

## CENTENNIAL CONNECTION

# Newsletter



### *A letter from Amy -*

And just like that, summer (weather at least) is upon us! Even if it's not "officially" summer yet, as I'm writing this letter, the temperatures are in the high 80's with no cool down in site. Kids are out of school, pools are open, and summer camps are in full swing.

The summer season also brings the return of many family favorite events at the park district and around town like Movies in the Park, free concerts, festivals, and more. I hope you can get out and enjoy the sun, warm weather, and fun activities that are offered.


The EPD is offering several new, exciting trips this summer and I hope you can join us on some of them. In August, our Chocolate & Lucy trip will celebrate what would have been Lucille Ball's 115th birthday with an outing to a chocolate confectionery, a Cuban-themed lunch, and an engaging presentation exploring how "I Love Lucy" was created. In early September, we'll be heading to Chicago on our River to Roastery outing to discover unique urban attractions including The Wild Mile, the world's first floating eco-park, a vibrant culinary destination for lunch on your own, and the iconic Starbucks Reserve Roastery which offers an immersive experience of one of Starbucks flagship locations.

Regardless of what your interests are, there is something for everyone this summer at the EPD, so I hope to see you soon!



*Amy Srail*

PROGRAM SUPERVISOR

 (630) 993-8961

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

# WEEKLY ACTIVITIES AT KRC

Join us for a variety of weekly activities at the Kies Recreation Center (KRC)!

\*Pre-registration is required for select activities. Additional fees may apply.

\*\*For Metropolitan Family Services (MFS) programs, call 331-871-5537 for information and registration.

MON	TUE	WED	THU	FRI
10-10:45 am Seated Strength & Stretch*	10 am-3 pm Quilters	Noon-3 pm Quilters	10-10:45 am Seated Strength & Stretch*	Varies Special & Monthly Events
11am-2:30 pm Pinochle	10:30-11:30 am Line Dancing (Continuing)*	12:45-1:45 pm Bingocize**	Noon-4 pm Duplicate Bridge	12-12:30 pm MFS Mindfulness**
12:45-1:45 pm Bingocize**	11:30 am-12:30 pm Line Dancing (Beginner)*	4-6 pm Pickleball Open Play*	1-2 pm Tai Chi*	
2:30-3:30 pm Chair Yoga*	1-1:45 pm Seated Strength & Stretch*	6-7:30 pm Pickleball Developing Intermediate* (July)	3-4 pm Pickleball Adult Senior Beginner*	
	1:30-3 pm Memoir Writing*	6-7:30 pm Adult Advanced Beginner (August)*	4-6 pm Pickleball Open Play*	
	3-4 pm Pickleball Adult Senior*	7-8 pm Gentle Yoga* (August)	6-7:30 pm Pickleball Adult Advanced Beginner*	
	4-6 pm Pickleball Adult Open Play*		7-8 pm Gentle Yoga* (July)	
	6-7:30 pm Pickleball Adult Beginner			



# **BELONG.** **CONNECT.** **GROW.**



## **Looking for a fun way to connect with others?**

Join one of the self-formed groups that meet at KRC!

### **Pinochle and Duplicate Bridge**

These card groups welcome new players! If you're interested, stop by during their meeting times to chat and see how you can join. You can also call KRC and leave your name and number to have someone from the group reach out to you.

### **Quilters Group**

Bring your quilting projects and enjoy great company while you work! This is a social group, not an instructional class. Please note that sewing machines are not available.

Come meet new friends and enjoy your favorite hobbies at KRC!

# Stay active, social, and connected !

## KRC Membership

Membership gives you access to engaging programs, events, and special perks designed with you in mind.

In addition to weekly drop-in activities, KRC hosts fitness classes, art programs, social events, luncheons, trips, and educational activities; and offers a membership option. Located in Centennial Park, the Mary E. Kies Recreation Center (KRC) is home to a variety of programs and events and is also the location of Elmhurst's Metropolitan Family Services DuPage office.



