



## TRAVEL SHOW

**Tuesday, September 26th  
at 11:00AM**

Register in the office.  
See page 21 for details.

*Pack Your Bags*



# 100 MILE CHALLENGE

**FREE!** **NEW**

The Spring/Summer Challenge ends **Sept. 30** and the winner will be announced **Oct. 3**.

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

## Fall/Winter Challenge

Join the staff at Mill Race Center in logging 100 miles of movement **beginning Oct. 1**. Your movement could come in the form of walking, running, biking, hiking, swimming, paddling, line dancing, on-line workout, and other workouts.

Visit our website to find a 100 Mile Challenge Log Sheet or pick one up at the MRC. Keep track of your miles from **Oct. 1 2023-March 31, 2024**. When you have reached 100 miles turn in your log sheet to the MRC business office. Once one log sheet is complete start a new one. All completed log sheets will be entered into a prize drawing.

**KEEP MOVING!**

## ART BAZAAR

**Saturday, October 28**  
10 AM-4PM at Mill Race Center

See page 17



The Lasting Impressions Present  
**VETERANS DAY SHOW**

***Our Veterans are VIP***  
*(with USO Show)*

**Friday, November 10  
at 2:00pm**

Enjoy a delicious dessert and  
a wonderful show!

**Veterans are FREE**  
MRC members: \$5  
Non-members \$10

Make reservations in the office.

# From Your Executive Director

September is National Senior Center Month. It is an interesting concept, since there is such a broad definition of the term “senior center.” If you were to look at the “typical” senior center in Indiana, it would be the size of a downtown retailer. Many senior centers are in fact vacant store fronts that have been repurposed. There would be perhaps one or two paid employees. It would be a congregate meal site, with limited activities before and after the meal. These activities would generally be participant directed and would not involve staff. Cards and games, bingo, and perhaps an exercise class would be the standard offering. Most of these centers are funded and operated by their local city and county. The typical center in Indiana closes at 4:30 or 5:00 in the afternoon, if not earlier. If a center deviates from this model, it is because they are the provider of rural transportation for their county. (Bartholomew County does not have a rural transportation system.)



Senior Centers are limited by the lack of state and federal funding. Most of the available dollars earmarked for senior services go to in-home healthcare services and nursing homes. Our society has never embraced the concept of wellness and prevention on a large scale. We tend to wait for people to break, and then try to fix them. This is an expensive and shortsighted strategy.

Mill Race Center is the outlier in this story. A group of people, led by Bob Pitman, had a vision for a center that would focus on wellness and prevention, providing opportunities for exercise, education, recreation, and socialization to the three generations of people who make up the “senior” population. This means that activities must appeal to a group of people from age 50 to 100. It also means that we have extended hours of operation to meet the needs of younger seniors who are still working. As is often the case with innovation, it is easy to get people excited about a new concept, but more difficult to sustain the enthusiasm. Many of the people who were involved in the initial vision and fundraising have moved on. Younger seniors may not be aware of the years of effort and planning that went into building and programming this unique facility. An even larger number of people, young and old, may assume that we are operated by the city or the county.

As we go into National Senior Center month, this would be a good time to reflect on the impact of Mill Race Center on this community, and commit to the support that will be necessary to continue to provide services for future generations.

**Dan Mustard**  
Executive Director

**Mill Race Center will be closed on Mon., Sept. 4.**

Due to increased credit card fees we now have to charge a 3% customer service charge anytime you use a credit card for any payment. We are sorry for the inconvenience.

To register for any programs or trips in the newsletter call MRC at (812)376-9241. If you get a recording that means we are on the line helping someone else. Press #1 to leave a message and we will return your call shortly.

All programs and events listed in the newsletter are for **members only** unless it is stated otherwise. Call the Business Office at (812) 376-9241 or visit our website to become a Mill Race Center member. Membership is \$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.*

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

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

## Mill Race Center Staff

**812-376-9241**

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

**Linda Clark**, Office Assistant, x202

**Amanda Coleman**, Travel, x215

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

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

**Jeff Jones**, Van Driver

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

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

**Tamara Quitko**, Accounting Clerk, x207

Receptionist, x218

**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 2023 & 2024  
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:** \$7.10 for hot lunch  
\$12 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

**Not meeting October 26**

### Sewers Needed!!

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



## 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

### Free Little Library Bring a book - Take a book



Built & Donated  
By: Ed Niespodziani



### 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.

### Bartholomew County Assessor's Office Informational Meetings

**Tuesday, October 24  
1:00-3:00pm; FREE**

Visit with your Bartholomew County Assessor, Ginny Whipple, for this information season on property taxes and to get your questions answered. Register in office.



## TRAVEL SHOW

Tuesday, September 26th  
at 11:00AM



**VOLUNTEERS WANTED**

**NEWSLETTER ASSISTANTS**

Needed to help assemble the newsletter for mailing. This is a great way to get connected and meet new people. 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.

**VOLUNTEERS NEEDED**

**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.

**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.

**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.

**Want to Volunteer?**



**Interested in volunteering?**

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

**LOST & FOUND**

Missing something? Check with the office to see our lost & found.

