




The Lasting Impressions Present
Christmas Carol Jamboree
& *The First Christmas - The Birth Of Christ*

Fri., December 13 at 6:00PM
Sun., December 15 at 1:00PM
(Doors open 30 minutes prior)

Tickets are \$30
(Includes dinner and show)
Buffet Dinner by:
Sadie's Catering

**Tickets are available at Mill Race Center
or from Cast Members.**

100 MILE CHALLENGE



Winner will receive: a free MRC t-shirt, a free One Year Membership to MRC, and \$50 cash. Medals will be given to all participants for every 500 miles logged.

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!



The Lasting Impressions Present
VETERANS DAY SHOW

A Veterans Day Celebration

See page 16 for details

From Your Executive Director

Physical Wellness is one of the Eight Dimensions of Wellness that sits at the core of our mission. We have always offered programming that addresses this aspect of health. We are grateful for our long and fruitful partnership with Columbus Regional Health, and they have provided the staff and expertise for the fitness center, and some of our classes, since the Center opened in 2012. Our current arrangement with CRH will end at the close of 2024. As they focus on serving the community at NEXUS Park, we are forging a path forward with a new partner, Ascent Physical Therapy. The owner, Bart Hudson, has been serving our members since March, and we are thrilled to see the growth of his PT/OT business. I approached Bart about partnering with us to form a new venture as we move our Fitness and Wellness program into a new era.



We have made it a priority to minimize the number of changes to the classes and offerings as we transition in 2025. We will be phasing in some new classes and evaluating those which do not have enough attendance to justify the allocation of resources. We are committed to providing the safest and best classes and fitness programming to ensure that you meet your fitness goals.

We recently sent out our annual campaign letter that asks for your help to ensure our sustainability, and to enable Mill Race Center to remain at the forefront of innovative senior programming. As we move into a new phase of growth with our fitness center and wellness classes, we are asking for your financial support to help us to continue the work that we are doing on behalf of our community.

We welcome your input on the future direction of Mill Race Center Fitness with Ascent Physical Therapy, and I hope that you will attend one of the information sessions that are listed in this newsletter.

As always, I am deeply appreciative of the ongoing support that you have given us.

Dan Mustard
Executive Director



Meetings to discuss the changes:
Dec. 2 at 5:30 P.M. & Dec. 3 at 12:00 P.M.

Watch for more information to come on our website and a NEW MRC Fitness Facebook and Instagram page.

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 will be closed on November 28 & 29 and December 24, 25, & 31, and January 1, 2025

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.

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.

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

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

Mill Race Center Staff

812-376-9241

Debbie Bray, Administrative Assistant, x 222

Amanda Coleman, Travel, x215

Bradley Cox, Administrative Assistant x218

Rebecca Cutsinger, Program Assistant & MOW x 208

Charlie Harsh, Facilities Assistant, x 216

Jeff Jones, Van Driver

Dan Mustard, Executive Director, x 211

Roy Pruett, Facilities Manager, x 225

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



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 after Dec. 12-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



Quarterly Reading Challenge



NEW Quarterly
Reading Challenge!
See Page 17 for details!

A great way to work on your
Intellectual Wellness!



Leave a
Legacy
with planned giving

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.

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

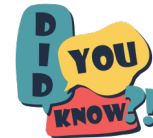
MRC Ambassadors enjoy meeting people and getting to know them. They are helpful to our staff and members in a myriad of ways. From greeting folks as they walk through the door to helping prepare for an upcoming event, they add sunshine to everyone's day. Contact Bradley at MRC.

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 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, November 5 at 3:30PM

Welcome! MRC Welcome Breakfast

Friday, December 6

9:30AM in the lounge

Register in the office

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

Follow Mill Race Center on Facebook.



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

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



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

NEW



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

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

Fun With Plants Group

Nov. 19 & Dec. 17

10:00AM

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.

FREE!



MILL RACE CENTER

ON THE GO

NEW

FREE!

Vivera

December 3 at 2:00PM

Fairington Apartments

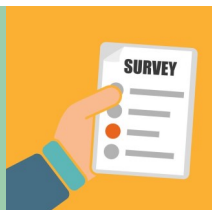
November 19 at Bldg 2301 at 2:00PM

December 10 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

End Of Year Surveys

Be sure to fill out the End of Year Survey and return to the office. Additional copies are available in the Business Office.



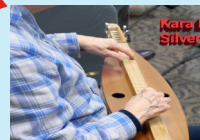
Kara's Silver Strings Dulcimer Circle

Thurs., Nov. 14 & Dec. 12
at 10:30AM

FREE!

NEW

KARA'S
SILVER
STRINGS



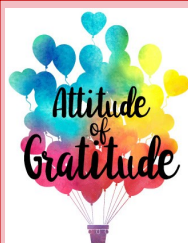
Register in the office

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.

Watch for book 1 class to begin again in January.



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



Gratitude Windows

During the month of November we hope to cover the windows of the classroom with what our members are thankful for in their lives. Post-it notes will be available for you to write what you are grateful for and stick up on the windows. Try keeping a gratitude journal this month and write 3 things daily you are grateful for. Let's all share our attitude of gratitude and be inspired!



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.

Rummikub - November 13 & 27 at 11:30AM in the lounge

Rummikub is easy to learn and a fast moving game great for your brain. It is a tile-based game with the object to play all your tiles first. It is a popular family game of strategy and luck.

