



AGING WELL!

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

Membership \$80 a year per person • 812-376-9241 • www.millracecenter.org

GREAT DECISIONS



PREPARE TO DISCUSS THE WORLD.

**8 week sessions
April 1-May 20
6:30-8:00pm**

Registration required with the MRC business office.

Partnered Program with IUPUC

**Class will be held through Zoom.
Assistance offered to help you get set-up.
Fee: \$25 members/\$35 non-members**

TOPICS for 2021

Global Supply Chains & US National Security,
The Future of Persian Gulf Security, Brexit: Taking Stock
& Looking Ahead, Struggles Over the Melting Arctic,
China's Role in Africa, The Korean Peninsula, Roles of
International Organizations in a Global Pandemic,
and The End of Globalization?

Great Decisions is America's largest discussion program on world affairs. The program provides background information and policy options for the most critical issues facing America each year. Every participant will receive a Great Decisions Briefing Book and have short readings for each week. A speaker will address key points and have question and answer time. Class held through Zoom.



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 from MRC.



100 MILL RACE CENTER CHALLENGE



Who's up for a challenge? WE ARE!

The Fall/Winter Challenge ends March 31 and the winner will be announced April 1.

Winner will receive: a free MRC t-shirt, a free One Year Membership to MRC, and \$50 cash. Winner will be drawn on April 1, 2021.

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 2021**. When you have reached 100 miles turn in your log sheet to the MRC business office. Once one log sheet is complete start a new one. All completed log sheets will be entered into a prize drawing.

KEEP MOVING!

From Your Executive Director

It's hard to believe that we are now one year into the COVID 19 pandemic. I want to share some insights that I have gleaned from what has actually been one of the most interesting and productive years of my life.

Last March, we closed Mill Race Center due to the pandemic. The staff here quickly responded by changing our service model and offering much of our programming online, increasing our delivered meal services, and doing outreach calls. We were all energized as we looked for ways to address the challenges. At one point Courtney Watkins, our Aging Well Coordinator, looked at me and said "You are the only person I know who is actually thriving in all of this." We chuckled at the thought, but it also struck me that she was right about the fact that the circumstances had created a burst of creativity that we may not otherwise have experienced.



It had begun for me with a video camera that my son purchased for my birthday in November, prior to the spread of COVID. I had learned to make amateur videos of my guitar playing that I shared with family and friends on Facebook. That experience gave me the confidence to begin to shoot larger projects for the Center, which we posted. Our staff recorded arts and craft projects, cooking shows, educational programs and many people found ways to share their creativity and interests. Many of our members shared their musical talents. We learned by doing, and thankfully people were patient as we stumbled through the use of new technology. Zoom meetings became the norm, and actually helped the newly formed Senior Center Coalition of Indiana (a project of the Pitman Institute here at Mill Race Center) expand much more quickly than we would have been able to if we had relied on in-person gatherings.

None of us had any intention of doing any of these things at the beginning of 2020. It required growth and the willingness to stretch ourselves in new ways. People who don't like to hear themselves or see themselves on camera had to step out of their comfort zones and try something new. As a result of this new approach, the traffic to the Mill Race Center website increased by 700% over 2019.

Shannon Truman, the Operations and Program Director at Mill Race Center, and Kelly Staley, our Program Coordinator, had to rebuild our in-person activities when the Center re-opened in June. Shannon and Kelly, along with facility staff Roy Pruett and Charlie Harsh, developed new protocols to ensure that we were operating in the safest way possible. Very few senior centers in Indiana have provided any form of in-person programming during the pandemic, and I am thankful that Shannon and Kelly worked through the logistics of bringing people back together, even if it is different than that to which we were accustomed.

What did the circumstances of 2020 teach you? Did you revive your interest in a past hobby or passion? Did you begin painting again, or learn to play an instrument? Did you pick up photography, or start on a path to fitness? If not, perhaps you should consider it. If you did, I would love to hear your story. Send me an e-mail at dmustard@millracecenter.org, and I will begin to share some of your experiences in future newsletters, and our Facebook page. Let's continue to make the best of this situation, and focus on thriving, and not just surviving.

**Dan Mustard
Executive Director**

**How can I donate and help MRC?
1 of 3 Ways:**
Go online at millracecenter.org,
or
Text "millracecenter" To 77977.
or
Drop off a check or cash to the office.

All programs and events listed in the newsletter are for **members only** unless it is stated otherwise. Call the Business Office at (812) 376-9241 or visit our website to become a Mill Race Center member. Membership is only \$80 a year.

