



Travel with MRC

See page 20-22

Travel Show Meet Amanda
Sept. 27 at 11:00AM; FREE



OCTOBER

Fall Outdoor Events

Playing outside is fun for all ages! Join us this month
with a variety of FREE outdoor activities!
See page 17 for the October schedule.

ART BAZAAR



Saturday, October 29
10 AM-4PM at Mill Race Center

See Page 17

100 MILE CHALLENGE



The Spring/Summer Challenge ends **Sept. 30**
and the winner will be announced **Oct. 1**.

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

Fall/Winter Challenge

Join the staff at Mill Race Center in logging 100 miles
of movement **beginning Oct. 1**. Your movement
could come in the form of walking, running, biking,
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 en-
tered into a prize drawing.

KEEP MOVING!



Thurs., Sept 8

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

From Your Executive Director

I recently went to a concert at a local venue to see the band, Little Feat. I was introduced to their music by my brother Tim back in the 1970's. Songs like "Dixie Chicken," "Fat Man in the Bathtub," "Time Loves a Hero," "Oh Atlanta," "Willin'," and "Let It Roll" were part of the soundtrack of my youth. Linda and I even covered one of their songs in our live show back in the day. The band was in fine form and put on a great show. There are several original members of the band, and they are now in their 70's. The new front man of the band was not yet born when the band was formed, so the group is now a multi-generational assembly of musicians. What really struck me was the composition of the audience; if I had to guess I would say that the median age of the crowd was in their mid to late 60's. Canes and walking sticks were common. There were still plenty of tie dye t-shirts and hippie dresses, but it was a remarkable experience to see this historic cultural change, and I really began to think about the stereotypes of aging. Rock and Roll music was the sound of youth and rebellion, but here we were, an audience in our 60's (or older) listening to loud music performed by musicians in their 70's. More importantly, the band members were on top of their game, playing better than ever. This challenges the idea that we simply run out of new ideas, creativity, and drive, and therefore we must retire. Mick Jagger and Keith Richards of the Rolling Stones are both 78 years old. Bob Dylan is 81. Sir Paul McCartney recently turned 80. For perspective, the band Metallica have been together for 40 years. They all continue to perform and create new music. This trend isn't limited to music. Linda and I have become fans of the show "Dark Winds" on AMC. Robert Redford is the producer, and he is now 85. The point that I would like to make is that we get to define what aging looks like. We have the freedom to choose what it means to be an older adult. Perhaps we need to rebel against the expectations of what we should and shouldn't do as senior citizens. We enjoy unprecedented access to programs and healthcare that can enable us to do the things that we want to do, but it requires some effort. Aging Well demands that we socialize, eat healthy, stay in motion, and exercise our brains. Now is the perfect time to learn a new skill. Take up a new craft or musical instrument. Learn how to dance. (You don't have to be good at it, as several people demonstrated at the concert.) There is a wealth of ideas for new pursuits in this newsletter. This may be the perfect time to get off the couch or recliner, find that tie-dye t-shirt and get the band back together.



Dan Mustard Executive Director

**Mill Race Center will be closed on
Monday, September 5 for Labor Day.**

**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



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



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

Wedding photography courtesy of jackiesantanaphotography.com





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 16 for details!

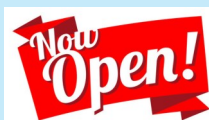
**Free Little Library
Take a Book Return a Book**



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, September 6 at 3:00PM

Wednesday, September 7 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.