FREE!

NEW

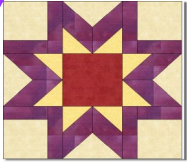


Rack-O - December 11 & 18 at 11:30AM in the lounge

Rack-O is timeless fun! It was released in 1956 and involves arranging your cards in ascending numerical order.



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

Starting back in September

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.

Mini Turkey Pots

Thurs, Nov. 14 at 3:00PM

Cost: \$12 - Make 4

This easy turkey craft is a great way to get excited for Thanksgiving. These cute flower pot turkeys can be used as table décor, name cards, or just as a cute gift to give this Thanksgiving. All supplies included for this project.



Mini Christmas Tree Ornaments

Mon., Nov. 25 at 3:00PM

Cost: \$10 - Make 3

We will make several of these bright colored tree ornaments. They will look lovely on your tree or to give as a gift. All supplies included.



Wooden Reindeer

Tues., Dec. 3 at 3PM

Cost: \$12

An adorable Christmas craft for this holiday season. We will turn these wood pieces into a cute reindeer with a bright red nose. All supplies included for this project.



Wood Piece Snowman

Tues., Dec. 17 at 3:00PM

Cost: \$8

Snowman are a perfect addition to winter décor. We will put ours together with wood slices. We will embellish with paint, ribbon, arms (if you like), and sparkly glitter. All supplies included.



Snowflake Door Hanger

Tues, Jan. 9 at 3:00PM

Cost: \$8

Paint and embellish this snowflake door hanger just the way you want. It will add a nice touch to your door or wall this winter season. All supplies included.



Monthly Card Making

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

November - Thanksgiving

Tues., Nov. 12 at 1:00PM

Cost: \$5 (set 4)



December - Christmas

Tues., Dec. 10 at 1:00PM

Cost: \$5 (set of 4)

January - Winter & Valentine's

Tues., Jan. 14 at 1:00PM

Cost: \$5 (set of 4)



Art Class

Wednesdays from 10:00am-12:30PM

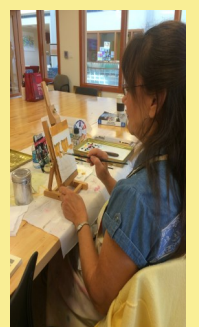
Watercolors, oils, acrylic, pastels. No previous art experience required.

Beginners: no supplies

needed for your first visit. Holly will get you started on a project and advise on needed supplies.

FREE for MRC members.

For more information contact: Holly Melillo at 812-350-8238.





Ball Room Dance Classes

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

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

Basic Beginner Line Dance

Wednesday, 4:00-5:30PM

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

Instructor: Carla Willis-Crase

**Free for MRC members,
\$10 non-member**



Friday Line Dance

Intermediate & Advanced

Friday mornings 10:00-11:30AM

Free for MRC members, \$10 non-member

Instructed by Billy & Carla Crase

Billy & Carla are renowned line dance instructors and choreographers.



NEW participants always welcomed!



Monday	Tuesday	Wednesday	Thursday	Friday
Ball Room Dance 5:00-7:00PM (MP1 & 2)	Ball Room Dance 5:00-7:00PM (MP1 & 2)	Line Dance Beginner 4:00-5:30PM (MP1 & 2)	Ball Room Dance 5:00-7:00PM (MP1 & 2)	Line Dance Intermediate & Advance 10:00-11:30AM (MP1 & 2)

Drumming Circle Practice

Mondays 1:00-2:00PM

Get your weekly groove on at Mill Race Center with a small group that gathers to drum each week. All members are welcome to attend any practice.



Walking Group

Wednesday at 9:30AM

Weather Permitting

Take a walk outside and take steps toward a healthier life-style while making friendships along the way. Each week we will walk a 2 mile route with longer excursions to come. You can also add it to your 100 Mile Challenge.

Weather permitting.



Let's go for a
walk





Bodies in Motion

Class meets:

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

Tues. & Thur. at 2:00-3:00PM (Not meeting 12/5 due to Christmas Concert)

FREE to MRC members

Bodies in Motion is an exercise program designed to help participants reclaim flexibility and the variety of movement and strength that help make living more pleasurable. It is a motivating pain-free physical fitness class for adults. Both men and women find it fun, encouraging, and refreshing for the body and mind, as well as comfortably challenging.

TOPS Club

Wednesday 11:30AM-1:00PM

Take Off Pounds Sensibly

For more information please contact Debbie Grounds at 702-513-5183 or check the TOPS website at www.tops.org.



Senior Swim

At Foundation For Youth

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



12 Months of Kindness ^{NEW}

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



NOVEMBER - Hat & Gloves for BCSC
DECEMBER - Large Print Wordsearches for Nursing Homes

Walk 'n' Roll ^{NEW}

Tuesday's at 3:00PM

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



Lead by CRH instructor Myla Annis.

Tai Chi/Qigong

Offering Classes on Tuesday & Thursday

Instructor: Paula Howard

10:00AM - Ongoing class for those with some practice in Tai Chi. Monthly Cost: \$50 members/\$65 non-members

11:00AM - 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

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.