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Mill Race Center Staff

812-376-9241

Liz Barriger, Accounting Clerk, x 207
Debbie Bray, Administrative Assistant, x 222
Rebecca Cutsinger, Receptionist, x 218
Samantha Edwards, Resource Coordinator, x208
Charlie Harsh, Facilities Assistant, x 216
Roberta Isaacson, Membership, x 204
Brenda Fowler, Van Driver
Jan Meadows, Ambassador Coordinator, 202
Dan Mustard, Executive Director, x 211
Roy Pruett, Facilities Manager, x 225
Edie Smith, Travel Coordinator, x 215
Jane Smith, Program Assistant
Kelly Staley, Program Coordinator, x 209
Shannon Truman, Operations & Programs Director, x 220
Jeff Voyles, Senior Products, x 228
Courtney Watkins, Aging Well Coordinator, x 210



Now booking for 2021 & 2022

Weddings • Reunions • Corporate Events

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Wedding photography courtesy of jackiesantanaphotography.com



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Mill Race Center, Columbus, IN

A 4C 01-1448



Providing much more than a meal!

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

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

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

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

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

Frozen Meals

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

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

Cost: NEW
5 Meals - \$32.50
7 Meals - \$45.50
10 Meals - \$65.00



Golden K Kiwanis

Each Monday 10:00-11:00am

***Group is meeting**

Must register with the business office.

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

President: Larry Lewis 812-528-1656



**Need A Gift Idea?
Give the gift of
Mill Race Center
Fun Bucks.**

Spends just like cash at MRC!

(Not for use at the fitness center or Bingo)

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

Wheel Chair Medical Transportation

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

Happy Helping Hands

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

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

**VOLUNTEERS
NEEDED!**



VOLUNTEERS WANTED

**NEWSLETTER
ASSISTANTS**

Needed to help assemble the newsletter for mailing. This is a great way to get connected and meet new people. Refreshments provided. We begin at 9:00am and usually finish at 11:30am. Come for an hour or stay the whole morning. We appreciate the help!! Contact MRC at 812-376-9241.



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

**MEALS-ON-WHEELS
Volunteer Drivers**

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

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

**Volunteers Needed**

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

Your Help Needed!

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

**Aging Well Guide**

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

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



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

Welcome! **MRC Welcome Gathering**
April 9
9:30am in the classroom

Held with social distancing 9:30am. Have you recently joined or are you interested in Mill Race Center? We'd like to get to know you better and introduce you to the Center and the variety of programs and events we have planned throughout the year. **Call to register (812) 376-9241.**

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



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.

GERISHARE

NEW! **FREE!**

Mill Race Center is now partnering with a new web based organization called GERISHARE. GERISHARE allows for seniors to connect to classes at their senior center or across the country helping seniors stay socially engaged with others. A senior center without walls. Follow Mill Race Center now on GERISHARE to take classes from home, in person and in real time.

Soon to offer classes in:

Monday - Drum Circle at 1:00pm

Tues. & Thurs. - Bodies in Motion at 2:00pm

Watch for more information to come when it starts.

Go to www.gerishare.com and click on find classes or type in Mill Race Center classes.

Check out Total Brain Health Classes and opportunities on page 19.



DO YOU HAVE **concerns about falling?**



Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

Matter of Balance Virtual Class

Tuesdays & Thursdays

April 27 (4 week class)

FREE

1:00-3:00pm



An award-winning evidence based program designed to manage falls and increase activity. Join us to improve your strength and balance and review your fall risk at home. A guided course with discussion and exercises. Max: 15
Register at Mill Race Center or call 812-376-9241



PURDUE EXTENSION

Nourish Series By Purdue Extension

Presenter: Harriet Armstrong

Attend either virtually or in person at Mill Race Center. Register at Mill Race Center

Nourish Your Brain Friday, March 12 at 1:00pm



Nourish Your Bones and Joints Friday, March 26 at 1:00pm

SHIP Medicare Counseling

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

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

Schedule an appointment today!



Join us for a fun and interactive virtual program called Bingocize!

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

Watch for start dates to come soon.

Registration is required:

(812)372-6918 Ext 3011





Evening Star Quilt Guild

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

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

More information: Judy Kiesow at 812-374-6135, or judyk2310@gmail.com.



Lazy Daisy Embroidery Guild

**Second Tuesday of each month,
1-3pm in the Art Room or lounge**

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



Monday Morning Quilting With Friends

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

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

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



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create

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

Bunny Door Sign

Thurs., March 11 at 3pm

Cost: \$12 (1 bunny)

Nothing says welcome spring besides a cute bunny to decorate your door. Join us for this easy painting project to bring some fun color to your door or wall. All supplies included for this project.



Framed Easter Egg

Tues., March 16 at 3pm

Cost: \$10

Join us for this easy and unique crafting class. We will make our own adorable colorful Easter egg out of paper straws. You'll leave with a beautiful framed colorful egg to brighten up your home this spring. All supplies included.



Paint Chip Easter Cards

Thurs., March 25 at 3pm

Cost: \$5 (for 6 cards)

We have had fun before with paint chip cards, so let's try our hand at some adorable Easter cards! The sky is the limit on the designs we can create. All supplies included for this project.



Spring Gnomes

Thurs., April 8 at 3pm

Cost: \$12 (set of 2)

These little gnomes seem to be everywhere right now. We will make our own 2 adorable spring gnomes and embellish them with felt flowers. All supplies included for this project.