**Half Price  
Membership  
62 and up!**  
\$15R  
\$20NR  
Valid 6/1-12/31/26

## KRC Membership Includes



FREE participation in Bingo  
(Prize for your birthday month)



Discounted member pricing  
on monthly luncheon fees

The Centennial Connection  
newsletter mailed to your home



Priority registration for  
AARP Free Tax  
Preparation Service



Phone registration for  
KRC programs

# PROGRAMS

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

## NEW! Learn to Sign (American Sign Language)

Ages 18 and up

Join us in this fun, interactive and lively class where you will learn to communicate with others through sign language! Each session covers new material. Taught live on the Zoom platform by a Language in Action, Inc. instructor. Zoom login information will be emailed to participants before the first class.

**Fee:** \$99R/\$104NR



16962	W	7/1-8/5	6-6:45 pm	Beginner
16965	W	7/1-8/5	7-8 pm	Intermediate
16963	W	8/12-9/16	6-6:45 pm	Beginner
16966	W	8/12-9/16	7-8 pm	Intermediate

## Memoir Writing

Ages 50 and up

Everyone has a story to tell—this class will help you find the words to tell yours. Each week, participants will write a 500-word personal essay inspired by their own life experiences. The instructor will provide optional weekly prompts to help spark memories and guide your writing. You'll have the chance to share your work in a supportive, close-knit group and receive thoughtful editing and feedback. Whether you're new to memoir writing or continuing your journey, this class offers a welcoming space to reflect, write, and connect. No previous attendance is required—each session stands on its own.

**Fee:** \$72R/\$77NR

16946	Tu	7/7-8/11	1:30-3 pm
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### EASY REGISTRATION FOR KRC MEMBERS!

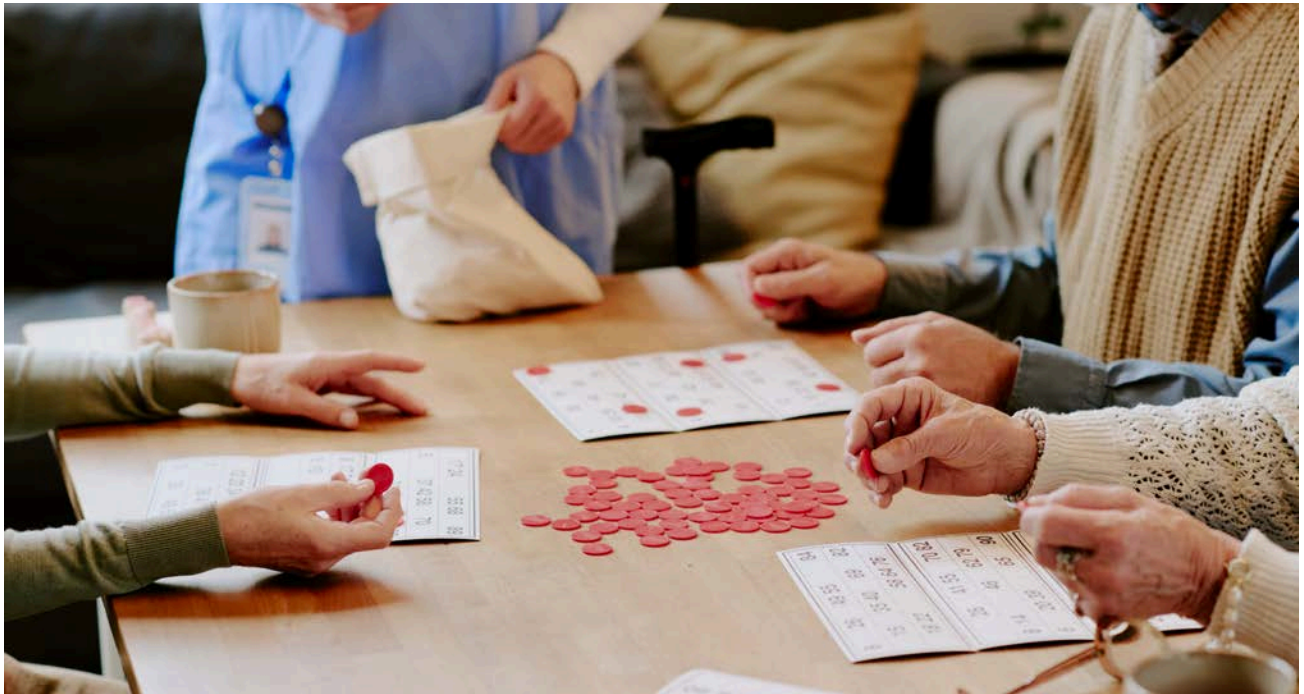
As a KRC member, you can sign up for programs and events simply by calling us!