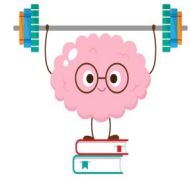
Cracker Barrel

Meet there at 11:00AM
Monday, November 25

Ru Yi

Meet there at 11:00AM
Thursday, December 19

**Monthly
Brain
Workouts**



See page 19 for details.



Morning Bible Study

Tuesday mornings 10:30-11:30AM

In the Classroom; **Free**

Information: Virginia Houser, 317-757-9674

November: Monte Stetler

December: Bert Zimmermen - only Dec. 3 & 10 not meeting the rest of Dec. or January

Wednesday Bible Study

Wednesday 3:30-5:00PM

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



Make & Take Lotion & Hand Scrub

Wed., Dec. 11 at 3PM

Cost: \$12 for 2 products

Try this class and leave with your own easy to make products and instructions. Take the time to pamper yourself with these great products, or give them as gifts this season! All supplies included.



Sound Healing

**Thurs., December 12
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.**



TED Talks

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



November 12 at 1:00PM

Why You Should Quit Social Media

By: Dr. Cal Newport

Computer scientist Dr. Cal Newport doesn't think so. In this eye-opening talk, he debunks three objections commonly offered up as rationale for keeping that all-important Facebook account.

December 10 at 1:00PM

Is The Cure For Loneliness Hiding In Your Closet

By: Mollie Kaye

In this engaging talk, Mollie Kaye, with a charming vintage flair, shares a transformative initiative dressing up every Tuesday to connect with strangers. Exploring the profound impact of small interactions, she delves into the dangers of loneliness and the significant health benefits of meaningful connections.

Stay for Tuesday Tea after Ted Talks!



Tuesday Tea

November 12 & December 10



FREE

2:00-4:00PM

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



Hosted by: Jennie Rauch

Eight Dimensions of Wellness



In Partnership with:  **ASCENT**
PHYSICAL THERAPY

**Meetings to discuss the changes:
Dec. 2 at 5:30PM & Dec. 3 at 12:00PM**

Watch for more information to come on our website and a
NEW MRC Fitness Facebook and Instagram page.



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

In The Woodshop

Drop-In Woodcarving Class

Monday 8am-Noon

& Thursday 1:00-4:00PM

Open to all levels of ability, beginners encouraged to give it a try! Carving projects with instruction will be offered to get you started. Basic carving tools will be available for use or bring your own. Assistance will be offered to beginners and challenges offered for more experienced carvers. Instructor: Larry Carter



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

Nov. 21 & Dec. 19**3:30-4:30PM; Art Room****DON'T MISS OUT!**

It's simple - play bingo, win at bingo, and take home groceries as your prize! A variety of food and toiletry items will be placed in grocery bags and given away as prizes. This will be casual BINGO playing one card at a time. The cost of everything seems to be going up so this is a fun way to win some items that can be beneficial. Limited seating (40) so please register for this free event in the office.



Ukulele Circle

FREE!**NEW****Mondays; 2:00-3:00PM; Free**

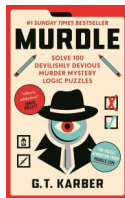
Bring your ukulele and join us for the new "ukulele circle" at MRC. We will lead a sing-along/play-along hour of music and fun.

If interested in Ukulele class please let the office know.

Murdle the Murder Puzzle Series

Wed., Nov. 20 & Dec. 18**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!**

Reader's Theater Practice

Wednesdays from 1:00-3:00PM

Reader's Theater presents shows 4 times a year (Lunch & Laughter) by reading their script without costumes, props, and scenery. Be apart of this fun group helping other laugh and enjoy fellowship with others. Interested in joining the Reader's Theater group come to their weekly meetings or call Susie Blizzard at 812-376-0641. Not meeting after Dec. 4



WISE Class

(Wellness Initiative for Senior Education)**(6 week class); FREE****To begin in March**

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

**FREE!****NEW****FREE!**

Birthday Party

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

November & December Birthdays**November 21 at 12:30PM**

Setting Goals to Age Well

January 9th 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.



Follow Mill Race Center
on Facebook.



Eight Dimensions of Wellness

FREE MOVIE SHOWINGS at MRC!  Popcorn provided

FREE!

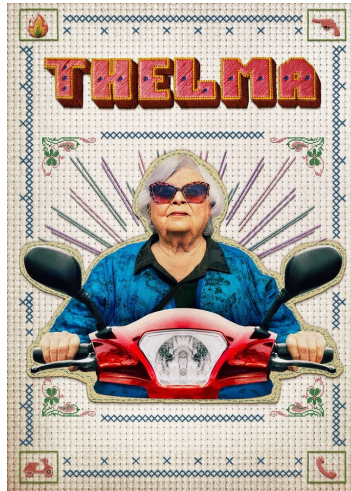
Two Showings now on Mondays at 2:00 & 4:30PM. Bring your own snack and drink.



Nov. 4

Fly Me To The Moon

**PG
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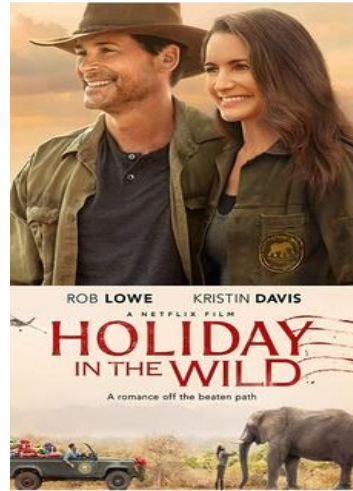


Nov. 18

THELMA



PG



Dec. 9

Holiday In The Wild



Dec. 23

A Christmas Story Christmas

PG

Beginner Quilling

Thurs., Nov. 14 & Dec. 12
at 1:00pm; Free

NEW

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.

