



The Lasting Impressions Present:

Christmas Memories: The Fabulous 50's & Creation of the First Nativity

Friday, December 16th at 6:00pm
Sunday, December 18th at 1:00pm

(Doors open 30 minutes prior)

Buffet Dinner by: Sadie's Catering

Tickets are \$25.00

(Includes dinner and show)

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

100 MILE CHALLENGE



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, swimming, paddling, hiking, on-line workout, and other workouts.

Visit our website to find a 100 Mile Challenge Log Sheet or pick one up at the MRC. Keep track of your miles from **Oct. 1, 2022-March 31, 2023**. 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 us for
Mingle and Jingle**
see page 17 for more details!



Thurs., December 8

Early bird starts at 4:00PM. See page 16.

From Your Executive Director

I am writing this shortly after we received the news that Her Majesty, Elizabeth II, had passed away at the age of 96. It is difficult for Americans to appreciate the role that the Queen served in British society. She was the repository and caretaker of a thousand years of culture and carried the expectation that she would be the primary example of all the best characteristics that make one British. She lived and served this way, unfaltering, for the 70 years of her reign. As we are reminded again of the dedication with which she served, it is an opportunity to reflect on her example within the framework of the Eight Dimensions of Wellness.



- She had a clear vision for her life. On her 21st birthday she addressed her nation and stated, "I declare before you all that my whole life whether it be long or short shall be devoted to your service and service of our great imperial family to which we all belong." She never retired. We call this "vocational wellness." It doesn't mean that a person should never leave employment, but it refers to the fact that we must all have some form of activity that brings to us a sense of purpose, fulfillment, and accomplishment.
- She understood the importance of staying physically active. Her stamina was legendary. She was fond of brisk walks and horseback riding. She never smoked and did all things in moderation.
- Queen Elizabeth was known for her curiosity and worked to understand the world around her. She was the first monarch to allow events of state to be televised. She embraced technology and was one of the first world leaders to send an electronic message in 1976, pre-dating email and the internet.
- She kept her opinions to herself. Perhaps one of the most difficult concepts for Americans to grasp, but the Queen, by tradition and by choice, did not share publicly her views on politics or social issues. Many people dwell on (and argue about) current events and politics to the detriment of their emotional wellness.
- The Queen understood the importance of stewardship of the environment. She once said, "None of us will live forever. But we are doing this [caring for the environment] not for ourselves, but for our children and our children's children, and those who will follow in their footsteps".
- Financial wellness? Her portrait was on currency. Perhaps she is not the most relatable example.
- Elizabeth's role was very public and required many social activities. In her case, she learned to set boundaries and set aside time for her personal life. This demonstrates that social wellness not only speaks to our need for contact with others, but for our need to set aside time for ourselves.
- The Queen had a deep but tolerant faith. "I know just how much I rely on my own faith to guide me through the good times and the bad," she said. "Each day is a new beginning. I know that the only way to live my life is to try to do what is right, to take the long view, to give of my best in all that the day brings, and to put my trust in God."

There is much that we can learn from the example of her long life, well lived. Also consider the fact that her heir, King Charles III, has lived his entire life in training for his new role, and his first day on the job occurred when he was 73 years

Dan Mustard Executive Director

Mill Race Center will be closed November 24 & 25 and December 26-31. Opening back up again on January 2.

Follow Mill Race Center
on Facebook.



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 \$80 a year. We have a six month memberships, and offer a monthly payment option. A day pass is available for \$10 a day. *CRH Fitness Center membership is separate and purchased with Parks & Rec. Dept.*

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 Becky will return your call shortly.

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

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

**Want to
Volunteer?**



Interested in volunteering?

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

Mill Race Center Staff

812-376-9241

Debbie Bray, Administrative Assistant, x 222

Linda Clark, Office Assistant, x202

Amanda Coleman, Travel, x215

Rebecca Cutsinger, Receptionist, x 218

Valerie Carmichael, Aging Well Coordinator, x210

Charlie Harsh, Facilities Assistant, x 216

Dan Mustard, Executive Director, x 211

Roy Pruett, Facilities Manager, x 225

Tamara Quitko, Accounting Clerk, x207

Shannon Truman, Operations & Programs Director, x 220

Jeff Voyles, Senior Products, x 228



Now booking for 2022 & 2023
Weddings • Reunions • Corporate Events
MillRaceEvents.com
(812)302-3838

Wedding photography courtesy of jackiesantanaphotography.com



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





Providing much more than a meal!

Nutritious Meal - Nutrition is necessary for health, functionality and the ability to remain independent.

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: \$6.30 for hot lunch
\$10.50 for Hot lunch and cold sack supper

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

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



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

Sewers Needed!!

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

Leader: Carmine Hudson



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: Craig Lowery, 812-603-4172

**Quarterly
Reading
Challenge**

**NEW Quarterly
Reading Challenge!**

See Page 17 for details!

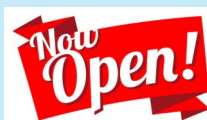
**Free Little Library
Take a Book Return a Book**



Built & Donated
By: Ed Niespodziani



Check out Total Brain
Health Classes and
opportunities on page 19.



**Mill Race Center Store
Located in the office.**

Wheel Chair Medical Transportation

is also provided, if schedules permit and only in Bartholomew County. Requests should be made by calling Mill Race Center at least 1 week in advance. Contact Becky Cutsinger at 812-376-9241 if you are needing wheel chair transportation.

