

Membership \$50 a year per person • 812-376-9241 • www.millracecenter.org

Are you Aging Well?

The Six Dimensions of Wellness is an interdependent holistic wellness model that stresses the importance of wellness in all six dimensions of our lives; intellectual, spiritual, emotional, vocational, physical and social. In order for us all to **age well** we must give attention to each of these six areas. Kick-start your **Aging Well!** adventure by focusing on this newsletter edition's dimension spotlight!

Dimension Spotlight: Social Wellness



According to the National Wellness Institute (1976), the social wellness dimension recognizes the importance of human relationships and encourages contributing to one's environment and community. As you travel a social wellness path, you'll become more aware of your importance to society as well as the impact you have on others. You'll actively make willful choices to enhance personal relationships and important friendships, and build a better living space and community.



PIE is BACK!
Classes begin September 2nd
Register for PIE classes
9:00am-4:00pm
Mill Race Center
beginning August 24th
See page 8 for more information.



Seek2015
Engaging Communities to Age Well

See page 11 for exciting SEEK conference presenters information.



Just Dance 2015

Featuring:

Whipstitch Sallies

November 13, 2015

from 7-10pm

Cash Bar. Complimentary Snacks.
No reservations required. Pay at the door.
\$5/MRC members and \$10/non-members.

Generously sponsored by:



From Your Executive Team

Operations Report

Just chillin' at MRC... or roasting, depending on your own individual perception of temperature. Our facilities staff get more requests for thermostat changes than any other aspect of our operations.

There is some science behind our perception of temperature, and our individual reaction to it. The human body has "thermoreceptors" that help us to perceive temperature. These receptors can be very accurate under controlled conditions, but can also be tricked into different responses based on our activity level, the humidity, and yes, even our age. In fact, lowering the temperature in a room can increase the humidity, and partially offset the comfort that we are seeking in the first place.

Mill Race Center is a large facility, and we often have to "flip" rooms quickly to accommodate all of the activities that are held here. We may have an active group such as line dancers, or an exercise group who exert a lot of energy, and would like to have the room cool. They might be immediately followed by a group who will be sitting, and will prefer to have the room warmer. It is nearly impossible to change the temperature quickly in the larger rooms. We have been instructed by the people who installed our HVAC system to strive to keep our rooms at a constant temperature, as a means to maintain a consistent humidity level that will be compatible to the ideal airflow that is designed into our system. Adjusting the temperature leads to a situation where we begin to "chase our tails" and never catch the elusive ideal balance of humidity and temperature.

All of our rooms are set to a temperature of 72 degrees, which meets the recommended Subjective Indoor Air Quality standard. We are also investing in improvements to our HVAC system in order to enhance the efficiency and consistency of the temperature and humidity.

I hope that this explanation helps to allay fears that we are trying to "freeze people out" (or roast them) depending on your own perception of temperature.

Announcements

The Pitman Institute for Aging Well is hosting the **Seek 2015 Conference** at MRC on **September 20-22**. MRC will be closed those days for the conference.



Interested in being a part of a MRC beautification team.
Contact Dan Mustard at (812)376-9241.



Table of Contents

Community Service & Volunteers.....	page 3, 4 & 5
Happy Helping Hands, Golden K Kiwanis, Book Buddies	
Creative Arts.....	page 6, 7 & 8
Quilting, Art Classes, Knitting, Crafting Classes, Pinterest Classes, PIE	
Dance.....	page 9
Development/SEEK	page 10 & 11
Education & Finance.....	page 12 & 13
SCS Investment Club, TED Talks, Bereavement Group	
Technology.....	page 14
Entertainment & Events.....	page 15
Movies, Lunch & Laughter, Friday Night Live, Afternoon for Arts	
Games & Cards.....	page 16
Health & Fitness.....	page 17,18 & 19
Super Saturday/Travel Show.....	page 20
Music.....	page 21 & 22
Silver Tones, Readers Theater, Piano Lessons, Lasting Impressions	
Senior Scribes.....	page 23
Social.....	page 24
Lunch Bunch, Birthday Parties, Ladies Coffee, Singles Group	
Travel.....	page 25 & 26
Trips, Shows and Special Events, Day Trippers	
Daily Calendar.....	Page 27



Spotlighting Social Wellness



Caring for those you care for most.

- ♦ Extended respiratory care
- ♦ Skilled and long term beds
- ♦ Respite care available



Willow Crossing
Health and Rehabilitation Center

Contact Julie Nugent • 812-379-9669 • admissions@willow-crossing.com

Mill Race Center Staff

812-376-9241

Liz Barriger, Accounting Clerk, x 207

Leah Boas, Comprehensive Wellness Program Coordinator, x 210

Debra Bray, Administrative Assistant, x 218

Kristy Carothers, Accounts Payable, x222

Cindy Chodan, Program & Membership Director, x 209

Dexter Fravel, Lead Bingo Volunteer

Paula Herlitz, Development, x 206

Steve Hood, Facility Manager, x 216

Roberta Isaacson, Membership, x 219

Jim Isaacson and Roy Hendershot, Van Drivers

Jan Meadows, Receptionist, x 299

Dan Mustard, Operations Director, x 211

Karen Phelps, Receptionist, x 204

Kate Phillips, Evening Coordinator, x204

Roy Pruett, Assistant Facilities Manager, x216

Eddie Smith, Travel Coordinator, x 215

Jane Smith, Program Assistant

Shannon Thalls, Member Services Manager, x 220

Megan DeSpain, Elwood Senior Staffing, x222

The Handyman Connection needs YOU!

Retired.....got some time to share?

The Handyman Connection, is looking for volunteers willing to lend a hand with "handyman" projects for families and individuals in need in the Columbus Community.

Labor provided by volunteers, materials and parts will be purchased by the home owner. The homeowner must be available to help with the project (in whatever capacity they are able) to encourage "buy-in".

Expert handyman skills not required, just a passion for helping others. This is a great way for you to share your skills, learn new skills and make new friends.

To learn more contact Ed Niespodziani 379-4073 (home) or 812-552-3343 (cell), kn4073@comcast.net.



The better people, people.®

We offer a variety of jobs including manufacturing, janitorial and clerical. If you or someone you know might be interested in what Elwood Senior Staffing has to offer, please contact Megan Wood at 812-376-9241 ext. 222 or stop by Mill Race Center to fill out an application.

Rust-Unger Monuments

2421 10th Street Columbus, Indiana 47201

**Creating beautiful granite,
marble & bronze memorials
since 1865**

See monument photos at
www.rust-ungermonuments.com

M-F 8:00 - 5:00 / Sat. 9:00 - Noon

Email: info@rust-ungermonuments.com



379-4151

Service/Employment

Spotlighting Social Wellness



Book Buddies

Informational Session at MRC
Friday, September 11 at 10:00am



Please sign up at the MRC business office.

Do you enjoy working with children and volunteering in a way that will impact their lives for years to come? Book Buddies allows you to work one-on-one with struggling readers in second and third grade. Volunteers spend one hour a week to read with two children. Book Buddies meets four days a week in all twelve public elementary schools in the county. A short one-hour training session is required. To sign-up call 812-376-4461 or email bookbuddies@bcsc.k12.in.us.

Minds on Math

One hour a week is all it takes to help ignite a passion for math in 4th graders at BSCS. Minds on Math meets after school in the public elementary schools. Mentors and small groups of students problem-solve and complete activities designed to reinforce math concepts. You choose the school and day of the week, Monday-Thursday, that fits your schedule. To sign-up or request more information call 812-378-4759 or email mindsonmath@bcsc.k12.in.us.

Shopping Trip to Walmart

The Mill Race Center van takes seniors grocery shopping to Walmart (Eastside) every Thursday morning. Our van driver can assist with carrying groceries. Minimum of 3 passengers required. A donation of \$1/passenger is appreciated. To schedule a pick up, call Mill Race Center (812-376-9241) the day before.