Glorious Gourds with Pat November 15 10:30am

NEW

FREE!



This will be a fun class sharing of ideas and comradery. No stress. Gourds will be provided as well as small saws, paints, and other materials. Samples and books will be on display leading up to the class. Class lead by MRC member Pat Dodge. Call MRC business office to register 812-376-9241.

NEW
FREE!

Donuts & Trivia

Tuesday, Nov. 26
& Dec. 17
9:30am in the lounge

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

Free

LUNCH & LAUGHTER READERS THEATER



December 4 at Noon

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

Make reservations at the MRC business office. **Required Registration by Dec. 2.**
Doors open at 11:45am

BOOK STUDY

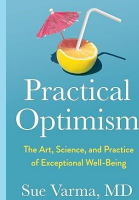
Practical Optimism

Tues., October 29-November 26
11:00am

\$18 for book/or purchase on own

This book isn't about magical thinking. Practical optimists are resourceful, realistic, and thoughtful problem solvers who possess something of rare value: the inner resources to cope during a crisis and to use as fuel to flourish. Complete with self-assessment quizzes and exercise, Practical Optimism will help us all see the world for the better and reach our true potential. Practical Optimism is a scientific and tangible pathway to boosting health, happiness, resilience, success, and longevity.

NEW

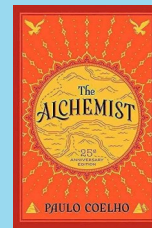


The Alchemist: A Fable About Following Your Dream

Tues., Dec. 3 & 10 at 11:00am

\$12 for book/or purchase on own

Combining magic, mysticism, wisdom, and wonder into an inspiring tale of self-discovery, Paulo Coelho's masterpiece tells the mystical story of Santiago, an Andalusian shepherd boy who yearns to travel in search of a worldly treasure. His quest will lead him to riches far different and far more satisfying than he ever imagined. Santiago's journey teaches us about the essential wisdom of listening to our hearts, recognizing opportunity and learning to read the omens strewn along life's path, and, most importantly, following our dreams.



Group Participants Christmas Party
Dec. 17 at 11:00am; register in the office

SAGE Table

Friday, November 8

11:30AM-1:00PM



An opportunity for LGBTQ and allied people to come together and share a free meal and conversation. SAGE Table is an event held throughout the country to promote a more age-friendly community, and to discuss ways we can strengthen it. Must register in the MRC business office by Tues., Oct. 31 for meal preparation purposes.

Write Your Life Story

Mon., December 2 & 9

11:00AM



Writing your life story is a wonderful way to reflect on your life and share your story with your family. There are dozens of books, apps, and services to help you with such a project and many ways to approach it. We will talk through some prompts to help begin your journey and do some fun writing exercises together. We will engage our brains and our hearts diving into our own memories. Register in the office.

WE'RE ALL EARS

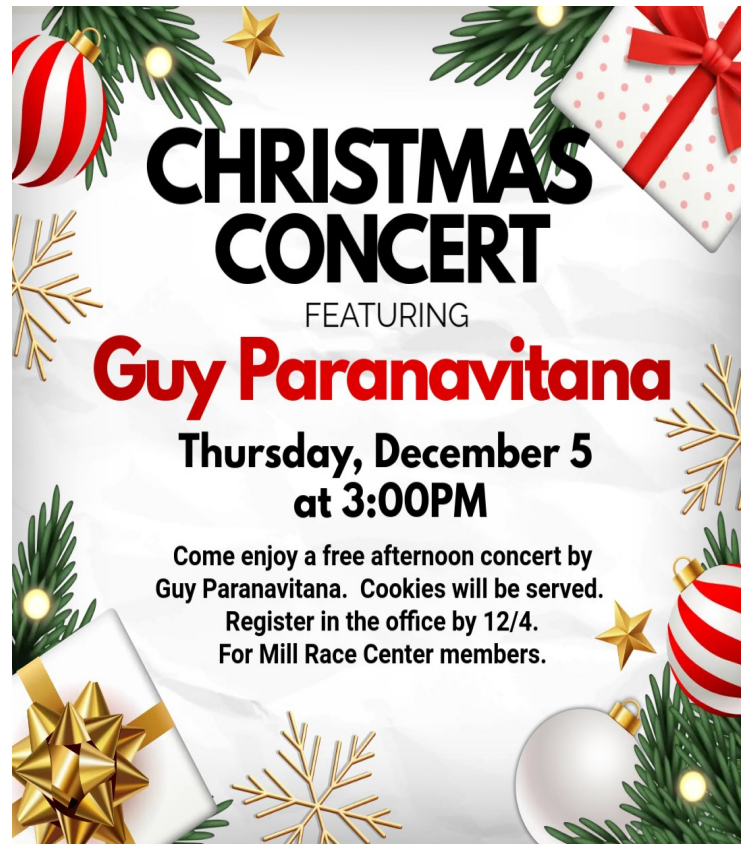


Monday, December 2 at 5:30PM

Tuesday, December 3 at 12:00PM

"We're all ears!"