**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 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.

**Ambassador Meetings**

Informational ambassador meetings will be held the first week that the each newsletter comes out. Interested in becoming a volunteer ambassador feel free to attend a meeting and get plugged in. If you would like to become an ambassador please see Linda in the office or email her at [linda@millracecenter.org](mailto:linda@millracecenter.org)

**Wednesday, September 6 at 3:30PM**

**Welcome!** **MRC Welcome Breakfast**  
**Fri., October 13**  
**9:30am in the lounge**  
**Register in the office**

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

Follow Mill Race Center on Facebook.



Give the gift of a **Mill Race Center**

membership to your friends this year!

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



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



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

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

## Brown County State Park Trip

Thursday, October 12

Leave MRC at 9:30 return approx. 2:30pm

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

Join us for a program trip to Brown County State Park. We will be meeting with Park Naturalist, Eli Major at the nature center for a special new program called Authorship in Indiana State Parks. Eli will share and discuss with us several famous Hoosier authors and their relationships to nature. After our program we will head to the Brown County Inn for lunch.  
Max: 12



## Succulent Lover's Group

Sept. 19 & Oct. 17

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.



## Learn to Relax Class

Thursday, October 19

at 11:00am

Everyone experiences stress, and sometimes that stress can feel overwhelming. In Learn to Relax, we will look for ways to relax our minds and bodies using a variety of relaxation techniques. The goal is to equip members with stress-reducing techniques to help navigate stressful situations. Please register in the business office if you would like to attend.



## MILL RACE CENTER

ON THE GO



### At All Saints Apartments

September 19 at 2:30 pm

October 24 at 2:30 pm

### Fairington Apartments

9/26 Bldg 2301 at 2:00/Bldg 2401 at 3:30pm

10/17 Bldg 2301 at 2:00/Bldg 2401 at 3:30 pm

Mill Race Center will be hosting free activities for the residents of All Saints and Fairington apartments. Mill Race Center members are welcomed guests at All Saints. If you are interested in attending or volunteering to help, please sign up with the Mill Race Center Business Office at 812-376-9241 or email Becky at [bcutsinger@millracecenter.org](mailto:bcutsinger@millracecenter.org)

**VOLUNTEERS**  
NEEDED

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

Monday & Wednesday 10:00am-Noon (Conference Rm)  
(4 week class) October 16-November 8

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: 10  
Call Mill Race Center if interested 812-376-9241.



## Evening Star Quilt Guild

**FREE!**

**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.

## Monday Morning Sewing

**FREE!**

**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.



**FREE!**

**NEW**

## Lazy Daisy Embroidery Guild

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

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



## Tuesday Evening

### Sewing Group

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

**FREE!**



# create

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

## Paint Exploration

**Thurs., Sept. 14 at 3pm**  
**Cost: \$8 for 1 canvas**

A class to explore thru painting. We will make a canvas painting using a squeegee. We will explore this fun technique together and practice on paper before we make our finished product. All supplies included.



**NEW**

## Pumpkin Puzzle Sign

**Thurs., September 28 at 3:00pm**  
**Cost: \$10**

We will transform old puzzle pieces into a creative fall sign for your door. You will select your background paper of your choice, and build your pumpkin from puzzle pieces. There will be an option of words to pick: Harvest, Thankful, or Welcome. Plus we will add a few embellishments and finish off your sign. All supplies included. Max: 10



**NEW**

## Fall Book Stack

**Tues., Oct. 3 at 3pm**  
**Cost: \$6 (per crate)**

Make what looks like small stack of books, but it is really a small wooden crate. We will decorate for it for fall by adding some ribbon and fall garnishes. All supplies included.



**NEW**

## Standing Pumpkin

**Tues., Oct. 10 at 3:00pm**

**Cost: \$6**

Make an adorable little standing pumpkin (8x10) We will paint, add decorative paper, and decorate them for fall. It will make a cute addition to your fall décor. All materials provided.

**NEW**



## Monthly Card Making

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

**NEW**

### September - Fall

**Tues., Sept. 12 at 1:00pm**  
**Cost: \$5 (set of 4)**



### October - Leaves

**Tues., Oct; 10 at 1:00pm**  
**Cost: \$5 (set of 4)**



### November - Thanksgiving

**Tues., Nov. 14 at 1:00pm**  
**Cost: \$5 (set 4)**

**100**  
**MILE CHALLENGE**  
MILL RACE CENTER

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



## Art Class

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

**NOT meeting 10/18**

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

Beginners: no supplies needed for your first visit. Holly will get you started on a project and advise on needed supplies.

**FREE for MRC members.** For more information contact: Holly Melillo at 812-350-8238.

**FREE!**





## Ball Room Dance Classes

**Monday, Tuesday & Thursday 5:00-7:00pm**  
 Margot Scholz offers 8 week sessions at Mill Race Center on Monday and Thursday evenings. For more information about sessions, call Margot at (812) 342-4156.

## Basic Beginner Line Dance

**Wednesday, 4:00-5:30pm**

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

**Instructor: Carla Willis-Crase**



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



## Friday Line Dance

**Intermediate & Advanced**

**Friday mornings 10:00-11:30am**

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

**Instructed by Billy & Carla Crase**

Billy & Carla are renowned line dance instructors and choreographers.