Medical Transportation

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

Golden K Kiwanis

Each Monday 10:00-11:00am



Serving the children of the world! Changing the world one community and one child at a time. **Visitors are welcome.** Wanted: Photos of deceased members of Kiwanis Golden K which will be used in our annual memorial service. Please send to Jack Piercefield, 5270 Hartford Ave., Columbus, In. 47203. Please include name on the photo and they will be returned if desired. President: Larry Lewis 812-528-1656

Senior Rebound Team

Rebound is a Central Middle School program designed to assist students who need academic and life skills support.

The team attends school as a group working with 8th graders on Tuesdays from 10-11:00 a.m. beginning in late August and 7th graders the second semester on Tuesdays from 1:30-2:30 p.m. beginning in mid-January.

The seniors have volunteered in the BCSC Rebound program as mentors for more than 20 years. The mission is to stimulate social skills and encourage communication and promote respect between students, teachers and adults.

Sign Up - If you are interested in volunteering contact Donna Rueff 812-343-5540 or Pam May pmay2@iupui.edu

Happy Helping Hands

Thursday mornings each week at
8:30-10:30am in the Arts Room.

Make handmade Puppy Pillows and Pal Dolls for hospitalized children. You do not need to know how to sew. Donations of new, cotton blend fabric needed. Leader: Opal Lovelace, 812-376-3033.





Spotlighting Social Wellness

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 am and usually finish at 11 am. Come for an hour or stay the whole morning. We appreciate the help!! Contact Shannon at 812-376-9241. **NEXT DATE: 10/28.**

Ambassadors Needed to volunteer working the front desk to welcome members and guests. Contact Karen at front desk.

WALKING COACHES needed at Just Friends. Volunteers to take walks with Just Friends participants through Mill Race Park. If interested call Marilyn at 812-372-6415

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.

WHITE SHIRT SERVERS

MRC is searching for volunteers to help with monthly events. It's fun, easy and you may get some delicious perks! Work involves setting and arranging tables, kitchen duties, serving with a smile, and cleaning up. Assistance is greatly needed and we would appreciate your support! If you are interested in giving this a try please call Marge Steinmetz at 812-372-5981.

POSTER/NEWSLETTER DISTRIBUTION VOLUNTEERS NEEDED

To increase community awareness of our programs offered at MRC. Contact Barb Fravel at 812-372-1179

BINGO CALLERS NEEDED

Tuesday from 1 to 3 pm
Volunteer once a month . . . or once every so often.
Call Dexter for more information at 376-9241.

Volunteer Quilters NEEDED Monday Mornings

COMPUTER MENTOR

Do you email or use the Internet? Enjoy meeting other seniors? How about teaching another senior in an informal "1 on1" basis to learn how to use the computer here in our Computer Lab at your convenience. Contact Karen at the front desk.

Community Service

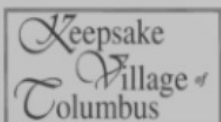


Can you remember
when making friends
was easy?

It can be easy again...

Come! Let us spoil you. You deserve it!

*Call now to schedule your personal tour today.
New friends are waiting!*



A Premier Memory Care Community

A Capital Senior Living Community

812-372-0950

2564 Foxpointe Drive Columbus, IN 47203
www.keepsakeofcolumbus.com



NEW MRC MEMBERS - WELCOME!

Wanda Artist
David Blair
Susie Blizard
Norm Blizard
Nell Patricia Barnes
Joan Carroll
John Coffey
Pam Collier
Nancy Conner
Steve Fushelberger
Karen Gaddis
Emmy Genter
Charles Hamlin
Helen Hunt
Roland Isaacs
Diana King
Kuni Kusachi

Jean Lawson
Sheila Loman
Gretchen Loman
Phyllis McQueary
Barb Powell
Paula Pyers
Barbara Romine
Rod Russell
Sandee Russell
Dinesh Kumar Sahi
Neta Shinolt
Gilberto Ventura
Cleo West

**FREE! 30 day trial MRC memberships available
at the reception desk. GIVE us a try.**

There is no better time to join!

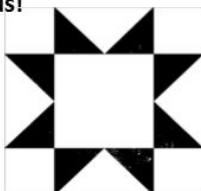


Volunteer Quilters

Mondays 9:30-2:30pm in the Arts Room (AR)

Share your quilting skills or learn how to quilt. The volunteer quilters raise funds for Mill Race Center by hand quilting quilts brought in by individuals who need a quilt completed. The group charges a fee for this service which they donate to Mill Race Center. Come for an hour or stay all day! If you don't know how to quilt...they will teach you! **New people always welcome to join us!**

Chair Person: Theresa Ross, 812-372-9008



Evening Star Quilt Guild

**Second Tuesday of each month
6:30-8:00pm (AR)**

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 \$12/year for Mill Race Center Members and \$15/year for Non-members. Part of the dues money is given to support Mill Race Center.

The Guild's service project is to make quilts for clients at Turning Point Domestic Violence Shelter. Guild members make 30-40 quilts annually for the children and adults there. More information: Carol Walp 812-343-8863, carol.walp@hotmail.com.

Crafty Fingers

Wednesdays from 10:00-11:30am

If you knit, crochet, needlepoint, cross stitch, sew or enjoy another craft project, bring whatever you are working on and work on it in the company of other crafters and needle art enthusiasts. Group meets in the Lounge. For more information, contact Donna Rueff at 812-343-5540.



Learn to Crochet

Eleanor Schwartzman will be available to teach you how to crochet on Wednesdays from 10:00-11:30am as part of the Crafty Fingers group that meets in the Gathering Place Lounge. Yarn available at Mill Race Center, but bring your own crochet hook.

JUST A LITTLE
Reminder

The SEEK 2015 Conference will be held September 20-22. Mill Race Center will be closed for the conference.

Knitting with Cathi

The Stitch Sampler Shawl

Friday, Sept. 18, 25 & Oct 9

Time: 1:00-3:00pm

**Includes pattern: \$35/members & \$40/non-members
Prices for kits range from \$45-65**



The perfect wrap to chase the chill, practice your knit skills and compliment any wardrobe. Each one is unique and fun to knit.

A variety of stitches such as the garter, stockinette, eyelet, half linen, moss and drop stitches, as well as a variety of yarns combined together makes this a delightful knit.

You may use some of your yarn stash, or choose from the suggested list of yarns. *Natural fibers are suggested. 100% Acrylic yarn should not be used.

Choose worsted or DK weight yarns for this project. (Supply list available at registration). Yarn kits will also be available, if desired.

Loom Hat

Monday, November 2 6:00-8:00pm

Cost: \$10/members and \$15/Non-members

This class is designed for folks who aren't sure they want to knit, but would like to learn another method to make hats. It would also be a great little skill to pass on to grandchildren or your young-at-heart buddies.

Plus, it's the perfect project to use the yarn that you might have hand dyed during the Super Saturday session in September! Or bring 200 yards of worsted weight yarn or 88 yards of bulky weight yarn.

Choose the size of hat you wish to make and **purchase the loom required**, as listed on the supply list available at registration. See sample hat on display at MRC. This is a simple and easy one session class!

Art Class

Wednesday

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.



Spotlighting Social Wellness



Crafting with Kim

Join Kim Dillingham to create these new fun projects this fall. All supplies will be provided and each class is only \$7! Register at the business office. Samples will be on display in the lobby. Limited space for each class.



Fall Leaf Bowl
Thurs., September 24
at 3:00pm

Turn a balloon and some leaves into a beautiful fall leaf bowl. Easy project to complete and add gorgeous color to your fall décor.

No Carve Pumpkin Decorating
Tues., October 13 at 3:00pm

Kim is full of ideas on how to dress up your home for fall. Have fun in this class making some new easy fall décor with pumpkins.



900 Lindsey Street, Columbus, IN 47201
(812) 372-6415 www.justfriendscolumbus.com

Continuous Activities - Quality of life enhanced by social interactions and therapeutic programs—Nursing & social work support - Convenient, flexible schedules (1-5 days per week as pre-scheduled) - Homelike setting, wheelchair accessible

3 days FREE (within a 7 day period) - just to try us out!

