



January

- 2 Norma J.
- 11 Zeny C.
- 16 Thomas M.
- 20 Debra M.
- 30 Robert P.

February

- 3 Helen B.
- 4 Michael M.
- 9 Nancy C.
- 13 John G.
- 15 Miguel R.
- 17 Lerida C.
- 22 Chii-Ming K.
- 24 Virginia G.
- 25 Joseph F.



ELMHURST PARK DISTRICT | JANUARY/FEBRUARY 2024

Centennial Connection

Newsletter

A letter from Amy

It's hard to believe that the end of 2023 is right around the corner. We've had an action-packed year with the addition of many new programs and trips, growth in numbers in some of our long-standing classes, a 1-year birthday celebration of the Kies Recreation Center, and a lot of new friends joining and participating in the fun.

In other exciting news, our kitchen remodel and gym floor replacement projects will be starting soon, if they haven't already, depending on when you are reading this. While the gym and kitchen will be out of commission for a few weeks, the projects will not impact programs. All gym programs have been relocated to the multi-purpose room except for Line Dancing which will call Courts Plus home for the winter session. We are looking forward to having a new gym floor for all the programs that are held in there and a teaching kitchen for our current cooking programs and future ones as well. The projects are expected to wrap up at the end of February.

If you have not yet renewed your membership for 2024, now is the time. Membership remains just \$30 for Residents and \$40 for Non-Residents for the upcoming year. One of the perks of membership is having the Centennial Connection Newsletter mailed to your home so, if you have not renewed for 2024, this will be the last newsletter that you will receive.

I hope you all have a happy, safe, warm, and healthy holiday season. As always, stop in and say hello if you're in the area. I look forward to 2024 and all the exciting things that we'll do together. Happy New Year and hope to see you soon!



Amy Srail

PROGRAM SUPERVISOR
(630) 993-8961

Weekly Activities at KRC

MONDAYS	
11 am-2:30 pm	Pinochle
12:45-1:45 pm	Bingocize*
1:45-2:15 pm	Mindfulness*
2:30-3:30 pm	Chair Yoga*
TUESDAYS	
10 am-3 pm	Quilters
10:30-11:30 am	Line Dancing* (Continuing/ Advanced Beginner)
11:30 am-12:30 pm	Line Dancing* (Beginner)
WEDNESDAYS	
11 am-Noon	T'ai Chi for Health*
Noon-3 pm	Quilters
Noon-3 pm	Red Hats (1st Wed of the month)
12:45-1:45 pm	Bingocize*
1:45-2:15 pm	Mindfulness*
THURSDAYS	
Noon-4 pm	Duplicate Bridge
FRIDAYS	
Varies	Special & Monthly Events
1:45-2:15 pm	Mindfulness*
12:45-1:45 pm	Mental Flexibility* (1st and 3rd Friday of the month)

*Pre-registration required. Additional fee may apply.

MARY E. KIES RECREATION (KRC) LOCATED IN CENTENNIAL PARK
155 E. ST. CHARLES ROAD, ELMHURST REGISTRATION PHONE NUMBER: (630) 993-8193

PROGRAMS

Pre-registration is required. Register at epd.org, or call (630) 993-8193 to reserve your spot. All programs are held at the Kies Recreation Center.

FREE Tax Preparation
Ages 60 and up

This program, for simple tax returns, is sponsored by AARP. You **MUST** bring a copy of last year’s tax return. Also, bring all necessary papers such as tax forms received in the mail, statements of income and all legally deductible expenses. Appointments will be held 9 am – Noon, Monday – Thursday at KRC beginning February 5 and ending April 11. Make your appointment online at www.epd.org. For more information or to schedule an appointment by phone, contact the Elmhurst Park District at (630) 993-8193. Appointment scheduling began December 1 for Residents of Elmhurst Park District and will begin January 15 for Non-Residents.

