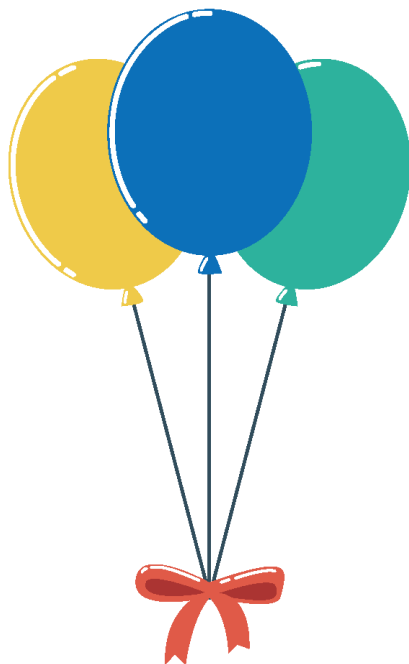




June, July  
August  
2022

# HAPPY BIRTHDAY



### June

- 3 – Margaret C.
- 3 – Daniel G.
- 6 – Helen S.
- 8 – Patricia H.
- 11 – Douglas B.
- 12 – Dolores Y.
- 16 – Sally H.
- 17 – Ida S.
- 20 – Lorraine H.
- 20 – Ruth R.
- 21 – Patricia S.
- 22 – Donna K.
- 22 – Theresia L.
- 24 – Jane H.
- 24 – Jim K.
- 24 – Lenore S.
- 25 – Edward R.
- 30 – Pauline P.

### July

- 2 – Rhonda A.
- 9 – Joanne O.
- 11 – Leslie O.
- 13 – Billie B.
- 17 – Evelyn F.
- 19 – Walter B.
- 20 – Faith G.
- 20 – Albert W.
- 22 – Ann K.
- 25 – Holly F.
- 27 – Richard K.
- 28 – Carol C.
- 29 – Pat B.
- 29 – Bettie H.
- 29 – Geraldine P.

### August

- 1 – Eleanor H.
- 2 – Susan F.
- 2 – Carolyn V.
- 6 – Margarete G.
- 13 – Betty G.
- 14 – Ken O.
- 14 – Regina Y.
- 16 – Frances K.
- 18 – Rose Mary T.
- 19 – Nellie E.
- 21 – Rosemary C.
- 22 – Donna M.
- 25 – Beverly B.
- 25 – Barbara C.
- 28 – Beth B.
- 29 – Joan K.
- 31 – Cheryl O.

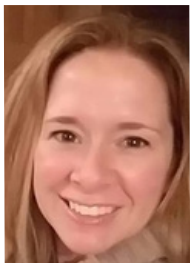
# The Centennial Connection Newsletter

### News You Can Use...

It is hard to believe but the moment so many of us has been waiting for is finally almost here. The new Centennial Recreation Center is scheduled to open in mid-June which is just a few short weeks away.

By now you have probably had a chance to look at the summer catalog which was mailed out in April. You may have noticed that our summer programs still say that they will be held at the Wilder Mansion. Please note that at the time the summer brochure went to print, we were erring on the side of caution as construction was still well under way at the new CRC. Now that we are in the home stretch, I can safely say that programs will begin the week of June 13th at our new location. Please note that Bingo on June 10th will still be held at The Hub but aside from that, all programs will be held at and trips will depart from CRC beginning June 13th.

You will find the correct location information in this newsletter, online, and printed on your receipts when you register. In addition to a summer full of exciting programs and the return of trips, you will also find information in this newsletter regarding CRC membership which is just 1/2 price for the rest of 2022 and information about a special Senior VIP CRC Grand Opening event and ribbon cutting.



I can't wait to see you all at a program soon and am especially excited to hear what you think of the new recreation center. Have a wonderful rest of the spring and I hope to see you soon!

