MILL RACE CENTER

November & December 2026 - Issue No. 6

AGING WELL!

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

Membership $120 a year per person • 812-376-9241 • millracecenter.org

The Lasting Impressions Present

Veterans - Voices of Valor

Celebrating 250 Years of Service & Song

Wed., November 11 at 2:00PM

Join us as we honor and celebrate our Vererans! Registration required; Veterans & Mill Race Center members attend FREE; $10 non-members

Veterans who have not previously received a quilt from the Quilt Guild may register to receive one.

100 MILE CHALLENGE

MILL RACE CENTER

Join Mill Race Center in logging 100 miles of movement beginning Oct. 1-March 31 for our Fall/ Winter Challenge. Your movement could come in the form of walking, running, biking, hiking, swimming, paddling, line dancing, on-line workout, and other workouts.

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

Mingle & Jingle

FREE

Thursday, December 17 at 2:00PM

Come Mingle & Jingle with us! Get ready for an afternoon filled with holiday music, laughter, and plenty of Christmas cheer! Enjoy performances by Dan and Linda Mustard, the Dulcimer Group, and the Ukulele Group, plus a special staff skit you won't want to miss. Grab your friends and join us for some festive fun! Free for Mill Race Center members.

MILL RACE CENTER FITNESS



JOIN NOW!

See pages 26 & 27 for details.

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, 8am—7pm and Friday 8am—5pm
Business Office Hours: Monday-Friday 8:30am - 5:00pm
Fitness Center Hours: Monday–Thursday, 6:30am to 7pm, Friday 6:30am to 5pm and Saturday 8am to Noon
Fitness Center (812) 376-5808; Fitness Center is a separate membership, but can be purchased at MRC.

From Your Executive Director


Dan Mustard
Executive Director

Mill Race Center celebrated its 70th anniversary in October. I also celebrated a milestone of 10 years as Executive Director of this amazing and unique organization. It seems like a good opportunity to reflect on some of the changes in the past decade. When I began working here, our oldest members were typically in their late 80's. Now we have 120 active members who are in their 90's. The oldest Baby Boomers at that time were in their late 60's. Now they are turning 80.

I just happened to step into this role at a time when the world was experiencing the greatest demographic shift in history. The Baby Boomers were the largest generation in human existence, and they were becoming older adults. The world was not prepared, even though we knew that it was about to happen. Sociologists called it "The Silver Tsunami" and the idea dominated conferences and news articles in senior-oriented publications, yet it remained largely ignored by the general population.

I believe that this shift is an example of the "frog in the pot of water." The application of heat, in this case the number of people becoming "seniors," was so gradual that few noticed that the water was reaching the boiling point.

As I look back, I see the changes that have occurred in our programming and partnerships. We responded to a demand for more fitness programs, as Boomers focused on their health and their desire to continue to do the things that bring them fulfillment. Statistically, we know that roughly one third of the people over the age of 85 will have some form of dementia. This has driven the popularity of Shannon's brain-health classes, as well as many other offerings that encourage a healthy aging brain.

Unfortunately, funding has not followed the increased demand for programs and services. As we close out the year, we encourage you to consider a tax-deductible gift to Mill Race Center so that we can continue to serve the fastest-growing segment of the population.

Thank you for the opportunity to have a front row seat at such an eventful time in history.

Mill Race Center will be closed the following days: November 26 & 27; December 24, 25, & 31; January 1. The Fitness Center will also be closed, but will be open on the following Saturdays: November 28, December 26, & January 2.

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 $120 a year. We offer a monthly payment option of $10 per month. Those 90 and older are free. Our six month membership is $60. A day pass is available for $10 a day. **Fitness Center membership is separate but can be purchased in the Mill Race Center office.**

Due to increased credit card fees, we now have to charge a 3% customer service charge anytime you use a credit card for any payment.

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

Membership fees should not be a barrier to participation at Mill Race Center. If you need assistance with your Mill Race Center membership, please apply for a scholarship in the business office.

How can I dontate to MRC?

One of three ways:
Go online at millracecenter.org
Drop off a check or cash to the business office.

Mill Race Center Staff
812-376-9241

Dan Mustard, Executive Director, x211
Myla Annis, Fitness Team Leader, x218
Debbie Bray, Administrative Assistant, x222
Amanda Coleman, Travel, x215
Rebecca Cutsinger, Program Assistant & MOW, x208
Peyton Davis, Administrative Assistant, x218
Charlie Harsh, Facilities Assistant, x216
Carol Schwab, Facilities, x218
Shannon Truman, Operations & Program Director, x220

Mill Race Center Board of Directors:
Rino Alamo, Stephen Bayer, Father Clem Davis, Steve Forster, Jason Guthrie, Crissy Riley, Josh Shelley, & Robert Weimer

Eight Dimensions of Wellness

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

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ascentpt.net

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- Reliable support with medication management.
- Delicious, chef-prepared meals served each day.
- A variety of life-enriching activities and events.
- Personalized programs that inspire and connect.

MEALS on WHEELS

Providing much more than a meal!

Nutitious Meal - Nutrition is necessary for health, functionality and the ability to remain independent. Meals provided by Silver Oaks Health Campus.

Frriendly 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 case of an emergency or problem, medics will be called and families will be notified.

Cost: $11 for Hot Lunch
$15 for Hot Lunch & cold sack supper

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

Volunteer drivers are needed to help with Meals on Wheels

Mill Race Center will provide one-on-one training for new drivers, route sheets with directions, and monthly volunteer calendars. As a volunteer you will need to fill out a volunteer application, carry a valid drivers license, drive a dependable car, and have recycle plastic bags available when delivering. Routes take up to 1 hour to deliver.

Free Little Library

Bring a Book - Take a Book



Our little library is located in our lounge. Take a book or bring a book. **Join our Quarterly Reading Challenge!**

Happy Helping Hands



Thursday from 10:00-11:30AM

Mtg in conference room 12/4 & 12/10

Make handmade stuffed animals for hospitalized children. You do not need to know how to sew. Leader: Carolyn Jordan 812-374-9630

Golden K Kiwanis

Each Monday 10-11:00AM

Kiwanis is a global organization of volunteers dedicated to improving the world one child and one community at a time. Their purpose is to improve the quality of life for children and families of the world.



Golden K Kiwanis is collecting recycled plastic grocery bags for Love Chapel. Donations can be put in the large bin by the Coke machine & therapy entrance.

Leaving a legacy has never been easier. It would be our privilege to help you include Mill Race Center in your estate plans. Call us at (812) 376-9241 and as to speak with Dan Mustard.