Memoir Writing
Ages 50 and up

You have stories to tell, and this class will give you the opportunity to write them. Participants will write a 500-word essay each week based on their life experiences to share with classmates. Suggested weekly topics from the instructor will start your memories flowing. The instructor, Lola Hotchkis, has been writing memoir essays for the past three years and is passionate about providing others with the opportunity to write, have their essays edited, and share their memories in a safe, close-knit group. Join us in this exciting, new adventure based on **YOUR** stories.
Fee: \$69R/\$74NR

5549 T 1/9-2/13 1:30-3pm

FREE **NEW!** Toys of Yesteryear
Ages 21 and up

Did you know Frank Lloyd Wright’s son invented Lincoln Logs? Take a trip down memory lane as Elmhurst History Museum staff shares popular toys from the 1940’s through the 1970’s. Learn the back story of some of the most iconic toys of their time and have a chance to be a kid again while playing with the museum’s hands on toy collection. This program is free to attend however, pre-registration is required.
Fee: FREE

6275 F 2/2 10-11am



Tour the Mary E. Kies Recreation Center

Call us to schedule a tour or simply stop by! We’ll be happy to show you around!

(630) 993-8193

February 2024

KRC Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>*Pre-registration required. Additional fee may apply. EPD program. Call 630-993-8193 for more information or to register.</div> <div>**Pre-registration required. Metropolitan Family Services Program. Call 331-871-5537 for more information or to register.</div>			1 12 pm Duplicate Bridge	2 10 am Toys of Yesteryear* 1:45 pm Mindfulness** 12:30 pm Fun Wellness Fridays* 12:45 pm Mental Flexibility**	3
4	5 9 am – Noon Tax Prep* 11 am Pinochle 12:45 pm Bingocize** 1:45 pm Mindfulness** 2:30 pm Chair Yoga*	6 9 am – Noon Tax Prep* 10 am Quilters 10:30 am Line Dancing at CP 1:30 pm Memoir Writing*	7 9 am – Noon Tax Prep* 12 pm Red Hats 12 pm Quilters 1:30 pm Brain Games* 1:45 pm Mindfulness** 6:30 pm Acrylic Painting*	8 9 am – Noon Tax Prep* 12 pm Duplicate Bridge	9 10 am Bingo* 1:45 pm Mindfulness**	10
11	12 9 am – Noon Tax Prep* 9:30 am Acrylic Painting* 11 am Pinochle 12:45 pm Bingocize** 1:45 pm Mindfulness** 2:30 pm Chair Yoga* 6:30 pm Watercolor Painting*	13 9 am – Noon Tax Prep* 10 am Quilters 10:30 am Line Dancing at CP 1:30 pm Memoir Writing*	14 9 am – Noon Tax Prep* 12 pm Quilters 1:45 pm Mindfulness** 2 pm Chocolate Lover’s Bingo*	15 9 am – Noon Tax Prep* 12 pm Duplicate Bridge	16 12:45 pm Mental Flexibility** 1:45 pm Mindfulness** 12:30 pm Fun Wellness Fridays*	17
18	19 Closed for President’s Day	20 9 am – Noon Tax Prep* 10 am Quilters	21 9 am – Noon Tax Prep* 10 am Watercolor Painting* 12 pm Quilters 12 pm Paramount Theatre Trip* 12:45 pm Bingocize** 1:45 pm Mindfulness**	22 9 am – Noon Tax Prep* 12 pm Duplicate Bridge	23 11:30 am Valentine’s Day Luncheon* 1:45 pm Mindfulness**	24
25	26 9 am – Noon Tax Prep* 11 am Pinochle 12:45 pm Bingocize** 1:45 pm Mindfulness 2:30 pm Chair Yoga*	27 9 am – Noon Tax Prep* 10 am Quilters	28 9 am – Noon Tax Prep* 12 pm Quilters 12:45 pm Bingocize** 1:45 pm Mindfulness**	29 9 am – Noon Tax Prep* 12 pm Duplicate Bridge		