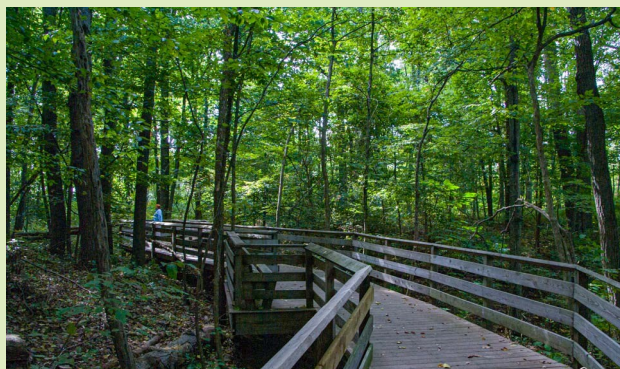
Brown County State Park Trip

Tuesday, October 18 (Second date if needed is October 26)

Leave MRC at 10:30 return approx. 2:30-3:00pm

Fee: \$10 member/\$15 non-member + lunch

Join us for a program trip to Brown County State Park. We will stop and eat lunch at the Inn before meeting with Park Naturalist, Eli Major. Eli will take us on a walk along the Friend's Trail near the Park Office. This trail is half a mile long and is ADA accessible (the whole trail is paved sidewalk and there are no stairs). It leads past the historic West Gatehouse and goes to a vista view.



Eli will share a little bit about park history, but also the partnerships Indiana State Parks have with outside organizations, such as the Friends of Brown County State Park. Come enjoy a fall walk this October.

Walk 'n' Roll

Wednesday's at 11:00am

We are keeping oldies and classic music fun with easy steps and arm movements! 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!



BCPL: Did You Know?

Wed., Oct. 5

At 3:00pm in the Art Room

Join Sandy and Maddie from the Bartholomew County Public Library for a special "did you know" session with information about the Library of Things Collection, the Indiana Digital Library integration (utilizing Libby/Overdrive), Cleo's Seed Share, Artistworks, and services such as Notary and Homebound Delivery. We'll also do a quick demo on how to use the Library's website www.mybcpl.org to find information, access your account, place holds, reserve meeting rooms, and find online resources.



**Bartholomew
County
Public Library**

Succulent Lover's Group

Sept. 20 & Oct. 18

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

Sept 13 & Oct. 11 at 2:30PM

Fairington Apartments

Sept 27 Bldg 2301 at 2:00/Bldg 2401 at 3:30PM

Oct. 25 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

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.

Eight Dimensions of Wellness



Evening Star Quilt Guild

Second Tuesday of each month, 5:00-7:00pm



The Guild is open to anyone interested in quilts and the art of quilting. The meetings offer information and instruction in quilting and quilting techniques given by Guild members and guest presenters. Dues are \$15 a year. Part of the dues money is given to support Mill Race Center.

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.

Fall Leaf Bowl

Thurs. Sept. 15, at 3:00pm
Cost: \$8

With a balloon, mod podge, and leaves we will craft a beautiful fall leaf bowl. All supplies included.



Scarecrow Bottle

Thurs., Sept. 29 at 3:00pm
Cost: \$5 per bottle

Make a smiling scarecrow bottle to set on your counter this fall season. Let us know how many you want to make when you register. All supplies included for this fun class.



Trick or Treat

Tues., Oct. 4 at 3pm
Cost: \$12

Add a little creative fun to your Halloween décor. We will be painting cute not so scary faces for this fun fall craft. All supplies included.



Candy Corn Button Picture

Thurs., Oct. 13 at 3:00pm
Cost: \$12

A unique craft to try for a fun fall decoration. A decoration you can use through Thanksgiving and pull out each year. All supplies included for this project.

Pumpkin Cards

Tues, Oct. 25
at 3:00pm

Cost: \$5/set of 4

Make and send some adorable little pumpkin cards this fall to your friends or family. All supplies included.



Follow Mill Race Center
on Facebook.



Ceramics Class



Keep your eye out for seasonal projects coming soon. Paula is planning a Christmas tree and a nativity set. If you are interested in taking this class let Becky know in the office and what type of items you might like to make. Instructed by: MRC member Paula Compton. There will be a variety of items to choose from to paint and price will vary due to item.

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.



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. Eleanora Schwartzman will be available to teach you how to crochet as part of the Crafty Fingers group.



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!

**Free for MRC members,
\$5 per class/\$10 non-member**



Friday Line Dance

Intermediate & Advanced

Friday mornings 10:00-11:30am

Free for MRC members, \$5 per class/\$10 non-member

Instructed by Billy & Carla Crase

Billy & Carla are renowned line dance instructors and choreographers.