Meet with members of the board of directors of Mill Race Center, Executive Director, Dan Mustard, and Ascent Physical Therapy owner, Bart Hudson as they share about Mill Race Center Fitness. They will be answering questions about the changes coming with the fitness center, and how we will move our Fitness and Wellness program into a new era. Join us either day.



CHRISTMAS CONCERT

FEATURING

Guy Paronavitana

Thursday, December 5
at 3:00PM

Come enjoy a free afternoon concert by Guy Paronavitana. Cookies will be served. Register in the office by 12/4. For Mill Race Center members.



Quarterly Reading Challenge

FREE! **NEW**

Join Us!

September-November
December-February

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

Current challenge will end **November 30**. Next quarter challenge will be **December 1-February 29**. 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.

GREAT DECISIONS 2025

March 6-April 24, 2025

6:30-8:00PM

Register in the office.

Member \$35 and non-member \$45

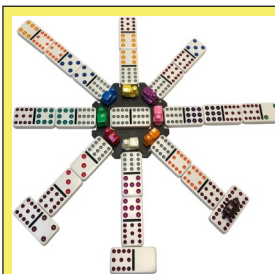




The BCPL Bookmobile:

FREE!

**November 13 & 27
December 11
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!

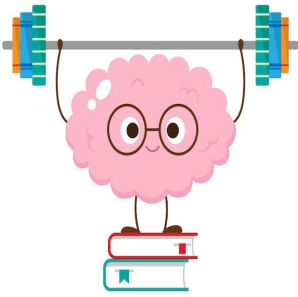


Cards & Games Schedule

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



Monday	Tuesday	Wednesday	Thursday	Friday
Mahjong 12:30-3:30PM Hand & Foot 12:30-4:00PM	Pinochle NEW 1-4PM (2 & 4 Tuesday) Euchre 4:30-7:00PM (MP3)	Scrabble 1:00-3:00PM Hand & Foot 12:30-3:30PM For information call Rosemary Sager (812)390-7665 (canceled 12/4)	Dominoes NEW 12:30-4:00PM	Mahjong 12:30-3:30PM Bridge NEW 1:00-4:00PM
Cards & Games are free for MRC members. Day passes can be purchased for non-members.				



Monthly Brain Workouts

**Friday, Nov. 22 & Dec. 20
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, Dec. 12
White Christmas
(1954)



MILL RACE CENTER

100
MILE **CHALLENGE**

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

TRAVEL WITH MILL RACE CENTER

Hello!

Happy holidays- I cannot believe how fast the year has gone by! Many of you experienced some gorgeous destinations in and out of the USA. I can't wait to see where everyone decides to go next year!

Due to recent devastation we have cancelled the Biltmore trip for 2024.

You will find our updated schedule below and 1 sneak peek for 2026 due to very limited availability! Our schedule is filling up for next year quite quickly- please do not hesitate to give me a call if you have any questions or are interested in a destination.

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



London and Paris

May 14-22, 2025 - FREE AIR EXTENDED TO NOV. 30, 2024

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

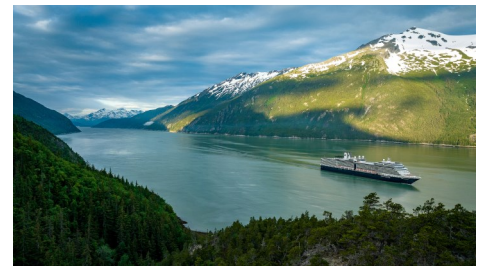
8 days; \$4249 per person double occupancy. The awesome grandeur of Glacier National Park is on display from the comfort of a historic Red Bus travelling along the legendary Going-to-the-Sun Road. Cruise through Waterton Lakes National Park and follow in Lewis & Clark's footsteps to the Gates of the 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 - FREE AIR EXTENDED TO NOV. 30, 2024

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



**Watch for a travel show
coming in January.**

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

Olive Garden

Tuesday, November 13

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

Leave MRC at 10:15AM Return at approx. 1:30PM. Max: 12



Southern Indiana Taiko

Thursday, November 21

Cost: \$10 at 10:30AM

Meet there for this fun

Columbus experience.

Come and experience Japanese taiko drumming. Enjoy a fun class of low impact drumming that involves synchronized movements and fun, simple to learn rhythms. If you have ever wanted to try drumming this is the class for you. Register in MRC office.

Address: 1130 Ruddick Ave., Ste. 101 Columbus.



Sassafrass Lunch & Tea Room

Friday, November 22

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

Come join us for a delicious lunch, and choose from a wide variety of specialty teas at this charming restaurant which also includes a gift shop. Leave 10AM, return approx. 2PM Max: 12



Carmel Christkindle Market!

Friday, December 6

Cost: \$15 plus lunch on own

Voted the best German Style Holiday market in the USA.

Join us for a day of hot cocoa, ice skating, delicious food, mulled wine and beer and the sights and scents of the season. Stalls feature traditional handmade toys and gifts.