Creative Arts

Barkes, Weaver & Glick Funeral Homes and Crematory



1029 Washington Street • 812-372-2515



4205 Jonathan Moore Pike • 812-342-4467

The only family owned on-site crematory in Columbus

Serving with Quality, Comfort & Affordability

LOCALLY OWNED SINCE 1935

www.barkesweaverglick.com



PIE (Partners In Education)

A broad range of classes is offered through the PIE Partnership of Bartholomew County Extension Service, Columbus Area Arts Council, Columbus Indiana Philharmonic, Columbus Parks & Recreation Department, Columbus Regional Health, IUPUC, Ivy Tech, and Mill Race Center.

Class schedules are available at Mill Race Center, and on the Mill Race Center's website.

Class topics include: art, food, healthy aging, history, current events, hobbies, lifestyle, nature, religion, technology and more!

Registration Site: Mill Race Center between 9:00 am - 4:00 pm. Register in person or over the phone with a credit card. 812-376-9241. Classes fill up quickly – don't delay, sign up TODAY!



Wood Shop

**Tuesdays & Thursdays
1:00-4:00pm**

FREE

Open for use by MRC members. Chairs: Ted Unrue (812) 350-9878 and Larry Carter (812) 372-1956.

Pinterest Class

With the Purdue Extension Homemakers

**Napkin and Towel Creations
Tuesday, September 29
6:00-8:00pm**

Fee: \$5

Learn the whimsical art of folding towels and napkins to create animals and decorations!

Grandparenting at a Distance

Tuesday, October 27

6:00-8:00pm

Fee: \$5

Using crafts and art to connect with your grandchildren—even from far away. Connecting with distant grandkids is a challenge for all of us. Learn easy new techniques to build a lasting relationship and memories with the grandkids even from miles away.

Voelz, Reed, & Mount, LLC

knowledge-experience-solutions

Announcing Our New Partnership

We are committed to serving our clients in all aspects of estate and disability planning, estate and trust settlement, elder law, and Medicaid qualification.



Blake C. Reed, James K. Voelz, & Lora R. Mount

812-372-1303

427 Washington Street - Columbus, Indiana



Leader in Mobility Equipment & Repairs

Complete line of equipment
Pre-certification of
insurance coverage
Full range of specialty features
Will customize and special order



Excellent Performance
Maximum Comfort
Different styles & colors to
choose from
Free Delivery & Set Up
Service after the sale

"Exceeding our Customers' Expectations"

2560 Eastbrook Plaza
Columbus, IN 47201
812-376-7903
866-506-1625

Williams Bros.

HEALTH CARE



Spotlighting Social Wellness



Line Dance for Beginners

Wednesday, 4:30-6:00pm (MP2)

Come and give it a try! Instructor: Pat Hoard (812) 372-4905. Fee: FREE to MRC members, \$5 per class/non-members. No need to sign up in advance, just show up and dance!

Line Dance Practice

Friday mornings 10:00-11:30 (MP2)

Come and dance, new folks always welcome! Free for MRC members. Instructor: Pat Hoard

Ball Room Dance Classes

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

Couples Dance Club

First & Third Wednesday each month 6:30 pm-8:00pm for couples ballroom dancing and to practice new steps (MP2). FREE to MRC members. For more info. contact: Karl and Uschi Wolff at (812) 342-9974.



Clogging

Monday evenings from 6:30-7:30pm.

If you know how to clog, join Naomi Fleetwood-Pyle.

Fee: (drop in) \$5 paid to the instructor. Sign-up not required. Contact Naomi (812)343-3285.

It's for beginners, too! If there is enough interest a beginners clogging class will be offered at Mill Race Center!

Monday	Wednesday	Thursday	Friday
Ball Room Dance 6:00-8:00pm (MP2)	Line Dance Beginner 4:30-6:00pm	Ball Room Dance 6:00-8:00pm (MP2)	Line Dance Practice 10:00-11:30am (MP2)
Clogging 6:30-7:30pm (MP3)	Couples Dance Club (MP2) 6:30-8:00pm 1st & 3rd Wednesday		



Just Dance 2015

November 13

7-10PM

Whipstitch Sallies



Cover Charge

(at the door):

\$5/MRC members

\$10/non members.

Cash bar. Free Snacks.

Sponsored by:



Creative Arts

Dance



The Age of Love Documentary

Wednesday, September 23

6:00pm - Free

The Age of Love documentary will be shown at MRC in September. This is a **free** event and open to anyone in the community.

THE AGE OF LOVE, A humorous, poignant new documentary. The story follows the adventures of 30 older adults who attend a Speed Dating event exclusively for those 70-and-over, and who discover how the search for love changes—or doesn't change—over a lifetime.

This award-winning film offers a stereo-type-breaking and entertaining way to open minds and conversations to the true hearts and needs of our booming older population.

Seating is limited, reservations required. 812-376-9241, or sign up at the business office. See the movie trailer at www.theageoflovemovie.com.

Donors (June 1 through July 31, 2015)

Anonymous	James and Roberta Isaacson
Ray and Joan Barnhorst	Swadesh and Sarla Kalsi
Norma Bode	John and Arleen Keele
Martin and Diane Brown	Kermit Knudsen
Ann Campfield	Lasting Impressions
Century 21/Jan Brinkman	Liturgical Publications Inc.
Clarence & Inez Custer Foundation	Hollace Moore
Jim and Marilyn Clerc	Jack and Rebecca Morgan
Columbus Area Visitors Center	Grace Orr
Columbus Regional Health Foundation	Gary and Paula Ruddell
Conover Foundation, Inc.	Donna Rueff
Phyllis Crouch	Gail Saul
David and Wilma Doup	Tom and Barbara Schoellkopf
Duke Energy	Martha Sebastian
Cathy Dunn	James Settle
Elizabeth R. Nugent Foundation	Robert and Phyllis Spurgin
Dexter and Barbara Fravel	Take a Trip Foundation
Bill and Jody Harter	Randall Tucker
Steve and Ann Heiman	Voelz, Reed & Mount LLC
John and Marianne Hinds	Don and Peggy Wampler
Steve and Janie Hood	Williams Brothers Healthcare

900

The 900 Circle, named in honor of our home at 900 Lindsey Street, is a circle of philanthropic leaders who have made outstanding personal commitments to the mission of MRC. Through their leadership with an annual gift of \$900 or more, members of the 900 Circle are a driving force behind our programs.

For more information about this circle, please contact Paula Herlitz at 812-376-9241, paula@millracecenter.org or stop by MRC.

In Memory Of

Ron Bussell
Mrs. Carol Bussell
Ed Campbell
Barbara Campbell

C. Roger Heimlich
Ms. Nancy Heimlich

Joan Percy
Dr. and Mrs. Stephen Newton

Donald Rucker
Mr. and Mrs. Bob Pitman

Regina Walsh
Mr. and Mrs. Bob DeDomenic

 Pitman Institute
for Aging Well

Seek2015

Engaging Communities to Age Well

September 20 - 22, 2015 • Mill Race Center

Mill Race Center is hosting its first National Conference and you are invited. Join others from across the nation (and Canada) to learn how Senior Centers and their members are important to their communities. Don't miss this opportunity to hear from experts about new trends and programs for those over the age of 50. *Below are just a few of the presentations available to you as a conference participant.*

Register today at www.pitmaninstitute.org or stop by the Mill Race Center business office for a registration form.

