



July-August 2024 • Issue No. 4

AGING WELL!

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

Membership \$90 a year per person • 812-376-9241 • www.millracecenter.org



To Benefit Mill Race Center

WED., AUGUST 28

6:30PM

\$20 per Ticket

Let's go to the HOP... Enjoy a delicious meal from Blackerby's Hanger and great Rock & Roll music by the Tune-o-matics! All proceeds will benefit Mill Race Center.

Tickets must be purchased in advance at the Mill Race Center business office.



Sponsored by:

HORIZON BANK



100 MILE CHALLENGE

FREE! **NEW**

MILL RACE CENTER

SPRING/SUMMER Challenge

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

Visit our website to find a 100 Mile Challenge Log Sheet or pick one up at the MRC. Keep track of your miles from **April 1-Sept. 30**. 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. Medals for every 500 miles and prizes given to top millage participants. A drawing will pull overall winner for top prize of One Year Membership to MRC, \$50 Cash, and T-shirt.

KEEP MOVING!

NEW **LUNCHTIME MUSIC**
August 6 at Noon
 Featuring: Bryce Hatton
 Catered by: First Class Catering
 See page 16



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

Mill Race Center Program Hours: Monday-Thursday, 8 a.m.—7 p.m. and Friday 8 a.m.—5 p.m.

Business Office Hours: Monday-Friday 8:30 a.m. - 5:00 p.m.

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

CRH Fitness Center (812) 376-5808; CRH Fitness Center is a separate membership, but can be purchased at MRC.



From Your Executive Director

Rethinking Wellness

Bartholomew County has a history of developing initiatives to address issues within the community. Mill Race Center has partnered with the Alliance for Substance Abuse Progress (ASAP) and Mental Health Matters to enable us to access training and programs, while advocating for the needs of older adults within these important conversations. I recently attended an ASAP symposium on “Rethinking Wellness” and walked away with a sense of renewed urgency regarding the health of older adults in our community. I serve on the Suicide Overdose Fatality Review team, so some of the numbers were not new, but to see them framed in a new way was still shocking.



- There were 8 suicides in Bartholomew County in 2023. Of those, seven were males 54 and older, and all used guns as means.
- There were 25 fatal drug overdoses, and of those, 64% were over the age of 45. This rate is higher than the Indiana and national average.
- 22% of the local population is classified as excessive drinkers.
- Our local opioid prescription rate still exceeds the state and national average.
- Mental Health Matters shared that 32% of the adults in Bartholomew County have a depressive disorder diagnosis.

Where do we begin to make changes? We can start by having open and honest conversations about our own struggles. The staff of Mental Health Matters have often used the phrase “mental health is health.” We can make a lot of progress by reducing the stigma that is often associated with mental health issues. We will gladly chat about anything and everything regarding our physical health. I know more about people’s bodily functions than I ever wanted to know, but when the topic turns to mental health, people tend to become silent. We can also look at the cultural issues related to substance misuse, including alcohol, with new objectivity. There is a massive, well-funded industry that sees addiction as a source of profit, whether that be from the latest adult beverage, giant coffees, medications, or food. Many of these corporations do not have your best interests in mind. Take control of your health by making informed decisions about the way that you treat your body.

There is a place where mental health and addiction intersects, and it is the same place where longevity presides. Connection. Socialization. The reality is that healthy, supportive people are the best medicine. People who support and encourage one another will find that they all benefit from the interaction. How do we change our society? By recognizing that “society” is a collection of individuals who can either positively or negatively influence those around us. We get to choose which one we will be.

Dan Mustard Executive Director

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

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 \$90 a year. Those 85 and older are \$35 and those 90 and older are free. We have a six month memberships \$45, and offer a monthly payment option. A day pass is available for \$10 a day. *CRH Fitness Center membership is separate but can be purchased in the Parks Department office.*

Mill Race Center will be closed on Thursday, July 4 for Independence Day.

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

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

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

Mill Race Center Staff

812-376-9241

Debbie Bray, Administrative Assistant, x 222

Amanda Coleman, Travel, x215

Bradley Cox, Administrative Assistant x218

Rebecca Cutsinger, Program Assistant & MOW x 208

Charlie Harsh, Facilities Assistant, x 216

Jeff Jones, Van Driver

Dan Mustard, Executive Director, x 211

Roy Pruett, Facilities Manager, x 225

Tamara Quitko, Accounting Clerk, x221

Shannon Truman, Operations & Programs Director, x 220

Jeff Voyles, Senior Products, x 228



Now booking for 2024 & 2025
Weddings • Reunions • Corporate Events
MillRaceEvents.com
(812)302-3838

Wedding photography courtesy of jackiesantanaphotography.com



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





Providing much more than a meal!

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

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

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

Cost: \$7.10 for hot lunch
\$12 for Hot lunch and cold sack supper

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



Golden K Kiwanis

Each Monday 10:00-11:00am

Kiwanis is a global organization of volunteers dedicated to improving the world one child and one community at a time. Their purpose is to improve the quality of life for children and families of the world. President: Basil Fritsch, 812-603-6160



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.

NEW

Watch for a future program from our partners Voelz, Reed, & Mount, LLC, Griswold Home Care, My Mobility, and Consider It Done coming in August.



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

Estate and Elder Law Attorneys
2751 Brentwood Drive • Columbus, IN 47203
www.voelzlaw.com • (812) 372-1303

Volunteer drivers are needed to help with Meals on Wheels.



MEALS on WHEELS

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

Happy Helping Hands

Thursdays - 10:00-11:30am

Not meeting July 4

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

Leader: Carolyn Jordan



SENIOR EXPO 2024

Discover ways to be healthy & age well!

**Friday, August 16th
9am-Noon**

Mill Race Center | Columbus IN

There will be no regular programs or classes at Mill Race Center on August 16 due to the Senior Expo.

SPONSORED BY:

THE REPUBLIC

MILL RACE CENTER

COLUMBUS REGIONAL HEALTH

Four Seasons RETIREMENT CENTER



Invite your friends that are not members to come with you and see what a great facility we have!

DOOR PRIZES!

VOLUNTEERS WANTED

NEWSLETTER DELIVERY

We need help to delivery 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!!

VOLUNTEER



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



MEALS-ON-WHEELS Volunteer Drivers

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

Knitters Needed
In an effort to raise awareness for World AIDS Day, the Granny Connection will be accepting donations of red knit scarves at MRC.

MRC AMBASSADORS

MRC Ambassadors enjoy meeting people and getting to know them. They are helpful to our staff and members in a myriad of ways. From greeting folks as they walk through the door to helping prepare for an upcoming event, they add sunshine to everyone's day. Contact Bradley at MRC.

MRC Vans Detailed

We can always use help making sure our vans that we drive for trips are cleaned inside and out. Interested in volunteering to do that stop by the office.

Volunteer at Camp Atterbury USO

Volunteers are needed at the Camp Atterbury USO for various shifts. If you are interested in the rewarding experience of being a part of the USO Camp Atterbury, please contact Justin Kiel, USO Operation Supervisor at 812-521-1281.

Interested in volunteering?

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

Volunteer for your Vocational Wellness

Ambassador Meeting

Informational ambassador meeting will be held the first week that each newsletter comes out. Interested in becoming a volunteer ambassador feel free to attend a meeting and get plugged in. If you would like to become an ambassador please see a staff member in the office.