Amy Srail

### Weekly Activities

#### Mondays

- Centennial Recreation Center
- 11 am-2:30 pm ..... Pinochle
- 2:30-3:30 pm ..... Chair Yoga\*

#### Tuesdays

- Centennial Recreation Center
- 10 am-3 pm ..... Quilters

#### Wednesdays

- Centennial Recreation Center
- 11 am-Noon ..... T'ai Chi for Health\*
- Noon-3 pm ..... Quilters (except 1st Wednesday of the month)
- Noon-3 pm ..... Red Hats (1st Wednesday of the month starting 7/6)

#### Thursdays

- Centennial Recreation Center
- 12-4 pm ..... Duplicate Bridge

**Activity Location Address**  
Centennial Recreation Center (CRC)  
155 E. St. Charles Road, Elmhurst

\*Requires Registration

### Contact Numbers

- Registration (630) 993-8900
- Fax (630) 993-8929
- Centennial Recreation Center (CRC) (630) 993-8193
- Amy Srail (630) 993-8961



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Elmhurst, IL 60126

## Programs

### NEW! Senior Independence *Ages 18 and up*

Did you know that living your life out in a senior community is not necessarily a requirement! There are many services available in your community to help keep you at home and independent for much longer than you may think is possible. The program will explore services available to assist with maintaining physical, social, intellectual, spiritual, emotional, vocational, and environmental wellness while aging in place.

**Location:** CRC  
**Fee:** \$12R/\$15NR

RU01310-01 Th 8/18 4:30-6:30pm

### Rules of the Road *Ages 62 and up*

If your license is due for renewal this year, be sure to take advantage of the FREE refresher course offered by the Secretary of State's office. Laws change, signs change – do not get caught unprepared. Pre-registration is required.

**Location:** CRC  
**Fee:** FREE

RU16407-01 W 6/15 10am-Noon

## Art

### Recreating the Masters *Ages 18 and up*

Art schools have for many years encouraged students to copy the works of other artists as a way to experience the techniques and colors they used. We will be doing the same! Everyone can do this and you will amaze yourself! We will be working in acrylics, on canvas. All materials will be provided.

**Location:** CRC  
**Fee:** \$20R/\$25NR

*Waterlilies Nymphaes* by Monet  
RU01305-01 M 6/13 9:30-11:30am

*Lake George Reflection* by Georgia O'Keeffe  
RU01305-02 M 8/1 9:30-11:30am

*Woman in the Green Jacket (1913)*  
by August Macke  
RU01305-03 M 8/15 9:30-11:30am

## Health & Fitness

### T'ai Chi for Health *Ages 50 and up*

T'ai Chi for Health is a gentle, beautiful and flowing exercise routine that is a joy to do. Energizing and deeply relaxing, it brings health and vitality to all who practice it. The exercises are very effective and easy to learn and students may choose to sit or stand as needed, making this class suitable for all ages and abilities. **No class October 5 and 12.**

**Location:** CRC  
**Fee:** \$69R/\$74NR  
RU16408-01 W 6/29-8/17 11am-Noon  
RU16408-02 W 8/24-10/26 11am-Noon

### Chair Yoga *Ages 50 and up*

This hour-long class is specifically designed to provide the full benefit of yoga while being carefully modified for those with osteoporosis, osteoarthritis and back injuries. The focus of the class is on improved breath and lung capacity; improved posture and core strength; joint flexibility and range of motion expansion. **No class July 4 or August 22.**

\*The last four weeks of this class will be instructed by Jennifer Christian, a certified yoga instructor from Courts Plus.

**Location:** CRC  
**Fee:** \$44R/\$49NR

RU16410-01 M 6/13-7/18 2:30-3:30pm  
RU16410-02 M 7/25-8/29 2:30-3:30pm



## Events

### Bingo *Ages 62 and up*

Join us for our monthly Bingo game with great prizes for the winners. A special gift for those with a birthday that month. \*June Bingo will be held at The Hub at Berens Park (493 Oaklawn Ave.)