VOLUNTEERS WANTED

NEWSLETTER ASSISTANTS

Needed to help assemble the newsletter for mailing. This is a great way to get connected and meet new people. Refreshments provided. We begin at 8:00am and usually finish at 10:30am. Come for an hour or stay the whole morning. We appreciate the help!! Contact MRC at 812-376-9241.



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 Becky at MRC.

MRC Vans Detailed

We can always use help making sure our vans that we drive for trips are cleaned inside and out. Interested in volunteering to do that stop by the office.

Volunteer to Teach a Class

Share your passion and volunteer to teach a class. It is a great way to work on your vocational and social wellness.



Bingo Volunteers

We need volunteers to help with our evening bingo once a quarter.

Pull Tab Tuesday Volunteers

We need volunteers to help with our Pull Tab Tuesday's to sell pull tabs and prepare lunch.

Ambassador Meetings

Informational ambassador meetings will be held the first week that the each newsletter comes out. A morning and afternoon time are both listed please attend the one that works best for you. Interested in becoming a volunteer ambassador feel free to attend a meeting and get plugged in.

Tuesday, Nov. 8 at 3:00PM

Wednesday, Nov. 9 at 9:30AM



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.

Call to register (812) 376-9241.

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

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



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



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

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

Walk 'n' Roll

Wednesday's at 11:00am

We are keeping classic music fun with easy steps and arm movements! We'll soon season our playlists with some holiday beats in December.

Join the Walk 'n' Roll group each Wednesday as we walk (and let's be honest...sometimes we can't help but dance) to the music. 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!



Succulent Lover's Group

Nov. 15 & Dec. 20

at 10:00am

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



MILL RACE CENTER

ON THE GO



At All Saints Apartments

Nov. 15 & Dec. 6 at 2:30PM

Fairington Apartments

Nov. 29 Bldg 2301 at 2:00/Bldg 2401 at 3:30PM

Dec. 13 Bldg 2301 at 2:00/Bldg 2401 at 3:30PM

Mill Race Center will be hosting free activities at All Saints Apartments for both residents and Mill Race Center members. If you are interested in attending, please sign up with the Mill Race Center Business Office or contact valerie@millracecenter.org. Volunteers are needed for activities held at All Saints and Fairington. If you are willing to help, please contact Valerie or the Business Office.

VOLUNTEERS
NEEDED

Medicare Appointments

November 21st 10-12am and 1:30-3:30pm

SHIP Volunteers will be available November 21st to assist with reviewing Medicare plans.

Please contact Valerie at 812-376-9241 ext. 210 or valerie@millracecenter.org to schedule an appointment. Space is limited.



Medicare



Total Brain Health INSPIRE



Designed by recognized cognitive health and wellness expert Dr. Cynthia Green, the program uses current research to guide a meaningful,

transformative examination of our later life experience, with classes that teach us how we can gain more confidence and resilience, have more meaningful ties to friends and our community, and consider the goals we wish to set for the time ahead.

Like all the Total Brain Health courses, this program is grounded in the cognitive fitness science. The TBH Blueprint shows that science and things we can do to stay sharp, vital and independent. The course focuses primarily on the "Spirit" pillar of the blueprint, or the aspects of social and emotional wellness that support better brain vitality, in addition to better well-being and healthy aging. You can feel confident that you are learning all the right things to boost your thinking as well as your overall wellness. Watch for more information to come.

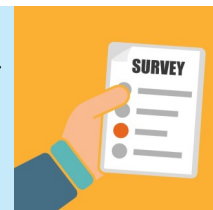
If you are interested in participating in a Book Club or Writing Class please let Becky know in the office.

We would like to get both started soon.



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.





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. More information: Judy Kiesow at 812-374-6135, or Judyk2310@gmail.com.

Monday Morning Sewing

8:00am-12:30pm



Do you like to sew or quilt? Would you like to learn? Join us each Monday! Bring those projects that need work and join us as we sew and encourage each other to finish projects. Don't know how to sew but have a sewing machine or want to sew by hand? Join us and we will help you. Free to MRC members. Contact Judy Kiesow at [812-374-6135](tel:812-374-6135) or judyk2310@gmail.com for additional information.



Lazy Daisy Embroidery Guild

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

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



Tuesday Evening Sewing Group

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



create

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

Paper Turkeys

Tues., Nov. 15 at 3:00pm

Cost: \$6

Make these adorable paper turkeys to decorate your table or turn them into name cards if you wish for your Thanksgiving guests. All supplies included.



Christmas Cards

Tues., Nov. 29 at 3:00pm

Cost: \$5

Make a variety of homemade Christmas cards to send to your friends or family. We will have a variety of supplies and samples to choose from for class.

Button Ornaments

Thurs., Dec. 1 at 3pm

Cost: \$6 (for 3 trees)

An easy and fun craft to make. We will stack our buttons by descending size to form our adorable trees. Your trees can be made up of any color of buttons you wish. All supplies included.



Christmas Coasters

Tues., Dec. 6 at 3:00pm

Cost: \$8 (set of 4)

Make these fun seasonal coasters to keep for yourself or give as a gift. We will use beautiful holiday paper and have the option of cute sayings. All supplies included for this project.



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 812-342-9650.