Wednesday, July 3 at 9:30am

Welcome! **MRC Welcome Breakfast**
Friday, August 2
9:30am in the lounge
Register in the office

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

Follow Mill Race Center on Facebook.



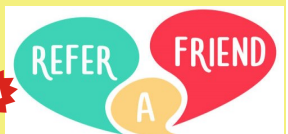
Give the gift of a **Mill Race Center** membership to your friends this year!

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



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.

Fun With Plants Group
July 16 & August 20
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. Meets the third Tuesday each month.

Matter of Balance Class
Sept. 16-Oct. 2
Mon. & Wed. 10:00am-Noon
(3 week class)
FREE

DO YOU HAVE **concerns**
about falling?

FREE!



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.

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. **This is now a free class with sponsorship from the Bartholomew County Health Department.** Max: 10 Call Mill Race Center if interested 812-376-9241.

Kara's Silver Strings
Dulcimer Class

FREE!

NEW

KARA'S SILVER STRINGS



Kara's Silver Strings is a user-friendly way to learn to play the dulcimer even if you have never played an instrument before. You don't have to read music, or have any experience playing an instrument to be able to sound great playing. Our lessons provide everything you need, including the dulcimer. Within the first half hour of the first lesson you'll be playing music with your friends. The program was created by National Dulcimer Champion Kara Barnard. Everyone can learn to play music, and it's so much fun! (Max 9)

Beginner (book 1) - Aug. 15-Sept. 12
Thursdays at 10:30am (beginners); FREE

Next Step (book 2) - Aug. 15-Sept. 12
Thursdays at 9:00am; FREE

If you are new to the dulcimer you must have completed the beginner class before taking this next step class.



Sponsored by: **Heritage Fund**
The Community Foundation of Bartholomew County

MILL RACE CENTER
ON THE GO

NEW

FREE!

Vivera

July 9 at 2:00 pm
 August 13 at 2:00 pm

At All Saints Apartments

July 23 at 2:00pm
 August 27 at 2:00pm

Fairington Apartments

July 16 at Bldg 2301 at 2:00 pm
 August 20 at Bldg 2401 at 2:00 pm

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

Fraud Prevention Seminar
Tues., July 16 at 11am
Free; register in office

NEW

FREE!



Join us for a significant event where the Columbus Police Department, the Mill Race Center, and the Indiana Attorney General's Office are coming together to host a fraud prevention seminar.



Indiana Attorney General's Office is dedicated to protecting Hoosier consumers from deceptive and predatory business practices and scams. At this seminar, you can find the answers to questions in the minds of many Hoosier consumers like you. Information on current topics such as identity theft, typical schemes, and market scams. It's a great way to protect yourself.

Eight Dimensions of Wellness



Evening Star Quilt Guild

FREE!

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

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

Tuesday Evening

Sewing Group

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

FREE!



Quarterly Reading Challenge

NEW FREE!

NEW Quarterly Reading Challenge!
See Page 16 for details!

A great way to work on your Intellectual Wellness!

FREE!

NEW

Lazy Daisy Embroidery Guild

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

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



Happy National Hot Dog Day

NEW

Lunch Offered on July 17

See page 16



create

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

Garden Gem Stakes

Thurs., July 11 at 3pm
Cost: \$12 (3 stakes)

We will make 3 beaded garden stakes for outdoor flowers or indoor flower pots. We will top each with a gemmed topper. All supplies included. (max: 12)



Tissue Paper Candle Holder

Tues., July 23 at 3:00pm
Cost: \$7

An easy craft using tissue paper and modge podge. Create two candle holders using this technique. Works great for an electric candle too. Keep one and give one as a gift. All supplies included.



Watermelon Welcome Sign

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

Who doesn't love watermelon during the summertime? Make this colorful welcome sign for your front door. All supplies included.



Recycled Planter

Thurs., August 15 at 3:00pm

Cost: \$10

We will take recycled containers and cover them with recycled yard sticks to make this upcycled succulent pot. When you finish with the container you will go to the potting station to add dirt and succulents. All supplies included.

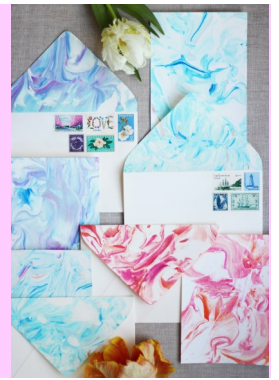


Shaving Cream Cards

Tues., August 27 at 3:00pm

Cost: \$5

Design your own colorful marbledized notecards. We will use shaving cream and food coloring for this fun project. It creates beautiful unique backdrops for cards. All supplies included.



Monthly Card Making

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

July 9 - Summer

Tues., July 9 at 1:00pm

Cost: \$5 (set of 4)



August - Ice Cream

Tues., August 13 at 1:00pm

Cost: \$5 (set of 4)

September - Yellow & Purple Paper

Tues., Sept. 17 at 1:00pm

Cost: \$5 (set 4)



Art Class

Wednesdays from 10:00am-12:30pm



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

Beginners: no supplies needed for your first visit. Holly will get you started on a project and advise on needed supplies. **FREE for MRC members.** For more information contact: Holly Melillo at 812-350-8238.





Ball Room Dance Classes

Monday, Tuesday & Thursday 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, call Margot at (812) 342-4156.

Basic Beginner Line Dance

Wednesday, 4:00-5:30pm

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

Instructor: Carla Willis-Crase

Free for MRC members, \$10 non-member



Friday Line Dance

Intermediate & Advanced

Friday mornings 10:00-11:30am

Free for MRC members, \$10 non-member

Instructed by Billy & Carla Crase

Billy & Carla are renowned line dance instructors and choreographers.



NEW participants always welcomed!



Monday	Tuesday	Wednesday	Thursday	Friday
Ball Room Dance 5:00-7:00pm (MP1 & 2)	Ball Room Dance 5:00-7:00pm (MP1 & 2)	Line Dance Beginner 4:00-5:30pm (MP1 & 2)	Ball Room Dance 5:00-7:00pm (MP1 & 2)	Line Dance Intermediate & Advance 10:00-11:30am (MP1 & 2) (No class 8/16)

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.



Walking Group

Wednesday at 9:30am

Take a walk outside and take steps toward a healthier lifestyle while making friendships along the way. Each week we will walk a 2 mile route with longer excursions to come. You can also add it to your 100 Mile Challenge. Join Becky, Shannon, or Dan each week to get your steps in. Weather permitting.



Let's go for a **walk**





Bodies in Motion

Class meets:

Mon., Wed. & Fri. at 8:30am (no class 8/16)

Tues. & Thur. at 2:00-3:00pm

FREE to MRC members

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

TOPS Club

Wednesday 11:30am-1:00pm

Take Off Pounds Sensibly

For more information please contact Debbie Grounds at 702-513-5183 or check the TOPS website at www.tops.org.



Senior Swim

At Foundation For Youth

Purchase swim passes at FFY for \$6 per visit or ask about discounted pricing. Please check out their website at www.foundationforyouth.com to confirm pool schedule as it varies by week. Call FFY with any questions: 812-348-4558



12 Months of Kindness ^{NEW}

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.