**NEW participants always welcomed!**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Ball Room Dance</b> 5:00-7:00pm (MP1 & 2)	<b>Ball Room Dance</b> 5:00-7:00pm (MP1 & 2)	<b>Line Dance</b> Beginner 4:00-5:30pm (MP1 & 2)	<b>Ball Room Dance</b> 5:00-7:00pm (MP1 & 2) <b>Line Dance</b> 6-week class 6:30-8:00pm	<b>Line Dance</b> Intermediate & Advance 10:00-11:30am (MP1 & 2)

## Drumming Circle Practice

**Mondays 1:00-2:00pm**

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



## Line Dancing

**Ultra Beginner Technique Class**

**Thursday, Sept. 21-Oct.26**

**6:30-8:00pm; \$60 cash only**

Carla Willis-Crase is offering a 6-week class to teach you all the ultra beginner technique for line dancing. The cost will be \$60 due on the first day of class to Carla and cash only please.



For more information call Carla at 812-327-0493.



## 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](http://www.tops.org).



## Senior Swim

**At Foundation For Youth**

Purchase swim passes at FFY for \$6 per visit or ask about discounted pricing. Please

check out their website at [www.foundationforyouth.com](http://www.foundationforyouth.com) to confirm pool schedule as it varies by week. Call FFY with any questions: 812-348-4558



**Random Acts of Kindness Club**  
**Thurs., October 26**

**11:00am**

Every day is an opportunity to be kind. Please join us as we work on a kindness project and discuss ways we can continue to show kindness in our community. We hope to inspire and encourage each other as we share ideas, work together on projects, and challenge each other to light up the world around us. Please sign up in the business office if you would like to attend and bring ideas to share with the group.



## 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 28 at 12:30pm**

## Tai Chi/Qigong

**Offering Classes on Tuesday & Thursday**

Instructor: Paula Howard

**Moved to Art Room on Oct.26**

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

**11:00am** - Beginner Class

Monthly Cost: \$40 members/\$55 non-members (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.



## Senior Volleyball

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

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



## Senior Bowling

**Tuesdays at 1:00pm**

**Columbus Bowling Center**

Information: Joan Winkle, 812-350-9452  
Glenna Phelps, 812-390-9234



## Pickleball



**FREE!**

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



**Wednesday Evenings - 5:30-8:00pm**



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



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

**No Play: 9/9, 9/16, 9/30 & 10/7, 10/28**

### 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.

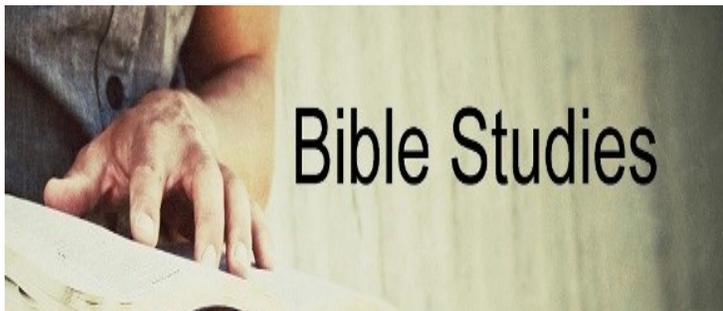


Meet there at 11:00am  
**Otter Creek**  
**Wednesday, Sept. 27**

Meet there at 11:00am  
**Red Lobster**  
**Tuesday, Oct. 24**

**WISE Class**  
See Page 14





## Morning Bible Study

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

In the Classroom; **Free**

Information: Virginia Houser, 812-657-7067

**September:** Louis Vician

Retired Lutheran Pastor

**October:** Roger McFaden—1 week

The rest of month TBA



## Wednesday Bible Study

**Wednesday 3:30-5:00pm**

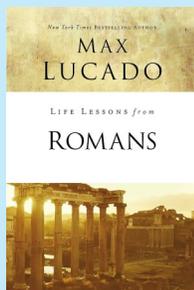
This group meets each Wednesday at 3:30 pm to study various topics. We choose books of the Bible, sermons, or video series to study and discuss together. Visitors are encouraged try our group and all are welcome to join us!

The next study:

**Romans Life Lessons  
by Max Lucado**

Begins: Sept. 6 ending Nov. 22

Books: \$10



**Thursday Coffee Hour**

**September 21 & October 19**

**10:00-11:00am**

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



## TED Talks

**2nd Tuesday of each month**

**Meeting at 1:00pm in Classroom**

Facilitators: Ed & Terri DeVoe



**September 12 at 1:00pm**

**Why are we so bad at reporting good news?**

**By: Agus Hervey**

Why is good news so rare? In a special broadcast from the TED stage, journalist Angus Hervey sheds light on some of the incredible progress humanity has made across environmental protection, public health and more in the last year, making the case that if we want to change the story of humanity this century, we have to start changing the stories we tell ourselves. "When we only tell the stories of doom, we fail to see the stories of possibility," says Hervey.

**October 10 at 1:00pm**

**The Next Global Superpower Isn't Who You Think By: Ian Bremmer**

Who runs the world? Political scientist Ian Bremmer argues it's not as simple as it used to be. With some eye-opening questions about the nature of leadership, he asks us to consider the impact of the evolving global order and our choices as participants in the future of democracy.

