



AGING WELL!

Physical, Vocational, Spiritual, Social,
Intellectual, and Emotional Wellness

Membership \$55 a year per person • 812-376-9241 • www.millracecenter.org

Seek2016

AGING WELL. LET'S DO IT!

JOIN US

September 10 and 11th

**TWO FUN-FILLED DAYS
PLANNED WITH OUR SENIORS
IN MIND**

Saturday is a FREE Expo with over 30 vendors and demonstrations every hour.

Sunday is a ticketed event.

Two national speakers, Joan Moran & Cynthia Green, PhD, will share their expertise.

**There is no such thing as
anti-aging, but you can
learn to Age Well!
Explore with us at Seek2016.**

See page 16 & 17 for information on
www.millracecenter.org



Fish Fry & Bluegrass Band to Benefit Meals on Wheels

Tuesday, October 4

5:30-7:30pm (MP1 & 2)

\$8 for Fish Fry Dinner Ticket

Join us for Mahoney's Fish and the Banister Family Bluegrass Band to celebrate **SOCIAL WELLNESS** and Meals on Wheels. Only 100 tickets sold in the business office for the fish fry so get your ticket early. Dinner will include fish, baked beans, and slaw. Everyone welcome to attend and enjoy the music. Just 100 dinners being served. Donations excepted.



Bimonthly Publication of Mill Race Center, Inc. • Columbus, IN 47201 • Phone: 812-376-9241 • Fax: 812-379-2841

www.millracecenter.org

Mill Race Center Program Hours: Monday-Thursday, 8 a.m.—8 p.m. and Friday 8 a.m.—5 p.m.


Business Office Hours: Monday-Friday 9:00 a.m. - 5:00 p.m.

Fitness Center Hours: Monday—Thursday, 6:30 a.m. to 7 p.m., Friday 6:30 a.m. to 5 p.m. and Saturday 8 a.m. to Noon

From Your Executive Team

The Mission of Mill Race Center is to provide opportunities for citizens over age 50 to lead independent, healthy and meaningful lives. We strive to meet this mission on a daily basis. Many of our programs are free of charge to Mill Race Center members and we are able to provide programs free of charge (or at a minimum fee) because of funding we receive from various sources in the community. Currently, Mill Race Center membership fees cover only 10% of our operating costs and we are doing our best to keep membership fees affordable. So we need your help. The 2016 Donor Campaign is now in progress. Our goal is to raise at least \$100,000 in 2016. And the great news is that for every dollar we receive from you, we will also receive a matching dollar (up to \$50,000). Please consider this your chance to help keep membership fees affordable and support Mill Race Center at the same time. Take just a few minutes to complete the donation form on the back cover. Your support allows us to continue our mission and is sincerely appreciated.







**Make your own
Drum Class and
Drum Circle on
page 18!**

Notes

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





**\$5 Day Pass for
Non-Members**

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 only \$55 a year.

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Mill Race Center Staff

812-376-9241

Executive Team:

Paula Herlitz & Dan Mustard

Liz Barriger, Accounting Clerk, x 207

Leah Boas, Aging Well Coordinator, x 210

Debra Bray, Administrative Assistant, x 299

Kristy Carothers, Accounts Payable, x 222

Dexter Fravel, Lead Bingo Volunteer

Paula Herlitz, Development, x 206

Steve Hood, Facility Manager, x 216

Roberta Issacson, Membership, x 219

Jim Issacson and Roy Hendershot, Van Drivers

Jan Meadows, Ambassador Coordinator, x 299

Dan Mustard, Operations Director, x 211

Karen Phelps, Receptionist, x 219

Kate Phillips, Evening Coordinator, x 219

Roy Pruett, Assistant Facilities Manager, x 225

Edie Smith, Travel Coordinator, x 215

Jane Smith, Program Assistant

Kelly Staley, Administrative Assistant, x 218

Shannon Thalls, Member Services Manager, x 220

The Handyman Connection

We need YOU!

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

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

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

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

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



Did You Know...

...that you can order Meals on Wheels for whatever days of the week work best for you.

...you can order the hot lunch or a hot lunch and a cold sack supper.

...there is no age restriction for Meals on Wheels.

...Meals on Wheels can meet special diets like low-salt, renal, ADA, etc.

...can be ordered easily by calling Mill Race Center at (812) 376-9241.

Shopping Trip to Walmart

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

Wheel Chair Medical Transportation

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

Happy Helping Hands

**Thursday mornings each week
8:30-10:30am (Arts Room)**

Make handmade Pal Dolls for hospitalized children and orphans overseas. You do not need to know how to sew. Donations of new, cotton blend fabric needed.

Leader: Willie Field, 812-525-1553



Golden K Kiwanis

Each Monday 10:00-11:00am

Visitors are always welcome!

Serving the children of the world! Changing the world one community and one child at a time.

President: Larry Lewis 812-528-1656



Need a gift idea?

**Give the gift of
Mill Race Center
Fun Bucks.**

Spends just like cash at MRC! Use for...

The MRC Breakfast Café

Chair Massage & Reflexology

Readers Theater Lunch & Laughter

Afternoon for Arts

Friday Night Live

Travel

Art Classes

All paid MRC programs

(Not for use at the fitness center)

Can be purchased at the Business Office or at our website under Join/MRC Bucks.



Spotlighting Intellectual Wellness

VOLUNTEERS WANTED

NEWSLETTER ASSISTANTS

Needed to help assemble the newsletter for mailing. This is a great way to get connected and meet new people. Refreshments provided. We begin at 9:30am and usually finish at 11:30am. Come for an hour or stay the whole morning. We appreciate the help!! Contact Shannon at 812-376-9241.

