



100 MILE CHALLENGE

FREE! **NEW**

Who's up for a challenge? WE ARE!

Join the staff at Mill Race Center in logging 100 miles of movement this summer. Your movement could come in the form of walking, running, biking, swimming, paddling, hiking, or working out. We have all been cooped up for sometime and need to get moving together. Let's encourage each other in this movement challenge!

Visit our website to find a 100 Mile Challenge Log Sheet or pick one up at the MRC. Keep track of your miles from May-September. 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.

Winner will receive: a free MRC t-shirt, a free One Year Membership to MRC, and \$50 cash. Winner will be drawn on October 1.



Fall Fun Walk

Wednesday, October 14 at 9:30am

You have loved the 100 Mile Challenge so let's continue having fun together for this walk through beautiful Mill Race Park this fall. We will have different course options for you take short or long. This will be untimed and just an enjoyable experience. Social distancing will be followed and masks are required pre and post walk. We will have a few freebies to give away. **Let's keep moving together!**



CLUE Game Online

Beginning October 1 & concludes on October 29.
See page 25!

From Your Executive Director

I would like to take this opportunity to welcome Samantha Edwards to the Mill Race Center family. Samantha is our new Resource Coordinator. It may seem like an odd decision to hire a new staff person in the midst of a pandemic, especially one who is tasked with fundraising during an economic downturn. In reality, the decision makes perfect sense given the 60+ year history of this organization. That type of longevity brings with it the sense that time passes, crises will come and go, and through it all, we remain. This isn't the first time that we have dealt with a community health issue, even if this one is historic in our lifetimes. This isn't the first time that we have gone through an economic downturn. This isn't the first time that we have dealt with social unrest, and political rancor. We survived before, and we will survive this time as well. History gives us that kind of perspective. It is one of the benefits of aging; the ability to look back and use our personal and professional experience to guide us through the present. So welcome Samantha. One day she will be able to share the story of how she began her career at Mill Race Center in the middle of a pandemic.



I would like to also address the decision making process that we are using to determine the types of programming that we are offering during this phased re-opening. These are the key principles that we use:

- Physical distancing. We determine the number of participants for each activity based on the square footage of each room, and how that space can be configured to allow for safe physical distancing.
- The use of masks. Even though this has become a hot topic, masks do offer a degree of protection if people use them properly. They do not, however, guarantee that the wearer will not be exposed to the virus through air borne particles.
- Hand washing. Perhaps the most important safeguard, we encourage people to wash their hands frequently, and our partners at Columbus Regional Health have provided touch free sanitizing stations.
- Minimal touching of shared surfaces. Some activities have not been brought back due to the high degree of touching of objects and surfaces. Even though the virus is not as easily transmitted on surfaces as once believed, there is still an element of risk. We clean each room after every activity.
- The risk of isolation is a very real threat. We are conscious of balancing the risk of COVID with the effects of social isolation. We feel that providing opportunities for older adults to maintain healthy interaction in a safe environment is vital to well-being.

Dan Mustard Executive Director

Visit our website for online classes.
www.millracecenter.org

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

Go online at millracecenter.org,
or

Text "millracecenter" To 77977.
or

Drop off a check or cash to the office.

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 \$80 a year.

Table of Contents

Community Service & Volunteer.....	Page 4 & 5
Community Classes.....	Page 6
Creative Arts Class.....	Page 7 & 8
Dance Page.....	Page 9
Movement Classes.....	Page 10
Pickleball	Page 11
Education	Page 12 & 13
Entertainment & Events	Page 14 & 15
New Programs & Events... ..	Page 16 & 17
Ongoing & New Programs	Page 18 & 19
Travel.....	Page 20, 21 & 22
Rentals, Health & Fitness.....	Page 22 & 23
New & Ongoing Classes	Page 24
Resource Coordinator	Page 25
Eight Dimensions Guide	Page 26
Daily Calendar.....	Page 27

Mill Race Center Staff

812-376-9241

Liz Barriger, Accounting Clerk, x 207

Debbie Bray, Administrative Assistant, x 222

Rebecca Cutsinger, Receptionist, x 218

Samantha Edwards, Resource Edwards, x208

Charlie Harsh, Facilities Assistant, x 216

Roberta Isaacson, Membership, x 204

Brenda Fowler, Van Driver

Jan Meadows, Ambassador Coordinator, 218

Dan Mustard, Executive Director, x 211

Roy Pruett, Facilities Manager, x 225

Edie Smith, Travel Coordinator, x 215

Jane Smith, Program Assistant

Kelly Staley, Program Coordinator, x 209

Shannon Truman, Operations & Programs Director, x 220

Jeff Voyles, Senior Products, x 228

Courtney Watkins, Aging Well Coordinator, x 210



Now booking for 2020 & 2021
Weddings • Reunions • Corporate Events
MillRaceEvents.com
(812)302-3838

Wedding photography courtesy of jackiesantanaphotography.com





Providing much more than a meal!

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

Friendly Visit - For many seniors, the trusted Meals on Wheels volunteer, or staff member who shows up every day with a hot meal and a warm smile is the only person they see or speak with all day.