Rock Painting

Tues., April 27 at 1:30pm

Cost: \$5

Join the rock painting excitement and make your own special painted stones to keep or give away. All supplies included for this project.



Follow Mill Race Center
on Facebook.



Art Class

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

***Currently meeting
must register.**

Watercolors, oils,
acrylic, pastels. No

previous art experience required.

Beginners: no supplies needed for
your first visit. Holly will get you
started on a project and advise on
needed supplies. **FREE for MRC members.** For more
information contact: Holly Melillo at 812-342-9650.



Crafty Fingers

Wednesdays from 10:00-11:30am



***Currently meeting**

If you knit, crochet,
needlepoint, cross
stitch, sew or enjoy
another craft project,
bring whatever you
are working on and
work on it in the com-
pany of other crafters

and needle art enthusiasts. Group meets in the Lounge. For more information, contact Donna Rueff at 812-343-5540. Eleanora Schwartzman will be available to teach you how to crochet as part of the Crafty Fingers group. **Call MRC to register.**

Eight Dimensions of Wellness



Ball Room Dance Classes

Monday, Tuesday & Thursday 5:00-7:00pm

Margot Scholz offers 8 week sessions at Mill Race Center on Monday and Thursday evenings. For more information about sessions, call Margot at (812) 342-4156. Ball Room dance classes are meeting. Must register in advance with Margo.

Couples Dance Club

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

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



Line Dance for Beginners



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

Come and give it a try!

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

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



Line Dance

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

Come and dance, new folks always welcome!

Free for MRC members, \$5 per class/non-member

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



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

Drumming Circle

Practice

Mondays 1:00-2:00pm

Get your weekly groove on at Mill Race Center with a small group that gathers to drum each week. All members are welcome to attend any practice. **Drum Circle is meeting, must register in advance.**



Financial

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

Follow Mill Race Center
on Facebook.





Bodies in Motion



Class meets:

Mon., Wed. & Fri. at 8:30am* (max 24)

Tues. & Thurs. 2:00-3:00pm *(max 24)

FREE to MRC members

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

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

TOPS Club

Wednesday 11:30am-1:00pm

Take Off Pounds Sensibly



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

Senior Swim

At Foundation For Youth

Tues., Thurs. & Sat.

from 8:30-10:00am



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

Senior Volleyball

Monday, Wednesday and Friday mornings

from 8:30-10:30am

at Foundation for Youth 405 Hope Ave, Columbus

Information: Don Ward (812)350-2222



Senior Bowling

Tuesdays at 1:00pm

Columbus Bowling Center

Information: Joan Winkle, 812-350-9452

Glenna Phelps, 812-390-9234



MILL RACE CENTER

100
MILE CHALLENGE

Keep log of your miles!

Tai Chi/Chi Gung

Offering Two Classes on Tuesdays & Thursdays



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

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

11:00—11:30 am - Beginning class

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

Instructor: Paula Howard

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

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

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

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!

Eight Dimensions of Wellness



Pickleball net is available for outdoor use on the patio.



Walk in the Park Begins in April

Join us every Wednesday morning (weather permitting) at 9:30am meeting in lounge.

We will head out after Body in Motion class. Staff will attend when schedules allow.

Let's get moving together!



Wednesday Evenings - 5:30-8:00pm



Friday Afternoons - 12:30-3:00pm



Saturday Mornings - 8:00-11:45am (canceled)
(We are not holding Saturday Mornings right now due to Covid-19.)



**Mill Race Center Store
Located in the office.**

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!



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Mill Race Center, Columbus, IN

C 4C 01-1448



Bible Studies

Morning Bible Study

Tuesday mornings 10:30-11:30am

In the Classroom; **Free; Must register**

Information: Virginia Houser, 812-579-5132

March: Bert Zimmerman, Bible Teacher of much experience

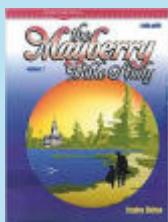
April: Rev. Wes Jones, Flintwood Wesleyan Church



Evening Bible Study

Wednesdays: 3:30-5:30pm

Mayberry Bible Study starting new study in March



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

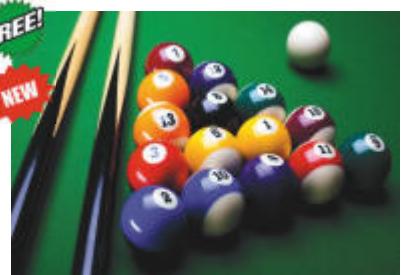
***Currently meeting must register with office.**



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

OPEN Billiards

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



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

Contact the office for questions.

Currently Not Meeting



TED Talks

2nd Tuesday of each month

Meeting at 1:30pm in Classroom

Facilitators: Ed & Terri DeVoe

***Must register with office.**



March 9 at 1:30pm

The Political Power of Being a Good Neighbor

By: Michael Tubbs

Michael Tubbs is the youngest mayor in American history to represent a city with more than 100,000 people -- and his policies are sparking national conversations. In this rousing talk, he shares how growing up amid poverty and violence in Stockton, California shaped his bold vision for change and his commitment to govern as a neighbor, not a politician. "When we see someone different from us, they should not reflect our fears, our anxieties, our insecurities," he says. "We should see our common humanity."