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 Jan Meadows, (812) 374-4404 for details.

Aging Well Guide

Interested in becoming an Aging Well Guide for Mill Race Center?! Contact Leah at MRC or lboas@millracecenter.org

BINGO CALLERS NEEDED

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



Your Help Needed!

MRC is collecting travel sized items for the USO. Drop items off in the office.



**We Appreciate
Our Volunteers!**



Give the gift of a
Mill Race Center
membership to your
friends for their
birthday 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.



MRC Meet & Greet

September 15 at 6:00pm (Art Room)

October 21 at 10:00am (Art Room)

Have you recently joined or are you interested in Mill Race Center? We'd like to get to know you better and introduce you to the Center and the variety of programs and events we have planned throughout the year. The session will last about an hour. Call and reserve your seat; (812) 376-9241.



MAHJONG

Are you interested in learning how to play? Members of the Columbus Chinese Association will be our instructors. Please sign-up in the business office if you are interested. Classes will be held on Wednesdays from 1:00-3:00pm, but a start date is yet to be determined. You will be notified when the group is ready to begin.



Knitting with Cathi

Samples of projects on display at Mill Race Center.



Free Help Session

Tuesday, September 27; 10:00-11:00am
Extra help with any class.

Tooth Fairy Pillow

Tuesday evening Sept. 20 & 27 6:00-8:00pm

Min 2 students

Class fee: \$30 members/\$35 non-members

Includes pattern and all supplies EXCEPT for size 6 Double Point Needles

The Tooth Fairy will no longer have to search for tiny baby teeth under the pillow! This tooth shaped pillow has a little pocket that will keep that tooth safe and it's a great place to tuck in the Tooth Fairy's surprise! Using double pointed needles, you will learn a new cast on, shaping and a new increase technique. This little project will become a favorite for grandkids, new babies and will sure to be treasured for many years to come! Just bring your needles, everything else will be supplied.



Knit a Pumpkin!

Monday evening October 3 and 10 6:00-8:00pm

Min 3 students

Class fee: \$30 members/ \$35 non-members

Includes pattern and all supplies EXCEPT for size 6 Double Point Needles

Get in the mood for Fall and knit this little pumpkin to enjoy through

Thanksgiving. You even have time to knit several and gift them to your Thanksgiving day guests OR use a cute hostess gifts! Just bring your needles, everything else will be supplied!



Knitted Christmas Stocking

Tuesday evening October 18 and November 1 & 8; 6:00-8:00pm

Min 3 students

Class fee: \$40 members/\$45 non-member

Includes pattern. Supply list will be supplied at registration.

Knit a masterpiece that will be treasured for years and years to come. Knit a basic stocking and then

personalize a design for each. *The personalization presentation will be available at any of the free Help sessions.*

These stockings are really fun to knit and allow you to get creative or craft a traditional stocking. You will have plenty of time to have them ready for Santa!

Cable Knitted Hat (for women)

Monday evening November 7 & 14; 6:30-8:00pm

Min 2 students

Class fee: \$30 members/ \$35 non-member.

Includes pattern and all supplies EXCEPT for size 5 Double Point needles (or 16" circular needle - size 5)

Baby alpaca is the perfect fiber to knit this beautiful hat. The design is simple and lovely....not to mention this is a warm hat (and we all know cold weather is coming)! If Double Pointed Needles really do terrify you there will be another option for you - this hat can be knitted flat and seamed. * (Size 5 straight needles required in that case) If you have never tried using DPN's...here's your chance! Bring your needles and remember your pattern and Alpaca Yarn Kit is supplied with this class!



Granny Connections Needs You To Help Knit Scarves!

Knit scarves can be dropped off at MRC.

MRC has free red yarn if needed.

Spotlighting Social Wellness



Evening Star Quilt Guild **Second Tuesday of each month,** **6:30-8:00pm (AR)**

The Guild is open to anyone interested in quilts and the art of quilting. The meetings offer information and instruction in quilting and quilting techniques given by Guild members and guest presenters.

Dues are \$12/year for Mill Race Center Members and \$15/year for Non-members. Part of the dues money is given to support Mill Race Center. The Guild's service project is to make quilts for clients at Turning Point Domestic Violence Shelter. Guild members make 30-40 quilts annually for the children and adults there. More information: Judy Kiesow 812-374-6135, Judyk2310@gmail.com.



Monday Morning Quilting With Friends **8:00am-12:30pm**

Do you like to sew or Quilt? Would you like to learn? Join us each Monday for a mini quilting/sewing day. 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.

Contact Judy Kiesow at [812-603-6472](tel:812-603-6472) or judyk2310@gmail.com for additional information

Crafting with Kim

Join Kim Dillingham for fun filled craft classes in the Art Room.
Register for classes in the business office.



NEW



Wine Cork Pumpkin

October 6, at 3:00pm

Fee: \$10 per person

Join Kim for this fun recycled fall project in the art room. What a unique fall decoration this will be to decorate your house. All supplies included.

NEW



Reversible Holiday Craft

November 1 & 3, at 3:00pm

Fee: \$15 per person

Wow - what an amazing project to celebrate both Thanksgiving and Christmas! All supplies included and will require 2 class sessions to complete.

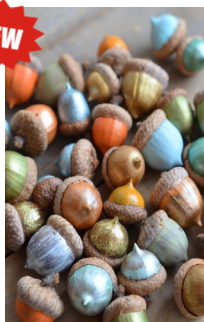
Painted Acorns

Monday, October 3 at 2:00pm

Fee: \$5 per person

Join Shannon for this fun easy project to complete in class time. These painted beauty's will add great color to a special dish for fall delightful decoration. Acorns and paint provided.