(630) 993-8193

# EVENTS

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



## Bingo

Ages 50 and up

Join us for our monthly Bingo game - a fun-filled time with prizes for all winners! Celebrating a birthday this month? There's a special gift just for you! Light refreshments will be provided by this month's generous Bingo sponsor. Don't miss out on the laughter, community, and a chance to yell BINGO!

**Pre-registration is required.**

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

16907	F	7/10	10-11:15 am
16908	F	8/7	10-11:15 am

**Sponsored by**

JULY



AUGUST



## FREE! Ice Cream Social

National Ice Cream Day is in July and we're celebrating with a good old fashioned ice cream social. Terra Vista is sponsoring our event. Grab a group of friends, or make some new ones, and enjoy a sweet treat. **Free to attend, registration required.**

**Fee:** FREE

16941	F	7/17	1-2 pm
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**Sponsored by**



# EVENTS

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

## NEW! Old Fashioned Fun – Root Beer Float Day

Celebrate the sweet, fizzy fun of National Root Beer Float Day with a classic treat everyone loves. Join us as we scoop creamy vanilla ice cream and pour ice-cold root beer to create the perfect float. Participants will learn a bit about the history of this all-American dessert while enjoying a refreshing drink and good company. This program is a fun, nostalgic way to cool off, spark conversation, and indulge in a timeless favorite. All supplies provided – just bring your sweet tooth! **Registration deadline is one week prior.**

**Fee:** \$10R/\$15NR

17545      Th      8/6      11:30 am – 12:30 pm



## NEW! Hawaiian Luau

Say aloha to sunshine, smiles, and island vibes! Join us for a tropical-themed luncheon featuring a delicious menu inspired by the islands, bright décor, and lively entertainment by Edizon Dayao. Grab your favorite Hawaiian shirt or sundress and get ready to hula your way into an afternoon of laughter, music, and community spirit.

**Registration and cancellation deadline is the Friday before the event.**

**Fee:** \$20M/\$25NM

16910      F      7/24      11:30 am–1:30 pm

Sponsored by



## NEW! That's Amore! A Luncheon Tribute to Dean Martin

Join us for an afternoon of music, memories, and mouthwatering food as we celebrate the one and only Dean Martin – the King of Cool! Our talented performer, Peter Oprisko, will bring Dean's timeless charm and easygoing style to life as he sings unforgettable tunes from a true legend. **Registration and cancellation deadline is the Friday before the event.**

**Fee:** \$20M/\$25NM

16911      F      8/21      11:30 am–1:30 pm

Sponsored by



# 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 (KRC), and pre-registration is required. All materials are provided.

## Candle Making Workshop

Design a candle that's as one-of-a-kind as you are! Learn how to measure and mix fragrance and wax, blend at just the right temperature, and pour your candle into a stylish jar. While it cools, have fun crafting a custom label using a variety of creative materials. Take your candle home the same day—perfect to keep or give as a handmade gift. All supplies included.

**Fee:** \$25R/\$30NR

16926 M 7/16 6-7:30 pm

## Card Making

In this class we will use stamps, ink, and paper to create handmade cards to send to family and friends. The class will focus on fun folds and making cards with unique folded designs. All supplies provided, and each participant will leave with three unique cards.