12 months of Kindness



Let's work together to help others in our community! We will be collecting items for a different group each month. Items may be turned into the office. Help spread kindness and love to others.

November - Hats & gloves for BCSC
December - Large print word searches for nursing homes
January - Baby wipes for Clarity

Mill Race Center will only close in the event of a City Weather Emergency. Since many of our classes are led by volunteers, individual classes may be canceled if an instructor is unable to make it in.
During inclement weather, we recommend calling Mill Race Center at (812) 376-9241 or checking our Facebook page for the latest class cancellations and updates.

Pharmacist Questions



1st & 3rd Tuesday at 10AM

Ask the experts! Do you have questions about your prescriptions or over the counter medications? Join Jeff Parker, Doctor of Pharmacy, and Dr. Jim Moehler in the Conference Room. Bring your medication list and your questions to these informal conversations.

VOLUNTEER OPPORTUNITIES

Newsletter Delivery
We need help to deliver our newsletters out into the community. Stop by the office to pick up a stack and let us know where you are taking them. We greatly appreciate the help!

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 the office 376-9241.

LOST & FOUND

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

Great Brain Boosters!

Looking to boost your brain try Table Tennis or Pickleball. Both are like aerobic chess for your brain and work the cerebellum.

Coffee & Snack Table



The coffee & snack table is located in the office. Items are $.50 each and punch cards are available for $5.

Christmas Volunteers

Looking for volunteers to help trim the trees and decorate the center for the holidays. If you are interested stop by the office to let us know.

New!

New!

Historical Society

MRC will have a featured tree at the Historical Society. Let the office know if you would be willing to help.

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 Peyton at MRC.

Word Puzzles & Challenge Sheets

Word puzzles, 100 Mile Challenge sheets, and reading slips for our Reading Challenge are printed and placed on the puzzle table for you to pick up.

Ambassador Meeting

Informational ambassador meeting will be held the first week that each newsletter come out. Interested in becoming a volunteer ambassador? Feel free to attend a meeting and get plugged in. If you would like to become an ambassador, please see Peyton in the office.



Tuesday, November 3 at 3:30PM

MRC Welcome Breakfast

Friday, December 4
9:30AM in the lounge
Register in the office

FREE

Welcome!

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

Ascension St. Vincent

Sponsored by Ascension St. Vincent Senior Renewal Center.

Give the gift of a Mill Race Center membership to your friends this year!

Stop by the MRC office or call 376-9241 to make arrangements for your friend or loved one. You can also purchase a membership online at millracecenter.org.



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

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

Veterans Group



Friday, Nov. 20
11:00AM; Free

We invite all veterans to join our Veterans Group, led by Samantha Barringer of Cornerstone Caregiving. Connect with fellow veterans while learning about valuable services, benefits, and community resources that may be available to you. Discover programs you may not be aware of, find out how to access local support, and get your questions answered in a welcoming and informative environment.

Cornerstone CAREGIVING

Holiday Songs & Stories with Dan



Tuesday, Dec. 1 & 8
10:00AM; Free

Join Dan for this interesting and entertaining look at some classic holiday songs and the stories behind them. The singers, songwriters, producers, and musicians who brought them to life, and the historical context that made the songs relevant. Each installment will analyze a song for two, and there will be time for discussion. Register in the office; Max: 40

Gratitude Wall



Throughout November, help us fill our classroom windows with gratitude! Post-it notes will be available for members to share something they are thankful for. Add a new note every time you visit and watch our windows fill with reasons to be grateful! Take the gratitude challenge home, too. Try writing down three things you are grateful for each day during November. Let's share an attitude of gratitude and inspire one another!

Hearing Loss & Brain Health

November 10 at 10:00AM

New! FREE

Join audiologist, Dr. Brooklyn Parsons from Columbus Audiology & Hearing Aid Center for a discussion exploring the connection to hearing loss and cognitive decline. Learn more about how to hear better to age better.

Columbus Audiology & HEARING AID CENTER
Bridging the gap in hearing healthcare

PURDUE EXTENSION

Register for all Purdue Extension classes in the Mill Race Center business office.

Thanksgiving: The Mediterranean Way



Wed., Nov. 18 at 3:00PM; Free

Give your Thanksgiving table a Mediterranean makeover! In this one-session program adapted from Steps to a Healthy You, you'll explore flavorful ways to prepare traditional holiday foods and sides while learning about a lifestyle that emphasizes whole foods, mindfulness, physical activity, and lower saturated fat. Samples and recipes are included, and attendance is limited to 20 participants. Register in the MRC office.

Homemade Gifts: Spice Mixes



Wed., Dec. 9 at 3:00PM; Free

Spice up your holiday gift-giving with a homemade gift from the kitchen! Get hands-on as you create a flavorful, low-sodium spice mix that's ready to give as a gift or enjoy at home. Only 15 spots are available, so don't miss out! Register in the MRC office.

Fun With Plants Group



Tuesday, Nov. 17 & Dec. 15
10:00AM; Free

Meeting monthly to discuss all beautiful plants and how to care for them. Learning and growing all types of plants can be so fulfilling and rewarding. It's even more fun to share with friends...so join the group.



The Lasting Impressions present

A Christmas Gift

FREE

Featuring 2 acts of Song & Drama. Act I: "Jingle & Kris Kringle" - Fun & Familiar Music. Act II: "When a Child Is Born" - The Nativity. Each show is FREE & open to the public – come & bring your family & friends!

Asbury United Methodist
1751 27th Street
Thurs., Dec. 17 at 7:00PM

First United Methodist
618 8th Street
Fri., Dec. 18 at 7:00PM

First Christian
531 5th Street
Sun., Dec. 20 at 4:00PM



Evening Star Quilt Guild

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

FREE

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.



Lazy Daisy Embroidery Guild

New!

FREE

Third Tuesday of each month, 1-3 PM in Art Room or Classroom

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

Tuesday Evening Sewing Group

FREE

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



Monday Morning Sewing

FREE

8:00AM-12:00PM



Do you like to sew or quilt? Would you like to learn? Join us each Monday! Bring those projects that need work and join us as we sew and encourage each other to finish projects. Don't know how to sew but have a sewing machine or want to sew by hand? Join us and we will help you. Free for MRC members.

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Create

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

Mini Turkey Pots

New!



Thursday, Nov. 12, 3:00PM
Cost: $10 - Make 4
This easy turkey craft is a great way to get excited for Thanksgiving. These cute flowerpot turkeys can be used as table décor, name cards, or just as a cute gift to give this Thanksgiving. All supplies included.

Mini Gingerbread Men

New!