JULY - School Supplies for LCNFC

AUGUST - Socks for BCSC

SEPTEMBER - Peanut Butter for Love Chapel

Walk 'n' Roll ^{NEW}

Tuesday's at 3:00pm

No class July 2

We are keeping exercise fun with classic music, easy steps and arm movements! No rhythm is required. The class can be

used as a great way to start exercising or can be added to your regular workout routine. Whether it's the locomotion, the boogie, or the twist, you're sure to have a good time as you sweat to the beat!

Lead by CRH instructor Myla Annis.



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.

Free: Introduction to Tai Chi on August 27th at 11am

Senior Volleyball

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

at Foundation for Youth 405 Hope Ave, Columbus
Information:



Senior Bowling

Tuesdays at 1:00pm

Columbus Bowling Center

Information: Joan Winkle, 812-350-9452

Glenna Phelps, 812-390-9234



Pickleball



FREE!

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



Wednesday Evenings - 5:45-8:00pm



Friday Afternoons - 12:30-3:30pm
(not meeting 8/16)

Follow Mill Race Center
on Facebook.



Come Eat Together

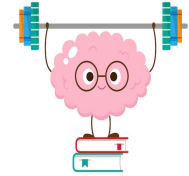
It's always fun to eat with friends! Meet us there, but **registration required** at the business office so we can make reservations for our group.



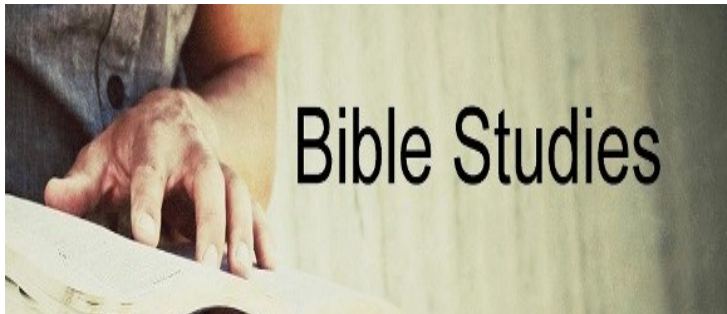
Willow Leaves
Meet there at 11:00am
Thursday, July 25

Bob Evans
Meet there at 11:00am
Monday, August 19

**Monthly
Brain
Workouts**



See page 19 for details.



Bible Studies

Morning Bible Study

Tuesday mornings 10:30-11:30am

In the Classroom; **Free**

Information: Virginia Houser, 317-757-9674

July: Kevin Metz

August: Erick Erickson



Wednesday Bible Study

Wednesday 3:30-5:00pm

The study will be on the minor prophets: Part 1 - Hosea, Joel, Amos, Obadiah, Jonah, Micah - Part 2 - Nahum, Habakkuk, Zephaniah, Haggai, Zechariah and Malachi. Please sign up in the office and purchase your Life Change series on your own. Sold online or at local bookstore.

Learn to Relax Class

Thursday, August 29
at 11:00am

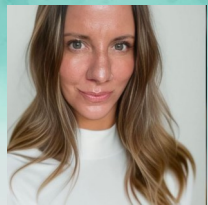
Everyone experiences stress, and sometimes that stress can feel overwhelming. In Learn to Relax, we will look for ways to relax our minds and bodies using a variety of relaxation techniques. The goal is to equip members with stress-reducing techniques to help navigate stressful situations. Please register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



Sound Healing

July 25 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 relax us. Registration required, free for members.



DON'T MISS OUT!



TED Talks

2nd Tuesday of each month
Meeting at 1:00pm in Classroom

Facilitators: Ed & Terri DeVoe



July 9 at 1:00pm

Can The Damaged Brain Repair Itself?

By: Siddharthan Chandra

After a traumatic brain injury, it sometimes happens that the brain can repair itself, building new brain cells to replace damaged ones. But the repair doesn't happen quickly enough to allow recovery from degenerative conditions like motor neuron disease (also known as Lou Gehrig's disease or ALS). Siddharthan Chandran walks through some new techniques using special stem cells that could allow the damaged brain to rebuild faster.

August 13 at 1:00pm

You Don't Find Happiness, You Create It

By: Katarina Blom

Why is it so hard to find that life of meaning, and connection, and happiness we long for? Why can't we just live in our "happy place" all the time? According to psychologist Katarina Blom, the brain is not always on your side when it comes to well-being. Survival, absolutely. The rest, not so much. But there is hope! In this personal and inspiring talk, Katarina Blom lets you in on a few secrets of the mind - and how you can cultivate happiness by befriending your brain.

Stay for Tuesday Tea after Ted Talks!



Tuesday

Tea



July 9 & August 13



FREE

2:00-4:00pm



Hosted by: Jennie Rauch
Cookies by: Pat Galdikas

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

Eight Dimensions of Wellness

Swedish Paper Crafting Thursday, Aug. 1 at 10:00am Free

Make beautiful cards, items for grandchildren, or decorative pictures with this unique style of paper cutting. Class will also include calligraphy by tracing or learning how to do it. All supplies included. Class will be taught by MRC member Pat Dodge. There will be books and patterns on show if you want to pick out your picture before class, or to look at. Class is limited to 6 people.

FREE!

NEW



In The Woodshop Drop-In Woodcarving Class

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

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



MRC Woodshop

FREE!

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

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



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

FREE!



FREE!
NEW




Grocery BINGO!

Grocery BINGO
July 18 & August 22 *DON'T MISS OUT!*
3:30-4:30pm; Art Room

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

UKULELE



Ukulele Circle **FREE!** **NEW**
Mondays; 2:00-3:00PM; Free

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

If interested in Ukulele class please let the office know.

FREE!



FREE Introduction to beginner Tai Chi Aug. 27 at 11:00am. Come find out what Tai Chi is and what it can do for you.


CAKEWALK



Cake Walk **FREE!**
Thursday, August 29
3:30pm; Free

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

WISE Class **FREE!** **NEW**
(Wellness Initiative for Senior Education)
(6 week class); FREE
Tues., Sept. 17-Oct. 22



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

HAPPY BIRTHDAY **FREE!**

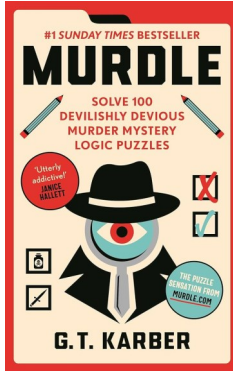


Birthday Party

Once a newsletter we will celebrate birthdays at Mill Race Center. There will be birthday cake, ice cream, and entertainment by our own Dan Mustard. Reservations required by the day before the party. You may bring one guest. Register in the MRC business office.

July & August Birthdays
July 18 at 12:30pm

Murdle the Murder Puzzle Series **FREE!** **NEW**
Wed., July 17 & Aug. 21
10:30am; Free



Like Murder Mysteries? Like solving crimes? Come join Bradley and enjoy some Murder Mystery Puzzles to get that brain thinking! Let's make you one the greatest detectives we possibly can. We are going to use logic, skills, and the power of deduction to find out who the murder is. See you there Detective! Meets the third Wednesday of the month.

100 MILE CHALLENGE MILL RACE CENTER

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

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.