Fabric Collage Class

Tuesday, November 8

9am-5pm (bring your own snacks & lunch)

\$55 member/\$65 non-member

Have you ever wanted to make your own piece of art, but don't know how? There will be a full day class on making a Fabric Collage. Limited number in class. Pattern choices: Chicken, Cat, Small Dog, Basset Hound Dog, Elephant, Llama, Cow, & Pig. If you have your own pattern reduce fee by \$10. Lots of fabric will be provided. Register in the MRC business office. All participants must meet with Judy before class.

Instructor: Judy Kiesow 812-374-6135; judyk2310@gmail.com



Button Tree

Fri, Dec. 10 at 11:00am

Cost: \$12

We will use buttons to make a beautiful tree. There will be an option of scrabble tiles for the base to spell your favorite holiday word.



Pair of Penguins

Thurs., Jan. 12 at 3:00pm

Cost: \$10 (set of 2)

We will transform 2x4 cut pieces of wood into adorable decorative penguins for the winter season. All supplies included.





Ball Room Dance Classes

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

Margot Scholz offers 8 week sessions at Mill Race Center on Monday 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!



Sponsored by:



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.



Bodies In Motion

Afternoon Class

**Tues. & Thurs. at
2:00pm**



Walk 'n' Roll

See page 6



Bodies in Motion

Class meets:

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

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

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 Karen Burbrink at 812-342-4825 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



MILL RACE CENTER

100

CHALLENGE

Join us for the
**Fall/Winter
Challenge!**
Let's Keep Moving
Together!



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. It's also a great way to meet people. Reservations required by the day before the party. You may bring one guest. Register in the MRC business office.

November & December Birthdays

November 17 at 12:30pm

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: \$45 members/\$60 non-members

11:00am - Beginner Class
Monthly Cost: \$40 members/\$55 non-members
(minimum 3 students)

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. **Come try one class for free. Register in advance in office.**

Senior Volleyball

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

at Foundation for Youth 405 Hope Ave, Columbus
Information: Don Ward (812)350-2222



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 - 5:30-8:00pm



Friday Afternoons - 12:30-3:30pm

(play available 11/25)

Except: 12/16



Saturday Mornings - 8:30-11:30am

(play available 11/26)

Except: 12/17, 12/24, 12/31

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.



450 North Brewing Company

Tuesday, November 22

Meet there at 11:00am

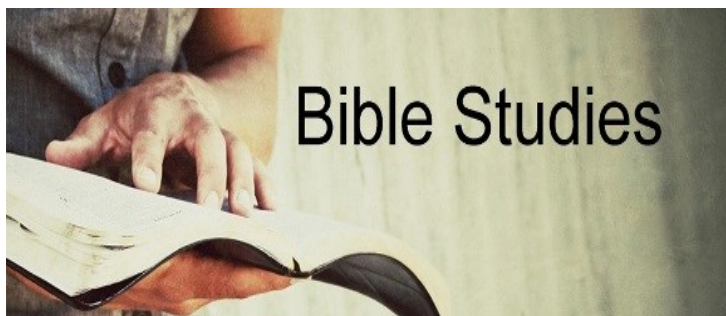
Sopheas Asian Restaurant

Thursday, December 22

Meet there at 11:00am

Follow Mill Race Center
on Facebook.





Morning Bible Study

Tuesday mornings 10:30-11:30am

In the Classroom; **Free**

Information: Virginia Houser, 812-603-1684

**November: Roy Hendershot; Walker Chapel
Wesleyan Church**

December: In-House



Wednesday Bible Study

Wednesday 3:30-5:00pm

The Wednesday Bible Study group will be transitioning from a book bible study into a sermon series for the months of November and December. Beginning November 9th, join us as we watch sermons from pastors Rick Warren and Andy Stanley on topics such as trusting God through change, grateful hearts, filling your spiritual tank and a three-part series titled, "Who needs Christmas?". After each sermon, we will have a group discussion. We will not meet on November 23rd. There will be no charge for participating in the sermon series.

Beginning January 4th, we will start a new study series on the Fruits of the Spirit. The cost is \$5 and lasts 8 weeks. Please register in the business office by 12/15.

Pull-Tab Tuesdays

First & Third Tuesday at Noon

Our volunteers will be selling Pull-Tabs and homemade lunch. Lunch is first come first serve until we run out.

- Nov. 1:** Veggie Beef Soup
- Nov. 15:** Chicken Pot Pie
- Dec. 6:** Christmas Lunch
- Dec. 20:** Breakfast meal for lunch



TED Talks

2nd Tuesday of each month
Meeting at 1:30pm in Classroom
Facilitators: Ed & Terri DeVoe

Nov. 8 at 1:00pm

How to Spot a Liar

On any given day we're lied to from 10 to 200 times, and the clues to detect those lies can be subtle and counter-intuitive. Pamela Meyer, author of "Liespotting," shows the manners and "hotspots" used by those trained to recognize deception and she argues honesty is a value worth preserving.



Dec. 13 at 1:00pm

The Secret to Mastering Life's Biggest Transitions

How do you navigate life's growing number of transitions with meaning, purpose and skill? Writer Bruce Feiler offers a powerful way to handle uncertain, painful and confusing times or "lifequakes", as he calls them. Learn how to equip yourself with the essential tools and mindset to ride out (and rewrite) the toughest chapters of your life story, and turn unease and upheaval into growth and renewal.

Stay for Tuesday Tea after Ted Talks!