NEW



Glass Magnets

Monday, October 17; 3:30pm

Fee: \$5 per person

Join Shannon for this fun easy project to complete in class time. An intergenerational class. Samples on display in the office.

Back by
Popular
Demand



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.

FREE!

Coloring Café

FREE!

Every Tuesday at
2:00pm, FREE

Books, colored pencils and
coffee provided!

Adults around the country have picked up coloring books as a way to relax and unwind. Research shows that health benefits go beyond relaxation, and include exercising fine motor skills and training the brain to focus. Psychiatrist Carl Jung prescribed coloring to his patients to calm and center their minds. Join us to learn about this great emotional wellness activity and find the joy in coloring. Color Yourself...Calm! Or Happy!



Art Class

Wednesdays from
10:00am-12:30pm

FREE!

Watercolors, oils, acrylic, pastels. No previous art experience required. Beginners: no supplies needed for your first visit. Holly will get you started on a project and advise on needed supplies. **FREE for MRC members.** For more information contact: Holly Melillo at 812-342-9650.



Spotlighting Social Wellness



Line Dance for Beginners

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

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



Line Dance

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

Come and dance, new folks always welcome! Free for MRC members, \$5 per class/non-member Instructor: Pat Hoard



Ball Room Dance Classes

Monday & Thursday 5:00-8:00pm

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.

Couples Dance Club

1st & 3rd Wednesday each month 6:00-8:00pm

This class is for couples ballroom dancing and to practice new steps (MP2). FREE to MRC members, \$5 per class/non-member Info contact: Karl & Uschi Wolff at (812) 342-9974.



Clogging

Monday evenings from 6:30-7:30pm

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

Fee: (drop in) **\$5 paid to the instructor**. Sign-up not required.

Contact Naomi (812)343-3285.

Rhythm in Shoes

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

Monday	Wednesday	Thursday	Friday
Ball Room Dance 5:00-8:00pm (MP2)	Line Dance Beginner 4:30-6:00pm (MP2)	Ball Room Dance 5:00-8:00pm (MP2)	Line Dance 10:00-11:30am (MP2)
Clogging 6:30-7:30pm (MP3)	Couples Dance Club (MP1) 6:00-8:00pm 1st & 3rd Wednesday		

Bodies in Motion

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

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

Reflexology @ MRC!

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



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

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

Prices are as follows:

30 minute session: \$20 for MRC members, \$25 for non-members. 60 minute session: \$40 for MRC members, \$50 for non-members. **To schedule your 30 or 60 minute session, call Leslie at: (317) 507-3224. Payment at session. Cash and checks only.**

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

Tai Chi/Chi Gung Morning (10:00am) Classes Offered

Tuesday & Thursday

Tai Chi is a low impact, slow moving, graceful Chinese exercise. Tai Chi combined with Chi Gung involves breathing deeply and slowly with movements that strengthen the body and increase balance.



Classes meet on Tuesdays and Thursdays each month. Class is open to all levels. Sign up at the MRC Business Office or call (812)376-9241.

Instructors: Paula Howard - 10:00am
*Interested in an evening class:
call Todd at (812)372-7100*

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

Come and try what millions of people have practiced for health and well being.

Chair Massage

Wednesday mornings, 8:00-Noon
September 7 & 14 & October 5 & 19

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



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



Senior Volleyball

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

Spotlighting Social Wellness



Pickleball



A new pickleball net is available now for outdoor use on the patio. The patio will serve as a great warm-up court.



Wednesday Evenings - 6:00-8:00pm



Friday Afternoons - 12:00-3:00pm (12:00-1:00pm beginners clinic)

EXCEPT the 4th Friday due to the Afternoon for The Arts series. Join us at 2:00 on the 4th Friday for live entertainment and delicious desserts.



Saturday Mornings - will be back in November



Random Acts of Kindness Club

3rd Tuesday of each month
September 20 & October 18

Meeting at 1:00pm; **FREE**

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



TED Talks

2nd Tuesday of each month

Meeting at 1:30pm; **FREE**

When you miss a TED talk program and discussion, you miss group discussion, wide ranging information and a chance to challenge your views on the world we live in.

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

September 13 at 1:30pm

Topic: Let's save the lush pristine continent

October 11 at 1:30pm

Topic: What does it mean to be a citizen of the world?

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



SCS Investment Club

Monthly, 2nd Friday
1:00-3:00pm (Classroom)



This is a great way for you to stay motivated while you improve your investment knowledge. The Club is a member of Better Investing with a mission to provide a program of sound investment information, education and support that helps create successful lifetime investors. Don't let the words "investment club" scare you.