Safety Check - The safety check that accompanies each meal delivery ensures that, in the case of an emergency or problem, medics will be called and families will be notified.

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

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

Frozen Meals

MRC has partnered with Chef for Hire to help provide frozen meal options. This frozen food is delicious, high quality, healthy, and convenient! Meals are frozen and do include fresh milk, bread and fruit.

Order each week by Thursday at 4pm to have your meals delivered to Mill Race Center the following Monday by 9am. **No Shopping, No Prep, No Mess, and Easy to Prepare!**

Cost:

5 Meals - \$32.50
7 Meals - \$45.50
10 Meals - \$65.00

NEW



Golden K Kiwanis

Each Monday 10:00-11:00am

***Group is meeting**

Must register with the business office.

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: Larry Lewis 812-528-1656



Need A Gift Idea?

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

Spends just like cash at MRC!

(Not for use at the fitness center or Bingo)

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

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 Roberta Isaacson at 812-376-9241 if you are needing wheel chair transportation.

Happy Helping Hands

Thursday mornings each week - 9:00-11:00am (Arts Room) Sewers Needed!!

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

Marjorie Betz. **Special Thanks to Treat Sponsor Each Week: Willow Crossing/
Columbus Transitional Care**

**VOLUNTEERS
NEEDED!**



Eight Dimensions of 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 9:00am and usually finish at 11:30am. Come for an hour or stay the whole morning. We appreciate the help!! Contact MRC at 812-376-9241.



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

MEALS-ON-WHEELS Volunteer Drivers

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

BINGO CALLERS NEEDED

Tuesday from 1 to 3 pm
Volunteer once a month, or once every so often.
Call Dexter for more information at 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. Jan Meadows, (812) 374-4404 for details.

Aging Well Guide

Interested in becoming an Aging Well Guide for Mill Race Center?! Contact Courtney at MRC



Volunteers Needed

Various volunteer opportunities are available at Camp Atterbury. Call 317-991-1073 or visit www.volunteers.uso.org

Your Help Needed!

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



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.

Welcome! **MRC Welcome Gathering**
September 11 & October 2
9:30am in the classroom

Held with social distancing 9:30am. 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. **Call to register (812) 376-9241.**

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

NEW



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.

SHIP Medicare Counseling

Do you have Medicare questions? Do you need help with Medicare Costs?

Contact Courtney at (812)376-9241 ext. 210 for assistance.

Open Enrollment begins October 15 and closes December 7th.

Schedule an appointment today!



FALL FUN WALK
Wednesday, October 14
at 9:30am

Social

Enhancing personal relationships, making friends, enjoying the company of others and initiating communication with those around you. Enjoy the company of others!

Follow Mill Race Center
on Facebook.



Join Shelby from Thrive Alliance and Courtney from Mill Race Center for a fun and interactive virtual program called Bingocize!

Bingocize is an evidence-based program that combines a bingo-like game with exercise and health education. This program has been shown to increase older adults' functional fitness, health knowledge, and social engagement in a variety of settings.



EVERY MONDAY & WEDNESDAY
VIA ZOOM

SEPTEMBER 14TH-OCTOBER 14TH
1:00PM-2:00PM

REGISTRATION IS REQUIRED:
CALL (812) 372-6918 EXT. 3011
DEADLINE TO REGISTER IS SEPTEMBER 11TH



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

Tuesdays & Thursdays

September 1-29

9:00-10:30pm

Cost: \$10

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: 15



*Evidence Based
Program!*



Evening Star Quilt Guild

**Second Tuesday of each month,
5:00-7:00pm *Not Meeting**

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

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



Lazy Daisy Embroidery Guild

**Fourth Thursday of each month,
2-4pm in the Art Room;**

Open to anyone interested in embroidery. More information: Carol Walp at 812-343-8863. Must Register with MRC to attend.



Monday Morning Quilting With Friends

8:00am-12:30pm (currently meeting must register)

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. Free to MRC members.

Contact Judy Kiesow at [812-374-6135](tel:812-374-6135) or judyk2310@gmail.com for additional information



Art Class

Wednesdays from
10:00am-12:30pm

***Currently meeting
must register.**

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.

FREE!



Crafty Fingers

Wednesdays from 10:00-11:30am

FREE!



***Not Meeting Now**

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.

create

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

Fall Magnet Class

Sept. 15 at 11:00am

Cost: \$5 for 8 magnets

Need something fun and enjoy-
able to do? Join us for this fun
class to make small 1" magnets
with colorful designs. Materials
provided to make your own fun
fall creations.



Fall Felt Wreath

Friday, October 2
at 10:00am

Cost \$12

A new felt wreath project to
decorate your door this fall.
You will select your leaves
from a beautiful variety of
fall colors. All supplies
included.

NEW

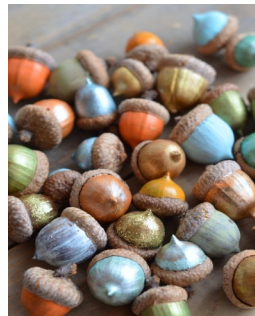


Painted Acorns

Friday, October 9
at 10:00am

Cost: \$2

What a unique and easy project for
fall. These colorful acorns will
look cute in a little dish or jar. A
simple project to complete. All
supplies included for this fun class.