July 8
**Ordinary
Angels** **PG**



July 22
**The Miracle
Club** **PG-13**



August 12
One Life **PG**



August 26
**Mother Of The
Bride** **PG**

**WE'RE
ALL
EARS**



Monday, July 8 at 5:30pm
Monday, July 15 at 9:30am

“We’re all ears!”

Meet with members of the board of directors of Mill Race Center as they meet with you to discuss important topics. Many people have questions about the impact of Nexus Park on community services, and how we will adapt to changes and chart a new path for senior services in our community. Join us either day.



**LUNCHTIME
MUSIC**

LUNCHTIME MUSIC

August 6 at Noon

Featuring: Bryce Hatton

**Lunch: \$10 members
\$15 non-members**

Make reservations at the MRC business office.
Lunch will be provided by First Class Catering.

Required Registration by Aug. 1.

Doors open at 11:45am



National Hot Dog Day **NEW**
Wednesday, July 17

Starting at 11:30am—until sold out

In honor of National Hot Dog Day we will be selling hot dog meal deal at the center. If you are participating in activities at the center plan on eating lunch or just come for lunch. Meal deal is \$5 and will include: Hot Dog, bun, bag of chips, pickle spear, and cookie. Free lemonade and water will be served.

Follow Mill Race Center
on Facebook.



BOOK STUDY

**TINY HABITS:
The Small Changes That
Change Everything**

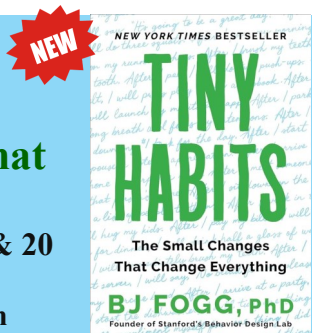
Tues., July 23, 30 & Aug. 13 & 20
11:00am

\$15 for book/or purchase on own

“There are many great books on the topic [of habits]: *The Power of Habit*, *Atomic Habits*, but this offers **the most comprehensive, practical, simple, and compassionate method I’ve ever come across.**” —John Stepper, Goodreads user

BJ FOGG is here to change your life—and revolutionize how we think about human behavior. Based on twenty years of research and Fogg’s experience coaching more than 40,000 people, *Tiny Habits cracks the code of habit formation. With breakthrough discoveries in every chapter, you’ll learn the simplest proven ways to transform your life. Fogg shows you how to feel good about your successes instead of bad about your failures.*

This proven, step-by-step guide will help you design habits and make them stick through positive emotion and celebrating small successes. Whether you want to lose weight, de-stress, sleep better, or be more productive each day, *Tiny Habits makes it easy to achieve—by starting small.*





To Benefit Mill Race Center

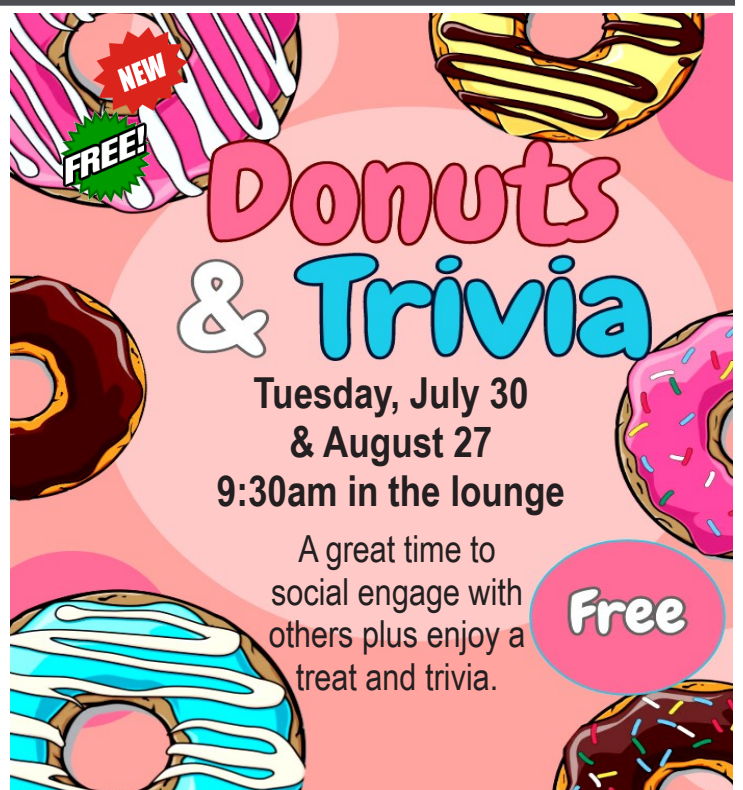
WED., AUGUST 28
6:30PM
\$20 per Ticket

Let's go to the HOP... Enjoy a delicious meal from Blackerby's Hanger and great Rock & Roll music by the Tune-o-matics! All proceeds will benefit Mill Race Center.

Tickets must be purchased in advance at the Mill Race Center business office.



Sponsored by: **HORIZON BANK**



Donuts & Trivia

Tuesday, July 30 & August 27
 9:30am in the lounge

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

Free

Quarterly Reading Challenge

FREE! **NEW**

Join Us!

June-August

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

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

Thursday Night Line Dancing

NEW

August 1, 8, 22, & 29
 6:30-8:30PM
 \$10 cash cover charge for all

Come line dance at Mill Race Center this August on Thursday nights. Open to the public and all experience levels.

Instructed by:
 Billy & Carla Crase

MILL RACE CENTER

100 MILE CHALLENGE

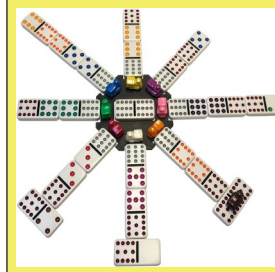
Keep track of your miles while you travel!



The BCPL Bookmobile:

FREE!

July 10 & 24
August 7 & 21
9:30-10:30am
Available out front of MRC.



Mexican Train Dominoes

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

FREE!



Classic Card Game Pinochle

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

FREE!

MAHJONG

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



FREE!

OPEN Billiards

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



FREE!

NEW



NEW

Bridge

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

BRIDGE

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

FREE!



Puzzle Table

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

FREE!

Follow Mill Race Center on Facebook.



FREE!

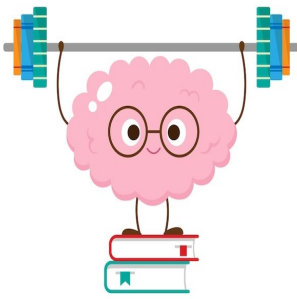


Cards & Games Schedule



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

Monday	Tuesday	Wednesday	Thursday	Friday
Mahjong 12:30-3:30pm Hand & Foot 12:30-4:00pm <div style="border: 1px solid black; padding: 5px;"> Cards & Games are free for MRC members. Day passes can be purchased for non-members. </div>	Pinochle NEW 1-4pm (2 & 4 Tuesday) Euchre 4:30-7:00pm (MP3)	Scrabble 1:00-3:00pm Hand & Foot 12:30-3:30pm For information call Rosemary Sager (812)390-7665	Dominoes NEW 12:30-4:00pm	Mahjong 12:30-3:30pm Bridge NEW 1:00-4:00pm (Canceled on 8/16)



Monthly Brain Workouts

Friday, July 26 & August 23
9:30am; Classroom



FREE

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.