**Fee:** \$25R/\$30NR

16958 M 7/20 6:30-8:30 pm

## Watercolor Painting Classes

Enjoy a morning, or evening, 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. All supplies are provided. Instructor: Beth Rush

**Fee:** \$25R/\$30NR

### Lighthouse

16949 W 7/8 10 am-12 pm

### Sailboat

16953 M 7/13 6:30-8:30 pm

### Beach Umbrella

16950 W 8/12 10 am-12 pm

### Campfire

16954 M 8/17 6:30-8:30 pm

## Watercolor Workshops

These workshops will focus on techniques to boost your skills in watercolor. Different techniques will be offered each session. All supplies are provided. Instructor: Beth Rush

**Fee:** \$25R/\$30NR

### Fireflies in a Jar

16957 M 8/31 6:30-8:30 pm

# HEALTH AND FITNESS

Health, Fitness, and Wellness classes are held at the Kies Recreation Center (KRC) and are open to those ages 50 and up unless otherwise noted. Pre-registration is required.



## Chair Yoga

This one-hour class offers all the benefits of yoga—safely adapted for those with osteoporosis, osteoarthritis, or back injuries. You'll focus on better breathing, posture, core strength, joint flexibility, and even brain fitness. Leave feeling stronger, looser, and more centered.

**Fee:** \$59R/\$64NR

16922 M 7/27-8/31 2:30-3:30 pm

## Gentle Yoga

Give yourself one hour of breath work, gentle stretches, and min meditation to calm the nervous system. Escape from the stress of everyday life and leave feeling calm and peaceful. All levels are welcome. Great for stretching and de-stressing. You don't have to be a yogi to take this class. Participants should bring a yoga or exercise mat to class.

**Fee:** \$74R/\$79NR

17772 Th 7/9-7/30 7-8 pm

17773 W 8/5-8/26 7-8 pm

# HEALTH AND FITNESS

Health, Fitness, and Wellness classes are held at the Kies Recreation Center (KRC) and are open to those ages 50 and up unless otherwise noted. Pre-registration is required.



## Tai Chi

Tai Chi is a gentle, beautiful and flowing exercise routine that is a joy to do. The functional movements are all done naturally and gently. The controlled breathing reduces stress and anxiety, helping calm the mind. It helps regulate heart rate and blood pressure, boosting energy. The exercises are very effective and easy to learn. Students may choose to sit or stand as needed, making this class suitable for all ages and abilities.

**Fee:** \$50R/\$55NR

16945      Th      7/23-8/27      1-2 pm

## NEW! Wellness Wednesdays

Join this engaging wellness workshop led by physical therapist Dave Horton, PT, DPT of PT Dave PLLC Physical Therapy to learn how to prevent injuries and manage aches or pains before they become bigger problems.

Through practical demonstrations and gentle exercises, you'll gain simple strategies for managing common injuries to areas like the back, shoulders, knees, and hips. Perfect for anyone who wants to stay active, recover well, and keep their body moving safely for life.

**Free to attend, pre-registration required.**

**Fee:** FREE

16939      W      7/29      3:30-4:30 pm      Tendonitis

16940      W      8/26      3:30-4:30 pm      Knee Pain

# HEALTH AND FITNESS

Health, Fitness, and Wellness classes are held at the Kies Recreation Center (KRC) and are open to those ages 50 and up unless otherwise noted. Pre-registration is required.

## Seated Strength & Stretch

Build strength, improve flexibility, and boost balance in this well-rounded seated workout! We'll start with gentle stretches, then move into light cardio, core work, and a final full-body stretch. Taught by therapists from Better Stretch, this class is perfect for all ability levels. Wear comfy clothes, supportive shoes, and don't forget your water bottle.