Cost for MRC members: \$345 for full conference or \$99 for education sessions only

Cost for Non-members: \$395 for full conference or \$159 for education sessions only

Aging In Place Without Borders - Patty Willaert,
Kimberly Reeves, Beenish Chaudhry, Matthew Modlin

**Helping Older Adults Access Benefits and
Nutritious Food** - NCOA - Erin Kee, Maggie Flowers,
Leslie Fried

**The Well-Fed Cookbook: A senior center/
university collaboration** - William Glick

Retiree Recruitment - Mark Fagan

**Community Leadership through Successful
Partnerships** - Melissa Cannon

**Open Windows: Older Adults Sharing Life
Experiences (Video Conference)** - Ellen Ervin

MySenior Center - Programming and Other Trends
- Chris Hamilton

**The BIG Think: How One Senior Center Leads
Through Collaborations in its Community** - Peter
Thompson

Programming for Boomers - Mary Staackman

**The University Express: The Senior Center as a
Lifelong Learning Classroom** - Patricia Dowling

Readers Theater (Program Idea) - Cindy Chodan

A Place to Belong - Melissa Cannon

Keeping Connected & Vibrant - Jill Lawlor, Sheila
Grant

**The Role of Senior Centers in Building
the Economic Security of Older Adults
(EconomicCheckUp and Savvy Saving Seniors)** -
Susan Getman, Maggie Flowers

**Friendships Forever: A Unique Way to Engage
Homebound Older Adults Back to Your Center
(Video Conference)** - Malia Fox

**The Roles of Senior Centers in Age Friendly
Communities** - Melissa Cannon

**Be Kind To Your Mind: Every Day Steps to a
Resilient Mind and Body** - Debra Raybold

Senior Scams - Todd Kossow (Federal Trade
Commission)

**Looking Ahead: Will You Be Ready? (Preparing
for Retirement and Living Spaces)** - Jan Brinkman

Cyber Seniors - Movie and Discussion

Travel Education Session - Edie Smith

Cyber Seniors - Documentary

Age of Love - Documentary

IU CA&D - Kelly Wilson



Random Acts of Kindness Club

September 8 and October 13

Meeting at 1:00pm; FREE (Classroom)

Let's find JOY in the journey together. Spreading kindness here at MRC and out in the community. Let's be the reason someone smiles!

SCS Investment Club

Monthly, 1st Friday 1:00-3:00pm
MRC Classroom

This is a great way for you to stay motivated while you improve your investment knowledge. The Club is a member of Better Investing with a mission to provide a program of sound investment information, education and support that helps create successful lifetime investors. Don't let the words "investment club" scare you. Some members will tell you they knew basically nothing about investing when they joined.

The SCS Investment Club currently has space for new partners. The Club is limited to 20 partners. Partners must be MRC members. An initial investment of \$100.00 plus a monthly investment of \$25.00 is required.

Educational presentations are made each month so members can learn how to buy and sell stocks. Contact Ted Anderson, 812-342-2663 or Don Collier, 812-341-7476.



Bartholomew County Library Classes

For information on computer classes and scheduled times, call 812-379-1266 or email references@barth.lib.in.us.

Viewpoint Book Club

Meets the 4th Thursday of each month at Viewpoint Book Store located at 548 Washington Street. For more information please call Viewpoint, 812-376-0778.



Volunteers needed for Bingo each Tuesday. Contact Dexter Fravel at (812)376-9241.



JOIN US!

When you miss a TED talk program and discussion, you miss group discussion, wide ranging information and a chance to challenge your

views on the world we live in.

Your TED talk team needs YOU for discussion on Current programs, in depth information, and Group Discussion. We have new subjects monthly. Join us!

September 8 at 3:00pm

Topic: BLUE ZONES...How to live to be 100

October 13 at 1:30pm

Topic: State of the Climate

Sign up at MRC Business Office or by calling 812-376-9241. Group size for each session is limited to 18 participants. Facilitators: Ed and Terri DeVoe

Bible Study

Tuesday 10:30-11:30am
in the Classroom

Information: Virginia Houser,
812-579-5132

September: Jerry Burns

October: TBA



JUST A LITTLE
Reminder

The SEEK 2015 Conference will be held September 20-22. Mill Race Center will be closed for the conference.

Seek2015
Engaging Communities to Age Well
SEPTEMBER 20-22, 2015

See page 11 for conference information.

Understanding Your Grief

Bereavement Support Group at MRC

Third Thursday of month from 4:00-5:30pm in the Lounge

Facilitated by Walter Glover, Certified Grief Counselor and Jennifer Lowry.

"Grief, often the most profound form of sorrow, demands the support and compassion of our fellow human beings. Since the beginning of time, people have come together in times of grief to help one another" Alan D. Wolfelt, Ph.D.

This group is open to anyone who is grieving the loss of a spouse/partner, child, parent, sibling, loved one or friend. The group is FREE and open to the community, MRC membership is not required. Participants' books and journals generously provided by The Teegarden Foundation.

If you are interested in participating please join us! Contact: Shannon at MRC, 812-376-9241 ext. 220



MRC Meet & Greet

September 15th at 6:00pm (Art Room)

Have you recently joined or are you interested in Mill Race Center? 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. The session will last about an hour. Call and reserve your seat; (812) 376-9241.

Education and Finance

You're Retired. Your Money Isn't.

You may have given up your traditional job,
but your retirement money still needs to work.

To help ensure your retirement stays on track,
you need a clear picture of your investments.
Moving your accounts to Edward Jones can give
you a more focused view, and having a consolidated
statement allows you to help make sure all your
investments are working together.

To learn why consolidating your
retirement account to Edward Jones
makes sense, call or visit today.



Jon Royer
Financial Advisor
(812) 378-0475



Andy Hall
Financial Advisor
(812) 378-2012



James Ostermueller, AAMS®
Financial Advisor
(812) 376-0370



David E. Weiss
Financial Advisor
(812) 375-9160



Ryan Burchfield, AAMS®
Financial Advisor
(812) 378-0611



Ken Free, CFP®
Financial Advisor
(812) 378-0022



Eric Robbins
Financial Advisor
(812) 342-8193



Andy Mann, AAMS®
Financial Advisor
(812) 378-1018



Bob Lewis, AAMS®
Financial Advisor
(812) 378-5495



Betsy Free, AAMS®
Financial Advisor
(812) 376-3439



Lisa Duke
Financial Advisor
(812) 378-2012



Technology & Learning

We've Got an App for That!

Learn more with 1-on-1 tutoring on applications, or APPS that transform your smart phone or tablet computer into the world's most versatile pocket tools. Tutor, and MRC member, **Steve Franklin** will teach you all about the different APPS and how to use them. It's FUN!

One on One Training—FREE for MRC members

Tutors are available to meet with you 1 on 1 to help you with your technology devices (cell phones, smart phones, APPS, Ipads, tablets, lap tops, Kindles, Nooks, etc.

To schedule an appointment with a tutor, please stop by the front desk and Karen can assist you. Email Karen at karen@millracecenter.org



SMILE!

We want to take your picture to add to your membership account. Pictures will be taken at the reception desk.



Let me introduce you to a Universal Design Home that allows you to age in place.

Priced at \$319,000

Westside living at The Orchard with shopping close by.

- All brick
- One level easy living
- Storm shelter in garage
- Fully handicap assessable

RE/MAX



**I'll Turn COLUMBUS
UPSIDE DOWN
For You!**

Contact Vicky Gelfius • 812-350-0056 • vicky@tls.net

JEWELL~RITTMAN FAMILY Funeral Home, Inc.



L.D. McCoy

Meet L.D. McCoy, the newest member of our family

Lawrence Dreiman McCoy, known to friends and family as "L. D." is the newest funeral director at Jewell-Rittman Family Funeral Home. L. D. began his career in funeral service in 1971 after graduating from Indiana College of Mortuary Science.

L. D. and his wife, Jennie moved to Columbus to be near their daughter and son-in-law, Sarah and Brent Bodem and granddaughters, Lydia and Eliza. The McCoy's are members of First Christian Church. L. D. is a member of the Masonic Lodge, Scottish Rite and Shrine. He enjoys spending his free time riding his Victory Vision motorcycle, walking his Boston Terriers and spending time with family.

(812) 372-9923

Owned by Vernon Jewell, Heeth Jewell,
Keith Jewell, & Nick Rittman
www.jewellrittmann.com



FREE MOVIE SHOWINGS at MRC!

Join us for a relaxing early evening showing of a NEWLY RELEASED (as available) movie, 2nd Monday of each month @ 6:00 pm:



Far From the Madding Crowd
September 14



The Age of Adaline
October 12



Just Dance 2015

Featuring:

Whipstitch Sallies

November 13, 2015

from 7-10pm

Cash Bar. Complimentary Snacks.

No reservations required.

Pay at the door.

\$5/MRC members \$10/non-members.

Generously sponsored by:



FREE YES Cinema

The Senior Free Movie event is designed for age 50 and older, and is absolutely FREE on the 1st Tuesday of every month.

Film begins at 11:00am

Concession stand will be open.