Leave MRC at 11AM return at 5PM. Max: 12



Tired & Tru Alehouse

Monday, December 16

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

Leave MRC at 10:15AM Return at approx. 1:30PM. Max: 12



Derby Dinner Shows



A Wonderful Life

NEW

Fri., Dec. 13 - Matinee Buffet

\$55 members, \$65non-members

An adaptation of Frank Capra's classic film brought to vibrant theatrical life! This uplifting story follows the extraordinary lives of ordinary people and celebrates the innate goodness in us all. A holiday must! Leave MRC at 10:15AM return approx. 5:30PM. Max: 12



Love, Lies & The Lottery

NEW

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



BLIZZARD BAGS

In an effort to prepare for the inevitable snowy weather, Mill Race Center will be hosting a food/winter preparedness drive until November 17. Donated items will be used to compile blizzard bags for homebound seniors with Meals on Wheels who are unable to receive a home delivered meal due to inclement weather. Below you will find a list of specific items needed. Bring your items into the office. We are continually grateful for your support.

Examples: individual juice servings, peanut butter, cereal bars, crackers, pretzels, granola bars, protein bars, pudding, canned fruit, canned meat, canned vegetables, canned soups, stews, and ravioli.

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



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.



The Better Breathers Club

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



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

Nov. 20 at 3:00 – “Relax and Decrease Your Stress”

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

MEALS-ON-WHEELS

Volunteer Drivers Needed

Friendly people needed to make someone's day by delivering a warm meal and a **SMILE!** Once a week, once a month . . . Or when you are available. Call Becky at 812-376-9241.





Only Murders In The Building

Three strangers - who live in the same New York City apartment building and share an obsession with true crime - suddenly find themselves embroiled in a murder.

We will streaming two episodes each day. Each episode is about 30 minutes. Below is the date and episodes title.

True Crime & Who Is Tim Kono?

Mon. Nov. 25 at 1:30PM

How Well Do You Know Your Neighbors? & The Sting

Mon. Dec. 2 at 1:30PM

Twist & To Protect and Serve

Mon. Dec. 16 at 1:30PM

The Boy From 6B & Fan Fiction

Mon. Dec. 30 at 1:30PM

Double Time & Open and Shut

Mon. Jan. 6 at 1:30PM

Parkinson Support Group Meetings at Mill Race Center

Parkinson's Support Group

Wednesday, November 6 at 2:30-4:00PM

General support group meeting for those diagnosed with PD or other related neurological illnesses, family members, and caregivers

Wednesday, November 20 at 2:30-4:00PM

Support group meeting for family members and caregivers

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.

Broadway Series

Call MRC to register for each viewing.

FREE!

Guys And Dolls

Fri., Nov. 22 at 1:00PM

(1955) Gambler Nathan Detroit has few options for the location of his big craps game. Needing \$1,000 to pay a garage owner to host the game, Nathan bets Sky Masterson that Sky cannot get virtuous Sarah Brown out on a date. Despite some resistance, Sky negotiates a date with her in exchange for bringing people into her mission. Meanwhile, Nathan's longtime fiancée, Adelaide wants him to go legit and marry her.



Meet Me In St. Louis

Fri., Dec. 20 1:00PM

(1944) "Meet Me in St. Louis" is a classic MGM romantic musical comedy that focuses on four sisters (Judy Garland) on the cusp of the 1904 St. Louis World's Fair. The film spotlights the sisters' education in the ways of the world, which includes, but isn't limited to, learning about life and love, courtesy of the prototypical boy next door.



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

Japanese Taiko Drumming/Silver & Parkinson's Class
Offering Classes on Wednesdays from 3:30 - 4:30 at Southern Indiana Taiko studio, 1130 Ruddick Ave.
Instructor: Gail Nowels (Mill Race Center member)
Cost: \$50/month or \$15 drop in fee (discount for persons with Parkinson's) This class is designed especially for seniors, persons with limited mobility, persons with Parkinson's, or those who just want to have fun drumming. This activity helps improve movement, strengthen the body, improve cognition. **Register with Southern Indiana Taiko 812-581-0130**

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!





COLUMBUS REGIONAL HEALTH

Your Partner for a Lifetime of Fitness

FITNESS

THE WELLNESS CENTER AT MILL RACE CENTER

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

INNOVATIVE FITNESS CENTER

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

CLASS OPTIONS FOR ALL SKILL LEVELS

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

VARIETY OF FEE STRUCTURES

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

\$7 | DAY/GUEST PASS

Per single visit

\$39 | MONTHLY MEMBERSHIP

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

\$29 | ANNUAL MEMBERSHIP

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

CLASS DESCRIPTIONS

BALANCE IN MOTION (1,2)

Class is designed to improve your balance by strengthening your feet, ankles and legs; improving coordination; and training core strength. It will help improve posture while enhancing reaction and focus.

CARDIO & OSTEO (2,3)

To improve your cardiovascular and bone health, this low impact aerobic and strength training class uses traditional floor aerobics, free weights, and resistance equipment to help strengthen your heart, muscles, and bones. Great to reduce the risk of osteoporosis, osteopenia, and osteoarthritis.

CARDIOFIT (2,3,4)

Whether performing basic aerobic moves with easy to follow dance steps, or utilizing a Step platform with basic moves, this class will surely improve your cardio fitness and have fun doing it! It's a low impact, med-high intensity workout that will enhance balance, memory, coordination, and increase aerobic endurance.