**Location:** CRC (\*June Bingo is at The Hub)  
**Fee:** Free for CRC Members;  
\$2R/\$5NR Non-Member

\*RU16400-01 F 6/10 10-11:30am  
RU16400-02 F 7/8 10-11:30am  
RU16400-03 F 8/12 10-11:30am



# Become a CRC Member!

*Fun for ages 62+*



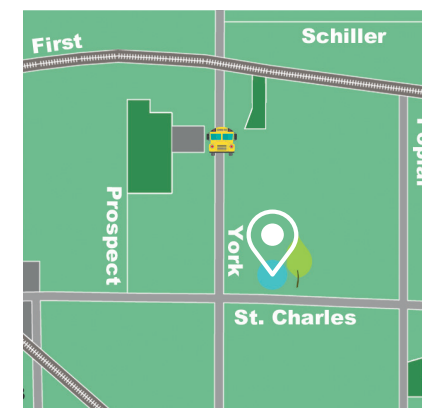
*Photos from The Abbey, former Senior Center*

**Join us in June and save 50%**  
**Pay only \$15R/\$20NR when you join!**  
Half price membership begins June 1 and is good through December 31, 2022

### Centennial Recreation Center (CRC) Membership includes:

- Free participation in Bingo (**prize for your birthday month!**)
- The Centennial Connection newsletter mailed to your home
- Phone registration for CRC programs
- Discounted member pricing on monthly luncheon fees

**CRC Memberships can be purchased online or by visiting the Wagner Community Center (615 N West Ave) or Centennial Recreation Center (155 E St Charles Rd) which opens in mid-June of 2022.**



### Centennial Recreation Center (CRC)

155 E. St. Charles Rd., Elmhurst

#### Opening Summer 2022

Located in Centennial Park, which was dedicated in July 2020 in honor of the Elmhurst Park District's 100 year anniversary, Centennial Recreation Center (CRC) is home to a variety of programs and events.

In addition to weekly drop-in activities, CRC hosts fitness classes, art programs, social events, luncheons, trips, and educational activities, and offers a membership option for those ages 62 and up.



## June 2022 Calendar of Programs and Events

The Centennial Connection • June - August 2022 • epd.org



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 <b>Duplicate Bridge</b> Noon-4pm <i>Wilder Mansion, 211 S. Prospect</i>	3	4
5	6 <b>Smalley Pool Opens</b>	7	8	9	10 <b>Bingo*</b> 10-11:30am <i>The Hub at Berens Park, 493 Oaklawn</i>	11
12 <b>Eldridge Adventure Day</b> 9am-Noon <i>Eldridge Park, 363 Commonwealth Lane</i>	13 <b>Recreating the Masters*</b> 9:30-11:30am  <b>Pinochle</b> 11am-2:30pm  <b>Chair Yoga*</b> 2:30-3:30pm	14 <b>Quilters</b> 10am-3pm	15 <b>Rules of the Road*</b> 10am-Noon  <b>Quilters</b> Noon-3pm	16 <b>No programs - Grand Opening Event Preparation</b>	17 <b>CRC VIP Senior Grand Opening Event*</b> 10am-Noon  <b>Movie in the Park</b> 7:30pm <i>Wilder Park, 220 S. Cottage Hill</i>	18 <b>Centennial Park Grand Opening Event</b> 10am-Noon
19	20 <b>Pinochle</b> 11am-2:30pm  <b>Chair Yoga*</b> 2:30-3:30pm	21 <b>Quilters</b> 10am-3pm	22 <b>On Your Own in Lake Geneva*</b>  <b>Quilters</b> Noon-3pm	23 <b>Duplicate Bridge</b> Noon-4pm	24 <b>Patriotic Party*</b> 11:30am-2pm	25
26	27 <b>Pinochle</b> 11am-2:30pm  <b>Chair Yoga*</b> 2:30-3:30pm	28 <b>Quilters</b> 10am-3pm	29 <b>T'ai Chi*</b> 11am-Noon  <b>Quilters</b> Noon-3pm	30 <b>Duplicate Bridge</b> Noon-4pm	<b>* Registration Required</b>	

All programs are held at and trips will depart from Centennial Recreation Center (CRC) 155 E. St. Charles Rd., Elmhurst unless otherwise indicated.

Programs with an \* require pre-registration.