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

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

Bible Study

Tuesday 10:30-11:30am

In the Classroom; **Free**

Information: Virginia Houser, 812-579-5132

September: Rev. Martin Wright, Ogleville Christian Church

October: Rev. Dennis Aud, Westside Community Church

Wednesday Evening Bible Study, 6:30pm

Contact Jan Meadows at (812)374-4404



Celebrate National Play-Doh Day

September 16

10:00am



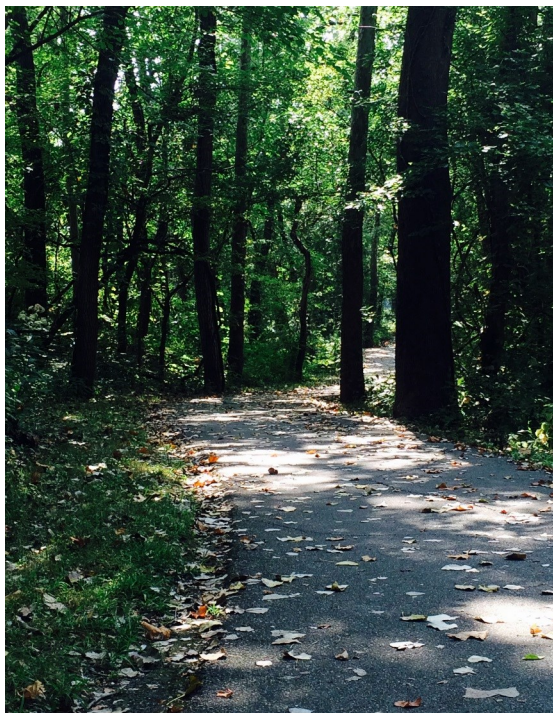
Join **Shannon & Leah** and learn how to make homemade Play-Doh. A great activity to do with your grandchildren or to reduce stress. Sculpture contest with prizes and **FREE** samples to be sent home with you. Register for this fun class!



Celebrate National Popcorn Month at Mill Race Center

October 18 at 10:00am-3:00pm

FREE Popcorn!!



Understanding Your Grief

Bereavement Support Group at MRC

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

Open to anyone in the community

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

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

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

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

MRC Woodshop



In The Woodshop

Drop-In Woodcarving Class

Wednesdays 10:00am

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



Hoosier Carvers Club

2nd Monday of each month

5:30-8:00pm (CL)

New participants welcome to attend. For information contact Larry Carter 812-372-1956.



Afternoon for Arts

Shows begin at 2:00pm

Live Entertainment &
Delicious Homemade Dessert.

\$5/MRC members & \$10/non-members
Call 812-376-9241

September 23
Charlotte Battin



October 28
Celtica

Shows sponsored by Miller's Merry Manor
Dessert sponsored by Bob & Helen Haddad and made
by Caryn Wiggins

**Reservations required by the Tuesday
prior to the event. Call MRC to reserve
your seat (812)376-9241.**



Saturday, October 29

Session Time One: 10:00-11:00am

30 minute refreshment break/passing period

Session Time Two: 11:30am-12:30pm

Pick 2 sessions to attend for Free!

Bad Indiana Music

She's a Corn-Fed Indiana Girl, Santa Claus Has Moved to Indiana—these songs and more are performed live as part of the Indiana State Museum's program "Bad Indiana Music." The songs are gleaned from the museum's collection of late 19th and early 20th century sheet music. The presentation includes a sing-a-long and other audience participation opportunities (practice your washboard skills), so come prepared for an all-lungs out morning. At the conclusion of the program, audience members choose a "bad" song to be retired from the performance for a year. This fabulous bicentennial themed program is sponsored by the Bartholomew County Public Library.

Versatile Vanilla with Geri Handley

Vanilla is a common ingredient in brownies, cookies and baked goods. But, have you ever thought about using it in savory dishes? Learn the history of vanilla, discover new ideas for using it and sample these autumn recipe ideas.

Specialty Shoe by Williams Bros.

Are your feet killing you? Come see Teresa, our foot pain specialist. She will assist you to find a solution.

Fall Foliage Tree Walk with Kris Medic

Why do leaves turn color in the fall? Look for answers to this and other questions on this Super Saturday Tree Walk in Mill Race Park. Use your senses to examine native and planted trees, learning something about their habits as well as their history with humans. Be ready to walk for about 40 minutes on uneven surfaces.

Medicare 101 by Zeller Insurance

Zeller Insurance will spend time going over all the basics with Medicare. They will also answer your questions.

Phone Tech Help with High School Students

Spotlighting Social Wellness

FREE MOVIE SHOWINGS at MRC!

2nd Monday Newly Released Movie/4th Monday a Classic Movie

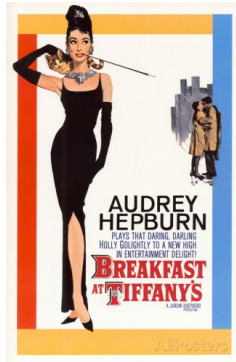


Fall Movies start at **6:00pm**. Free popcorn - Sponsored Griswold Home Care



September 12

**My Big Fat Greek
Wedding 2**



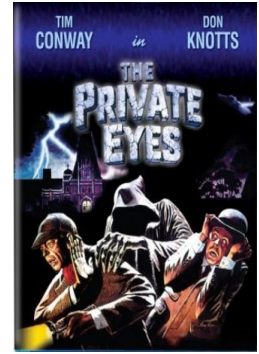
September 26

**Breakfast at
Tiffany's**



October 10

Eddie the Eagle



October 24

Private Eyes

Seek2016

AGING WELL. LET'S DO IT!



SEPTEMBER 10, 2016
EXPO AND DEMONSTRATIONS
10 AM TO 3 PM

- ★ **More than 35 vendors participating with the latest information and tools you need to Age Well** ★
- ★ **Demonstrations each hour in the Four Seasons Hospitality Tent** ★
- ★ **Lunch and snacks available for purchase** ★

SEPTEMBER 11, 2016
MINI-CONFERENCE
12:30 PM TO 4 PM



- ★ **Featuring Joan Moran, creative thought leader, who will stretch your mind at any age** ★
- and -
- ★ **Cynthia Green, PhD, one of America's foremost memory fitness and brain health experts** ★

Tickets go on sale August 1st - \$45 (includes lunch)
Discount given to Mill Race Center members.