April 13 at 1:30pm

My Identity is a Super Power Not an Obstacle

By: America Ferrera

Hollywood needs to stop resisting what the world actually looks like, says actor, director and activist America Ferrera. Tracing the contours of her career, she calls for more authentic representation of different cultures in media -- and a shift in how we tell our stories. "Presence creates possibility," she says. "Who we see thriving in the world teaches us how to see ourselves, how to think about our own value, how to dream about our futures."

SCS Investment Club



Monthly, 2nd Friday

1:00-3:00pm (Classroom)

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

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

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

Educational presentations are made each month so members can learn how to buy and sell stocks.

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

Eight Dimensions of Wellness

MRC Woodshop

Tuesday and Thursday
1:00-4:00pm

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

Vocational

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

In The Woodshop

Drop-In Woodcarving Class

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

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



FREE for MRC Members

Hoosier Carvers Club

2nd Monday of each month

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

New participants welcome to attend.

For information contact Larry Carter 812-372-1956.



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At Edward Jones, we stop to ask you the question:
"What's important to you?" Without that insight
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Heath Johnson
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Drew Robbins, AAMS®
1006 25th St
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Eric M Robbins, CFP®
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812-342-8193

Sarah A Turner
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812-799-7488

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For ad info. call 1-800-950-9952 • www.lpiseniors.com

Mill Race Center, Columbus, IN

D 4C 01-1448

Mini Spa Day

May 7

1:30

Fee: \$18



It's time to treat yourself! We all need to take time to pamper ourselves and why not do it with friends together at Mill Race Center. Each participants will receive their own goodie basket with everything they need for our mini spa day. We will have delightful refreshments and spending the afternoon enjoying the company of others. Watch for more details to come soon.



SAHAJA MEDITATION

NEW Four Week Class for Beginners!

COMING LATER THIS SPRING

FREE; Held at MRC



Watch for more information.

The pandemic has been hard on everyone.

Learn new ways to care for yourself that you can practice at home. Sahaja Meditation will help reduce stress and increase wellness. Register for this class at MRC. These **FREE** classes are open to the community so invite a friend!



Questions Contact:

Columbusmeditation@gmail.com

Check out SAHAJA Meditation online
at www.millracecenter.org

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!



Bodies In Motion Afternoon Class

Tuesday & Thursday at 2:00pm

Call to register



Walk in the Mall

Stay Healthy, Get Active,
and Start Walking!

*Currently open for walking

Members can meet every Monday at the Fair Oaks Mall to walk together. Meeting by the benches in front of the Harlequin Theatre at 10am every Monday. Staff will attend when schedules allow.



Golden Girls

Fourth Tuesday of each Month at 10:00am

This group is for widows and will offer educational talks, activities or even some entertainment. call MRC to register at 812-376-9241. Information call Donna Richardson at 812-350-2859.



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

*Currently not meeting contact Donna Browne if interested.

Practice: Monday & Friday

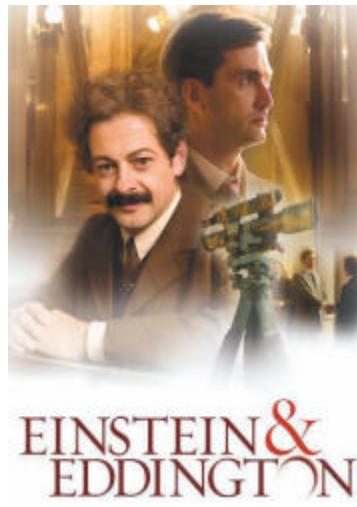
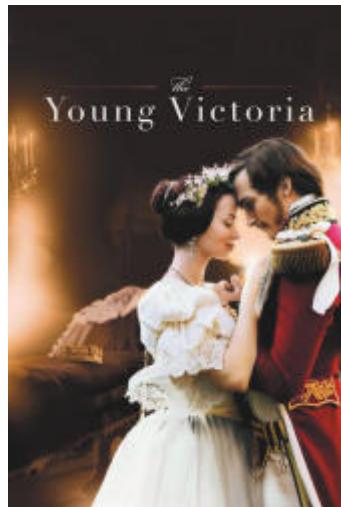
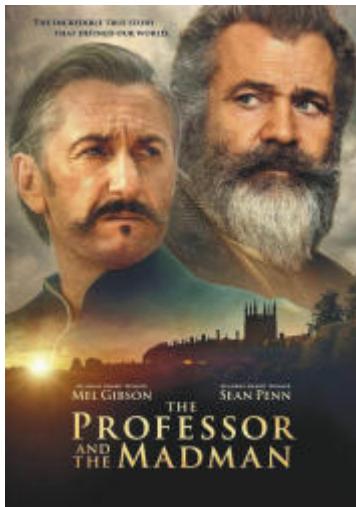
12:30-3:30pm (MP1)

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

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.