January 2024

KRC Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Closed New Year's Day	2 10 am Quilters	3 12 pm Red Hats 12 pm Quilters 1:45 pm Mindfulness**	4 12 pm Duplicate Bridge	5 12:45 pm Mental Flexibility 1:45 am Mindfulness**	6
7	8 11 am Pinochle 12:45 pm Bingocize** 1:45 pm Mindfulness** 2:30 pm Chair Yoga*	9 10 am Quilters 10:30 am Line Dancing at CP* 1:30 pm Memoir Writing*	10 12 pm Quilters 12:45 pm Bingocize** 1:45 pm Mindfulness** 6:30 pm Acrylic Painting*	11 12 pm Duplicate Bridge	12 10 am Bingo* 12:30 pm Fun Wellness Fridays* 1:45 pm Mindfulness**	13
14	15 9:30 am Acrylic Painting* 11 am Pinochle 12:45 pm Bingocize** 1:45 pm Mindfulness** 2:30 pm Chair Yoga*	16 10 am Quilters 10:30 am Line Dancing at CP* 1:30 pm Memoir Writing*	17 10 am Watercolor Painting* 12 pm Quilters 12:45 pm Bingocize** 1:45 pm Mindfulness**	18 12 pm Duplicate Bridge	19 12:45 pm Mental Flexibility 1:45 am Mindfulness**	20
21	22 11 am Pinochle 12:45 pm Bingocize** 1:45 pm Mindfulness** 2:30 pm Chair Yoga*	23 10 am Quilters 10:30 am Line Dancing at CP* 1:30 pm Memoir Writing*	24 12 pm Quilters 12:45 pm Bingocize** 1:45 pm Mindfulness**	25 12 pm Duplicate Bridge	26 12:30 pm Fun Wellness Fridays* 1:45 pm Mindfulness**	27
28 1 pm Puzzle Palooza*	29 11 am Pinochle 12:45 pm Bingocize** 1:45 pm Mindfulness** 2:30 pm Chair Yoga*	30 10 am Quilters 10:30 am Line Dancing at CP* 1:30 pm Memoir Writing*	31 12 pm Quilters 12:45 pm Bingocize** 1:45 pm Mindfulness**	<div><div>*Pre-registration required. Additional fee may apply. EPD program. Call 630-993-8193 for more information or to register.</div><div>**Pre-registration required. Metropolitan Family Services Program. Call 331-871-5537 for more information or to register.</div></div>		

ART

The following art programs are available for ages 18 and up and are open to all skill levels. Classes are held at the Kies Recreation Center and **pre-registration is required.**

NEW! Acrylic Painting Classes – Painters Choice

Spend the morning, or evening, learning various acrylic painting skills while you create a work of art that you'll be proud to display. Instructor Colleen Koziara will bring a variety of seasonally appropriate paintings ranging in skill level from easy to masters. The class will vote on which painting they want to paint. The painting with the most votes wins so each classes painting is a surprise! You are also welcome to paint something on your own if you prefer to "go rogue!".

Fee: \$27R/\$32NR

6084	M	1/15	9:30-11:30am
6085	M	2/12	9:30-11:30 am
6087	W	1/10	6:30-8:30 pm
6088	W	2/7	6:30-8:30 pm

Watercolor Painting Classes

Enjoy a morning of watercolor painting! Students of all skill levels will learn various watercolor techniques as they complete their own painting through step-by-step instruction and demonstration. January's class will paint Sunlit Birch Trees and February's painting will be Crocus Blossoms. Instructor: Beth Rush.