900 Lindsey • Downtown Columbus • 812-376-9241

Made possible through the generous support of: Columbus Regional Health, Enkei, Hilliard Lyons, NTN Driveshaft, First Financial, Williams Brothers, Four Seasons Retirement Center, Duke Energy, Jan Brinkman/Breeden Realtors, Old National Bank, Taylor Brothers, Kroot Corporation, Columbus Area Visitors Center, and Milestone Contractors



Tickets for Sunday,
September 11 on sale at
www.pitmaninstitute.org
or MRC office.

Seek2016

AGING WELL. LET'S DO IT!

After you enjoy the **FREE** Expo on Saturday, September 10 from 10am to 3pm, be sure to join us for the ticketed Mini-Conference on Sunday, September 11 from 12:30 to 4pm at Mill Race Center. Tickets (we are limited to 300) are \$45, including lunch, and are on sale at the Mill Race Center Business Office. Discounts will be given to Mill Race Center members.

On September 11, you will start your day with a healthy, boxed lunch. Followed by:



Joan Moran, a creative thought leader, will stretch your mind as she presents *Stay Sexy Smart and Strong at Any Age*. As you age, you continue to explore possibilities and opportunities to stay sexy, smart and strong. In order to reframe the aging process, Ms. Moran will encourage you to put no limits or labels on where you are, what your aspirations might be and where your passions take you. You will learn how to take care of yourself and not just others, set boundaries in personal and professional relationships, face life's challenges and changes joyfully, learn from your mistakes, forgive yourself and move on and develop a greater sense of personal awareness.

Ms. Moran started teaching yoga at age 60; which unlocked the key for her to cultivating daily happiness. She holds two master degrees, in Education and Theatre, and pioneered the first professional year-round theatre in Las Vegas, which earned her the Governor's Award for Outstanding Contribution to Theatre in Nevada. Ms. Moran is also an author including *60, Sex and Tango*, *Confessions of a Beatnik Boomer* and *I'm the Boss of Me, Stay Sexy, Smart and Strong at Any Age*.



Cynthia Green, PhD, is one of America's foremost memory fitness and health experts. Dr. Green will present *Total Brain Health: Why Everything You Do Matters to Your Memory and Brain Vitality – and What You Should Do About It*. What exactly does it mean to be brain healthy? What does the current science teach us about the steps we need to take to perform effectively every day as well as protect our most vital organ over the long term. *Total Brain Health* presents Dr. Green's unique, integrated wellness approach to brain wellness. Her program includes: what brain health really means, the science behind memory improvement and brain health – separating the facts from the fiction, and the best approach to improving performance and lowering dementia risk for your lifetime.

Dr. Green currently serves on the faculty of Mount Sinai School of Medicine where she founded The Memory Enhancement Program. She is the author of *Total Memory Workout: 8 Easy Steps to Maximum Memory Fitness*, now in its tenth printing. Her book, *Your Best Brain Ever*, was written in collaboration with the National Geographic Books and was named a 2013 Top Guide to Life After 50 by the Wall Street Journal.



Flu Shots by Walgreens
held at MRC on Saturday,
September 10.
Details in MRC office.

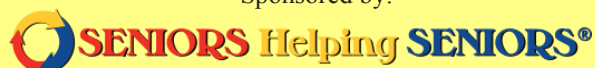
LUNCH & LAUGHTER READERS THEATER



October 12, 2016 at Noon

Lunch: \$5 members/\$10 non-members
Make reservations at the business office.

Sponsored by:



Silver Tones

Join the Silver Tones of Mill Race Center

We welcome new MRC members!

Practice: Mondays 5:00-6:00pm (MP 1)

Share your voice with the world!

Director: Mary Clark, (812)342-9324



Build Your Drum Class

October 18, 2:00pm

Class fee: \$50/\$55 non-member

Enjoy drumming now you can make your own drum and bring it to our drum circles or have fun at home drumming. Our own Dan Mustard will be instructing the class.

Drumming Circle



Tues., October 25, 6:30-7:30pm

Free members/\$5 non-members

Get your groove on and come out and drum with us! Weather permitted we will be on the patio. Limited seating must register to attend.



**Celebrate
Veteran's Day
at Mill Race Center
Friday, November 11 at 2pm**

Performance by:
The Lasting Impressions

The Lasting Impressions



MILL RACE CENTER

A song, dance and drama performance troupe.

All MRC members welcome.

Practice: Monday & Friday

12:30-3:30pm (MP1)

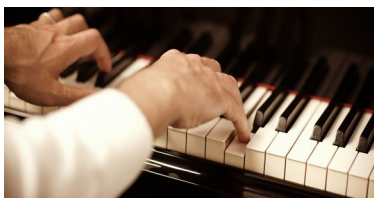
Information contact: Donna Browne, (812)-376-6612.



Spotlighting Social Wellness

Piano For The Adult Beginner

Learn to read music while having fun with your friends. This hour long class will incorporate music theory, ear training, and games to reinforce note learning. Keyboards will be provided for in-class use.



Classes for beginners and continuing students now forming. Choose from daytime or evening classes. 4 Week Session Fee: \$80/members and \$90/non-members + \$10 for instruction book, which will be purchased from the instructor on the first day of class. Enrollment limited to 3 minimum and 5 maximum for each session. **New class forming soon!**

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



Fishing Group

September 30, & October 28

At 8:30am

Join Leah and Shannon for a little morning fishing in the pond behind MRC. Meet in the lounge at 8:30am and we will head out together. Bring your pole, bait and lawn chair. Did you know ... Indiana residents born before April 1, 1943 don't need a fishing license just carry your driver's license or other identification.