Tuesday

Tea

at 3:00pm in the lounge

Nov. 8 & Dec. 13



FREE



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

Eight Dimensions of Wellness



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



Come to Mill Race Center and visit with other members and learn about their passion or hobbies.

Thursday, December 1
12:00-1:30pm

In The Woodshop Drop-In Woodcarving Class

***Currently 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

FREE for MRC Members





NEW Quarterly Reading Challenge!

See Page 17 for details!



Reader's Theater Practice

Wednesdays from 1:00-3:00pm

Interested in joining the Reader's Theater group come to their weekly meetings.

JOIN THE GROUP!

FREE!

NEW



Grocery BINGO

Nov. 17 & Dec. 15

3:30-4:30pm; Art Room

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

DON'T MISS OUT!

SAHAJA MEDITATION

Learn How to Quiet the Mind and Open the Heart

Thursdays at 6-7:00pm for Beginners

FREE! Held at MRC

Sahaja Meditation will help reduce stress and increase wellness. Register for this class at MRC. These **FREE** classes are open to the community so invite a friend!

FREE!



Questions Contact:

Columbusmeditation@gmail.com

Check out SAHAJA Meditation online at www.millracecenter.org

Hands Only CPR Training

Wed., Nov. 30 at

3:00pm; **FREE**

FREE!

NEW



American Red Cross

BE READY TO SAVE A LIFE

with Hands-Only CPR

It's easy to learn. You can increase the chance of someone surviving a cardiac emergency by taking a **FREE** American Red Cross 30-minute class. Learn how to deliver lifesaving CPR care without rescue breaths and be prepared. When you immediately provide Hands-Only CPR, you can increase the chance of survival.

bullet journal 101
A BASIC GUIDE TO GET STARTED



Bullet Journal 101

If you have always loved journaling or just want to start, we will dive into bullet journaling together. Bullet journaling is a way to rapidly track and organize your life using a simple bullet system in a notebook. Bring a plain notebook/journal or dotted notebook to practice.

FREE!

NEW

Golden Girls

Fourth Tuesday of each month at 10:00am

Nov. 22 & No meeting Dec.

FREE!



This group is for single women and will offer educational talks, activities or even some entertainment. Information call Donna Richardson at 812-350-2859.



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

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

Information contact: Donna Browne, (812)376-6612.

JOIN THE GROUP!



UKULELE

Ukulele Circle

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

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

FREE!

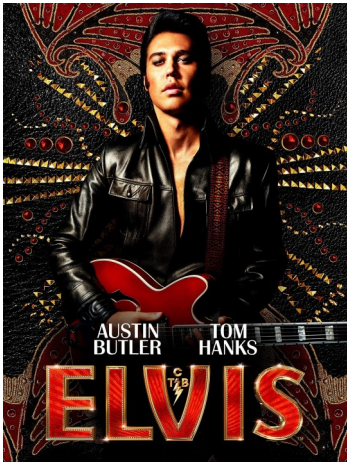
NEW

If interested in Ukulele class please let the office know.

Eight Dimensions of Wellness

FREE MOVIE SHOWINGS at MRC!

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



November 14

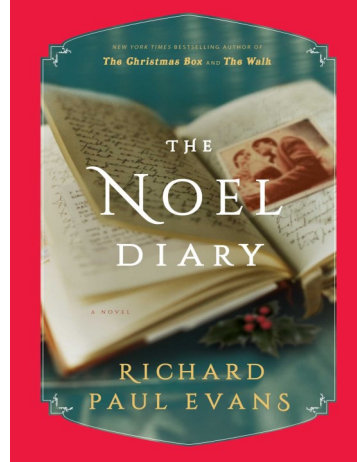
ELVIS

*second showing at 4:45



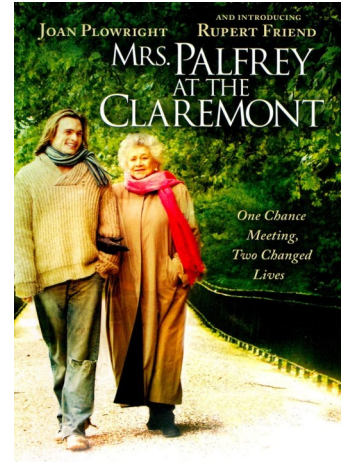
November 28

Enola Holmes 2



December 12

The Noel Diary



December 19

**Mrs. Palfrey at
the Claremont**



SAGE Table
Friday, Nov. 4
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., Nov. 1 for meal preparation purposes.



Thursday Coffee Hour
November 17 & December 15
10:00-11:00am



Meeting the third Thursday each month in the lounge. Enjoy a cup of coffee and fellowship with other members. Coffee provided for this free program.

The Lasting Impressions Present
VETERANS DAY SHOW
Reflections of a Veteran

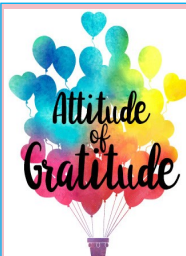
Friday, November 11
at 2:00pm

**Enjoy delicious dessert and
a wonderful show!**

*The Evening Star Quilt Guild will also be
giving away quilts to Veterans. Register
for a quilt in the office.*

Veterans are FREE

MRC members: \$5 Non-members \$10
Call the office to make your reservations



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 your 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!