Tuesday, Nov. 17, 3:00PM
Cost: $12 - Make 4
Create an adorable gingerbread decoration using mini clay pots! Add paint, buttons, and festive details to bring your gingerbread character to life. A fun holiday craft that's perfect for displaying all season long.

Snowflake Tree

New!



Tuesday, Nov. 24, 3:00PM
Cost: $12
Create a beautiful holiday decoration featuring a sparkling snowflake Christmas tree on a festive red background. This simple and charming craft is perfect for adding a handmade touch to your holiday décor. All supplies are included.

Marbled Shave Cream Christmas Cards

New!



Monday, Dec. 7, 3:00PM
Cost: $2
Get creative for the holidays! Make beautiful, one of a kind Christmas cards using shaving cream and food coloring to create a colorful marbled design. This easy and fun technique makes every card unique, so no two will be exactly alike! All supplies included.

Monthly Card Making

FREE

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





November
Thanksgiving Cards
Tues., Nov. 10, 1:00PM





December
Christmas Cards
Tues., Dec. 8, 1:00PM





January
Winter Cards
Tues., Jan. 12, 1:00PM

ART CLASS

FREE



Wednesdays from
10:00AM - 12:30PM
Watercolors, oils, acrylic, pastels. No previous art experience required. Beginners: no supplies needed for your first visit. Holly will get you started on a project and advise on needed supplies. FREE for MRC members. For more information contact: Holly Melillo at 812-350-8238.



Fresh From the Oven

New!



Tues., Dec. 15 at 1:00PM
(Must register by 12/11)
$3: Advance registration required; class held at MRC
The Bartholomew County Historical Society will present Fresh from the Oven - Remembering Kitzinger Bakery at Mill Race Center. Learn about the history of the Kitzinger Bakery and the family's significant contributions to the Columbus community. See photos and stories from the Historical Society's Achieves. Top it off with hot tea and a home-made bakery item made from the Kitzinger Bakery recipe book. Register in the MRC business office in advance. Max: 24

DANCE

at Mill Race Center

Basic Beginner Line Dance



Wednesday, 3:30-5:30PM

3:30-4PM - basic beginner

On 11/11 not starting until 4PM

Come dance with me - have fun and learn to dance! Instructor: Carla Willis-Crase. Free for MRC members, $10 non-member



Friday Line Dance

Intermediate & Advanced

Friday mornings 10-11:30AM

Free for MRC members, $10 non-member. Instructed by Billy Crase.

Billy & Carla are renowned line dance instructors and choreographers.

NEW participants always welcomed!





Ball Room Dance Classes

Monday, Tuesday, & Thursdays

5:00-7:00PM

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

Monday	Tuesday	Wednesday	Thursday	Friday
Ball Room Dance 5:00-7:00PM (MP1 & 2)	**Ball Room Dance** 5:00-7:00PM (MP1 & 2)	**Line Dancing** Beginner 3:30-5:30PM (MP2 & 3) (late start on 11/11)	**Ball Room Dance** 5:00-7:00PM (MP1 & 2)	**Line Dancing** Intermediate & Advanced 10:00-11:30AM (MP1)

Drum Circle Practice

Mondays, 1PM

Get into the weekly groove at Mill Race Center with our drumming group! We meet each week, and all members are welcome to join any practice.





Ukulele Circle

Mondays, 2-3PM

Bring your ukulele and join us for Ukulele circle at MRC! We'll lead a fun hour-long sing-along/play along.

Follow Mill Race Center on Facebook

MILL RACE CENTER

BODIES IN MOTION

STAY ACTIVE. STAY STRONG. *Stay Independent.*

STRENGTH • BALANCE • FLEXIBILITY • FUN



CLASS SCHEDULE

MONDAY, WEDNESDAY & FRIDAY
8:30 AM

TUESDAY & THURSDAY
2:00 PM
Not Mtg 12/17

Join this free, low-impact fitness class designed to improve strength, flexibility, balance, and overall wellness. Exercises can be adapted for all fitness levels and are performed standing or seated.

FREE FOR MEMBERS

TOPS Club

Wednesday 11:30AM-1PM
Take Off Pounds Sensibly
For more information please contact Karen Burbrink 812-371-9616 or check the TOPS website at tops.org.

tops CLUB INC.® TAKE OFF POUNDS SENSIBLY

Thrive Free SHIP Counseling New!

Fri, Dec. 4
9AM-12PM

FREE

ThriveAlliance Enhancing lives. Building communities.

SHIP counseling can provide free, unbiased help for any new and current Medicare members by compare your options, saving money, preparing for updates, comparing and learning what Medicare covers. SHIP counselors do not sell insurance and are here to help you understand which Medicare options are right for you. A SHIP counselor can also assist with state Medicaid plan options as well. **Call Thrive in advance to schedule your appointment at 372-6918 ext. 2948.**

Chair Yoga

FREE

Tues. & Thurs. at 11AM
Free for MRC members
Increase flexibility and range of motion (ROM) while improving posture and balance. Most movements are chair-based, focusing on proper stretches to reduce stress with proper breathing. Leave the class feeling renewed and rejuvenated! Lead by fitness instructor Myla Annis.
Not Meeting 12/3.



Walk'n'Roll

FREE

Walk 'n' Roll

Tues. & Thurs. at 12PM
FREE for MRC members
A fun cardio exercise class featuring new music and new moves every class! Enjoy easy-to -follow steps, simple arm movements, and upbeat music that will keep you moving and having fun. No rhythm or dance experience is required! Walk'N'Roll is a great way to get your heart pumping, build endurance, and add variety to your fitness routine. Led by Fitness Instructor Myla Annis.
Not Meeting 12/3 & 12/17.

Tai Chi/Qigong



Offering Classes on Tuesday & Thursday
Instructor: Paula Howard

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

11:00AM - Beginner Class
Monthly Cost: $40 members/$55 non-members

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

Railroad Club Meeting

FREE

Thurs., Nov. 19 at 6:00PM; Free
Calling all railroad enthusiasts! The Railroad Club is coming to Mill Race Center for a fun evening exploring Railroads in Indiana: Then and Now. Enjoy demonstrations of model railroading featuring lights, sounds, smoke, steam and diesel engines in a variety of gauges. This event is free and open to the public, and snacks and drinks will be served.



Pickleball

Pickleball held inside at MRC. Free for members.
An Excellent Brain Game!

Wednesday Evenings - 5:45 - 8 PM

Friday Afternoons - 1:30 - 4:30 PM

Come Eat Together

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

Cracker Barrel
Meet there at 11:00AM
Wednesday, November 18

Sophea's
Meet there at 11:00AM
Wednesday, December 16



New! Veterans Group
See page 6 for details

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Needle Felting: Snowman

New!