FREE!

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.



FREE!



Bodies In Motion

Afternoon Class

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

FREE!



FREE!

NEW

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

Tues., Thurs. & Sat.

from 8:30-10:00am

Purchase swim passes at FFY for \$5 per visit or they have special package pricing. Call FFY at: 812-348-4558 for discounted pricing.



Mill Race Center Seeks Joan Pearcy Senior Citizen of the Year Nominations



Forms are available at MRC
and also on our website at
www.millracecenter.org.
Due by September 16, 2022



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.

September & October Birthdays
September 22 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.**

FREE class Tuesday, October 4 at 11:00AM

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 - 11:45-1:00pm**

 **NEW Beginner Clinics - Sept. 30 & Oct. 7**

These clinics are for those who want to learn to play and understand the game. Max: 6, **Must register to participate - no drop-in's.** Handouts and swag bags given to those who register.

Friday Afternoons - 1:00-3:30pm Open Play

Except: Clinic days (1:30 start) and 10/29

 **Saturday Mornings - 8:30-11:30am**

Except: 9/17, 9/24, 10/1, 10/8, 10/22, & 10/29



Come Eat Together

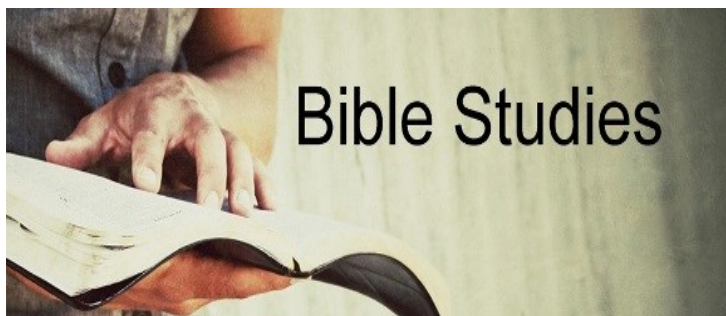
It's always fun to eat with friends! Meet us there, but **registration required** at the business office so we can make reservations for our group.

Pho Shiki

Monday, September 19
Meet there at 11:00am

Montana Mike's

Thursday, October 27
Meet there at 11:00am



Morning Bible Study

Tuesday mornings 10:30-11:30am

In the Classroom; **Free**

Information: Virginia Houser, 812-603-1684

September: Rev. Bill Bailey

October: Rev. Dennis Aud

Evening Bible Study

Bible Study: Paul's Letters

Length of study: 18 weeks

3:30-5:00pm; Cost: \$5

The Wednesday Bible Study group is currently studying "Paul's Letters" by Eyewitness Bible Series through the end of September. This study is designed in a way that allows for anyone to join in at any point. There is a fee of \$5 to cover materials.

In October, we will be transitioning to a book study called "Love Does" by Bob Goff. Please sign up by September 15th for this study and pay \$13 for the study guide.

If you are interested in ordering the "Love Does" book in addition to the study guide, please pay an additional \$14. This is not required to participate in the study.



TED Talks

2nd Tuesday of each month

Meeting at 1:30pm in Classroom

Facilitators: Ed & Terri DeVoe

Sept. 13 at 1:00pm

3Part Plan to Extreme Heat

The deadliest severe weather phenomenon is something you might not realize: extreme heat. Eleni Myrivili, chief heat officer of the city of Athens, Greece, explains that extreme heat and heat waves are often overlooked because they're not as dramatic as flooding or hurricanes – and breaks down three approaches to keep cities cool in a time of rapid global temperature rise. "Cranking up the air conditioner is just not going to cut it," she says.

Oct. 11 at 1:00pm

How Humanity Doubled Life Expectancy in a Century

Doubling human life expectancy in a century is our greatest achievement, says author Steven Johnson. How did we make it happen -- and can we keep it going? Backed by fascinating historical anecdotes, he shares some life-lengthening innovations and reminds us of three key things needed to make sure all of humanity enjoys these advancements in health.