Sponsored by:

Jewell-Rittman Family Funeral Home.



Afternoon For Arts at MRC

Fourth Friday of each month at 2:00pm

Enjoy live performances, delicious homemade desserts and time to visit with friends.

Reservations required in advance by the Tuesday prior.

Call or stop by the MRC Business office 812-376-9241.

\$5/members and \$10/non-members.

Friday, September 25 at 2:00pm

"ENCORE" featuring Gary Ferguson

Friday, October 23 at 2:00pm

The Columbus Indiana Philharmonic String Quartet

This Series is made possible through the generosity of:



Bob & Helen Haddad



Introducing

Clatus Bierman, CPA

Partner

...and a new citizen of Columbus!

Check out the history of our accounting firm and explore job opportunities at our 28 locations!

Visit www.kempercpa.com to learn more.



Accounting & Auditing • Technology • Payroll
Wealth Management • Website Development

2545 Foxpointe Drive, Suite A
Columbus, Indiana 47203

812.376.3061
www.kempercpa.com

Games



Ping Pong

It is considered a "Brain Sport" by enhancing motor, strategy and long-term memory functions.

COME & PLAY:

Mon. & Fri. - 9:00-11:00am (MP1)
Tues. & Thurs. evenings - ask at front desk for table to be set-up.



Every Tuesday Noon to 4pm

Food Available

Early Bird games start at 12:30pm.

Packets: \$12 or \$15; includes 2 coverall games. Extra coverall games are \$1 to play and 80% of the total take if you win!

VOLUNTEERS NEEDED!

OPEN Billiards

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



Columbus Chess Club

Every Thursday evening
5:00-8:00pm (AR)
New players welcome!

Majhong

Wednesdays 1:00-3:00pm

Experienced and new players welcome! We will teach you how to play! (MP2)



Pickleball courts at Donner Park are now open.

PIE Classes

Learn how to play Pickleball
September 14 at 10:00am
October 19 at 3:00pm
Sign-up through PIE





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



Card Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
Friendship Bridge 1:00-4:00pm (MP2) Beginner Bridge Lessons 2:30-4:30pm Fee: \$30 Sept. 14 to Oct. 12 (Art) Sign up at MRC 	Euchre 5:30-7:30pm (MP2) Chair: Ed Love 812-371-6291	Hand & Foot (beginning)  12:45-4:00pm Rosemary Sager (812)390-7665	Duplicate Bridge 1:00-4:00pm (MP2)	Euchre 1:00-4:00pm (MP2) Chair: Ed Love 812-371-6291
Hand & Foot 1:00-4:00pm (MP2)		Bid Euchre Hand & Foot 1:00-4:00pm (MP2)	Pinochle 1:00-4:00pm (MP2)	

* All cards players must be Mill Race Center members in order to play.



Spotlighting Social Wellness

Health and Fitness

Games

Better Breathers Club

Better Breathers is a support group for those with lung disease and their families and friends. There is no requirement to join the club, and you can attend as many or as few meetings as you like. We have educational presentations. We will emphasize the basics of lung disease this year, and try to have more time for open discussion. Meetings should last about one and a half hours and meet in classroom.

Meeting schedule:

September 3 at 3:00pm

The Lung/Heart Disease Connection

October 22 at 3:00pm

Disaster Preparedness

Please join us for this meeting, and bring a list of your respiratory medicines with you. Anyone with lung disease is welcomed to come, along with family and friends. Light refreshments will be served. No registration is needed. Contact Jennifer at 812-376-5793 for more information.

TOPS Club

Wednesday 11:30am-1:00pm (CR)

Take Off Pounds Sensibly

For more information contact Judy Lemley at 812-372-3241

or check the TOPS website at www.tops.org.

**Wireless Access at MRC
Requires a Password. The
password may be obtained
from the MRC front desk.**

Diabetes Awareness Program

Free education program offered for people with diabetes or anyone interested in diabetes. Each program, offered quarterly, from 5:30-6:30pm focuses on a different topic related to diabetes. Registration is not required to attend.

2015 Program dates: August 13 and November 12 (MP1)

For more information: 812-376-5709

Email: lkessler@crh.org

Diabetes Group Information Sessions

Offered the 2nd Thursdays of each month at MRC from 3:00 to 5:00pm.

To reserve a seat, call 812-376-5500.

Senior Swim

At Foundation For Youth

Tuesday, Thursday and Saturdays from 9:00-11:00am.

Purchase swim passes at FFY for \$5/visit for non-members of FFY.

Become a FFY member for \$25/year and receive discounted passes. 30 visits/\$75, or 50 visits/\$100.

For more information call FFY at: 812-348-4558.



Take A Hike with MRC Hiking Group

NEW hikers always welcome!
No experience necessary!

Call Ed Niespodziani
at (812)-379-4073 or (812)552-3343
for details and dates to join the fun!



FREE HEALTH CHECKS AT MRC

Offered each month by the Public Health nurses at Mill Race Center.

September 15 from 9:00-10:00am
Cholesterol/glucose/weight (fasting required)

October 27 from 9:00-10:00am
Hemoglobin/Blood Pressure

Registration is required. Sign up at MRC Business Office or call 812-376-9241. **There is NO CHARGE for this service and it is open to the community.**



Tai Chi/Chi Gung

MORNING AND EVENING CLASSES OFFERED



Beginner Class Offered Now


Tai Chi is a low impact, slow moving and graceful Chinese art used to promote physical and mental health. Tai Chi combined with Chi Gung (which means "life energy cultivation") involves the practice of rhythmic breathing coordinated with slow stylized repetition of fluid movement, a calm mindful state, and visualization. Movements can be modified for those who cannot stand for long periods of time.

Class will meet on Tuesdays and Thursdays at either 10:00am, 5:00pm (beginner) or 5:30pm. We offer month-long sessions. Class is open to all levels. Sign up at the MRC Business Office or call (812)376-9241.

Instructors: Todd Wright (evenings)
Paula Howard (Mornings & Evenings)
beginner class starting at 5:00pm.
For more information contact Paula
(812)342-2047.

Cost: \$40 members, \$55/non-members


You are welcome to join mid-session, class fee can be prorated.



BANKERS
LIFE AND CASUALTY COMPANY

For the life of
your retirement

Colonial Penn and Humana



Thanks to you all for your business, referrals and most of all, friendships. I'm always here for you to help or answer any questions regarding Medicare, Drug Plans, and Long Term Care.

Christy Casas
Licensed Insurance Agent
(812) 379-7981
 3129 25th Street #148
 Columbus, IN 47203

07-B002

Bodies in Motion

Class meets: Mon., Wed. & Fri. at 8:30 am (MP2)
FREE to MRC members

Body 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.

Chair Massage

Wednesday mornings 8:00-Noon

Emily Patrick, LMT is a Certified Massage Therapist. The price is \$1 per minute with 10, 15 or 20 (max) minute sessions available.

Chair massage can help relieve physical and emotional stress, lower anxiety, increase circulation, reduce muscle fatigue, pain and tension, headaches and much more. You can sign up on the door outside the meeting room or by calling Emily at (812)344-9716.



Reflexology @ MRC!

Reflexology is a healing art based on the premise that there are reflex areas in the feet and hands that correspond to all of the glands, organs, and parts of the body.

If a practitioner finds sensitive areas on your hands or feet, he/she should work them gently. Reflexology should be a pleasant, relaxing experience. Light touch will be just as effective as deep pressure because reflexology works nerves, not muscles.

Leslie Dyar, a certified reflexologist who received her training at I.U.P.U.I., is available for 30 and 60 minute sessions at the MRC on Monday and Tuesday mornings from 8:00-12:00 and Mondays from 4:00-8:00pm. All sessions are by appointment.

Prices are as follows:

30 minute session: \$20 for MRC members, \$25 for non-members.

60 minute session: \$40 for MRC members, \$50 for non-members.

To schedule your 30 or 60 minute session, call Leslie at: (317) 507-3224. Payment at session. Cash and checks only.

"This is the most relaxed I've been in a long time." ~ client



Spotlighting Social Wellness



Bicycles!

Bring your helmet and take a nice bicycle ride through the park!