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



**Tuesday**

**Tea**

**Sept. 12 & Oct. 10**



**FREE**

**2:00-4:00pm**



Hosted by: Jennie Rauch

Cookies by: Pat Galdikas

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

## Woodworking Workshop

**NEW**

### Plant Stand Workshop with Ed Niespodziani

**Class October 23-27**

Meet with Ed on Oct. 20 to select project and get wood. Free class instruction/must purchase own wood.



## MRC Woodshop

**FREE!**

**Tuesday and Thursday  
1:00-4:00pm**

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

## In The Woodshop

### Drop-In Woodcarving Class

**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!**

**Bodies In Motion  
Afternoon Class  
Tues. & Thurs. at  
2:00pm**



**FREE!**

## Walk in the Park

Join MRC staff every Wednesday morning to walk through Mill Race Park. (weather permitting)  
Meeting in lobby at 9:30am

**FREE!**

**NEW**



## Grocery Bingo!

**Grocery BINGO**  
**Sept. 21 & Oct. 19**  
**3:30-4:30pm; Art Room**

**DON'T MISS OUT!**

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



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

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

Contact: Donna Browne (812)376-6612 to learn more about this group and how you can join.

**JOIN THE GROUP!**



## Ukulele Circle

**FREE!** **NEW**

**Mondays; 2:00-3:00PM; Free**  
Bring your ukulele and join us for the new "ukulele circle" at MRC. We will lead a sing-along/play-along hour of music and fun.

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

## WISE Class

**NEW** **FREE!**

(Wellness Initiative for Senior Education)

**Sept. 7-Oct. 12 (6 weeks)**

**Thursdays**

**10:00am-Noon; FREE**



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

## Hard of Hearing Support Group

**Thurs., Sept. 21**

**Held at 11:00am**

**NEW** **FREE!**



Don't let deafness isolate you. Join us to learn about hearing. Bring your questions and ideas. See how our computers can provide "closed captioning." Please sign up in the business office. Lead by Lou Vician. Contact Lou with questions Lvician@hotmail.com

## Ping Pong

**FREE!**



**Tuesdays 1:30-3:00pm (MP3)**

Ping Pong is an excellent brain game! Get cognitive stimulation, exercise, and social engage with others. The table with paddles and balls will be set up for you to enjoy.

## Reader's Theater Practice

**Wednesdays from 1:00-3:00pm**

Interested in joining the Reader's Theater group come to their weekly meetings or call Susie Blizzard: 812-376-0641.



**JOIN THE GROUP!**



**NEW**

## Coming Soon

Watch for upcoming Ukulele classes with Allie Jean coming soon. If your interested put your name on the list in the office. More information to come.

# Eight Dimensions of Wellness

## FREE MOVIE SHOWINGS at MRC!

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



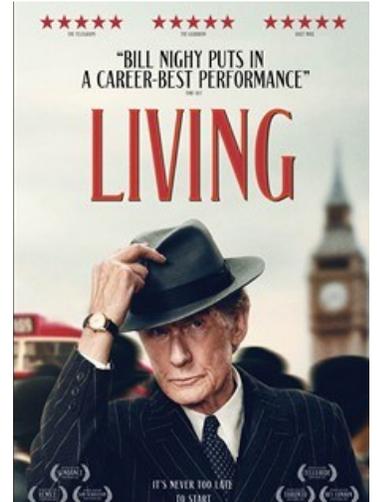
September 11  
**Book Club The  
Next Chapter**



September 25  
**What's Love Got To  
Do With It?**



October 9  
**Dial M for  
Murder**



October 23  
**Living**



MILL RACE CENTER

**Pictures due  
September 27**

**PHOTO  
CONTEST**

Stop by office for details.

**Five Categories:**  
Travel, Wildlife/Animals, Nature/  
Landscape, Architecture, &  
Hometown Pride

**Dementia Virtual  
Reality Training with  
Thrive Alliance**  
Fri., September 22  
9:30-11:30am; Free

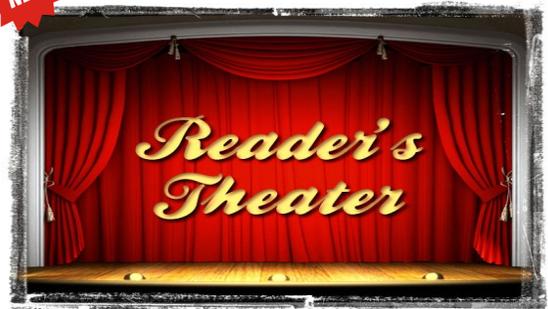


Come experience The Virtual Dementia Tour. This tour alters participants' physical and sensory abilities using sensor tools. This tour offers hope by providing practical ways to provide insight and support of a love one that is living with dementia. Register in the office. Max: 8

*DON'T MISS OUT!*

**LUNCH & LAUGHTER  
READERS THEATER**

**NEW Back With Lunch!**



**October 11 at Noon**

**Lunch: \$8 members  
\$12 non-members**

Make reservations at the MRC business office. **Required Registration by Oct. 6.**

Doors open at 11:45am

**SPONSORED BY:**



**NEW FREE!**

**Donuts  
& Trivia**

**Tuesday, Sept. 26 & Oct. 24  
9:30am in the lounge**

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

**Free**

**Fraud Prevention**  
Tuesday, October 17  
1:00pm in the classroom  
Free



Marie Castetter from the Secretary of State Office will do a presentation on fraud prevention and warning signs. Please register in the office for this great free class.

