

Centennial Connection Newsletter

A letter from Amy -

Spring has officially arrived! Longer days, warmer temperatures, and all sorts of new and exciting programs and trips are in the forecast. If you're looking to get out and about and moving around, be sure to check out all our wellness programs. There are a lot of new offerings including Meditation with Goats and Wellness Wednesdays if you're looking for a fun, unique way to invest in your health.

If you're feeling artistic, be sure to visit the annual Art in the Park in Wilder Park the first weekend in May. We're also offering a Paint with Goats class in June where you can paint and plant your own flowerpot while visiting with friendly, inspirational, and sometimes mischievous goats. Spring also brings the return of several free park district events like parties and movies in the park for you and your family and friends to enjoy.

June will also start our half-price membership sale so if you know anyone who you think would enjoy all that KRC has to offer, be sure to let them know that starting June 1, KRC membership will be half-price for the rest of the year. Membership includes free monthly bingo, discounted monthly luncheons, phone registration privileges, and this newsletter mailed to your home every other month.

As always, I'm looking forward to seeing you soon and I'm excited to be back after my surgery. Tracy and our volunteers did an amazing job running things while I was out and recovering. It was somehow, at the same time, a very long and short 8-weeks away. Hope to see you soon!



Amy Srail

PROGRAM SUPERVISOR

☎ (630) 993-8961

WEEKLY ACTIVITIES AT THE KRC

MONDAYS

10-10:45 am	Seated Strength and Stretch*
11am-2:30 pm	Pinochle
2:30-3:30 pm	Chair Yoga*

TUESDAYS

10 am-3 pm	Quilters
10:30-11:30 am	Line Dancing (Continuing)*
11:30 am-12:30 pm	Line Dancing (Beginner)*
1-1:45 pm	Seated Strength and Stretch*
1:30-3:30 pm	Memoir Writing*
4-6 pm	Pickleball Adult Beginner Open Play*
6 - 7:30 pm	Pickleball Adult Beginner*

WEDNESDAYS

Noon-3 pm	Quilters
4-6 pm	Pickleball Adult Beginner Open Play*
6-7:30 pm	Pickleball Adult Advanced Beginner*

THURSDAYS

10-10:45 am	Seated Strength and Stretch*
Noon-4 pm	Duplicate Bridge
1-2 pm	Tai Chi*
3-4 pm	Pickleball Adult Senior Beginner* (begins in June)
4-6 pm	Pickleball Open Play* (begins in June)
6-7:30 pm	Pickleball Adult Advanced Beginner* (begins in June)
7-8 pm	Gentle Yoga*

FRIDAYS

Varies	Special and Monthly Events
12-12:30 pm	Mindfulness**

*Pre-registration required. Additional fee may apply.

**Metropolitan Family Services (MFS) program. Please call 331-871-5537 for more information or to register.

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!



PROGRAMS

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

The Spanish Acquisition – Spanish Language Classes

Ages 18 and up

Have you always wanted to learn a foreign language but never had the opportunity? Now is the perfect time! In this relaxed, small-class environment, you will learn Spanish conversation, grammar, and phonetics which you can immediately begin using. This class will be tailored as much as possible to fit the language needs and goals of the students enrolled. Taught by Language in Action, Inc. instructors.

Fee: \$104R/\$109NR

16959 W 6/24-8/5 7-8 pm

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



NEW! Armchair Traveler

Ages 18 and up

Travel the globe—no passport required! Each season, we'll "visit" a different country and explore its culture, history, and cuisine through music, videos, trivia, games, and themed snacks. In May, we're off to Mexico; in June, it's Italy. Join us for an engaging, multisensory journey from the comfort of your seat. Registration closes one week prior to each event.

Fee: \$20R/\$25NR

Mexico	14482	Tu	5/5	1-3 pm
Italy	16912	Tu	6/2	1-3 pm



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

14412	F	5/8	10-11:15 am
16906	F	6/5	10-11:15 am

Sponsored by

MAY SPONSOR



Patriotic Party

Ages 50 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 by Don Reitsma. **Registration and cancellation deadline is the Friday before the event.**

Fee: \$20M/\$25NM

16909	F	6/19	11:30 am-1:30 pm
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Sponsored by



Country Western Luncheon

Ages 50 and up

Dust off your dancing boots and grab your cowboy hats - you're invited to a rootin'-tootin' afternoon of toe-tappin' country western music. Enjoy a catered lunch featuring classic cowboy chow and be entertained by the talented Jack Evans. Registration and cancellation deadline is the Friday before the event.

Fee: \$20M/\$25NM

14522	F	5/22	11:30 am-1:30 pm
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Sponsored by



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.



Fees
\$30R
\$40NR

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

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.

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

Sonoran Desert

14506 W 5/6 10 am-12 pm

Poppies

14512 M 5/18 6:30-8:30 pm

Succulent Plant

16948 W 6/10 10 am-12 pm

Floral Picket Fence

16952 M 6/15 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

Metallic Paint Bookmarks

14517 M 5/11 6:30-8:30 pm

Abstract Watercolors

16956 M 6/22 6:30-8:30 pm

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

NEW! Paint with Goats

Immerse yourself in creativity, laughter, and the playful company of friendly goats. Spend the first 30 minutes mingling with your adorable four-legged companions, then design and paint your own flowerpot to take home—complete with a plant of your choice. The goats will be nearby throughout the event, offering curious antics and artistic inspiration. Held outdoors and featuring acrylic paint, so please dress accordingly.