That's right folks! Three wheel bicycles are now available at the center for members to use! Just stop by the front desk and ask to check one out!

Mill Race Center encourages all members to wear a helmet (bring your own) when riding. Bicycles must be returned one hour prior to center closing. In addition, all members will be required to sign a waiver before checking a bicycle out.



Ditch your car for your heart!

Have you ever considered walking to a place rather than driving? You should, it's good for your heart! In the United States, people choose cars for three out of four trips under *one mile (1)*. Even at short distances, when walking or biking may be just as convenient, the prevalence of automobiles have made them the mode of choice. However, studies have shown that simply cutting down on driving and moving towards active transportation can have significant benefits for an aging heart. Specifically, a study performed by the Honolulu Health Program on men aged 71-93 years old showed that those who walked less than a quarter mile a day had *twice* the risk of developing coronary heart disease than those who walked over 1.5 miles a day. Furthermore, a separate study performed by the same organization found that retired men who walked more than two miles a day had *half* the mortality rate than those who did not walk over two miles a day. Consider walking for one trip a week instead of driving your car. Do it for a healthier heart! And be sure to visit gohealthycolumbus.org!



PURDUE
EXTENSION



Tuesdays, October 6, 13, 20, 27

2:00 - 3:00 pm at Mill Race Center (Cost: \$5)

The Be Heart Smart program is for anyone who wants to reduce their risk for heart disease. Learn how to monitor your risk/factors for heart disease and make simple changes to your daily routine that will improve your heart health. This program is four 1-hour lessons taught by Harriet Armstrong, Health & Human Sciences Educator. Registration for the Be Heart Smart program is open until October 1, 2015. To register, sign up at the Mill Race Center business office window or call (812) 376-9241.



Walking Club



New Walking Club starting at MRC.

Thursday mornings at 8:30am

A variety of hour long walks planned. Meet in the lounge on Thursday at 8:30am to kick off our first club walk. For more information call Carol Bussell, 812-372-9352.

Senior Volleyball

Wednesday and Friday mornings at 8:30am
at Foundation for Youth (405 Hope Ave, Columbus)





Mill Race Center Travel Show

Focus on Spring 2016

Saturday, October 24

Noon-2:00pm

Featured International trips: Sri Lanka, Peru, Paris and Ireland.

Domestic trips: San Antonio, New York City, Maine and Coudre Is-

lands. Light refreshments, door prizes and fun! Join Edie and Collette for this exciting presentation. Please register at the business office.



S²@MRC

Saturday, October 24

Session One 9:30-10:30am

Session Two 11:00am-Noon

Super Saturdays at Mill Race Center

Made possible by the generosity of:
Voelz, Reed, & Mount, LLC and Old National Bank



Pick Two Sessions!



Never Again: Two Holocaust Perspectives

Holocaust survivor Esther Davidson and husband Ed, a retired US Army officer, offer a personal look at this tragic event. Esther, born in Poland in 1941, shares childhood memories of lost family, a tragic war, genocide, Displaced Persons camps, and coming to America. Ed, born in America but with direct links to the Holocaust, provides a presentation about the Nuremburg trials and the Dachau Concentration Camp. Ed and Esther Davidson come to us through the Indianapolis Bureau of Jewish Education.

Nourish Your BRAIN

Harriet Armstrong, MS, CFCE. Purdue Extension "Have you ever gone into a room and forgotten what you went to retrieve? Don't worry. That happens to most people at least sometimes. Have you fueled your brain lately? Just like your car, your BRAIN needs fuel to operate effectively. Consuming a well-balanced diet that includes foods rich in antioxidants and omega-3 fatty acids can be beneficial for the BRAIN and the rest of your body too." You will learn which foods are beneficial, ways to help your memory and keep your BRAIN sharp, and how to exercise your body and BRAIN.

Ask An Elder Law Attorney!

Bring your questions about estate planning, health care planning, estate and trust settlement, how to pay for nursing home care, death taxes, financial exploitation of the elderly, etc. James K. Voelz, elder law attorney, from Voelz, Reed, & Mount, LLC will provide the answers.

Tai Chi TRY IT..... YOU'LL LIKE IT!

Tai Chi is a low impact, slow moving and graceful Chinese art used to promote physical and mental health. Come and learn more about the benefits of Tai Chi.

Dye Your Own Yarn

Become a Fiber Artist and learn to dye your own yarn. No skills needed...It's a little messy, so do not wear your Sunday best, but DO come prepared to have a great time as you become a true Fiber Artist! Each participant will take home enough yarn to knit up a hat (220 yards). Each session will be limited to 10 participants. All supplies are furnished. Bring a friend, or two...this is gonna be fun!



Partners in Education (PIE)

information is listed

on page 8.



Comfort Keepers®

24 hour care

Transportation services

Alzheimers & Dementia care

Responsible, Reliable & Dependable

CALL 812-372-2222

for more information.



Is Learning to Play the Piano on your Bucket List?

Piano Fun for Adult Beginners is a recreational music making (RMM) method that is fun, relaxing, and designed for group instruction. The instruction book comes with a CD that has two accompaniment tracks (slow or medium tempo) for your enjoyment. Learn to read music while having fun with your friends. This hour long class will incorporate music theory, ear training, and games to reinforce note learning. Keyboards will be provided for in-class use.



Classes for beginners and continuing students now forming. Choose from daytime or evening classes.

4 Week Session Fee: \$80/members and \$90/non-members + \$10 for instruction book, which will be purchased from the instructor on the first day of class. Enrollment limited to 3 minimum and 5 maximum for each session.

Instructor: Pat Anderson comes to Mill Race Center with 33 years of experience teaching piano. She is new to Columbus, from Raleigh, NC, where she was a member of a national piano teacher's association and is a certified group piano teacher.

For more information and to register, call Pat Anderson at (919) 630-3773 or email panderson47201@comcast.net.



Afternoon For Arts at MRC Fourth Friday of each month at 2:00 p.m.

Enjoy live performances, delicious homemade desserts and time to visit with friends.

Reservations required in advance by the Tuesday prior.

Call or stop by the MRC Business office 812-376-9241.

\$5/members and \$10/non-members.

Friday, September 25 at 2:00pm

"Encore" featuring Gary Ferguson

Friday, October 23 at 2:00pm

The Columbus Indiana Philharmonic String Quartet

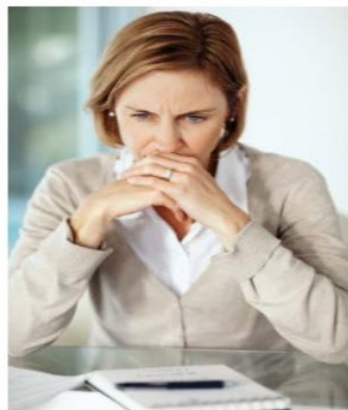
This Series is made possible through the generosity of:



Bob & Helen Haddad

Creative Arts

Music



WAW Warren Ward Associates

Your Thinking Partners for Life's Transitions

• Retirement • Death • Divorce

No Commission Financial Planning and Investment Advice

Warren Ward, CFP®

Jalene Thompson Hahn, CFP®

Financial Advice as Individual as You Are™

Phone: 812.379.1120

www.warrenwardassociates.com



Warren Ward Associates is a Registered Investment Advisor

Spotlighting Social Wellness



Calling all you acting enthusiasts!

We want you!

Wednesdays - 1:00-3:00pm

If you have always enjoyed the stage, or you are interested in giving it a try . . . Come and learn more about this fun and entertaining style of drama that is sweeping the nation and Mill Race Center! New members ALWAYS welcome. FREE to MRC members. Interested in joining Readers Theater? Contact Cindy Chodan at MRC for more information. We are growing and welcome new members.



Lunch & Laughter
A Readers Theater Show
October 14 th at Noon
(doors open at 11:45 am)

Enjoy a delicious lunch and entertainment from Mill Race Center's Readers Theater.

Reservations required by calling 376-9241 or you may stop by the MRC Business Office.

NEW REDUCED PRICE \$5/per person
Sponsored by:



Sponsored by:



Silver Tones

JOIN OUR GROUP. We welcome new MRC members!