**Decluttering Solutions**  
**Tuesday, Sept. 26 at 3:00pm**  
**Free**



DECLUTTER SOLUTIONS  
*Creating Simplicity*

Do you feel overwhelmed with clutter and struggle finding things when you need them? Are you tired of having to park your car outside because there is no room in your garage? Have you bought something, only to realize later you already had 3 of them? You are not alone! Join Tricia Thomas with EZ Declutter Solutions to learn how to manage all of the clutter in your home and garage. Tricia will share tips on how to manage your space so it is personalized to your lifestyle and needs and to make your life more manageable!

**Voelz, Reed, & Mount, LLC**  
**Are You Prepared?**  
**Wed., Oct. 18 at 9:30AM**  
**Free**



Learn what steps can be taken to ensure that you and your loved ones are prepared for navigating life's transitions. Topics: Long Term Care & Medicaid Planning, Estate Planning, Guardianships, VA Aid & Attendance, Estate & Trust Settlement, and Community Recourses. Please register in office. Refreshments provided.

**Voelz, Reed, & Mount, LLC**  
 knowledge · experience · solutions

**SAGE Table**  
**Friday, November 3**  
**11:30am-1:00pm**



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

Follow Mill Race Center  
 on Facebook.



**Quarterly Reading Challenge**



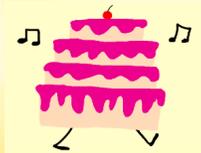
**Join Us!**

**September-November**  
 Ends November 30

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

Next quarter challenge will be **September-November** and will end **November 30**. Reading slips will be available at MRC. Fill out the slip and turn it into the office for every book you have read during the quarter. All completed reading slips will be entered into a prize drawing for a \$50 gift card to Viewpoint Bookstore. Other prizes given to top readers throughout the challenge.

**CAKEWALK**



**Cake Walk**

**Thursday, October 26**  
**3:30pm; Free**



Cake Walks are always fun! We will have fun music and walk in a circle (with chairs) when the music stops a number will be drawn. The winner will get to select from our dessert table. This will be a fun social event.

**ART BAZAAR**

**Saturday, October 28**  
**10 AM-4PM at Mill Race Center**

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

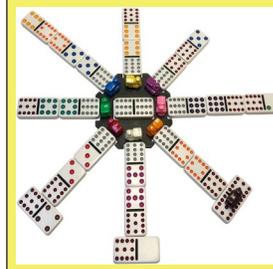
A fundraiser to benefit Mill Race Center. *Contact MRC office for questions or booth space.*



## The BCPL Bookmobile:

**FREE!**

September 6 & 20  
October 4 & 18  
9:30-10:30am  
Available out front of MRC.



## Mexican Train Dominoes

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

**FREE!**



## Classic Card Game Pinochle

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

**FREE!**

## MAHJONG

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



**FREE!**

## OPEN Billiards

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



**FREE!**

**NEW**



**NEW**

## Bridge

Every Friday from 1-4pm  
Lead by: Elaine Bailey  
In the conference room

**BRIDGE**

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

**FREE!**



## Puzzle Table

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

**FREE!**

Follow Mill Race Center on Facebook.



**FREE!**



## Cards & Games Schedule



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mahjong</b> 12:30-3:30pm  <b>Hand &amp; Foot</b> 12:30-4:00pm  <div style="border: 1px solid black; padding: 5px;">           Cards &amp; Games are free for MRC members. Day passes can be purchased for non-members.         </div>	<b>Pinochle</b> <b>NEW</b> 1-4pm (2 & 4 Tuesday)  <b>Euchre</b> 4:30-7:00pm (MP3)	<b>Scrabble</b> 1:00-3:00pm  <b>Hand &amp; Foot</b> 12:30-3:30pm For information call Rosemary Sager (812)390-7665 <b>(No cards on 10/11)</b>	<b>Dominoes</b> <b>NEW</b> 12:30-4:00pm	<b>Mahjong</b> 12:30-3:30pm  <b>Bridge</b> <b>NEW</b> 1:00-4:00pm

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

**Fridays, September 22 & October 20**  
**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.**



Join MRC on a program trip to the Historic Artcraft Theatre in Franklin, IN for a Free Senior Movie. The movie begins at 1:30. Van leaves at 12:20pm. *Fee: \$5 for van trip, free movie, popcorn, & drink.*

**Thursday**  
**September 21**  
**Singin' In The**  
**Rain**  
**(1952)**



**Thursday**  
**December 7**  
**It's A Wonderful Life**  
**(1946)**

# TRAVEL WITH MILL RACE CENTER

## 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.



Hello Everyone!

I hope that you are doing well and excited for the upcoming fall season. We have had many people traveling this summer and I cannot wait to show you the full line up for next year. Our travel show will go over the motorcoach and fly-to trips for 2024. Please be prepared to sign up for trips and we will not be taking credit card payments at this time.

The upcoming motorcoach trips to Ohio and Nashville are going to be great. Don't forget to send photos to [travel@millracecenter.org](mailto:travel@millracecenter.org) for a chance to win the photo prize. I am looking forward to seeing you all at the show.