Centennial Recreation Center (CRC)  
155 E. St. Charles Rd., Elmhurst

## July 2022 Calendar of Programs and Events

The Centennial Connection • June - August 2022 • epd.org



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <b>Closed- No programs</b>  <b>Happy 4th of July!</b>	5 <b>Quilters</b> 10am-3pm	6 <b>T'ai Chi*</b> 11am-Noon  <b>Red Hats</b> Noon-3pm	7 <b>Duplicate Bridge</b> Noon-4pm	8 <b>Bingo*</b> 10-11:30am  <b>Movie in the Park</b> 7:30pm <i>Wilder Park, 220 S. Cottage Hill</i>	9
10	11 <b>Pinochle</b> 11am-2:30pm  <b>Chair Yoga*</b> 2:30-3:30pm	12 <b>Quilters</b> 10am-3pm	13 <b>St. Charles Paddlewheel Riverboat Cruise*</b>  <b>Quilters</b> Noon-3pm  <b>T'ai Chi*</b> 11am-Noon	14 <b>Duplicate Bridge</b> Noon-4pm	15 <b>Trivia Time*</b> 11am-1:30pm	16
17	18 <b>Pinochle</b> 11am-2:30pm  <b>Chair Yoga*</b> 2:30-3:30pm	19 <b>Quilters</b> 10am-3pm	20 <b>Quilters</b> Noon-3pm  <b>T'ai Chi*</b> 11am-Noon	21 <b>Duplicate Bridge</b> Noon-4pm	22 <b>Christmas in July*</b> 11:30am-2pm	23 <b>Bags, Brew &amp; BBQ</b> 6-9pm <i>Wilder Park, 220 S. Cottage Hill</i>
24	25 <b>Pinochle</b> 11am-2:30pm  <b>Chair Yoga*</b> 2:30-3:30pm	26 <b>Quilters</b> 10am-3pm	27 <b>Quilters</b> Noon-3pm  <b>T'ai Chi*</b> 11am-Noon	28 <b>Duplicate Bridge</b> Noon-4pm	29	30
31						<b>* Registration Required</b>

All programs are held at and trips will depart from Centennial Recreation Center (CRC) 155 E St Charles Rd, Elmhurst unless otherwise indicated.

Programs with an \* require pre-registration.

Centennial Recreation Center (CRC)  
155 E. St. Charles Rd., Elmhurst

# August 2022 Calendar of Programs and Events

The Centennial Connection • June - August 2022 • epd.org



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> <b>Recreating the Masters*</b> 9:30-11:30am  <b>Pinochle</b> 11am-2:30pm  <b>Chair Yoga*</b> 2:30-3:30pm	<b>2</b> <b>Quilters</b> 10am-3pm	<b>3</b> <b>T'ai Chi*</b> 11am-Noon  <b>Red Hats</b> Noon-3pm	<b>4</b> <b>Duplicate Bridge</b> Noon-4pm	<b>5</b> <b>Movie in the Park</b> 7:30pm <i>Wilder Park,                      220 S. Cottage Hill</i>	<b>6</b>
<b>7</b>	<b>8</b> <b>Pinochle</b> 11am-2:30pm  <b>Chair Yoga*</b> 2:30-3:30pm	<b>9</b> <b>Quilters</b> 10am-3pm	<b>10</b> <b>Wisconsin State Fair*</b>  <b>Quilters</b> Noon-3pm  <b>T'ai Chi*</b> 11am-Noon	<b>11</b> <b>Duplicate Bridge</b> Noon-4pm	<b>12</b> <b>Bingo*</b> 10-11:30am	<b>13</b>
<b>14</b>	<b>15</b> <b>Recreating the Masters*</b> 9:30-11:30am  <b>Pinochle</b> 11am-2:30pm  <b>Chair Yoga*</b> 2:30-3:30pm	<b>16</b> <b>Quilters</b> 10am-3pm	<b>17</b> <b>Quilters</b> Noon-3pm  <b>T'ai Chi*</b> 11am-Noon	<b>18</b> <b>Duplicate Bridge</b> Noon-4pm  <b>Senior Independence*</b> 4:30-6:30pm	<b>19</b>	<b>20</b> <b>Park Palooza</b> 5-9pm <i>Berens Park,                      493 Oaklawn Ave</i>
<b>21</b>	<b>22</b> <b>Pinochle</b> 11am-2:30pm	<b>23</b> <b>Quilters</b> 10am-3pm	<b>24</b> <b>Quilters</b> Noon-3pm  <b>T'ai Chi*</b> 11am-Noon	<b>25</b> <b>Duplicate Bridge</b> Noon-4pm	<b>26</b> <b>Country Western Fling*</b> 11:30am-2pm	<b>27</b>
<b>28</b>	<b>29</b> <b>Pinochle</b> 11am-2:30pm  <b>Chair Yoga*</b> 2:30-3:30pm	<b>30</b> <b>Quilters</b> 10am-3pm	<b>31</b> <b>Quilters</b> Noon-3pm  <b>T'ai Chi*</b> 11am-Noon			