**Fee:** \$54R/\$59NR

16934	M	7/27-8/31	10-10:45 am
16935	Tu	7/28-9/1	1-1:45 pm
16936	Th	7/30-9/3	10-10:45 am

## FREE! Tai Chi in the Park

Experience the calming practice of Tai Chi in the beautiful outdoor setting of Wilder Park. This gentle, low-impact program introduces participants to slow, flowing movements combined with mindful breathing to promote relaxation, balance, and overall well-being. The class is designed for all fitness levels, including beginners. Please wear comfortable clothing and flat shoes, and bring water. **Free to attend, pre-registration required.**


**Fee:** FREE

19390	Th	7/16	6:30-7:30 pm
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## Step inside 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

# TRIPS

Leave the driving to us and have fun on one of our next trips! Travelers must be 21 and up to participate. All trips depart from and return to the Kies Recreation Center. Trip start time is bus departure time. Please arrive a few minutes early to check in and receive any materials needed for the day. Please see page 78 of the EPD Summer Brochure for additional important trip information.

## NEW! Chocolate & Lucy

Celebrate Lucille Ball's birthday with a sweet and nostalgic day dedicated to everyone's favorite redhead! Our day begins at Long Grove Confectionery, where we'll learn all about the art of chocolate making, tour the production line, and enjoy time to sample and shop in the outlet store. Next, we'll indulge in a Cuban-themed lunch featuring chicken skewers over rice, roasted vegetables, rolls & butter, salad, and dessert. After lunch, we'll head to University Center for a special presentation by Todd Hunt, who will take us on a journey back to the golden age of television. Through engaging slides, audio, and video clips, we'll explore how "I Love Lucy" was created and discover fascinating stories about Lucy, Desi, and their castmates. This fun-filled day is the perfect way to honor what would have been Lucy's 115<sup>th</sup> birthday! Fee includes motor coach transportation, factory tour, lunch, and private presentation by Todd Hunt. **Registration deadline is July 15.**  
**Fee:** \$129R/\$134NR

16919    W    8/5    9 am–5 pm

## Walking Key



Minimal Walking



Some Walking



Moderate Walking

## NEW! From River to Roastery: A Day Exploring Chicago



This day trip offers an engaging exploration of some of Chicago's most unique urban attractions. Participants will begin at Chicago's Wild Mile, the world's first floating eco-park, where they can experience innovative river restoration efforts, enjoy scenic views, and learn about local ecology and sustainability initiatives on a guided tour. The trip continues to Washington Hall, a vibrant culinary destination featuring a variety of local vendors and diverse cuisines, for lunch on your own. The day concludes at the iconic Starbucks Reserve Roastery, where participants can experience small-batch coffee roasting, specialty beverages, and the immersive design of one of Starbucks' flagship locations. This program blends environmental education, cultural exploration, and culinary discovery for a memorable Chicago experience. Trip includes transportation and guided tour of the Wild Mile. Purchases at Washington Hall and Starbucks Reserve Roastery are on your own. **Registration deadline is September 1.**

**Fee:** \$54R/\$59NR

17544    W    9/16    9 am–4 pm



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.

## **Open Walk-In Hours**

**Mondays, Wednesdays, and Fridays  
11 am–12 pm**

Visit counselors at Metropolitan Family Services during open walk-in hours with any questions you may have about MFS programs and counseling services, senior services, community resources, or just to chat about whatever is on your mind.

## **Caregiver Support Group**

**Group meets every 2nd and 4th  
Thursday from 10–11:30 am**

 **Class meets via Zoom**

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

## **Bingocize**

**Mondays and Wednesdays  
12:45–1:45 pm**

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

## **Grandparents Raising Grandchildren (GRG)**

**Group meets on the 2<sup>nd</sup> Thursday from 1–2:30 pm and the 4<sup>th</sup> Monday from 6:30–8 pm every month.**

**Thursday meetings are in-person at the MFS Willow location (222 E Willow Ave., Wheaton) and virtually via Zoom.**

 **Monday meetings are via Zoom only.**

This 90-minute support group is for grandparents raising grandchildren, or any kinship relationship of a senior, ages 55 and up, raising a kinship child that is 0–17 years old. Participants will be able to share information and ideas to help each other cope with the impact of this special role on their health, emotional well-being, finances, and family.