BINGO

Thursday, Dec. 8
Doors Open at 4PM
Starts at 5:00PM

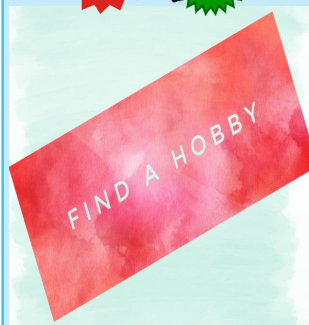


We will have a regular Bingo every quarter this year. Pay outs are larger and we'll have door prizes at each session. Pull Tabs will be on sale at the Bingo Night as well as two Tuesdays a month.

Food, snacks and drinks as always will be available to purchase. Come Support Mill Race Center! Please call Mill Race with any questions you may have.



Join us to paint Veterans Day
Rocks for table decorations
for our Veterans Day
Program on Nov. 11.
**Drop in rock painting
in the lounge Nov. 7-10.**



Discovering a new passion or hobby are vital to Aging Well! Are you looking for a new passion or hobby?

Come to Mill Race Center and visit with other members and learn about their passion or hobbies. Tables will be set up and items on display to help inspire you. Engage with others learning how they got started on their hobby.

Thursday, December 1
12:00-1:30pm

There will be a wide variety of people sharing their passion.

Mingle & Jingle

Tuesday, December 20th
at 2:00PM

Entertainment featuring our own
Dan & Linda Mustard.

Gather together with friends
and enjoy delightful holiday
music and refreshments.

Sign-up in the Business Office.

LUNCH & LAUGHTER
READERS THEATER



Back With Lunch!



December 7th at Noon

Lunch: \$8 members

\$12 non-members

Make reservations at the MRC business
office. **Required Registration by Dec. 2.**

Doors open at 11:45am

SPONSORED BY:



 **Columbus CONVERSATIONS**

NEW!
FREE!

IUPUC and Mill Race Center are proud to announce Columbus Conversations. Columbus Conversations is a new series of public forums focusing on current events of special interest to the Columbus community. They will be held on a Thursday each month September-March and held at Mill Race Center in the art room and will be free and open to the public.

Thursday, November 17
from 6:30-8:00PM; Free
Aging in Indiana with Dan Mustard

Dan Mustard, Executive Director of Mill Race Center and the Secretary of the Indiana Commission on Aging, will speak about the current status of older adults in Indiana, and the changes that will be occurring in long-term care in the next two years.

Thursday, December 15
from 6:30-8:00PM; Free

The Many Columbuses: A discussion of socioeconomic diversity between Columbus' neighborhoods.
Presented by: Dr. George Towers

Quarterly Reading Challenge

FREE! **NEW**

Join Us!

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

Current challenge will end **November 30**. Next quarter challenge will be **December 1-February 28**. Reading slips will be available at MRC. Fill out the slip and turn it into the office for every book you have read during the quarter.

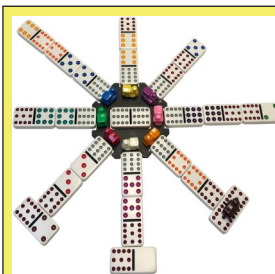
All completed reading slips will be entered into a prize drawing for a \$50 gift card to Viewpoint Bookstore. Other prizes given to top readers throughout the challenge.



The BCPL Bookmobile:

FREE!

November
December
9:00-10:30am
Available out front of MRC.



Mexican Train Dominoes

NEW FREE!

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



NEW FREE!

Pinochle

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

MAHJONG

Every Mon. & Fri.
12:30-3:00pm



FREE!



NEW

Learn to play Bridge
Every Monday from 1-4pm
Starting in January
Lead by: Elaine Bailey
In the conference room

OPEN Billiards

NEW FREE!



Puzzle Table

FREE!

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

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

FREE!



Follow Mill Race Center
on Facebook.



FREE!



Cards & Games Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
Mahjong 12:30-3:30pm Hand & Foot 1:00-4:00pm Bridge (begins Jan.) 1:00-4:00pm	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 (NO cards on Dec. 7)	Dominoes NEW 12:30-4:00pm <div> Cards & Games are free for MRC members. Day passes can be purchased for non-members. </div>	Mahjong 12:30-3:30pm

Eight Dimensions of Wellness

**TOTAL
BRAIN
HEALTH**
BODY ♦ MIND ♦ SPIRIT
Monthly Workouts

FREE! **NEW**

Fridays, Nov. 18 & Dec. 16

9:30am; Classroom

FREE

We will be using the Total Brain Health Toolbox365 for these monthly workouts. Science shows that building better well-being is perhaps the best ways we can keep our minds strong. The TBH Toolbox365 trains in four ways: Body, Mind, Spirit and Social. The TBH Toolbox365 activates neuroplasticity to grow and change our brains. **Call to register for this free program.**

DON'T MISS OUT!



The Historic
ARTCRAFT
Theatre



Join Shannon 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.**

Thurs., Dec. 8
White Christmas



**Follow us on Facebook and
visit our website for a variety
of online classes.**
www.millracecenter.org

TRAVEL WITH MILL RACE CENTER

2022 MRC Travel and Tours

*All prices based on double occupancy, add \$100 for non-members. Single, triple and quad rates are also available for most trips. Small deposit holds your spot and is refundable up to date of final payment. Brochures are available for each trip. See Mill Race Center Travel department for more information. Insurance is also available on all trips at time of booking.