Stay for Tuesday Tea after Ted Talks!

Tuesday

Tea

at 3:00pm in the lounge

Sept. 13 & Oct. 11



FREE



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

MRC Investment Class

Monthly, 2nd Friday

1:00-3:00pm (Classroom)

Mill Race Center Investment Class now offers members the opportunity to learn about investing in a fun and no-risk way. No investment is needed. We make "mock" investments in the stock market and monitor their progress. We also discuss the economy and stock investing tips. Class is open to all members of Mill Race Center at no charge. Meetings are monthly on the 2nd Friday at 1pm.

For further information contact Norm Blizard at 812-603-8854 or email at nblizard@comcast.net or Jeff Rauch at 812-342-0198.



**MRC
INVESTMENT
Class**

Eight Dimensions of Wellness



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

Woodworking Workshop

NEW

Watch for more woodworking workshops with Ed Niespodziani. If interested let Becky know in the office.

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



**Quarterly
Reading
Challenge**

**NEW Quarterly
Reading Challenge!**

See Page 16 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!

Cybersecurity Program

Wed., Sept. 28

3:00pm; FREE

Join Tom Ganus from Midwest Computer Solutions to learn what you can do to keep yourself and your information safe. A great way to get your questions answered.



Scams Against Seniors

Wed., October 19

3:00pm; FREE

Join Melody Quante from the Indiana Secretary of State Securities Division as she shares about the latest scams targeting seniors and fraud prevention tips.



Golden Girls

Fourth Tuesday of
each month at 10:00am

Sept. 27 & Oct. 25

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



Grocery BINGO

Sept. 22 & Oct. 20

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

July & August

FREE; Held at MRC

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



Questions Contact:

Columbusmeditation@gmail.com

Check out SAHAJA Meditation online at
www.millracecenter.org



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 Circle

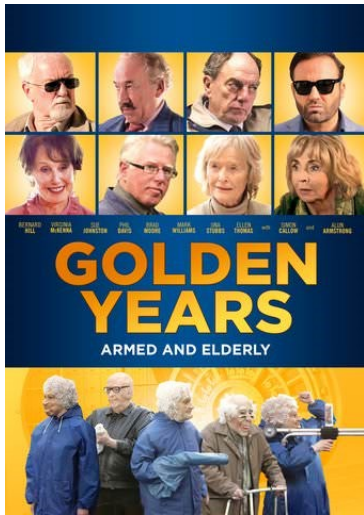
1st & 3rd Monday each month
2:00-3:00PM; Free

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

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.



September 12
Golden Years

PG



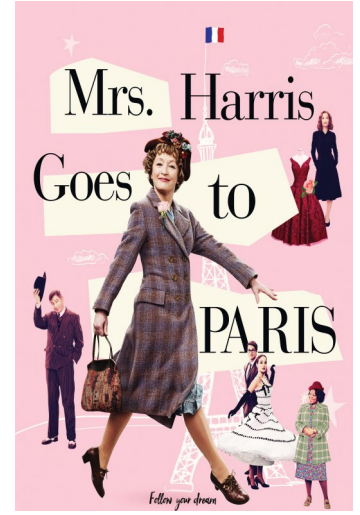
September 26
**A Perfect
Pairing**

**PG
13**



October 10
**Tick,
Tick...BOOM!**

PG



October 24
**Mrs. Harris Goes
To Paris**

PG

DO YOU HAVE **concerns** about falling?



Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

Matter of Balance Class

Tuesday & Friday 10:00am-Noon

(4 week class) October 4-28

Cost: \$15

An award-winning evidence based program designed to manage falls and increase activity. Join us to improve your strength and balance and review your fall risk at home. A guided course with discussion and exercises. Max: 12
Call Mill Race Center if interested 812-376-9241.



LUNCH & LAUGHTER READERS THEATER

NEW

Back With Lunch!



