With Columbus Young Professionals

Tues., Jan. 28

12:30-2:00pm; **FREE**

The Columbus Young Professionals (CYP) group is volunteering their time to assist participants at Mill Race Center with technology, including cell phones, laptops, and iPads. While providing tech support, CYP members are also fostering meaningful connections by encouraging the older, wiser participants to share their life experiences and insights. This exchange allows the young professionals to gain valuable perspectives on how they might approach their careers and lives differently.



## Quarterly Reading Challenge



Join Us!

December-February

March-May

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

Current challenge will end **February 28**. Next quarter challenge will be **March 1-May 31**. Reading slips will be available at MRC. Fill out the slip and turn it into the office for every book you have read during the quarter. All completed reading slips will be entered into a prize drawing for a \$50 gift card. Other prizes given to top readers throughout the challenge.

## Valentine's Party

Lunch & Concert

Fri., February 14  
at 11:30AM

Cost: \$10 member  
\$15 for non-member

Concert by Guy Parnavitana

Register in office by Feb. 11.

Let's celebrate the gift of our  
friendships with one another.

## Pharmacist Q & A Thurs., Jan. 30

1:00PM; **FREE**



Ask the  
Pharmacist

People over the age of 65 account for 34% of spending on prescription medications. 36% of Medicare beneficiaries take five or more prescription medications. 81% of adults 65 and over take at least one prescription medication. Join Dustin Brown, Doctor of Pharmacy, for an informative question and answer session about prescription medications, drug interactions, and how you can be your own best advocate. Dustin will be doing registrations for appointments for one-one consults at the conclusion of the presentation.

## The Heart Of Bingo

Wed., Feb. 26

11AM-1PM



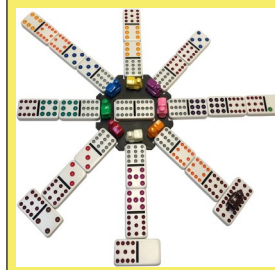
Columbus Regional Health and United Way of Bartholomew County are teaming up for Heart Health Awareness month in February! Join CRH and United Way for educational presentations on the importance of heart health, ways to maintain a healthy heart, connecting with a CRH provider and navigating financial assistance programs such as Marketplace, HIP or CHIP followed with a fun game of BINGO! A free heart healthy meal will be provided. This event is free and open to the public but seats are limited. **Be sure to RSVP to reserve your spot!** For more information, please visit [www.crh.org/events](http://www.crh.org/events) or email Hannah McCord, CRH Marketing Outreach Specialist at [hmccord1@crh.org](mailto:hmccord1@crh.org).



## The BCPL Bookmobile:

**FREE!**

January 8 & 22  
February 5 & 19  
9:30-10:30AM  
Available out front of MRC.



## Mexican Train Dominoes

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

**FREE!**



## Pinochle

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

**FREE!**

## MAHJONG

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



**FREE!**

## OPEN Billiards

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



**FREE!**

**NEW**



## BRIDGE

**NEW**

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

Lead by: Elaine Bailey  
In the conference room

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



**FREE!**



## Puzzle Table

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

**FREE!**

Follow Mill Race Center  
on Facebook.



**FREE!**

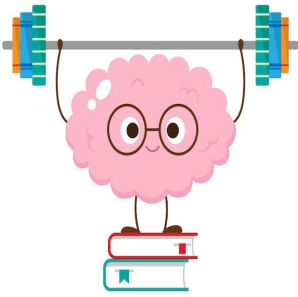


## Cards & Games Schedule

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



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mahjong</b> 12:30-3:30PM  <b>Hand &amp; Foot</b> 12:30-4:00PM  <div> Cards &amp; Games are free for MRC members. Day passes can be purchased for non-members. </div>	<b>Pinochle</b> <b>NEW</b> 1-4PM (2 & 4 Tuesday)  <b>Euchre</b> 4:00-6:00PM (MP3)	<b>Scrabble</b> 1:00-3:00PM  <b>Hand &amp; Foot</b> 12:30-3:30PM For information call Rosemary Sager (812)390-7665	<b>Dominoes</b> <b>NEW</b> 12:30-4:00PM	<b>Mahjong</b> 12:30-3:30PM  <b>Bridge</b> <b>NEW</b> 1:00-4:00PM



## Monthly Brain Workouts

**Friday, Jan. 31 & Feb. 28**

**9:30AM; Classroom**



**FREE**

Taking time to focus on your brain health is very important. Just as our bodies require care and exercise so do our brains. We will work together monthly doing workouts for our brain to improve attention, brain speed, focus, memory, and cognitive function. We will laugh and have fun together, plus work against the clock to sharpen our brain skills. Register in the office for seating 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,  
February 13**  
*Casablanca  
(1942)*



MILL RACE CENTER

**100**  
**MILE** **CHALLENGE**

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



## TRAVEL WITH MILL RACE CENTER

Hello Everyone!