NEW **A Note from the Travel Department:**
NEW!! Each trip, including daytrips, will have a code(s) at the end of the description. Please pay close attention as these are part of safe travels during these ever changing times. These requirements are fluid and may change at any time. This is out of the hands of Mill Race Center and you accept the risks by signing up for a trip. Municipalities and venues may change their requirements at any time and Mill Race Center will try their best to accommodate but cannot guarantee refunds or modifications if you are not vaccinated. **Insurance is highly recommended where available.**

V= must be fully vaccinated and bring proof

MR= masks required to be worn properly when requested

R= refund available up to 3 days before departure

NR= no refunds issued after final payment, must use insurance or replacement

I= insurance available, ask when signing up

T = Testing may be required

Hi, I'm Amanda Coleman! My love for travel began as a child when I started to learn about other people and cultures. It was in that time that I became determined to see as much of the world as possible.

After being in the travel industry for tour operators for a decade and working through COVID-19, I decided that I want to partner with clients to fulfill their bucket list dreams. Personally, I have traveled to over 30 countries and I hope that number just continues to grow. I can't wait to share my hands on knowledge to plan your trip of a lifetime.

I will have some office hours each week, but you can always reach me by email at travel@millracecenter.org or by calling my direct line at 812-376-9241 *215. I look forward to working meeting everyone and getting to know you all personally.



Watch for more information coming about a
Travel Show focused on Bus Trips.

Amanda is working on some exciting opportunities.

Trips

Alaska's Northern Lights, February 23-March 1, 2023

See Alaska from land as you chase the Northern Lights. One of the best vantage points in the world to see this natural and stunning phenomenon. Trip includes air and transportation from Columbus, Fairbanks, full day scenic train to Talkeetna, Iditarod demonstration with sled ride, Musk Ox farm, Glacier cruise and so much more. \$4149 double pp. (V/I/MR/NR unless I)



Costa Rica, March 13-21, 2023

Escape the end of Winter on this Tropical adventure. You will experience the beauty of nature as you enjoy warm breezes and mountainous terrain. Exotic birds, flowers and animals await as you explore the jungle and beaches of this stunning eco-diverse country. Includes transportation from Columbus, resort accommodations, lake cruise, 8 breakfasts and 6 dinners, touring, canoe ride and so much more. Combine this with Alaska's Northern lights and save \$150 per person! \$2548 double pp. (V/I/MR/NR unless I)

Sedona's Red Rocks & The Grand Canyon **April 23-April 28, 2023**



Experience the breathtaking beauty of the southwest, take a ride on two of Arizona's scenic railways, take in the awe-inspiring Grand Canyon, visit old mining towns and explore Montezuma Castle National Monument. Enjoy this leisurely paced trip with only 2 hotels within walking distance to explore the town during free time. Tour includes roundtrip transportation to the Indianapolis airport, air fare from Indianapolis and 8 meals. \$3049 per person double occupancy.



Lakes & Majestic Mountain Adventures **August 31-September 9, 2023**



Relax in the tranquil surroundings of Lake Como and discover the charms of Bellagio and Como on this 9-day tour. Experience a scenic rail journey on the Bernina Express. Sit back and relax as you experience the journey of a lifetime along this single-track railway through the magnificent Alps. Browse in the shops and boutiques and dine on local specialties for lunch while surrounded by beautiful scenery. Tour includes roundtrip transportation to the Indianapolis airport, air fare from Indianapolis and 12 meals. \$4999 per person double occupancy.

Splendid Scotland **October 7-15, 2023**



Get a chance to see all that Scotland has to offer on this amazing trip! Learn about the 5 whisky regions, take a look around the famous lake to look for Nessie, and stand in awe of the Scottish crown jewels. This trip also has 10 meals included and a dinner show in Edinburgh filled with traditional dancing. Tour includes roundtrip transportation to the Indianapolis airport, air fare from Indianapolis. \$4449 per person double occupancy.



Daytrips

Day Trip registration is done through the business office.
Call Becky or Linda at 376-9241 to reserve your spot.

Olive Garden

Mon., Nov. 7

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

Let's have lunch at Olive Garden in Greenwood. Leave MRC at 10:15am return approx. 1:30pm. Max: 20 (R)



Clifty Falls Inn & Lanier Mansion Tour in Madison

Wed., Nov. 30

Cost: \$19m/\$25nm; plus lunch at the Inn

We will head to the beautiful Clifty Falls State Park Inn for a delicious lunch and beautiful views. After lunch we will head to the Lanier Mansion to enjoy a guided Christmas tour. Leave MRC at 10:30am, return approx. 4:30pm. Max: 12 (R)



Sassafras Lunch & Tea Room in Greenwood

Tues. Dec. 13

Cost: \$15m/\$20nm

Have lunch and experience a unique dining experience with linen napkins, chargers, stem ware and fancy tea cups. Leave MRC at 10:15am return approx. 1:30pm. Max: 12 (R)



Batesville Lunch & Wood Carving Shop

Tues., Nov. 15

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

We will have lunch at Izzy's at Hillcrest Restaurant in Batesville. Next we will go to the Weberding's Wood Carving Shop. Weberding's Carving Shop was founded in 1942 and has been making beautiful hand carved items with many specialty



items for the holidays. Due to high demand and scheduling with the wood carving shop we can only take one van. Leave MRC at 9:45am return approx. 3:30pm. Max: 12 (R)

Cheddar's in Greenwood

Mon., Jan. 9

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

We will travel up to Greenwood to enjoy lunch at Ponderosa Steak House. Leave MRC at 10:15am/ return approx. 1:30pm. Max: 12 (R)