## **Mindfulness**

**Fridays, 12–12:30 pm**

30-minutes of breathing exercise, meditation, and other mindful activities. In-person only.

## JULY

- 2 Rhonda A.
- 15 Joan L.
- 15 Eugenie U.
- 19 Dottie H.
- 19 Jeanne R.
- 22 Ann K.
- 25 David G.
- 29 Patricia B.
- 29 Bettie H.
- 29 Geraldine P.



## AUGUST

- 1 Molly B.
- 1 Eleanor H.
- 1 Patricia Z.
- 2 Susan F.
- 2 Carolyn V.
- 3 Rita D.
- 6 Margarete G.
- 6 Rita H.
- 7 Mary T.
- 8 Phyllis M.
- 13 Betty G.
- 14 Regina Y.
- 15 Babette H.
- 18 Rose Mary T.
- 20 Jill H.
- 21 Rosemary C.
- 25 Beverly B.
- 31 Charlene R.



375 W. First Street  
Elmhurst, IL 60126

# July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
		*Pre-registration required. Additional fee may apply. Call 630-993-8193 for more information or to register.		12 Quilters 12:45 Bingocize** 7 Spanish*	10 Seated Strength* 12 Duplicate Bridge 1 Tai Chi*	Closed – Happy 4 <sup>th</sup> of July
5	6	7	8	9	10	11
	10 Seated Strength* 11 Pinochle 12:45 Bingocize** 2:30 Chair Yoga*	10 Quilters 10:30 Line Dance* 11:30 Line Dance* 1 Seated Strength* 1:30 Memoir Writing* 3 PB Senior Play* 4 PB Open Play* 6 PB Adv. Beg.*	10 Watercolors* 12 Quilters 12:45 Bingocize** 4 PB Open Play* 6 PB Dev. Int.* 7 Spanish*	10 Seated Strength* 12 Duplicate Bridge 1 Tai Chi* 3 PB Senior Beg.* 4 PB Open Play* 6 PB Adv. Beg.* 7 Gentle Yoga*	10 Bingo*  12 Mindfulness**  7 pm Movie in the Park – Wilder Park	
12	13	14	15	16	17	18
10-4 Elmhurst Garden Walk & Faire	10 Seated Strength* 11 Pinochle 12:45 Bingocize** 6:30 Watercolors*	10 Quilters 10:30 Line Dance* 11:30 Line Dance* 1 Seated Strength* 1:30 Memoir Writing* 3 PB Senior Play* 4 PB Open Play* 6 PB Adv. Beg.*	12 Quilters 12:45 Bingocize** 4 PB Open Play* 6 PB Dev. Int.* 7 Spanish*	10 Seated Strength* 21 Duplicate Bridge 3 PB Senior Beg.* 4 PB Open Play* 6 Candle Making* 6 PB Adv. Beg.* 6:30 Tai Chi in Wilder Park* 7 Gentle Yoga*	12 Mindfulness**  1 Ice Cream Social*	4-7 pm Bags, Brew & BBQ – Wilder Park
19	20	21	22	23	24	25
	10 Seated Strength* 11 Pinochle 12:45 Bingocize** 2:30 Chair Yoga* 6:30 Card Making*	10 Quilters 1 Seated Strength* 1:30 Memoir Writing 3 PB Senior Play* 4 PB Open Play* 6 PB Adv. Beg.*	9-11 am Party in the Park – Eldridge Park (East) 12 Quilters 12:45 Bingocize** 4 PB Open Play* 6 COD Drawing Basics* 6 PB Dev. Int.* 7 Spanish*	10 Seated Strength* 12 Duplicate Bridge 1 Tai Chi* 3 PB Senior Beg.* 4 PB Open Play* 6 PB Adv. Beg.* 7 Gentle Yoga*	11:30 Hawaiian Luau Luncheon*  12 Mindfulness**  6:30-9:30 pm Nature Night at Eldridge Park*	
26	27	28	29	30	31	
	10 Seated Strength* 11 Pinochle 12:45 Bingocize** 2:30 Chair Yoga*	10 Quilters 1 Seated Strength* 1:30 Memoir Writing* 3 PB Senior Play* 4 PB Open Play* 6 PB Adv. Beg.*	12 Quilters 12:45 Bingocize** 3:30 Wellness Wednesday* 4 PB Open Play* 6 PB Dev. Int.* 7 Spanish*	10 Seated Strength* 11:30 Wizard of Oz* 12 Duplicate Bridge 1 Tai Chi* 3 PB Senior Beg.* 4 PB Open Play* 6 PB Adv. Beg.* 7 Gentle Yoga*	12 Mindfulness**	
					**Metropolitan Family Services (MFS) program. Call 331-871-5537 for more information or to register.	