DON'T MISS OUT!



The Historic
ARTCRAFT
Theatre

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

Thursday, July 18
Ma and Pa Kettle Go To Town (1950)



Next Movie: Thursday, September 5

Let's go for a
walk



Every Wednesday at
9:30am
2 mile walk planned
Meet in the lobby

TRAVEL WITH MILL RACE CENTER

Hello!

We are finally in the heart of summer and travel is busy, busy! We have members getting ready to embark on some adventures to the Pacific Northwest and Nova Scotia soon.

You may have noticed that I had to make some changes to the 2025 trips because Montana with Glacier National Park is already sold out for the departure date that was originally selected.

Currently, Australia and Yellowstone are over halfway sold-so please do not hesitate if you want to join us. I cannot wait for either of these! There have also been many of you calling about London and Paris. Since travel has been selling so fast, I also added a cruise winter getaway for January 2025.

Don't forget our Biltmore trip still has a little room left and we can't wait to see the beautiful decorations. Our first bus trip pricing for next year will be out soon-Cherry Blossoms in DC! What do you look for most in a bus trip? Is it the price or the inclusions? Is your ideal price for a bus trip under \$1K or does it not matter if you want to go to the destination?

Stay Tuned!

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



FREE! **Travel Show** **NEW**
Wed., July 31 at 10:30am
Going over all 2025 trips.
Please register in the MRC office.

Addition for 2024!!

Albuquerque Balloon Fiesta

October 4-9, 2024

\$3239 per person double occupancy, includes transportation to the airport and roundtrip airfare from Indianapolis. Dazzling during the day, the spectacle of hundreds of hot air balloons is even better when they light up at dawn and dusk. See these amazing displays, explore early Pueblo life and enjoy the artists of Santa Fe.



Wonders of Australia and New Zealand- *Amanda is going!*

February 26-March 13, 2025

16 days; \$8,999. per person double occupancy

Visit the other side of the world with our holiday to the 'must see' cities in Australia and New Zealand. Experience the Outer Barrier Reef, take a stroll through Australia's modern cities, see famous Bondi Beach and tour Sydney's unmistakable Opera House.

Revel in the unspoiled natural beauty of New Zealand and cruise through gorgeous Milford Sound. Waterfalls, fjords, cosmopolitan cities...you'll experience it all on this unforgettable adventure.



London and Paris

Free air fare if deposited by July 31, 2024

May 14-22, 2025

9 days; \$4,299 per person double occupancy

Enjoy two panoramic city tours of London and Paris, an excursion to Leeds Castle and the Cliffs of Dover and learn about life in a chateau at Château de Vaux-le-Vicomte.

Visit the regal Palace of Versailles on this 9 day tour of London and Paris.



Montana and Glacier National Park

July 5-12, 2025 (new date)

8 days; \$4249 per person double occupancy. The awesome grandeur of Glacier National Park is on display from the comfort of a historic Red Bus travelling along the legendary Going-to-the-Sun Road. Cruise through Waterton Lakes National Park and follow in Lewis & Clark's footsteps to the Gates of the Mountains.



Trips

Yellowstone and Jackson Hole

Free Air Fare is deposited by July 31, 2024

September 20-26, 2025

7 days; \$3,699 per person double occupancy The beauty of Yellowstone National Park comes to life with the natural wonders of Old Faithful, the Norris Geyser Basin and the Grand Canyon of Yellowstone. Tour scenic Grand Teton National Park, take a scenic float trip on the Snake River and discover treasures of the Old West in historic Jackson Hole.



Danube Explorer with Oktoberfest

Free Air Fare is deposited by July 31, 2024 - Amanda is going!

September 19-29, 2025

Prices vary based on cabin selection. Visit five countries: The Czech Republic • Germany • Austria • Slovakia • Hungary and enjoy a 7-night cruise in a suite or stateroom of your choice onboard an Emerald Waterways Star-Ship. We will end the trip in Munich with reserved seats in a traditional Oktoberfest tent- where we can enjoy the festivities and participate in one of Munich's most famous traditions!

Baja California Cruise

Free Air Fare is deposited by July 31, 2024

January 27-February 3, 2025

The beauty and excitement of Mexico's Baja California Peninsula is the highlight of this land and cruise adventure. Spend three nights in San Diego, see the famed Hotel del Coronado and visit Balboa Park, the Zoo and USS Midway Museum. Then, spend four days cruising the Pacific Ocean along the Baja coast with stops at Catalina and Ensenada. Pricing is double occupancy, includes transportation to the airport and roundtrip airfare from Indianapolis. Inside-2899, Outside-2979, & Balcony-3099



Baja California Cruise

2024 Bus Trips

Christmas at The Biltmore House

December 2-5, 2024

Amanda is going!

Take a step back in time for an elegant 1895 Christmas! Illuminated with candles and soft lights, the Biltmore House



appears as it did Christmas Eve 1895, when it was officially opened by George Vanderbilt. View the home by candlelight, then return in daylight to tour Antler Hill Village and massive grounds of the estate. \$899 double/ \$1160 single

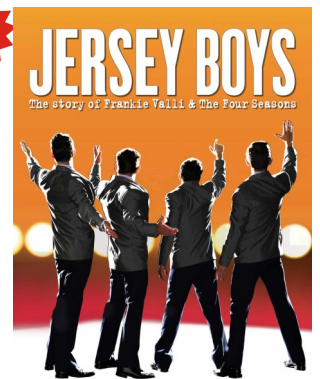
Day Trip Derby Dinner Shows

Derby Dinner JERSEY BOYS

Wed., Sept. 18

\$55 members, \$65 non-members

Follow the evolution of four blue-collar kids who became one of the greatest successes in pop-music history. This award-winning musical takes you behind the music of Frankie Valli and The Four Seasons and features electrifying performances of their chart-topping hits! Leave MRC at 10:15am return approx. 5:30pm. Max: 12 R




Daytrips

NEW

All day trips have reservations or tickets purchased. Do not meet MRC there and expect to sit with our group. Our seats are for registered members. Do not call day trip locations representing MRC.

