

May 2024

KRC Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			12 Red Hats 12 Quilters 12:45 Bingocize* 1:45 Relaxation Training* Paramount Theater Trip*	10 Seated Strength* 12 Duplicate Bridge 7 Gentle Yoga* 7 Microaggressions*	10 History of Railroads in Elmhurst* 12:45 Mental Flexibility* 1:45 Relaxation Training*	Art in the Park – Wilder Park
5	6	7	8	9	10	11
Art in the Park – Wilder Park	11 Pinochle 12:45 Bingocize* 1:45 Relaxation Training* 2:30 Chair Yoga 3:45 Guided Meditation*	9:30 Let's Laugh* 10 Quilters 10:30 Line Dancing – Continuing* 11:30 Line Dancing – Beginning* 1:30 Memoir Writing* 6:30 Cooking*	11 T'ai Chi* 12 Quilters 12:45 Bingocize* 1:45 Relaxation Training* 6:30 Acrylic Painting*	10 Seated Strength* 12 Duplicate Bridge 7 Gentle Yoga*	10 Bingo* 1:45 Relaxation Training*	
12	13	14	15	16	17	18
	11 Pinochle 12:45 Bingocize* 1:45 Relaxation Training* 2:30 Chair Yoga* 3:45 Guided Meditation*	9:30 Let's Laugh* 10 Quilters 10:30 Line Dancing – Continuing* 11:30 Line Dancing – Beginning* 1:30 Memoir Writing*	10 Watercolor Painting* 11 T'ai Chi* 12 Quilters 12:45 Bingocize* 1:45 Relaxation Training*	10 Seated Strength* 12 Duplicate Bridge 7 Gentle Yoga*	12:45 Mental Flexibility* 1:45 Relaxation Training*	
19	20	21	22	23	24	25
	11 Pinochle 12:45 Bingocize* 1:45 Relaxation Training* 2:30 Chair Yoga* 3:45 Guided Meditation* 6:30 Evening Watercolor Painting*	9:30 Let's Laugh* 10 Quilters 10:30 Line Dancing – Continuing* 11:30 Line Dancing – Beginning*	11 T'ai Chi* 12 Quilters 12:45 Bingocize* 1:45 Relaxation Training*	10 Seated Strength* 12 Duplicate Bridge 7 Gentle Yoga*	11 Festival Italiano Luncheon* 1:45 Relaxation Training*	
26	27	28	29	30	31	
OFF	CLOSED – Memorial Day	10 Quilters 10:30 Line Dancing – Continuing* 11:30 Line Dancing – Beginning*	11 T'ai Chi* 12 Quilters 12:45 Bingocize* 1:45 Relaxation Training*	10 Seated Strength* 12 Duplicate Bridge	1:45 Relaxation Training*	

*Pre-registration required. Additional fee may apply. EPD program. Call 630-993-8193 for more information or to register.

**Pre-registration required. Metropolitan Family Services Program. Call 331-871-5537 for more information or to register.

June 2024

KRC Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 11 Pinochle 12:45 Bingocize* 1:45 Relaxation Training* 2:30 Chair Yoga* 3:45 Guided Meditation*	4 10 Quilters	5 10 Watercolor Painting Class* 11 T'ai Chi* 12 Red Hats 12 Quilters 1:45 Relaxation Training* 6 Photography*	6 10 Seated Strength* 12 Duplicate Bridge 7 Gentle Yoga*	7 12:45 Mental Flexibility* 1:45 Relaxation Training*	8
9	10 9:30 Acrylic Painting* 11 Pinochle 12:45 Bingocize* 1:45 Relaxation Training* 2:30 Chair Yoga* 3:45 Guided Meditation*	11 9:30 Let's Laugh* 10 Quilters 10:30 Line Dancing – Continuing* 11:30 Line Dancing – Beginning*	12 10 Rules of the Road* 11 T'ai Chi* 12 Quilters 12:45 Bingocize* 1:45 Relaxation Training* 6 Photography*	13 Buffalo, Bakery, Bears Trip* 10 Seated Strength* 12 Duplicate Bridge 7 Gentle Yoga*	14 10 Bingo* 12 Hand Crochet Braided Cowl – COD class* 1:45 Relaxation Training*	15
16	17 11 Pinochle 12:45 Bingocize* 1:45 Relaxation Training* 2:30 Chair Yoga* 3:45 Guided Meditation* 6:30 Watercolor Painting Class*	18 9:30 Let's Laugh* 10 Quilters 10:30 Line Dancing – Continuing* 11:30 Line Dancing – Beginning* 1:30 Memoir Writing*	19 11 T'ai Chi* 12 Quilters 12:45 Relaxation Training* 6 Photography*	20 10 Seated Strength* 12 Duplicate Bridge 7 Gentle Yoga*	21 11 Patriotic Party Luncheon* 12 Hand Crochet Braided Cowl – COD class* 12:45 Mental Flexibility* 1:45 Relaxation Training*	22
23	24 11 Pinochle 12:45 Bingocize* 1:45 Relaxation Training* 2:30 Chair Yoga* 3:45 Guided Meditation*	25 9:30 Let's Laugh* 10 Quilters 10:30 Line Dancing – Continuing* 11:30 Line Dancing – Beginning* 1:30 Memoir Writing*	26 I & M Canal Tour Trip* 11 T'ai Chi* 12 Quilters 12:45 Relaxation Training*	27 12 Duplicate Bridge 7 Gentle Yoga*	28 1:45 Relaxation Training*	29
30				<div style="border: 1px solid black; padding: 5px;"> <p>*Pre-registration required. Additional fee may apply. EPD program. Call 630-993-8193 for more information or to register.</p> <p>**Pre-registration required. Metropolitan Family Services Program. Call 331-871-5537 for more information or to register.</p> </div>		