NEW

Fall Mason Jar Luminary

Tuesday, October 13
at 3:00pm

Cost: \$10 (set of 2)

Easy adorable painted fall
candle holders. We will use
vinyl leaves to make our de-
sign. All supplies included
even the filler and the candle.

NEW





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. **Ball Room dance classes are meeting. Must register in advance with Margo.**

Couples Dance Club



1st & 3rd Wednesday each month 5:30-7:00pm

This class is for couples ballroom dancing and to practice new steps. **FREE to MRC members**, \$5 per class/non-member Info contact: Karl & Uschi Wolff at (812) 342-9974. **Not Meeting Right Now.**

Line Dance for Beginners



Wednesday, 4:00-5:30pm (MP2)

Come and give it a try!

Instructor: Pat Hoard (812) 812-374-2963.

Fee: FREE to MRC members, \$5 per class/non-members. Line dance classes are meeting. All must register in advance with business office.

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 (812)-374-2963 **Line dance classes are meeting. All must register in advance with business office.**



Monday	Tuesday	Wednesday	Thursday	Friday
Ball Room Dance 5:00-7:00pm (MP1 & 2)	Ball Room Dance 5:00-7:00pm (MP1 & 2)	Line Dance Beginner 4:00-5:30pm (MP1 & 2)	Ball Room Dance 5:00-7:00pm (MP1 & 2)	Line Dance 10:00-11:30am (MP1 & 2)
		Couples Dance Club 5:30-7:00pm (MP1) (Not Meeting) 1st & 3rd Wednesday		

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. **Drum Circle is meeting, must register in advance.**



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!

Follow Mill Race Center on Facebook.





Bodies in Motion

Class meets:

Mon., Wed. & Fri. at 8:30am* (max 20)

Tues. & Thurs. 2:00-3:00pm *(max 20)

FREE to MRC members

***Must register in advance for classes.**

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 Peggy Davidson at 812-530-9552 or check the TOPS website at www.tops.org. **TOPS are meeting must register in advance with business office.**



Senior Swim

At Foundation For Youth

Tues., Thurs. & Sat.

from 8:30-10:00am

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



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



FALL FUN WALK
Wednesday, October 14
at 9:30am

Tai Chi/Chi Gung

**Offering Two Classes on
Tuesdays & Thursdays**



10:00—11:00 am - Ongoing class for those with some practice in Tai Chi.

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

11:00—11:30 am - Beginning class

Monthly Cost: \$30 members/ \$45 non-members

Instructor: Paula Howard

***Tai Chi is currently meeting.
Must register in advance.**

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.

Come and try one class free to see if you like what millions of people have practiced for

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!



Pickleball



Pickleball net is available for outdoor use on the patio. Free for members.



Wednesday Evenings - 5:30-8:00pm



Friday Afternoons - 12:30-3:00pm



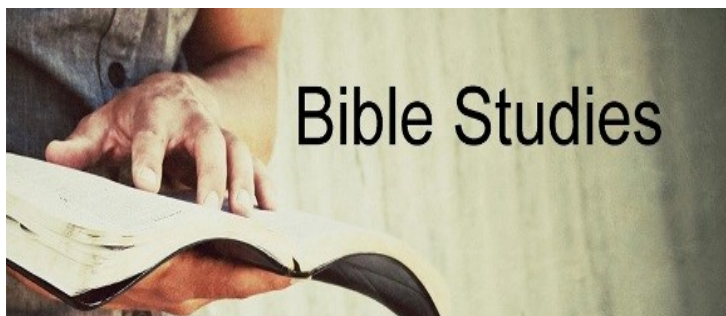
Saturday Mornings - 8:30-11:30am

***Currently Not Meeting**

***Currently only offering Wednesday evening play from 5:30-8:00pm, and Friday from 12:30-3:00pm. No play on Saturday. Please call MRC to register.**

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!



Morning Bible Study

Tuesday mornings 10:30-11:30am

In the Classroom; **Free**

Information: Virginia Houser, 812-579-5132

September: Rev. Kevin Metz, Mt. Pleasant Christian Church

October: Rev. Kevin Metz, Mt. Pleasant Christian Church

***Currently meeting must register with office.**

Evening Bible Study

Wednesdays: 3:00-5:00pm

Beginning September 9 – 10 week Study
40 Bible Verses for Navigating God's Promises and Blessings

Sign up in the business office or call Jan Meadows for information: 812-374-4404

***Currently meeting must register with office.**

OPEN Billiards

Tables are available to use by calling the center to reserve your time slot. Will be required to clean when done.



FREE!
NEW

**Currently
Not
Meeting**

Due to Covid-19 all scheduled cards, mahjong, bingo, puzzle table, scrabble, and cribbage are not meeting at this time.

The billiard area is open, but members are required to register with the office before they come.

Contact the office for questions.