October 12th at Noon

Lunch: \$8 members

\$12 non-members

Make reservations at the MRC business office. **Required Registration by Oct. 7.**

Doors open at 11:45am

SPONSORED BY:



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.

Sept. 6: Meat Loaf

Oct. 4: The Best Chili

Sept. 20: Bean & Sausage
Soup

Oct. 18: Chicken
Enchiladas

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 is from **September-November**. 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. Next quarter challenge will be **Sept. 1-Nov. 30**.

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.

BINGO

Thursday, Sept. 8

Doors Open at 4PM

Starts at 5:00PM

NEW



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.



**Columbus
CONVERSATIONS**



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, September 29
from 6:30-8:00PM; Free**

Local authors read their prose and poetry. IUPUC and Ivy Tech English faculty and local alumni

**Thursday, October 27
from 6:30-8:00PM; Free**

Media Literacy. IUPUC professor Pamela Morris and Sandy Allman at the county library will lead a presentation on what media literacy is and why it matters. The presentation will be part of Media Literacy Week (Oct. 24-28)

ART BAZAAR

Saturday, October 29
10 AM-4PM at Mill Race Center

NEW

Join us as Regional artisans, crafters, knitters, woodworkers, gather to show their wares. Food and refreshments, on site.

A fundraiser to benefit Mill Race Center.
Contact MRC office for questions or booth space.

COMING SOON

Join Valerie starting this November in the evening for Zumba Gold.



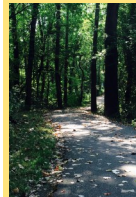
OCTOBER



Fall Outdoor Events

Playing outside is fun for all ages! Join us this month with a variety of FREE outdoor activities! Play is fun and can trigger the release of endorphins which can improve your optimism, grow your moments of joy and reduce your stress. *We will meet inside if it rains.*

Mondays, October 3, 10, & 17
Drum Circle on the patio; 1:00PM



Tuesdays, October 4, 11, 18, & 25
Walk In The Park; 9:30AM
Staff will lead the walk and meet in the lobby.

Wednesdays, October 5 & 19
Picnic On The Patio; 12:00PM
Bring your own sack lunch.

Thursdays, October 6, 13, 20 & 27
Outdoor games on the patio & grass at 11:00AM.
A variety of games to choose from and explore.
Let's have fun together.



Friday, October 28
Outdoor crafts on the patio at 11:00AM.



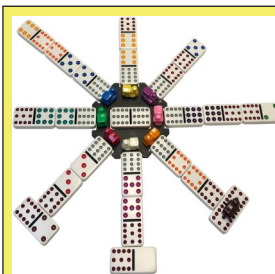
SAGE Table see page 24



The BCPL Bookmobile:



September 7 & 21
October 5 & 19
9:00-10:30am
Available out front of MRC.



Mexican Train Dominoes



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



Pinochle

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

MAHJONG

Every Monday &
Friday
12:30-3:00pm



Curious and don't know how to play?
The group will teach you! Everyone is
welcome to attend.

OPEN Billiards



Puzzle Table



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

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



Follow Mill Race Center
on Facebook.



Cards & Games Schedule



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| Hand & Foot 1:00-4:00pm Mahjong 12:30-3:30pm | Pinochle  1-4pm (2 & 4 Tuesday) Euchre 5:00-7:00pm (MP3) | Scrabble 1:00-3:00pm Hand & Foot 12:30-3:30pm For information call Rosemary Sager (812)390-7665 (NO cards on Oct. 12) | Dominoes  12:30-4:00pm | Mahjong 12:30-3:30pm Euchre 1:00-4:00pm |
| Day pass available for \$10.  | | Cards & Games are free for MRC members. Day passes can be purchased for non-members. | | |

Eight Dimensions of Wellness



Fridays, Sept. 30 & Oct. 28

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!



COMING SOON
Total Brain Health
INSPIRE

NEW

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.

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.



Travel Show



Don't Miss the September Travel Show!!

NEW

FREE!

