

# Centennial Connection Newsletter

## *A letter from Amy -*

It's hard to believe this is the last newsletter of 2025 and 2026 is right around the corner! It's been an exciting year with the addition of many new programs and trips and a lot of new friends joining and participating in the fun.

If you haven't renewed your membership yet for 2026, you'll want to do so before the year is over so that you can continue to get the newsletter mailed to your home, phone registration privileges, free Bingo, and member pricing on luncheons in the new year. Additionally, 2026 KRC members have priority registration for tax appointments regardless of residency status. Membership will continue to be just \$30 for Residents and \$40 for Non-Residents for the year.

You may notice a new look to our EPD brochure for 2026. Programs have been reorganized more chronologically by age and category so don't worry if you don't see your favorite program right away. Chances are it just moved. For example, Line Dancing can now be found with the rest of the adult dance programs, Chair Yoga, Tai Chi, and Seated Strength will be in the Health & Fitness and Mind & Body Categories, Bingo, luncheons and other favorites will be in Senior General Interest. Of course, they can all be found in your Centennial Connections newsletter as well for easy reference.

I hope you all have a happy, safe, warm, and healthy holiday season. Stop in and say hello if you're in the area. I look forward to 2026 and all the exciting things to come. Happy New Year and hope to see you soon!



*Amy Srail*

PROGRAM SUPERVISOR



(630) 993-8961

## WEEKLY ACTIVITIES AT THE KRC

### MONDAYS

11 am–2:30 pm	Pinochle
12:45–1:45 pm	MFS Bingocize**
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*

### WEDNESDAYS

Noon–3 pm	Quilters
12:45–1:45 pm	MFS Bingocize**
6–7:45 pm	Pickleball Advanced Beginner*

### THURSDAYS

10–10:45 am	Seated Strength & Stretch*
Noon–4 pm	Duplicate Bridge
1–2 pm	Tai Chi*
6–7:45 pm	Pickleball Adult Advanced Beginner*
7–8 pm	Gentle Yoga*

### FRIDAYS

Varies	Special & Monthly Events
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\*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 & 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.*

## **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

14499    Tu    2/3-3/10    1:30-3 pm

## **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

14767    W    1/7-2/18    7-8 pm



# Programs

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



## **NEW! Random Act of Kindness Day**

*Ages 18 and up*

Help us spread some love and brighten a child's day! Join us for a heartwarming Kindness Activity as we create handmade cards for children in hospitals across the country. Whether it's a cheerful birthday card, a holiday greeting, or a simple message of encouragement, your creation will bring comfort and joy to a child in need. Cards will be delivered through Letters of Love, a nonprofit organization dedicated to building a kinder world—one card at a time. All supplies will be provided. **Registration deadline:**

**February 9.**

**Fee:** FREE

14417      Tu      2/17      10-11 am

## **AARP Tax Preparation**

*Ages 60 & up*

This program, for simple tax returns, is sponsored by AARP. You MUST bring a copy of last year's tax return and bank information to receive any refunds. Checks are no longer issued for refunds. 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 2 and ending April 9. Make your appointment online at [www.epd.org](http://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 2026 Members of KRC, and will begin January 26 for Non-Residents and Non-Members.**

# Events

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



## Bingo

*Ages 50 & 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

14408	F	1/9	10-11:15 am
14409	F	2/6	10-11:15 am

**Sponsored by**



## Chocolate Lover's Bingo

*Ages 50 & up*

Celebrate Valentine's Day with something sweet – Chocolate Lover's Bingo! This special themed event is in addition to our regular monthly Bingo program and is sure to satisfy your sweet tooth. Enjoy chocolate-themed prizes, refreshments provided by our sponsor, and a fun-filled afternoon with friends. **Pre-registration is required.**

**Fee:** FREE

14406	F	2/13	2-3pm
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**Sponsored by**



# Events

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

## Valentine's Day Party

*Ages 50 & up*

Warm your heart with good food, great company, and festive fun! Bring your sweetheart, a friend, or just come solo and enjoy the joy of community. After a delicious luncheon, we'll turn up the music and hit the dance floor with live entertainment by Maureen Christine. **Registration and cancellation deadline is the Friday before the event.**

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

14413      F      2/20      11:30 am–1:30 pm

**Sponsored by**

**BAIRD & WARNER**  
PROPERTY MANAGEMENT



## PuzzlePalooza Jigsaw Puzzle Tournament

*Ages 18 and up*

Think you've got what it takes to piece it all together? Grab your team of up to four adults and compete to see who can complete the same 750-piece puzzle the fastest! Teams will have up to two hours to finish, with prizes awarded to the top three finishers. Feel free to bring snacks and non-alcoholic beverages to keep your team fueled. Only one person per team needs to register (pricing is per team), and teams may include no more than four adults (ages 18+). New this year: Bring a puzzle you no longer want and swap it out at our Puzzle Exchange Table!