TED Talks

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

***Must register with office.**

September 15 at 1:30pm

The Human Skills We Need in an Unpredictable World

By: Margaret Heffernan

The more we rely on technology to make us efficient, the fewer skills we have to confront the unexpected, says writer and entrepreneur Margaret Heffernan. She shares why we need less tech and more messy human skills -- imagination, humility, bravery -- to solve problems in business, government and life in an unpredictable age. "We are brave enough to invent things we've never seen before," she says. "We can make any future we choose."

October 13 at 1:30pm

Older People Are Happier

By: Laura Carstensen

In the 20th century we added an unprecedented number of years to our lifespans, but is the quality of life as good? Surprisingly, yes! Psychologist Laura Carstensen shows research that demonstrates that as people get older they become happier, more content, and have a more positive outlook on the world.

SCS Investment Club

**INVESTMENT
CLUB**

Monthly, 2nd Friday

1:00-3:00pm (Classroom)

***Investment Club is still meeting please contact the leaders listed below if interested.**

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 Norm Blizard, 812-812-603-8854,
nblizard@comcast.net or Jeff Rauch 812-342-0198

Eight Dimensions of Wellness



The woodshop is available for MRC members only on Tuesday and Thursday from 1:00-4:00.
Register in advance by calling the office.

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!

In The Woodshop

Drop-In Woodcarving Class

***Currently Monday 8am-Noon & Thursday 1:00-4:00pm**

Open to all levels of ability, beginners encouraged to give it a try! Carving projects with instruction will be offered to get you started. Basic carving tools will be available for use or bring your own. Assistance will be offered to beginners and challenges offered for more experienced carvers. Instructor: Larry Carter

FREE for MRC Members



Hoosier Carvers Club

2nd Monday of each month

3:00-5:00pm (CL) *Currently not meeting

New participants welcome to attend.

For information contact Larry Carter 812-372-1956.

Class option 1 - Beginner
 Mondays, Sept. 14-Oct. 19 at 2:30pm - **FULL**
 Mondays, Oct. 26-Nov. 30 at 2:30pm
 (maximum 8 people)

Class option 2 - Next Step
 Wednesdays, Sept. 14-Oct. 19 at 2:30pm
 (Must have completed first class. Maximum 10 people)

BEGINNER **NEW**

UKULELE CLASS

INSTRUCTOR DAN MUSTARD

LEARN ALL THE BASICS ABOUT THE UKULELE IN THIS 6 WEEK CLASS. CLASS IS 1 HOUR EACH WEEK.

\$60
 CLASS & KIT

Held at MRC and classes last one hour.

Kit includes Ukulele, case, toner, and picks. Register in the business office. \$20 if already have Ukulele. Max: 15

* Class dates are tentative and could change.

FREE! **Walk in the Mall**


Indoor Walking

Stay Healthy, Get Active, and Start Walking!
***Currently open for walking**
 Members can meet every Monday at the Fair Oaks Mall to walk together. Meeting by the benches in front of the Harlequin Theatre at 10am every Monday. Staff will attend when schedules allow.

NEW DATE! **FREE!** **Walk in the Park**

Group is meeting.
 Join us every Wednesday morning (weather permitting) at 9:30am meeting in lobby.
 We will head out after Body in Motion class. Staff will attend when schedules allow.
Let's get moving together!

The Lasting Impressions



MILL RACE CENTER

A song, dance and drama performance troupe with Mill Race Center.
***Currently not meeting contact Donna Browne if interested.**

Practice: Monday & Friday
12:30-3:30pm (MP1)
 Information contact: Donna Browne, (812)376-6612.

FREE! **Golden Girls**



Fourth Tuesday of each Month at 10:00am in Art Room
 This is a widow's support group and will offer entertainment, educational talks or activities. Call MRC (812)376-9241.

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!

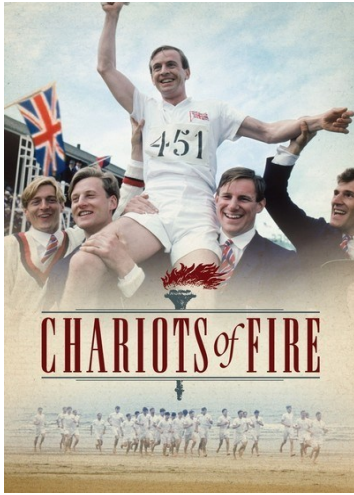
Eight Dimensions of Wellness

FREE MOVIE SHOWINGS at MRC!

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



Inspiring Movies



September 14
Chariots of Fire

PG



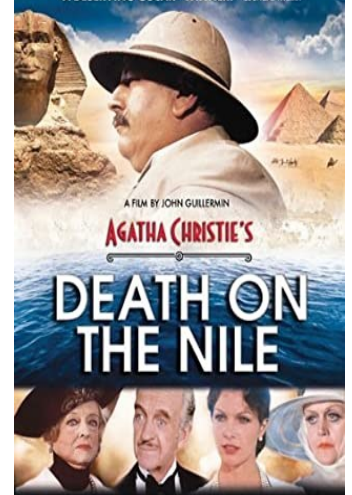
September 28
Secretariat

PG

Mystery Movies



October 12
**The Ghost of
Mr. Chicken**



October 26
**Death on the
Nile**

PG



MILL RACE CENTER

ONLINE CLASSES

Available!