March 8

**The Professor and
the Madman**

March 22

Young Victoria

PG

April 12

**Einstein &
Eddington**

April 26

**The
Highwaymen**

R



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Room x Room

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7. Install walk-in tubs or



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Mill Race Center, Columbus, IN

E 4C 01-1448

On-Line Programming Visit www.millracecenter.org



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Travel Show & Travel Update With Edie Smith



Six Central Needs of Mourning Grief Help with Walter Glover



Sahaja Meditation With Rahul Kumar



5 Music Duets with Herb & Mary Jane Perry



Special Music with Kade Puckett



Special Music with Claudi Slabaugh



Special Music with Collin Matthews



Drum Circles



Other Music

- Birthday Party Music
- Special Holiday Music



On-Line Programming Visit www.millracecenter.org

7 Videos of Cooking - Table for One

With Edie Smith



Cooking Granola Bars

With Harriet Armstrong

The Lasting Impressions

- Veterans Day Show
- Christmas Show
- Valentine's Special
- Soon Spring Show



Holiday Special

With Readers Theater

Pickleball Introduction and Tutorial



Plus, so much more!

Bodies in Motion Class



At Home Fitness Class

CRH - Janet Morey



At Home Parkinson's Fitness

CRH - Janet Morey

Variety of Craft Classes

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



History - Humorous Presidents

With Bob Pitman

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



FREE!



Mill Race Center PHOTO CONTEST



5 NEW CATEGORIES

- Travel
- Wildlife/Animals
- Nature/Landscape
- Architecture
- Hometown Pride

PICTURES DUE
JULY 19, 2021

START TAKING
PICTURES NOW!

NEW **FREE!**

Follow Mill Race Center on Facebook for Monthly photo challenges! We want to see and share your pictures!!



FREE!

The BCPL Bookmobile:
March 10 & 24 at 9:30am
April 7 & 21 at 9:30am
May 5 & 19 at 9:30am

Available out front of MRC.

Intellectual

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

Y	C	A	E	T
I	O	N	L	P
I	N	F	D	E
A	A	H	T	N
G	B	E	A	O

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

Eight Dimensions of Wellness



FREE! **Monthly Workouts** **NEW!**

**Friday, March 26
9:30am; Art Room
FREE**

We will be using the Total Brain Health Toolbox365 for these monthly workouts. Science shows that building better well-being is perhaps the best ways we can keep our minds strong. The TBHToolbox365 trains in four ways: Body, Mind, Spirit and Social. The TBH Toolbox365 activates neuroplasticity to grow and change our brains. Workout with us each month. Max: 10 Call to register for this free program.



Total Brain Health 1.0 **NEW!**

Starting April 6-May 7
Tuesday & Friday
10:00-11:30am

Fee: \$20 (includes book)



Developed by the experts at Total Brain Health, the TBH BRAIN WORKOUT 1.0 course teaches the many different ways we can use our lifestyle to boost cognitive well-being. With highly social, engaging and fun workouts across the pillars of physical, intellectual and socio-emotional well-being, students learn together how things such as dancing, cartooning and de-stressing can boost brainpower.

"At Total Brain Health, we believe that all minds can thrive. The tools we develop help everyone get smarter about their brain health. Our TBH BRAIN WORKOUT courses provides valuable paths across body, mind and spirit everyone can use to build better cognitive fitness and pursue vital, independent lives."



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Mill Race Center, Columbus, IN

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**Call 812 725-3843
to schedule a free assessment today!**



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 **Debra Baker**
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AccessiCare offers 24 hour, 7 days a week, non-medical, personal home care to provide that extra support and help to make staying home a possibility.

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- Feeding assistance • Laundry • Medication reminders
- Transportation to Dr. appointments/grocery
- Companion/conversation • Respite care • Safety

TRAVEL WITH MILL RACE CENTER

2020 MRC Travel and Tours

*All prices based on double occupancy, add \$100 for non-members. Single, triple and quad rates are also available for most trips. Small deposit holds your spot on trip and is refundable up to date of final payment. Book early to avoid disappointment! Brochures are available for each trip. See Mill Race Center Travel department for more information.



A Note from the Travel Department:

All trips subject to change due to Corona Virus restrictions. If a trip is cancelled by MRC (or tour provider) refunds will be issued. Insurance is highly recommended. If proof of Covid-19 Vaccine is required you are responsible to provide or cancel within time limitations for refund.



Mystery Trip June 2-7, 2021



This one is full of surprises! We will be ENTERTAINED! AWED! INSPIRED! Believe it when we say you have not been there/done that! Join Edie for a trip so exciting that you will talk about this one for a long time after we return. Includes motor coach transportation, 4 breakfasts and 4 dinners, lodging, activities and admissions and more. **\$899 double member, \$1188 single member.** Add \$100 non-members. Insurance available.

Washington D.C.