Practice:

Mondays at 4:30pm
(MP 1)

Share your voice with the world! Director:
Mary Clark, (812)342-9324 FREE to MRC members.

Lasting Impressions

A song, dance and drama performance troupe. All MRC members welcome.

Practice:

Monday & Friday
12:300-3:30pm (MP1)

Information contact:
Donna Browne,
(812)-376-9074.



THANKS for providing magazines in the MRC Lounge!



In-Home Service for SENIORS by SENIORS

Seniors Helping Seniors' in-home services is an exceptional program of caring and care where seniors who want to help are matched with seniors who are looking for help.

- Cooking •Yard work •Light housekeeping •Mobility assistance •Companionship •House maintenance and small repairs •Personal grooming, dressing •Overnight stays •Shopping •(24-hour care) •Transportation •Doctor appointments

In the Seniors Helping Seniors' family, everyone wins. Those who give and those who receive learn from each other every day—and all we hear is about how rewarding it is for both of them.

If you need some support or if you want to help,
(812)447-4164



Spotlighting Social Wellness

Senior Scribes

3rd Friday of each month from 1-3 pm (AR).
Barbra Heavner, 812-344-2644;
Janice Waltermine, 812-372-1707.
New members welcome!

FLIGHT

The flight of the humming birds is something to see!
It's sound is like the "Flight of the Bumblebee".
The tiny creatures swoop, zip and zoom.
They argue at feeders and leave each other no room.
One tries to sit and enjoy a snack
But he constantly has to watch both front and back.
At the beginning of summer the birds are sweet
So I keep the feeders filled so I can watch them eat.
But everything changes when fall nips the air
Miniature bombs seem everywhere
The whirl and hover like helicopter in flight
It's really amazing to watch humming birds fight.

~ Karen Lowe

TROPICAL PUDDING CAKE

Submitted by: Peggy Wampler

2 cups flour
1 1/2 cup sugar
2 tsp. baking soda
1/2 tsp. salt
1/2 cup brown sugar
2 eggs
1/2 cup chopped nuts
1 large can fruit cocktail drained
Mix all the above together. Pour into 9x13 pan. Bake 350 degrees for 35-40 minutes.

TOPPING

3/4 cup sugar
1/2 cup milk
1 stick butter
1 tsp. vanilla

Cook for 3 minutes. Cool and pour over cake.

Q&A
Glad You Asked™

WE ASKED. YOU ANSWERED.

What was your first job?

Shirley Cooper...worked at Riley Hospital

Barbara Huff...clerked at the dime store

Mary Clark...teaching piano lessons

Condolences to the families of

Dolores Tremain
Donald Rucker
Carl Williams
Paul K. Warren II
Helen M. Brougher
Walter Bannister
Kenneth I. Tingley
Robert N. Stewart
Edwin L. Benedict
Cleon P. Sweeney
Edwin Jewell Shoultz
Carol Thayer
Ernest Lee

These are obituaries through
July 31, 2015

MYERS FUNERAL SERVICE
MYERS-REED CHAPEL
376-3341 • 3729 25th Street
Columbus

HATHAWAY-MYERS CHAPEL
The Columbus Crematory
379-4419 • 1022 Pearl Street
Columbus

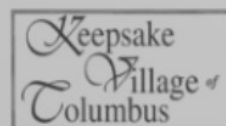


Can you remember
when making friends
was easy?

It can be easy again...

Come! Let us spoil you. You deserve it!

*Call now to schedule your personal tour today.
New friends are waiting!*



A Premier Memory Care Community

A Capital Senior Living Community
812-372-0950

2564 Foxpointe Drive Columbus, IN 47203
www.keepsakeofcolumbus.com





MRC Lunch Bunch

Meals will be on your own. Let us know when making your reservation at the Center if you need transportation to MRC from your home. (812)-376-9241.

NEW SIGN-UP PROCEDURE FOR 2015

You may sign up any time, for any of the trips, after they are published in the newsletter on a first come first served basis. Transportation donation is \$5 per person for each outing. Please consider bringing \$1 for the driver as well especially if they picked you up at home or offered additional assistance.

September 14: 450 North Restaurant near Hope

October 12: Grey Brothers Cafeteria in Mooresville

November 9: Shapiro's in Indianapolis

December 14: Cheesecake Factory in Greenwood



Come and celebrate your birthday at Mill Race Center. There will be birthday cake, ice cream, candles to blow out, coffee and surprises. It's also a great way to meet people.

Birthday celebration for folks who have a birthday in September 24: September at 1:00 pm (MP1)

Birthday celebration for folks who have a birthday in October 22: October at 1:00 pm (MP1)

Reservations required. You are welcome to bring a friend or two. Space is limited. **FREE** to MRC members and their guests! Sign up at the MRC Business Office or call 812-376-9241.

got breakfast? Try our new food cart at MRC. Available for a quick grab breakfast or linger in our Lobby with friends. Open M - F, 8-10am.

Ladies Coffee

Join us on the 3rd Thursday of each month at 10am in the Lounge. A wonderful way to meet new people and get acquainted with MRC. Coffee and snacks provided. **FREE** to MRC members.

Singles Group

An active group for both men and women. 2nd Wednesday each month at 5:30pm Group meets at Sirloin Stockade to plan the upcoming outings for the group. Mary Driver, 812-343-7367, for info.

Myers Funeral Service

Freedom comes at a cost.

Which is why we at Myers Funeral Service salute our men and women in uniform through our special veteran's benefits. We ensure that these brave service members receive the honor in death that their service in life merited.

To find out more or learn about other benefits, please contact us.



Rich Rudder
Funeral Director
Supporting Families
over 45 years.



Ron Shadley
Funeral Director
Supporting Families
over 37 years.



Terril Pettit, GM
Funeral Director
Supporting Families
over 26 years.



Myers~Reed Chapel

3729 25th Street | Columbus | 376-3341 | www.myers-reed.com

Hathaway~Myers Chapel

1022 Pearl Street | Columbus | 379-4419 | www.hathaway-myers.com



Spotlighting Social Wellness

TRAVEL WITH MILL RACE CENTER IN 2015

SOLD OUT! October 7-13: Boston, Salem and the North Shore, Explore Lexington, Concord, the JFK Presidential Library, the cities of Boston and Salem. Includes 6 breakfasts, 4 dinners, accommodations.



New! Branson Holidays, November 9-13.

Kick off the Holiday Season with Musical Magic.

Only \$699 per person, \$838 single room. Includes 7 Shows, shopping, accommodations, transportation and 9 meals. Shows include: Dublin's Irish Tenors and Celtic Ladies, Clay Cooper's Country Express, Ayo, Pierce Arrow, Hughes Brothers, Starlite Theater and Dinner Show at Up-town Café. Register by September 15, 2015.



Miami-Key West December 5-13. Let's escape the Holiday Madness and colder weather on this adventure to Florida! Tour Miami and South Beach, with free time on the boardwalk to shop, sun or stroll. We will spend a whole day in Key West with time to visit museums, beach areas or just people watching in Americas Southernmost City! Includes 8 nights lodging, with breakfasts, 5 dinners and all tours and transportation. \$800 pp double for members, \$1100 for single occupancy.



Exclusive Opportunity!! Mill Race Center is sponsoring a fully escorted trip to Sri Lanka with Lalith "Guy" Paranavitana January 4-20 2016. This is a VERY exclusive opportunity to experience Sri Lanka culture with a personal touch. Only 12 people will go on this incredible journey that includes a safari, tea plantations, beach resort, city exploration and so much more. Guy is a native of Sri Lanka who resides in Columbus and has a passion for sharing his homeland with others. Will sell out! \$5750 pp includes all transportation from Columbus, Indiana, meals, hotels admissions and excursions. Everything except adult beverages! \$3450pp without air transportation to Sri Lanka. Nonmembers add \$50 per person. Single rates available. Call Edie for more information.



Here's what MRC travelers are saying...

A well planned and thought out trip. I would do it again in a heartbeat. - Barb

*All prices based on double occupancy, add \$50 for non-members, single, triple and quad rates available for most trips. Small deposit holds your spot on trip and is refundable up to date of final payment. Book early to avoid disappointment! Call for brochure or details for each trip you are interested in booking.