Tuesday, Dec. 1, 1:00PM; $20



We've been having so much fun with needle felting that Joan is back with a new project! Join MRC member Joan Winkle to create an adorable needle felted snowman. Learn how to shape and sculpt wool using felting needles while creating your own snowman to take home. No prior experience is needed, and all materials are provided. Register in the office. Max: 20

Sound Healing

FREE

Thurs., Dec. 10 at 3:00PM; FREE



Come experience sound healing with Coleen Fleming. Coleen will use crystal sound bowls, hand drums, and rain/thunder chimes to help you relax. Bring your own yoga mat if you wish, otherwise chairs provided. Registration required, free for members, $10 non-member.





Bible Studies

Morning Bible Study

FREE

Tuesday mornings 10:30-11:30AM

In the Classroom: **FREE**

Information: Dawn Horn

November: Lou Vician

December: Phil Church

New!



Wednesday Bible Study

Wednesday 3:30-5:00PM

We will continue our study on 1 Samuel Life Lessons "The Importance of Finishing Well" by Max Lucado. Books to be purchased on your own. New members always welcomed.

TED Talks

FREE

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

November 10 at 1:00PM
To Learn Is To Be Free, By Shameem Akhtar

Shameem Akhtar posed as a boy during her early childhood in Pakistan so she could enjoy the privileges Pakistani girls are rarely afforded: to play outside and attend school. In an eye-opening, personal talk, Akhtar recounts how the opportunity to get an education altered the course of her life and ultimately changed the culture of her village, where today every young girl goes to school.

December 8 at 1:00PM
Stop Telling Single People To Get Married, By Peter McGraw

Why do we assume single people aren't happy? Behavioral economist (and lifelong bachelor) Peter McGraw advocates for a world in which single life is just as accepted as marriage, debunking the myth that getting hitched is the only path to fulfillment. From spinsters to cat ladies, he outlines the power in chosen family and invites you to reconsider what it means to live a remarkable life.

Stay for Tuesday Tea after Ted Talks.



November 10 & December 8



Hosted by Jennie Rauch

2:00-4:00PM

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



New!

American Red Cross Blood Drive

Monday, Nov. 16, 9:00AM - 2:00PM
Art Room
Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: Millrace to schedule an appointment.

You can make a difference! Open to the public.

Drop-In Woodcarving Class



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.



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

ASAP Rethinking Wellness

Prescription Meds: Life Saver or Life Taker?



Used correctly, prescriptions can heal. Misused, they can harm—**even kill.**

Misuse includes:

- Taking too much or ignoring directions
- Sharing meds
- Using for a high

Safe use includes:

- Following directions
- Never sharing
- Locking your meds

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Birthday Party

FREE

Thurs., Nov. 19 at 12:30PM

Art Room

Celebrating November & December birthdays. There will be birthday cake, ice cream, and entertainment by Dan & Linda Mustard. Reservations required by the day before the party. You may bring one guest. Register in the MRC office.

Tuesday Trivia

FREE



Tues. Nov. 24 & Dec. 29

9:30AM in the Lounge

There's nothing trivial about trivia. It exercises the brain and is a great way to make social connections. Join Shannon in the lounge for this free fun program. Register in the office.

Monday Meditation

FREE



Every Monday at 5:30PM

Shri Mataji Nirmala Devi a Master of Yoga, humanitarian, twice nominated for Nobel Peace prize founded Sahaja Yoga Meditation in 1970. It is an extraordinary living experience that allows us to achieve a state of complete peace and satisfaction, touch the very essence of our beings, and uncover our very best qualities. **Free and open to the community**! Instructed by: Rahul Kumar.

Reader's Theater Practice

Wednesdays from 1:00-3:00PM

Reader's Theater presents shows by reading their script without costumes, props, and scenery. Be apart of this fun group helping others laugh and enjoy fellowship with others. Interested in joining the Reader's Theater group come to their weekly meetings or call Terry Maloney (847) 337-6081.

Reader's Theater Lunch & Laughter Show



Wednesday, December 9

12:00PM

Cost: $10 for lunch & show

Register in the office by 12/4.

Dessert sponsored by: Anew Hospice

FREE Movie Showings at MRC!

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



November 9

Mrs. Harris Goes To Paris (PG)



November 23

The Art of Racing in the Rain (PG)



December 14

Oh What Fun (PG13)



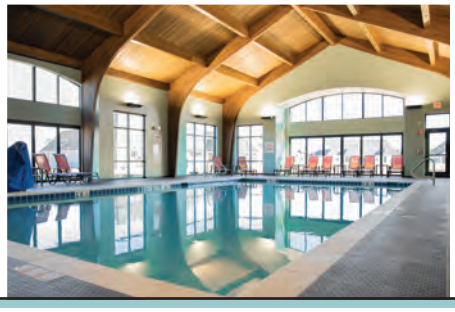
December 28

A Dog's Perfect Christmas

Your dream of a luxury active adult neighborhood is on the horizon.







Celebrate your independent lifestyle with maintenance-free living in spacious single-family and duplex homes. Featuring open floor plans, high-end finishes, and oversized two-car garages.

Athens Crossing is developed by Four Seasons, the premier life plan community in Columbus. The neighborhood will be anchored by a centrally located clubhouse with an indoor pool, a state-of-the-art fitness center, pickleball courts, walking paths, and a leash-free dog park.

ATHENS CROSSING
by Four Seasons A BHI COMMUNITY

Call 812-372-8481 or visit athenscrossing.org for details.

3505 Athens Way, Columbus, IN 47203

Cooking Class

with Chef Shawn from Silver Oaks Health Campus

SILVER OAKS HEALTH CAMPUS

Thurs., December 10 at 11:30AM FREE!

Join us for a gourmet cooking class taught by Silver Oaks Chef Shawn Burge. Shawn will be making some dishes and giving you how-to instructions.

Must register in advance in the MRC business office and there will be limited seats. (Max 40)



DON'T MISS THIS!

Centra Financial Wellness Classes

CENTRA CREDIT UNION

Understanding Your Credit Score
Thursday, December 3, 10:00AM FREE New!

Understanding credit scores, utilizing credit management tools, improving your score, managing loans and credit cards, and ultimately building good credit are keys aspects of navigating the "credit mountain."
This is a free class and open to the community. Please register for seating purposes in the MRC office. We are so excited to be starting a new partnership with MRC and Centra Credit Union.