I hope you had wonderful holidays and a Happy New Year! In 2024 we had a record breaking number of you traveling and 2025 looks to be trending that way too!

I am so excited to see where you are going and what you experience as you see the world-some places we will even go together. We have our travel show coming up to touch on 2025 availability and some early 2026 trips, including Africa with Victoria Falls!

Please let me know how I can help you cross off the destinations on your list.

Amanda Coleman—812-376-9241\*215 or [travel@millracecenter.org](mailto:travel@millracecenter.org)



### London and Paris

**May 14-22, 2025**

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

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



### Montana and Glacier National Park

**July 5-12, 2025**

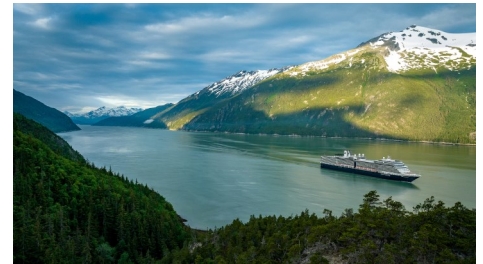
8 days; \$4249 per person double occupancy. The awesome grandeur of Glacier National Park is on display from the comfort of a historic Red Bus travelling along the legendary Going-to-the-Sun Road. Cruise through Waterton Lakes National Park and follow in Lewis & Clark's footsteps to the Gates of the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

### Alaska's Inside Passage Cruise

**August 26-September 3, 2025**

9 days, 22 Meals. Prices vary based on cabin but start at only \$3,449!

Want to do Alaska but not for 2 weeks? This is a great option with one night in Vancouver before getting on a cruise through the beautiful inside passage. We will explore Vancouver, Inside Passage Northbound, Tracy Arm Inlet, Juneau, Skagway, Glacier Bay, and Ketchikan!



### Danube Explorer with Oktoberfest

**September 19-29, 2025**

Prices vary based on cabin selection. Visit five countries: The Czech Republic • Germany • Austria • Slovakia • Hungary and enjoy a 7-night cruise in a suite or stateroom of your choice onboard an Emerald Waterways Star-Ship. We will end the trip in Munich with reserved seats in a traditional Oktoberfest tent- where we can enjoy the festivities and participate in one of Munich's most famous traditions!

## Trips

### Yellowstone and Jackson Hole

**September 20-26, 2025**

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



**NEW**

### 2026 PREVIEW

**South Africa Safari: April 22-May 4, 2026**

SMALL GROUP ADVENTURE featuring Stellenbosch wine country, Victoria Falls, Chobe National Park, and Cape Town. Contact Amanda for additional information for this once in a lifetime experience as we search for the BIG 5!

## 2025 Bus Trips



**NEW**

**Washington, DC: April 10-15, 2025**

9 MEALS. Stay 1 mile from all the major sites! Experience the beauty and magic of spring at the annual cherry blossom festival. As delicate pink petals blanket the trees, parks and streets transform into a picturesque wonderland, inviting visitors to revel in the fleeting beauty of nature. Join the celebration with traditional food, music, and dance, and witness the stunning cherry blossoms in full bloom. Whether you're strolling through a tranquil garden or participating in lively festivities, the cherry blossom festival offers a mesmerizing experience that captures the essence of renewal and beauty.

**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.

**NEW**



TRAVEL SHOW



**TRAVEL SHOW**  
**Thursday, February 6**  
**11:00AM**  
**In the Art Room**

Request to follow the new private group **Mill Race Center Travel** on Facebook to get all the latest trip information and updates from Amanda.





## 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

### Athens Restaurant & Steak House

**Thurs., January 16**

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

We will travel to Franklin for lunch at Athens Restaurant and Steak House.

Leave MRC at 10:30AM. Return at approx. 1:30PM. Max: 12



### Grateful Grub

**Fri., January 24**

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

We will have lunch at this popular restaurant in North Vernon which features a variety of great menu items plus homemade desserts. Leave MRC at 10:20am return approx. 1:30pm. Max: 12



### Friend's Diner

**Fri., February 7**

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

We will have lunch at Friend's Diner in Whiteland, a favorite restaurant with great home cooking. Leave 10:15am, return approx. 1:30pm. Max 12



### Brown County Inn

**Wed., February 19**

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

We will have lunch at the Brown County Inn in Nashville. Leave 10:30am, return approx. 1:30pm. Max 12



### Flap-Jack's Pancake House

**Mon., March 3**

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

We will travel to Bargsersville to have lunch at Flap-Jack's Pancake House.