**Fee: \$35R/\$40NR**

14754      Su      1/25      1–3:30 pm

## KRC Membership

Fees  
\$30R  
\$40NR

## Stay active, social, and connected !

**Mary E. Kies Recreation Center**  
**155 E. St. Charles Rd.**  
**Elmhurst • (630) 993-8193**

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.

**Renewal is going on now for 2026 KRC Membership.**



### KRC Membership will continue to include:

- ✓ FREE participation in Bingo (Prize for your birthday month)
- ✓ The Centennial Connection newsletter mailed to your home
- ✓ Phone registration for KRC programs
- ✓ Discounted member pricing on monthly luncheon fees
- ✓ Priority registration for AARP Free Tax Preparation Service

**Don't forget to renew your membership before the end of the year. This will be the last newsletter you'll receive if you don't!**



# 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

### Ski Slope

14502 W 1/14 10 am–12 pm

### Bird of Paradise

14508 M 1/26 6:30–8:30 pm

### Daffodils

14503 W 2/18 10 am–12 pm

### Sea Turtle

14509 M 2/23 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

### Valentine's Day Cards

14514 M 2/9 6:30 – 8:30 pm

# 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.



## Card Making

In this class we will use stamps, ink, and paper to create handmade cards to send to family and friends. A variety of sentiment stamps will be available to customize your card to fit many occasions. In the February class you'll become a boss at embossing. All supplies provided, and each participant will leave with three unique cards.

Instructor: Beth Rush

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

14519      W      2/4      10 am–12 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. Instructor: Ashley Hauschild

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

14529      Th      2/19      6–7:30 pm

# Health & 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 January 19 or February 16.**

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

14525 M 1/5-2/23 2:30-3:30 pm

## Gentle Yoga

Give yourself one hour of breath work, gentle stretches, and mini 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. **No class March 5 or 12, April 2 or 9.**

**Fee:** \$109R/\$114NR

14837 Th 1/8-2/12 7-8 pm  
14838 Th 2/19-4/16 7-8 pm

## Mindfulness/Relaxation

*Ages 50 & up*

Mindfulness/Relaxation class is a 1-hour seminar where we will practice breathing exercises, meditation, and other mindful activities. We will learn how to utilize our breath for energy, relaxation, focus, and concentration. A guided meditation will be provided at each session to help change our relationship to problematic thoughts and feelings, better deal with stress and anxiety, improve self-care, and cultivate compassion. This is a Metropolitan Family Services program. Please call 331-871-5537 for more information or to register.

Tu 1/27 11 am-12 pm

*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

# Health & 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

14783	Th	1/8-2/12	1-2 pm
14784	Th	2/26-4/2	1-2 pm

## 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

14819	Tu	1/6-2/10	11:30 am–12:30 pm
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### Continuing Class

14825	Tu	1/6-2/10	10:30–11:30 am
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## 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

16927	M	2/2-3/9	10-10:45 am
14533	Th	2/3-3/10	1-1:45 pm
14534	Th	2/5-3/12	10-10:45 am



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

## Walking Key



Minimal Walking



Some Walking



Moderate Walking

### NEW! Dear Evan Hansen

"Dear Evan Hansen: Today is going to be a good day and here's why..." That's how Evan starts every day, writing himself a letter about why it's going to be a good day. A coping mechanism for this lonely, anxious high schooler looking to fit in. It's because of these letters that Evan finds himself telling a well-meaning, little white lie that snowballs into a blizzard of untruths. In the end, his unforgettable journey demonstrates there is a place for everyone to feel love, acceptance and to be seen—even when you make mistakes. Fee includes transportation and main floor seating at Paramount Theatre. **Registration deadline is January 19.**

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

14798 W

2/11

12 pm – 5:30 pm



### NEW! Rev Up & Set Sail!

Journey through time at the Volo Auto Museum, where classic cars, vintage vehicles, and Hollywood favorites shine. From muscle cars to famous movie rides, every turn offers something exciting for car lovers and history buffs alike. Then, immerse yourself in the remarkable Titanic Exhibit, where artifacts and re-creations bring to life the stories of the passengers and the grandeur of the world's most famous ship. Fee includes transportation and admission to the exhibits which you can tour on your own at your own pace. Lunch can be purchased on site on your own at Grams Central BBQ. **Registration deadline is February 9.**

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

15028 Tu

3/3

9:30 am–4:30 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**

**11:30 am - 12:30 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.



*January*

- 4** Connie M.
- 5** Mary Ann J.
- 7** Rosemarie E.
- 9** Camille K.
- 9** Lillian P.
- 9** Darlene Z.
- 11** Zeny C.
- 11** Nancy P.
- 15** Shirley W.
- 18** John S.
- 20** Debra M.
- 26** Cheryl A.
- 26** Larry E.
- 26** Larry J.
- 30** Robert P.

*February*

- 4** Michael M.
- 5** Constance C.
- 6** Beth G.
- 8** John G.
- 12** Eleanor M.
- 15** Miguel R.
- 17** Lerida C.
- 18** Adele D.
- 25** Joseph F.
- 29** June J.