Blizzard Bags for Meals on Wheels

MEALS on WHEELS

In an effort to prepare for the inevitable snowy weather, Mill Race Center will be hosting a food/ winter preparedness drive until November 25. Donated items will be used to compile blizzard bags for homebound seniors with Meals on Wheels who are unable to receive a home delivered meal due to inclement weather. Below you will find a list of specific items needed. Bring your items into the office. We are grateful for your support.

Examples: individual juice servings, peanut butter, cereal bars, crackers, pretzels, granola bars, protein bars, pudding, canned fruit, canned meat, canned vegetables, canned soups, stews, and ravioli.

Quarterly Reading Challenge

Join Us!

September-November
December-February

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

Reading slips will be available at MRC. Fill out the slip and turn it into the office for every book you have read during the quarter. All completed reading slips will be entered into a prize drawing for $25. Other prizes given to top readers throughout the challenge. Slips turned in by end of November.

Book Study

New!

The Last Days of Night
Tues., Nov. 10-Dec. 1 at 11:00AM
$7 for book/or purchase on own
A novel based on the battle between Thomas Edison and George Westinghouse to establish some of the standards for electricity in 1880's.



New!

Eat That Frog
Tues., Dec. 8-15 at 11:00AM
$14 for book/or purchase on own
The "frog" is your biggest, most important, and most challenging task, the one you are most likely to procrastinate on, yet the one that will have the greatest impact on your life.



New!

Theo of Golden
Tues., Jan. 5-26 at 11:00AM
$13 for book/or purchase on own
Theo is a man who comes to a town called Golden, a small city in the south. He visits the local coffeehouse, where he sees portraits of the people of Golden drawn by a local artist. Theo decides to purchase each one and give the portrait to the rightful owners.





Sample a delicious variety of chili recipes prepared by our amazing community partners, then cast your vote for your favorite! Enjoy some friendly competition, great food. and fellowship as we crown our first Partner Chili Cookoff!

Participating Partners

Griswold Home Care
Ascension St. Vincent Senior Renewal Center
Traditions of Columbus
Alternative Care Solutions
Comfort Keepers
Findley Law
Cornerstone Caregiving
Willow Crossing
Silver Oaks Health Campus
Anew Hospice
and more!

COME HUNGRY & HELP US PICK THE WINNER!



Miller House & Garden Tour New!

Nov. 19 tour begins at 10:45AM
$30 per person
Registration required in MRC office

Join us for a special private tour of the beautiful Miller House & Garden right here in Columbus! Mill Race Center member and Columbus Visitors Center tour guide Willis Bahnsen will lead our group through this iconic mid-century modern home and garden. Learn about the remarkable architecture, design, history, and landscape that make the Miller House one of Columbus' most celebrated treasures. Register and pay in the MRC office. Please note that participants will be walking and standing throughout the entire time. **Will meet at the Visitors Center the morning of the tour at 10:30AM.** Max: 12

GREAT DECISIONS 2027
March 11 - April 29, 2027
6:30-8:00PM; Every Thursday
Register in the office.
Member $35, non-member $45



12 DAYS OF CHRISTMAS

Tues. 12/1	1 PM	Ornament or Necklace Making (lounge)
Wed. 12/2	12 PM	Santa Hat Ring Toss (lounge)
Thurs. 12/3	All Day	Ugly Sweater/Sweatshirt Day
Fri. 12/4	1 PM	Special Feature Movie: Holiday Inn & Snack (classroom)
Mon. 12/7	10 AM	Christmas Hit It to Win It (lounge)
Tues. 12/8	1 PM	Christmas Card Making (art room)
Wed. 12/9	11 AM	Christmas Jeopardy (lounge)
Thurs. 12/10	1 PM	Christmas Carols Sing Along with Dan (lounge)
Fri. 12/11	11 AM	Friday Holiday Mocktails
Mon. 12/14	2 & 4:30 PM	Holiday Movie: Oh What Fun with popcorn (art room)
Tues. 12/15	Morning	Hot Chocolate Day
Wed. 12/16	3:30 PM	Christmas Bingo with Alternative Care Solutions

BCPL Bookmobile

FREE



November 11
December 9
9:30-10:30AM
Available out front of MRC



Table Tennis

FREE

New!

Thursday
3:00PM; **FREE**
Excellent Brain Game

Open Billiards

FREE

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

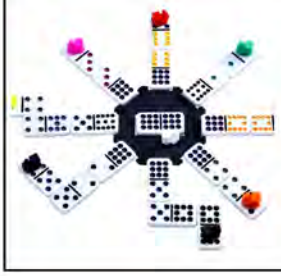




Mah Jongg

FREE

Every Monday & Friday
12:30-4:30PM
Learn how to play on the 1st Friday of each month.



Mexican Train Dominoes

FREE

Every Thursday
12:30-4:00PM; FREE

Scrabble & Rummikub

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

FREE



Pinochle

Every Tuesday
1:00-4:00PM
Conference Room

FREE





Bridge

FREE

Every Friday from 1-4PM
Lead by: Elaine Bailey in the lounge

New!



FREE

Every Friday from 1-4PM. MRC has a variety of games you can play or bring your own.

Card & Games Schedule

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

Monday	Tuesday	Wednesday	Thursday	Friday
Mah Jongg 12:30-4PM	**Pinochle 12:30-4PM**	**Scrabble & Rummikub 1-3PM**	**Dominoes 12:30-4PM**	**Mah Jongg 12:30-4:30PM**
Hand & Foot 12:30-4PM	**Euchre 4-7PM (MP3)**	**Hand & Foot 12:30-4PM** Rosemary Sager (812)390-7665 Canceled 11/11 & 12/9		**Bridge 1-4PM**
				Let's Play Games 1PM

Cards & Games are free for MRC members. Day passes can be purchased for non-members.

Monthly Brain Workouts

Friday, Nov. 20 & Dec. 18
9:30AM; Classroom

Taking time to focus on your brain health is very important. Just as our bodies require care and exercise so do our brains. We will work together monthly doing workouts for our brain to improve attention, brain speed, focus, memory, and cognitive function. We will laugh and have fun together, plus work against the clock to sharpen our brain skills.

Register in the office for seating purposes. Max 22.

Mingle & Jingle

See cover for details.

Hiking Group

Register in the MRC office. Meet at the center at 9:30 and carpool together to location to hike.

Wed., November 18
Hitz-Rhodehamel Nature Preserve - 3 mile loop/ easy to moderate difficulty. Features high ridge lines, steep slopes, deep ravines, and moist, fern-covered hillsides. Dominated by chestnut oaks on dry ridges and white oaks. Educational plaques are stationed along the path to explain local tree species, wildlife habits, and conservation efforts like prescribed burns.