They offer a huge variety great home cooking. Leave 10:15am, return approx. 1:30pm. Max 12



## Derby Dinner Shows

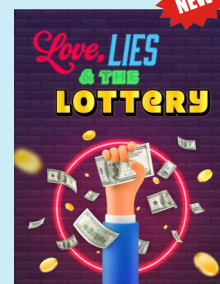


### Love, Lies & The Lottery

**Wed., Feb. 5 - Matinee Buffet**

**\$55 members, \$65non-mem**

Ever wonder what happens when a multi-million-dollar lottery prize goes unclaimed? Poor Peter never did until he discovers he has the winning ticket and only a week to claim the prize! Will he make it in time? A laugh-out-loud comedy. Contains adult themes. Max: 12



**Let's Play** - 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.

### Sequence - January 15 & 29 at 11:30AM in the lounge

Sequence is part card game and part board game. It is easy to learn yet fun and challenging. You will have to use some strategy to win.

**FREE!**

**NEW**



### Skip-Bo - February 12 & 26 at 11:30AM in the lounge

Skip Bo is timeless fun created in 1967. The game is simple to teach and easy to learn. The winner must empty their stockpile of cards first by placing them in numerical sequence.



The lounge is open each Wednesday from 11:30-12:30 to play these fun games or check out others in the business office.



# 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! The group will be doing a section of the Ice Age Trail the end of September.

**Contact Ed Niespodziani at 812-552-3343 or [kn4073@comcast.net](mailto: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 your Card to an organization.** Search Mill Race Center and click ENROLL.



## 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.



## The Better Breathers Club

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



The Better Breathers Club is sponsored by the American Lung Association, and is supported locally by Columbus Regional Health. We offer presentations on informative topics, and include time for questions and discussion. We also offer friendly support to anyone with lung problems. If you have lung problems, or know someone who does, you are welcomed to attend. Meetings are free, no registration. Beginning in March 2025.

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

Special Viewing for  
Dr. Martin Luther King Jr. Day

## Betty and Coretta



Mon., January 20

at 1:30PM; **FREE**

Angela Bassett and Mary J. Blige channel Coretta Scott King and Dr. Betty Shabazz, the wives of Dr. Martin Luther King Jr. and Malcolm X respectively, in a film told from their perspectives as widows after both men are assassinated.



britbox

Agatha Christie's iconic  
detective Hercule Poirot



## The ABC Murders

Mon. Feb. 3 at 1:30pm

Poirot investigates when Mrs. Asher of Andover is found murdered beside an ABC Rail Guide. (101 minutes)



## Murder On The Orient Express

Mon. Feb. 17 at 1:30pm

Poirot investigates the murder of an American businessman on the Orient Express. (88 minutes)



## The Chocolate Box

Mon. March 3 at 1:30pm

When Hercule Poirot returns to his native Belgium an old murder case rears its head. (51minutes)



## Broadway Series

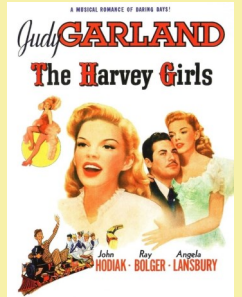


Call MRC to register for each viewing.

### The Harvey Girls

Fri., Jan. 31 at 1:00PM

(1946) When Susan Bradley responded to an ad in New Mexico for a mail-order bride, she had no idea that her would-be husband was a broken-down cowhand. Instead of returning back home, she takes a job at the local Harvey House restaurant. But the new establishment faces tough resistance from the local saloon owner and the town's streetwise showgirl, Em. As Susan works with the Harvey girls to win over the townsfolk, she also searches for a new love.



### An American In Paris

Fri., Feb. 28 at 1:00PM

(1951) Jerry Mulligan is an American ex-GI who stays in post-war Paris to become a painter, and falls for the gamine charms of Lise Bouvier. However, his paintings come to the attention of Milo Roberts, a rich American heiress, who is interested in more than just art.



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

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

Parkinson Support Group  
Meetings at Mill Race Center

Parkinson's  
Support Group



Wednesday, January 15 from 2:30-4PM

Wednesday, February 5 from 2:30-4:00PM

Bart Hudson, PT, to share about offerings available at Mill Race Center

February 19 from 1:30-4PM

A new support group for those affected by Parkinson's Disease. Support can look different for each person. It is important to know that others, too, are walking that journey as one diagnosed with Parkinson Disease as a loved one and/or as a caregiver of someone with Parkinson Disease. For more information call Harriet Armstrong 812-603-2470 or MRC 376-9241.