Fee: \$23R/\$28NR

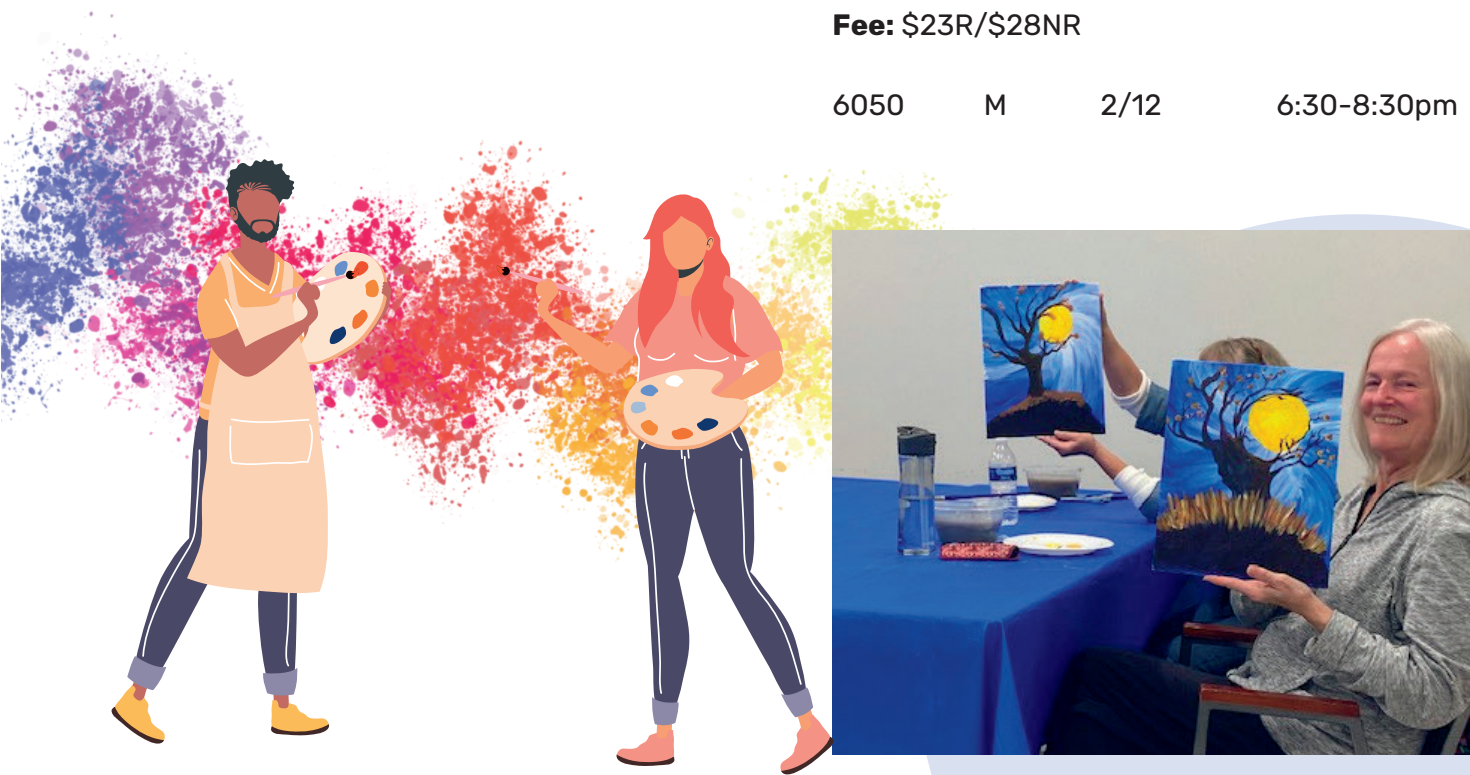
5810	W	1/17	10am-Noon
5811	W	2/21	10am-Noon

NEW! Evening Watercolor Painting Classes

Join us as we paint a heart themed watercolor painting just in time for Valentine's Day. Step by step instructions and plenty of guidance will be given in this fun class. Instructor: Beth Rush.

Fee: \$23R/\$28NR

6050	M	2/12	6:30-8:30pm
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HEALTH & FITNESS

Health, Fitness and Wellness classes are held at KRC and are open to those ages 50 and up unless otherwise noted. Pre-registration is required. More complete descriptions can be found in the Elmhurst Park District Fall brochure.



Line Dancing

Fantastic for your mental memory & your muscle memory, line dancing is a great, low impact workout. Join experienced line dance instructor “Boot Scootin’ Judy Rice” as she teaches the most current dances being done at the saloons & dance clubs in the Chicago area. Dances are simple for beginners & you will dance to country & non-country songs. **The January/February class will be for all skill levels and will be held at Courts Plus while the KRC gym floor is being redone.**
Location: Courts Plus (186 S. West Ave.)
Fee: \$34R/\$39NR