Wed., December 16
Brown County State Park - Pine and North Gate Trails - 3 miles Easy treks in the lovely trees of Brown County.

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MILL RACE CENTER TRAVEL



Hello Everyone!

We have made it to the fourth quarter of 2026, and I am so excited for this beautiful fall weather. Many of you explored the fall foliage of New England, traveled to Italy, Sedona and some national parks. I am excited to see where you will go next year- don't forget to plan early to help keep airline costs down due to fuel. Let's keep exploring!

Amanda Coleman — 812-376-9241*215 or travel@millracecenter.org



New Orleans Pre-Mardi Gras - February 2, 2027

6 DAYS • 8 MEALS

Experience the excitement and energy of New Orleans during Mardi Gras season. See parades, enjoy Creole cooking and visit Louisiana's plantation country. Pricing is $3374 per person double occupancy with air from IND.



Yachting Gems of the Aegean Sea - April 16, 2027

Set sail on Emerald's "Yachting Gems of the Aegean Sea", an intimate voyage where timeless beauty meets modern luxury. Discover hidden coves, sun-kissed islands, and ancient wonders as you cruise effortlessly aboard a boutique yacht designed for indulgence and adventure. With curated excursions, exquisite dining, and personalized service, every moment becomes a sparkling gem in your journey through the Aegean. This ship only holds 100 people!



Gems of Eastern Europe (Emerald) - June 6 - 19, 2027

14 DAYS • 27 MEALS

Five countries, all unique in their own way, line the Danube on its journey towards the furthest reaches of Eastern Europe, and exciting activities await your participation in the various ports of call. Visit a Puszta Horse Farm in Kalocsa, Hungary, for a performance showcasing the riding skills of the Magyar cowboys and enjoy lunch in the home of a local Croatian family. Take a guided tour of Belgrade before attending a Serbian folklore show onboard your ship. Discover the Paleolithic archaeological site of Lepinski Vir, sample local Bulgarian wines at a vineyard estate, and see the highlights of Bucharest. Your adventure also includes a three-night stay in Transylvania and a visit to Bran (Dracula's) Castle. The Gems of Eastern Europe await on this 14-day holiday. Pricing varies based on Cabin.

MILL RACE CENTER TRAVEL



Scandinavia - July 21 - 30, 2027

WAIT LIST

The remarkable cities of Stockholm, Oslo, Bergen and Copenhagen will come alive filled with history, the Viking legends, Hans Christian Andersen and The Little Mermaid. From vibrant Stockholm, Sweden and it's wonderful mix of old and new to the colorful waterfront of Bergen. From the cobbled streets of Copenhagen, Denmark to the thriving capital of Oslo, Norway. Add the unbelievable natural beauty of the Scandinavian countries and you'll have the holiday of a lifetime. Double Occupancy $5824 with airfare from IND.



Black Hills to Badlands - August 10 - 15, 2027

6 DAYS • 9 MEALS

Explore the wild wonders of South Dakota with a Black Hills & Badlands tour! Witness the grandeur of Mount Rushmore, delve into the otherworldly rock formations of Badlands National Park, and discover hidden gems like historic Deadwood or the 1880 Train. Tours offer expert guides, transportation between sights, and the chance to truly experience the Black Hills' unique blend of history, nature, and adventure. Pricing is $3774 per person double occupancy with air from IND.



Trains and Canyons of the West - September 9, 2027

8 DAYS • 13 MEALS

The beauty and grandeur of the nation's National Parks come into view on this exciting vacation to the west. Explore three National Parks and ride two exciting and historic railroads. From the massive sandstone walls of Canyonlands and the intricately carved towering monoliths of Arches to the amazing Spruce Tree Cliff Anasazi Dwellings at Mesa Verde, you will enjoy every moment. Pricing is $4574 per person double occupancy with air from IND.



Best of Ireland - October 13, 2027

13 DAYS • 16 MEALS

From the bustling capital of Dublin to quaint seaside villages to historic Northern Ireland, you'll see it all on this Mayflower holiday featuring Irish history, music, dance, cuisine, scenery and architecture. This 'best of' tour lets you experience 6,000 years of history spread across the dales, valleys, cliffs and castles of Dublin, Killarney, Co Mayo, and Northern Ireland including Blarney Castle. Pricing is $6615 per person with round-trip airfare from IND.

Food Revolution Summit Docuseries

Hosted by Ocean Robbins

New!

FREE

Featured over 40 leading doctors, researchers, and nutrition experts sharing science-backed insights on diet, disease prevention, and longevity.

Gut Greatness: Microbiome, Immunity, & Mood
Mon. Nov. 2 at 1:00PM (new time)

Longevity for All: A Healthy Future For You and All Life
Nov. 30 at 1:00PM (new time)

Supplements Decoded: What Works, What Doesn't, & When to Use Them
Dec. 7 at 1:00PM (new time)

Special Feature Christmas Movies



FREE



Dec. 4, 1:00PM
Holiday Inn (1942)

Dec. 21, 1:00PM
The Bells of St. Mary's (1945)

Let's Play

New!

FREE

Every Friday, 1:00PM

Let's PLAY

Explore the world of games together! It's a great way to stay mentally sharp, enjoy social interaction, add a dose of friendly competition, and laughter. Choose from a variety of games that Mill Race Center has or bring your own for group to play.
(Rummikub, Rack-O, Qwirkle, Sorry, Sequence, Uno, Skipbo, OuiSi, Clue, plus more options available)

Broadway/Classic Series

FREE

Call MRC to register for each viewing.

Auntie Mame (1958)

Fri., November 20 at 1:00PM



Mame Dennis, a progressive and independent woman of the 1920s, is left to care for her nephew Patrick after his wealthy father dies. Mr. Babcock, Patrick's assigned executor, objects to Mame's unconventional way of living and tries to force her to send Patrick to prep school. As Mame and Patrick grow closer, Mr. Babcock tries to discipline Patrick and threatens to separate the two if Mame does not comply with his wishes.

The Shop Around the Corner (1940)

Fri., December 18 at 1:00PM



Alfred Kralik and Klara Novak are employees at Matuschek and Company, a general store in Budapest. Klara and Alfred are constantly at odds with each other, butting heads and disagreeing on almost everything. Both are enamored of their respective pen pals, who serve as welcome distractions in their lives. Little do they know, they are each the other's pen pal and, despite outward differences, have unwittingly fallen in love through their letters.

Parkinson's Support Group

New!

FREE

Meetings at Mill Race Center. For more information, call Harriet Armstrong, 812-603-2470 or MRC, 812-376-9241.