R - refund available up to 3 days before departure

 Lots of walking, standing, or stairs

Batar in Seymour

Friday, July 19

Friday, August 16

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


Come inside, sit back and enjoy a cool iced tea and delicious lunch in the Geranium Room. Satisfy your appetite with our luncheon menu offering freshly made hot and cold sandwiches, homemade soups, chicken wraps, and a variety of more. You will love the homemade desserts and fresh coffee and tea. We will have small group reservations for several months to accommodate our numbers. Leave MRC at 10:20am return approx. 1:30pm. Max: 7



NCAA Hall of Champions & Oaken Barrel

Tuesday, July 23

Cost: \$20m/\$30nm+lunch on own

First stop will be lunch at Oaken Barrel restaurant in Greenwood. Next we will travel to the NCAA Hall of Champions and tour of the museum. Leave MRC at 10:00am return at approx. 4:30pm. Max: 12 (stairs & walking) 



Kopper Kettle

Wed., July 31

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

Let's have lunch at the beautiful Kopper Kettle! Leave MRC at 10am return approx. 1:30pm. Max: 12



Windjammer Grill and Chocolate Moose

Tuesday, August 6

Cost: \$10m/\$15nm + lunch & dessert on own


We will travel to Bloomington to enjoy a delicious lunch at Windjammer restaurant that sits on beautiful Lake Monroe. On the way back home we will stop at Nashville to have dessert at Chocolate Moose. Leave MRC at 10:00am return at approx. 3:00pm. Max: 12



Kurt Vonnegut Museum & The Garage Food Hall

Monday, August 12

Cost: \$20m/\$30nm+lunch on own

First stop to The Garage Food Hall for lunch and then over to the Kurt Vonnegut Museum & Library. Kurt Vonnegut was a World War II soldier and prisoner of war, peace activist, free speech champion, bestselling writer, artist, father, and lover of jazz, comedy, theater, and film. The museum is celebrating their 15th anniversary in 2024. Leave MRC at 10:00am return at approx. 3:00pm. Max: 12 (stairs & walking) 



O'Charleys

Wednesday, August 21

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


We will travel up to Greenwood to enjoy lunch at O'Charleys and Wednesday is free pie day. Leave MRC at 10:15am/return approx. 1:30pm. Max: 12



Old Spaghetti Factory, The Great American Songbook Foundation & The Archives

Tuesday, August 27

Cost: \$20m/\$30nm+lunch on own

Lunch at Old Spaghetti Factory in Carmel and then a tour of The Great American Songbook Foundation. We will next head to tour the Archives. Leave MRC at 10:00am return at approx. 4:30pm. Max: 12 (stairs & walking) 



All Who Wander Hiking Group

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

Contact Ed Niespodziani at
812-552-3343 or
kn4073@comcast.net



MEALS-ON-WHEELS

Volunteer Drivers Needed

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



The Better Breathers Club

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



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

July 17 at 3:00 – “Acute Lung Infections and Actions Plans”

Aug. 28 at 3:00 – “Living Well, Improving Health and Alternative Therapies”

If you more information, call Jennifer at 812-376-5793.



DON'T MISS THIS!
Sock Hop Fundraiser
August 28

NEW

britbox

FREE!



Three Little Birds

This sumptuous drama chronicles the turbulent lives of the Lennox sisters in the eighteenth century. Based on the popular novel by historian Stella Tillyard. Each episode is about 50 minutes. This series will continue into September.

Episode 1

Mon. July 15 at 1:30pm

Leah and Chantrelle arrive in Britain from Jamaica with their friend Hosanna, who they hope to marry to their brother Aston. Leah searches for work in Dudley while Chantrelle begins a job as a live-in nanny in London.



Episode 2

Mon. July 29 at 1:30pm

Leah and Hosanna settle in Dudley but are met with hostility. Tensions rise as the two question whether they can build a life in the unwelcoming town.



Episode 3

Mon. August 5 at 1:30pm

Leah's life in Dudley is complicated by blossoming romance, Hosanna and Aston take a big step forward, and Chantrelle's big audition unearths alarming truths about life in England.



Episode 4

Mon. August 19 at 1:30pm

Leah and Hosanna resort to desperate measures after a cry for help from Chantrelle.



Follow us on Facebook and visit our website for a variety of online classes.

www.millracecenter.org

Broadway Series

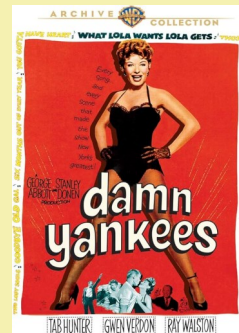
FREE!

Call MRC to register for each viewing.

Damn Yankees

Fri., July 26 at 1:00pm

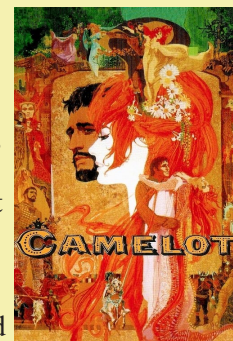
(1958) Joe Boyd, an aging Washington Senators fan, would sell his soul for the Senators to beat the New York Yankees and win the pennant. Enter Applegate, who offers to turn Boyd into Joe Hardy, a powerful young baseball player, in exchange for his soul.



Camelot

Fri., August 23 at 1:00pm

(1967) After the arranged marriage of Arthur and Guinevere, the king gathers the noble knights of the realm to his Round Table. The dashing and stalwart Lancelot joins, but soon finds himself enraptured by the lovely Guinevere. When Arthur's illegitimate son, Mordred, reappears in the kingdom and outs the secret lovers, Arthur finds himself trapped by his own rules into taking action against his wife and closest friend.



Eight Dimensions of Wellness Challenge

June 1 through August 31



Calling all Mill Race Center members! This summer we will be challenging you to **Age Well** by competing in the "Eight Dimensions of

Wellness Challenge." The goal is to introduce you to healthy opportunities and lifestyle habits as well as encourage you to maintain the habits already in place. The reward is that you will see improvement in your Physical, Social, Vocational, Financial, Emotional, Environmental, Intellectual, and Spiritual self and... there will be a chance to win a prize! Pick up your packet end of May in the business office. The challenge is to complete 40 activities included in the packet by August 31st. Once completed, return the completion slip to the office. Here's to a little healthy competition!



Eight Dimensions of Wellness

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!

Intellectual

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

Financial

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



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!

Physical

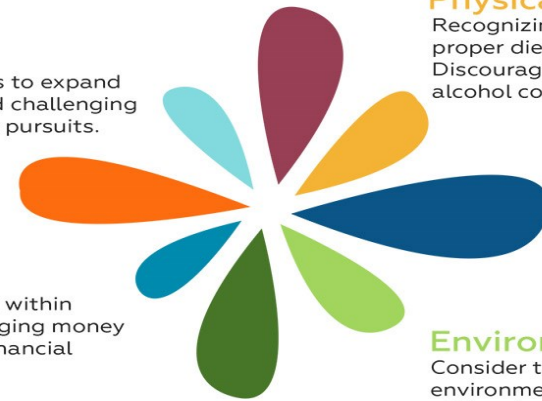
Recognizing the need for regular physical activity, proper diet and nutrition, and personal safety. Discouraging the use of tobacco, drugs, and excessive alcohol consumption. Get moving - be healthy!

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!





COLUMBUS REGIONAL HEALTH

Your Partner for a Lifetime of Fitness

FITNESS

THE WELLNESS CENTER AT MILL RACE CENTER

Located in Mill Race Center, 900 Lindsey St., Columbus, IN 47201, The Wellness Center is a community facility for active adults located in beautiful Mill Race Park.

INNOVATIVE FITNESS CENTER

The Wellness Center includes an innovative Fitness Facility with age-friendly cardio and strength equipment designed to make your workout more effective, safe, and fun.

CLASS OPTIONS FOR ALL SKILL LEVELS

The facility is a Silver Sneakers and Silver & Fit approved facility. Certified trainers will work with members to develop personal fitness plans on the easy to use weight training and cardio equipment. A wide variety of Group Wellness Exercise classes are offered for all levels of participation.

VARIETY OF FEE STRUCTURES

The Wellness Center offers day/guest passes, monthly memberships and annual memberships. Stop by or call 812.376.5808 to schedule a tour. Staff trainers are available by appointment for new member equipment orientation and program design.