**Tuesday, September 27th
11:00AM**

Meet Amanda and hear first hand about the many trips she is already planning. Be sure to register in the office for this **FREE** travel show. Light refreshments served.

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

M= member/NM-non-member
 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
T = Testing may be required

Batar Cafe

Wed., Sept. 21

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

Let's have lunch at beautiful Batar Cafe in Seymour. Leave MRC at 10:15am/return approx. 1:30pm. (R)



Rafters Restaurant

Brown County

Thurs., Sept. 29

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

Let's have lunch in the newly renovated Rafters Restaurant at The Seasons Lodge in Nashville. Leave MRC at 10:15am return approx. 1:30pm. (R)

Apple Works

Tues. Oct. 4

Cost: \$15m/\$20nm

Let's enjoy some time at this beautiful orchard located in Trafalgar. We will have an informal visit that will start with a piece of delicious freshly made pie. After we enjoy our snack we will have free time to visit the animals and time to shop at the store. Leave MRC at 1:30pm return approx. 4:30pm. (R)



Check out program trip to Brown County State Park this October on page 6.

The Valley Flyer Train Trip to Metamora

Friday, Oct. 21

Cost: \$35m/\$40nm; plus lunch on your own.

All Aboard!! We will drive to Connersville and board the Valley Flyer Train and travel to historic Metamora. Once in Metamora you will have 2 hours on your own to eat and look around. We will reboard The Valley Flyer and head back to Connersville on the train. Leave MRC at 8:15am, return approx. 5:00pm. (R)



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. (R)



Derby Dinner Shows

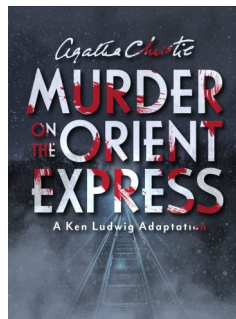
Derby Dinner Theater

Murder on the Orient Express

Friday, October 14

\$65 members, \$75non-members

Leave MRC at 4:45pm return around 11:30pm. Just after midnight, a snowdrift stops the Orient Express in its tracks. Isolated and with a killer in their midst, detective Hercule Poirot must identify the murderer before they strike again. An Agatha Christie classic! (Max: 20)



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! (Max: 20)



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!

Early September - A 2/3 week trip to the Ice Age Trail and the Apostle Islands in Wisconsin, the Painted Rocks and south shore of Lake Superior, Mackinaw Bridge and Island in Michigan.

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.

Meeting Wednesday, September 7th at 3:00PM.

Topic: Being Prepared for Emergencies and Disasters

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 16 for details!

NEW

FREE!

ARMCHAIR TRAVEL

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



Best of the Alps

September 19 at 1:30pm

In his new one-hour special, join Rick Steves on an alpine adventure, with scenic train rides, breathtaking lifts, majestic glaciers, and unforgettable hikes. We conquer the Dolomites in Italy and the Zugspitze in Austria. In Switzerland, we savor the beauty of the Matterhorn, the Jungfrau, and Appenzell. And in France, starting off from Chamonix, we ride the lift up to the Aiguille du Midi and hike the iconic Tour du Mont Blanc.



Cruising the Mediterranean

October 3 at 1:30pm

Rick sails from Barcelona to Athens, with stops in the French Riviera, Rome, and more. Our goal: to explore the ins and outs and pros and cons of cruising. We'll learn how to make the most of the cruise experience, from enjoying time on the ship to exercising independence on shore — savoring iconic sights and romantic island getaways.



Rome: Eternally Engaging

October 17 at 1:30pm

Explore the "Eternal City" of Rome, a grand and ancient metropolis rich with exquisite art, vibrant culture, and centuries of history. We trace the rise and fall of classical Rome, meander through the heart of Bernini's Baroque Rome, and make a pilgrimage to the Vatican. Then, we follow Rick as he uncovers the charms of hidden neighborhoods filled with character and energy, enjoys a Roman feast, and mixes and mingles with the locals during an early-evening stroll through the city's romantic nightspots.



Cookies and Coffee for a treat while you watch!