Wed., Nov. 4 from 1:30-3:00PM
Parkinson's large general meeting, "show & tell" time. Bring and share a gizmo, article, book, website, or other information that may be helpful for others with neurological diseases.

Wed., Nov. 18 from 12:00-1:20PM
Support group meeting for family/care partners.

Wed., Dec. 2 from 1:30-3:00PM
Holiday Celebration for Parkinson's large general meeting. Mark your calendar and look for more details to come later!

Wed., Dec. 16 from 12:00-1:20PM
Support group meeting for family/care partners.



Deck the Halls New!

Mon., Nov. 30 at 10:30AM

Help us bring the Christmas spirit to Mill Race Center! We are looking for volunteers to help decorate the Center for the holiday season. Join us as we put up and decorate two Christmas trees, hang festive decorations, and fill the Center with holiday cheer. It's always more fun decorating together!

Little Christmas Magic New!

Mon., Nov. 2 at 9:30-11:30AM (at MRC)

Mill Race Center will have a featured Christmas tree at the Bartholomew County Historical Society this holiday season! Join us on Mon., Nov. 2, at Mill Race Center for a fun time of making homemade ornaments and stringing popcorn and cranberries to decorate our tree. Come share your creativity and help us make our tree something special!

A Note on Day Trips

The leadership team at Mill Race Center has made the decision to discontinue our day trip program. This decision follows a thorough review of the program's safety and risks. Our responsibility is to provide a safe environment for our members, volunteers, drivers, and staff. Based on our review, we have determined that the risks associated with day trips cannot be sufficiently reduced to a level that Mill Race Center can responsibly accept. We appreciate everyone who has participated in and supported our day trips over the years, and we are grateful for the many wonderful memories created along the way.



MILL RACE CENTER
FITNESS

THE FITNESS CENTER AT MILL RACE CENTER
Located in Mill Race Center, 900 Lindsey St. Columbus, IN 47201. Mill Race Center is a community facility for active adults located in beautiful Mill Race Park.

INNOVATIVE FITNESS CENTER
The Fitness Center includes an innovative Fitness Facility with age-friendly cardio and strength equipment designed to make your workout more effective, safe, and fun. Health/Fitness Assessments including body composition measurements, BMI, BMR, and VO2 Max calculations are available to all members.

CLASS OPTIONS FOR ALL SKILL LEVELS
The facility is a Silver Sneakers, Silver & Fit and Renew Active approved facility. Our fitness staff works with members to develop a personal fitness plan on the easy to use weight training and cardio equipment. A wide variety of Group Fitness Exercises classes are offered for all levels of participation.

VARIETY OF FEE STRUCTURES
The Fitness Center offers day/guest passes, monthly memberships and annual memberships. Stop by or call 812-376-9241 *2 to schedule a tour. Staff trainers are available by appointment for new members for equipment orientation and program design.

$7/DAY/GUEST PASS
Per single visit

$29/MONTHLY MEMBERSHIP
Per month (automatic monthly withdrawal for 12 months with contract) includes unlimited use of The Fitness Center and all Fitness Center classes.

$39/MONTHLY MEMBERSHIP
Per month (automatic montly withdrawal until canceled, no annual contract) includes unlimited use of The Fitness Center and all Fitness Center classes.

Mill Race Fitness Center Staff:
Myla Annis, Pam Clark, Cydnee Coppert, Susie Coy, Pat Harding, Jayne Rogan, & Susan Smith

Registration
Register at the Mill Race Center Business Office
900 Lindsey St., Columbus, IN 47201
812-376-9241 (extension 2)

Mill Race Center Business Office is open 8:30AM-5PM

Hours
Monday-Thursday
6:30AM-7PM

Saturday
8AM-12PM

Friday
6:30AM-5PM

Sunday
Closed

The Fitness Center will be closed November 26 & 27, December 24 & 25 & 31 January 1.





Class Descriptions

All Fitness Classes are held at Mill Race Center
900 Lindsey Street, Columbus

Levels of Intensity: 1 - Beginner with a chair 2 - Beginner 3 - Intermediate 4 - Advanced

BALANCE IN MOTION (1, 2)
Class is designed to improve your balance by strengthening your feet, ankles, and legs, improve your coordination, and train your core strength. This class will help improve posture while enhancing reaction and focus.

CARDIO & OSTEO (2, 3)
This class helps improve your cardiovascular and bone health using low impact aerobic and strength training, traditional floor aerobics, free weights, and resistance equipment. Great to reduce the risk of osteoporosis, osteopenia and osteoarthritis.

PILATES* (3 ,4)
A mind-body class which focuses on increasing core strength, elongating muscles and improve postural awareness. You will leave this class feeling stretched, strong, and energized for the rest of the day! Please bring your own personal mat and must be able to get on/off the floor.

CARDIO PUMP (2, 3, 4)
A low impact aerobic class, with full body movement ptterns to increase your heart rate combined with a total body weight training to increase strength and core awareness.

ROCK STEADY BOXING (1, 2)
A circuit-style, non-contact boxing class designed to help individuals fight back against Parkinson's disease. A Parkinson's diagnosis is required to participate.

YOGA (2, 3, 4)
Combines the traditional flow of yoga postures with the "I Am Ageless NOW" program to help expand body awareness, improve flexibility, and blood flow of your muscles. Our instructor is certified in this award-winning program.

SILVER SNEAKERS CIRCUIT (2, 3)
This is a fun class using low-impact standing choreography alternated with standing upper body work with hand-held weights, elastic tubing, and Silver Sneakers Balls.

SILVER SNEAKERS YOGA (2, 3, 4)
Move through seated and standing yoga poses to increase flexibility, balance, and range of motion. A chair is used to meet a variety of fitness levels.

NEURO FITNESS (1, 2)
A group fitness class that challenges the brain and the body to improve health and fitness. This class is for members with progressive neurological conditions including Parkinson's, Multiple Sclerosis, and stroke.

PILATES STRONG (2, 3, 4)
A combination of core, upper and lover body training inspired by Pilates moves with modifications for an injuries or restrictions. The addition of lightweight resistance challenges the stability of the core for an effective workout.