TRAVEL WITH MILL RACE CENTER

2016 MRC Travel and Tours

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



Chicago, October 11-13 Trip includes luxury motor coach transportation, 2 nights accommodations, 2 breakfasts and 2 dinners, The art Institute, Architectural Cruise on the Chicago River, Navy Pier and Chicago's Money Museum as well as a visit to Chicago 360 (formerly the John Hancock Observatory). \$359 per person double occupancy. \$419 single. Add \$50 non-members. **HURRY few seats left!!**

Christmas Time in the Smokies November 15-18. Includes 4 Shows, 3 breakfasts, 3 dinners, 3 nights accommodations, admission to popular attractions Christ in the Smokies, Dollywood's Christmas in the Smokies, Christmas Place and Bell Tower Square, Tanger Outlets, Deluxe motor coach transportation and much more. **Sign up by September 15.** \$629 per person double. \$748 Single. Add \$50 for non-members.



Savannah, Jekyll Island and Beaufort, November 27- December 3 Holiday time in the South! Includes luxury motor coach transportation, 6 nights lodging, 6 breakfasts and 4 dinners, tours of St. Simons, Jekyll and Parris Islands, tour of Savannah with free time on the waterfront and much more. \$690 per person double occ. \$890 single. Please add \$50 for non-members. **Sign up by September 15.**

Ladies Spa Cruise, December 12-16 on Norwegian Sky. Sail away with Edie and her Mom, Bonnie, on this dream trip to the Caribbean. Includes: Round trip transportation from Columbus to Miami including luggage handling, a 4 night cruise to the Bahamas with ports of Nassau, Freeport and NCL Private Island, Your choice of luxury accommodation with all meals, \$300 in spa credit, Specialty dining or beverage package, all tips and gratuities on included services. Deluxe Balcony Stateroom: \$1750 per person, Ocean view Room: \$1550 per person, inside Cabin: \$1450 per person *All accommodations are double occupancy. Single can be quoted, **Sign up by September 15.**



TRAVEL

See page 22 for additional
Travel information!

Upcoming Trips 2017 Caribbean/Mexico Cruise, New Orleans, Gettysburg/ Williamsburg/Washington DC, Ireland, Portugal, California, Nova Scotia, Switzerland, Vermont and more available now!

SPECIAL EVENTS



**New! Indianapolis Symphony
Orchestra Coffee Series**
Friday, September 16 and October 21



Leave MRC at 9am return at 1:30pm. Enjoy an abbreviated version of the full symphony while enjoying coffee and rolls with fellow music lovers. Limit of 12 people per trip. \$70 per person. Non Members add \$20.

Derby Dinner Theater
Friday, October 21, Dial M for Murder!

After learning that his wife Margot had a brief affair with mystery writer Mark Halliday, Tony Wendice decides he's going to kill her. He wants to provide himself with an iron-clad alibi and blackmails a one-time schoolmate with a shady past. Suspense! Tickets, Dinner and Transportation only \$69! Add \$20 for non members. Leave MRC at 4pm return at 11:30pm.



FABULOUS DAY TRIPPERS!

New Day Trips to interesting locations offered every month! First 18 to sign up each month get to go! Deadline to register; the Wednesday before each trip. **Each Day Tripper adventure priced individually based on cost/admission fees, lunch not included.**



Mystery Trip!
Tuesday, September 27

Moderate activity level, must be able to navigate stairs and walk short distances. \$50 members, \$60 nonmembers. Lunch on your own at destination. 9:00am-6:00pm from MRC.



Gaither Studios and Resource Center, Alexandria
Monday, October 24

Tour of the famous Gaither Studios with Buffet Lunch included! Shop for music, unusual gifts and more in the gift shop. \$38 members, \$48, nonmembers. Leave MRC at 9:30am return at 4:30pm. Perfect for Holiday shopping!

MRC LUNCH BUNCH

Lunch Bunch

Monthly trips to local joints for food and fellowship.
Mondays - 10:30am-1:30pm \$5m/\$7nm transportation only

Monday, September 12
Wind Jammer Grill, Bloomington

Monday, October 10
The Cheesecake Factory, Greenwood



New for 2016 Lunch and More!

Must pay to hold your space.

Thursday, September 8, Stream Cliff Farm, Commiskey
\$10 members, \$15 non members transportation only, lunch on your own at tea room. 10:30am-3:30pm

Tuesday, October 18, Schimpffs Confectionary, Jeffersonville. \$10 members, \$15 non members transportation only, lunch on your own. 10:30am-3:30pm

CASINO TRIPS

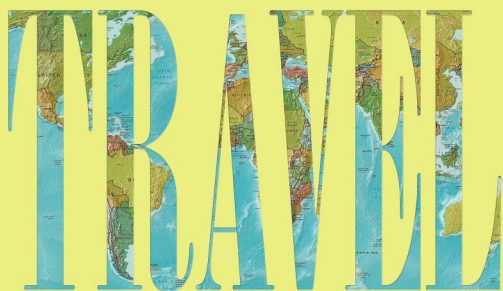


All trips cost \$25 per person for members/ \$30 for non-members. Transportation based on number of paid passengers. Trips leave MRC at 9am return at 5pm. Any

offers of free play, points, food credit etc. are not guaranteed or offered by MRC. Each casino has special offers for the dates selected if you become or are already a member of their rewards system. You must have a valid identity card to attend these functions.

Wednesday September 7
Mystery Casino Trip!

Friday, November 4
French Lick and West Baden
Very popular. Non-gamers welcome too!