WE HAVE SEVERAL ONLINE CLASSES TO CHOOSE FROM:

CLASSES INCLUDE:

- CRAFTS YOU CAN DO AT HOME
- FITNESS CLASSES
- EDUCATIONAL AND MORE!!

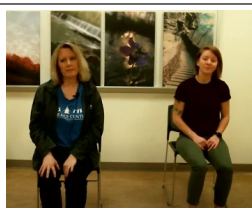
START WATCHING TODAY!

WWW.MILLRACECENTER.ORG



Birthday Party Music
with Dan Mustard

Bodies in Motion Class



Cooking Granola Bars
With Harriet Armstrong

5 Videos of Cooking - Table for One

With Edie Smith



Craft Classes

Glitter Bottles, Suncatchers, Greeting Cards, Paint Pour, T-Shirt Tote Bag, Paper Tube Crafts, Dog Chew Toys, Handmade Self-Care Products, and Homemade Face Masks.



Drumming for Brain Health



Drum Circle



At Home Fitness Class
CRH - Janet Morey



Sahaja Meditation
With Rahul Kumar

At Home Parkinson's Fitness
CRH - Janet Morey



Six Central Needs of Mourning
Grief Help with Walter Glover

History - Humorous Presidents

With Bob Pitman

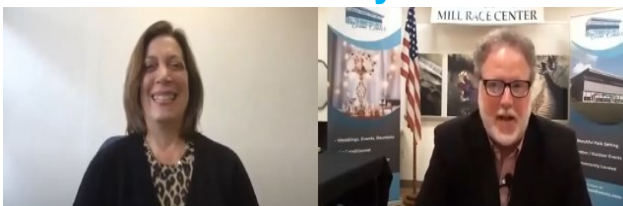
- Abraham Lincoln
- John F. Kennedy
- Ronald Reagan
- Franklin D. Roosevelt



Interview with Senator Mike Braun



Interview with Dr. Cynthia Green



Special Music with Collin Matthews



Special Music with Kade Puckett



Special Music with Claudi Slabaugh



Two Music Duets with Herb & Mary Jane Perry



Travel Show

With Edie Smith



Pickleball Introduction and Tutorial

Watch for additional online classes to be added including more cooking classes, craft classes, and The Lasting Impressions Veterans Day Show!



The BCPL Bookmobile
September 9 & 23 at 9:30am
October 14 & 28 at 9:30am
Available out front of MRC.

H	D	E	I
N	A	R	F
S	O	P	U
W	P	Y	L

How many words can you make? The letters must connect in any direction. Write down the words you can find. You can even create your own letter box and keep challenging your brain.

What Does Mill Race Center Mean To You?



We would love to hear from you in your own words what Mill Race Center means to you. Please submit your thoughts in 500 words or less to the MRC business office or by email to Shannon@millracecenter.org

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!

Free Little Library
Take a Book Return a Book



Built & Donated
 By: Ed Niespodziani



Intellectual

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

Remember to bring your own water.

To slow the spread of Covid-19



Eight Dimensions of Wellness



TOTAL BRAIN HEALTH

BODY ♦ MIND ♦ SPIRIT

FREE! **NEW**

Monthly Workouts

Friday, October 23
10:00am; Art Room
FREE

NEW DATE!

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 TBHToolbox365 trains in four ways: Body, Mind, Spirit and Social. The TBH Toolbox365 activates neuroplasticity to grow and change our brains. Workout with us each month. Max: 10
Call to register for this free program.



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 kn4073@comcast.net



MILL RACE CENTER

100

MILE CHALLENGE

Keep log of your miles!

TRAVEL WITH MILL RACE CENTER

2020 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 on trip and is refundable up to date of final payment. Book early to avoid disappointment! Brochures are available for each trip. See Mill Race Center Travel department for more information.



A Note from the Travel Department:

As you are well aware, trips and travel have been upended by the Corona Virus pandemic. I am staying in touch with our marvelous suppliers; Collette, Diamond and White Star, and they have been amazing to work with on rescheduling where possible and refunding when not. That being said, we hope to travel again soon! We do not have a clear idea of how this will look but rest assured I will take every precaution to ensure you are safe while on the road with us. Buses will be cleaned and not crowded. Hotels will follow local protocol as will the restaurants, sites and shows we visit. We will be using sanitation and best practices at all times. We want to enjoy life so we will be getting out there as soon as possible. Feel confident putting a deposit on a future trip knowing that we will deliver when possible or cancel and issue refunds when not. Insurance is always available when health is a concern so be sure to ask when signing up. Most of all, I miss you and am looking forward to the day we can have new adventures together again. - Edie



Chattanooga Choo Choo

October 12-15, 2020

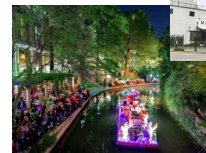
Pardon me Boys, is that the Chattanooga Choo Choo we are going on in October? Yes! Yes! Three exciting train rides are included in this adventurous trip to Tennessee. We will also be going to Famous Ruby Falls, Rock City and taking a Southern Belle dinner cruise! Includes bus transportation, all rides and accommodations plus most meals! \$759d/\$958s.