Amanda Coleman  
812-376-9241\*215



## Iceland Land of Fire and Ice - March 6-12, 2024

Iceland is a unique destination that offers pristine nature, boasting geysers, geothermal pools, waterfalls and wildlife, breathtaking landscapes and vibrant culture deeply rooted in ancient heritage. Spend five nights in Iceland while exploring this amazing land of fire and ice. This is a special Northern Lights' Departure with discounted airfare. \$3149 per person double occupancy.

**\*Amanda plans to go on this trip!**



**NEW**

## Nova Scotia and Canada's Maritimes - July 12-20, 2024

Welcome to Canada's Maritimes. Home to the world's highest tides, breathtaking beaches and forests, historic harbors and the freshest seafood, these delightful provinces will give you memories that last a lifetime. Featuring Cape Breton, New Brunswick, and Prince Edward Island. Pricing includes round trip airfare. \$4,249 per person double occupancy. **\*Amanda plans to go on this trip!**

## TRAVEL SHOW

Tuesday, September 26th  
at 11:00AM

Sharing 2024 motorcoach  
and fly-to trips.



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



## Trips

### France: Featuring Normandy Beaches

Enjoy some time in Paris before boarding your luxurious river cruise to sail you away on the Seine to the beaches of Normandy and back. This ship will have all of your meals included and first class service with an English speaking crew.



### Pacific Northwest and California

From the wilds of Mount St. Helens to the shadow of giants in the Redwoods, fall under the spell of the Pacific Northwest and California. Travel along Oregon's beautiful coast, making stops at, Yaguina Head Lighthouse, Newport, Bandon and Coos Bay. Explore Oregon's wilderness on a Rogue River cruise. Visit Redwood National Park's Avenue of the Giants. Cross the Golden Gate Bridge and discover the "City by the Bay," San Francisco.



### Christmas In Newport December 6-10

5 days/8 meals: Explore Newport, Rhode Island during the holidays and experience the gloriously decorated Breakers and Marble House mansions, a live performance aboard the Grand Bellevue Dinner Train and a ride on The Polar Express. \$2,749 per person double occ.



### Christmas Markets Cruise On The Rhine River December 8-16

9 days/21 meals: Enjoy a seven-night cruise on an Emerald Cruises Star-Ship. Travel to Amsterdam, Cologne, Koblenz, Ludwigshafen, Heidelberg plus Kehl and Strasbourg. An Activity Manager will host daily onboard wellness activities, games, classes, and evening entertainment on the cruise. All meals are included with a variety of international cuisine. \$3,395 per person double occ.



### Tournament of Roses Parade December 29-January 2

5 day/6 meals: See the Granddaddy of all Parades from your reserved seats along Colorado Boulevard. Explore Los Angeles on a sightseeing tour and ring in the New Year in style with a private gala event. Enjoy a fun and lively Tailgate Party while watching the Rose Bowl game on the big screen. \$2,599 per person double occ.



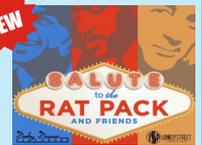
## Derby Dinner Shows

Part of day trips. Register in office.  
These are separate from travel department

### Salute to the Rat Pack & Friends

Mon., Oct. 16 - Matinee Buffet  
\$55 members, \$65 non-members  
**SOLD OUT - can be put on waitlist**

Leave MRC at 10:15am return approx. 5:30pm. Max: 12 R,V



### The Accomplice

Wed., Oct. 25 - Matinee Buffet  
\$55 members, \$65 non-members

Both adultery and murder are in the air at a stylish weekend retreat in England, but all is never as it seems in this electrifying game of trickery and misdirection. A clever and comedic who-dunnit! Leave MRC at 10:15am return approx. 5:30pm. Max: 18 R,V



### A Christmas Carol

Wed., Dec. 13 - Matinee Buffet  
\$55 members, \$65 non-members

This spectacular Broadway musical adaptation of Charles Dickens' well-known story breathes fantastic new life into the classic tale. A lavish and thrilling musical that is perfect for the holiday season! Leave MRC at 10:15am return approx. 5:30pm. Max: 12 R,V



# Daytrips

## NEW Coding To Help With Day Trips

**R** - refund available up to 3 days before departure

**V** - 12 passenger van

**B** - 8 passenger bus with lift

(The vehicle we take will depend on the amount of drivers we have for a day. If we only have 1 driver we will take the van.)

 **Lots of walking, standing, or stairs**

 **Wheelchair or walker accessibility**  
(Only the bus can accommodate wheelchairs. Some tours we do are historic buildings without access.)

## Batar in Seymour Fri., September 15 Fri., October 20

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

Come inside, sit back and enjoy a cool iced tea and delicious lunch in the Geranium Room. Leave MRC at 10:20am return approx. 1:30pm. Max: 7 R, B,



## Four Seasons Family Restaurant Wed., Sept. 6 (FULL)

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

Four Seasons Family Restaurant in Greenwood. This trip was listed in last newsletter and is full. Leave 10am, return approx. 2pm.