MONDAY

7 a.m. Yoga
8 a.m. Step
8:50 a.m. Muscle
10 a.m. Silver Sneakers Circuit
11 a.m. Balance in Motion
1:30 p.m. Exercise & Movement for Parkinson's
4 p.m. Yoga Basics

TUESDAY

5:30 a.m. Step & Strength
8 a.m. Cardio & Osteo
9 a.m. Pilates
10 a.m. Silver Sneakers Yoga II
11 a.m. Silver Sneakers Yoga I

WEDNESDAY

7 a.m. Yoga
8 a.m. Step
8:50 a.m. Muscle
10 a.m. Silver Sneakers Circuit
11 a.m. Balance in Motion
1:30 p.m. Exercise & Movement for Parkinson's
4 p.m. Yoga Basics

The Fitness Center will be closed November 28-30, December 24, 25, 31, and January 1, 2025.

CLASS DESCRIPTIONS

All classes are held at The Wellness Center located in Mill Race Center, 900 Lindsey St., Columbus.

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

EXERCISE AND MOVEMENT FOR PARKINSON'S (1,2)

An exercise class that has been specially designed to improve symptom-specific concerns such as: mobility, posture, balance, and gait while reducing joint stiffness. This is accomplished through dancing, shadow boxing, stepping over obstacles, marching and simple games that make this a fun and relaxed way to improve your quality of life!

*MUSCLE (2,3,4)

The participant will explore strength, toning, and functional benefits of this exercise class using a variety of resistance and weight equipment to improve body movement and overall health.

PILATES (3,4)

A mind-body class which focuses on increasing core strength, elongating the muscles and posture awareness. You will leave this class feeling, stretched, strong, and energized for the rest of the day! We suggest you bring your own personal mat and be able to get on/off the floor.

**SILVER SNEAKERS CIRCUIT (2,3)

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 I (1,2)

A combination of seated total body stretching and standing yoga poses with chair support (as needed) to help increase flexibility, balance and range of motion. Improve body awareness in space while promoting stress reduction through proper breathing.

**SILVER SNEAKERS YOGA II (3,4)

Enhance mind-body connection with seated stretches and yoga poses. Learn proper flow of sequential movements in coordination with breathing. Strengthen both upper/lower body when transitioning into standing poses or when utilizing the chair. Expect improvement in balance and posture after just a few classes.

**It is highly suggested to attend Silver Sneakers Yoga I prior to attending Silver Sneakers Yoga II or first, consulting with the instructor in order to determine which level is a better fit for you.*

STEP (3,4)

Using an elevated platform with choreographed step combinations to increase heart rate and build cardiovascular endurance.

*STEP & STRENGTH (2,3)

Step class with additional set of exercises added to increase muscular strength and endurance.

*YOGA (2,3,4)

Combining the traditional flow of yoga postures with the "I Am Ageless NOW" program to help expand the awareness of your body. To help increase flexibility, blood flow, and lengthening your muscles. Our instructor is certified in this award winning program that will target muscular imbalances, posture difficulties, and focus on increasing joint range of motion. Join us for this one-of-a-kind offering!

*YOGA BASICS (1,2,3)

This class is designed for beginners with a focus on basic postures. Adaptations can be given for those with medical issues. **Must be able to transition to and from the floor.*

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

*** All members may attend Silver Sneakers classes AND Silver Sneaker participants may attend all other classes.*

THURSDAY

5:30 a.m. Step & Strength
8 a.m. Cardio & Osteo
9 a.m. Pilates
10 a.m. Silver Sneakers Yoga II
11 a.m. Silver Sneakers Yoga I

FRIDAY

7 a.m. Yoga
8 a.m. Cardiofit
8:50 a.m. Muscle
10 a.m. Silver Sneakers Circuit
11 a.m. Balance in Motion

HOURS

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

REGISTRATION

Mill Race Center
812-376-9241
900 Lindsey St.
Columbus, IN 47201
Mon.-Fri. from 8:30a.m.-5:00p.m.

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

ASAP

Alliance for Substance
Abuse Progress

DRINK LESS, BE YOUR BEST THIS HOLIDAY SEASON!

asapbc.org



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



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

(812) 418-8705

Open: 8am - 4:30pm



Be a memory around for
your grandchildren.

Join the Dry January challenge.

This holiday season, ASAP's "Rethinking Wellness" initiative is challenging you to drink less and be your best! Join us for the 2025 Dry January Challenge and stay alcohol-free for 30 days. It's a fun, simple way to kick off the new year that commonly results in better sleep, weight loss, and increased happiness. Get started at asapbc.org or scan the QR code above!

ASAP Rethinking Wellness

Embracing wellness for lasting impact against substance misuse

DID YOU KNOW?

As we age, our bodies process alcohol differently.

This means that even if you drink the same amount as someone younger, you may experience a higher blood alcohol concentration for a longer period. It's important to be mindful of this change and adjust your drinking habits accordingly.

The holidays can also be stressful.

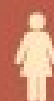
If you tend to rely on alcohol to cope with stress, anxiety, or depression, it's especially important to set limits on your drinking. Remember, alcohol is a depressant, and excessive consumption can actually worsen these feelings.

WHAT IS CONSIDERED A "DRINK"?



ARE YOU DRINKING EXCESSIVELY?

This chart from the CDC can tell you.