AUGUST 19-25, 2021



Springtime in Our Nation's Capital. Guided Tours of the Monuments and Memorials including WWII, Vietnam Veterans, Lincoln, Smithsonian, Capitol Hill and MLK, Jr sites. Both day and night tours, plus Arlington Cemetery, The NEW Museum of the Bible, Mount Vernon and more. Includes accommodations, transportation by motor coach, 6 breakfasts and 4 dinners plus admissions and guides. **\$809 double member, \$1094 single member.** Add \$100 nonmembers.



Savannah, Jekyll Island, Beaufort and more! September 22-October 2, 2021

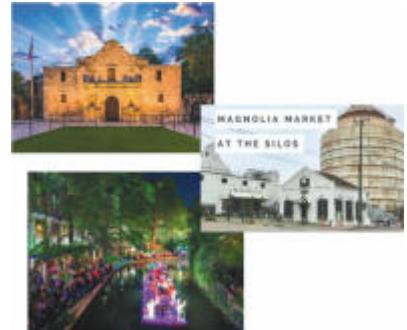


Southern Charm awaits as we tour Savannah with trees dripping with Spanish Moss and beautiful fountains in the squares. We will also tour the Mansions of Yesteryear on Jekyll Island, eat the world's best shrimp on St. Simon's Island and see the Queen of the Carolina Sea Island, Beaufort. We will also have time at Parris Island, training ground for many of our Marines and more. This trip is a must for lovers of all things Southern Coastal. **\$725 double member, \$942 single member.** Add \$100 for nonmembers. Travel Insured insurance available.

San Antonio, the Alamo and Magnolia Market in Waco!

June 12-20, 2021

From the Alamo- to the Magnolia Markets to 3 Presidential Historical Sites! This trip covers Texas in an unforgettable way. **\$929 double member, \$1169 single member.** add \$100 for non-members. Includes 8 nights hotel, motor coach transportation, 8 breakfasts and 6 dinners, riverboat cruise of San Antonio and much, much more! Travel Insured insurance is available.



Nova Scotia, Prince Edward Island & Brunswick **July 14-26, 2021 - UNBELIEVABLE PRICING**

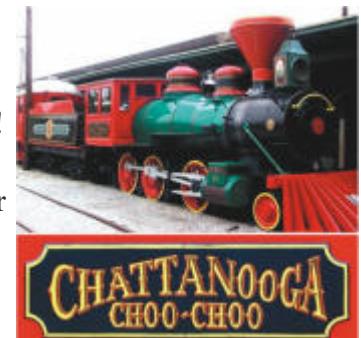


We may never head this way again. For this price! Make this the year you see the East Coast! We will travel through Maine to Halifax and explore the beautiful vistas of Peggy's Cove, Hopewell Rocks, the Bay of Fundy and so much more. You must have a passport for this trip! **\$1665 double member, \$2389 single.** Add \$100 for nonmembers. Travel Insured insurance available.

SOLD OUT!! GET ON THE WAITLIST AS CANCELLATIONS CAN HAPPEN!

Chattanooga Choo Choo **October 11-14, 2021**

Pardon me Boys, is that the Chattanooga Choo Choo we are going on in October? Yes! Yes! Three exciting train rides are included in this adventurous trip to Tennessee. We will also be going to Famous Ruby Falls, Rock City and taking a Southern Belle dinner cruise! Includes bus transportation, all rides and accommodations plus most meals! \$759 double member, \$958 single member. This one sold out fast in 2020 so call for Availability! NTA insurance available.



**Special Tours with Mayflower and Collette
Call Edie directly for information, brochures and to register for these trips.**

June 18, 2021 - Colorado's Historic Trains with Mayflower Tours

Save \$100 each when booked by December 18, 2020. Take six scenic train rides through the beautiful Rocky Mountains visiting 3 national parks!



July 23, 2021 - Montana and Glacier National Park with Mayflower Tours

Save \$100 when reserved by January 23, 2021. You won't need a passport for this trip as you see some of The Northwest's most beautiful vistas from a Jammer red bus through Glacier National Park. You will see bison and other native animals as you tour the National Bison Range and visit the Blackfeet Indian Reservation. So much nature and adventure packed into this exciting trip!



July 27, 2021 - Canadian Rockies with Glacier National Park with Collette!

I know some of you have Collette credits and loyalty money to spend and there is no better way to see the Northern Rockies from the Canadian side than with our travel partners at Collette. This trip was a huge hit 2 years ago so we are running it again for those who want to see the rugged beauty of the mountains from luxury accommodations!



September 25, 2021 - Yellowstone & Jackson Hole Wyoming

Enjoy free airfare on this trip to Yellowstone and Jackson Hole Wyoming when booked by November 30, 2020 with Mayflower Tours. See Old Faithful & Grand Teton National Park including an authentic ranch BBQ and float trip down the Snake River! 2 full days in Yellowstone & 2 full days in Jackson Hole plus a day in Salt Lake City.