Weekly Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:00AM **Yoga**	8:00AM **Cardio & Osteo**	9:00AM **Yoga**	8:00AM **Cardio & Osteo**	7:00AM **Yoga**
10:00AM **Silver Sneakers Circuit**	9:00AM **Pilates***	10:00AM **Silver Sneakers Circuit**	9:00AM **Pilates***	8:00AM **Pilates Strong**
11:00AM **Balance in Motion**	10:00AM **Silver Sneakers Yoga**	11:00AM **Balance in Motion**	10:00AM **Silver Sneakers Yoga**	9:00AM **Cardio Pump**
12:00-1:15PM **Rock Steady Boxing**	12:00PM **Neuro Fitness**	12:00-1:15PM **Rock Steady Boxing**	12:00PM **Neuro Fitness**	10:00AM **Silver Sneakers Circuit**
				11:00AM **Balance in Motion**
				12:00-1:15PM **Rock Steady Boxing**



Mill Race Fitness Center Instructors:
Myla Annis, Amy Allen, Jana Bartels, Katia Hatter, Sheryl Nulph, Carrie Riley & Diane Smith
***Please note that you must bring your own yoga mat to all classes marked accordingly.**

Kroger Rewards

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

Better Breathers Club

BETTER BREATHERS CLUB

Wednesday, Nov. 18, 3PM

Topic: "Am I having a flare-up, or is my lung disease getting worse?"

The Better Breathers Club is sponsored by the American Lung Association, and is supported locally by CRH and meetings held at MRC. They offer presentations on informative topics, and include time for questions and discussion. We also offer friendly support to anyone with lung problems. Meetings are free, no registration. Information, call Jennifer at 812-376-5793.

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Eight Dimensions of Wellness

Learn more about the Eight Dimensions of Wellness at millracecenter.org

crh.org/**gastro**

EXPERT GI CARE



Welcome

DR. HANI SHAMSEDDEEN

Gastroenterology / Internal Medicine

COLUMBUS REGIONAL HEALTH

Monday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodieis In Motion	MP2
10:00	Golden K	CR
12:30	Mahjong	LO
12:30	Lasting Impressions	MP1
12:30	Hand & Foot	LO
1:00	Drum Circle	CR
1:00	Special Feature (pg.24)	AR
2:00	Movie (pg. 15)	AR
2:00	Ukulele Class	CR
5-7	Ballroom Dancing($)	MP2
5:30	Meditation (pg. 14)	CR

Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
10:00	Ask a Pharmacist (pg 4)	CNR
10:00	Fun with Plants (3rd Tues)	AR
10:00	Tai Chi ($)	MP1
10:30	Bible Study	CR
11:00	Book Study (pg 16)	LO
11:00	Chair Yoga	MP3
12:00	Walk'n'Roll	MP2
12:30	Pinochle	CNR
1:00	Card Making (2nd Tues)	AR
1:00	Ted Talks (2nd Tues)	CR
1:00	Woodshop	WS
2:00	Embroidery Guild	AR
2:00	Bodies in Motion	MP2
2:00	Tea (2nd Tues)	LO
4:00	Euchre	MP3
5-7	Evenin Sewing (pg 7)	AR
5-7	Quilt Guild (2nd Tues)	AR
5-7	Ballroom Dancing($)	MP2

Wednesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
9:30	Bookmobile (pg18)	Oustide
10:00	Art Class	AR
11:30	TOPS	CR
12:30	Hand & Foot	MP1
1:00	Scrabble & Rummikub	LO
1:30	Parkinson Support Group (pg 24)	AR
2:30	Reader's Theater (pg 14)	CR
3:30	Bible Study	CR
3:30	Beg. Line Dance (pg 9)	MP2
5:45	Pickleball	MP2

Thursday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
10:00	Dulcimer	CR
10:00	Tai Chi ($)	MP1
11:00	Chair Yoga	MP3
12:00	Walk'n'Roll	MP2
12:30	Dominoes	CNR
12:30	Birthday Party (pg 14)	AR
1:00	Woodshop	WS
1:00	Woodcarving	CR
2:00	Bodies in Motion	MP2
3:00	Table Tennis	MP3
3:00	Craft Classes (pg 8)	AR
3:30	GroceryBingo (pg 14)	AR
5-7	Ballroom Dancing($)	MP2

Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
9:30	Monthly Brain Workout (pg 19)	CR
10:00	Line Dancing	MP1
11:00	Veterans Grp (pg 6)	AR
12:30	Mahjong	AR
1:00	Bridge	LO
1:00	Broadway/Classic	CR
12:30	Lasting Impressions	MP1
1:30	Pickleball	MP2

Key

AR	Art Room
BL	Billiard Area
CNR	Conference Room
CR	Classroom
LO	Lounge
LOB	Lobby
MP1	Multipurpose Room One
MP2	Multipurpose Room Two
MP3	Multipurpose Room Three
WS	Woodshop
$	Indicates fee

* For specific dates and details, refer to the full class listings on the insdie pages of the newsletter

100 MILE MILL RACE CENTER CHALLENGE Keep log of your miles!

See page 2 for our Holiday Hours

Activity Highlights

Nov. 2, 30, & Dec. 7
Food Revolution Video; 1:00PM FREE

Nov. 9 & 23
Movies; 2:00 & 4:30PM FREE

Nov. 10 & Dec. 8
Card Making; 1PM
Ted Talks; 1PM
Tuesday Tea; 2PM FREE

Nov. 11
Veterans Day Program; 2PM FREE

Nov. 16
Red Cross Blood Drive; 9-2PM New!

Nov. 17 & Dec. 15
Fun with Plants Group; 10AM FREE

Nov. 18 & Dec. 9
Purdue Extension Class; 3PM FREE

Nov. 20 & Dec. 18
Monthly Brain Workout; 9:30AM
Broadway/Classic Movie; 1:30PM FREE

Nov. 24 & Dec. 29
Trivia; 9:30AM FREE

Dec. 1
Needle Felting; 1PM; $ New!

Dec. 1 & 8
Holiday Songs & Stories; 10AM FREE

Dec. 3
Centra Credit Union Class; 10AM
Partner Chili Cookoff; 11:30AM; $ New!

Dec. 4
Welcome Breakfast; 9:30AM
SHIP Counseling; register FREE

Dec. 9
Lunch & Laughter; 12PM; $ FREE

Dec. 10
Cooking Class; 11:30AM
Sound Healing; 3PM FREE

Dec. 14 & 28
Movies, 2:00 & 4:30PM FREE

Dec. 15 New!
Fresh From The Oven Program, 1PM

Dec. 17
Mingle & Jingle; 2PM FREE

MILL RACE CENTER
FITNESS

JOIN NOW

Mill Race Center Fitness is an innovative Fitness Facility with age-friendly cardio and strength equipment designed to make your workout more effective, safe, and fun. There are certified trainers on staff to develop personal fitness plans and leading a variety of group exercies classes offered for all levels. Mill Race Center Fitness is a Silver Sneakers and Silver & Fit approved facility.

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