Combined Skills Class

5797 T 1/9-2/13 10:30-11:30am



Chair Yoga

Specifically designed to provide the full benefit of yoga while being carefully modified for those with osteoporosis, osteoarthritis, and back injuries. Class will focus on improved breath and lung capacity, improved posture and core strength, joint flexibility, and range of motion expansion, as well as moves that work the fitness level of the brain. Each class concludes with a short, guided relaxation and meditation. Instructor: Colleen Koziara
Fee: \$57R/\$62NR

6081	M	1/8-2/12	2:30-3:30pm
6082	M	2/26-4/1	2:30-3:30pm



While all programs and groups are free to DuPage County residents aged 60 and up and caregivers, pre-registration is required. For more information or to reserve your spot in any of the following programs, please contact MFS at (331) 871-5537. All programs are held at Mary E. Kies Recreation Center (KRC) 155 E. St. Charles Rd., Elmhurst.



Mindfulness

Mondays, Wednesdays, and Fridays
1:45-2:15 p.m.

A 30-minute session where participants will practice breathing exercises, meditation and other mindful activities. Be sure to sign up for the Elmhurst Park District *Chair Yoga* program that immediately follows *Mindfulness* on Monday to bring your state of relaxation to a whole new level!

Mental Flexibility

Class meet 1st and 3rd Friday of the month from 12:45-1:45 p.m.

An hour-long class where participants will learn how to be mentally flexible in order to live fully with life’s pressures, such as stress, illness, anxiety, depression, aging issues, chronic pain and more.

Class is available in-person and via Zoom



Bingocize

Mondays and Wednesdays
12:45-1:45 p.m.

Bingocize is a 10-week, evidence-based health promotion program that combines exercise and health information with the familiar game of bingo, which s a great and fun way to get moving and socializing.

Caregiver Support Group

Group meets every 2nd and 4th Thursday from 10-11:30 a.m.

A 90-minute support group for caregivers of older adults and individuals with disabilities to get answers, share experiences and find support.

Class is available in-person and via Zoom



TRIPS

NEW! Milwaukee Fish Fry Tour 

Ages 21 and up

We will begin our day with a docent-led tour of one of Milwaukee’s beautiful Catholic Churches. Next, you will sample our favorites with two stops for a generously portioned half-sized classic Milwaukee fish fry along with all the sides and fixings. Additionally, we’ll visit a brewery for a talk and sample while we say “cheers” to the original Milwaukee beer brewers that helped make Milwaukee and the fish fry what we know and enjoy today! The tour will conclude with a stop for custard. This trip will involve minimal walking and participants must be able to enter/exit the bus multiple times during the day. Fee includes transportation, step on guide, guide gratuity, food/drink outlined above as well as gratuities at each of the restaurants. **Registration deadline is February 29.**
Fee: \$169R/\$174NR

6138 F 3/15 9am-5:30pm



 **Some Walking**

 **Minimal Walking**

 **Moderate Walking**

HEALTH & FITNESS



NEW! Fun Wellness Fridays
Ages 18 and up

Have you ever considered making healthy lifestyle changes, but you are not sure where to start? Changing deeply rooted habits is hard. And it’s possible. And you’re not alone. Join others, like you, working on their health. Feel the mutual support, guidance, and structure you need. This cohort will gently hold accountability and celebrate your success. Join your peers to explore your wellness and how to make change that is personal, meaningful, and sustainable. The first session provides an overview on what wellness is with each week then focusing on a specific topic. Sign up for one or all.
Instructor: Laura Coulton
Fee: \$24R/\$29NR

What is Wellness?			
5491	F	1/12	12:30-1:30pm
Recover through Sleep			
5492	F	1/26	12:30-1:30pm
Support Your Mental Health			
5493	F	2/2	12:30-1:30pm
Nourish Yourself			
5494	F	2/16	12:30-1:30pm
Move Like You			
5495	F	3/1	12:30-1:30pm
Celebrate Your Success			
5496	F	3/15	12:30-1:30pm

NEW! Healing the Spirit Within –
One Note at a Time

Ages 21 and up
Presenter Katherine Eldridge discovered that sometimes going out of one’s comfort zone with different creative processes is the best way to heal the soul. This program will explore the themes of love lost and found, hope, joy, and gratitude. It will integrate music, poetry, and art journaling as ways to heal the spirit within. The program has been presented at colleges, retreats and libraries and includes an hour of music, poetry and art. Each attendee will receive a mini journal, pen, bookmark with prompts, and a poetry handout.
Fee: \$30R/\$35NR

5870	F	2/2	10-11am
5871	Th	3/14	7-8pm



KRC DROP-IN GROUPS

Pinochle, Duplicate Bridge, Red Hats and Quilters are all groups that meet here at KRC.