San Antonio, the Alamo and Magnolia Market in Waco!

NEW DATE - October 24-November 1, 2020

From the Alamo- to the Magnolia Markets to 3 Presidential Historical Sites! This trip covers Texas in an unforgettable way. **\$929 double member**, add \$100 for non-members. Includes 8 nights hotel, motor coach transportation, 8 breakfasts and 6 dinners, riverboat cruise of San Antonio and much, much more! Pricing available for single and triple rooms.

NEW DATE!



Branson at Christmas Time!

November 30-December 4, 2020

NEW



\$799 per person, double includes 4 nights lodging at the Carriage House Inn, 4 breakfasts and 4 dinners, 7 spectacular shows, tour of the College of the Ozarks, Historic Downtown Branson, Grand Village Shops, Branson Mill Craft Village and more! Shows include Clay Coopers Country Express, The Haygoods, Pierce Arrow, The Brett Family, Six and Shows on the Branson Belle and The Uptown Café. Insurance available through NTA. Call to reserve this wonderful Holiday Trip today!

Mystery Trip

April 14-19, 2021

This one is full of surprises! We will be ENTERTAINED! AWED! INSPIRED! Believe it when we say you have not been there/done that! Join Edie for a trip so exciting that you will talk about this one for a long time after we return. Includes motor coach transportation, 4 breakfast and 4 dinners, lodging, activities and admissions and more. \$899 double member price. Add \$100 nonmembers. Pricing available for single and triple rooms. Insurance available, add \$75 to cost of trip.

Washington D.C.

April 29-May 5, 2021

Springtime in Our Nation's Capital. Guided Tours of the Monuments and Memorials including WWII, Vietnam Veterans, Lincoln, Smithsonian, Capitol Hill and MLK, Jr sites. Both day and night tours, plus Arlington Cemetery, The NEW Museum of the Bible, Mount Vernon and more.

Includes accommodations, transportation by motor coach, 6 breakfasts and 4 dinners plus admissions and guides. \$809 double member price. Add \$100 nonmembers. Pricing available for single and triple rooms.



Nova Scotia, Prince Edward Island & Brunswick

July 14-26, 2021 - Unbelievable Pricing!

Make this the year you see the East Coast! We will travel through Maine to Halifax and explore the beautiful vistas of Peggy's Cove, Hopewell Rocks, the Bay of Fundy and so much more. You must have a passport for this trip! **\$1665 double occupancy member price, \$2389 single.**

2020 Casino Trips

Horseshow Casino, Southern Indiana

Wednesday, September 23

All casino trips leave MRC at 9am and return by 5pm. \$20 members, \$25 non-members transportation only. No guarantee of specials or free play are implied by MRC or it's employees. Please play responsibly. Seating is very limited, call to reserve your spot on the bus!



Symphony at MRC

Please mark the calendar as we present our first Symphoney at MRC! We will use the Art room to show youtube video of pops symphony. Dan Mustard also has some performance dvds we can use. (Keeping these to 1 hour or less.)

MRC Coffee Pops Series

10:00-11:30am

Friday, September 18

Friday, October 16

Friday, November 6

Cost: \$5 includes a symphony performance and refreshments. We will be observing social distancing while enjoying a lively pops performance. Limit 16 participants. Must register for this fun musical event by call the business office at 376-9241.

Fabulous Daytrippers!

Derby Dinner Theater CLUE, The Musical!



Thurs., October 8

Leave MRC at 5:00 return approx. 11:30pm
\$68 member/\$78 non-member includes plated dinner, transportation, and great seats for the show!

**adult beverages, tip and dessert not included.*

You played it while quarantined, now see it live on stage! Based on the popular board game, this fun-filled musical brings the world's best-known suspects to life and invites the audience to help solve the mystery: who killed Mr. Body, in what room, and with what weapon. With comic antics, witty lyrics, and a captivating score, you are invited to the mystery mansion for a quaint dinner party where murder is on the menu!



Derby Dinner Theater World Renowned Glenn Miller Orchestra **Monday, June 7th, 2021**

\$68 members, \$78 non-members

If you missed this last year you will want to reserve your seat for this toe tapping, patriotic and outstanding musical journey to the 1940's! You will know every song and marvel at the talent keeping Glenn Millers memory and achievements live today. Learn his fascinating story as the band entertains and you enjoy a delicious dinner. Leave MRC at 4:30pm- approx. 11pm.



Lunch & More

Daytrip to the Johnson Co Museum and Lunch on your own at The Willard in Franklin \$10m/\$12 nm transportation. Limit 6!

Wednesday September 16th

Leave MRC at 11am - 4pm



Now booking for 2020 & 2021
Weddings • Reunions • Corporate Events
MillRaceEvents.com
(812)302-3838

Wedding photography courtesy of Angela Jackson Photography.

Mill Race Center still has available Saturdays in 2020 for weddings and receptions. Help us spread the word that 2020 dates are available especially for weddings or receptions that had to be rescheduled due to Covid-19.





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



The purposes of the award, given annually since 1957, are:

- To recognize an outstanding senior citizen for his or her service to the community;
- To encourage continued achievement and service from the senior community; and
- To reinforce with the public the contributions that senior citizens make to community life.