Fee: \$79R/\$84NR

16916 Tu 6/23 6-8:15 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. **No class 6/15 & 7/13.**

Fee: \$59R/\$64NR

16921 M 6/1-7/20 2:30-3:30 pm

NEW! Chair Yoga Demo Class

Celebrate International Day of Yoga and experience the benefits of yoga in a safe, supportive, and accessible way! Our Free Chair Yoga Demo Class is perfect for beginners, seniors, office workers, or anyone looking for gentle movement and relaxation. Using a sturdy chair for balance and support, you'll explore a series of simple stretches, breathing exercises, and mindful movements designed to improve flexibility, strength, and posture — all without getting down on the floor. Pre-registration required.

Fee: FREE

16942 W 6/24 2:30-3:30 pm

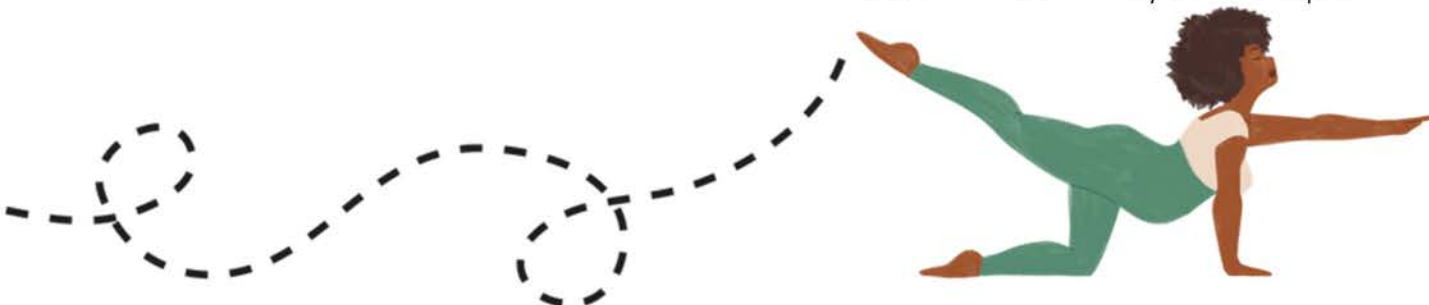
NEW! Goat Meditation

Connect with your mind, body, and spirit—while sharing your mat with friendly goats! This one-of-a-kind outdoor experience features 30 minutes of guided meditation with soothing sound healing, followed by 30 minutes of snuggling and photo time with your goat companions. Please bring an outdoor towel or yoga mat, as goats will be goats.

Fee: \$39R/\$49NR

14914 Th 5/14 5:45-6:45 pm

14915 Th 5/14 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

16944 Th 6/4-7/9 1-2 pm

NEW! 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. **Pre-registration required.**

Fee: FREE

17946 Th 6/11 6:30-7:30 pm

NEW! Stroke Education & Awareness

May is Stroke Awareness Month and whether you're a stroke survivor, caregiver, or simply want to learn more, this class provides helpful tools and information for understanding stroke. Topics include what is a stroke, cost of stroke, how to treat it, discharge considerations, and research advancements. Presented by Assisting Hands Home Care. **Free to attend, pre-registration is required.**

Fee: Free

14863 F 5/8 11:30 am-12:30 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

Back Pain & Sciatica

16938 W 6/24 3:30-4:30 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.

Line Dancing

No partner? No problem! Learn today's hottest line dances from Chicago's saloons and dance clubs—set to both country and non-country hits. This friendly, low-impact class is a blast, and it's great for your brain, memory, and overall fitness. Get moving, have fun, and enjoy a low-impact workout that keeps you smiling.

Fee: \$40R/\$45NR

Beginner Class

16924 Tu 6/9-7/14 11:30 am-12:30 pm

Continuing Class

16925 Tu 6/9-7/14 10:30-11:30 am

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. **No class 5/25.**

Fee: \$54R/\$59NR

16929 M 5/4-6/8 10-10:45 am \$45R/\$50NR

14537 Tu 5/5-6/9 1-1:45 pm

14538 Th 5/7-6/11 10-10:45 am

16931 M 6/15-7/21 10-10:45 am

16932 Tu 6/16-7/21 1-1:45 pm

16933 Th 6/18-7/23 10-10:45 am



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 90 of the EPD Winter Spring Brochure for additional important trip information.

Walking Key



Minimal Walking



Some Walking



Moderate Walking

NEW! Sail & Savor on Lake Geneva



Spend an afternoon cruising the lake while enjoying a delicious sit-down lunch aboard the Grand Belle. As you dine, take in the beauty of Lake Geneva's shoreline and the stories behind historic estates shared by an expert guide. After our cruise you'll have about an hour to shop downtown Lake Geneva before heading back to Elmhurst. Fee includes motor coach transportation, plated lunch at reserved tables on main deck (entrée, fruit, rolls, butter, apple pie, water, coffee, and hot tea), and narrated 2.25-hour cruise. **Registration deadline is June 1.**

Fee: : \$139R/\$144NR

16917 Tu 6/16 9:30 am-5 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.



Grandparents Raising Grandchildren (GRG)

Group meets on the 2nd Thursday from 1-2:30 pm and the 4th 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.



May

- 2** Raymond U.
- 4** Sharon P.
- 6** Jan W.
- 12** Jan S.
- 18** John W.
- 19** John R.
- 22** Roberta M.
- 30** Ken H.

June

- 5** Isabel M.
- 11** Douglas B.
- 22** Donna K.
- 24** Jane H.
- 30** Linda P.



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