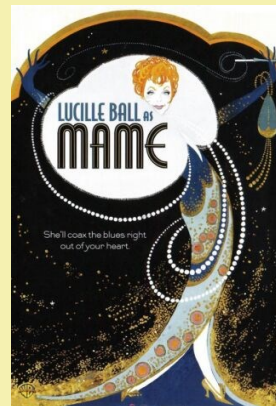
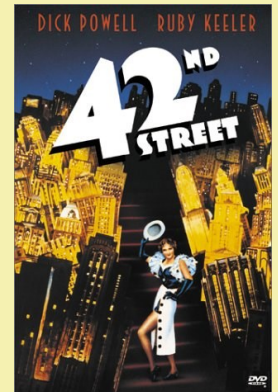
Broadway Series

Call MRC to register for each viewing.

NEW FREE!

42nd Street

Friday, September 30 at 1:00pm
(1933) When revered Broadway director Julian Marsh falls on hard times with both his health and his finances, he helms an ambitious musical as a final production before his retirement. His lead actress, Dorothy Brock, is torn between two loves: the show's wealthy backer, Abner Dillon and the earnest but penniless actor Pat Denning while aspiring young performer Peggy Sawyer waits in the wings, hoping for her big break.



MAME

Friday, October 28 at 1:00pm
(1974) An eyebrow-raising eccentric, ruined by the Wall Street crash of 1929, becomes her orphaned nephew's guardian, and has plenty to teach him. Starring: Lucille Ball, Beatrice Arthur, and Robert Preston.

PURDUE EXTENSION

Cooking Air Fryers

Tuesday, September 27 at 3:00PM; Fee: \$3

NEW

Learn the basics of using an air fryer: how they work, how to get good results, dos and don'ts, and recipes.

SAGE Table

Friday, Nov. 4

11:30am-1:00pm

FREE!



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.



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 your 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.) | |
| 10:00 | Tai Chi (\$) | MP1 |
| | Succulent Group (3rd Tues.) | AR |
| | Widows Support Grp (4th Tues) | AR |
| 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 | Woodcarving Class | WS |
| 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 |
| 12:30 | Dominoes | MP3 |
| 1:00 | Birthday Party | MP1 |
| | (once a newsletter) | |
| 1:00 | Woodshop | WS |
| 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 | Euchre | MP2 |
| 1:00 | SCS Investment Class | CR |
| | (2nd Fri.) | |
| 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 |
|------------|------------|-----|

(check dates on pg. 11)

| | |
|-----|-------------------------|
| 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

September 5

CLOSED for Labor Day



September 6 & 20

Lunch & Pull Tabs, 12:00pm

September 8


BINGO, 4:00pm 

September 12 & 26

Movie, 2:00 & 4:30pm 

September 13

TED Talks, 1:00pm

Tuesday Tea, 3:00pm 

September 19

Come & Eat, 11am

Armchair Travel, 1:30pm 

September 22

Birthday Party, 12:30pm

Grocery Bingo, 3:30pm 

September 27

Travel Show, 11:00pm 

September 28

Cybersecurity Speaker, 3:00pm 

September 30

Total Brain Health, 9:30am

Broadway Movie, 1:00pm 

October 3, 17, & 31

Armchair Travel, 1:30pm 

October 4 & 18

Lunch & Pull Tabs, 12:00pm



October 4-28

Matter of Balance: 2:00pm 

October 7


Welcome Breakfast, 9:30am 

October 10 & 24

Movie, 2:00 & 4:30pm 

October 11

TED Talks, 1:00pm

Tuesday Tea, 3:00pm 

October 12

Reader's Theater Show, 12:00pm

October 19

Scams Against Seniors Speaker, 3:00pm 

October 20

Grocery Bingo, 3:30pm 

October 28

Total Brain Health, 9:30am

Broadway Movie, 1:00pm 

October 27


Come Eat Together, 11:00am

October 18

Brown County Trip, 10:00am



October 29

Art Bazaar: 10:00am-4:00pm 

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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