Forms and listing of all winners are available at MRC and also on our website at www.millracecenter.org. Deadline to submit forms: October 16, 2020.

Winners from last 10 years:

Peggy Wampler, Wilna Braun, Ted Unrue, Bob Calderone, Kay Shanks, Chuck VanNatta, Carolyn Lickerman, Lynn Bigley, Eillen Yost, & Tom Pickett

Armchair Travel Aerial America

NEW

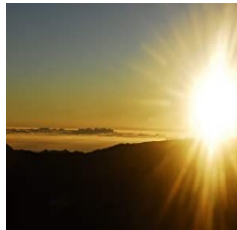
FREE!

Take off on a thrilling flight across Beautiful America from the comfort of Mill Race Center!

Hawaii

Sept. 21 at 1:30 pm

From Molokai to Maui, discover the stunning landscapes of Hawaii's eight major islands without ever touching the ground.



Tennessee

October 5 at 1:30 pm

Enjoy scenic views of Tennessee, from battlefields where hundreds died to Beale Street where musical legends were born.

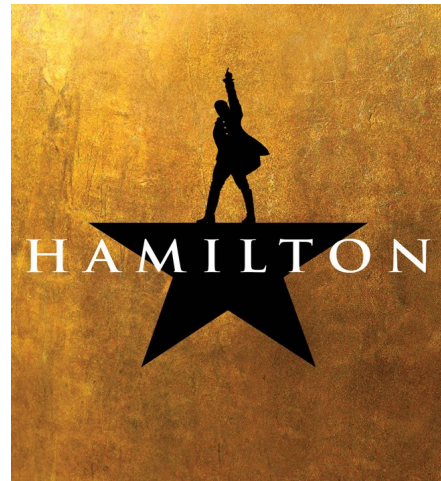
Connecticut

October 19 at 1:30 pm

From sleeping giants to Captain Kidd's buried treasure, Connecticut isn't as quaint as you think.



Call to MRC to register.



NEW

FREE!

Hamilton

September 24 & October 15 at 1:00pm

"Hamilton" is the story of America then, told by America now. Featuring a score that blends hip-hop, jazz, R&B and Broadway, "Hamilton" has taken the story of American founding father Alexander Hamilton and created a revolutionary moment in theatre—a musical that has had a profound impact on culture, politics, and education. Filmed at The Richard Rodgers Theatre on Broadway in June of 2016, the film transports its audience into the world of the Broadway show in a uniquely intimate way. **Call to MRC to register for this viewing.**



MONEY SMART

Money Smart for Older Adults

Wednesday, September 2, 9, & 16 from 1:30-2:30pm

Held at MRC or online through Zoom

FREE!

Presented by Harriet Armstrong, Health & Human Sciences Educator, Purdue Extension

This series will address these following concerns:

- Financial exploitation has been called "the crime of the 21st century"
- This epidemic is under the radar. The cases tend to be very complex and can be difficult to investigate and prosecute.
- Elders who lose their life savings usually have little or no opportunity to regain what they have lost.

Awareness is the first step. Planning ahead for financial wellbeing and the possibility of diminished financial capacity is critical. Reporting and early intervention are vital to preventing loss and recovering loss when possible. This will be a three part series. A resource guide book is available either online or at Mill Race Center to use with the class. Call MRC to register.

PURDUE
EXTENSION



The Mill Race Center version of the classic detective game. **This year the game will be virtual on our website starting October 1.** All final guesses will be due Thursday, October 29. The chosen winner will be selected on Friday, October 30.

Object: Mr. Boddy, apparently the victim of foul play, is found in one of the rooms at Mill Race Center. Suspects bio's will be posted on our website. To win, you must determine the answers to these three questions: Who done it? In what room did it occur? And with what weapon?

Clues: Clues will be given each Monday through our weekly E-Blast (give the business office your email to be added to the list) and posted on our website. Detective note sheets can be picked up at Mill Race Center or printed off at home to keep track of your clues.

Prizes: Free One year membership to MRC, CRH Fitness Center, \$30, and a free MRC t-shirt.

Guess: Turn in your confidential guess by Thursday, October 29 by 5:00pm.

Rules: Set of participation rules will also be online and at Mill Race Center.

Visit www.millracecenter.org to play!

A background image for the SAHAJA MEDITATION advertisement showing a mountain range with a forest in the foreground.

SAHAJA MEDITATION

Guided meditation for beginners!

Meeting at MRC every Wednesday at 6:00pm
FREE classes are open to the community.

Questions Contact:
Columbusmeditation@gmail.com

Check out SAHAJA Meditation online
at www.millracecenter.org

Resource Coordinator

My name is Samantha Edwards. I am the new Resource Coordinator here at Mill Race Center. I handle all things development and fundraising. I am new to the Columbus area. I grew up in Brazil, Indiana. As a recent grad from Indiana State University with a Bachelor's Degree in Communication and Public Relations, I am passionate about philanthropy and fundraising. I spent the majority of my time in college being very involved in a number of programs such as Dance Marathon benefiting Riley Hospital for Children. This allowed me to become very educated in the fundraising and non-profit management fields.