# 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 financially 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](http://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



# 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.

**ZUMBA (2,3, 4)** A high-energy workout that combines Latin and international music and dance. Music so great, you can't help but move!

## MONDAY

9A.M. - Yoga  
10A.M. - Silver Sneakers  
Circuit  
11A.M. - Balance In Motion  
1:30P.M. - Neuro Fitness  
6:00P.M. - Zumba

## 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  
6:00P.M. - Zumba

## THURSDAY

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

## FRIDAY

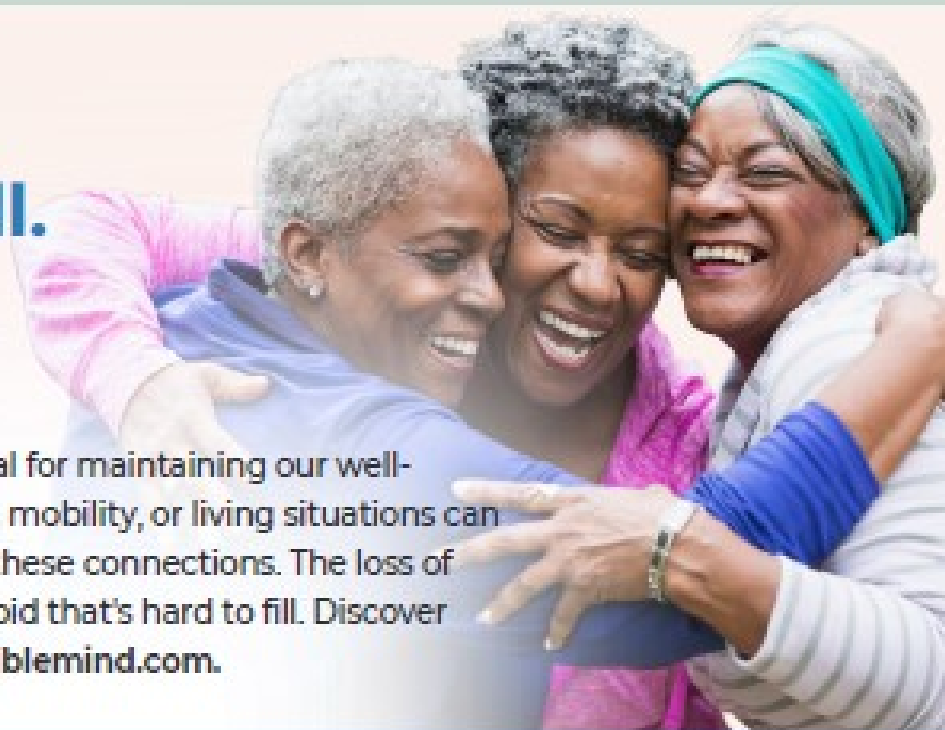
7A.M. - Yoga  
9A.M. - Cardio Pump  
10A.M. - Silver Sneakers  
Circuit  
11A.M. - Balance In Motion

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





# Connect well. Age well. Live well.



Staying connected is essential for maintaining our well-being, but changes in health, mobility, or living situations can make it difficult to maintain these connections. The loss of loved ones can also leave a void that's hard to fill. Discover tools to help at [mhmbc.crediblemind.com](https://mhmbc.crediblemind.com).



**Assess Your Needs:** Take advantage of a FREE, confidential mental health assessment on loneliness to better understand your unique needs.



**Overcome Loneliness:** Explore free articles, videos, and podcasts on topics like overcoming grief and loss, building connections, and more.



**Connect to Local Support:** Find therapists, support groups, and community resources in Bartholomew County.



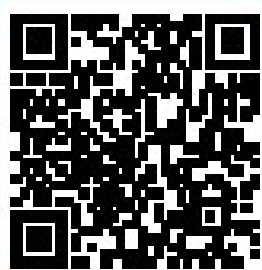
**Confidential Guarantee:** CredibleMind anonymizes data and does not share personal information with third parties.



**Nationwide Resources:** Tap into a network of national organizations focused on mental health and well-being.



**You're Not Alone:** About 1 in 3 adults in the U.S. report feeling lonely (CDC.gov). Take the first step towards a more connected life with CredibleMind now.



## SCAN THE QR CODE TO GET HELP NOW

[mhmbc.crediblemind.com](https://mhmbc.crediblemind.com)

crisis line: 988

[mhmbartholomew](https://www.facebook.com/mhmbartholomew)

[mhmbartholomew](https://www.instagram.com/mhmbartholomew)





## STANDING UP AGAINST STIGMA

VOICES OF HOPE,  
RESILIENCE &  
COMPASSION

CREATING A STIGMA-FREE COMMUNITY  
STARTS WITH YOU.