Derby Dinner Shows

Derby Dinner Theater

Irving Berlin's White Christmas
Wednesday, December 7 (Matinee)

\$65 members, \$75non-members

Leave MRC at 10:30am return around 4:00pm Based on the popular movie, this timeless holiday classic is full of dancing, laughter, and some of the best songs ever written. Sure to be a highlight of your family's holiday season! Leave MRC at 10:30am return approx. 4:30-500pm (Waiting list only right now)



Derby Dinner Theater

Grumpy Old Men The Musical
Wednesday, February 1 (Matinee)

\$65 members, \$75non-members

A laugh-out-loud story of friendship, love and romance in a fresh new musical! Based on the 1993 film, this stage adaptation captures the lovably crotchety characters through twinkling humor and the depiction of a small town that feels like home to everyone. Contains adult humor. Leave MRC at 10:30am return approx. 4:30- 5:00pm. Max: 12



Eight Dimensions of Wellness

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 812-376-9241.



All Who Wander Hiking Group

So if you enjoy the great outdoors and communing with Mother Nature, come join our merry group and get ready to explore our world. We look forward to meeting you!



Contact Ed Niespodziani at 812-552-3343 or kn4073@comcast.net

The Better Breathers Club

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

We offer presentations on informative topics, and include time for questions and discussion. We also offer friendly support to anyone with lung problems. If you have lung problems, or know someone who does, you are welcomed to attend. Meetings are free, no registration is required and friends and family are encouraged to attend.



Our next meeting will be on Wed., Nov. 9th at 3:00 in the Art Room. Topic: "The Link Between Diabetes and Lung Disease" We will have a guest speaker from our CRH Diabetes Clinic.

The Better Breathers Club will meet in the Mill Race Center art room. For more information, please call Jennifer at 812-376-5793.

Quarterly Reading Challenge

NEW Quarterly Reading Challenge!

See Page 17 for details!



ARMCHAIR TRAVEL



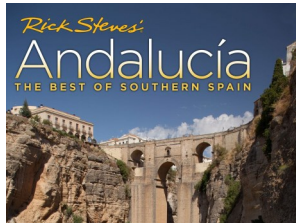
View some of Rick Steves one hour specials from the comfort of Mill Race Center!



Andalucía: The Best of Southern Spain

November 7 at 1:30pm

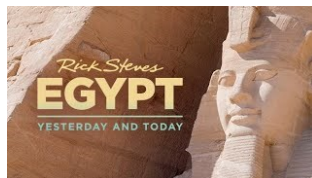
Join Rick as he weaves Andalucía's rich mix of culture, cuisine, history, and natural wonders into a 60-minute special. The hour includes the major cities of Sevilla, Córdoba, and Granada; flamenco, sherry, and horses; dramatic white-washed hill towns; and fun in the Costa del Sol sun plus a dash of Britain in Gibraltar.



Egypt: Yesterday and Today

November 21 at 1:30pm

Rick Steves' Europe Travel Guide | In this hour-long special, Rick Steves explores the historic and cultural wonders of Egypt. In Cairo, we climb into a pyramid, greet the Sphinx, and marvel at King Tut's gold. In Alexandria, we wander back lanes and stroll a Mediterranean promenade. In Luxor, we revel in the pharaohs' temples and hidden tombs. And after a timeless cruise on the Nile, we finish at the temple ruins of Abu Simbel.



European Christmas

December 5 at 1:30pm

Join Rick Steves for a colorful, musical celebration of Christmas across Europe. From England to Wales, France, Norway, Germany, Austria, Switzerland, and Italy, you'll see the bright Christmas markets, hear local choirs, share holiday traditions with families...and even play in the snow.



Follow Mill Race Center
on Facebook.



Find us on:
facebook®

Broadway Series



Call MRC to register for each viewing.

Babes in Toyland

Fri., Nov. 18 at 1:00pm

(1934) Stannie Dum and Ollie Dee rent rooms in Mother Peep's shoe in Toyland. When Mother Peep can't make her mortgage payment to evil Silas Barnaby, he attempts to blackmail her into having Little Bo-Peep marry him, despite the girl's attachment to Tom-Tom Piper.



BELLS ARE RINGING



Bells Are Ringing

Fri., Dec. 16 at 1:00pm

(1960) Ella Peterson is an operator for an answering service run by her cousin, Sue. Lacking excitement in her personal life, Ella starts becoming involved in the lives of the service's clients, including a struggling playwright, Jeffrey Moss. As Ella gets in over her head dealing with a bookie posing as a record producer she tries to hide her real identity.

BLIZZARD BAGS

In an effort to prepare for the inevitable snowy weather, Mill Race Center will be hosting a food/winter preparedness drive through until November 15. 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



Now booking for 2022 & 2023
Weddings • Reunions • Corporate Events
MillRaceEvents.com
(812)302-3838

Wedding photography courtesy of jackiesantanaphotography.com & Angela Jackson Photography.

Mill Race Center is available on
Saturdays in 2022 & 2023 for
weddings and receptions. Help us
spread the word about this beautiful
space for weddings and receptions.



MRC STORE

Be sure to check out the amazing products our members are making and that are for sale in the MRC store in the business office.



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.

Go to Kroger.com. Sign in with your email and password you signed up your card with. (There should be links if you



have forgotten a password/email). Once signed in, scroll to the very bottom of the home page and find Kroger Community Rewards – this will be under "Community". On the next page, Click the link in section 2. **Link you Card to an organization.** Search Mill Race Center and click ENROLL.

amazon smile

You shop. Amazon gives.