375 W. First Street  
Elmhurst, IL 60126

## January

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Closed – New Year's Day	2	3
4	5 11 Pinochle 1245 Bingocize** 230 Chair Yoga*	6 10 Quilters 1030 Line Dancing Continuing* 1130 Line Dancing Beginner* 1 Seated Strength*	7 12 Quilters 1245 Bingocize** 6 Pickleball Adult Beginner* 7 Spanish*	8 10 Seated Strength* 12 Duplicate Bridge 1 Tai Chi* 6 Pickleball Adult Adv. Beginner* 7 Gentle Yoga*	9 10 Bingo*	10
11	12 11 Pinochle 1245 Bingocize** 230 Chair Yoga*	13 10 Quilters 1030 Line Dancing Continuing* 1130 Line Dancing Beginner* 1 Seated Strength*	14 10 Watercolor Painting* 12 Quilters 1245 Bingocize** 6 Pickleball Adult Beginner* 6 Adult Cooking* 7 Spanish*	15 10 Seated Strength* 12 Duplicate Bridge 1 Tai Chi* 6 Pickleball Adult Adv. Beginner* 7 Gentle Yoga*	16	17
18	19 Closed – Martin Luther King Day	20 10 Quilters 1030 Line Dancing Continuing* 1130 Line Dancing Beginner* 1 Seated Strength*	21 12 Quilters 1245 Bingocize** 6 Pickleball Adult Beginner* 7 Spanish*	22 10 Seated Strength* 12 Duplicate Bridge 1 Tai Chi* 6 Pickleball Adult Adv. Beginner* 7 Gentle Yoga*	23	24
25 1-330 Puzzle Palooza Jigsaw Puzzle Tournament	26 11 Pinochle 1245 Bingocize** 230 Chair Yoga* 630 Watercolor Painting*	27 10 Quilters 1030 Line Dancing Continuing* 11 MFS Mindfulness Activity** 1130 Line Dancing Beginner*	28 12 Quilters 1245 Bingocize** 6 Pickleball Adult Beginner* 7 Spanish*	29 *Pre-registration required. Additional fee may apply. Call 630-993-8193 for more information or to register.	30	31
				**Metropolitan Family Services(MFS) program. Call 331-871-5537 for more information or to register.		

## February

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
9-12 Tax Prep* 10 Seated Strength* 11 Pinochle 1245 Bingocize** 230 Chair Yoga*	9-12 Tax Prep* 12 Quilters 1030 Line Dancing Continuing* 1130 Line Dancing Beginner* 1 Seated Strength* 130 Memoir Writing*	9-12 Tax Prep* 10 Card Making* 12 Quilters 1245 Bingocize** 6 Pickleball Adult Beginner* 630 COD Tarot Card Reading* 7 Spanish*	9-12 Tax Prep* 10 Seated Strength* 12 Duplicate Bridge 1 Tai Chi* 6 Pickleball Adult Adv. Beginner* 7 Gentle Yoga*	10 Bingo*		
8	9	10	11	12	13	14
9-12 Tax Prep* 10 Seated Strength* 11 Pinochle 1245 Bingocize** 230 Chair Yoga* 630 Watercolor Painting*	9-12 Tax Prep* 12 Quilters 1030 Line Dancing Continuing* 1130 Line Dancing Beginner* 1 Seated Strength* 130 Memoir Writing*	9-12 Tax Prep* 12 Quilters 12 Paramount Trip* 1245 Bingocize** 6 Pickleball Adult Beginner* 6 Adult Cooking* 630 COD Tarot Card Reading* 7 Spanish*	9-12 Tax Prep* 10 Seated Strength* 12 Duplicate Bridge 1 Tai Chi* 6 Pickleball Adult Adv. Beginner* 7 Gentle Yoga*	2 Chocolate Lover's Bingo*		
15	16	17	18	19	20	21
Closed – President's Day	9-12 Tax Prep* 10 Random Act of Kindness Day Program* 10 Quilters 1 Seated Strength* 130 Memoir Writing*	9-12 Tax Prep* 10 Watercolor Painting* 12 Quilters 1245 Bingocize** 6 Pickleball Adult Beginner* 630 COD Tarot Card Reading* 7 Spanish*	9-12 Tax Prep* 10 Seated Strength* 12 Duplicate Bridge 6 Pickleball Adult Adv. Beginner* 6 Candle Making* 7 Gentle Yoga*	1130 Valentine's Day Luncheon*		
22	23	24	25	26	27	28
9-12 Tax Prep* 10 Seated Strength* 11 Pinochle 1245 Bingocize** 230 Chair Yoga* 630 Watercolor Painting*	9-12 Tax Prep* 12 Quilters 1 Seated Strength* 130 Memoir Writing*	9-12 Tax Prep* 12 Quilters 1245 Bingocize** 6 Pickleball Adult Beginner* 7 Spanish*	9-12 Tax Prep* 10 Seated Strength* 12 Duplicate Bridge 1 Tai Chi* 6 Pickleball Adult Adv. Beginner* 7 Gentle Yoga*			