Binge drinking – 4 or more drinks per sitting
Heavy drinking – 8 or more drinks per week



Binge drinking – 5 or more drinks per sitting
Heavy drinking – 15 or more drinks per week

*80 Proof | Source: [cdc.gov/drinks/beyourbest/excessivedrinking.html](https://www.cdc.gov/drinks/beyourbest/excessivedrinking.html)



Don't lose your holiday cheer.



We're here to help. Discover tools to manage stress, build resilience, and strengthen relationships at mhmbc.crediblemind.com



Assess Your Needs: Take advantage of free, confidential mental health assessments to better understand your unique needs.



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



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



Conquer Stress & Anxiety: Explore a wealth of free articles, videos, and podcasts on topics like holiday burnout, stress, loneliness, and much more.



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



Remember: it's okay to not be okay! The holidays are stressful for everyone. Set boundaries, be kind to yourself, and seek help if you think you need it.



SCAN THE QR CODE TO START FEELING BETTER

mhmbc.crediblemind.com

crisis line: 988

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

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

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

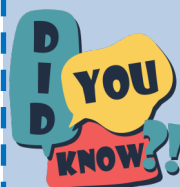
Go online at millracecenter.org
Text "millracecenter" To (833)735-8150
Drop off a check or cash to the office.



In Partnership with: **ASCENT**
PHYSICAL THERAPY

Meetings to discuss the changes:
Dec. 2 at 5:30 P.M. & Dec. 3 at 12:00 P.M.

Watch for more information to come on our website and
a NEW MRC Fitness Facebook and Instagram page.



#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**.

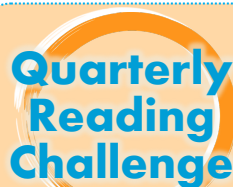
#2 - Do all of #1 but instead of turning by Just Friends keep walking. Walk the entire way including all around where the buses park and head back to our front doors is **.39 miles**. Sidewalks the entire time.

#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!



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	Hulu Series (pg. 22)	AR
2:00	Movies (pg. 15)	AR
2:30	Ukulele Class	CR
5-7	Ballroom Dancing	MP2

Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
10:00	Fun with Plants Group (3rd Tues.)	AR
10:00	Tai Chi (\$)	MP1
10:30	Bible Study	CR
11:00	Book Study	LO
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
3:00	Walk'n'Roll	MP2
4:30	Euchre	MP3
5-7	Evening Sewing (pg. 7)	AR
5-7	Quilt Guild (2nd Tues.)	AR
5-7	Ballroom Dancing	MP2

Wednesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
9:30	Bookmobile (pg. 18)	Out Front
9:30	Walk in the Park	LOB
10:00	Art Class	AR
10:30	Murdle Murder Puzzles	CNR
11:30	TOPS	CR
12:30	Hand & Foot	MP2
1:00	Scrabble	LO
1:00	Reader's Theater	CR
3:30	Bible Study	CR
4:00	Beg. Line Dance	MP2
5:45-8	Pickleball	MP2

Thursday

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

Friday

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

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

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



**The Lasting Impressions
Christmas Carol Jamboree
Fri., December 13 at 6:00pm
Sun., December 15 at 1:00pm**

ACTIVITY HIGHLIGHTS

Nov. 4 & 18

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

Nov. 8

Sage Table; 11:00am **FREE!**

Nov. 11

 Veterans Day; 11:00pm

Nov. 12 & Dec. 10

Card Making; 1:00pm

Ted Talks; 1:00pm

Tuesday Tea; 3:00pm

Nov 13 & 27

Let's Play Rummikub; 11:30am **FREE!** **NEW**

Nov. 14 & Dec. 12

Quilling; 1:00pm **FREE!**

Nov. 14 & Dec. 12

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

Nov. 15

Gourds with Pat; 10:30am **FREE!** **NEW**

Nov. 19 & Dec. 17

Fun with Plants Group; 10:00am **FREE!**

Nov. 20 & Dec. 18

Murdle Murder Puzzle Series; 10:30am **FREE!**

Nov. 21

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

Nov. 21 & Dec. 19

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

Nov. 22 & Dec. 20

Monthly Brain Workout; 9:30am

Broadway Movie; 1:00pm **FREE!**

Nov. 25 & Dec. 19

Come & Eat; 11:00am

Nov. 25, Dec. 2, 16, 30, & Jan. 6

Only Murders in the Building; 1:30pm **FREE!** **NEW**

Nov. 26 & Dec. 17

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

Dec. 2

We're All Ears; 5:30pm **NEW**

Dec. 2 & 9

Write Your Life Story; 11:00am **FREE!** **NEW**


Dec. 3 & 10

Book Study: The Alchemist; 11:00am


Dec. 3

We're All Ears; 12:00pm **NEW**

Dec. 4

 Lunch & Laughter; 12pm, \$ reservations Required

Dec. 5

 Christmas Concert with Guy; 3:00pm **FREE!**

Dec. 6

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

Dec. 9 & 23

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

Dec. 11 & 18

Let's Play Rack-O; 11:30am **FREE!** **NEW**

Dec. 12

Artercraft Movie; 12:20pm

Sound Healing; 3:00pm

**Mill Race Center will be closed on
11/28 & 29, 12/24, 25, 31 & 1/1.**

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

Visit us at www.millracecenter.org.





Mill Race Center
900 Lindsey St.
Columbus, In 47201

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