\$7 | DAY/GUEST PASS

Per single visit

\$39 | MONTHLY MEMBERSHIP

Per month (automatic monthly withdrawal until canceled, no annual contract) includes unlimited use of The Wellness Center and all Wellness Classes (excluding water classes).

\$29 | ANNUAL MEMBERSHIP

Per monthly (automatic monthly withdrawal for 12 months with contract) includes unlimited use of The Wellness Center and all Wellness Classes (excluding water classes).

CLASS DESCRIPTIONS

BALANCE IN MOTION (1,2)

Class is designed to improve your balance by strengthening your feet, ankles and legs; improving coordination; and training core strength. It will help improve posture while enhancing reaction and focus.

CARDIO & OSTEO (2,3)

To improve your cardiovascular and bone health, this low impact aerobic and strength training class uses traditional floor aerobics, free weights, and resistance equipment to help strengthen your heart, muscles, and bones. Great to reduce the risk of osteoporosis, osteopenia, and osteoarthritis.

CARDIOFIT (2,3,4)

Whether performing basic aerobic moves with easy to follow dance steps, or utilizing a Step platform with basic moves, this class will surely improve your cardio fitness and have fun doing it! It's a low impact, med-high intensity workout that will enhance balance, memory, coordination, and increase aerobic endurance.

MONDAY

7 a.m. Yoga
8 a.m. Step
8:50 a.m. Muscle
10 a.m. Silver Sneakers Circuit
11 a.m. Balance in Motion
1:30 p.m. Exercise & Movement for Parkinson's
4 p.m. Yoga Basics

TUESDAY

5:30 a.m. Step & Strength
8 a.m. Cardio & Osteo
9 a.m. Pilates
10 a.m. Silver Sneakers Yoga II
11 a.m. Silver Sneakers Yoga I

WEDNESDAY

7 a.m. Yoga
8 a.m. Step
8:50 a.m. Muscle
10 a.m. Silver Sneakers Circuit
11 a.m. Balance in Motion
1:30 p.m. Exercise & Movement for Parkinson's
4 p.m. Yoga Basics

The Fitness Center will be closed July 4-6. There will be no classes the week of July 1st-5th.

CLASS DESCRIPTIONS

All classes are held at The Wellness Center located in Mill Race Center, 900 Lindsey St., Columbus.

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

EXERCISE AND MOVEMENT FOR PARKINSON'S (1,2)

An exercise class that has been specially designed to improve symptom-specific concerns such as: mobility, posture, balance, and gait while reducing joint stiffness. This is accomplished through dancing, shadow boxing, stepping over obstacles, marching and simple games that make this a fun and relaxed way to improve your quality of life!

*MUSCLE (2,3,4)

The participant will explore strength, toning, and functional benefits of this exercise class using a variety of resistance and weight equipment to improve body movement and overall health.

PILATES (3,4)

A mind-body class which focuses on increasing core strength, elongating the muscles and posture awareness. You will leave this class feeling, stretched, strong, and energized for the rest of the day! We suggest you bring your own personal mat and be able to get on/off the floor.

**SILVER SNEAKERS CIRCUIT (2,3)

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 I (1,2)

A combination of seated total body stretching and standing yoga poses with chair support (as needed) to help increase flexibility, balance and range of motion. Improve body awareness in space while promoting stress reduction through proper breathing.

**SILVER SNEAKERS YOGA II (3,4)

Enhance mind-body connection with seated stretches and yoga poses. Learn proper flow of sequential movements in coordination with breathing. Strengthen both upper/lower body when transitioning into standing poses or when utilizing the chair. Expect improvement in balance and posture after just a few classes. **It is highly suggested to attend Silver Sneakers Yoga I prior to attending Silver Sneakers Yoga II or first, consulting with the instructor in order to determine which level is a better fit for you.*

STEP (3,4)

Using an elevated platform with choreographed step combinations to increase heart rate and build cardiovascular endurance.

*STEP & STRENGTH (2,3)

Step class with additional set of exercises added to increase muscular strength and endurance.

*YOGA (2,3,4)

Combining the traditional flow of yoga postures with the "I Am Ageless NOW" program to help expand the awareness of your body. To help increase flexibility, blood flow, and lengthening your muscles. Our instructor is certified in this award winning program that will target muscular imbalances, posture difficulties, and focus on increasing joint range of motion. Join us for this one-of-a-kind offering!

*YOGA BASICS (1,2,3)

This class is designed for beginners with a focus on basic postures. Adaptations can be given for those with medical issues. **Must be able to transition to and from the floor.*

**Please note that you must bring your own yoga mat to all classes marked accordingly.*

*** All members may attend Silver Sneakers classes AND Silver Sneaker participants may attend all other classes.*

THURSDAY

5:30 a.m. Step & Strength
8 a.m. Cardio & Osteo
9 a.m. Pilates
10 a.m. Silver Sneakers Yoga II
11 a.m. Silver Sneakers Yoga I

FRIDAY

7 a.m. Yoga
8 a.m. Cardiofit
8:50 a.m. Muscle
10 a.m. Silver Sneakers Circuit
11 a.m. Balance in Motion

HOURS

Mon.–Thu. 6:30 a.m.–7 p.m.
Fri. 6:30 a.m.–5 p.m.
Sat. 8 a.m.–12 p.m.
Sun. Closed

REGISTRATION

> columbusparksandrec.com
> 812.376.2680
> NexusPark
2100 25th Street
Columbus, IN 47201
Mon.–Fri. from 8:00 a.m. to 5:00 p.m.

For more information visit crh.org/wellness or call 812.376.5808.

ASAP

Alliance for Substance Abuse Progress

HOW'S YOUR MENTAL HEALTH? Keys to Strengthen Well-Being & Flourish

asapbc.org



asapbartholomewcounty



asapbartholomew

(812) 418-8705

Open: 8am - 4:30pm



IDENTIFY YOUR TRIGGERS

Mental well-being is **the cornerstone of resilience**; the key to bouncing back from adversity, adapting to change, and even thriving in the face of stress.

Stress is a natural part of life, and by understanding your personal "stress triggers," you can manage its impact on your health.

Consider:

- "One thing that really stresses me out is..."
- "I can tell I'm feeling stressed when..."

Once you **identify your stress triggers**, you can develop strategies to reduce their impact on your over-all health (see the next page).

ASSESS YOUR MENTAL WELLNESS

Get a **FREE** mental health checkup!

Visit screening.mhanational.org to screen for depression, anxiety, addiction, and other mental health conditions you may be struggling with.

GOOD MENTAL HEALTH starts with prevention

Just like vaccinations and healthy habits protect against physical illness, mental health prevention strategies (like mindfulness, exercise, and social connection) build a strong foundation for well-being. By addressing risk factors like stress, depression, and unhealthy behaviors, you can prevent minor issues from escalating into more serious mental health conditions. It can even save you money by reducing the need for expensive treatments and interventions later.