## Madison Trip Wed., Sept. 13

**Cost: \$15m/\$25nm plus lunch**

Explore historic Madison! We will start with a driving tour of the city, stop for a visit to the Lanthier Winery and Gardens, and the three-story Lumber Mill Antique store. (I describe it as a museum with price tags!) Lunch on your own in the historic downtown area. **THERE WILL BE WALKING ON UNEVEN SURFACES AND STEPS.** Special tour guide Dan Mustard. Leave MRC at 9am return approx. 4:00pm. Max: 12 R, V, 



## Cake Bake Mon., Sept. 25

**Cost: \$15m/\$25nm plus dessert**

We will travel to the Cake Bake Shop in Carmel for an elegant dessert only (no lunch this trip) at this beautiful upscale bakery and enjoy some shopping nearby. Leave 11:30am, return approx. 4:30pm. Max: 7, B, 



## Streamcliff Herb Farm Fri., Sept. 29

**Cost: \$10m/\$20nm plus lunch**

We will enjoy a delicious home-made lunch and then walk through The beautiful gardens and shop for plants or gifts. Leave 10am return approx. 2:00pm. Max: 12, R, V



## Oasis Diner Tues., Oct. 3

**Cost: \$10m/\$20nm plus lunch**

We will travel back in time to this historic 50's Diner with vintage décor, delicious food and desserts.

Leave 9:40am, return approx. 2pm Max: 12, R, V



## Salem Trip Thurs., Oct. 26

**Cost: \$25m/\$35nm plus lunch**

Visit historic Salem, Indiana.

We will stop first for lunch at Raquel's Restaurant then head over to tour the John Hay Center (Stevens Memorial Museum, the Pioneer Village, and the Depot Railroad Museum.) There will be moderate walking involved. Special tour guide Dan Mustard. Leave 9:45am, return approx. 5:00pm. Max: 12 R, V, 



## T.C. Steele Museum & Hard Truth Fri., Oct. 27

**Cost: \$20m/\$30nm plus lunch**

We will first take a guided tour of the TC Steele home and then do self-guided tours of the formal garden and site grounds. Afterwards, we will travel to Nashville and enjoy lunch at Hard Truth Restaurant. Leave MRC at 9:20am return approx. 2:30pm. Max: 8 R, B, 



## Hot Glass Workshop Fri., Nov. 3

**Cost: \$65m/\$75 nm**

Our instructor will guide us through studio basics and safety and demonstrate what we will be making. We will gather our molten glass, pick our colors, and sculpt it into our own beautiful creation. Must wear closed toe shoes and cotton based clothing. We will be at the studio from 1:30-3:30. Leave MRC at 12:30 and return approx. 5:00pm. Max: 7, B



## MEALS-ON-WHEELS

### Volunteer Drivers Needed

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



## The Better Breathers Club

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



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

**Wed., September 13 at 3:00pm**

**Topic: Air Quality - How it can affect me**

**Wed., October 18 at 3:00pm**

**Topic: Heart and Lungs - Problems with one can affect the other**

If you would like to be added to our mailing list, or would like more information, please call Jennifer at 812-376-5793. We hope to see you there!

## All Who Wander Hiking Group

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

Contact Ed Niespodziani at  
812-552-3343 or  
[kn4073@comcast.net](mailto:kn4073@comcast.net)





**NEW**

**FREE!**

## Brit Box Series: Agatha Christie's Marple

### A Pocket Full Of Rye

**Mon. Sept. 18 at 1:30pm**

A detestable businessman is murdered while at work, and a handful of rye is found in his pockets. Soon after, members of his household fall victim to a killer intent on recreating scenes from a popular nursery rhyme.



### Murder Is Easy

**Mon. October 2 at 1:30pm**

A village is plagued by a spate of seemingly accidental deaths, but Miss Marple is convinced a more sinister hand is involved when a villager on her way to Scotland Yard is conveniently dispatched.



### They Do It With Mirrors

**Mon. October 16 1:30pm**

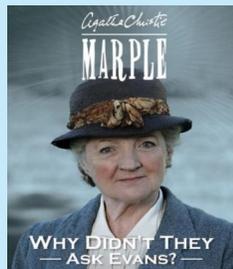
A reformatory for delinquent boys run by Miss Marple's philanthropic friend becomes the scene of arson and poisoning, and ultimately murder.



### Why Didn't They Ask Evans?

**Mon. October 30 at 1:30pm**

The cryptic final words of a dying man lead Miss Marple and two young adventurers to a dysfunctional family harboring dark secrets.



## Broadway Series

**FREE!**

Call MRC to register for each viewing.

### The Band Wagon

**Fri., Sept. 22 at 1:00pm**

(1953) Egos clash between a movie star, his ballerina co-star, and their effete director, causing their show to bomb in out-of-town tryouts. Fred Astaire and Cyd Charisse headline this musical comedy about a Hollywood star's return to the theater and the unexpected love he finds along



### On The Town

**Fri., Oct. 20 at 1:00pm**

(1949) Gene Kelly and Frank Sinatra star in this fun-filled spectacular musical about three sailors who wreak havoc as they search for love during a whirlwind 24-hour leave in New York City.



## alzheimer's association®

**10 Warning Signs Alzheimer's & Dementia  
Wednesday, October 11**

**9:30am at Mill Race Center; Free**

**FREE!**

**NEW**

This education program will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor.

*The Alzheimer's Association's free 24/7 Helpline (800-272-3900), staffed by master's-level clinicians and specialists, provides confidential support and information to all those affected in over 200 languages.*

**ASAP  
Narcan, Fentanyl &  
Disposable Medication**

**FREE! NEW**

**ASAP**

Alliance for Substance Abuse Progress

**Monday, September 11  
1:00pm (conference room)**

Get some basic information and questions answered about Narcan, Fentanyl and disposable medication.