Continued trips on page 22

October 8, 2021 - Eastern Gems of Europe Cruise

Mayflower and Emerald Cruises present a leisurely cruise down the Danube through Bucharest, Transylvania, Romania, Bulgaria, Serbia, Croatia, Hungary and Budapest. Trip includes a 7 night cruise and 2 nights in Bucharest. European Splendor and History await! Luxury accommodations, most meals and sightseeing with choices of activity levels included!



October 12, 2021 South Pacific Wonders with Collette

Tour the best of Australia and New Zealand with an optional extra trip to Fiji! See all of the animals and breathtaking scenery you have always dreamed of in the land down under. Know that you will have the best accommodations, food and experiences on this once in a lifetime adventure.

October 6, 2021– Shades of Ireland with Collette

Optional 3 night London Pre Tour Extension. Highlights Dublin, Irish Evening, Choices on Tour, Kilkenny Waterford, Blarney Castle, Killarney Jaunting Car Ride, Ring of Kerry, Farm Visit, Limerick, Cliffs of Moher Galway, and Castle Stay



Fabulous Daytrippers!



**President Benjamin Harrison Day, Wednesday, April 14, 2021
\$45 members, \$50 nonmembers**

President Benjamin Harrison Home Tour, lunch at the Garrison at Ft Ben State Park plus Tour of final resting place in Crown Hill Cemetery. Leave MRC at 8:45, return at 4pm. All admission fees and lunch included. Must be able to stand for short periods, climb stairs and walk on uneven ground.



**Newfield Gardens and Art Museum, Thursday, April 22, 2021
\$35 Members, \$40 nonmembers**

Warm your bones and lift your spirits at this beautiful, historic gem in Indianapolis. View the acres of blooming gardens as well as the outstanding art in the museum itself. Lunch on your own at the museum café. Leave MRC at 10am Return at 4pm. Admission and Transportation included.

Derby Dinner

Derby Dinner Theater

World Renowned Glenn Miller Orchestra

Monday, June 7th, 2021

\$68 members, \$78 non-members

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

Leave MRC at 4:30pm and return approximately 11pm.



SALE SALE SALE SALE SALE

Special Offers on *ANY* newly booked 2021, 2022 and 2023 Tours with Mayflower and Collette!

SAVE \$150 per person if you book by June 1, 2021. This is *in addition* to any Loyalty \$\$ or special offers from the tour companies!

Look online at www.goCollette.com or www.Mayflowercruisesandtours.com

Then call Edie directly for appointment to price and book the dream trip you have been waiting for! Don't wait as trips are selling out very quickly!

812-345-6744

Eight Dimensions of Wellness



All Who Wander Hiking Group

So if you enjoy the great outdoors and communing with Mother Nature, come join our merry group and get ready to explore our world. We look forward to meeting you! Contact Ed Niespodziani at kn4073@comcast.net



Remember to bring your own water.



To slow the spread of Covid-19

Social

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

THE EVENT CENTER AT MILL RACE OPEN HOUSE

Saturday, May 1; 1:00-4:00PM.

Stop by and see how beautiful your wedding and reception can be at The Event Center.

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Mill Race Center, Columbus, IN

G 4C 01-1448

Armchair Travel Aerial America



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

New Hampshire

March 15 at 1:30 & 3:00 pm
Discover the sights and stories of New Hampshire, from Concord to White Mountain State Park and beyond.



Maryland & Delaware

March 29 at 1:30 & 3:00 pm
Discover Maryland and Delaware, two small states of great historical significance.



North Carolina

April 5 at 1:30 & 3:00 pm
North Carolina is home to mysteries, giant industries, and coastal beauty.



New York

April 19 at 1:30 & 3:00 pm
Explore New York's amazing beauty, from the roaring Niagara Falls to a city full of abundant architectural heritage and infamous residents.

Call to MRC to register.

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!

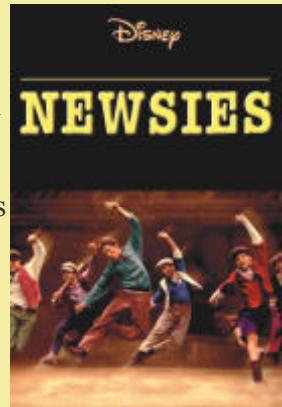
Broadway Series

Call MRC to register for each viewing.



Newsies

March 18 & 26 at 1:00pm
Newsies The Musical is a musical based on the 1992 musical film Newsies, which in turn was inspired by the real-life Newsboys Strike of 1899 in New York City. The show has music by Alan Menken, lyrics by Jack Feldman, and a book by Harvey Fierstein based on the film's screenplay by Bob Tzudiker and Noni White.



My Fair Lady

April 15 & 23 at 1:00pm
In this beloved musical, pompous phonetics professor Henry Higgins (Rex Harrison) is so sure of his abilities that he takes it upon himself to transform a Cockney working-class girl into someone who can pass for a cultured member of high society. His subject turns out to be the lovely Eliza Doolittle (Audrey Hepburn), who agrees to speech lessons to improve her job prospects. Higgins and Eliza clash, then form an unlikely bond - one that is threatened by an aristocratic suitor.