Support Mill Race Center through Amazon Smiles! With back to school time looking a lot different this year, now more than ever people are choosing online shopping to get their must haves. This is an excellent way to support our members at MRC at no extra cost to you. Simply visit smile.amazon.com, login as you would normally, select Mill Race Center as your donation of choice and start shopping. It's that simple! Now when you shop a portion of your purchases will be donated back to Mill Race Center. **Remember to always login through smile.amazon.com** and Mill Race Center will be rewarded when you shop! Thanks so much!

Aging Well+ is a six-month participant driven comprehensive wellness program that focuses on enhancing participants' quality of life. Aging Well + is designed for adults 50+, who experience at least one ongoing health challenge, and need financial assistance accessing wellness programming. Aging Well+ participants create their own health action plan specific to their personal goals, and work to improve their overall wellness. **For more information or to apply, contact Valerie at (812)376-9241 ext. 210 or valerie@millracecenter.org.**



Current classes that I want to try/attend:

Physical Wellness:

Spiritual Wellness:

Environmental Wellness:

Social Wellness:

Financial Wellness:

Intellectual Wellness:

Emotional Wellness:

Vocational Wellness:

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!

Financial

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

Intellectual

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

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!

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!

Refrigerator Reminder - MRC Daily Activities

Monday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
8:00	Quilters & Sewing	AR
8-12	Woodcarving	LO
10:00	Golden K	CR
12:30	Mahjong	LO
12:30	Lasting Impressions	MP1
1:00	Hand & Foot	MP2
1:00	Drum Practice	CR
1:30	Armchair Travel	AR
	(see pg. 24)	
2:00	Movies (see pg. 15)	AR
2:30	Ukulele Class	CR
	(starts in June)	
5-7	Ballroom Dancing	MP2

Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
10:00	Succulent Group	AR
	(3rd Tues.)	
Widows	Support Grp (4th Tues)	AR
10:00	Tai Chi (\$)	MP1
10:30	Bible Study	CR
1:00	Woodshop	WS
1:00	Ted Talks (2nd Tues.)	CR
1-3	Embroidery Guild	AR
	(3rd Tues.)	
1-4	Pinochle	CNR
	(2nd & 4th Tues.)	
2:00	MRC On the Go	Off Site
	(see page 6)	
2:00	Bodies in Motion	MP2
3:00	Tea (2nd Tues.)	LO
3:00	Purdue Extension Class	AR
	(see pg. 24)	
5:00	Euchre	MP3
5-7	Evening Sewing (pg. 7)	AR
5-7	Quilt Guild (2nd Tues.)	AR
5-7	Ballroom Dancing	MP2

Wednesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
9:30	Bookmobile (pg. 18)	Out Front
10:00	Art Class	AR
10:00	Crafty Fingers	LO
11:00	Walk'n'Roll	MP2
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
5:30-8	Pickleball	MP2

Thursday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
10:00	Tai Chi (\$)	MP1
10:00	Coffee Hour (3rd Thurs.)	LO
12:30	Dominoes	MP3
1:00	Birthday Party	MP1
	(once a newsletter)	
1:00	Woodshop	CR
1:00	Woodcarving	CR
2:00	Bodies in Motion	MP2
3:00	Craft Classes	AR
	(see pg. 8)	
3:30	Grocery Bingo	AR
	(see pg. 14)	
6-7	Meditation	CR
5-7	Ballroom Dancing	MP2

Friday

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

Saturday

8:30-11:30	Pickleball	MP2
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**Mill Race Center will be closed
Nov. 24 & 25 and Dec. 26-31.
Opening back up again on Jan. 2.**

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.	


www.millraceevents.com
 (812)302-3838


ACTIVITY HIGHLIGHTS



November 1 & 15

Lunch & Pull Tabs, 12:00pm

November 4

SAGE Table, 11:30am 


November 7-10

Rock Painting for Veterans Day 

November 7 & 21

Armchair Travel, 1:30pm 

November 8

TED Talks, 1:00pm 
Tuesday Tea, 3:00pm

November 14 & 28

Movie, 2:00 & 4:30pm 

November 15

Succulent Lover's Group, 10am  


November & December

Come & Eat, 11am


November 21

Medicare Appointments, Register w/Valerie


November 17

Birthday Party, 12:30pm 
Grocery Bingo, 3:30pm
Columbus Conversations. 6:30pm



November 18

Total Brain Health, 9:30am 
Broadway Movie, 1:00pm

November 30

Hands Only CPR Training, 3:00pm  

December 1

Share Your Hobby, 12:00pm  



December 6 & 20

Lunch & Pull Tabs, 12:00pm

December 2


Welcome Breakfast, 9:30am 



December 7

Reader's Theater Show, 12:00pm


December 8

Artcraft Theater, 12:20pm
BINGO, 4:00pm 

December 12 & 19

Movie, 2:00 & 4:30pm 


December 13

TED Talks, 1:00pm 
Tuesday Tea, 3:00pm

December 15


Grocery Bingo, 3:30pm 
Columbus Conversations. 6:30pm 

December 16

Total Brain Health, 9:30am 
Broadway Movie, 1:00pm



December 20

Mingle & Jingle, 2:00pm 

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

PRESORTED STANDARD
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