These self-formed groups are not instructional. If you are interested in playing **Pinochle or Duplicate Bridge**, stop in during their meeting times to chat with their group about getting involved.

You can also call KRC and leave your name and number if you’d like to have someone from the group give you a call.

The Quilting group is a great way to work on your own projects while enjoying some great company and socialization. Please note that sewing machines are not available.

Red Hats meets once a month to play board games. If you are a current Red Hat or interested in getting involved, please visit during their normally scheduled meeting time to learn more.

EVENTS

All events are held at Kies Recreation Center (KRC) and **pre-registration is required.**

Bingo

Ages 62 and up

Join us as we enjoy our monthly Bingo game with prizes for the winners. A special gift for those with a birthday that month. Light refreshments will be provided by that month's Bingo sponsor.

Fee: FREE for Members; \$3 Non-Member

5405	F	1/12	10-11:15am
5408	F	2/9	10-11:15 am



FREE Brain Games

Ages 62 and up

Keep your brain and cognition healthy with these fun group activities! A great opportunity to socialize with friends while flexing your mental muscles as we play games using logic, memory, words, math and more! Sponsored by Adam Apostolovich of Life Sages Illinois this program is free to attend however, pre-registration is required.

Fee: FREE

5488	W	2/7	1:30-2:30pm
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FREE Chocolate Lover's Bingo

Ages 62 and up

We're celebrating Valentine's Day with a special Chocolate Lover's Bingo! This themed Bingo is in addition to our regular monthly Bingo program. Our sponsor will provide refreshments and Bingo prizes for our chocolate themed event and while participation is free, pre-registration is required. Call the KRC at 630-993-8193 to reserve your spot today.

Fee: FREE

5489	W	2/14	2-3pm
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EVENTS

Valentine's Day Party

Ages 62 and up

Warm your heart with friends at this party. Bring your sweetheart, friend, or just come and enjoy the company of others. Following the luncheon, you will enjoy music and dancing to the sounds of our entertainer, Maureen Christine. Registration and cancellation deadline is the Friday before.

Fee: \$20M/\$25NM

5479	F	2/23	11:30am-1:30pm
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PuzzlePalooza Jigsaw Puzzle Tournament

Ages 18 and up

Grab your team of no more than 4 adults and get ready to compete against other teams to see who can complete the same 500-piece puzzle the fastest. Teams will have up to 2 hours to complete their puzzle and prizes will be awarded for first, second, and third place. Feel free to bring snacks and get ready to enjoy a day with friends or family. Pricing is per team. Only 1 person on each team needs to register for their team and teams cannot be larger than 4 adults ages 18 and over.

Registration deadline is January 17.

Fee: \$30R/\$35NR

5497	F	1/28	1-3:30pm
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TRIPS

Leave the driving to us and find your fun on one of our next trips! **Additional trip details can be found in the EPD Winter brochure and online at www.epd.org.** Travelers must be ages 21 and up to participate in trips.

NEW! Billy Elliot The Musical at Paramount Theatre

Ages 21 and up

The music of Elton John brings to life the story of Billy Elliot, an 11-year-old English boy who stumbles upon a ballet class during his weekly boxing lesson. His surprise love for dance must be hidden at all costs, especially from his coal miner father. With help from his teacher, Billy gets the chance to attend a prestigious ballet school and must decide what is most important: doing what he loves or doing what other people want. Fee includes transportation and main floor seating.

Registration deadline is January 30.

Fee: \$54R/\$59NR

5554	W	2/21	Noon-5:30pm
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KRC MEMBERS PERK

Register Over the Phone

As a KRC member, you can register for programs and events over the phone!

(630) 993-8193