\* Registration Required

All programs are held at and trips will depart from Centennial Recreation Center (CRC) 155 E St Charles Rd, Elmhurst unless otherwise indicated.

Programs with an \* require pre-registration.

Centennial Recreation Center (CRC)  
 155 E. St. Charles Rd., Elmhurst

## Trips

Available for ages 18 and up. All trips depart from Centennial Recreation Center. Please arrive a few minutes early to check in and get any materials needed for the day.

### Trips Walking Key



Minimal Walking



Some Walking



Moderate Walking

### Trivia Time

Ages 62 and up

Join us for an afternoon of laughter with friends, lunch and interesting facts. We'll test our skills in four different categories and award prizes to the top three people or teams with the most points. Trivia questions are different at each event and lunch is included. **Registration deadline is the Friday before.**

**Location:** CRC  
**Fee:** \$15 CRC Member; \$17R/\$20NR Non-Member

RU16402-01 F 7/15 11am-1:30pm

### Patriotic Party

Ages 62 and up

Celebrate our nation's independence and freedom at the Patriotic Party. In addition to great food, fun and visiting with friends, we'll have entertainment and a wonderful patriotic themed show. **Registration deadline is the Friday before.**

**Location:** CRC  
**Fee:** \$18 CRC Member; \$20R/\$25NR Non-Member

RU16404-01 F 6/24 11:30am-2pm

### Christmas in July

Ages 62 and up

Get in the holiday spirit a little early at our Christmas in July luncheon. We'll have a catered meal and great holiday entertainment. **Registration deadline is the Friday before.**

**Location:** CRC  
**Fee:** \$18 CRC Member; \$20R/\$25NR Non-Member

RU16419-01 F 7/22 11:30am-2pm

### Country Western Fling

Ages 62 and up

Howdy Partner! Get on your dancing boots & cowboy hats and join us for some toe-tappin' country and western music. Our catered lunch will be classic cowboy chow. **Registration deadline is the Friday before.**

**Location:** CRC  
**Fee:** \$18 CRC Member; \$20R/\$25NR Non-Member

RU16403-01 F 8/26 11:30am-2pm

### On Your Own in Lake Geneva

Wednesday, June 22, 9am-6:30pm

We're heading to Lake Geneva for a fun filled day made your way. We provide transportation and a list of restaurants and attractions, you decide how to spend your day away. Fee includes transportation only.

**Registration deadline is June 6.**  
**Fee:** \$54R/\$59NR RU20302-01

### St. Charles Paddlewheel Riverboat Cruise

Wednesday, July 13, 9:45am-1:15pm

Our private paddlewheel riverboat charter will follow some of the most beautiful sections on the Fox River and includes a boxed lunch on board. Fee includes transportation, lunch and private riverboat charter.

**Registration deadline is June 10.**  
**Fee:** \$69R/\$74NR RU20322-01

### Wisconsin State Fair

Wednesday, August 10, 9am-5pm

Leave the driving to us and don't miss this chance to spend at a day at the Fair! This fun-filled event includes entertainment, concessions, arts & displays, parades and more. Fee includes transportation and admission to the fair. Any additional purchases are on your own.

**Registration deadline is July 26.**  
**Fee:** \$69R/\$74NR RU20318-01

### Anderson Japanese Gardens

Friday, September 16, 10:30am-5pm

Surround yourself with nature in an outdoor setting that inspires the mind and energizes the soul. The day will include lunch prepared by Fresco at the Gardens, docent-guided tour and time for a quick stop at the gift shop before heading home. **Registration deadline is September 1.**

**Fee:** \$84R/\$89NR RU20304-10