Join us Saturday, October 29 during Super Saturday for a special Travel with Edie Show featuring Bus Trips across America including New Orleans, Albuquerque and Santa Fe, Cape Cod and Martha's Vineyard, and Edie's first Mystery Trip!!! Please RSVP

Call Edie Smith @ 812-376-9241x 215
travel@millracecenter.org
for more information

MRC Hiking Group

NEW hikers always welcome! No experience necessary! Call Ed Niespodziani at (812)379-4073 or (812) 552-3343 for details and dates to join the fun!



Upcoming Hikes:

September - TBA contact Ed

October 7-11 in Wisconsin
Hiking portions of the Ice Age Trail.

TOPS Club

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

Take Off Pounds Sensibly

For more information please contact Judy Lemley at 812-372-3241 or check the TOPS website at www.tops.org.

Senior Swim

At Foundation For Youth

Tuesday, Thursday and Saturdays
from 8:30-10:00am.



Purchase swim passes at FFY for \$5/visit for non-members of FFY. Become a FFY member for \$25/year and receive discounted passes. 30 visits/\$75, or 50 visits/\$100.

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



Book Studies with Shirley A. Lyster

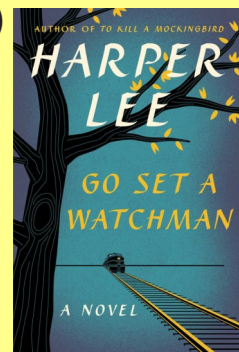
October 3-31, 1:00-3:00pm

Go Set a Watchman (at Viewpoint)
Class fee: \$35

Shirley shares her passion of literature and lifelong learning.

Sign up at MRC business office or call 812-376-9241

Books are available at Viewpoint (remind him of our discount)





Comprehensive Health Screen

November 17 from 8:00-10:00am (MP2)

All tests are FREE except the Hemoglobin.

Hemoglobin Test (this test \$2 cash*)

Balance test, mental health screen, advanced directives, hearing test, B/P, Height/Weight, BMI, Eye Pressure, Pharmacist Consult, Dietician Consult, Glucose test (fast), COPD risk screen, Inhaler techniques, and obstructive sleep apnea screen.

(*Test fees paid directly to public health nurse)

Registration is required. Sign up at MRC Business Office or call 812-376-9241.

Better Breathers

Wednesday, October 12 at 3:00pm



Topic: Allergies and Sinus Problems; how they affect people with chronic lung disease. A representative from Columbus ENT and Allergy will be at the meeting to talk and answer questions.

Discussion on the different types available, when it might be needed, and how to access the service.

Better Breathers Clubs are supported by the American Lung Association, and the meetings are designed to help members increase quality of life and prevent illness. We also function as a support group, offering understanding and comradery to people who are challenged by lung problems. Anyone with a lung problem is welcomed, along with their family and friends. Light refreshments will be available.

Information contact Jennifer at 812-376-5793



National POW/MIA Recognition Day September 16 6:30pm

Mark your calendar for our **Veteran's Day** program on **Friday, November 11 at 2:00pm** with a special show from The Lasting Impressions.



We asked; you answered Why do you come to MRC?

Jeanne Greenlee - To meet new people and have fun.
Joan Winkle - Companionship and friends
Patricia Valencia - All kinds of wonderful people.

Senior Scribes

**3rd Friday of each month
1:00-3:00pm**
Barbra Heavner, 812-344-2644
Janice Waltermine, 812-372-1707

SIESTA

I'm having the sleepies this warm afternoon
No pressing task comes to mind
Closing my eyes to the sights of this world
I leave all my worries behind.

I drift slowly, my mind at rest
The time goes away so quickly it seems
Surely I'm ready to get up and go

Marge Anthony

Birthday Party

Come and celebrate your birthday at Mill Race Center. There will be birthday cake, ice cream, candles to blow out, an entertainment by our own Dan Mustard. It's also a great way to meet people.



Birthday Celebrations

September Birthdays: Sept. 1 at 1:00pm
October Birthdays: Oct. 6 at 1:00pm
November Birthdays: Nov. 3 at 1:00pm

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



Singles Group

**Meets 2nd Wednesday each month at
4:30pm at Fazoli's.**

An active group for both men and women. Contact Rosemary Sager at (812) 390-7665 for information.



Ladies Coffee

**Meets the 3rd Thursday each month at
10:00am in the MRC lounge.**

A wonderful way to meet new people and get acquainted with Mill Race Center. Coffee and snacks provided. Free to members.

Spotlighting Social Wellness

Pickleball



Offered Wednesday, Friday and Saturday mornings.
See page 11 for details.



**Every Tuesday
Noon to 4pm**

Early Bird games start at 12:30pm. Food Available

Packets: \$15 or \$18; includes 2 coverall games. Extra coverall games are \$1 to play and 80% of the total take if you win!

Bocce Ball

Bocce Ball sets are available to be checked out at the receptionist desk. Directions are with the sets. Go out and play in the park.



OPEN Billiards

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



Columbus Chess Club

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

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



Ping Pong

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

COME & PLAY:

PING PONG is back!

Tuesday 1:00-3:00pm (MP1)



Card Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
Friendship Bridge 1:00-4:00pm Beginner Bridge Lessons Interested call Claire (812)342-9983	Euchre 5:30-7:30pm Chair: Ed Love (812)-371-6291	Hand & Foot Beginner Rosemary Sager (812)390-7665 12:45-4:00pm	Duplicate Bridge 1:00-4:00pm (MP2)	Euchre 1:00-4:00pm Chair: Ed Love (812)-371-6291
			Pinochle 1:00-4:00pm	



National POW/MIA Recognition Day Friday, September 16 6:30pm

Ceremony will be held at the Bartholomew County memorial for Veterans (behind the Courthouse)



IU - Health Medicare Sponsored by Zeller Insurance

November 9 from 6:00-8:00pm (AR)

November 29 from 1:00-4:00pm (AR)

Register for this free program in the business office.