# August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	10 Seated Strength* 11 Pinochle 12:45 Bingocize** 2:30 Chair Yoga*	10 Quilters 1 Seated Strength* 1:30 Memoir Writing* 3 PB Senior Beg.* 4 PB Open Play* 6 PB Adult Beg.*	9-11 Party in the Park – Salt Creek 9 Chocolate & Lucy Trip* 12 Quilters 12:45 Bingocize** 4 PB Open Play* 6 PB Adv. Beg.* 7 Spanish* 7 Gentle Yoga*	10 Seated Strength* 11:30 Root Beer Float Event* 12 Duplicate Bridge 1 Tai Chi*	10 Bingo*  7 pm Movie in the Park – Wilder Park	
9	10	11	12	13	14	15
	10 Seated Strength* 11 Pinochle 12:45 Bingocize** 2:30 Chair Yoga*	10 Quilters 1 Seated Strength* 1:30 Memoir Writing* 3 PB Beg.* 4 PB Open Play* 6 PB Beg.*	10 Watercolors* 12 Quilters 4 PB Open Play* 6 PB Adv. Beg.* 7 Gentle Yoga*	10 Seated Strength* 12 Duplicate Bridge 1 Tai Chi* 4 PB Open Play* 5:45 Goat Yoga* 7 Goat Yoga*	12 Mindfulness**	4-8 pm Park Palooza Berens Park
16	17	18	19	20	21	22
	10 Seated Strength* 11 Pinochle 2:30 Chair Yoga* 6:30 Watercolors*	10 Quilters 1 Seated Strength* 3 PB Senior Beg.* 4 PB Open Play* 6 PB Adult Beg.*	12 Quilters 4 PB Open Play* 6 PB Adv. Beg.* 7 Gentle Yoga*	10 Seated Strength* 12 Duplicate Bridge 1 Tai Chi* 4 PB Open Play*	11:30 Dean Martin Tribute Luncheon*	
23	24	25	26	27	28	29
	10 Seated Strength* 11 Pinochle 2:30 Chair Yoga*	10 Quilters 10:30 Line Dance* 11:30 Line Dance* 1 Seated Strength* 3 PB Senior Beg.* 4 PB Open Play* 6 PB Adult Beg.*	12 Quilters 3:30 Wellness Wednesday* 4 PB Open Play* 6 PB Adv. Beg.* 7 Gentle Yoga*	10 Seated Strength* 12 Duplicate Bridge 1 Tai Chi* 4 PB Open Play*	12 Mindfulness**	
30	31					
	10 Seated Strength* 11 Pinochle 2:30 Chair Yoga* 6:30 Watercolors*	*Pre-registration required. Additional fee may apply. Call 630-993-8193 for more information or to register.		**Metropolitan Family Services (MFS) program. Call 331-871-5537 for more information or to register.		