Here's how you can make a difference.

- Seek to understand stigma and its effects
- Speak up to empower yourself and those who are experiencing stigma around you
- Treat others with dignity
- Choose words that reflect understanding
- Think about the whole person

Learn more at [mhmbc.org](http://mhmbc.org)  
or scan the QR code



### DID YOU KNOW?

Stigma is a negative force that prevents people from seeking help for mental health and substance use challenges. It's built on harmful stereotypes and judgments that create barriers to understanding and support. This can lead to self-imposed isolation as individuals withdraw to avoid judgement or protect themselves from potential harm.

### HOW STIGMA & ISOLATION ARE CONNECTED



### STIGMA CAN TAKE MANY DIFFERENT FORMS

Stigma involves negative attitudes, beliefs, or stereotypes directed toward groups of people with certain characteristics, conditions, or behaviors. It can be **societal** (e.g., discrimination against people with mental illness and substance use disorder), **internalized** (when individuals accept negative beliefs about themselves), or **structural** (embedded in laws or policies).

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

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

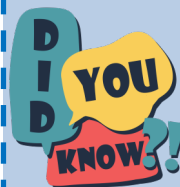
### GREAT DECISIONS 2025

March 6-April 24, 2025

6:30-8:00PM

Register in the office.  
MRC Member \$35  
and non-member \$45

See front cover for more  
details.



**#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!

Quarterly  
Reading  
Challenge

**NEW** Quarterly  
Reading Challenge!

See Page 17 for details!

# 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	Brit Box Series (pg. 22)	AR
2:00	Movies (pg. 15)	AR
2:30	Ukulele Class	CR
5-7	Ballroom Dancing	MP2
5:30	Meditation	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
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
4:30	Euchre	MP3
5-7	Evening Sewing (pg. 7)	AR
5-7	Quilt Guild (2nd Tues.)	AR
5-7	Ballroom Dancing	MP2

## Wednesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
9:30	Bookmobile (pg. 18)	Out Front
10:00	Art Class	AR
10:30	Murdle Murder Puzzles	CNR
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
10:30	Dulcimer lessons (pg. 6)	CR
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

## 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.

## ACTIVITY HIGHLIGHTS


### Jan. 7-28

Book Study: How To Live Forever; 11:00am


### Jan. 9

Setting Goals Class; 11:00am 

### Jan. 9 & Feb. 13

Quilling; 1:00pm 

### Jan. 13 & 27

Movie; 2:00 & 4:30pm 

### Jan. 14 & Feb. 11

Card Making; 1:00pm


Ted Talks; 1:00pm

Tuesday Tea; 3:00pm 

### Jan. 15 & Feb. 19

Murdle Murder Puzzle Series; 10:30am 

### Jan. 15 & 29

Let's Play Sequence; 11:30am 

### Jan. 16 & Feb. 20

Kara's Silver Strings Dulcimer Circle ; 10:30am

### Jan. 20

Betty & Coretta Movie; 1:30pm

Meditation – every Monday; 5:30pm 


### Jan. 23

Birthday Party; 12:30pm 

### Jan. 27 & Feb. 27


Come & Eat; 11:00am 

### Jan. 28


Tech Help; 12:30pm 

### Jan. 30


Fraud Prevention Seminar; 11:00am 

Pharmacist Q & A; 1:00pm 

### Jan. 30 & Feb. 20

Grocery Bingo; 3:30pm 

### Jan. 31 & Feb. 28

Monthly Brain Workout; 9:30am 

Broadway Movie; 1:00pm


### Feb. 3, 17, & March 3

Agatha Christie's Poirot; 1:30pm 

### Feb. 6


Travel Show; 11:00am 

### Feb. 6, 13, 20, & 27


High On The Hog; 11:00am 

### Feb. 7

Welcome Breakfast; 9:30am

Walking Stick with Pat; 11:00am 

### Feb. 10 & 24

Movie; 2:00 & 4:30pm 

### Feb. 12 & 26

Let's Play Skip-Bo; 11:30am 

### Feb. 13

Artercraft Movie; 12:20pm

Sound Healing; 3:00pm

### Feb. 14


Valentine's Lunch & Concert; 11:30am, \$ 

\*reservations Required

### Feb. 18

Book Study: Blue Zones of Happiness; 11:00am

### Feb. 26

The Heart Of Bingo (CRH); 11:00am, 

\*reservations Required

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812-376-9241

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







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