Get WalkIn' Program

Want to improve your health...but short on time...and lack motivation? This **FREE**, email-based walking program has you covered. Sign up, walk, and get email support. To register go to: <http://bit.ly/2Z2zGKs> by April 1

PURDUE
EXTENSION



Elevate

Date March 30, April 6, 13 & 20 at MRC
Fee: \$12 per person to cover book



Taking Your Relationship to the Next Level

Do you want to enrich the quality of your relationships? This is an interactive couple's education program that blends practical skills with an understanding of the heart-brain-behavior connection to enhance a healthy relationship. Register at MRC. Taught by Harriet Armstrong. For information email armstrh@purdue.edu

Eight Dimensions of Wellness



Now booking for 2021 & 2022
Weddings • Reunions • Corporate Events
MillRaceEvents.com
(812)302-3838

Wedding photography courtesy of Angela Jackson Photography.

Mill Race Center still has available Saturdays in 2021 for weddings and receptions. Help us spread the word that 2021 dates are available especially for weddings or receptions that had to be rescheduled due to Covid-19.



Resource Coordinator

Thank you so much to everyone that supported Mill Race Center during our annual campaign. 2020 was certainly a difficult year to say the least, but we remained resilient. Last year we were able to deliver meals to more families than ever before thanks to your help! As you begin to renew your memberships consider a tax deductible gift to MRC this spring. If you have any questions please call Samantha in the office. Thank you!

How can I donate and help MRC?
Go online at millracecenter.org, stop by the office, or
Text "millracecenter" To 77977.

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.



amazon smile
You shop. Amazon gives.

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



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



Current classes that I want to try/attend:

Physical Wellness:

Spiritual Wellness:

Environmental Wellness:

Social Wellness:

Financial Wellness:

Intellectual Wellness:

Emotional Wellness:

Vocational Wellness:

Physical

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

Spiritual

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

Environmental

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

Social

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

Financial

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

Intellectual

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

Emotional

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

Vocational

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



Refrigerator Reminder - MRC Daily Activities



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

This schedule does not list CRH Fitness Classes.

Monday

Billiards offered everyday by registration

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

Tuesday

Billiards offered everyday by registration

10:00	Tai Chi* (16)	MP1&2
10:30	Bible Study (10) (See page 12)	AR
10:00	Widows Support Grp (10) (4th Tues.)	CL
1:30	Ted Talks (10) (2nd Tuesday)	CL
2:00	Bodies In Motion (20)	MP1&2
5-7:00	Ballroom Dance (pre-registered)	MP1&2

Wednesday

Billiards offered everyday by registration

8:30	Bodies In Motion (20)	MP1&2
9:30	Walk in the Park (weather permitting)	Out Front
9:30	Bookmobile (1/13, 1/27, 2/10, 2/24)	Out Front
10:00	Art Class (10)	AR
10:00	Crafty Fingers	LO
11:30	TOPS (8)	CL
3:00	Bible Study (10)	AR
4:00	Beg. Line Dance (16)	MP1&2
5:30	Pickleball (register)	MP2&3
6:00	Meditation (10) FREE	AR

Thursday

Billiards offered everyday by registration

10:00	Tai Chi* (16)	MP1&2
12:00	Advanced Pickleball	MP1&2
1:00	Woodcarving (8)	CL
2:00	Bodies In Motion (20)	MP1&2
5-7:00	Ballroom Dance (pre-registered)	MP1&2

Friday

Billiards offered everyday by registration

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

Activity Highlights

March 8

Movie: The Professor & the Madman, 2:00pm & 4:30pm 

March 9

Ted Talks, 1:30pm 

March 11

Bunny Door Sign, 3:00pm 

March 15

Aerial America: New Hampshire, 1:30 & 3:00pm 

March 16

Framed Easter Egg, 3:00pm 

March 18 & 26

Newies, 1:00pm 

March 22

Movie: Young Victoria, 2:00pm & 4:30pm 

March 25

Paint Chip Easter Card, 3:00pm 

March 26

Total Brain Health Workout, 9:30am 

March 29

Aerial America: Maryland & Delaware 1:30 & 3:00pm 

April 5

Aerial America: North Carolina, 1:30 & 3:00pm 

April 6-May 7

Total Brain Health 1.0, 10:00-11:30am 

April 8

Spring Gnomes, 3:00pm 

April 9

Welcome Gathering, 9:30am 

April 12

Movie: Einstein & Eddington, 2:00pm & 4:30pm 

April 13

Ted Talks, 1:30pm 

April 15 & 23

My Fair Lady, 1:00pm 

April 19

Aerial America: New York, 1:30 & 3:00pm 

April 26

Movie: The Highwaymen, 2:00pm & 4:30pm 

April 27

Rock Painting, 1:30pm

May 1

THE EVENT CENTER Open House, 1:00-4:00pm 

Mill Race Center will be closed
on Friday, April 2, 2021.





Mill Race Center
900 Lindsey St.
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