Medicare

Are you new to Medicare? Do you have Medicare questions?

Contact our SHIP Counselor, Leah Boas at 812-376-9241 ext. 210 to talk or set up an appointment.

AGING WELL+

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 are most in need and experience at least one ongoing health challenge. Aging Well+ helps eligible participants access many of the wellness opportunities here at Mill Race Center.

For more information or to apply, contact Leah Boas at (812)376-9241 ext. 210 or

lboas@millracecenter.org.

Have a
**NICE
DAY**
(pass)

DAY PASS (\$5)... now available for your friends, family and out of town guests.
Purchase at the business office.



Mill Race Center Gear

Purchase your own T-shirt or hat at Mill Race Center. Items ordered by the 15th of the month will be returned by the 1st of the next month. Order at the business office.

PURDUE EXTENSION

Get WALKIN'

Helping Hoosiers get on their feet!

Walking is an excellent way for most people to increase their physical activity. It is an easy way to start and main-

tain a physically active lifestyle. Get WALKIN' is a 12 week, free e-mail based walking initiative being offered through Purdue Extension in Bartholomew County in partnership with the School of Nursing. To learn more, contact Harriet Armstrong, Purdue Extension Educator Bartholomew County, 812.379.1665 to register for this program.



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

Matter of Balance

Tuesdays, beginning October 8 (8 weeks)

1:00-3:00pm at Mill Race Center

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. This program emphasizes practical strategies to manage falls.

You will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

Refrigerator Reminder - MRC Daily Activities

Monday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8-N	Reflexology (\$)	MR
8:30	Body Motion	MP2
9:00	Golden K Board	CNR
9:30	Quilters	AR
10:00	Golden K	MP2
1:00	Hand & Foot	MP2
1:00	Friendship Bridge	MP2
12:30	Lasting Impressions	MP1
4-8	Reflexology (\$)	MR
4:30	Silver Tones	MP1
5-8	Ballroom Dancing	MP2
6:30	Clogging	MP3

Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8-N	Reflexology (\$)	MR
9:00	Senior Swim*	FFY
10:00	Tai Chi (\$)	MP1
10:30	Bible Study	CR
1:00	Woodshop	WS
1:00	Bingo (\$)	MP2
2:00	Coloring Café	AR
5:30	Open Computer Class	CL
5:30	Euchre	AR
6:00	Pickleball	MP2

Wednesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8-Noon	Chair Massage (\$)	LOB
8:30	Volleyball	FFY
8:30	Body Motion	MP2
10:00	Art Class	AR
10:00	Crafty Fingers	LO
11:30	TOPS	CR
12:45	Hand & Foot	MP2
1:00	Scrabble	AR
1:00	Reader's Theater	CR
1:00	Bid Euchre/Pinochle	LO
4:30	Beg. Line Dance	MP2
5:30	Singles Group	LO
	(2nd Wed)	
6-8:00	Pickleball	MP2
6:30	Couples Dance	MP1
	(1st & 3rd Wed)	

Thursday

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

Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8-10	Breakfast (\$)	LOB
8:30	Body in Motion	MP2
8:30	Volleyball	FFY
10:00	Line Dancing	MP2
1:00	Euchre	MP2
1:00	SCS Investment Club(2 Fri)	
12:30	Lasting Impressions	MP1
12-3:00	Pickleball	MP2
1:00	Senior Scribes	AR
	(3rd Fri)	

Saturday

8:30-11:30	Pickleball	MP2
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(Back beginning in November)

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

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

ACTIVITY HIGHLIGHTS

Check out SEEK 2016 listed on page 16 & 17

September 5

Mill Race Center Closed for Holiday


September 1

Birthday Party, 1:00pm 


September 10 & 11

Seek2016
AGING WELL. LET'S DO IT!

September 12

Movie, 5:30pm 

September 13

TED Talks, 1:30pm 


September 15

Meet & Greet, 6:00pm

September 23

Afternoon for Arts, 2:00pm

September 26

Movie, 5:30pm 


October 18

Drumming Circle, 6:30pm 


 **October 4**

Fish Fry & Bluegrass Band 8:30am


October 6

Birthday Party, 1:00pm 

October 10

Movie, 5:30pm 

October 11

TED Talks, 1:30pm 


 **October 12**

Lunch & Laughter, 12:00pm

October 21

Meet & Greet, 10:00am

October 25

Drum Circle, 6:30pm 

 **October 28**

Afternoon for Arts, 2:00pm

October 29

Super Saturday, 10-Noon 

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

Visit us at www.millracecenter.org



Find us on:
facebook®



Mill Race Center
900 Lindsey St.
Columbus, In 47201

PRESORTED STANDARD
U.S. POSTAGE PAID
COLUMBUS, IN 47201
PERMIT #59

CURRENT RESIDENT OR



**Note your
Membership
renewal date in
corner of
address label.**



Support Mill Race Center



Name _____

Address _____ City _____ State _____ Zip _____

Telephone (Home) _____ (Cell) _____

Email _____

I (we) pledge a total of \$ _____ to be paid: ___ now ___ monthly ___ quarterly ___ annually

Payment Form: ___ cash ___ check ___ credit card

Credit Card Type: ___ Master Card ___ Visa ___ Discover

Credit Card #: _____

Exp. Date: _____ Authorization Code: _____

Cardholder Name _____ Signature _____

 *Thank You* 