Now booking for 2024

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 for weddings and receptions. Help us spread the word about this beautiful space for weddings and receptions.



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

Go to Kroger.com. Sign in with your email and password you signed up your card with. (There should be links if you have forgotten a password/email). Once signed in, scroll to the very bottom of the home page and find Kroger Community Rewards – this will be under “Community”. On the next page, Click the link in section 2. **Link you Card to an organization.** Search Mill Race Center and click ENROLL.



MILL RACE CENTER

# 100

**MILE CHALLENGE**

**Keep log of your miles!**

**Quarterly Reading Challenge**

**NEW Quarterly Reading Challenge!**

See Page 17 for details!

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## Aging Well

Did you know that Mill Race Center can assist in setting personal goals to improve overall wellness? Using the Eight Dimensions of Wellness as a guide, our staff can walk you through the goal setting process. Please reach out to Becky or Shannon by calling 812-376-9241 or by emailing at [becky@millracecenter.org](mailto:becky@millracecenter.org) for an appointment.



### Current classes that I want to try/attend:

#### Physical Wellness:

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#### Spiritual Wellness:

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#### Environmental Wellness:

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#### Social Wellness:

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#### Financial Wellness:

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#### Intellectual Wellness:

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#### Emotional Wellness:

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#### Vocational Wellness:

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### 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
12:30	Hand & Foot	MP2
1:00	Drum Practice	CR
1:30	Brit Box Series	AR
2:00	Movies (see pg. 15)	AR
2:30	Ukulele Class	CR
5-7	Ballroom Dancing	MP2

## Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
9:30	Alzheimer's Assoc. (2nd Tues. of the 2nd month of newsletter)	CR
10:00	Succulent Group (3rd Tues.)	AR
10:00	Tai Chi (\$)	MP1
10:30	Bible Study	CR
1:00	Card Making (2nd Tues.)	AR
1:00	Woodshop	WS
1:00	Ted Talks (2nd Tues.)	CR
1-3	Embroidery Guild (3rd Tues.)	AR
1:30-3	Ping Pong	MP3
1-4	Pinochle (2nd & 4th Tues.)	CNR
2:00	MRC On the Go (see page 6)	Off Site
2:00	Bodies in Motion	MP2
3:00	Tea (2nd Tues.)	LO
4:30	Euchre	MP3
5-7	Evening Sewing (pg. 7)	AR
5-7	Quilt Guild (2nd Tues.)	AR
5-7	Ballroom Dancing	MP2

## Wednesday

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

## Thursday

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

## Friday

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

## Saturday

8:30-11:30	Pickleball	MP2
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(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.

## ACTIVITY HIGHLIGHTS

- Sept. 4**  
**CLOSED for Labor Day**
- Sept. 7-Oct. 12 Thursdays** **FREE!**  
WISE Class; 10:00am
- Sept. 18 & Oct. 2, 16, & 31** **FREE!**  
Agatha Christie's Marple; 1:30pm
- Sept. 11 & 25** **FREE!**  
Movie; 2:00 & 4:30pm
- Sept. 12 & Oct. 10** **FREE!**  
Ted Talks; 1:00pm  
Tuesday Tea; 3:00pm
- Sept. 19 & Oct. 17** **FREE!**  
Succulent Lover's Group; 10:00am
- Sept. 21**  
Coffee Hour; 10:00am  
Arctcraft Theatre Trip; 12:20pm  
Grocery Bingo; 3:30pm
- Sept. 22** **FREE!** **NEW!**  
Thrive Alliance Program; 9:30am
- Sept. 22 & Oct. 20** **FREE!**  
Total Brain Health; 9:30am  
Broadway Movie; 1:00pm
- Sept. 26** **FREE!**  
Donuts & Trivia; 9:30am  
Travel Show; 11:00am  
Decluttering Solutions; 3:00pm **NEW!**
- Sept. 27 & Oct. 24**  
Come & Eat; 11am
- Sept. 28** **FREE!**  
Birthday Party; 12:30pm
- Oct. 9 & 23** **FREE!**  
Movie; 2:00 & 4:30pm
- Oct. 11** **FREE!**  
Alzheimer's Association Class; 9:30am  
Lunch & Laughter; Noon 
- Oct. 13** **FREE!**  
Welcome Breakfast; 9:30am
- Oct. 17** **FREE!** **NEW!**  
Fraud Prevention Class; 3:00pm
- Oct. 18** **FREE!** **NEW!**  
Voelz, Reed, & Mount Class; 9:30am
- Oct. 19** **FREE!**  
Coffee Hour; 10:00am  
Learn to Relax; 11:00am  
Grocery Bingo; 3:30pm
- Oct. 16- Nov. 8**  
Matter of Balance; 10:00am
- Oct. 23-27**  
Plant Stand Workshop with Ed in Woodshop
- Oct. 24** **FREE!**  
Donuts & Trivia; 9:30am  
Assessor's Meeting; 1:00pm
- Oct. 26** **FREE!**  
Cake Walk; 3:30pm
- Oct. 28 Art Bazaar; 10:00am-4:00pm**

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