THE IMPACT OF ISOLATION on mental and physical health

Research has linked isolation to higher rates of chronic illness, depression, and cognitive impairments. By recognizing warning signs of isolation and depression, you can help prevent further deterioration of mental and physical health. Watch out for:

- Fatigue
- Loss of appetite
- Sleep difficulty
- Neglecting personal hygiene
- Increased substance use
- Loss of interest in intimacy
- Boredom
- Feelings of helplessness/worthlessness
- Isolation
- Suicidal thoughts

If you or someone else needs help, call the 988 Suicide & Crisis Lifeline.

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START FEELING BETTER NOW Simple Techniques to Boost Well-Being

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GENERATE UPLIFTS! A powerful stress reduction strategy

Boosting mental well-being can be as simple as focusing on and creating new positive experiences (called "uplifts") in your daily life. This is a powerful technique from the book *Raw Coping Power* by national wellness authority Dr. Joel Bennett.

While life is full of both stressors and positive experiences, it's easy to get caught up in the negative. By intentionally focusing on uplifts, we shift our attention to the good things happening around us. These can be anything from a good night's sleep to hearing good news or receiving a compliment. An uplift is anything that leads you to feel well, hopeful, optimistic, effective, or resilient.

Can you generate an uplift today - perhaps even right now? Here are some ideas to get started:

- Read a good book
- Call an old friend
- Say a prayer
- Cook a favorite recipe
- Enjoy the weather
- Play a game
- Take some deep breaths
- Remind yourself that you are enough!



MORE STRATEGIES to help boost your well-being!

Here are some additional strategies you can implement today to achieve better over-all health:

- **The Four S's:** See things differently, Slow down, Simplify, be Silly and play.
- **Perspective:** Refrain from blame. Welcome challenges and obstacles as opportunities.
- **Prioritize:** Create a balance between obligations such as family, volunteering, or work and your own personal time to recharge
- **Positive Attitude:** Instead of "I can't," think "How can I?"
- **Communication:** Develop assertiveness and conflict resolution skills.
- **Self-Care:** Take care of your physical, emotional, and spiritual needs.
- **Learn to Say No:** Don't overcommit yourself.

ASAP Rethinking Wellness

Embracing wellness for lasting impact against substance misuse

Sources: WISE (Wellness Initiative for Senior Education); "Raw Coping Power" by Dr. Joel Bennett

How can I donate and help MRC?

1 of 3 Ways:

Go online at millracecenter.org
Text "millracecenter" To (833)735-8150
Drop off a check or cash to the office.

Be sure to check out the amazing products our members are making and that are for sale in the MRC store in the business office.



Quarterly Reading Challenge

NEW Quarterly Reading Challenge!
See Page 17 for details!

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



MILL RACE CENTER
100
MILE CHALLENGE

Keep log of your miles!

Follow Mill Race Center on Facebook.



Refrigerator Reminder - MRC Daily Activities

Monday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
8-12	Woodcarving	LO
10:00	Golden K	CR
12:30	Mahjong	LO
12:30	Lasting Impressions	MP1
12:30	Hand & Foot	MP2
1:00	Drum Practice	CR
1:30	Brit Box Series (pg. 22)	AR
2:00	Movies (pg. 15)	AR
2:30	Ukulele Class	CR
5-7	Ballroom Dancing	MP2

Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
10:00	Fun with Plants Group (3rd Tues.)	AR
10:00	Tai Chi (\$)	MP1
10:30	Bible Study	CR
1:00	Card Making (2nd Tues.)	AR
1:00	Woodshop	WS
1:00	Ted Talks (2nd Tues.)	CR
1-3	Embroidery Guild (3rd Tues.)	AR
1-4	Pinochle	CNR
2:00	MRC On the Go (see page 6)	Off Site
2:00	Bodies in Motion	MP2
2-4	Tea (2nd Tues.)	LO
3:00	Walk'n'Roll	MP2
4:30	Euchre	MP3
5-7	Evening Sewing (pg. 7)	AR
5-7	Quilt Guild (2nd Tues.)	AR
5-7	Ballroom Dancing	MP2

Wednesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
9:30	Bookmobile (pg. 18)	Out Front
9:30	Walk in the Park	LOB
10:00	Art Class	AR
10:30	Murdle Murder Puzzles	CNR
11:30	TOPS	CR
12:30	Hand & Foot	MP2
1:00	Scrabble	LO
1:00	Reader's Theater	CR
3:30	Bible Study	CR
4:00	Beg. Line Dance	MP2
5:45-8	Pickleball	MP2

Thursday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
10:00	Tai Chi (\$)	MP1
10:30	Dulcimer lessons (pg. 6)	CR
12:00	Line Dance Practice (2nd Thurs.)	MP2
12:30	Dominoes	MP3
12:30	Birthday Party (pg. 14)	AR
1:00	Woodshop	CR
1:00	Woodcarving	CR
2:00	Bodies in Motion	MP2
3:00	Craft Classes (pg. 8)	AR
3:30	Grocery Bingo (pg. 14)	AR
3:30	Cake Walk (pg. 16)	MP2
5-7	Ballroom Dancing	MP2
6:30	Line Dancing (\$10) (Aug. 1, 8, 22, & 29)	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	MP2
12:30	Mahjong	AR
1:00	Learn Bridge	CNR
1:00	Broadway Series (pg. 24)	CR
12:30	Lasting Impressions	MP1
12:30-3:30	Pickleball	MP2

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

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

ACTIVITY HIGHLIGHTS

- July 8 & 22** Movie; 2:00 & 4:30pm
- July 8** Board Listening Session; 5:30pm
- July 9 & Aug. 13** Card Making; 1:00pm
Ted Talks; 1:00pm
Tuesday Tea; 3:00pm
- July 15, 29, Aug. 5 & 19** Brit Box Series; 1:30pm
- July 15** Board Listening Session; 9:30am
- July 16 & Aug. 20** Fun with Plants Group; 10:00am
- July 16** Fraud Prevention Class; 11:00am
- July 17** National Hot Dog Day Lunch; 11:30am, \$
- July 17 & Aug. 21** Murdle Murder Puzzle Series; 10:30am
- July 18** Birthday Party; 12:30pm
- July 18 & Aug. 15** Grocery Bingo; 3:30pm
- July 23-Aug. 20** Book Study: Tiny Habits; 11:00am
- July 25 & Aug. 19** Come & Eat; 11:00am
- July 25** Sound Healing; 3:00pm
- July 26 & Aug. 23** Monthly Brain Workout; 9:30am
Broadway Movie; 1:00pm
- July 30 & Aug. 27** Donuts & Trivia; 9:30am
- July 31** Travel Show; 10:30am
- Aug. 15-Sept. 12** Kara's Silver Strings Class; 10:30am
- Aug. 1** Sharon Snip Class with Pat Dodge; 1pm
- Aug. 1, 8, 22, & 29** Evening Line Dance with Billy & Carla; 6pm, \$
- Aug. 2** Welcome Breakfast; 9:30am
- Aug. 6** Lunchtime Music; 12pm, \$ reservations required
- Aug. 12 & 26** Movie; 2:00 & 4:30pm
- Aug. 16** Senior Expo; 9am-12pm
- Sock Hop Fundraiser**
August 28 at 6:30PM
\$20 tickets in advance
- Aug. 27** Free Tai Chi Class; 11:00am
- Aug. 29** Learn to Relax; 11:00am
Cake Walk; 3:30pm





Mill Race Center
900 Lindsey St.
Columbus, In 47201

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