Be on the lookout for our annual campaign letter coming in September. If you have any questions or you'd like to speak with me and set up an appointment my email is sedward@millracecenter.org and my extension is 208.

I am very excited to take on this new journey. I look forward to meeting everyone in person, with distance of course!



amazonsmile

You shop. Amazon gives.

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

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



Current classes that I want to try/attend:

Physical Wellness:

Spiritual Wellness:

Environmental Wellness:

Social Wellness:

Financial Wellness:

Intellectual Wellness:

Emotional Wellness:

Vocational Wellness:

Physical

Recognizing the need for regular physical activity, proper diet and nutrition, and personal safety. Discouraging the use of tobacco, drugs, and excessive alcohol consumption. Get moving - be healthy!

Spiritual

Working toward finding peace. Learning to live each day in a way that is consistent with your values and beliefs. Find meaning in every day!

Environmental

Consider the interactions between your environment, your community, and yourself. Living a lifestyle that is respectful of your surroundings. Live in harmony with the Earth!

Social

Enhancing personal relationships, making friends, enjoying the company of others and initiating communication with those around you. Enjoy the company of others!

Financial

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

Intellectual

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

Emotional

Have a positive attitude, and the ability to recognize and share a wide range of feelings with others. This includes your ability to cope effectively with stress. Be optimistic in your approach to life!

Vocational

Finding personal satisfaction through goal-oriented activities and work. Contributing your unique gifts, skills and talents in personally meaningful and rewarding ways. Remain active, involved and productive!



Refrigerator Reminder - MRC Daily Activities



All classes/programs must be preregistered for by call the MRC business office at 812-376-9241.

This schedule does not list CRH Fitness Classes.

Monday

Billiards offered everyday by registration

8:00	Quilters (8)	AR
10:00	Golden K Kiwanis	CR
8-12	Woodcarving (8)	CL
8:30	Bodies In Motion Session (20)	MP1&2
1:00	Drum Practice Session (8)	CL
2:00	Movie (see page 15 & 24)	AR
2:30	Ukulele Class (8)	MP1&2
4:00	Movie (see page 15 & 24)	AR
5-7:00	Ballroom Dance (pre-registered)	MP1&2

Tuesday

Billiards offered everyday by registration

10:00	Tai Chi* (16)	MP1&2
10:30	Bible Study (10)	AR
10:00	Widows Support Grp (10) (8/25)	CL
1:30	Ted Talks (10) (2nd Tuesday)	CL
2:00	Bodies In Motion Session (16)	MP1&2
5-7:00	Ballroom Dance (pre-registered)	MP1&2

Wednesday

Billiards offered everyday by registration

8:30	Bodies In Motion Session (20)	MP1&2
9:30	Walk in the Park	Out Front
9:30	Bookmobile (812 & 8/26)	Out Front
10:00	Art Class (10)	AR
11:30	TOPS (8)	CL
2:30	Ukelele Class (8)	CL
3:00	Bible Study (10)	AR
4:00	Beg. Line Dance (16)	MP1&2
5:30	Pickleball (register)	MP2&3
6:00	Meditation (10) FREE	AR

Thursday

Billiards offered everyday by registration

10:00	Tai Chi* (16)	MP1&2
1:00	Woodcarving (8)	CL
2:00	Bodies In Motion Session 5 (16)	MP1&2
5-7:00	Ballroom Dance (pre-registered)	MP1&2

Friday

Billiards offered everyday by registration

8:30	Bodies In Motion Session 6 (20)	MP1&2
10:00	Line Dancing (16)	MP1&2
12:30-3	Pickleball (register)	MP2&3
1:00	SCS Investment Club (2nd Fri.) (10)	AR

Keep Logging Your Miles!

Activity Highlights

September 1-29

Matter of Balance



September 11 & October 2

Welcome Gathering, 9:30am



Sept. 14 & 28, Oct. 12 & 26

Movies, 2:00pm & 4:30pm

Chariots of Fire, Secretariat, The Ghost of Mr. Chicken, & Death on the Nile



September 14 & October 14

Bingocize, 1:00pm—Zoom



September 15

Fall Magnet Class, 10:00am

September 15 & October 13

Ted Talks, 1:30pm



Sept. 18, Oct. 18, & Nov. 6

Coffee & Pops Series, 10:00am



September 21, October 5 & 19

Aerial America, 1:30pm



September 24 & October 15

Hamilton, 1:00pm



October 2

Fall Felt Wreath, 10:00am



October 8

Derby Dinner Theater CLUE



October 9

Painted Acrons, 10:00am



October 13

Fall Mason Jar Luminary, 3:00pm



October 14

Fall Fun Walk, 9:30am



October 23

Total Brain Health Workout, 10:00am



MILL RACE CENTER

100 MILE CHALLENGE

Keep log of your miles!



www.millraceevents.com

Mill Race Center • 900 Lindsey Street • Downtown Columbus

812-376-9241

Visit us at www.millracecenter.org





Mill Race Center
900 Lindsey St.
Columbus, In 47201

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

CURRENT RESIDENT OR