Social

Travel

Spotlighting Social Wellness



SHOWS and SPECIAL EVENTS



Saturday, September 12: French Market at St. Joan of Arc, Indianapolis. Join us for a celebration of French culture at this annual festival. Transportation only \$25m/\$35 nm. Food and drink at your own expense. Leave MRC at 1:00pm return at 7:00pm. Church tour at 3pm.

Monday, September 14: Branson on the Road, Music and Comedy Revue, Derby Dinner Theater. \$79m/\$89nm includes transportation, ticket and dinner. Leave MRC at 4:30pm return at 11pm Call for Availability. **SPECIAL MONDAY SHOW!**

Thursday, October 22: Derby Dinner Theater, And Then There Were None, Agatha Christies suspense masterpiece. \$79 member, \$89 nonmember includes dinner, show and transportation.

Friday, October 30: Belle of Louisville, Boat trip and buffet lunch. \$68 m, \$78 nm. Leave MRC at 10am return at 3:30pm.

Saturday, November 21: Christkindlmarket, European style Christmas Markets in Ferdinand, Indiana over 200 lavishly decorated booths and vendors for your Holiday Shopping and delight. \$25 m, \$35 nm Leave MRC at 9am return at 5pm.

Thursday, December 17: Irving Berlin's White Christmas, Derby Dinner Theater, Dinner, Musical and Transportation, \$79 m \$89 nm Leave MRC at 4:30pm return at 11:30pm.

For up to date 2015 trip information please contact Edie Smith, Mill Race Center Travel Coordinator at 376-9241 or send email to: travel@millracecenter.org.

FABULOUS DAY TRIPPERS!

New Day Trips to interesting locations offered every month! Lunch not included in price but admission costs/transportation will be included. First 18 to sign up each month get to go! Deadline to register; the Wednesday before each trip. Each Day Tripper adventure \$20 member /\$25 non-member.

September 28: French Lick/West Baden Springs

Take a walk through the peaceful gardens, explore the two beautiful hotels, enjoy a grand buffet lunch or a picnic on the veranda. Try your luck in the casino or take an adventurous train ride through the valley. A full day of activities and exploration awaits! All activities and fees are on your own, transportation only provided. Free play and/or vouchers not offered nor guaranteed by MRC. Must bring state issued ID card/license to participate. Leave 8:00am. A 6:00pm Return. **WAIT LIST CALL FOR AVAILABILITY.**

October 26: Richmond Chocolate and Treasures Tour, join us as we travel to Richmond, Indiana and explore the antiques shops, museums and chocolate treats throughout the area! Stops include the Depot area of Richmond and Cambridge City. Department 9:00am return at 5:00pm.

November 23: METROPOLIS! A Shopping Mecca just in time for those Holiday gifts. Located in Plainfield Indiana, Metropolis is a unique collection of stores, restaurants and entertainment venues all in one "city" created for fun! We will spend the day exploring the many shops, restaurants and more in this one of a kind shopping center. Department 9:00am return at 5:00pm.

Mill Race Center Travel Show

Focus on Spring 2016

Saturday, October 24

Noon-2:00pm

Featured International trips: Sri Lanka, Peru, Paris and Ireland. Domestic trips: San Antonio, New York City, Maine and Coudre Islands. Light refreshment, door prizes and fun! Join Edie and Collette for this exciting presentation. Free but registration required at the business office to be eligible for door prizes.



Refrigerator Reminder - MRC Daily Activities



Monday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8-N	Reflexology (\$)	MR
8:30	Body Motion	MP2
9:00	Golden K Board	CNR
9-11	Ping Pong	MP1
9:30	Quilters	AR
10:00	Golden K	MP2
1:00	Canasta/Hand & Foot	MP2
1:00	Bridge	MP2
1:00	Lasting Impressions	MP1
4-8	Reflexology (\$)	MR
4:30	Silver Tones	MP1
5-8	Ballroom Dancing	MP2
7:00	Clogging	MP3

Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8-N	Reflexology (\$)	MR
9:00	Senior Swim*	FFY
10:00	Tai Chi (\$)	MP1
10:30	Bible Study	CR
1:00	Woodshop	WS
1:00	Bingo (\$)	MP2
1:00	Senior Bowling League	
	Col Bowling Center	
5:30	Open Computer Class	CL
5:30	Tai Chi (\$)	MP1
5:30	Euchre	MP2

Wednesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8-Noon	Chair Massage	LOB
8:30	Volleyball	FFY
8:30	Body Motion	MP2
10:00	Art Class	AR
10:00	Crafty Fingers	LO
11:30	TOPS	CR
1:00	Scrabble	AR
1:00	Reader's Theater	CR
1:00	Bid Euchre/Pinocle	LO
4:30	Beg. Line Dance	MP2
5:30	Civil War Club	MP1
	(3rd Wed)	
5:30	Singles Group	
	(2nd Wed)	Sirloin Stockade
6:30	Couples Dance	MP2
	(1st & 3rd Wed)	

Thursday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
9:00	Happy Helping Hands	AR
9:00	Shopping	See Pg. 4
9:00	Senior Swim*	FFY
10:00	Tai Chi (\$)	MP1
10:00	Ladies Coffee	LO
	(3rd Thurs)	
1:00	Woodshop	WS
1:00	Duplicate Bridge/Pinocle	MP2
3:00	Diabetes Group	CR
	(2nd Thurs)	
4:00	Bereavement Group	LO
	(3rd Thurs)	
5:00	Chess Club	AR/LO
5:30	Tai Chi (\$)	MP1
5-8	Ballroom Dancing	MP2

Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8:30	Body in Motion	MP2
8:30	Volleyball	FFY
9-11	Ping Pong	MP1
9:30	Adv. Line Dancing	MP2
1:00	Euchre	MP2
1:00	SCS Investment Club(1 & 3 Fri)	
1:00	Lasting Impressions	MP1
1:00	Senior Scribes	AR
	(1st Fri)	
2:00	Afternoon For Arts	MP1
	(4th Fri)	

Saturday

9-11	Senior Swim*	FFY
CL	Computer Lab	
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	
*	Senior Swim passes at FFY	
Items in BOLD have registration fee.		
\$ indicates drop-in fee available.		

ACTIVITY HIGHLIGHTS

September 7:

Center Closed for Labor Day Holiday

September 20, 21 & 22:

Closed for SEEK Conference

September 2:

PIE registration open at MRC 9am-4pm

September 15:

Meet & Greet, 6:00pm

September 20, 21 & 22:

SEEK 2015, MRC closed due to conference



September 23:

The Age of Love Documentary, 6:00pm



September 24:

Crafting with Kim, 3:00pm

September 25:

Afternoon for Arts: Encore with Gary Ferguson, Noon

Sept. 29 & Oct. 27

Pinterest Class, 6:00pm



October 6-27:

Be Heart Smart, 2:00pm

October 14:

Lunch & Laughter, 11:45am



October 13:

Crafting with Kim, 3:00pm

October 23:

Afternoon for Arts: The Columbus Indiana Philharmonic String Quartet, Noon

October 24:

Super Saturday, 9:00am-Noon
Travel Show, Noon-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
U.S. POSTAGE PAID
COLUMBUS, IN 47201
PERMIT #59

CURRENT RESIDENT OR



Home...

today and tomorrow

Four Seasons for more than 45 years,
Columbus' first choice in quality senior living

A Four Seasons maintenance-free residence isn't just the right choice for today.

It's also the right choice for tomorrow.

In coming years, your needs may change... but your residence won't have to at Four Seasons.

Choose Four Seasons' continuing care retirement community today, and you'll find budget friendly pricing and no waiting list or entrance fees with month-to-month rentals. Then, as years pass, you'll enjoy amenities, activities and on-site healthcare services that meet your changing needs.

Four Seasons
A BHI SENIOR LIVING COMMUNITY

Call today to plan your visit!

812.372.8481

www.fourseasonsretirement.com

1901 Taylor Road, Columbus, IN 47203

A non-profit, faith-based, financially secure community

NATIONALLY ACCREDITED BY CARF-CCAC

